Seed Corn

On the Cob or Shelled. Imp. Leaming, or White Cap Y. Dent $1.35 per bushel. Longfellow $1.50; Compton's $1.60. Freight paid in Ontario on 10 bushels or more. Bags free. Write for catalogue.
GEO. KEITH & SONS, Toronto.
Seed merchants since 1866.

Little Helps.

Hands that are constantly moist need a tonic and should be bathed frequently in salt water or rubbed with a lemon. Some people find relief by dusting the gloves inside with powdered alum before putting on.

Rubber gloves worn for dish-washing and housework should be thoroughly washed before being taken off the hands. In this way they are kept free from impurities and wear longer.

When you want to sew buttons on your boys waistcoats, trousers, coats or underwear follow these directions and you will never have to resew those buttons:—Place your button, take a hairpin (a strong one) and lay across the button, then sew over hairpin. When you have put as much thread through the eyes as they will hold withdraw the hairpin; push the needle through near the button, pull the button up, and wrap the thread several times round between the button and goods; fasten on underside, and your button will stay on until the garment is worn out.

Mother—No, dear, you mustn't eat any candy to-day. Don't you know it is bad for your complexion? Daughter—Well, I know it makes my complecshun awful sticky, but it washes off.

Everybody From Kid To Grandad

Likes

Post Toasties

Thin, crisp bits of white Indian Corn, cooked to perfection and toasted to a delicate brown without the touch of human hand.

You get them in the sealed package.

Ready to Eat

A dish of Post Toasties for breakfast and lunch, with thick cream or rich fruit juice, is a dish that epicures might chortle over.

Nourishing, economical, delicious, "more-ish."

Canadian Postum Cereal Co., Ltd.
Windsor, Ontario.

HOME

How to Broil.

Broiling means to burn or sear, and is applied to the hottest form of cooking known, in which the food is brought into direct contact with the fire, burning being avoided by frequent turning. This quick cooking in the air, which circulates freely about it, gives a delicious flavor unlike that obtained by any other method.

Only those parts of meat which are tender as well as juicy are suitable for rapid cooking. They are found in the loin and round of beef and the loin and ribs of lamb and mutton. Young poultry, fish, small game and birds may be broiled whole because thin in comparison with the size, but meat should be cut in slices not over about an inch and a half in thickness, that the interior may be cooked before the outside has become dry and burned.

In broiling the fire should be the first consideration; it should be almost bright red, and should be near the top of the fire box. A bed of hard wood coals, charcoal or coke is better than coal, as there is less flame, therefore less danger of smoking the meat; a shovelful of either of the latter may be added to a coal fire with the desired result.

Broiled meat may be smoked from two causes—the coal flame condensing on the cooler surface of the meat will deposit a film of coal tar, while the fat flame will cover the meat with a thin layer of burned fat.

In turning or lifting the meat if a fork is stuck into it the juices will flow out and be wasted; if necessary to use the fork it should be stuck in the fat. When sufficiently cooked the meat will be slightly puffy in the centre, and if pressed with the blade of a knife it will feel firm but not hard. When cut it should be pink and juicy; if purple it is still raw; if dry and brown it is over-cooked. In winter, or when the meat has been taken from the ice immediately before cooking, a little longer time must be allowed in which to attain the proper temperature.

Broiled Steak.—Trim off any excess of fat and wipe with a damp cloth. Rub the broiler with a bit of fat. Arrange the thickest part of the steak toward the back of the broiler. At first hold close to the coals. Turn every 10 seconds until both sides are well seared, then turn each half minute. A steak one inch thick will broil in from four to six minutes if liked rare; a little longer if preferred well done. When half done season both sides with salt and pepper. Let a spoonful of butter melt on the hot platter. Hold the steak for a half minute over paper to let sooty fat drip off. Lay on the platter and turn once that both sides may be buttered.

Broiled Chicken.—Singe, split down the back, clean and wipe with a damp cloth. Rub inside and out with a little butter, then sprinkle with salt and pepper. Arrange on a greased wire broiler. Cook with flesh side toward the fire at first. When seared hold a little farther away from the fire. Turn occasionally on the skin side, but be careful, as it readily scorches. A chicken weighing two pounds and a half will take from 15 to 20 minutes; if not well done it will be tough. Transfer to a hot butter and rub again with butter.

Good Recipes.

Chocolate Pie.—One and one-half cups sugar, four tablespoonfuls flour, one tablespoonful grated chocolate, flavor with lemon. Mix well together, then put on stove and thicken with two cups boiling water. Boil for a few minutes. Be sure to keep stirring while boiling. Bake crust and then add chocolate filling. A nice frosting may be made with the whites of two eggs if desired.

Mayonnaise Dressing.—One cup of vinegar, two scant teaspoonfuls mustard, two tablespoonfuls sugar, one-half teaspoonful salt, two teaspoonfuls butter, four tablespoonfuls water, yolks of four eggs well beaten. Stir all together with egg-beater, then put on the stove and cook a few minutes, stirring until thick. When ready to use, thin with sour or sweet cream and pour over salad.

Apple and Nut Salad.—Pare and slice five or six medium-sized apples. Add about one-half pound English walnuts, and a stalk of celery chopped together. Mix with apples and pour over salad dressing given above.

Caramel Filling.—One cup of sugar, one-half cup of milk, a small piece of butter, boil till thick, and stir till cool.

Mock Lemon Pie.—One tablespoonful of cornstarch, two tablespoonfuls of vinegar, one tablespoonful of lemon extract, two-thirds cup of sugar, yolk of one egg, two-thirds cup of boiling water, butter size of a walnut, boil till thick and frost with the whites of the eggs. This makes one pie.

If Bad Water Causes Diarrhoea Use Some 'Nerviline'

Prompt Relief is Instantly Assured, and Thousands Use Nerviline on This Account.

A Traveler's Experience Related.

The experience of Mr. Norman P. Hendricks is not an unusual one. Writing from Prince Albert he says: "My business calls me from one place to another, and I am frequently up against the bad water problem of the Canadian North-West. In so many places the water disagrees with me, and I used to be kept very miserable on that account. An old settler told me one day that nothing is so useful to newcomers as Nerviline, and he explained to me how valuable it proved to him under similar circumstances twenty-five years ago. You would hardly believe how happy and comfortable my trips are since I learned of Nerviline. I look upon 'Nerviline' as my trusty friend, and give it a place of honor in my hand bag. In fact, I wouldn't think of being without it in a country like this. It cures any little stomach trouble or digestive disturbances and relieves a cramp in ten seconds. To cure Neuralgia, Earache, Toothache, or pain in your muscles like Rheumatism, you simply can't beat Nerviline."

To cure little ills before they grow big and to relieve the aches and pains of the whole family get Nerviline to-day. Family size, 50c.; trial size, 25c.; at all storekeepers and druggists, or The Catarrhozone Co., Buffalo, N. Y.

Home Hints.

Flower vases stained with flower water can be perfectly cleaned with tea leaves moistened with vinegar.

It is said cockroaches will disappear if their happy hunting grounds are flooded with a strong solution of alum in boiling water.

To remove match marks from paint, rub first with a slice of lemon, then with whiting and wash with soap and water.

Blankets, after being washed and dried thoroughly, should be well beaten with a carpet beater.

Wood alcohol will take vaseline stains from wash goods. Soak them a few minutes in the alcohol.

If you have a jabot which is troublesome to iron, baste the plaits before it is washed, then iron and remove the threads. Use fine thread.

After thoroughly washing white potatoes, boil them and put through the "ricer" without peeling. The skins will remain on the ricer, the potato coming through white and mealy.

Place some pieces of glue in a granite cup. Keep this cup in a convenient place in a cupboard or pantry. When you find any article needs a little glue, get your glue cup, add a little hot water and it is ready for use.

When sealing fruit butters or preserves, place a circle of thin cloth on top and sprinkle this with grown cinnamon. The spice prevents mold from accumulating on the fruit.

If you rinse a plate with cold water before breaking the eggs on it, add to them a pinch of salt and then stand where there is a current of air, you will have no difficulty in beating them to a froth.

ZAM-BUK FOR THE CHILDREN.

Mrs. J. Quiding, of Ninette, Man., says. "My little boy was suffering very badly from a form of skin disease over his eye. I applied Zam-Buk to the affected part, and in a very short time the sores were healed."

Mrs. F. Miners, of 311 Suffolk St., Guelph, Ont., says: "My little daughter Lorinda (6), contracted a skin disease. This first broke out like tiny water blisters, afterwards taking the form of dry scabs. These would disappear for a short time, and then reappear worse than ever. We tried Zam-Buk, and perseverance with its use resulted in a cure."

All druggists and stores sell Zam-Buk at 50c. box or post free from Zam-Buk Co., Toronto, upon receipt of price.

Canadian M. P.'s and Their Slips.

Queer slips in pronunciation and quotation are sometimes made by members of Canada's Parliament. The French members, of course, can be easily forgiven their slips with regard to the English language. Sir Wilfrid Laurier says innerent for inherent; Jacques Bureau accents the second syllable of efficacy, and Postmaster-General Pelletier performs the more difficult task of pronouncing mechanism with the accent on the "chan." These mistakes were all noted within a few days, and during the same period there were recorded a large number of equally peculiar pronunciations from the English-speaking members. Carvell, of Carleton, called chaos "shaos." The Speaker perpetrated "rye-gidity," a truly alarming word to issue from the mouth of one who has barred liquors from his table. Wilcox, of Essex, spoke of a "grievyance," and the Hon. Dr. Reid pronounced lacquer "lacure." These are just a few of the howlers.

They serve as an introduction to the best joke of the session, which was the attributing of certain poetry to sacred writ by Carroll, of Cape Breton. It was during the interminable navy debate, and the incident is reported in Hansard as follows:

Mr. Carroll: From the time hon. gentlemen opposite were ten or twelve years of age, from the time they were reading the shorter catechism and some of them eating oatmeal, they must have been familiar with this quotation: 'To thine own self be true, and it must follow as the night the day, thou canst not then be false to any man.' That is from the Bible."

Some hon. members—"What part of the Bible?"

Mr. Carroll—"Some hon. members have never read the Bible, and never will read it."

A weird slip of the tongue embarrassed Hon. Rodolphe Lemieux

Mr. W. F. Carroll, M. P.

the other day, when he referred to the time "when I was Prime Minister." He meant "Postmaster-General," but the House shouted with delight. Almost equally funny was Mr. Carvell's description of a certain large family, to which he attributed one baby of twelve and another of fifteen months. Unfortunately Hansard did not undertake to embalm either his remarks or the uproarious joy with which his colleagues greeted the statement.

CHILDREN IN THE HOME

When there are children in the home it requires constant attention to keep them free from the many childhood ailments which come so quickly—some of them proving fatal while others leave the little one cross, restless and weak. To keep little ones well Baby's Own Tablets must be kept in the house. These Tablets regulate the stomach and bowels, break up colds and fevers; expel worms and make teething easy. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Never send a friend on a fool's errand. Go yourself.

It doesn't take a very big compliment to swell a small head.

A man who lisped had bought some pigs, and he asked a neighbor for the use of a pen a few days. "I have juth been purchasthing thome thwine—two thowth and pigth. I want to put them in your pen till I can fikth a plaith for them." "Two thousand pigs!" exclaimed the astonished neighbor. "Why, my pen will hardly hold a dozen." "You don't underthtand me, Mither Bent. I don't thay two thouthand pigth, but two thowth and pigth." "I hear you," said Mr. Bent. "Two thousand pigs! Why, you must be crazy!" And then the lisper gave it up.

KUKUHUHUS, CURIOUS RACE.

Little Known of These Inhabitants of New Guinea.

Dr. Bruno Beheim gives the following description of the mysterious and little-known race of the Kukuhuhus of New Guinea: The Kukuhuhus live in a part of English territory through which runs the River Lugehamu and which is situated near the German boundary. This territory is looked upon by the said race as their inalienable birthright, and every usurper is regarded with hostile eyes. No European has been able to meet the Kukuhuhus in their dwelling places. Prospectors and English officials have made repeated attempts to approach them, but their camps were invariably found empty, often with the camp fires still burning.

Many a time have Europeans left presents highly prized by other natives, such as corals, red cloth, looking-glasses, axes, etc., in the deserted camps, in the hope of establishing friendly relations with these people. But on returning to the same places a few days or a few weeks later, although the camp showed recent traces of occupation, such as live cinders and fresh footprints, the goods intended for presents remained untouched where they had been placed.

Other races of New Guinea fear the Kukuhuhus as poison. They have learned to their cost what it means to cross the boundary. Some disappear for all time, while others are found dead, thrust through with spear wounds. The Kukuhuhus, however, do a bartering trade with other natives in the following way: The latter bring salt, earthenware, dried fish, etc., and deposit them in a certain indicated place. They then retire for a few hours, being notified to do so by a curious cry from the distance. The timid mountain dwellers then descend to view the goods offered for sale. If they want them they put down other goods, such as skins, feathers and other jungle produce next to those articles wanted by them. They then retire in turn, and when the way seems clear the coast dwellers approach again. If the latter are satisfied with what is offered in exchange they take the goods put down by the mountain people and go away; if not satisfied they retire again as before with empty hands. These business transactions between wild races show a sense of honor that resembles careful thought.

Dr. Beheim regards the Kukuhuhus as the most remarkable of the ethnological wonders of New Guinea, and he was not successful in discovering the secret of their origin.

Often the Case.

When a girl begins to worry herself sick because she's too tall it's because of some man who's too short.

Flattery Defined.

Tommy—"Pop, what is flattery?"

Tommy's Pop — "Flattery, my son, is having someone else tell us the nice things we have always thought about ourselves."

Shiloh 25¢

"The Family Friend for 40 years." A never failing relief for Croup and Whooping Cough.

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