HOME

Asparagus Recipes.

Creamed Asparagus.—Take only the heads of the asparagus, as much as required, and put them into boiling water, with a little salt. Boil for about fifteen minutes. Meanwhile prepare some square bits of bread, without the crust, by scraping out the centre of each piece, putting in a bit of butter and frying or baking until the bread turns a yellow or light brown. After draining the asparagus, place it in the holes in the toasted bread taking care to keep all hot; then take half a pint of cream and heat to boiling point, to which add the yolks of four eggs, and stir until thick. Take it off the fire and add a little sprinkling of salt and pepper. Pour over the asparagus and bread and serve hot.

Olandese Sauce.—A sauce which the clever cook may use in many other ways, as well as in serving asparagus is made as follows: Rub four ounces of butter to a cream in a saucepan or bowl. Add four yolks of eggs and beat well together; then add one teaspoonful of salt and juice of half a lemon, a pinch of cayenne and one cupful of hot water poured in by degrees. Mix well and put in a double boiler (or set saucepan in pot of boiling water). Stir until the sauce becomes of the consistency of thick cream, being careful not to let it boil. Take off the fire and continue to stir for some minutes. "Olandese" sauce ought to be quite smooth and creamy.

Asparagus (Italian fashion) — Break some asparagus into pieces; boil soft, and drain the water, take a little oil, water and vinegar and let it boil, then season with pepper and salt. Pour in the asparagus and thicken with the whites of eggs. Green peas, cooked as above, are also very good; but lettuce, cut small, may be added and two or three onions, according to taste, omitting the eggs.

Asparagus on Toast.—Cut off the bottom of the stalks of a bunch of asparagus to make them even, and put in a pan of cold water till near dinner time. Put the bunch in boiling water, in which a pinch of soda has been dissolved. Boil a quarter of an hour, then drain and serve on buttered toast, placing the white ends of the asparagus on the toast. Pour one tablespoonful of melted butter over the green heads in the dish.

Plain Asparagus.—Many people prefer asparagus served plain. For this, it is only necessary to put the heads and softer parts of the stalk, either the whole or cut in inch long pieces, into boiling water, in which salt has been dissolved. Boil until soft, as previously stated, and serve with butter.

Necessity of Rest.

Years ago I discovered it was a spiritual as well as a physical necessity to have intervals of rest throughout the day—rest even from the companionship of those I loved the most dearly, writes a mother. My body so often became overtired from pressure of work that falls to the lot of every mother; my nerves sympathized as every good neighbor should, and my spirits ran at low ebb. But that ambitious brain—not always as wise a neighbor as my nerves—said: "Go on! Go on! There are a dozen things to be done yet!" and I obeyed my poor, foolish brain until my whole body and nerves became slaves to an imperious master. At last they revolted. They made my brain understand that its servants were not doing as good work, nor as much, under the whiplash of injustice, and it wisely changed its method. "Rest every little while," it now said. "You will work with new zeal. You will do more, and you will love your work. Your children will catch your happy mood just as before they caught your weary fretfulness."

Since then I make it a part of my religion to lie down on my back in a quiet room when I began to feel tired, and to relax every muscle and close my eyes (and my mind if possible) to all outward things. It is a wonderful tonic! It never fails to give me a new spiritual unlift. My loved ones seem more lovely to me, my home more attractive, and I am always glad of life and the blessed privilege of work. Until I began this practice I had never realized how closely related our spiritual and our physical bodies are, or that tired-out muscles and nerves are poor neighbors for the spirit.

Home Hints.

Dish cloths should be washed and boiled regularly.

Beef drippings are good shortening for pie crust.

All dry cheese should be saved and kept for grating.

A feather wing is excellent to dust bed springs with.

Never mix new milk with old if you wish it to keep well.

All boys should learn to sew on buttons and darn stockings.

An old, thin quilt should be laid over every mattress below the sheet.

Grated cheese over mashed pototoes makes a pleasant change.

A clean sunny yellow is one of the best colors in a new kitchen.

Blankets should be put out in the sun and air at least once a week.

Poultry fat is excellent shortening for ginger cookies and spice cakes.

Fowl for chicken salad should be cooked the day before it is to be used.

Tubing makes the best pillow slips, and it may be had in two widths.

Before making new sheets always measure the bed for which they are intended.

The best time to begin the spring housecleaning is after the furnace fires are out.

Wash green vegetables in warm water to remove the insects, and finish quickly in cold.

Dates and figs are both much improved if thoroughly washed and then allowed to drain.

Never throw a good tailored coat down carelessly if you wish it to preserve its shape.

In making meringues, the rule is a quarter of a cupful of powdered sugar to the white of an egg.

Soiled clothing should always be put into a hamper, preferably away from the sleeping room.

Rice cooked with raisins makes a very palatable, simple dessert served with hard sauce or cream.

Never, when wiping meat, allow it to stand in cold water. The water drains all the juices out.

Nuts when bought ready shelled should be scalded, dried in the oven and put away in glass jars.

The perfect kitchen utensils are those of aluminum—easy to keep clean and very light to handle.

To cut thick silk satisfactorily, lay it between two pieces of tissue paper and cut with very sharp scissors.

Two big eyelets worked in the opposite corners of the kitchen towel are better than loops to hang it up by.

A well-padded ironing board is a labor saver, and Turkish towelling is one of the best materials to pad it with.

Luncheon sandwiches of brown bread spread with cottage cheese seasoned with salt and pepper are very good.

If a pinch of cream of tartar is added to any sugar and water candy in the cooking, there is less danger of granulation.

The torture of an ill-fitting shoe will bring about a state of irritability often resembling nervous prostration. This condition soon becomes habitual.

If there is occasion to wet cocoa, flour or cornstarch with water, use a fork for the process, instead of a spoon; the blending of the ingredients will be much more rapidly accomplished.

MORE THAN EVER.

Increased Capacity for Mental Labor.

Many former tea and coffee drinkers who have mental work to perform, day after day, have found a better capacity and greater endurance by using Postum instead of tea and coffee. A Western woman writes:

"I had drank coffee for about twenty years, and finally had what the doctor called "coffee heart." I was nervous and extremely despondent; had little mental or physical strength left, had kidney trouble and constipation." (Tea is just as harmful because it contains caffeine, the same drug found in coffee.)

"The first noticeable benefit derived from the change from coffee to Postum was the natural action of the kidneys and bowels. In two weeks my heart action was greatly improved and my nerves steady.

"Then I became despondent, and the desire to be active again showed proof of renewed physical and mental strength.

"I am steadily gaining in physical strength and brain power. I formerly did mental work and had to give it up on account of coffee, but since using Postum I am doing hard mental labor with less fatigue than ever before."

Name given by Canadian Postum Co., Windsor, Ont.

Postum now comes in new, concentrated form called Instant Postum. It is regular Postum so processed at the factory that only the soluble portions are retained.

A spoonful of Instant Postum with hot water, and sugar and cream to taste, produce **instantly** a delicious beverage.

Write for the little book, "The Road to Wellville."

"There's a Reason" for Postum.

Eats 600 Pounds Daily.

Since the elephant's digestive functions are very rapid, it requires a large amount of fodder daily—about 600 pounds in most cases. In its wild state the elephant feeds heartily but wastefully. It is careful in selecting the few forest trees that it likes for their bark or foliage, but it will tear down branches and leave half of them untouched. It will strip off the bark from other trees and throw away a large portion.

"I Sleep Soundly, Feel Like New"

All Who Lack Vigor, Those Who are Dispirited and Worn Out, Should Read This Carefully.

Proof That Health and Renewed Vitality Quickly Return When Right Remedy is Used.

"I am only thirty years old, yet for almost two years I have felt more like seventy-five. I have found it difficult to sleep at night, and in the morning felt so depressed and heavy that effort was difficult. My hands were always clammy and perspiration on slight effort would break out all over me. It was not unnatural that I should begin to brood over the chance that I should be unfit to do my work, and this dread made my sleepless nights perfect misery. After repeated trials of medicines and mixtures, Dr. Hamilton's Pills gave me the first gleam of hope. From the very first I could see they were different in action from other pills. They didn't gripe and acted as naturally as if nature and not the pills were cleansing my clogged-up system. My spirits rose. I felt much better. The sluggish action of the system gave way to normal activity. Dizziness and headaches ceased, appetite, good color and ambition to work returned, and have remained. I am like a new man, and I thank Dr. Hamilton's Pills for it all."

This was the experience of J. E. Parkhurst, a well known grocery dealer in Jefferson. Follow his advice, use Dr. Hamilton's Pills for your stomach, kidneys and liver, and you'll enjoy long life and robust good health. All druggists and storekeepers sell Dr. Hamilton's Pills, 25c per box, 5 boxes for $1.00 or postpaid from the Catarrhozone Co., Buffalo, N. Y., and Kingston, Canada.

ART ON EGG SHELLS.

Expert Puts From 4,000 to 5,000 Cuts on Brittle Surface.

It does not seem possible that the humble hen's egg can play any part in art. The fact, however, that it is the most fragile substance obtainable and the most difficult thing imaginable to handle induced Henry C. Mahoney, of Brighton, England, to set about carving the surface of a hen's egg. His first experiments were complete failures, and the only one to benefit was the tradesman who supplied him with the eggs.

"The first I managed to do successfully," he said, "was sent to King Edward VII. It was, I believe, the first one of its kind in existence.

"When I have selected an egg I hold it up to a very strong light to make sure it is free from straw, and then I draw the intended design on paper.

"This I repeat until I have committed it to memory, because it is not practicable to sketch the whole design on the shell, as it is necessary to wash it a good many times during the progress of the work.

"If it were held in the hand in the ordinary way the heat of the blood would have a detrimental effect on the shell, so I keep a cold cloth round it.

"The only tool I use is an engraver's square, specially tempered and sharpened, with a long V-shaped end. This I have to sharpen after every few strokes, because the edge is quickly dulled by the brittle surface of the shell."

A beautiful example of his art, to which he was giving the final touches, contained the monogram and cypher of King George V. surmounted by the Royal Crown, and bore the words: "Long Live the King. Crowned June, 1911," in a scroll.

The jewels cut in the crown required very great care. They were so close to each other that a breath of wind through a tube would have shivered the whole shell into a thousand fragments.

It was a remarkable piece of work, similar to this, and bearing the Prince of Wale's feathers and the motto "Ich Dien" that Mr. Mahoney sent to King George V. before he succeeded to the throne. There was an interesting sequel:

Mr. Mahoney was surprised one day by a visit from an emissary, who had obviously called with the purpose of testing the genuineness of the carving on the eggshell that had reached Marlborough House.

He inspected everything in the workshop, especially the chisel used in the delicate work. The caller was apparently more than satisfied, and the end of it was that the Prince of Wales purchased the carved shell.

Wife—"John, dear, the doctor says that I need a change of climate." Husband—"All right. The newspaper says it will be warmer tomorrow."

SENT SIXTY MILES FOR GIN PILLS

Mr. Sid. Castleman of Larder Lake, Ont. needed Gin Pills badly. He says: "I had been suffering some time with my Kidneys and Urine. The pain was something awful, and no rest at night. I heard of your Gin Pills and sent my chum 60 miles to get them, and in less than six hours I felt relief. In two days the pain had left me entirely—and to-day I feel as well as ever".

50c. a box, six for $2.50. Sample free if you write National Drug and Chemical Co., of Canada Limited, Toronto. 134

DISPLACEMENT OF PEOPLE

SCOTLAND YARD POLICE GIVE THE FIGURES.

More People "Went Down" on the Titanic Than Were On Board.

Since the year 1907 Scotland Yard returns show that altogether 170,472 people have been reported missing in the Metropolitan (London, England) Police area. Of this number 167,212 have been accounted for, some either returning voluntarily to their relatives or being restored to them by the police. But the most remarkable thing about these figures is the fact that 3,260 people have absolutely vanished. Their stories may never be known. It is as though the population of a village had entirely disappeared in the short space of six years.

In 1911 28,958 persons were reported missing. Of these 10,416 were discovered by the police and 18,075 returned on their own account or were traced through the efforts of friends and relatives. This leaves a total of 467 still unaccounted for. Taking an average over the six years, one person in London every day has vanished never to be seen or heard of again.

These are cold official figures. They convey nothing of the deep romance surrounding many of the individual cases.

Loss of memory plays a very large part. Doctors who have studied this curious mental state have put it down to the delirium of speed which is such a factor in modern life. Under the great strain of nervous tension the brain breaks down temporarily and the mind becomes a blank.

The Craving for Adventure.

The public has been alarmed of late at the number of young girls who have figured among the reported missing. In a proportion of these cases there may be real cause for apprehension. But the police are satisfied that in the majority the disappearnce is intentional, being the outcome of a craving on the part of the modern young girl for adventure. These adventures are naturally surrounded with grave dangers for those who take part in them. But more often than not the missing are discovered and placed in the care of their relatives. In order to avoid very just admonition the culprit often resorts to inventing an "abductor."

Neither is this an entirely modern feature.

Early in the eighteenth century a girl named Elizabeth Canning disappeared from her home and evaded all efforts to discover her. She returned after a month. Her story was that the gipsies had stolen her. For this certain gipsies in the district were brought to trial, and two of them were sentenced to death. After further investigations pending the execution they were reprieved and Elizabeth herself was charged with perjury. She was found guilty and sentenced to transportation for a period of seven years.

It was suggested then that the girl fabricated the story in order to avert punishment. There seems little doubt that neurotic young girls of to-day who leave home in a state of hysteria resort to a similar plan to avert parental wrath.

Sick of Formality.

An interesting case of past years, in which boredom with the conventialities of society caused a man to vanish was that of Waring, who figured in a poem of Robert Browning, entitled "What's Become of Waring?" Waring was a great figure in the social life of the time. One day he was absent from his usual haunts. He was never heard of nor seen by friends for some twenty years. Then a friend discovered him by chance abroad, and Waring explained that he had simply become sick to death of the restrictions which social etiquette and formality placed upon his movements.

An M.P. Who Vanished.

Another celebrated disappearance of the past was that of Mr. Jasper Pyne, M.P. for West Waterford, who took a ticket for Ireland and was never seen or heard of again. The disappearance of Grimaldi's brother was equally mysterious. Grimaldi was playing at Drury Lane in the year 1803. His brother called for him at the stage door and together they went to the greenroom. Grimaldi left him there for a moment to talk to some friends. When he returned his brother had gone. Grimaldi never saw him again.

As the years have passed it has become a much more difficult task for people to cut themselves entirely adrift from the circle in which they have lived. Wireless telegraphy, better police organization, and, above all, the newspaper pictures have made the path of those who are anxious to disappear no easy matter. More people are discovered to-day in their efforts to vanish than was the case a few years ago.

Times of great disaster afford an exceptional opportunity for the person with the ambition to start life all over again. Many more people "went down" in the Titanic than were on board.

SOME RULES FOR SUCCESS.

Good Advice to the Young Man Who Wants to Get On.

The man who would succeed must be full of grit. The faint-hearted and easily downed has no place in modern business competition.

He must give better service than his competitor gives, and failing in this must spare no effort until the cause of such failure be uprooted.

He must not be self-satisfied. The minute a man rests content with what he has done is his rival's opportunity.

He need not be a tyrant; he must not be "soft." It may be kind-hearted to keep on the inefficient, but it is not conducive to big business.

He must build well from the foundation. A big organization full of rotten timber will crash when the need to stand firm is strongest.

He must be honest. The day has passed when trickery pays. If you run your business to "do" your patrons be sure those patrons will soon go elsewhere. Give good service, the best that can be had for the money, and trade will flock your way.

He must be physically strong. Invalids there are aplenty who have made good, but the modern struggle for existence, to say nothing of business success, calls for robust health. Having good health, do not squander it.

He must be alert, progressive, quick to grasp opportunities, determined, ambitious and persevering. The quality of stick-to-itiveness counts more than brilliancy when making good is in order.

He must be able to make friends, and keep them, even when his interests clash with theirs. It takes a big man to be popular and successful at the same time. It is a despicable nature that works his friends; a weak one that allows friends to work him.

He must live within his means—well within. "If," as Franklin tells us, "you know how to spend less than you get, you have the philosopher's stone." You have far more—you have the key to success in life.

In the last few years the increase alone in the consumption of "SALADA" Tea amounted to 2,314,026 pounds, or 200 carloads of Tea.

Even after this enormous increase "SALADA" has had a further increase in the first 14 weeks of this year of a little over a quarter of a million pounds, equal to 21 carloads.

Mr. Toogood—"I went under an operation yesterday." Mr. Markwell—"My goodness, and here you are about and looking well." Mr. Togood—"Oh, don't fret, old sport; I only had my hair cut."

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Many a man has married in haste and paid alimony at leisure.

In accord with the eternal fitness of things, a man who stole a watch wound up in jail.

The thief who finds no opportunity to steal considers himself an honest man.

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ASSETS

(Appraisal made 1911)

Packing Houses at Toronto, Montreal and Harriston (including Sites and Equipment)	$1,077,919
Real Estate and Buildings owned by Company	535,375
Retail Store Equipment	64,000
Investments	360,154
Current Assets	1,320,471
	$3,357,919
Average annual net earnings for past three years, over	350,000

Or about four times the amount required for interest on bonds outstanding.

The William Davies Company, Limited, established in 1853, is at present the largest packing house in the British Dominions. It owns large and modernly equipped packing houses in Toronto and Montreal, and 75 retail stores strategically located in the cities of Toronto and Montreal and the following points throughout Ontario: Oshawa, London East, Kingston, St. Catharines, Brantford, Collingwood, Belleville, Galt, Brockville, Woodstock, London, St. Thomas, through which distribution of its products is made. The Company is actively represented in every Province in Canada, and its products are found in wholesale and retail houses from the Atlantic to the Pacific. It also maintains agencies in Great Britain.

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