

Only Fine, Flavoury Teas
are used to produce the famous
"SALADA"
blends. Every leaf is fresh, fragrant
full of its natural deliciousness. Sold
in sealed packets only.

About the House

Useful Hints and General Information for the Busy Housewife

Choice Dishes.
Parsnip Fritters.—Thoroughly wash the parsnips and bake them in their skins until tender. Peel and cut into thick round slices. Sprinkle with flour, dip in egg and bread crumbs, and fry in deep fat till a golden brown.

Date Pie.—Simmer one pound of dates in milk enough to cover. Mash and add one-half cup sugar, yolks of three eggs, one pint hot milk and sprinkling of cloves and cinnamon. Bake like custard pie, adding, when set, meringue of white of eggs and three tablespoons sugar.

Browned flour will impart flavor and coloring and make soups and gravies especially good. To brown flour, sift it into a granite pie pan or flat pan, using about one cupful. Then place it in the oven to brown; it must be stirred and not allowed to burn. Remove from the oven and keep it in a tin box or fruit jar. It will always add flavor to warmed soups.

Stewed Parsnips.—One-half pound parsnips, two quarts cold water, three parts sliced raw parsnips, three tablespoons flour, pepper to taste. Cut parsnips into thin slices, cover with water and boil three hours. Half an hour before serving time, add parsnips, salt when they are tender, thicken with flour and cold water. There should be about three pints of liquid. If more water should be added to make the amount, add pepper to taste, and if necessary, a little sugar.

Caramel Pudding.—One cup sugar, two cups water, four egg whites, one half-on-fourth teaspoon gelatin, one-third teaspoon vanilla. Caramelize three-fourths of sugar, and dissolve by pouring over boiling water and cooking for five minutes. Turn in remainder of sugar and gelatin, which should have stood ten minutes in cold water to cover. Beat egg whites stiff, flavor with vanilla and beat lightly into mixture. Add sugar and vanilla, and pour into buttered mold. Bake in water bath for one hour.

Russia Cookies.—One cup brown sugar, one-quarter cup butter, two eggs, one teaspoonful of vanilla extract, flour, one tablespoonful of warm water, one-half teaspoon baking soda, one-quarter teaspoon salt. Add eggs well beaten, soda dissolved in warm water, salt, vanilla and enough sifted flour to make soft dough. Roll out, cut in rounds, spread layer of raisin filling between two cookies, press filled cookies lightly with rolling-pin and bake in buttered pans in hot oven until lightly browned.

Cream of Tomato Soup.—One two-pint can tomatoes, two small onions, one teaspoon salt, one teaspoon sugar, one-half teaspoon soda, one-fourth teaspoon pepper, dash cayenne pepper, small sprig celery or dach of celery salt and one cup water. Boil all ingredients, except milk together for twenty minutes. Strain through colander. Add milk, first warming it, and let all come to boiling point, then serve. If thicker soup is desired, cream equal amounts of butter and flour together, say one table-poon of each, and add to soup at a boil.

To make orange cake take the weight of two eggs in butter, sugar and flour, the grated rind of one of the orange and the juice of a half. Beat butter and sugar together, then add grated rind and flour, mix with the beaten up eggs and juice, beating the mixture till quite smooth; add half a teaspoonful of baking powder, and bake for half an hour in a moderately hot oven in a well-greased sandwich tin. When cold, ice with six table-poonfuls of icing sugar, which has been well rolled until a fine powder and mixed into a paste with the juice of the remaining half of the orange.

Anyone who will try the following recipe will never buy corned-beef again: Rub the butter again: For 10 wet cloths and press these with very points of beef take one pint of salt, hot irons, driving the steam down one teacup of brown sugar, one table-poonful each of ground cloves, allspice and pepper, and one table-poonful of pulverized saltpeter. Rub the beef with this mixture and place in a them in a wire dish-drainer, and with the mixture twice a day for a week, then wash off the spices, put

THE CABLEMAN
AN EXCITING PRESENT-DAY ROMANCE
BY WEATHERBY CHESNEY

CHAPTER XII.—(Cont'd.)
"This!" said Montague. "I know you, and I know that if the facts were so, you wouldn't be sitting there yourself up to the police, if they would take you! You would have called yourself a murderer, and given your friends a damned uneasy time of it proving to you that you weren't! That you are sitting here quietly, scooping the pudding out of a custard apple with a spoon is proof enough for me that you had nothing to do with it."

"You are right," said Mona. "I hadn't. I think that Carrington had himself well in hand in the talk he had with me. His mood was a mixture of sham, pathos and calm cynicism. Either or us was excited; it was I, not he. Besides, the place where I met him was ten miles from the place where his body was found. I believe that the doctor was right; it was overexertion which killed him."

"Or if it was overexertion, someone else did the exciting—afterwards," said the circusman eagerly.

"Then," said Montague angrily, "what do you mean by frightening me like this? Why couldn't you have said in the beginning, instead of hinting at horrors in this way?"

"You said that there was something that you didn't like. You couldn't tell me what it was, so I tried to tell you."

"You didn't suppose that I meant that?"

"I didn't know what you meant. I don't quite know yet."

Montague drummed the table with his fingers. Then he said:

"There's no doubt that the money was yours, is there?"

"The twenty thousand? None."

"Then I suppose it's all right; you are entitled to have it; but I don't like the way it came to you. Can't you see what my feeling is? What over it was that killed him, those diamonds seem like the price of his life. The price has not been paid to me."

"What?" cried Montague. "Steady! How's that?"

"I do not even know that it is true that he had those diamonds at all. If he had, none of them have come into my hands. The £50 I offer you is perfect evidence that not a penny of it comes from the man who died by the Caldeira de Morfe."

"How did you get it?"

Mona smiled. "At present," she said, "I don't suppose to say. Why not? Perhaps for the same reason that I refused to tell Mr. Scarborough what my private business was the night of Richmond Carrington's death. He suspected me."

"But I don't," cried Montague in distress.

"No, I don't think that you do. But I have my whims. When the Carrington mystery has been cleared up, ask me again, and I'll tell you. Meanwhile you'll take my cheque?"

"No, I don't."

"Because I don't count that you owe it to me. I've explained all that besides, hang it all, you know, I had another plan in my head! But," he added doubtfully, "there's no good of mentioning it now. I've had my loss. As I told you, I shall take my profit out of the advertisement I shall turn it into."

"I don't think you can do that," said Mona quietly. "I told you not to reckon that in your estimate, you know. You won't be able to do it, because I give you notice now that I shall not perform again. A month's notice or a month's wages on either side were our terms, weren't they? I will pay you the forfeit now."

Montague looked at her with twitching lips.

"You mean that?" he asked quietly.

"Yes."

He broke into a short laugh.

"Then," he said grimly, "you have ruined me after all."

CHAPTER XIII.
"Since it's settled that I'm to be ruined," said Val B. Montague gloomily, "I may as well tell you about that other plan at which I hinted just now. You'll laugh. I was thinking of a partnership. Now smile."

Mona de la Mar did not smile. She gave him a quick look, and said: "A partnership? You and I? On what terms?"

"Marriage, and pool the profits," said Montague simply. "Ridiculous notion, isn't it?"

"Dunno! Expect I've got kind of a fond of you in the last two years. Say, why don't you blaze out at me?"

"Why should I?"

"Don't you feel you want to?"

"No."

Val B. Montague looked relieved.

"That so?" said Mona. "Then I guess you don't think I've insulted you by mentioning it. I was afraid you would. When a woman's rich enough to throw cheques about—which seems to be your case, though I don't understand how it's happened—she generally thinks an offer of marriage from a man like me pretty insulting. I don't speak from experience, mind you; but I've taken notice of other cases, and it's generally so. Sure you don't want to blaze?"

"Certain," said Mona, and then she added, smiling: "I've never had an offer of marriage before; perhaps that's why."

"Oh, you'll get plenty, now that you are rich!"

"But not from Val B. Montague?"

"Well, no. Not from Val B. Montague," said the circusman, grinning. "Thought I was that sort of skunk, did you?"

"I think," said Mona quickly, "that you are one of the best fellows I have

The Secret of Flaky Pie Crust
It's in our Recipe Book—with a list of other recipes for making good pies. But—we're going to tell you right here how always to have the top crust flake and flake—and how to have the bottom crust right, even when using fresh fruit.

BENSON'S CORN STARCH
Instead of all wheat flour. Try it, and you'll see. Get a package of BENSON'S at your grocery's, and write to our Montreal Office for copy of our new recipe book, "Secrets and Candies" that tells how.

THE CANADA STARCH CO. LIMITED
MONTREAL, QUEBEC, TORONTO, WINDSOR, SASKATON, 218, PORT WILKINSON.

BOOTS BY THE MILLION.
British Factories Turning Out Supplies for Many Armies.
No less than \$1,600,000 worth of boots a week are being turned out by the Northamptonshire factories, who are supplying not only the British army with footwear, but are also making boots for the French army and navy, the Belgian, Serbian and Italian armies. And now there is a likelihood of an order for three million pairs of high-legged boots for the Russian army being placed in England.

It is pointed out that if this order should be placed, it will have a remarkable effect on the leather trade, for each pair of legs will cut into nine feet of leather, and each pair of fronts will take another two feet. It would, in fact, absorb well over thirty million feet of upper leather, in addition to 250,000 bends for the soles and 200,000 bends for repairing, the leather altogether being equal to 800,000 hides.

Many curious boots, by the way, are being turned out by the Northampton factories. There is a thigh boot for sailors in which he can almost float; short-footed boots for Gurkhas; sandals for West African soldiers; special boots for the Flying Corps; and last but not least, mosquito boots for our soldiers fighting in tropical countries.

MAGIC BAKING POWDER
FROM SUNSET COAST
CONTAINS NO ALUM
CONTAINS NO LEAD

THE SECRET OF Mrs. Carrington?
"Anything that leads to a solution of the mystery that surrounds Rich- mond Carrington's death will help me," said Scarborough. "Or, at any rate, I think it will."

"Then, why don't you ask the daughter herself?"

"It would be no use."

(To be Continued.)

APIARY DEMONSTRATIONS.
Arrangements Being Made to Hold Them in Many Places.
We have raised an enormous army of fighting men. Many of them have dropped their tools in the shops, left their machines, locked up their desks or have left the ranks of the feeders to swell those of the fighters. We cannot all go to the firing line of fight, but we can do our utmost to feed those who have, and their dependencies whom they have left to our care.

Honey is a staple that is sometimes classed as a luxury. It has a real food value and at this time when sugar is so expensive it should be more extensively used than ever before. The production must be maintained.

To help you "keep better bees and to keep bees better," the Ontario Department of Agriculture is arranging to hold Apiary Demonstrations in all parts of the Province. The practical nature of the program is very inviting to all interested in beekeeping and in almost any district a good attendance is assured, provided the weather is suitable. A specially trained practical beekeeper is sent to take charge of the meeting and handle the bees, and he is generally assisted by local beekeepers. Several hives are opened and the actual working of the bees explained. Often a queenless colony or one preparing to swarm serves as an excellent object lesson. No Matter how many or how few colonies you keep, you are sure to learn something at one of these meetings.

Already arrangements are well under way for over fifty of these meetings. The Department of Agriculture attends to all the advertising and supplies the speakers, so that the beekeepers do not incur any expense whatever.

Interested beekeepers desirous of having demonstrations in their apiaries should communicate immediately with Mr. Morley Pettit, Department of Agriculture, Ontario Agricultural College, Guelph, so that arrangements can be made for the meetings.

WHERE FRANCE WAS BORN.
Verdun is Where Charlemagne's Sons Divided an Empire.
It is a curious thing, worth remark in passing, that at Verdun, where the turning point of the war between France and Germany is likely to be, these two great nations were born. The map of Europe as it is now before 1,909 years ago, took in under one France and Germany. In 1552 it was divided into France. From that day on it has been a great fortress, commanding the great highway along the River Meuse to Belgium and the road that runs from Metz to Paris. The fortifications date from an old keep built by Vauban on the site of a Benedictine monastery, which was torn down to make room for the fortress. Gradually the ring of encircling forts has been built. Of late years they have been modernized, until at this day they are nearly impregnable as military science can make them.

WHAT THE WESTERN PEOPLE ARE DOING.
Progress of the Great West Told in a Few Points.
There are fifteen telephones in Sandon and fifty-seven in New Denver. South Vancouver city bankers were accused of selling short-weight bread. A 9-pound turn was taken by a local fisherman at Mission City last week. Several mining deals are in sight, and Greenwood may yet be a second Butte.

Lately from five to 22 carloads of coke have been arriving daily in Greenwood.

A school building is being talked of at Galiano Island.

Thieves broke into the Pure Milk Dairy at Vancouver the other night and took \$200.

Since 1915 the Vancouver branch of the Canadian Patriotic Fund has added 3,151 families.

Canford Mills are now turning out about 150,000 feet per day.

Miss Anne Woodward, a resident of the district for 35 years, died recently in New Westminster.

The British tanker El Lobo arrived at Victoria recently with 6,022 tons of crude oil for Iocco.

There are to be no military formalities in Victoria this year in connection with the King's Birthday.

Fifty-five names are on the honor roll of the Port Couquiam Methodist Church as wearing the King's uniform.

The death occurred recently on Gabrielle Island of James Rollo, a resident of the district for the past thirty-seven years.

Five fishing boats landed catches totalling 16,000 pounds of halibut at Prince Rupert the other day, and the haul sold at 93 cents per pound.

The Vancouver board of health is making a vigorous crusade against water-borne typhoid, and has already reduced the number by two-thirds.

North Vancouver has a new fire truck, purchased for \$450 and remodelled and fitted up as a fire truck at an additional cost of that amount.

The Vancouver Zionist and Social Society reports that it has sent more than \$5,000 to headquarters for Jewish war sufferers and more money is on the way.

Mr. Caspar Phair, who was appointed Government agent at Lillooet on the 7th of January, 1878, has just been superannuated after thirty-eight years' service.

At the canneries and among fishing boat owners general repairing is the order of the day. A busy season is anticipated by farmers and all other lines of industry.

That scores of homes in North Vancouver are being served by unlicensed milkmen was the charge made in a letter received by the council from the North Vancouver Dairy.

Among the patents filed in England is a process for removing the solder, tin and chemicals from brass and galvanized articles and for utilizing the base metals. The inventor is a South Walesman, who has already obtained contracts from several municipalities for treating down refuse such as tin cans, containing and similar metallic waste products.

Deaths From Cancer.
On the basis of the last statistics, there are 78,000 deaths due to cancer annually in the United States. The mortality rate has steadily increased from 65 per 100,000 population in 1903 to 78.9 in 1912.

A stuttering man may be thoughtful even when he does break his word.

THEY SHALL NOT PASS.
French Officer Tells of Phrase That Saved Verdun.
"The fundamental secret of French resistance before Verdun was psychology," said a high French officer, "to a correspondent. 'It was universal suggestion on a vast scale. All were so self-hypnotized by a constant repetition of the phrase: 'They shall not pass' (ils ne passeront pas), that no idea save that of resistance to the utmost could enter their heads."

Continuing his novel explanation of the French success, the officer said: "Anyone familiar with crowd psychology must have noticed that immediate response of bodies of men to suggestion. Of all the peoples on earth the French are the most sensitive to such influences. Imagine, then, the result when General Pétain transferred doubt and discouragement into iron determination, when throughout the whole army flashed his resolution that the Germans should not get through. That is what enabled the infantry to undergo unexampled bombardments and then push forward with the bayonets as eagerly as fresh troops. That is the explanation of the confidence in victory, seen even in captured Frenchmen, which has amazed their German captors."

MAY WEAR WOODEN SOLES.
German Children Said to be Short of Boots.
In Berlin the school authorities have asked teachers to recommend the wearing of "Pantinen" to the poorer of their children. Pantinen are wooden soles without heels, fastened over the feet by leather straps. This step has been taken in consequence of the great rise in the price of leather which makes it impossible for the very poor to provide boots for their children. As soon as the weather is warmer poorer children will be permitted to attend school barefooted. The teachers are asked, however, to see that the children use ordinary precautions not to injure their feet.

In Vienna the district authorities have issued orders against little boys wearing military uniforms. Any parents permitting their children to wear uniforms after the publication of the order are to be heavily fined. The "Arbeiter Zeitung" commenting on this regulation, while admitting the silliness of dressing up children in uniform, opposed the drastic character of an order which removes clothes from use at a time when most people find the greatest difficulty in buying the very barest necessities of life. If sumptuary regulations regarding dress are to be applied a beginning should be made not with these silly little cheap uniforms, but with the extravagant raiment of the well-to-do.

HEARD AT A RECEPTION.
Mr. A.—Some style to that gown, eh? I should call it "the last word."
Mr. B.—Yes, and as usual, a woman has it.

Just a School Story.
History was the subject the class studying and presently the teacher asked, "Now, can anyone tell me who the feet by leather straps. This step has been taken in consequence of the great rise in the price of leather which makes it impossible for the very poor to provide boots for their children. As soon as the weather is warmer poorer children will be permitted to attend school barefooted. The teachers are asked, however, to see that the children use ordinary precautions not to injure their feet."

Import Labor From Denmark.
An employment bureau has been established in Copenhagen, Denmark, for twenty large factories in Germany. Contracts are made for two months, with travelling and passport expenses. Wages are about 25 cents an hour, the working day usually consisting of ten to twelve hours. The bureau has already secured 400 workmen.

Utilizing Refuse.
England is a process for removing the solder, tin and chemicals from brass and galvanized articles and for utilizing the base metals. The inventor is a South Walesman, who has already obtained contracts from several municipalities for treating down refuse such as tin cans, containing and similar metallic waste products.

ONE EMPTY, THE OTHER CRACKED.
A Scotsman once complained that he had got a ringing in his head. "Do you ken the reason o' that?" asked his friend. "No," "I'll tell ye—it's empty." "And hae ye never a ringing in your head?" asked the other. "No." "And do ye ken the reason?" Because it's cracked."

SHOE POLISHES
Contain no acid and thus keep the leather soft, protecting it against cracking. They combine liquid and paste in a paste form and require only half the effort for a brilliant lasting shine. Easy to use for all the family—children and adults. Shine your shoes at home and keep them neat.

BLACK-WHITE-TAN 10¢
KEEP YOUR SHOES NEAT

TRAINING DISTEMPER
Ever heard of this? Yes, of course you did but under a different name. You have seen it in cases when a horse was "over-trained," worked a little too fast and the nervous system gets the shock after the voluntary muscular system has been taxed too heavily. The trouble starts in the mucous surface, and the logical remedy is to soothe the inflamed surface. It is logical to soothe when the glands are materially affected.

"SPOHN'S"
In your true valuation it restores the normal functions of the whole system and according to instructions with each bottle. The contents of all good distillers' bottles are returned to you. Sold by SPOHN MEDICAL CO., Chemists and Specially Prepared by Manufacturers.

If You Have Not a Policy in the CROWN LIFE
You are not doing justice to yourself or your family.