



Schooner "Blucnose," pride of Nova Scotian
Fishing Fleet, winner of International Fisher-
men's Trophy.
Sketch by Lorne K. Smith, Toronto.

Lorne K. Smith



**A Fatiguing Back-ache
Made Life a Torture**

"I have been using Dr. Hamilton's Pills for over ten years, and wish to say I have been benefitted greatly through their use. I have suffered with rheumatism for a long time, but since using Dr. Hamilton's Pills I have not had any pains, and I feel like a new person. I would not be without Dr. Hamilton's Pills, and claim they are the best for any one who suffers from rheumatism, headaches and torturing back-ache."

(Signed) Mrs. E. Judge, Brantford, Ont.

DR. HAMILTON'S PILLS

Keep You 'Regular'

Sharp Pains Over Kidneys

Always a Danger Signal

Neglect of your kidneys is serious. If you have painful urination, pains in the back and rheumatic joints, be advised, and act while there is time.

Start to-day to get well by stimulating the kidneys with Dr. Hamilton's Pills, a time-tested medicine that has been restoring men and women for fifty years past.

How To Get Relief

Backache	Lameness
Dizzy Spells	Headache
Rheumatism	Painful Passage
Constipation	Depression
Uric Acid	Biliousness

You will find Dr. Hamilton's Pills a wonderful health-aid. They clear away those weary back-pains, they stop headaches and the pain of indigestion. The bowels are regulated and constipation disappears. To sweeten your stomach, to allay sickness, to stimulate a congested liver or sick kidneys—use Dr. Hamilton's Pills frequently.

DR. HAMILTON'S PILLS

Help The Kidneys



**DR. HAMILTON'S PILLS QUICKLY
OPEN THE BOWELS AND KEEP
THEM MOVING**

Absolutely No Griping or Distress

**WOMEN PREFER DR. HAMILTON'S
PILLS BECAUSE THEY ARE MILD**

Those who need a laxative medicine that will stir up the liver and act promptly upon the stomach and bowels, Dr. Hamilton's Pills are recommended.

To enjoy good appetite, sound digestion, to be brisk, full of "pep", always at your best, regulate your liver and bowels with Dr. Hamilton's Pills. Men, women and children can be kept in good health with Dr. Hamilton's Pills. Sold at all dealers in medicine.

RECIPES

FOR EVERY-DAY USE
IN THE HOME

SOUPS

Oxtail Soup

- | | |
|---------------------|-------------------------------------|
| 1 oxtail | 1 lump of sugar |
| 2 carrots | 1 small teaspoonful of salt |
| 1 large onion | $\frac{3}{4}$ teaspoonful of pepper |
| 2 ozs. butter | A small bunch of celery tops |
| 3 cloves | $\frac{1}{2}$ blade of mace |
| 6 peppercorns | A small piece of thyme |
| A sprig of parsley | A small piece of garlic |
| 1 wineglass of Port | |

Chop oxtail into pieces one inch long, divide large pieces into four; cut cleaned carrots and onion in very thin slices. Rub a bright saucepan twice across the bottom with freshly cut garlic; add two ounces of butter, get it hot and put in the oxtail, carrots, and onion and fry a nice golden brown. Add five pints of water, boil up gently, simmer two hours; then add herbs and spices, and simmer another $1\frac{1}{2}$ hours. Strain through a sieve, take out the oxtail, place it in a hot tureen, then reheat the soup, skim off the fat, add Port wine and serve at once.

Gravy Soup

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|----------------------------------|----------------------------|
| 1 or 2 lbs. shin of beef | Carrots and turnips |
| Trimmings of meat or poultry | A shred of mace |
| A slice of lean ham | A bunch of green seasoning |
| Butter | A lump of sugar |
| 2 onions stuck with a few cloves | Salt and pepper to taste |
| | 1 tablespoonful of flour |
| | 4 pints of water |

Cut the meat into small pieces. Make the butter hot in a stew-pan, put in the meat and sliced vegetables, and fry until brown. Add the water, herbs, seasoning, and cook very gently from $2\frac{1}{2}$ to 3 hours, then strain, return to the pan and boil again. Mix the flour smoothly with a little cold water, add it to the soup and simmer 5 minutes longer. Season to taste.



**DIGESTIVE TROUBLES
OVERCOME BY
DR. HAMILTON'S PILLS**

A young society matron, Mrs. Clemmons, very popular in her set, tells how she overcame digestive troubles.

"My food seems to decompose in my stomach," writes Mrs. Clemmons. Digestion seemed more or less arrested and I grew thin, yellow, nervous. At times I would vomit a mucous mass, and at these times my head ached most terribly. A friend advised me to take Dr. Hamilton's Pills regularly, which I did. The result was simply marvelous. Dr. Hamilton's Pills strengthened the stomach. Health soon grew within me. I can now eat, sleep and live like a new woman."

(Signed) Mrs. V. E. Clemmons.

Be advised—use Dr. Hamilton's Pills—they are sure to do you good.

Fried Bread with Preserves

1 Butter Nut Loaf	1 teaspoon ground cinnamon
2 eggs	1 cup milk
2 tablespoons sugar	Strawberry jam

Cut slices of bread; remove the crust $\frac{1}{2}$ inch thick. Beat the eggs into a saucepan, add sugar, milk and cinnamon and stir over fire or double boiler until it thickens. Do not let it boil or it will separate. Dip the slices of bread into the mixture, soak both sides and fry in deep fat or butter until a golden brown, and serve at once for breakfast. Put a teaspoonful of strawberry jam on each slice.

Broiled Kidneys on Toast, with Bacon

6 veal or lambs' kidneys	1 tablespoon melted butter
6 slices of toast	Salt and pepper
6 slices bacon	Lemon juice

Trim, split and broil the kidneys 10 minutes. Arrange on slices of toast (crust removed). Pour over melted butter, seasoned well, salt, pepper and lemon juice. This makes a nice breakfast dish.

Sweetbreads and Bacon on Toast

2 calves' sweetbreads	1 can green peas
1 egg	Salt and pepper
6 pieces bacon	6 slices of toast
1 cup bread crumbs	

Parboil the sweetbreads, cut in small pieces, dip in egg, then bread crumbs, and arrange the sweetbread pieces alternately on a skewer with the bacon rolled. Four pieces of sweetbread and 3 pieces of bacon on each skewer. Fry in deep fat and drain. Arrange on platter in a circle around a mound of green peas.

Breakfast Collops

1 lb. lean veal	Little nutmeg
1 cup bread crumbs	6 slices of toast
1 egg	Salt and pepper to taste
6 strips bacon	

Cut the veal in thin slices the size of a slice of bread with crust removed. Mix salt, pepper and a little nutmeg with the bread crumbs. Beat the egg, dip the veal slices in the egg. Roll in bread crumbs. Fry quickly in deep fat. Serve on toast with strip of bacon nicely fried. A little Chili sauce on the side of the plate will improve, if desired.

Homely Looking Women Improve Their Looks

Bleached Out Complexions
Can Be Improved Quickly

News of a Simple Treatment That
Thousands Find Beneficial

What sickly-looking women need is the cleansing assistance of Dr. Hamilton's Pills. They drive out the overplus of bile that makes the skin so murky—they put new life into the stomach, brace up digestion and make you eat sufficient to get a good supply of rich red blood.

To look your best and to feel the benefits of good health use Dr. Hamilton's Pills frequently. This mild laxative doesn't gripe or cause distress.

Dr. Hamilton's Pills keep you "regular", and are so easy to take. Many girls and women who look so fresh and youthful, use no other "regulator" but Dr. Hamilton's Pills.



DR. HAMILTON'S PILLS
TONE the SYSTEM

Charter House Rolls

Cut circles of bread. Butter both sides, fold in half circles, dust with paprika. Bake in oven 350 degrees F. until a golden brown.

Minced Chicken and Ham Paste

Cold chicken
Cooked ham
Bread crumbs

Salt and Pepper
Thyme and a little chicken
stock

Take the chicken and ham and mince very fine or put through a meat grinder (fine cutter), add the bread crumbs, salt, pepper and thyme to taste. Moisten with chicken stock. Bring to a boil on the stove and pour into a glass mould. This is a very nice sandwich filling and always ready for an emergency.

Sweet Potatoes au Gratin

6 sweet potatoes
2 cups bread crumbs
2 tablespoons butter

Salt and pepper
 $\frac{1}{4}$ lb. grated cheese
6 tablespoons water

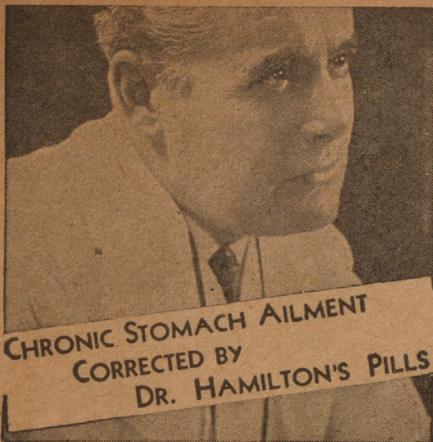
Parboil the sweet potatoes, peel and slice lengthwise while hot. Butter a deep dish and lay a layer of sweet potatoes. Sprinkle with salt, pepper and butter, then a layer of bread crumbs. Repeat this until the dish is full, then pour in the water, on top of this cover with bread crumbs and sprinkle over the cheese. Cover the dish and bake at 350 degrees F. for 1 hour. Take off the cover and brown before serving.

Chicken in Aspic

2 cups minced chicken
1 cup bread crumbs
1 tablespoon chopped onion
1 teaspoon chopped parsley

1 cup stock or water
1 tablespoon powdered
gelatine
Salt and pepper to taste

Mix the chicken with the bread crumbs, add the onion and seasoning, the stock or water, put on fire in saucepan, bring to a boil, stirring slowly. Dissolve the gelatine in cold water and stir in mixture when boiling, allow to simmer for 2 or 3 minutes. Take off fire and stir in chopped parsley. Pour into a fancy mould or small individual moulds. Allow to set for 24 hours in a cold place. Serve garnished with parsley and hard-boiled eggs.



From far-away Jamaica comes a letter from A. J. Hendricks, which will interest all those who have a stomach ailment.

"I have suffered for months with disorders of the stomach, and general debility. I had no energy, especially in the morning. One of my comrades who has been using Dr. Hamilton's Pills, advised me to use at least one bottle. After using Dr. Hamilton's Pills I felt so strong and powerful that I thought I could remove mountains.

"Now that I am feeling so well from the benefit of using Dr. Hamilton's Pills I send you this testimonial, hoping it will induce others to get back lost powers and better health." (Signed)

Aubrey James Hendricks,
Acting Corporal of Police.

For bounding health, good looks, a clear eye, use Dr. Hamilton's Pills—Sold by all druggists.

DR. HAMILTON'S PILLS
Keep You 'Regular'

Jellied Ham and Tongue

- | | |
|----------------------|--------------------------------|
| ½ lb. cooked ham | ½ cup tomato catsup |
| ½ lb. tongue | Salt and pepper |
| 1 cup stock or water | 1 tablespoon powdered gelatine |
| 2 cups bread crumbs | |

Cut the cooked ham and tongue in thin strips, add the stock or water. Add the bread crumbs and tomato catsup, salt and pepper, mix thoroughly and bring to a boil. Mix the gelatine until well dissolved in cold water and stir into the mixture, allowing to boil for 2 minutes. Pour into individual moulds and set in a cold place for 24 hours. Turn out and serve garnished with parsley and tomatoes cut in quarters.

Escalloped Mutton or Lamb

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|---------------------------|---------------------|
| Cold roast mutton or lamb | 2 cups bread crumbs |
| ½ lb. ready cut macaroni | Salt and pepper |
| ½ cup butter | Paprika |
| Tomato catsup | |

Remove fat and skin from the meat, cut in thin slices, and put in layers in a buttered dish, then a layer of macaroni. Season with salt and pepper, moisten with tomato catsup. Sprinkle over with bread crumbs. Put pieces of butter over the top, sprinkle with paprika and bake in a moderate oven 30 minutes, 350 degrees F. A little chopped onion can be added if desired.

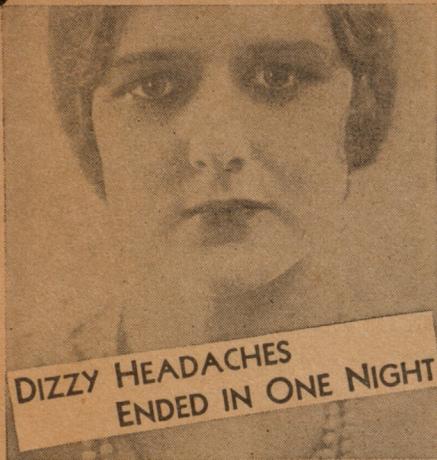
Beef Loaf

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|---------------------------|-----------------|
| 2 lbs. minced cooked beef | 1 lemon |
| 2 cups bread crumbs | Salt and pepper |
| 2 tablespoons butter | Savory |
| 2 eggs | |

Mince the cooked beef; mix well with the bread crumbs, add the well beaten eggs and the butter. Season with the salt, pepper and savory to taste. Squeeze in the lemon juice. After thoroughly mixing all together pour into a well greased loaf pan. Sprinkle with bread crumbs and bake at 375 degrees F. until firm (about 45 minutes). Serve hot or cold, as desired.

FISH

To Prepare.—Fish should be well washed inside and out, dried with a clean cloth, rubbed with salt, and put on the ice until ready for cooking.



**DIZZY HEADACHES
ENDED IN ONE NIGHT**

The following letter has been received from Mrs. W. Reynolds:—"A year ago my health failed, I lost appetite, became nervous and sleepless. My weight ran down, I became thin, hollow-cheeked, and had black rings under my eyes. I felt as if the charm of life had left me. When springtime arrived I was in the 'blues'. I read of Dr. Hamilton's Pills and got five boxes from the general store. Dizzy headaches ended in one night. Within a month my appetite and colour were good. I gained strength and felt like a new woman. New life and vigor returned, and my friends scarcely knew me. A medicine that will do this should be in every home."

Good health means much to you. Success and happiness depend upon it. The source of health is found in Dr. Hamilton's Pills. Why not use them yourself?

DR. HAMILTON'S PILLS
A REGULATOR For Women's Ills

To Boil.—Fish should be put into water that has just reached boiling point, as in coming to a boil much of the nutriment of the fish is likely to be extracted. The water should boil continuously, but not too violently until the fish is cooked. There should be sufficient water to cover the fish. The water should be moderately salted.

A tablespoonful of vinegar added to the water will make the fish firm and white.

A few bay leaves in the water will give the fish a pleasant flavour.

Time Required for Boiling.—It is difficult to state exactly the time required for all kinds of fish, but from about 15 to 20 minutes to each pound will generally be enough.

Sauces that go well with boiled fish are: Caper, Tartare, Oyster, Shrimp, Hollandaise, Cream, Egg, Tomato and Anchovy.

To Fry.—Flour the fish well and dip in beaten egg and breadcrumbs.

The fat must be boiling hot when the fish is put on, and it must be kept at boiling point while the fish browns first on one side, then on the other.

Fat for Frying may be dripping, lard or both combined, olive oil, or tried preparations sold for the purpose. The fat of salt pork melted down is also excellent.

To Bake.—The oven must be hot. About 10 minutes to the pound may be allowed in baking fish.

Brush over with beaten egg, and cover lightly with fine breadcrumbs before putting in the oven.

Fish may be baked with richer results by sprinkling on the baking tin minced onion, parsley, pepper and salt, and adding over these either melted butter or olive oil. Lay the fish on this, and some of the same ingredients may be sprinkled over it.

Women Feel Better If Bowels are "Regular"



**"CONSTIPATED BOWELS
MADE TO MOVE"
"RESULTS IN ONE NIGHT"**

Results in One Night!

Constipation is a dangerous condition that causes headache, piles and sore eyes. The most satisfactory remedy is Dr. Hamilton's Pills, which make the bowels so well-ordered that natural action is established. These little pills are mild in action—they never cause distress or inconvenience. You quickly correct Constipation, and establish perfect regularity by Dr. Hamilton's Pills—safe, reliable, and sold by all druggists.

To Bake in Milk.—Remove the skin of the fish and wash well. Season with pepper and salt, place it in a deep buttered dish, put on bits of butter or dripping and nearly cover with milk. Put a cover over it and allow it to stew gently for about an hour.

N.B.—Any kind of white fish is delicious cooked in this way, and is easier to digest than when fried.

A Good Stuffing for Baked Fish is made of rather less than a pint of grated dry bread bound together with a well-beaten egg, a dessertspoonful of butter, and a small onion finely minced, a tablespoonful of chopped parsley, and salt and pepper.

To Marinade is to soak in oil and vinegar. Slice some cold boiled fish and lay the pieces in a pie-dish.

Mix together—

An equal quantity of vinegar and of the water in which the fish was boiled.	1 slice of lemon or lime 1 or 2 bay leaves
Some salad oil	A few cloves and peppercorns
A few slices of onion	Pepper and salt

Let the fish soak in this for an hour or two, turning it occasionally. Afterwards strain the liquid and serve it with the fish.

N.B.—Fried fish may be done in the same way.

Fish in Shells

Cold fish Cold fish sauce Breadcrumbs	Pepper and Salt Butter
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Butter some scallop shells, cut up fine any cold fish you may have, add a few breadcrumbs and pepper and salt, mix with a little cold fish sauce, and place in the shells. Scatter breadcrumbs over the top, put a few bits of butter on them and make hot in the oven. Serve in the shells.



Just suppose all your friends were to exclaim: 'How well you look!'—that would be worth while!

If you are in need of better health, try the bracing effect of Dr. Hamilton's Pills.

Health Fully Restored

"I was in need of a medicine to brace up a weak stomach," writes Mrs. E. Vaughan. "After reading of cases that were effectively treated by Dr. Hamilton's Pills, I decided to try these pills. Very soon my stomach was cleared of all fermenting food. My bowels were regulated and headaches ceased. I found Dr. Hamilton's Pills a cleansing and stimulating laxative and fully regained my health through their use."

Wouldn't it be fine to feel years younger, to have lots of "pep", a clear complexion, and sleep well every night. Use Dr. Hamilton's Pills—you won't be disappointed.

Fish Toast

Some cold cooked fish	A pinch of mace
Yolk of 1 egg	1 small onion chopped
Butter	Some chopped parsley
A little cream or milk	Hot buttered toast
Pepper and salt	

Take the remains of any cold fish, pound well with butter, pepper, a pinch of mace, a little chopped onion, parsley and salt. Mix well with some cream or milk, warm it in a pan over the fire, and stir in the yolk of an egg. Put it on to hot-buttered toast piled high (it must be thick enough to stand), sprinkle over with breadcrumbs, pour a little clarified butter on the top, and brown in the oven.

Smoked or Dried Fish for Soup

The "flap" of the geelbakker or half-sized cuirass is the best for this purpose. Clean the fish well, rub it plentifully with salt, and place it on an incline to drip, then dry with a towel. Make a slow fire in a coal-pot with a few live embers and the husk of a coconut that is not too dry. Place a gridiron over the coal-pot and on this put two or three good-sized pieces of firewood, lay the fish on the wood, skin part downwards, cover all with a green plantain or banana leaf. See that it smokes well, but do not allow the fire to come to a blaze. Turn the fish from one side to another until it assumes a dark mahogany colour and is quite dry and hard.

MEATS

To Corn Beef

3 lbs. brisket from ribs	6 or 7 cloves
(called point brisket)	A piece of spice
1 oz. salt nitre	2 tablespoonfuls of sugar
1 lb. ordinary salt	

Pound cloves and mix with sugar and salt nitre, add salt. Wipe meat dry, and with a sharp knife make holes all over and insert preparation with fingers well into it. Tie neatly with twine. Allow to stand 24 or 36 hours. Wash, and boil until tender.

One "After Dinner" Pill Keeps the Liver Right

Headache and Stomach Ailments Quickly Overcome

—A Great Aid if "Blue," Depressed, Run-Down

Every day's mail brings cheering news from people in the full enjoyment of health, who were restored from illness by Dr. Hamilton's Pills.

From Toco, Trinidad, comes a letter from Mr. William A. T. James, one of Toco's best known citizens. This gentleman had been in poor health; he lacked strength and vigor, and felt his grip on things was slipping. Dr. Hamilton's Pills put Mr. James on the high road to vigorous health.

"I have used Dr. Hamilton's Pills with excellent results for kidney trouble and internal piles that were caused by constipation. I found Dr. Hamilton's Pills of great value to me.

"Such a great improvement was made in my health by Dr. Hamilton's Pills that I used them as an 'after-dinner' pill, one each night. This keeps me free from congested liver and constipation and preserves me in robust health."

Just consider what Dr. Hamilton's Pills promise in the way of better health! To use these pills means that in a few weeks you will feel fit again—that a new stream of energy will flow through your veins again. All chemists sell Dr. Hamilton's Pills, order a supply to-day.

DR. HAMILTON'S PILLS

Best For The Liver

Souse

A young pig's head and trotters	Parsley
Limes	Peppers
	Onions

Get a young pig's head and trotters. Wash and clean them well, tie them up in a floured towel and boil in salted water until tender. Then divide the head and cut in slices, skin the tongue and cut lengthways, split open the trotters, pack in a deep dish or platter and pour over it the following sauce. Squeeze three large limes, add sufficient cold water and salt to make a strong sauce, bruise a red pepper, pour this over the meat, mix it up well and leave till next day. When ready to serve arrange the slices on a meat dish with parts of tongue and trotters alternately. Make fresh sauce of lime juice, salt and water, throw over and garnish with slices of raw onions, pepper and parsley.

Salt Pork and Red Beans

1 pint of red beans	Some slices of salt pork or
Carbonate of soda	bacon
	Black pepper

Soak the beans overnight with a good pinch of carbonate of soda in the water. Next day take from that water and put into fresh water with another pinch of carbonate of soda, let them boil till tender but do not let them break. Grease a pie dish and put alternate layers of beans and either bacon or salt pork (raw) and a little black pepper. Cover the dish with a plate or baking tin and bake in the oven.

A Good Cold Breakfast Dish

Cold meat	Parsley
2 or 3 tablepoonsful of sago	Pepper and salt
1 or 2 carrots	

Cut any scraps of cold meat in small pieces, stew them with a few tablepoonsful of sago, some sliced carrots, parsley, pepper and salt for 2 hours. Pour into a mould and when cold it will be solid. Serve cold.



Every liver sufferer can get quick relief from Dr. Hamilton's Pills.

Thousands of people use no other medicine or tonic than Dr. Hamilton's Pills—they keep the system clean and clear of poisons, and maintain sound, joyful health—

**"Felt Stronger After Using
Dr. Hamilton's Pills"**

"Dear Sirs:—

"My liver was congested—my cheeks were yellow, and I suffered continually from a greasy taste in the mouth and splitting headaches. I commenced with two pills every night, and finally cut it down to three pills a week. I am a well man to-day—have lots of vigor—no more depression—no more fits of unhappiness—thanks to Dr. Hamilton's Pills."
(Signed) E. I. Jewsbury.

Baked Ham a La Bigarade

1 ham

Sherry

Trim the ham and soak it for about 12 hours, occasionally changing the water, then dry it, wrap it in well-greased paper and roll it in water paste, similar to that used for venison. Bake it for about 3 hours. When done, remove the paste, paper and skin, except at the knuckle, put the ham in a baking pan, and pour over it 2 or 3 wineglasses of sherry. Glaze it well, and put it in the oven for 15 or 20 minutes, basting it well with the sherry; then dish it up. Serve with iced orange salad, and Bigarade Sauce.

Chicken Jelly

1 chicken
Butter

Pepper and salt to taste
½ ounce of gelatine

Boil a chicken until it will come away from the bones. Let the water be reduced to about one pint in boiling. Pick the meat from the bones in good-sized pieces removing all gristle, fat and bones, place in a mould. Next skim off the fat from the liquid, add butter, pepper and salt to taste and half an ounce of gelatine. When this dissolves pour it hot over the chicken. The liquid must not be allowed to boil after the gelatine has been added.

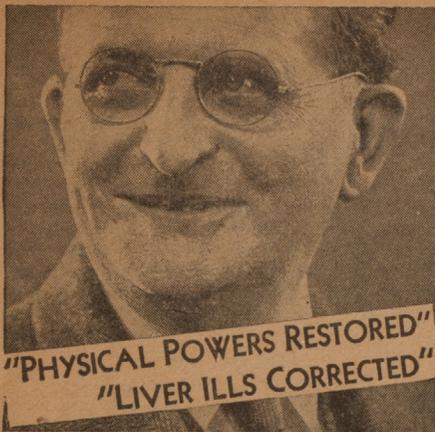
Hot-pot

Fresh mutton or pork
Potatoes
A few onions

Pepper and salt to taste
Pastry if liked

Fill a deep dish with alternate layers of potatoes, fresh mutton or pork, and some onion, all cut in small pieces. Add pepper and salt to taste, put in enough water to cover the contents of the dish and cover the dish itself with a lid or an old plate. Bake in the oven for 3 or 4 hours according to size. It may be covered with a crust a short time before serving. Fold a large serviette cross-ways and wrap it round the dish before serving.

Kidneys or oysters may be added to this dish, or it may be made of cold meat.



Physical fitness is impossible if your liver is congested. A slow liver means you are sick in every organ of the body. Fears, depression and "nerves" will drag you down to utter misery.

Here Is Proof!

"Three months ago I was run-down, depressed and feeling very miserable. My liver was sluggish, and I suffered from headache and biliousness. When I used Dr. Hamilton's Pills I got quick relief; in fact from the first day's use of these pills I was started on the road to good health. My liver troubles me no longer. My physical powers are restored, and I am a well man to-day."
Daniel D. Chauvin.

Do not let Liver complaint make your life a burden; turn to Dr. Hamilton's Pills to-day, let them put you on the sure road to health and vigor. Get a supply of Dr. Hamilton's Pills from your chemist or storekeeper.

DR. HAMILTON'S PILLS
Give You "Pep" Good Spirits

Chicken Cream Galantine

2 chickens	$\frac{1}{2}$ pint of cream
About 20 leaves of gelatine	1 tin of petits pois
1 onion	1 cucumber
Butter	4 or 5 tomatoes
2 tablespoonsful of flour	Salt
About $\frac{1}{2}$ pint of milk	

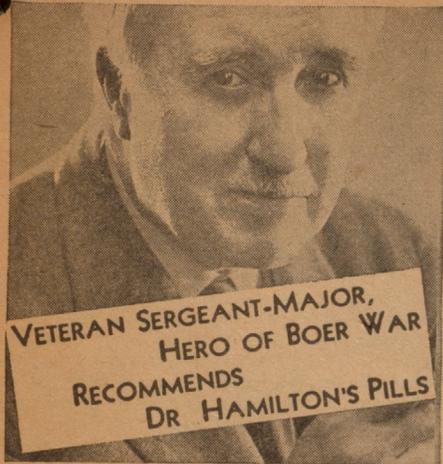
Boil the two chickens. Take the meat off the bones and mince it finely. Melt about 10 leaves of gelatine in some water with a pinch of salt, pour into moulds, and put in petits pois, and slices of tomato and cucumber to decorate. Set on ice. Chop an onion finely and fry in butter, add to this 2 tablespoonsful of flour mixed in about half a pint of milk, and season to taste. When this begins to thicken put in the chicken, stir for a minute and remove from the fire. Dissolve about 10 leaves of gelatine in a little milk and add to this. When cool, add half a pint of cream, and then fill up the moulds with this mixture and set on ice.

This will be sufficient as an entree for 12 persons.

Baked Tongue

A fresh ox tongue	Lemon peel
Carrots and turnips	Some bacon fat
Thyme, pepper, salt	$\frac{1}{2}$ pint cream
1 onion	

Wash a fresh ox tongue and put it into a saucepan with some carrots, turnips, thyme, pepper, salt, and plenty of water. Boil it, removing the scum as it rises. When soft take it out of the pan and skin it, then cut up an onion with a little lemon peel very finely, brown them in bacon fat, make holes in the tongue and fill them with the mixture. Return it to the saucepan with part of the water in which it was boiled and steam it for a few minutes, then place it in a baking dish. Mix half a pint of cream with some of the liquid, baste the tongue with it, and bake to a nice brown. Cut in slices, lay them in the centre of a dish, pour sauce over and serve with baked potatoes around it.



Sergt.-Major Cross writes: "I served under General French during the late Boer War. It was perhaps owing to a continued diet of bully beef, hard tack, and bad water, but at any rate my stomach entirely gave out. I was in such a state that I could eat nothing without the greatest suffering. A friend told me he had been a great sufferer from indigestion until he tried Dr. Hamilton's Pills. The first dose made me feel better than I had been for a long time. Now I can eat everything. I have recommended them to others and in every case the result has been similar to mine."

Quick, sure results attend the use of Dr. Hamilton's Pills. To aid the stomach, to renew or maintain health, Dr. Hamilton's Pills prove a good prescription

DR. HAMILTON'S PILLS
For INDIGESTION-

Boned Neck of Mutton

3 lbs. neck of mutton	Pepper and salt
2 tablespoonsful of bread-crumbs	1 oz. parsley
1 oz. sweet herbs	Rind of 1 lemon
	1 egg

Bone the neck; beat it flat. Make a stuffing of the above ingredients, moistened with the egg. Roll and tie up the meat, and bake in a hot oven for about $\frac{1}{2}$ an hour. Put the bones in a pan, cover them with cold water, and simmer well. Use this stock to make the gravy for the mutton.

Sweetbreads and Mushrooms

2 parboiled sweetbreads	Yolks of 2 eggs
1 dozen mushrooms	Salt and white pepper

Make a sauce of

1 teaspoonful of butter	1 cup of cream or milk
1 teaspoonful of flour	

Cook the parboiled sweetbreads in the sauce for 5 minutes. Put in the chopped mushrooms, salt and pepper; cook for 5 minutes more. Mix the beaten yolks of the eggs with a little milk and pour slowly into the pan stirring as you pour. Serve as soon as it gets thoroughly hot, but do not let it boil.

Calf's Liver and Bacon

1 lb. calf's liver	Flour
$\frac{1}{2}$ lb. bacon	1 onion
1 ounce butter	Salt and pepper

Wash and dry the liver, remove all stringy parts and cut into slices. Add a good seasoning of salt and pepper to a dessert-spoonful of flour. Dip the pieces of the liver in this. Heat the frying pan, put in the bacon, fry slowly, remove to a hot tin and keep hot until wanted. Fry the liver in the bacon fat until nicely browned on both sides. Sprinkle in about a tablespoonful of flour, stir and fry until brown. Add about $\frac{1}{2}$ pint of warm water, stir until it boils, and add a chopped onion and some seasoning. When serving place liver and gravy on a hot dish and arrange bacon on top.



"I have found it difficult to sleep at night. In the morning I felt so depressed that effort was difficult. My hands were always clammy and perspiration on slight effort would break out all over me. Dr. Hamilton's Pills gave me hope. I could see they were different in action from other pills. They didn't gripe and acted as if nature and not the pills were cleansing my clogged-up system. My spirits rose. The sluggish action of the system gave way to normal activity. Dizziness and headaches ceased, appetite, good color and ambition to work returned and have remained. I am like new all over, and I thank Dr. Hamilton's Pills for it all."

This was the experience of Miss Parkhurst. Follow her advice—use Dr. Hamilton's Pills and you'll enjoy robust health. All druggists and storekeepers sell Dr. Hamilton's Pills.

Brain Croquettes

A sheep's brain
Salt and pepper
1 lime
1 egg

Breadcrumbs
Fat for frying
Parsley
1 or 2 tomatoes

Put a sheep's brains into fast boiling water and boil for 10 minutes to harden. Then take out and leave till cold. Next chop finely, removing all skin, and to each table-spoonful add salt, pepper and a drop of lemon or lime juice. Beat up an egg and add enough to the mixture to bind it. Take about a dessertspoonful of the mixture, shape into ball, egg or cork-shape, brush over with the remainder of the egg and cover with breadcrumbs. Fry in hot fat until a nice brown. Place on a hot dish with a heap of fried parsley and a few slices of tomato that have been made hot in the oven. Season with salt and pepper.

To Boil a Ham

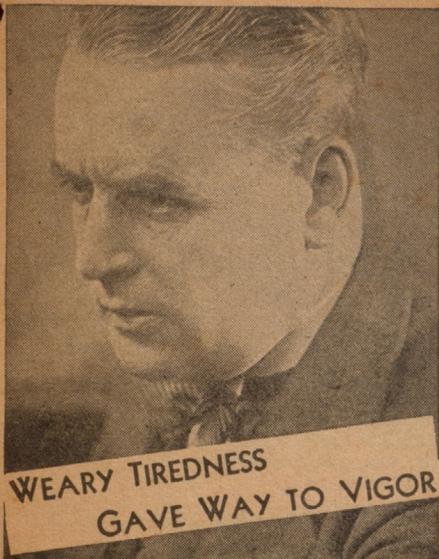
Let it soak from 8 to 12 hours in cold water, then wash well and trim off any smoked or rancid parts. Put it into a pot large enough to hold it, with sufficient cold water to cover it, allow it to come slowly to the boil and remove the scum as it rises. Let it simmer until tender but do not let it stop boiling, nor boil too quickly. When it is done let it remain in the water until nearly cold in order to keep in the juices, then take it out of the pot, strip off the skin and sprinkle dried breadcrumbs over the top. Before serving wrap a frill of white paper round the knuckle. A ham weighing 10 lbs, will take about 4 hours to simmer gently, one weighing 15 lbs. 5 hours.

Sweetbreads

Sweetbreads
1 egg
Breadcrumbs

Parsley
Fat for frying

Soak in water for an hour or more, then cut up into cutlets. Mince them a very little with a knife, dip in egg and breadcrumbs, and fry as cutlets. Serve garnished with parsley.



**WEARY TIREDNESS
GAVE WAY TO VIGOR**

Many a case of persistent tiredness will quickly respond to Dr. Hamilton's Pills—they put the liver into action, and quickly relieve digestive pain.

"After a long siege of disordered stomach and inability to digest my meals, I was restored to health by Dr. Hamilton's Pills. The pains and headache disappeared after I had used one box of Dr. Hamilton's Pills, which have made me a well man. All signs of tiredness and depression have disappeared."

Bradley E. Garon.

In practically every town and hamlet there is one or more persons able to testify to the merit of Dr. Hamilton's Pills. Use these sugar-coated pills, and notice how much better you look and feel. Any good druggist can supply you.

DR. HAMILTON'S PILLS
Give You "Pep"

Bread Crumb Cheese Cakes

2 cups bread crumbs	½ teaspoon salt
¾ cup butter	4 lemons
4 cups powdered sugar	2 teaspoons baking powder
8 eggs	24 blanch almonds
1½ cups grated cheese	

Cream the butter and sugar. Add the egg yolks slowly, well blending. Add the bread crumbs very fine to the mixture, with grated rind of lemons and juice. Beat the egg whites frothy, but not too stiff, add the baking powder and beat until stiff, then fold into mixture. Line individual tart tins with pie paste or bread crumb paste (see No. 94) and fill with mixture. Chop the almonds very fine and spread over the top of tins and bake in a moderate oven 45 minutes 350 degrees F.

Spinach Pudding

Pick and wash ¼ peck spinach. Cook until tender, strain well and chop fine with knife. Take 6 beaten eggs, ½ pint milk, 2 cups white bread crumbs, ½ cup sugar, ¼ lb. butter (melted), little nutmeg and stir well together. Put all in pan the spinach was cooked in and stir until it thickens. Wet and flour cloth, tie up and boil one hour. Serve with melted butter or lemon juice.

Tomato Omelette with Bread

Take ½ can of tomatoes or 6 ripe tomatoes, skin and chop same. Season with salt and pepper, add ½ cup bread crumbs, beat 5 eggs and stir in. Pour into a well-buttered pan on top of stove, brown well and turn. When nearly brown on both sides, fold and turn out on platter and serve with hard boiled eggs, garnished with parsley.

Sausage Croquettes

2 lbs. sausage meat	2 cups white bread crumbs
4 eggs	to thicken
4 oz. butter	Salt and pepper
1 cup milk	Pinch of nutmeg

Take 2 lbs. sausage meat, beat in 4 eggs, 4 ozs. butter (melted), 1 cup milk, add 1 cup bread crumbs to thicken. Season to taste with salt and pepper and a pinch of nutmeg. Roll into croquettes, roll in bread crumbs and fry a golden brown.



The following letter tells how one sick man disposed of headaches and ill-health.

"Three months ago I was a weak, sickly man. My appetite was poor, food fermented in my stomach, and I had sour risings and indigestion. At night I would often waken with gas in the stomach and heart palpitation. I used remedies that my friends advised. Nothing helped. One day I heard of Dr. Hamilton's Pills, and used several boxes. To-day I have a vigorous appetite, strong heart action and no sign of indigestion. I feel younger and healthier than ever before."

Benj. Broadhurst, Belize, B.H.

Those who suffer from pain after eating—those who belch gas and have stomach distress should use Dr. Hamilton's Pills; they are mild—do not gripe or cause inconvenience. Exactly suited to the needs of people whose health is a little below par. Sold by all chemists.

Cheese Fondue

- | | |
|----------------------------|-------------------------|
| 1 cup scalded milk | 1 cup stale white bread |
| ½ teaspoon salt | crumbs |
| ¼ lb. cheese, cut in cubes | 2 tablespoons butter |
| | 3 eggs |

Mix all ingredients except eggs and butter, separate the eggs, beat the yolks well, melt the butter and combine all the ingredients thoroughly, fold in stiffly beaten egg whites, pour in buttered baking dish and bake for 20 minutes in oven 300 degrees F.

Chicken Loaf

- | | |
|-----------------------|-----------------------|
| 4 cups minced chicken | ¼ teaspoon pepper |
| 1 cup milk | 1 small chopped onion |
| 1 cup chicken stock | 2 eggs beaten |
| 1½ teaspoons salt | 3 small tomatoes |

Mix all ingredients except tomatoes and pour into a well greased loaf pan, bake in moderate oven at 350 degrees F. for one hour or until firm and slightly brown. Serve hot or cold, garnish with the tomatoes sliced or quartered.

Cold Jellied Ham Loaf

Chop or mince ham finely, add an equal amount of stock and twice the amount of bread crumbs, season to taste with salt, pepper and nutmeg, bring to a boil, stir in one tablespoon of gelatine dissolved in water. Fill individual moulds or loaf pan and put in a cool place until set.

Macaroni with Dried Beef and Mushrooms

- | | |
|------------------------|--------------------------|
| 2 cups cooked macaroni | 1 cup mushrooms |
| 3 teaspoons butter | 2 teaspoons flour |
| 1½ cups milk | ½ teaspoon salt |
| 1 cup grated cheese | 1 cup white bread crumbs |
| ½ cup dried beef | |

Make a cream sauce of butter, flour and milk, when thickened add grated cheese, dried beef, macaroni, mushrooms and half the bread crumbs, pour into a greased baking dish and sprinkle grated cheese and remainder of bread crumbs on top. Place in oven 350 degrees F. for 20 minutes or until a golden brown.



**RUDDY CHEEKS
FOR PALE GIRLS!**

The following recent letter from Miss Etta McEwen, of Haliburton, speaks for itself:

**Good Appetite, Sleeps Well,
Enjoys Best of Health**

"In using Dr. Hamilton's Pills I find my system is wonderfully built up. It is certainly the most effective remedy I ever used. I have now a good appetite, sleep more soundly, and awaken in the morning feeling quite refreshed.

"Formerly I felt tired and depressed, I looked as if a severe illness were hanging over my head.

"Nothing could give quicker results than Dr. Hamilton's Pills and I strongly advise every young woman to use them."

All dealers sell Dr. Hamilton's Pills.

Escalloped Tomatoes

2 small onions	$\frac{1}{4}$ teaspoon pepper
3 cups tomatoes	2 tablespoons butter
2 teaspoons sugar	4 slices white bread, one
1 teaspoon salt	inch thick

Spread the bread with butter and place in bottom of baking dish, mince onions and mix with tomatoes, add sugar, salt and pepper and pour over bread. Cover with buttered bread crumbs and bake in moderate oven (350 degrees F.) 20 minutes until brown.

Minced Ham Trumbles

$1\frac{1}{2}$ cups ground ham	$\frac{1}{4}$ cup white bread crumbs
1 egg, well beaten	1 cup milk
1 tablespoon shortening	A little paprika
1 teaspoon baking powder	

Put the ham in mixing bowl, add other ingredients in following order—bread, egg, milk, shortening, paprika, baking powder. Mix well and pour into well greased muffin pans. Bake in oven 350 degrees F. for 40 minutes. Serve hot or cold.

Salmon Box

$\frac{1}{2}$ cup rice	Salt and pepper
1 can salmon	Pinch of nutmeg
2 cups bread crumbs	

Line a bread pan, slightly buttered, with warm cooked rice. Fill the centre with the salmon mixed with the bread crumbs and seasoning. Cover with cooked rice and bread crumbs. Dot with pieces of butter and cook in oven 40 minutes at 373 degrees F. Turn out on platter, serve with egg sauce, garnish with hard boiled eggs and parsley.

Lobster Farci

1 cup chopped lobster	Little nutmeg
2 hard boiled eggs	Salt and pepper
$\frac{1}{2}$ tablespoon chopped parsley	1 cup bread crumbs
1 cup of white sauce	1 tablespoon butter

To the lobster meat add the eggs rubbed to a paste, add the parsley and sauce and seasoning to taste. Fill shell or baking pans. Cover with bread crumbs, well buttered, and bake in oven 375 degrees F. until nicely brown.



"How gloriously well I feel now—just like a new woman—all this change has been brought about by Dr. Hamilton's Pills writes Mrs. Baerd.

"I heard of this medicine first in Pinto & Co's Drug Department, and was advised to see what Dr. Hamilton's Pills could do for me. May I in all earnestness recommend these pills to other sickly women. Those dull back-pains are gone forever. I am 'regular', no headaches, no liver spells, no lack of appetite. I am in the best of good health—thanks to Dr. Hamilton's Pills."

No inconvenience—no pains or griping with Dr. Hamilton's Pills—they work silently, while you are asleep.

To rid yourself of "blues"—to feel active, full of energy and good spirits, regulate with Dr. Hamilton's Pills.

DR. HAMILTON'S PILLS

Keep Women Fit

Fish Cakes

2 cups of fish	2 eggs
1 cup of bread crumb	1 tablespoon of butter
2 cups of mashed potatoes	Salt and pepper to taste

Beat the potatoes and fish together until well blended. Add bread crumbs and seasoning, butter and eggs. Mould into small cakes. Dip in flour, eggs and bread crumbs. Fry in deep fat and serve with tomato sauce.

Steamed Salmon Mould

1 can salmon	½ teaspoon pepper
1 cup bread crumbs	2 eggs
1 teaspoon salt	1 small piece of butter

Remove salmon from can. Take out the skin and bone. Add the bread crumbs, salt, pepper, eggs and butter. Mix thoroughly together until well blended. Press into a well greased mould and cover with greased paper. Steam for 1 hour. Serve with egg or parsley sauce.

Fish Croquettes

1 cup boiled fish	1 egg
½ cup mashed potatoes	2 hard boiled eggs
1 cup bread crumbs	Parsley
Salt and pepper	

Mix the fish, potatoes and half the bread crumbs together with eggs, pepper and salt to taste. Make into croquettes. Dip into egg and bread crumbs. Fry in deep fat until a golden brown. Garnish with slices of hard boiled eggs and parsley.

Peas and Rice

1 pint of peas	1 slice of salt beef
1 pint of rice	1 slice of salt pork
A pinch of soda	Some shrimps
1 onion	A little butter

Put a pint of peas to boil with a pinch of soda to soften them; when soft, throw in a pint of well-washed rice. The water must be just enough to cook the rice. Add an onion chopped, a slice of salt beef and pork cut up, and the picked shrimps. Let all boil until the rice slightly dries, then pack in a ball, and butter well.

Homely Hints

« FOR THE HOUSEWIFE »

WHEN agate and tin ware are unsightly after a little use, it may be improved in this way. Dissolve two large cooking spoonsful of concentrated lye in two quarts of hot water; put the articles in a wash boiler, pour on the lye solution, add enough water to cover them, then simmer all for half an hour; remove from the fire, then wash and dry each piece in the regulation way.

Everyone knows how food sticks to new tin ware, and it is annoying to say the least. Try this, which has also proved a preventative of rust as well in damp weather: Rub each piece well with fresh lard, then heat in the oven till quite hot, but not burnt, and wipe thoroughly with a piece of clean old wool underwear.

If tins are slightly stained, wet a cloth, rub on soap, then borax, rub pretty vigorously, and they disappear like magic.

If your coffee or tea pot is discolored, and has a strong odor of the beverage, fill it three-quarters full of cold water, add one teaspoonful of pulverized borax, and a lump of washing soda the size of a chestnut; stand on the back of the range, let it come slowly to a boil, stew five minutes; pour out the liquid, then wash and dry as usual, and the vessel will invariably be as sweet and fresh as new; this should be done often.

To sew on buttons so that they will not easily come off, hold a pin across the top of the button and sew on the usual way over the pin. Before fastening the thread, remove the pin and pulling out the button as far as the slackness thus made allows, wind the thread several times around the stitches in back and fasten.

Rheumatic Joints Relieved of Pain



Young Married Woman Relieved of Painful Knee-Joints By Dr. Hamilton's Pills

Mrs. Verdie E. Sangster, a young woman in her very prime at thirty years of age was stricken with rheumatic pains in the knee-joints.

"When I sat down it seemed as if my knees and the calves of my legs were hot, swollen and painful. I was suffering from hidden constipation but didn't know it. After using Dr. Hamilton's Pills for a week I felt better. The improvement continued steadily, and to-day I am quite well. I have no more joint-pains and now enjoy the best of health."

Always remember that Dr. Hamilton's Pills cleanse and tone the blood; they rid the system of the wastes that give rise to headaches, muscle and joint-pains.

DR. HAMILTON'S PILLS
Stop Rheumatic Pains

Hints of Value To Housekeepers

"Can you tell me something that will set the color in these ribbons when I wash them?" asked Mrs. Newlywed.

"One ounce of Epsom salts added to a gallon of water will make an excellent mixture and will help to set the color," answered Mrs. Neighbor.

"What makes this undercrust so soggy?" asked Mrs. Newlywed. "Whenever I make fruit pies it is always so."

"Mix half the sugar you intend to use in the filling with an equal amount of flour, and sprinkle it on the under crust before you put in the fruit," advised Mrs. Neighbor.

**COUGHS
COLDS
CATARRH**

**CATARRH-O-ZONE
INHALER
Gives Instant Relief**

This modern INHALER ends CATARRH

Instead of lying awake at night, wasting your strength with coughing, why not act now, and break up your Catarrhal Cold to-day?



By inhaling the vapor of **Catarrh-o-zone** you throw off the irritating secretions—then the congestion passes away. The cough stops and catarrhal discharges quickly clear up.

Catarrh-o-zone releases into the bronchial tubes, nose and throat, a powerful antiseptic that keeps the breathing organs clean and free from disease germs.

RELIEVES COLDS QUICKLY!

Think it over seriously. Here is a remedy that clears the throat, relieves hoarseness, coughing and bad breath. Irritating phlegm is cleared out, inflamed bronchial tubes are healed; throat and voice are strengthened. **Catarrh-o-zone** is simple and convenient to use, is recommended by physicians and is "Hospital-certified", by many health institutions in America and elsewhere.

HEAVY GRIPPY COLDS ENDED BY CATARRH-O-ZONE

"After being promptly relieved of a heavy cold by **Catarrh-o-zone**, I am prompted to say this remedy is a marvel. I advise all other sufferers to use **Catarrh-o-zone**."

Miss Annette Beaupre,
Lac au Sables, Que.

EXCELLENT FOR COLDS AND CATARRH

Miss Annette Racine, of St. Joachim, writes:—"I have obtained a great success with ending colds by the use of **Catarrh-o-zone**. I recommend this remedy to all who suffer from Colds, Coughs, etc."

SORE THROAT COLDS COUGHS

To stop an irritating cough that keeps you awake at night, breathe the healing vapor of CATARRH-O-ZONE. Keep the INHALER by your bedside. A few breaths drawn through the inhaler bring comforting relief—the sore throat is healed—the hacking cough is relieved—you are able to sleep undisturbed. Because CATARRH-O-ZONE penetrates instantly through all the breathing organs, it can't help but destroy colds, grippe, catarrh and kindred ills.

CATARRH-O-ZONE
INHALER
Gives Quick Relief

"What do you suppose makes this milk curdle when used for tomato soup?" asked Mrs. Newlywed. "I have an awful lot of trouble that way."

"It may be prevented by adding a bit of bicarbonate of soda before mixing with the tomato," answered Mrs. Neighbor.

"I wish you would tell me how to make a yellow frosting," pleaded Mrs. Newlywed. "I think it is delicious, but I don't know how to make it."

"A yellow frosting is made by heating the yolks very lightly and thickening them with fine sugar as you would the whites. It will take a little longer to harden them if the whites were used," instructed Mrs. Neighbor.

"I am having an awful time beating these egg whites," almost apologized Mrs. Newlywed as Mrs. Neighbor looked on. "But they don't seem to stiffen up at all quick," she concluded.

"If you will always be sure they are cold before beginning the beating and also add a pinch of salt, I think you will have no such trouble," suggested Mrs. Neighbor.

—Turn to next page.

**CONSTANT
COUGHING**
weakens the
LUNGS

CATARRH-O-ZONE
INHALER
Gives Quick Relief

Hints of Value to Housekeepers
Continued

"Will you please tell how to make apple and suet pudding?" requested Mrs. Newlywed. "I had some at a friend's house and it was delicious."

"Use two cups of chopped apples, two cups of chopped raisins, one cup of sour milk, one cup of molasses, one cup of suet, and flour enough to make a stiff batter," directed Mrs. Neighbor. "Put a teaspoon of soda in the milk, then add a little grated nutmeg and cinnamon and a pinch of salt. Stir in the suet, then the flour a little at a time. Boil tied up in muslin."

"It is an awful job to keep the coal range looking good all the time, isn't it?" said Mrs. Newlywed.

"Yes, it is in the old way," replied Mrs. Neighbor, "but if you will rub it quickly while hot with a piece of paraffin wax, then wipe it off with a cloth you will find there will be sufficient wax left so that by rubbing it over with a cloth after each meal the stove will always look well."

**GUARD YOUR
THROAT AGAINST
CATARRH**

**CATARRH-O-ZONE
INHALER
Gives Quick Relief**

Grippy Colds Quickly Stopped

Sneezing and Coughing End.

Irritable Throat is Relieved

Carry a **Catarrh-o-zone Inhaler** in your purse or pocket, use it now and again and you will seldom have a cold. In ten minutes **Catarrh-o-zone** knocks out a cold; in five minutes it ends a headache; in half an hour it relieves a bad cough—so people say who have proved the merit of **Catarrh-o-zone**.

Inhale **Catarrh-o-zone** five times daily for Bronchitis—the effect is magical. Use it frequently and **Catarrh** won't bother you.

Catarrh-o-zone is a modern, scientific treatment for coughs, colds, sore throat, sniffles and **Catarrh**. Satisfaction guaranteed.

Why not use **Catarrh-o-zone** tonight, and be all well to-morrow? Under the healing influence of **Catarrh-o-zone** you get rid of sneezing and discharge of mucous from the nostrils. Sore crusts in the nose are quickly healed. Those nasty drippings of mucous into the stomach are stopped. Acrid, bad-tasting phlegm is loosened in the throat. That irritable tickling sensation in the throat that makes you cough is quickly corrected by **Catarrh-o-zone**. You are bound to get satisfactory results from **Catarrh-o-zone**.

Many years in use by hospitals, physicians and clinics, and sure to prove satisfactory.

CATARRH-O-ZONE
GIVES QUICK RELIEF



Bronchial Coughs Soothed Away

The quickest relief for Bronchitis comes from **Catarrh-o-zone**, from throat ailments like **Catarrh-o-zone** because there is no stomach-medicine to take.

There is healing virtue in every breath you draw through **Catarrh-o-zone Inhaler**; it makes your throat feel good, clears out all irritating matter, aids the cough and relieves soreness.



Warning Symptoms:

- Stuffed-up nostrils
- Morning cough
- Painful eyes
- Soreness in the chest
- Nose droppings in the throat
- Itchiness of the nose.

You can overcome a distressing cough and rid yourself of bronchial irritation by using **Catarrh-o-zone**.

Mrs. S. W. West, 28 Birmingham St., Guelph, Ont., writes:—"We have not been without **Catarrh-o-zone** in our family for 20 years. My husband is troubled with Bronchial Catarrh, and is never, without a **Catarrh-o-zone Inhaler** under his pillow. A few breaths of **Catarrh-o-zone** gives him quick relief. My neighbours say **Catarrh-o-zone** gives them comfort from coughs and colds. We recommend **Catarrh-o-zone**."

Remember this—**Catarrh-o-zone** is a strong healing agent; it is antiseptic; it kills the germs that cause the trouble. It gives relief quickly, indeed almost instantly.

CATARRH-O-ZONE
GIVES QUICK RELIEF

"When I scorch a white cloth piece when ironing what can I do to make it look well again?" asked Mrs. Newlywed.

"Rub the scorched place with a cloth dipped in diluted peroxide, run the iron over it and the cloth will be as white as ever before," was Mrs. Neighbor's advice.

"I find it very hard to keep my steel knives from rusting," remarked Mrs. Newlywed. "Can you tell me of some way to keep metal things bright and clean?"

"Steel utensils must be kept dry and wiped with dry cloths," answered Mrs. Neighbor. "When putting away steel or nickel utensils a coating of vaseline will keep away the atmosphere and rust."

"There, I know I have salted this soup too much and I suppose it is spoiled," sighed Mrs. Newlywed.

"Add a little sugar if too salt, or, if too sweet you could put in a little more salt," said Mrs. Neighbor. "Either will neutralize the other. I have tried it successfully with meats, vegetables, soup and many other dishes."

—Turn to next page.

**For colds
irritated
throats**

**CATARRH-O-ZONE
INHALER
Gives Quick Relief**

Hints of Value to Housekeepers

Continued

"I wish I didn't have to use so much sugar in cooking fruit," complained Mrs. Newlywed. "It seems as though it made it cost an awful lot more than it should."

"If you add a little salt you will find that it improves the flavour and less sugar is required," advised Mrs. Neighbor.

"What makes so many of my last year's jars of fruit spoiled, do you suppose?" asked Mrs. Newlywed.

"Perhaps they were not airtight," suggested Mrs. Neighbor. "In canning fruit turn the filled jars upside down for a day or so as to be sure they are sealed tight. New rubbers should be used every year, but if then the juice leaks out the fruit must be cooked over again and resealed."

"I got some automobile grease on my stocking when out motoring yesterday and want to know how I can take it out," requested Mrs. Newlywed.

"Rub in well a small piece of butter over the spot," said Mrs. Neighbor. "Then wash with soap, rinse and the spot should all disappear."

BREATHE
your cold
away

CATARRH-O-ZONE
INHALER
Gives Instant Relief

WEAK THROAT

QUICKLY STRENGTHENED

Dangerous Germs Destroyed

When your throat rattles and your lungs and chest are sore, when your throat is stuffed with cold—use **Catarrh-o-zone** and get well.

It's so simple—no medicine to take—you use a convenient **Inhaler** which releases a healing vapor that gives you ease and comfort almost instantly.

You quickly clear the throat and relieve a bad cough when you breathe **Catarrh-o-zone**. Simply remarkable the way it eases a tight chest and takes soreness out of the bronchial tubes.

To clear away Catarrh of the nose, you will find **Catarrh-o-zone** most efficient. It brings "nose-dripping" to an end.

The action of **Catarrh-o-zone** is swift because it heals and soothes—because it kills the germs that cause irritation in the throat, lungs and bronchial tubes, it is bound to alleviate Catarrh.

Catarrh-o-zone is prescribed by many specialists, and is employed in respiratory diseases by many hospitals. Use it for Weak Throat, Bronchitis, Catarrh, Coughs or Cold in the head. Quick in action, sure in beneficial results. Refuse any substitute for genuine "**Catarrh-o-zone**".

CATARRH-O-ZONE
GIVES INSTANT RELIEF



Yesterday . . . "Just a Cold" To-Day . . . ? Perhaps Too Late

If a bad cold has developed, and you are sneezing, eyes running, nostrils all clogged up, **Catarrh-o-zone** will soon stop the discharge and enable you to breathe freely—you will find that **Catarrh-o-zone** exterminates nasty cold very quickly. All trace of sore throat and Catarrh will disappear. Pain over the eyes goes away—a weak throat is strengthened, the voice grows clear and strong; spitting, sneezing and nasal discharge are permanently overcome.

HOW MRS. McDONALD GOT WELL OF CATARRH IN THE THROAT

"I can testify to the remarkably beneficial action of **Catarrh-o-zone**. When coughing spasms come on **Catarrh-o-zone** gives me immediate relief. A few breaths taken through the inhaler clear the nose, throat, and enable me to breathe freely. **Catarrh-o-zone** has relieved me of chronic Catarrh in the nose and throat. To prevent colds and keep the breathing organs in good condition, I know of nothing so efficient as **Catarrh-o-zone**."

CATARRH-O-ZONE
GIVES QUICK RELIEF

"Tell me how to do up damask tablecloths, won't you?" asked Mrs. Newlywed of her friend.

"Damask table linen rarely requires any starch," returned Mrs. Neighbor. "If they are carefully washed and ironed while damp they will be stiff enough and will wear much longer. Use irons as hot as possible without scorching the linen, and iron each piece until it is perfectly dry. Keep the edges straight and the folds even."

"Why is it my cake always drops down in the centre, no matter how careful I am in baking?" asked Mrs. Newlywed.

"Your dough is too rich; you use too much sugar," said Mrs. Neighbor. "That is what makes it drop. Again, if it rises too much it is because your dough is too thick."

"My machine works so heavily that I hate to undertake to do any sewing lately," complained Mrs. Newlywed.

"It will give far better service if oiled frequently with a good lubricator, following a thorough cleansing with absorbent cotton and kerosene oil," directed Mrs. Neighbor.

—Turn to next page.

**COLD
DISTRESS
VANISHES**

**CATARRH-O-ZONE
INHALER
Gives Quick Relief**

Hints of Value to Housekeepers

Continued

"My hands are terribly chapped and rough from being in dishwater so much," complained Mrs. Newlywed. "What can I do to keep them presentable?"

"Put two ounces of glycerine in a bottle with one ounce of alcohol and one ounce of water. Shake well and apply to the hands at night," advised Mrs. Neighbor.

"Please tell me how to clean my painted wall in the kitchen," was Mrs. Newlywed's plea one morning.

"Dissolve two ounces of borax in two quarts of water," directed Mrs. Neighbor. "Add a tablespoon of ammonia and use half of this mixture to a pail of water, with no soap. After washing the wall rub it with clean cloths until dry."

"When I try to make cup custards they always cake up and look badly when served," complained Mrs. Newlywed.

"You can remedy that easily," said Mrs. Neighbor, "if you will add a little salt to the custard when making. It will improve the flavor and keep it from caking."

**Beware
of NIGHT
COUGHING**

**CATARRH-O-ZONE
INHALER
Gives Instant Relief**

"I never seem to get any tinware nice again after using. Do you know of something I can use to clean them nicely?" asked Mrs. Newlywed.

"The stains on tinware can be removed by dipping a damp cloth in common soda and rubbing briskly. Wash and wipe dry. Brass or copper, if it is very dirty, can be cleaned by putting some fine salt in a plate, dipping it into a cut lemon and rubbing on the metal. The strong acid will remove the worst stain," advised Mrs. Neighbor.

"I wish I knew how to get a cake out of the pan after baking without danger of breaking it," remarked Mrs. Newlywed.

"After taking from the oven stand the pan on a cloth wrung out of hot water. Leave for a few minutes and then turn out and you will find it will come out without any trouble," directed Mrs. Neighbor.

"Look at my hands. Are they not a sight?" fussed Mrs. Newlywed. "They are all covered with onion stain."

"You can remove onion or apple stains from the hands by squeezing the juice of a lemon into the palm of the hand and rubbing it into the fingers thoroughly. The stain will disappear immediately," directed Mrs. Neighbor.

"Whatever are you putting that vinegar in with the chicken for?" questioned astonished Mrs. Newlywed.

"When boiling chicken if I put half a cup of vinegar in the kettle I find it makes it much more tender and juicy and the vinegar will not taste at all," explained Mrs. Neighbor.

Two tablespoons of sal soda (washing soda), one tablespoon chloride of lime; dissolve in one pint of water in a badly burnt agate or enamel utensil and boil 30 minutes and all the burned places will be gone entirely and without injury to the article boiled.

Blinding Headache Corrected Over Night

Tells How You May Get Relief
for Head-fullness, Ringing
Noises, Dizziness—

ALL ELDERLY PEOPLE
INTERESTED

"I had terrible pains in my head. My appetite faded away, and when I did eat anything it made me very sick. The pains and the dizzy headaches I had to endure almost set me wild. At times the attacks came on so severely I had to go to bed. I would feel depressed and miserable for hours. Nothing helped me till I used Dr. Hamilton's Pills. Each day brought me better health and spirits. I was made strong, ruddy, and healthy, and will always use and recommend Dr. Hamilton's Pills."

Mrs. B. C. Curran.

Thousands who are in an ailing, low state of health need nothing else but Dr. Hamilton's Pills.

Think what a strong, healthy system would mean to you! Wouldn't it be fine to feel years younger, to have lots of "pep", a clear complexion, and sleep well every night. Use Dr. Hamilton's Pills—you won't be disappointed.

DR. HAMILTON'S PILLS
ARE GOOD FOR
CONSTIPATION

MEASUREMENTS FOR THESE RECIPES

In making these recipes the use of Canadian Standard Measuring Cup and Spoons is requested. The cup is marked in quarters and thirds, and can be purchased in glass or aluminum at a very low cost. The Measuring Spoons come in sets of four and are accurately graded. All measurements in these Recipes mean truly level. In measuring flour, sift at once and use a spoon to fill the cup; be sure and level same after filling with aid of a knife. Stir baking powder before measuring, to loosen it.

TABLE OF EQUIVALENTS

3	Teaspoons	Equal 1	Tablespoon
16	Tablespoons	"	1 Cup
$\frac{1}{2}$	(Liquid)	"	1 "
2	Cups	"	1 Pint
4	"	"	1 Quart
2	Tablespoons (Butter)	"	1 Ounce
2	" (Gran. Sugar)	"	1 "
3	" (Flour)	"	1 "
1	Cup Almonds or Walnuts	"	4 Ounces
2	Cups of Butter	"	1 Pound
2	" Granulated Sugar	"	1 "
2	" Fruit	"	1 "
$2\frac{3}{4}$	" Iceing	"	1 "
$2\frac{3}{4}$	" Brown	"	1 "
$3\frac{3}{4}$	" Flour	"	1 "
$3\frac{1}{2}$	" Chopped Meat	"	1 "
2	" Suet (Chopped)	"	1 "
8	Extra Sized Eggs	"	1 "
2	Cups of Milk	"	1 "
3	" Raisins	"	1 "
2	" Rice	"	1 "

COOKING TIMES AND TEMPERATURES

Oven Heats are usually spoken of in 4 degrees, as follows:—Slow Moderate, Hot, Very Hot.

Slow Oven	250 to 350	Degrees F.
Moderate	350 to 400	" "
Hot	400 to 450	" "
Very Hot	450 to 550	" "

Modern Ovens are equipped with Thermometers, but for those without a fairly accurate test may be made by taking a piece of white writing paper or a little Flour sprinkled on a Pie Plate. For a slow oven—Paper or Flour slightly tinged with color in 20 minutes.

Moderate Oven—A Golden Brown in 4 to 8 min.
Hot " —A Golden Brown in 1 to 3 min.
Very Hot " —A Golden Brown in $\frac{1}{2}$ to 1 min.

WATER AND SYRUP TEMPERATURES

Simmering	185	Degrees F.
Boiling	212	" "
Soft Ball Stage	235 to 240	" "
Hard Ball Stage	250	" "
Brittle (Hard Candy, etc.)	275 to 300	" "
Caramel	300	" "

Detail Soup 1

1934—CALENDAR—1934

January							February							March							April						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
..	1	2	3	4	5	6	1	2	3	1	2	3	..	1	2	3	4	5	6	7	
7	8	9	10	11	12	13	4	5	6	7	8	9	10	4	5	6	7	8	9	10	8	9	10	11	12	13	14
14	15	16	17	18	19	20	11	12	13	14	15	16	17	11	12	13	14	15	16	17	15	16	17	18	19	20	21
21	22	23	24	25	26	27	18	19	20	21	22	23	24	18	19	20	21	22	23	24	22	23	24	25	26	27	28
28	29	30	31	25	26	27	28	25	26	27	28	29	30	31	29	30

May							June							July							August						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
..	..	1	2	3	4	5	1	2	3	1	2	3	4	5	6	7	5	6	7	1	2	3	4	
6	7	8	9	10	11	12	3	4	5	6	7	8	9	8	9	10	11	12	13	14	8	9	10	11	12	13	14
13	14	15	16	17	18	19	10	11	12	13	14	15	16	15	16	17	18	19	20	21	12	13	14	15	16	17	18
20	21	22	23	24	25	26	17	18	19	20	21	22	23	22	23	24	25	26	27	28	19	20	21	22	23	24	25
27	28	29	30	31	24	25	26	27	28	29	30	29	30	31	26	27	28	29	30	31	..	

September							October							November							December						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
..	1	..	1	2	3	4	5	6	1	2	3	1	
2	3	4	5	6	7	8	7	8	9	10	11	12	13	4	5	6	7	8	9	10	2	3	4	5	6	7	8
9	10	11	12	13	14	15	14	15	16	17	18	19	20	11	12	13	14	15	16	17	9	10	11	12	13	14	15
16	17	18	19	20	21	22	21	22	23	24	25	26	27	18	19	20	21	22	23	24	16	17	18	19	20	21	22
23	24	25	26	27	28	29	28	29	30	31	25	26	27	28	29	30	..	23	24	25	26	27	28	29
30	30	31

1935—CALENDAR—1935

January							February							March							April						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
..	..	1	2	3	4	5	1	2	1	2	..	1	2	3	4	5	6				
6	7	8	9	10	11	12	3	4	5	6	7	8	9	3	4	5	6	7	8	9	7	8	9	10	11	12	13
13	14	15	16	17	18	19	10	11	12	13	14	15	16	10	11	12	13	14	15	16	14	15	16	17	18	19	20
20	21	22	23	24	25	26	17	18	19	20	21	22	23	17	18	19	20	21	22	23	21	22	23	24	25	26	27
27	28	29	30	31	24	25	26	27	28	24	25	26	27	28	29	30	28	29	30

May							June							July							August						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
..	..	1	2	3	4	1	..	1	2	3	4	5	6	1	2	3					
5	6	7	8	9	10	11	2	3	4	5	6	7	8	7	8	9	10	11	12	13	4	5	6	7	8	9	10
12	13	14	15	16	17	18	9	10	11	12	13	14	15	14	15	16	17	18	19	20	11	12	13	14	15	16	17
19	20	21	22	23	24	25	16	17	18	19	20	21	22	21	22	23	24	25	26	27	18	19	20	21	22	23	24
26	27	28	29	30	31	..	23	24	25	26	27	28	29	28	29	30	31	25	26	27	28	29	30	31

September							October							November							December						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
..	1	2	3	4	5	6	..	1	2	3	4	5	1	2	1			
8	9	10	11	12	13	14	6	7	8	9	10	11	12	3	4	5	6	7	8	9	8	9	10	11	12	13	14
15	16	17	18	19	20	21	13	14	15	16	17	18	19	10	11	12	13	14	15	16	15	16	17	18	19	20	21
22	23	24	25	26	27	28	20	21	22	23	24	25	26	17	18	19	20	21	22	23	22	23	24	25	26	27	28
29	30	27	28	29	30	31	24	25	26	27	28	29	30	29	30	31