

Think this over, is there any beverage that is better for you than LIPTON'S TEA.

GOES FARTHER FOR THE MONEY

HOME

FRUIT DAINTIES.

Spiced Peaches.—Four pounds of peaches, one cupful of vinegar, one tablespoonful of cinnamon, one tablespoonful of cloves, three pounds of brown sugar, one teaspoonful of ginger, one teaspoonful of salt, and one-eighth of a teaspoonful of red pepper. Boil the sugar and the vinegar. Soak the peaches, remove the skins and cook in the syrup. The spices in a bag and cook with the peaches. When the peaches are tender pour into stone jars, reheat the syrup every day for a week, pouring when boiling over the peaches. All kinds of small fruits may be spiced in this manner.

Huckleberry Pie.—Clean, pick and wash one pint of huckleberries, then drain them. Beat the yolks of two eggs and four heaping table-spoonfuls of sugar until light, add one table-spoonful of milk, then the drained berries. Line one pie plate with rich pastry, pour on the berry mixture, put in the oven and bake a light brown, remove from the oven, spread with a meringue made of the whites of two eggs beaten stiff and four table-spoonfuls of sugar added. Brown nicely. The whites can be beaten with the yolks and sugar if preferred.

Bananas on Casserole.—Reel six bunches of bananas, scrape off the skins and cut the bananas in halves, lengthwise, and the pieces in halves, lengthwise. Put the pieces into a casserole. Melt a small quantity of butter in one cupful of boiling water and pour over the bananas, then squeeze over them the juice of half an orange; cover the dish and let it cook in a moderate oven for half an hour. Serve from the casserole as a sweet entrée with roast beef or mutton or with beef-steak.

Grapefruit Sherbet.—Six grapefruit, three cupfuls of sugar, two cupfuls of water, two table-spoonfuls of powdered gelatin and the whites of two eggs. Put the gelatin into a saucepan, add the water and strain the juice of the grapefruit and bring to boiling point. When cold, strain the gelatin into the whites of the eggs beaten up and finish freezing.

Apple Fluff.—Two cupfuls of grated sour apples, five table-spoonfuls of powdered sugar, a quarter of a teaspoonful of grated nutmeg and three whites of eggs. Add the sugar to the apples while grating them, and stir in the nutmeg and the whites stiffly beaten. Beat thoroughly for ten minutes. Serve in dainty glasses.

Pineapple Dainties.—Cook one cupful of grated pineapple, one-fourth of a cupful of sugar, the grated rind and strained juice of one lemon, a pinch of salt and two yolks of eggs until thick, but do not allow it to boil. Chill and fold in half a cupful of stiffly beaten cream. Spread between slices of fresh or canned pineapple, decorate with a star of whipped cream, and sweetened cream flavored with half a teaspoonful of orange extract. Put half of a walnut meat on the top of each star of cream.

KITCHEN KINKS.

Elasticity is restored to rubber by soaking it in one part ammonia and two parts clear water until the desired results are obtained. This is especially true in the case of rings or other articles that have become stiff and brittle.

Keep a piece of sandpaper handy to the sink where the dishes are washed. It will prove invaluable. When a stubborn spot on a burned kettle refuses to move through the aid of a wire dishcloth, use a piece of sandpaper. It is an aid in cleaning a gas stove. Fold a piece over a knife and you can quickly remove all grease or dried food that sticks to the corners.

Cut sheets of tinfoil and place under the flower vase doilies and you will have no trouble with any dampness affecting the best polished furniture.

THE WHITE LADY;
OR, WHAT THE THRUSH SAID.

CHAPTER XIII.

The following morning it was Saturday, and pay-day with most of the troops in garrison. I took a stroll round the barracks before going to my quarters; and I was feeling strangely nervous, and strangely eager that the others should be as nervous as I.

Our company had a despatched and faked air, and showed ruffled heads, drooping faces, and bleary eyes in great profusion. I went into Joyce's room.

Andy White was on the face and sleepy in the eyes, was standing in the centre of the room with his shako on wrong side before, trying to stave a leak of whisky, a quarter of a pound of thick twist, three quip pipes, a box of blacking, a piece of soap, and a pack of cards into his expense pouch, which would not hold half of them; Jimmy Hamilton was writing up and down, dressed in marching order, with a small pocket mirror, and a razor in the other.

My attention was attracted by the face and a basin of beer in his hand, singing:

Me name is 'Oss Meegins, a farmer am I
I yous want a cootin', and felt rather shy.

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arms, I groaned, "God help us!" and shut my eyes.

The next instant I was rolling along the deck with the sound of laughter in my ears, and a feeling in the side which caused me to suspect that I had been an involuntary passenger on a heavy cut from Jack's list.

However, I struggled to my knees, and holding on to the side of the vessel, with a long and a shudder, reached the sunning deck. Why, then, my grog of the bucket caught my breath, tipped her head and plunged at a tremendous speed into a terrible gulf which appeared to have opened below to swallow us up for ever. Again I shut my eyes, but before I opened them a rude hand seized me by the collar; and I was hauled to my feet and held against the bulwark.

"What blast my straps and whiskers," said a hoarse voice, "this is the first time since I was born that I have seen a man so drunk as you. Why, then, my grog of the bucket caught my breath, tipped her head and plunged at a tremendous speed into a terrible gulf which appeared to have opened below to swallow us up for ever. Again I shut my eyes, but before I opened them a rude hand seized me by the collar; and I was hauled to my feet and held against the bulwark."

"How! how!" roared the big sailor, "that's a better motto. That's more like it. But get to your duty now, boy, and I'll grab the deck with you when you find your sea legs."

My philosophy was severely tested. By the heaviest loads which I have ever known, the Kaffir tribes have such a strong feeling in this matter that they will not even allow their women to come into their kraals for fear of contaminating the cattle.

In the Marquesas Islands the women do most of the work, and the men spend their time making canoes. The women are the only ones who are allowed to ride in them for fear of casting a spell. On the other hand, in New Guinea the men do most of the work, while the women are the only ones who are allowed to drive their bargains in the market.

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MAGIC BAKING POWDER

To guard against alum in Baking Powder see that all ingredients are plainly printed on the label. The words "No Alum" without the ingredients is not sufficient. Magic Baking Powder costs no more than the ordinary kinds. Full weight one pound cans 25c.

W. GILLET COMPANY LIMITED
TORONTO, ONT.
MONTREAL

THE WOMEN DO ALL THE WORK

IN THE MOST CIVILIZED KAFFIR TRIBES.

Possess Contaminating Influence Which Only Hard Labor Can Dissipate.

Sex in occupation is not limited to civilized societies. It is much more common among primitive people. The reason for this is not that men believe women are unable to do the heavier work, but it is because they think the woman and even defile their work.

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NERVOUS BREAKDOWN

Daily Dose of Overwork and Worry. A Tonic is No Overwork and worry give rise to nervousness, sleeplessness, loss of appetite, and sometimes a breakdown of the system. On every hand, the symptoms of this kind are to be seen. It is a direct result of overwork and worry. Dr. Williams' Pink Pills are a direct result of overwork and worry. Dr. Williams' Pink Pills are a direct result of overwork and worry.

RELIGION IN AUSTRALIA

Will Be Modelled on the Best of the Mother Country.

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In this 5-Pound Sealed Package

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If you, or someone dear to you, are suffering the itching, burning, sleep destroying torments of eczema or other cruel skin eruption with its embarrassing, slightly disfiguring, if not disfigurement, if you have tried all manner of treatment, no matter how harsh, to no avail, and still have not given up hope, write to-day for a trial sample of Cuticura Soap and Ointment. Thousands of skin-tortured sufferers from infancy to age have found that the first wash with Cuticura Soap and gentle application of Cuticura Ointment brought instant relief, permitted sleep, and proved the first step in a speedy, successful treatment. Dress "Cuticura" in Boston, U. S. A.