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10, 20 and 100-lb. sacks; 2 and 5-lb. cartons.

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Atlantic Sugar Refineries, Limited
Power Building, Montreal

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THE COAL SHORTAGE

The anticipated shortage in hard coal affecting thousands of Canadian homes may become a reality next winter if consumers delay their orders to the dealers till fall.

This is the opinion of railway men who say that while they are doing everything possible to assist Mr. C. A. Magrath, Controller of Canadian Fuel Supply, the co-operation of the consumer also is necessary to meet an undoubtedly serious situation.

The hard coal used in the east for the average furnace is imported from the United States, and the problem of supply is largely a problem of transportation. Owing to the shortage of labor and a very hard winter, the Canadian Railways last year faced a severe congestion of traffic, which was accentuated during the winter months by the demand for furnace coal.

In order to prevent if possible a similar condition next season, the railways are concentrating every effort on the supply of coal-carrying equipment. The Canadian Pacific, for instance, has decided to adapt at once and concentrate a considerable portion of additional freight equipment for coal haulage, increasing its capacity during the next six months by cars capable of hauling over a million additional tons during that period. It is withdrawing a large number of cars from other services, is adapting other types of cars, and has just put into force a new rule under which every foreign coal car is at once returned empty to the mines for fresh coal in-

stead of being delayed by loading with return freight, although this move means added expense.

Within a few days the coal merchants will thus have prospect of rapid deliveries, but unless consumers co-operate by giving their orders to the merchants now for their winter supplies, then unloading cars quickly, the congestion experienced last winter will be accentuated and prices may rise to unheard of heights. Consumers are also recommended to be exceptionally careful in the use of coal, avoiding waste and burning wood where possible. The merchants themselves are also being asked to co-operate by having cars loaded to the maximum capacity and by promptly unloading the cars as soon as received, thus releasing them for further service.

The situation apparently is more serious in the East than in the West, owing to the accepted use of box cars in the latter territory. The supply of the open cars required in the east is, however, limited, and unless deliveries are spread more than they have been over the summer months by the recommended co-operation of consumers, the approaching winter will come with tragic force upon the Canadians in Ontario, Quebec, and the Maritime Provinces.

The coal, according to Mr. Magrath, is available. The cars, according to the railways, are coming—but will carry the coal only if the orders are known before winter puts on the brakes.

ARE SAFETY PINS OLD OR NEW?

Commonly Regarded as Modern They Are Really Very Ancient.

How should we get along without safety pins? The men might manage but not the women. And the babies—they must have them, of course.

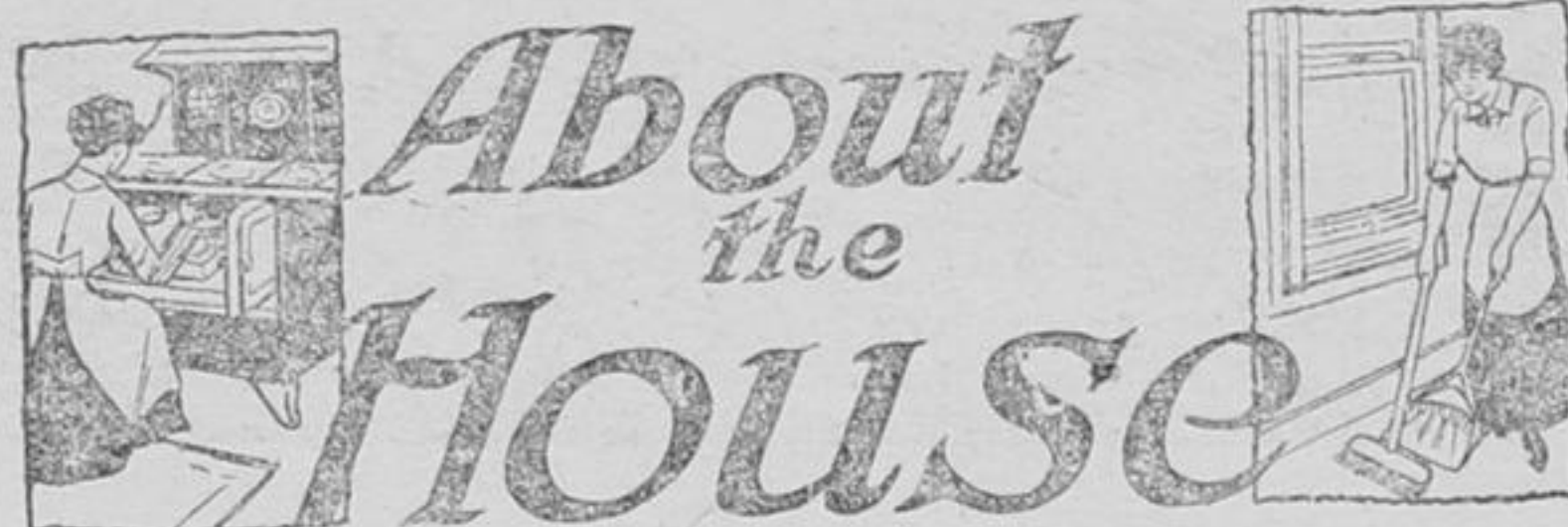
We are accustomed to think of the safety pin as a modern invention, but it is nothing of the kind. It was as familiar to the ancient Romans, long before Christ was born, as it is to ourselves. And it was in no way different from the safety pin of to-day, except that it was made of bronze instead of steel.

There are two safety pins at the Smithsonian Institution in Washington, where they are preserved as curi-

osities. They are of bronze, and were dug out of Etruscan tombs, certainly much older than the Roman Empire.

To the ancient Roman maiden or matron safety pins were much more necessary than to the women of to-day, because they had no buttons. It is a thing hard to realize, but buttons are a relatively modern invention. Imagine what it would be to live in a buttonless epoch!

The Etruscans inhabited Italy before the Romans first arrived in that country. It may be that they invented the safety pin. But the Romans developed it in a way much beyond anything we have thought of. It was even expanded in size to such an extent that the part into which the pin fitted became a receptacle for a corsage bouquet of flowers.



DOMESTIC SCIENCE AT HOME.

Second Lesson—Water, Its Source and Uses.

Water forms about three-fifths of the total weight of the human body, and on this account it is a necessary constituent of the blood stream.

The solvent properties of water are well known. Water acts as a carrier throughout the body and is an active participant in the process of digestion and elimination.

The temperature of the body is regulated by the presence of water in the blood. The blood flows from the warm interior to the cold exterior of the body, and the water in it acts as a distributor of heat.

The chemical processes of the body are carried on by the aid of water, and for this reason a large amount of it is necessary. Two quarts daily is the least amount that a healthy body can perform its duties on. This amount may be taken either plain or in beverage.

The presence of mineral deposits and gases in water determines its character. Where these substances are of a pronounced nature, we have the so-called mineral water and effervescent waters. These waters have a medicinal value and are very often prescribed by physicians for various derangements of the stomach, kidneys and liver. They are also ordered for use in eliminating the undesirable acids and deposits from the body.

Tested Recipes.

Strawberry Jam.—Hull and wash berries, then drain and cover with sugar. Stand over night. In the morning put in a saucepan and cook until thick. Stir constantly to prevent burning. Fill into glasses and, when cool, cover with paraffin. Store in a cool, dry place. Use three-quarters of a pound of sugar to one pound of fruit.

Cherry Custard.—Line a pie tin with good pastry. Fill with stoned and cooked cherries, well sweetened. Pour over them a custard made of one cup of milk, pinch of salt, one egg and four tablespoonfuls of sugar. Bake in moderate oven until the custard is well set.

Rhubarb Cheese.—Cut one pound of rhubarb in one-inch pieces. Place in saucepan with one-half cupful of water and steam until tender. Dissolve one-quarter ounce of gelatin in just enough water to cover, mix with the hot rhubarb and one pound of sugar, then bring to a boil. Cook for fifteen minutes. Stir frequently. Pour into molds that have been rinsed in cold water and set aside to mold. Fill center with custard made of yolk of two eggs, one cupful of milk, one-quarter cupful of sugar and one-half teaspoonful of vanilla. Cook until custard thickens, then set aside to cool. When ready to use unmold the rhubarb, pour the custard around it and serve.

Gooseberry Jelly.—Two quarts of gooseberries, two pints of water. Prepare the gooseberries and add the water. Then place in a preserving ket-

tle and bring to a boil. Cook until very soft, then drain, using a jelly bag. Measure the juice and allow an equal measure of sugar. Now return to the kettle and boil for five minutes. Add the sugar and boil for five minutes until 221 degrees Fahrenheit is reached. Pour into sterilized glasses and store in the usual manner.

When Food Is Wasted. When anything edible is allowed to go to the garbage pail or allowed to spoil for lack of proper handling. When too much is served at a meal. Uneaten portions are left on the plate and later thrown into the garbage pail. Learn to know the needs of your family and serve each no more than you think each will want.

When too much is prepared for a meal. Unserved portions are likely to be thrown into the garbage pail or allowed to spoil. Many housekeepers do not know how to use leftover foods to make appetizing dishes. When burned or spoiled in cooking. Improperly prepared or poorly seasoned food will be left on the table and probably wasted. Buy food wisely and then prepare it carefully.

When handled carelessly. Buy clean food, keep it clean until used, and be neat in all details of cooking and serving. This lessens waste, and is a valuable health measure as well.

If you have a dog and do not teach him to behave as well in his way as you would do in yours, it is your fault if he gets into mischief and does damage.

Cuts Labor in Half

Do you first disinfect, and then go over all surfaces again with whitewash in order to keep your stables, dairies and poultry houses bright, cheerful and free from lice, mites, fly eggs and the germs of roup, white diarrhea, cholera, glanders, etc.?

Such a method is a waste of time, money and labor. Use Carbola instead—it does the two things at the same time. It is a disinfectant that dries out white—not dark and colorless—and gives much better results.



is a mineral pigment combined with a germicide twenty times stronger than pure carbolic acid. Comes in powder form, ready to use as soon as mixed with water.

Applied with brush or sprayer. Will not clog sprayer, flake, blister or peel off nor spill by standing. No disagreeable odor. Absolutely non-poisonous. Satisfaction guaranteed.

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PRESERVATION OF WOOD.

Desire to Eliminate Waste Emphasizes Wood Preserving Methods.

From the standpoint of the average consumer, more has been expected of wood and less done to help it serve a great variety of uses than almost any other building material. It is a comparatively modern conception that proper preservation treatment is practical and economical on the farm and around the house. Good paint is a good friend of lumber, and, while not usually considered in that light, is the one protection against the natural progress of decay which has been universally used. Yet the well-painted house has unprotected floor beams in moist walls, door steps on wet ground, and many inside surfaces and timbers which are continually exposed to conditions favorable to decay. The wonderful service which wood has given during all the years, with little or no consideration of the factors which destroy, brings into greater prominence the possibilities of preservative treatment under the present day desire for permanence and elimination of waste. No one expects unprotected steel to do anything but rust, concrete is waterproofed and its surface protected from abrasion and disintegration, fabrics are shielded from the elements, while wood has largely been left to shift for itself. The application of wood preserving methods to the every-day uses of lumber, where it needs protection from decay, is in keeping with modern ideas.

OXFORD TO-DAY.

The lofty halls, the tranquil towers,
Where Learning in untroubled hours
Held her high court, serene in fame,
Are lovely still, yet not the same.

The novices in fluttering gown
No longer fill the ancient town,
But fighting men in khaki dress,—
And in the Schools the wounded rest.

Ah, far away, 'neath foreign skies
Full many a son of Oxford lies
And whispers from his warrior grave,
"I died to keep the faith you gave."
—Henry Van Dyke

City Eye Specialists Tell How To Strengthen Eyesight 50% In a Week's Time In Many Instances

A Free Prescription You Can Have Filled and Use at Home.

Boston, Mass.—Victims of eye strain and other eye weaknesses, and those who wear glasses, will be glad to know that Doctors and Eye Specialists now agree there is real hope and help for them. Many whose eyes were failing say they have had their eyes restored and many who once wore glasses say they have thrown them away. One man says, after using it: "I was almost blind. Could not see to read at all. Now I can read everything without my glasses, and my eyes do not hurt any more. At night they would pain dreadfully. Now they feel fine all the time. It was like a miracle to me." A lady who used it says: "The atmosphere seemed hazy with or without glasses, but after using this prescription for fifteen days everything seems clear. I can read even fine print without glasses." Another who used it says: "I was bothered with eye strain caused by overworked, tired eyes which induced fierce headaches. I have worn glasses for several years, both for distance and work, and without them I could not read, my own name on an envelope or the typewriting on the machine before me. I can do both now, and have discarded my long distance glasses altogether. I can count the fluttering leaves on the trees across the street now, which for several years have looked like a dim green blur to me. I cannot express my joy at what it has done for me."

It is believed that thousands who wear glasses can now discard them in a reasonable time, and multitudes more will be able to strengthen their eyes so as to be spared the trouble and expense of ever getting glasses.

Dr. Beck, an eye specialist of nearly twenty years practice, says: "A patient came to me who was suffering from Blepharitis Marginalis with all the concomitant symptoms, such as morning agglutination of the lids, chronic con-

junctivitis and epiphora. Her eyes when not congested had the dull, suffused expression common to such cases. Having run out of her medicine a friend suggested Bon-Opto. She used this treatment and not only overcame her distressing condition, but strange and amazing as it may seem, so strengthened her eyesight that she was able to dispense with her distance glasses and her headache and neuralgia left her. In this instance I should say her eyesight was improved 100%. I have since verified the efficacy of this treatment in a number of cases and have seen the eyesight improve from 25 to 75 per cent in a remarkably short time. I can say it works more quickly than any other remedy I have prescribed for the eyes."

Dr. Smith, an oculist of wide experience, says: "I have treated in private practice a number of serious ophthalmic diseases with Bon-Opto and am able to report ultimate recovery in both acute and chronic cases. Mr. B. came to my office suffering with an infected eye. The condition was so serious that an operation for enucleation seemed imperative. Before resorting to the operative treatment I prescribed Bon-Opto and in 24 hours the secretion had lessened, inflammatory symptoms began to subside, and in seven days the eye was cured and retained its normal vision. Another case of extreme convergent strabismus (cross eyes) escaped the surgeon's knife by the timely use of your collyrium. The tightened external muscles yielded to the soothing and anodyne effects of Bon-Opto. I always instill Bon-Opto after removal of foreign bodies and apply it locally to all burns, ulcers and spots on the eyeball or the lids for its therapeutic effect. By cleaning the eye with Bon-Opto and acting as a tonic for the eyeball itself the vision is rendered more acute, hence the number of cases of discarded glasses."

Dr. Conner says: "My eyes were in bad condition owing to the severe

strain arising from protracted microscopical research work. Bon-Opto used according to directions rendered a surprising service. I found my eyes remarkably strengthened, so much so I have put aside my glasses without discomfort. Several of my colleagues have also used it and we are agreed as to its results. In a few days, under my observation, the eyes of an astigmat case were so improved that glasses have been discarded by the patient."

Eye troubles of many descriptions may be wonderfully benefited by the use of Bon-Opto and if you want to strengthen your eyes, go to any drug store and get a bottle of Bon-Opto tablets. Drop one Bon-Opto tablet in a fourth of a glass of water and let it dissolve. With this liquid bathe the eyes two to four times daily. You should notice your eyes clear up perceptibly right from the start, and inflammation and redness will quickly disappear. If your eyes bother you even a little it is your duty to take steps to save them now before it is too late. Many hopelessly blind might have saved their sight if they had cared for their eyes in time.

Note: A city physician to whom the above article was submitted, said: "Yes, Bon-Opto is a remarkable eye remedy. Its constituent ingredients are well known to eminent eye specialists and widely prescribed by them. I have used it very successfully in my own practice on patients whose eyes were strained through overwork or latent glasses. I can highly recommend it in case of weak, watery, aching, smarting, itching, burning eyes, red lids, blurred vision, for eyes inflamed from exposure to smoke, sand or dust or wind. It is one of the very few preparations I feel should be kept on hand for regular use in almost every family." Bon-Opto is not a patent medicine or secret remedy. It is an ethical preparation, the formula being printed on the package. The manufacturers guarantee it to strengthen eyesight 50 per cent in one week's time in many instances, or refund the money. It is dispensed by all good druggists, including general stores; also by G. Tamblin and T. Eaton & Co., Toronto.