

ST. LAWRENCE SUGAR

Best For all Holiday Dainties because it is all pure cane sugar and yields the greatest amount of sweetening.

ABOUT THE HOUSEHOLD

Recipes For Thrifty Cooks.

White Gingerbread.—As a variation from the brown variety of gingerbread, take one pound of dry, sifted flour, half a pound of fresh butter, half a pound of sugar, the rind of one fresh lemon, one ounce of new ground ginger root, half a nutmeg grated, half a teaspoonful of carbonate of soda, and a gill of milk. Beat the flour and butter together, add the powdered sugar, rind—minced finely—ginger and nutmeg. Warm the milk slightly. Stir in the soda and mix to a smooth paste, shape it according to fancy and bake for fifteen minutes.

Simple Cream Cakes.—A teaspoonful of baking powder should be mixed with a teaspoonful of flour and one of castor sugar. Break three eggs into the flour, etc., beat to a light batter and flavor with vanilla essence. Pour into fancy pattypans and bake in a very quick oven. Turn on to a sieve to cool. Whip half a pint of thick cream flavored and sweetened to taste. Scoop out a hollow in the top of each sponge cake, fill in with cream which should rise above the level of the cake to a pint. Garnish round the cream with small strips of angelica and glace cherries.

Lamb Souffle.—Cook one tablespoonful of butter with one flour. Add three-fourths of a cupful of rich milk or stock. When boiling add one cupful of finely minced chicken or mutton with one-half cupful of soft bread crumbs and three beaten yolks. Season with salt and pepper paprika and a little Worcestershire sauce. Add a little minced pimento if there is any at hand. Fold in the beaten whites and turn into a deep buttered dish. Bake in a slow oven for twenty minutes. Serve at once in a dish.

A Green Pea Dish.—Add to one quart of shelled peas the heart of a lettuce, six young onions, two tablespoonfuls of butter, half a pint of stock and four strips of bacon. Previously wash the lettuce carefully and tie it with a string to keep it in shape. Wash and trim the onions. Melt the butter in a saucepan and put in the peas, onions and lettuce; add half a pint of water and cook with the lid on. When the peas are tender take out the lettuce, untie it, and shred it finely and add to the peas; parboil the bacon, mix it with the peas and lettuce, and after a little more butter has been added the dish may be served.

Hot Beefsteak Rolls.—Cut two pounds of beefsteak into pieces about size of ham and one-third inch thick. Chop one pound sausage meat well with few sprigs of parsley and place two tablespoonfuls of this mixture on each piece of meat, or spread with brown dressing or boiled rice, well seasoned. Roll up and tie the ends snugly with pieces of thread. Brown in butter in shallow steppan, add juice of lemon, two cups brown stock, two carrots and two onions sliced, salt and pepper to taste, cover and cook for two hours very gently or until meat is tender. Remove threads before serving.

Orange Shortcake.—Two and one-half cupfuls flour, one cupful milk, two teaspoonfuls sugar, five tablespoonfuls butter or two one-half tablespoonfuls drippings, two teaspoonfuls baking powder, one-half teaspoonful salt, sliced oranges. Mix dry ingredients together and sift twice. Work in shortening with finger tips and add milk gradually. Toss on flour board, divide into two parts, pat out, and put into tins. Bake in hot oven fifteen minutes, split, and butter. Have oranges cut into small pieces, cover with sugar to taste, and let stand on back of stove until warmed. Put oranges between layers and on top of cake, and serve at once.

Home Hints.

A good and economical dessert is stewed figs and boiled rice, served together.

Some coffee needs boiling and some does not—one must experiment to find out.

Never let ashes accumulate in the ash pan. They absorb the heat before it reaches the oven.

To keep sleeves up when washing dishes get a pair of bicycle clips and attach to the rolled-up sleeves.

To remove white spots left by hot dishes on the dining room table, use camphorated oil, rubbing it in well.

Don't set leaky vessels on the range or spill cold water on it. These things cause it to crack and warp.

When a garment becomes stained with machine oil rub the affected part with a cloth dipped in ammonia.

If pumps slip at the heel, paste a round piece of velvet inside. This will prevent slipping when pumps have stretched.

Dip a new broom in boiling hot salt water and, after using, dip in scalding soapuds once a week, if you wish it to wear well.

When you find fruit stains on table linen, wet stains with a little cam-

A Bereaved Mother



MRS. CAVELL
Mother of Nurse Edith Cavell, who was murdered by the Germans in Belgium.

THE GOLDEN KEY

Or "The Adventures of Ledgard."
By the Author of "What He Cost Her."

CHAPTER XXIX.—(Cont'd.)

There was a wild chorus of fear. The women fled to the huts—the men ran like rats to shelter. But the executioner of Ledgard, who was a fisherman and holy, stood firm and pointed his knife at Trent. Two others, seeing him firm, also remained. The moment was critical.

"Cut those bonds!" Trent ordered, pointing to the boy.

The fishman waved his hands and drew a step nearer to Trent, his knife outstretched. The other two backed him up. Already a spear was couched. Trent's revolver flashed out in the sunlight.

"Cut that cord!" he ordered again. The fishman poised his knife. Trent hesitated no longer, but shot him deliberately through the heart. He jumped into the air and fell forward upon his face with a dead cry which seemed to find an echo from every hut and from behind every tree of Bekwando. It was like the knell of their last hope, for had he not told them that he was fetted by a dead body was proof against those wicked fires, and that if the white men came, he himself would slay them!

And now he was dead! The last hope of their superstitious hope was broken down. Even the drunken king sat up and made strange noises.

Trent stooped down and, picking up the knife, cut the bonds which bound the boy. He staggered up to his feet with a weak, little laugh.

"Did I look well?" he said.

Trent patted him on the shoulder. "If I hadn't been in time," he said, "I'd have shot every man here and burned their huts under their feet. Pick up the knife, old chap, and think those fellows mean mischief."

The two warriors who had stood by when they were approaching, but when they came within a few yards of Trent's revolver they dropped on their knees. It was their token of submission. Trent nodded, and a moment afterwards the reason for their non-resistance was very evident. The remainder of the expedition came filing into the little enclosure.

Trent lit a cigar, and sat down on a block of wood to consider what further was best to be done. In the meantime the natives were bringing yams to the white men with timid gestures. After a while one called them to follow him. He walked across to the dwelling of the fishman and tore down the curtain of dried grass which hung before the opening. Even then it was so dark inside that they had to light a torch before they could see the walls, and the stench was awful.

A little chorus of murmurs escaped the lips of the Europeans as the interior became revealed to them. Opposite the door was a life-size and hideous effigy of a grinning god, made of wood and painted in many colors. By its side were other more horrible images, and a row of human skulls hung from the roof. The hand of a white man, blacked with mud, was stuck to the wall by a spearhead, the stench and filth of the whole place were pestiferous. Yet outside a number of men, and a few women were on their knees, hoping still against hope for aid from their ancient gods.

round in a ring, making an awful row, but they never dared interfere. He burnt the place to the ground, and then what do you think he did? From the king downward he made every Jack of them come and work on his road. You'll never believe it, but it's perfectly true. They looked upon him as their conqueror, and they came like lambs when he ordered it. They think they're slaves you know, and don't understand their pay, but they get it every week and same as all the other laborers—and oh, Aunt Ernie, you should see the king work with a pick axe! He is fat and so clumsy, and so furiously angry, but he's so scared of Trent, to do anything but obey orders, and there he works hour after hour, groaning, and the perspiration rolls off him as though he were in a Turkish bath. I could go on telling you odd things that happen here for hours, but I must finish soon as the chap is starting with the mail. I am enjoying it. It is something like life I can tell you, and aren't I lucky. Trent made me take Cathart's place. I am getting \$800 a year, and only fancy it, he says he'll see that the directors make me a special grant. Everything looks different here now, and I do hope the company will be a success. There's whole heaps of mining machinery landed and waiting for the road to be finished to go up, and people seem to be streaming into the place. I wonder what Cathart will say when he knows that the directors make me a special grant. I've got his job done, and that I've got his job!

"Chap called for mail. Good-bye. Ever your affectionate friend."

"Trent is a brick."

Ernestine read the letter slowly, line by line, word by word. To tell the truth it was absorbingly interesting to her. At least she could not get rid of the thought that she was reading the letter of a man who was so successful. She had found the road to be so very lively at Trent's place, and she had seen what a stow he was in because he'd put on a beautiful white suit and a perfect country was awarded to him. No one seemed to know much about Bekwando Land Company and the count of the day, but she knew that he was a very rich man. However, she went out at last, and Cathart, he simply scoffed at the whole thing from the first.

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LONDON IN THE DARK.

Recent Order Has Increased Accidents 200 Per Cent.

Socially and commercially the London of to-day bears little resemblance to the city of one year ago. Since the war began regulation has been piled upon regulation until the transformation is well nigh complete, but a spreading of the various changes over a period of 14 months has fooled the public into believing that everything was "going on as usual."

It is only now that they are awakening to the fact that the old London is no more and perhaps never will be again. The proposed Parliamentary legislation which will make the "night clubs" will make the disillusionment complete. Barring the theatres, the last form of evening amusement will vanish with the clubs.

POWDER AND SHOT.

At the Battle of Waterloo, 217,000 men were engaged.

It is sixty years since British troops landed on the Continent.

It costs approximately \$1,500 every time a big naval gun is fired.

Long Known.

"Father," said the minister's son, "my teacher says that 'collect' and 'congregate' mean the same thing. Do they?"

"Perhaps they do, my son," said the venerable clergyman; "but you may tell your teacher that there is a vast difference between a congregation and a collection."

A Fast Gov.

"How's the new servant getting along?"

"Rapidly. Next Tuesday she'll have gone a week."

MADE IN CANADA
MAGIC BAKING POWDER
CONTAINS NO ALUM
Makes pure, delicious, healthful biscuits, cakes and pastry. It is the only well-known strictly high class baking powder made in Canada, selling at a medium price.
Read the label
E.W. GILLET COMPANY LIMITED
WINNIPEG TORONTO, ONT. MONTREAL

FROM SUNSET COAST

WHAT THE WESTERN PEOPLE ARE DOING.

Progress of the Great West Told in a Few Pointed Paragraphs.

Milk sells at 12 quarts for a dollar in Vancouver.

Trail, B.C., has had only one case in the police court in five weeks.

Splendid reports came from the Experimental Farm at Terrace, B.C. To date \$35,000 has been received by dependents of soldiers in South Vancouver.

Lucky Thought Mine, New Denver, B.C., shipped a 42-ton car of ore to Trail last week.

All bars in the military district of British Columbia are to be closed to soldiers at 9 p.m.

Total output of saw logs for Vancouver Province for September amounted to 92,080,493.

New Westminster opened its new reservoir without ceremonies that cost money, owing to the financial stringency.

Mr. Raymond of Orville is developing an Epsom salts mine in Richters Pass. He will get \$90 a ton for the salts.

During the month of September, seventy car loads of fish were shipped from Prince Rupert, B.C., to eastern points.

Nelson civic affairs were economically handled this year, and only \$10,000 was borrowed from the bank against \$40,000 the year before.

Over 150 miners left Vancouver Island to go to work in the old country mines as a result of the visit of the British commissioner.

The Canadian Pacific railway has decided to make the Trail smelter the equal of the greatest reduction works on the American continent.

Peter Fernie died in Victoria, aged 84 years. He had lived 54 years in B.C., and the town of Fernie was called after him.

The 104th Regiment of New Westminster, has contributed 1,060 active service men to war ranks since August last year.

The American Club at Vancouver gave a dinner in honor of Captain J. W. Warden, who returned wounded from Flanders.

Ald. Goulet of New Westminster, B.C., will move that the mayor and aldermen of that city cut their salaries 25 per cent.

"Perfect Seal" Quart Jar.

Three Pounds of Syrup.

In 3 pound Glass Jars

Your grocer has "Crown Brand" Syrup in these new glass jars—or will get it for you. And be sure and save these jars for preserving. "Crown Brand" is also sold in 2, 5, 10 and 20 pound tins.

THE CANADA STARCH CO., LIMITED, MONTREAL.