

## King of Sweden Likes Plain Food

### Pea Soup—and Pancakes With Jam—Served Every Thursday

By Inga Norberg

Swedish cooking has always held a place of honor in the culinary world, and to be the royal cook in a country of such connoisseurs of cooking, as Sweden is to hold no mean position.

Yet King Gustaf himself (whose grandchild, the Crown Princess of Norway, has just given birth to a daughter), is quite a Spartan as regards food, though he shares a schoolboy's taste where cakes are concerned.

A Royal Visitor

When staying at Drottningholm, a favorite royal palace near Stockholm, he sometimes pays a visit to the kitchen, inspecting pots and pans and asking what there is for dinner. Should some delicious cake or other little "tit-bit" happen to be lying about it might disappear as mysteriously as when his grandchildren find their way out there! And it is no secret that Princess Ingrid is a real little epicure.

Sometimes, when spying the pastry cook in one of the long corridors, the King will walk up to her, shake hands, and say "Thank you so much for those lovely cakes you made for tea yesterday."

Many Steps to Get

Nothing but copper utensils are used in the royal kitchens.

At Drottningholm all the kitchen stoves are heated by birch wood. There are stockpots so heavy that it takes two people to move them.

All round the kitchen are situated the sculleries, the pastrycook's room, and so on, while to get to the serving room you have to cross a yard, rather a cold proposition for the food in winter time, and most inconvenient when one realizes that, having safely arrived in the serving room, there remains a further journey up a lift before the food reaches its final destination.

The kitchen of the Prince of Sweden is very much like the one at Drottningholm. All pots and pans are of copper and marked to indicate their weight and capacity. Some have a royal crown engraved on them, and the initials of the King and Queen from whose reign they date.

There are different store rooms for the different kinds of comestibles; one for vegetables, one for preserves and fruit, and one for meat. The refrigerator for the meat consists of a long deep chest, in which everything is kept on blocks of ice. Next to it we find a huge stone mortar which requires the strong arms of a man to manipulate it.

The kitchen at Ulrikedal is ruled over by a housekeeper who has six maids under her.

Pancakes Every Week

This menu presents a great variety of dishes, but neither the Crown Prince nor the Crown Princess has any special favorite dish, though like King Gustaf, they keep to the old Swedish custom of having for dinner every Thursday of the year pea soup, with pork, and pancakes with jam.

The former, as cooked in my country and served with a glass of hot Punsch (a liqueur made from Arrac), is quite delicious.

Simple Routine

Thus King Gustaf has breakfast at nine (a very simple meal, consisting of just a cup of tea and an egg). For lunch, at one o'clock, he has an egg- or fish dish, some meat—and some cooked fruit. Dinner is just as simple. Fish, meat, a sweet and sometimes dessert, when the King generally takes an orange.

He does not like soups, but fish, and especially plaice and those delicious Baltic sprats are favorite dishes, and so are game and poultry. With his simple dinner King Gustaf takes just one glass each of sherry, burgundy and port.

A Fair Offer

The instructor was addressing a number of flying cadets on the uses of the parachute.

"Now, then," he said, "if anything goes wrong with your plane, jump out, count three as you are falling, so that you are free of the plane, and then pull the ring." He paused for his words to sink in. "You will then find that the parachute will open and you'll come down as lightly as a feather."

"But supposing it doesn't open?" asked one of his listeners.

"Bring it back, and I'll give you another," replied the instructor.—Answers.

Spain Has As Many Beggars As Lawyers

Madrid.—There are as many beggars as lawyers in Spain, according to the classification of occupations in the kingdom printed by the weekly financial magazine La Semana Financiera. The number of mendicants, unclassified by age or sex, is 22,225, and the count of lawyers shows 22,473.

It is impossible to sit at a table in a sidewalk cafe without being approached by four or five beggars. Begging is not a dishonored avocation in Spain, and the blind, crippled and needy who live by this means usually manage to eke out some kind of existence.

Ever since 1189 there has been a Lord Mayor of London, England.

## STYLES AND CUSTOMS CHANGE... BUT...

...fundamentally, human nature never changes... neither does the cigar smoker's preference for Wilson's Bachelor. They were smoked and enjoyed 25 years ago. They are smoked and enjoyed in increasing numbers today—because Wilson's Bachelor cigars are 100% Havana filler with the added advantage of the foil wrapper.



# WILSON'S BACHELOR Cigar

Still most for the money

## Lobsters Use Sand to Create Balance

How the removal of a few sand grains from a cavity in a lobster's head, and the substitution of iron filings, made the lobster magnetic, is related by Dr. Frank Thome, in his Science Service feature, Is't it Odd (Washington). He writes:

"Once in a while every lobster outgrows its shell, splits it down the back and sheds it, emerging from it in a soft-shelled state. After a period of retirement under the rocks, its new shell hardens and the lobster is ready for normal activity again.

"As soon as its claws have hardened enough so that it can use them again, the lobster begins to pick up pinches of sand from the bottom and drop them over its head. Over and over again it repeats this queer process, until it achieves some end that appears to be satisfactory.

"What is this thing the lobster is trying to do with grains of sand?"

"A dissection of the lobster's head shows that up in the region of its chief nerve centres there is a tiny cavity, communicating with the outside water by a still tinier hole. In this cavity one ordinarily finds a few grains of sand. Only immediately after the shell-shedding the sand grains are missing. The lining of the cavity is part of the shell, and is shed with the rest of the shell, taking the sand grains with it. The 'hair-sugaring' of the lobster is an effort, finally successful, to get sand grains back into this little pocket.

"But why should a lobster want to have sand on the brain?"

"Scientists suspected that this little pocket, with the sand grains on its bottom, had something to do with the lobster's sense of equilibrium—with its knowledge of what is right-side-up and what is upside-down. But they didn't know how to go about proving it."

"Finally one of them hit upon a clever idea. He took a lobster that



"A bright person always stays at the head of the class if it's a mule that has class."

"I put butter on the cat's feet as you suggested, but he's run away just the same." "What sort of butter did you use, mum?" "As far as I can remember, it was Danish butter." "Where you are—what can you expect? He's well on his way to Denmark by now."



# Acid Stomach

Excess acid is the common cause of indigestion. It results in pain and sourness about two hours after eating. The quick corrective is an alkali which neutralizes acid. The best corrective is Phillips' Milk of Magnesia. It has remained a standard with physicians in the 50 years since its invention.

One spoonful of Phillips' Milk of Magnesia neutralizes instantly many

times its volume in acid. It is harmless and tasteless and its action is quick. You will never rely on crude methods, never continue to suffer, when you learn how quickly, how pleasantly this premier method acts. Please let it show you now.

Be sure to get the genuine Phillips' Milk of Magnesia prescribed by physicians for 50 years in correcting excess acids. Each bottle contains full directions—any druggist.

## A New Fashion

Granted that there is an art in tea-making, but even taking freshly boiled water, good tea, and a warmed pot into consideration, some tea-tablets still offer more fragrant tea than others.

Good China tea is usually more fragrant than Indian tea, but a definite fragrance is produced by blending the two. Always allow the tea-leaves time to respond to the warm influence of the teapot before you pour the boiling water on to them.

The thinly pebbled rim of an orange left in the tea caddy will impart a delightful flavor to the tea. Orange and tea are a good combination in serving the tea, too. Most people have heard of Russian tea and appreciate a slice of lemon in lieu of milk on a hot day, but not so many have tried a slice of orange in their tea with a squeeze of orange-juice as well. Try it. It is delicious on a summer afternoon.—Answers.

## When Your Child Is Feverish

Give Him Baby's Own Tablets.

The health of babies and little children is subject to rapid changes. Thus the mother must be on her guard. At the first sign of feverishness Baby's Own Tablets should be given—this may avert a serious illness.

Concerning the Tablets, Mrs. Norman Lee, Uxbridge, Ont., says: "My little boy, now three years old, was not at all well. He was feverish and had no appetite. I gave him Baby's Own Tablets and he was soon well again. I would not be without the Tablets as long as there are young children in the house."

Baby's Own Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

## Tree in Rain

By Anderson M. Scroggs

The first metallic crops of rain come down with suddenness of javelins, one by one.

Stabbing each leaf whose green has dulled to brown.

Beneath the ruthless torpor of the sun.

Now fast and faster comes the rain—until

Staccato rhythms merge into a roar; The young tree aways beneath the torrent's will.

That felt the noon's dead calm an hour before.

Drenched to the marrow, the insectate tree

Yields to the rain's impetuous embrace;

Each leaf and twig is ravished utterly.

Before the lover rain moves on apace.

And now that he is gone, each leaf and limb

Quicken and freshens with the thought of him.

It costs more to reverse than to bear with injuries.—Bishop Wilson.

Minard's Liniment aids tired feet.

## Be Yourself

By Alicia Aspinwall

It is hard to be a turnip. When you'd like to be a rose And 'tis hard to be a cabbage All the time!

And 'tis also very hard Just to be a little boy. When you want to be a monkey, And to climb!

But, if you're born a boy Or—a turnip, after all, It really seems a better Thing, by far,

To be that boy or turnip, Just as hard as you can be, And then, you see, you'll be just—What you are.

## Hard Lines

Young soothsayer at local charity bazaar to their girl client: "I see," she said mysteriously, "that by your hand you will marry." "Wonderful," sighed the girl. The soothsayer looked more closely at the hand. "You are engaged to a man named William Coughdrop," she went on. Her client looked astounded. "This is really uncanny," she said. "How can you tell the name of my fiancé from the lines of my hand?" "Lines!" echoed the soothsayer. "Who said anything about lines? You are wearing the engagement ring that I gave back to that fellow last week."

## The Asset Test

Harry and Horace, two Lancashire lads, met on holiday in the Isle of Man. "How long art stoppin', lad?" asked Harry.

"Ah don't know as that I can tell you in days," replied Horace.

"Whatyer mean, lad?" queried his friend.

"Well," replied the other, "I only know I'm stoppin' another \$7.50."—Answers.

## Bright Eyes, Rosy Cheeks

### The Birthright of Every Girl.

Dull eyes mean misery and weakness—a sure sign of a bloodless condition. Anaemic girls and women have dull, heavy eyes with dark lines underneath. The bright-eyed girl or woman is always happy and well-natured. There is one way to make the eyes bright—to bring the glow of health to pale cheeks—that is to vibrate the body with new blood—rich, red health-giving blood. Dr. Williams' Pink Pills do this and they do it well. Concerning them Mrs. Robert Devitt, Brougham, Ont., says: "My daughter became so ill and nervous we had to take her out of school. She was pale as paper; her eyes were dull and the least exertion upset her. I began giving her Dr. Williams' Pink Pills and in less than six months you would not know her. She gained in weight and strength and is now the picture of health."

Dr. Williams' Pink Pills are sold by medicine dealers or by mail at 50 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

## Next Move

Two men, neither of championship class, and whose knowledge of the rules of golf was no more accurate than their technical knowledge of the various shots, were standing on the first tee on the Midtown course. The first fairway is bordered on the right by a row of oak trees.

One of the men tried his ball and, taking a vicious swing, sliced to such an extent that the ball struck one of the trees fairly, and came bounding back across the tee, so that the player in question, without moving from his stance, caught the ball in his hand as it was bounding past.

With a bewildered look on his face, he turned to his opponent and asked: "What shall I do now?"

His opponent, without studied effort or inclination to make a joke, replied: "Tea it up, hit it again, and then put your hands in your pockets."

To be angry, is to revenge the fault of others upon ourselves.—Alexander Pope.

# When a friend calls

your friendly cup of tea together will be most enjoyable. You will pay your friend a delicate compliment if you serve a high-quality tea like Red Rose.

# RED ROSE TEA

"is good tea" 108

Two Qualities -- RED LABEL & ORANGE PEKOE

## Men Find Blushing Girls Attractive

Are you timid? Do you blush? If you are of the female sex, be thankful that you do, for it makes you far more attractive. At any rate, so says Louis Forest in Le Matin (Paris). We read:

"I once wrote several articles on morbid hesitancy; after each one I received confidential letters from timid people, who told me their symptoms. The misfortune of lacking energy, and of being conscious of it, makes one still more timid by the ever-present knowledge of his timidity.

"These people neglected to tell me that they possess special types of happiness. Dr. Voivenel has told us, in a recent lecture, that in general timid people, who are generally very intelligent, have joys of their own. Not being able, through fear of displeasing some one, to express themselves as they would wish—to exteriorize their feelings—the timid create within themselves marvelous stories of which they are the heroes. Their intellectual life is intense and they dream magnificent waking dreams, full of adventures of romance and heroism.

Dr. Voivenel tells us also that the happiest women are those who blush naturally. Men unconsciously seek them. Darwin has noted that in the Eastern slave-markets, the young girls who blush bring the highest prices. This was the origin of cosmetics; our painted ladies of to-day are only women who, without knowing it, try to give pleasure by buying their modesty in sticks.

"There are thus certain satisfactions in being timid. When this timid feeling is in the firmity without stating the other side, they are like many others who are always complaining about something or other without ever recognizing that after all there are compensations.

Minard's Liniment for Foot Ailments.

Cement's Ingredients

The chief raw materials used in the manufacture of cement are limestone and clay.

Cuticura Soap

is more than a fine soap. It is sensitive, antiseptic and not only cleanses, but heals irritations and restores the normal action of the pores.

For 50 years the standard of excellence.

CHILDREN CRY FOR IT—

CHILDREN hate to take medicine as a rule, but every child loves the taste of Castoria. And this pure vegetable preparation is just as good as it tastes; just as bland and just as harmless as the recipe reads.

When Baby's cry warns of colic, a few drops of Castoria has him soothed, asleep again in a jiffy. Nothing is more valuable in diarrhea. When coated tongue or bad breath tell of constipation, invoke its gentle aid to cleanse and regulate a child's bowels. In colds or children's diseases, you should use it to keep the system from clogging.

Castoria is sold in every drugstore; the genuine always bears Chas. H. Fletcher's signature.



Fletcher's CASTORIA

## Classified Advertising

FOR SALE

FANCY NORTHERN QUEBEC French bred milk, for sale. We guarantee satisfaction. Reasonable prices. Tomifolia Milk Farm, Tomifolia, Quebec, Stanstead County.

SEA SLED FOR SALE. MODEL 16, with new 22 H.P. Evinrude motor, all in perfect condition, very fast, absolutely safe, splendid fishing boat, has special sedan top; owner getting larger model. Now in ed on Georgian Bay. Wilson Publishing Co. 73 Adelaide W., Toronto, Box 27.

Visitor (to the little son of the famous motorist): "And how are you getting on at school?" Son: "Pine! I'm now learning words of four cylinders."

## Harvesters

You'll find Minard's a certain relief for stiff or strained muscles. Rub it in and the pain disappears.



# 4 Years without HEADACHE

How do you deal with headaches? Do you just take something to deaden the pain without getting rid of the trouble which causes the pain? Thousands do, despite the medical profession's warning cry of "DON'T!"

Such makeshift methods simply suppress the symptoms of headaches. They merely numb the nerves and leave the underlying cause to look after itself. And it only obtains a firmer grip. Headaches can generally be traced to a disordered stomach and to the unexpended retention in the system of stagnating waste material which poisons the blood. Remove these poisons—prevent them forming again—and you'll never have to worry any more. And that is just how Kruschen Salts bring swift and lasting relief from headaches. Kruschen Salts aid Nature to cleanse your body completely of all clogging waste matter.

"For many years I suffered from severe headaches almost daily. I started taking the small dose (of Kruschen) a matter of four years ago, and I can honestly say I have never had a headache since."—(Mrs. M. W.,

Weak After Operation

"I was very weak after an operation. My nerves were so bad I would sit down and cry and my husband would not go out and leave me alone. Now my nerves are much better, thanks to a booklet that was left under the door. Lydia E. Pinkham's Vegetable Compound surely put me on my feet. I have taken eight bottles. My friends tell me I look fine. My sister has taken this medicine too."—Mrs. Annie Walton, 67 Stanley St., Kingston, Ontario.



Lydia E. Pinkham's Vegetable Compound

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