HOME AND FIRESIDE

Now is the time to gather the plums for immediate or future use. The following methods of preparation are especially recommended:

PLUMS IN BATTER.

Make a batter with five tablespoonfuls of flour, rather more than a pint of milk, and two eggs. Remove the stones from one pound of large plums, crack them, put the kernels inside of the plums and stir the plums in the batter with two tablespoonfuls of moist sugar. Bake in a hot oven for about three-fourths of an hour. Sprinkle powdered sugar over the top and serve hot.

COMPOTE OF GREENGAGES.

Boil six ounces of sugar and one pint of water together for one-quarter of an hour. Skim well, put in one and one-half pounds of greengages, and simmer very gently for 15 or 20 minutes, taking care the greengages do not break. When done let them cool a little, put them in a glass dish and pour the syrup over them.

PLUM SALAD.

Into a glass salad bowl put one-half pint each of greengages, stoned and cut in half, bananas, peeled and cut in slices, and any other fresh fruit that is at hand. Sprinkle well with powdered sugar, cover and let stand one hour, then add one wineglaseful of syrup of preserved cherries, one of lemon juice and the greengage kernels, blanched and cut in half. Cover again and let stand until required. Serve with whipped cream and sponge fingers. The cream and fingers should not be served separately.

PLUMS IN JELLY.

Soak two ounces of gelatine in a pint and a half of water for one hour; then add the juice of three lemons, one-half pound of loaf sugar and the whites of five eggs beaten in a gill of water. Stir all together over the fire until boiling. Then pass through a flannel jelly bag several times until quite clear. Cut two dozen fine ripe plums into strips, take the kernels out of the stones and mix both fruit and kernels in the jelly. Pour it into a wet mould and set aside until firm. When required to serve, turn out on a glass or silver dish. Serve with whipped cream and macaroons.

CAULIFLOWER.

A Trio of Recipes That Are Very Good.

Boil cauliflower in salted water until tender. Separate into flowerettes and arrange on slices of buttered toast. Make a cream sauce by cooking together one tablespoonful each of butter and flour and one cup of milk. Season with salt and pepper and the juice of one lemon. Remove from the fire; add the well-beaten yolks of three eggs. Pour over the cauliflower and serve hot.

Separate cold boiled cauliflower into flowerets and marinate with French dressing. Drain. Serve on lettuce leaves with mayonnaise. Garnish with slices of cold boiled carrots and beets.

Boil and separate and arrange on circles of buttered toast. Chop six mushrooms, fry in butter, add three tablespoonfuls of flour, and when cooked brown one cup of white stock. Cook ten minutes. Remove from fire, add yolks of three eggs, beaten with the juice of one lemon. Season with salt and pepper. Heat thoroughly, pour over the cauliflower, sprinkle with buttered crumbs and brown in a hot oven.

YOUR CANNED FRUIT.

Some Ways to Vary Method of Serving.

Instead of commandering the can or jar opener every night in the week and letting the efforts toward a dessert for dinner go at that, take a little trouble and experiment with some excellent recipes using your canned fruit. Here are a few which are not hard to prepare, but much more palatable than the fruit served directly from the can.

Cut stale cake into round slices about an inch thick with a cooky cutter. If very stale soften a bit with milk. Saute them in butter until delicately browned. Place on top of each half a canned peach, top with whipped cream sweetened and flavored with almond or with marshmallow whip or the beaten white of an egg. Sprinkle over it some chopped nuts or a candied cherry.

Make a batter from one cup of flour sifted with a teaspoonful of powdered sugar, and a dash of salt, the gradually added yolks of two eggs beaten well, and half a cup of cold water. Flavor with a tablespoonful of ginger syrup if you have it, if not with lemon. Fold in the stifly beaten whites of the eggs at the last minute. Dry the pears well before dipping in the batter. Fry in deep hot fat. Serve in a sauce made from the pear juice, flavored with the ginger or lemon and sufficient sugar to make a bit syrupy.

One cup of well-cooked rice, one cup of whipped cream, half a cup of chopped canned pineapple, sugar to taste.

To the rice add the whipped cream then the pineapple, and sugar to taste. Serve very cold in sherbet glasses with candied cherry on top. This is a good recipe for using left overs, as any other tasty fruit can be substituted for the pineapple.

Sift two cups of flour, half teaspoonful of salt, and four teaspoonfuls of baking powder. Rub in two tablespoonfuls of shortening and moisten with three-quarters cup of milk or water. Turn on well-floured board and pat or roll in a one-inch thickness. Spread with the drained apricots. Roll like a jelly roll, press the edges together, place in buttered pan and bake in a hot over for almost half an hour, basting from time to time one cup of the apricot juice. Serve hot with whipped cream or hard sauce.

HELPFUL "EXTENDERS."

The Sunday Roast is Made to Last Until Monday.

Often when the Sunday roast leaves the table there doesn't look as if there was enough left for another meal for the family. Then mother puts her thinking cap on, adds an "extender" or two and, behold, a dish that often surpasses the roast. If there is only a few slices of beef or lamb, cut them up into small pieces. Drain the juice from a large can of tomatoes, put a layer of the tomatoes into a wish. Cover with the meat and then another layer of tomatoes. A little onion or green pepper cut into it will improve it. Make a crust of biscuit dough, roll it thin, and cover the pie. Bake till brown.

If the roast was pork, veal or chicken, chop fine. Add a hard-boiled egg or two, also cut fine; a well-beaten egg, a little milk and enough breadcrumbs to make the mixture right to handle. Season well with salt and pepper. Form into balls and fry in deep fat. Serve with white sauce, to which a cup of canned peas has been added.

Take a cup of mashed potato and add a teaspoonful of butter, a beaten egg, a quarter of a cupful of flour and a teaspoonful of milk. Roll out on a floured board. This amount should make six turnovers. Into each piece put a spoonful of chopped meat. Fold over and bake in a hot oven until a nice brown.

Line a mold that has been well greased with boiled rice. In the centre put two cupfuls of well-seasoned mincemeat, lamb or beef. Cover with rice and steam for an hour. Turn out onto a plate and serve with tomato sauce.

If there is too little chicken left for a meal for the family, make a cream sauce by melting a fourth of a cupful of butter and adding a fourth of a cupful of flour and two cupfuls of milk. When thickened, add whatever chicken there is cut into pieces, and then add 25 oysters that have been cooked in their own liquor. This can be served on toast, in patty shells, or in nests made of mashed potatoes.

SIGNOR CARUSO'S NERVES.

The eminent tenor Signor Caruso in a recent interview in Vienna said that nothing prevented his singing every night except his nervousness. His voice was quite capable of the effort but his nerves would break down under the strain. Although he never sings a role without studying it for a year, he is always timid and nervous when the time comes for going on the stage. The three hundreth time he sang in "Rigoletto" he trembled in his dressing room when preparing to appear Signor Caruso stated that he was ready to retire the instant he found the public sparing in their applause or if his nervousness developed to an excessive degree. "I will not publish my memoirs," he said, "but will devote myself to agriculture."

GONE, BUT NOT FORGOTTEN.

(Pittsburg Post.)

"Are caterpillars good to eat?" asked Tommy at the dinner table.

"No," said his father. "What makes you ask a question like that while we are eating?"

"You had one on your lettuce, but it is gone now," replied the little son.

Minard's Liniment For Dandruff.

YOUNG WOMEN AVOID PAIN

This One Tells How She Was Benefited by Taking Lydia E. Pinkham's Vegetable Compound.

Regina, Sask.—"For two years I suffered from periodic pains and nausea so I was unable to get around. My mother had me take Lydia E. Pinkham's Vegetable Compound, and I am much better and able to go about all the time, which I could not do before. I recommend Vegetable Compound to my friends if I know they suffer the same way, and you may publish my letter if it will help any one, as I hope it will."—Miss Z. G. BLACKWELL, 2073 Osler Place, Regina, Sask.

If every girl who suffers as Miss Blackwell did, or from irregularities, painful periods, backache, sideache, dragging down pains, inflammation or ulceration would only give this famous root and herb remedy a trial they would soon find relief from such suffering.

It hardly seems possible that there is a woman in this country who will continue to suffer without giving Lydia E. Pinkham's Vegetable Compound a trial after all the evidence that is continually being published, proving beyond contradiction that this grand old medicine has relieved more suffering among women than any other medicine in the world.

For special advice women are asked to write the Lydia E. Pinkham Medicine Co., Lynn, Mass. The result of forty years experience is at your service.

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all others in Delicacy and Fragrance

"SALADA" TEA

Send us a post card for a free sample, stating the price you now pay and if you use Black, Green or Mixed Tea. Address Salada, Toronto. B717

POISON IVY EASILY KNOWN

"Look out for that poison ivy," is a oft-repeated cry these picnic days. To know the poison ivy is to avoid it, yet to admire it for its sturdy self-defence," says a communication to the U. S. National Geographic Society.

"The poison ivy is a member of the sumac family, having as relatives the vinegar tree, the smooth sumac, and the smoke-bush. Its range reaches as far north as Nova Scotia, as far south of Florida and Texas, and as far west as Utah and British Columbia.

"Many people confuse the Virginia creeper with the poison ivy, a confusion which nothing but carelessness in remembering the characteristics of plants could bring about, for the Virginia creeper is careful always to put forth five leaves where the poison ivy has only three.

"The Virginia creeper is condemned as being poison ivy oftener than poison ivy is accredited with being a Virginia creeper. Many a Virginia creeper has reached the untimely end of mattock execution by the error, and not a few people have received a painful reminder of their mistake when they have failed to observe that three leaves spell "foe" in the ivy vin and five leaves 'friend.'

"The poison ivy, or poison oak, as some call it, is a prodigal climber, inclined to run over everything in sight. Even the oak sometimes is almost smothered when the poison ivy reaches its topmast branches and spreads its dense foliage over them. It begins to blossom in May and June, its flowers being small fragrant, yellowish green and arranged in densely clustered spikes. Toward fall these develop into smooth, white, waxlike, berries that often hold fast the winter through. The three leaves are shining green, short-stemmed, and oval-pointed.

"The poison of this ivy is a powerful, non-volatile oil which penetrates the pores of the human skin and develops hosts of tiny itching blisters, followed by a burning swelling of the affected parts.

"While we very naturally dislike a plant that poisons us when we touch it, yet if we investigate the reason for its poison we discover that a vast number of plants develop poisons and near-poisons, and when we look over the list we find that we would be rather badly off without them. It is true that most of them are poisonous only when eaten, and that few are poisonous to the touch, but they have all developed these qualities in self-defence.

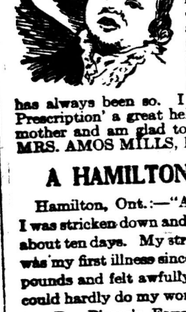
"Some of them store their poison in their seeds, others in their root-stocks, and others in their roots to protect their progeny from harm. They do not go about looking for trouble or seeking, like the devil, whom they may destroy; but they are prepared to resist invasion of the rights of their children. Nux vomica and aconite are two of many such illustrations that might be cited. Others develop alkaloids, like the nicotine of tobacco, the quinine of the cinchona tree, and the theine of tea to protect themselves. Strychnine, digitalis, and a hundred and one indispensable drugs that are poisonous in overdoses are the gift of the plant world to man as a by-product of plant preparation for self-defence.

"And so, when the poison ivy learned to give off its poison by contact rather than through its own destruction it simply went a step further than its neighbors. It has arranged its plans of defence, so that it can wage war without first being eaten. In that respect it meets the problem in the same way as the thistle and the thorn, although it fights by subtle stealth rather than open warfare."

The man who boasts of his iron will shouldn't allow it to get rusty from lack of use.

What Prominent Ontario Women Say

Tillsonburg, Ont.:—"I found Dr. Pierce's Favorite Prescription very beneficial during expectancy. I felt quite poorly, was nauseated and sick, could not eat anything and I was extremely nervous and weak. I took 'Favorite Prescription' and it soon stopped the nausea, my appetite returned, also my strength and I was soon feeling fine and strong. My baby was strong and healthy and has always been so. I consider 'Favorite Prescription' a great help to the expectant mother and am glad to recommend it."—MRS. AMOS MILLS, Box 238.



A HAMILTON WITNESS

Hamilton, Ont.:—"A few months ago I was stricken down and was confined to bed about ten days. My strength all left me. It was my first illness since a child. I lost five pounds and felt awfully weak afterward. I could hardly do my work. I was advised to try Dr. Pierce's Favorite Prescription in tablet form. I tried a couple of bottles and before I knew it, I was well and strong and had gained 9½ pounds. I can recommend Dr. Pierce's Favorite Prescription to build one up."—MRS. E. MARTIN, 397 Dundurn St.

After suffering pain, feeling nervous, dizzy, weak and dragged down by weaknesses of her sex—with eyes sunken, black circles and pale cheeks—such a woman is quickly restored to health by the Favorite Prescription of Dr. Pierce. Changed, too, in looks, for after taking Dr. Pierce's Favorite Prescription the skin becomes clear, the eyes brighter, the cheeks plump. It is purely vegetable, contains no alcohol.

JAPANESE GALA DAY.

Of all floral festivities, Japan's Feast of the Cherry Blossom is the most generally observed. Practically every town and village thoughout the land has its own particular cherry tree for honoring at this great occasion, but the most famous of them all is that at Kioto. Here early in April is to be seen such a sight as can be witnessed nowhere else in all the world. There are seldom fewer than 1,000,000 persons present, who gather from all parts of the empire. Everywhere is feasting, dancing and merry-making.—"Flaneur," in Indianapolis Star.

Minard's Liniment Relieves Neuralgia.

Wise Relaxation.

The wise know that a judicious amount of wasting is, in the end, not wasting at all; for those who have learned to relax and to forget at the right moment, to lay aside care and thought and time completely, when they do labor do it with a fresh and mighty power that the weary slaves of time service never known. To lose time profitably in an exquisite art.

WOOD'S PHOSPHODINE.—The Great English Preparation. Tones and invigorates the whole nervous system, makes new Blood in old Veins. Used for Nervous Debility, Mental and Brain Worry, Despondency, Loss of Energy, Palpitation of the Heart, Failing Memory. Price $2 per box, 3 for $5. Sold by all druggists, or mailed in plain pkg. on receipt of price. New pamphlet mailed free. THE WOOD MEDICINE CO., TORONTO, ONT.

Walking for Pleasure.

The old-fashioned person who used to walk mile after mile on pleasant Sunday afternoons through the countryside has practically disappeared. This is the inevitable conclusion drawn by anyone who still pursues this ancient pastime and who has spent Sunday after Sunday drilling by foot over macadam and dirt roads frequented only by automobilists and an occasional farm hand travelling to a neighbor's.

Walking for the sake of the walk has nearly passed out, along with the one-horse rig, the glass incased artificial flowers in the parlor and hair-covered furniture. It had its day before the bicycle and the automobile and with the advent of these quicker, easier means of transportation it dropped from the human scheme of things with a dull thud.

And yet a hike through the country is good for body and soul. It gives the body a work-out that is bound to be beneficial, it exercises muscles that are all too seldom used nowadays, and it gives an opportunity for really seeing the beauties of the country instead of hurrying through at 40 miles an hour and knowing only that you've seen trees and rivers and shrubbery. Hiking takes you into the heart of nature, makes you intimately acquainted with the birds and the flowers and the peace that cannot be found in the cities.

And then, too, there's a bit more fun in walking than in scurrying around in cars. Take, for instance, the delightful sensation, after covering ten or twelve miles and telling the farmer at whose house you stop for a drink, of your hike, of hearing this farmer say, with all the awe in the world: "Good Lord, you'll win the bet, won't you?"

SUMMER ASTHMA—HAY FEVER

—sleepless nights, constant sneezing, streaming eyes, wheezy breathing:—

RAZ-MAH

brings relief. Put up in capsules, easily swallowed. Sold by reliable druggists for a dollar. Ask our agents or send card for free sample to Templeton's, 142 King St. W., Toronto.

UR OF THE CHALDEES.

Once Great City is Now but Group of Mounds.

The British, on their recent advance in Mesopotamia, passed over or at least near the ancient city of Ur, where Abraham was born and grew up; and thence that he departed with his family and relations on a journey to Palestine that was destined to be so productive of important events for the Hebrews.

We are accustomed to think of the days of the early Pharaohs as almost lost in antiquity, but Ur was prehistoric. Eight thousand or 9,000 years ago that great Chaldean city was a seaport on the shore (or near it) of the Persian gulf. It traded with India and all the then known parts of the world.

To-day Ur (or what remains of it) is 120 miles as the crow flies from the head of the Persian gulf. Surely it has not moved; but the alluvial deposits carried down by rivers, have built out the land, so that the head of the gulf is no longer where it used to be. The pushing southward of the shore line is known to have averaged about a certain distance yearly since the time of Alexander the Great, so that the period when Ur was a seaport can be reckoned with fair accuracy.

Ur to-day is about half-way between the head of the gulf and the ruins of ancient Babylon. It is near the Euphrates—across the river from the modern town of Nazareth—and is represented by a vast group of mounds that conceal remains of extraordinary interest. Undoubtedly it was war that destroyed this ancient metropolis—as it seems to destroy everything that is worth while, sooner or later.

Out of one huge mound has been dug the remains of a pyramidal tower which is regarded by Assyriologists as the most perfect specimen of Babylonian architecture known. It is built in a series of stages, like the tower of Babel, with a continuous flight of broad steps running up the outside. It originally supported a temple—the great Temple of the Moon.

SINCE 1870 SHILOH 30 DROPS STOPS COUGHS

Confidential Communication.

"I promised Matilda not to mention this to anyone, because she got it in strictest confidence from some one who was pledged to absolute secrecy, so before I tell you you must give me your word of honor you won't even breathe a hint of it."

Minard's Liniment For Burns, Etc.

First Translation of Bible.

The first translation of any part of the Bible was that by Bede of the Fourth Gospel, in 735. The first complete translation was that of Wycliffe about 1388. Luther was not born until 1483.

Minard's Liniment for sale everywhere

"Every man has his price," quoted the Wise Guy. "Then it's no wonder every woman is a bargain hunter," snickered the Simple Mug.

Farmers

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Write or Phone Regent 2261.

Chas. W. Brown

Room 108 Clyde Bldg., Hamilton, Ont.

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COTTON MILL HELP WANTED. Ring Spinners and Spoolers. Apply to Slingsby Mfg. Co. Ltd. Brantford, Ont.

HELP WANTED

WOOLLEN MILL HELP WANTED—We have several good openings for experienced and in-experienced male and female help. We require girls for weaving and winding. Every assistance given to learners, and good wages paid during apprenticeship. Workers in this line earn very high wages, and are always in demand. Only a couple of weeks' time necessary to learn. Several good openings for steady men. Special consideration shown to family of workers. Rents and cost of living reasonable in Brantford. Moving expenses advanced to reliable families and housing accommodation arranged. Full particulars furnished upon request. Write us. The Slingsby Manufacturing Co., Ltd., Brantford, Ont.

FARMS FOR SALE.

98 ACRES—GOOD SOIL—BANK BARN and buildings; the silo, spring water, natural gas and well drained; near school, church and cheese factory; easy terms. Apply 343 Maitland St., London.

$6,000—EARLY POSSESSION—108 acres in the County of Norfolk, frame house, frame barn 50 by 30, sand loam, rolling, 10 acres bush, 21 acres in pasture balance under cultivation, 10 miles from Simcoe, 1 mile from School and Church, with quantity of bearing chestnut trees. J. D. Biggar, 205 Clyde Block, Hamilton, Ont.

320 ACRES CHOICE WHEAT LAND northern Saskatchewan; partially cultivated; $30 per acre; terms arranged; a snap. Linn Bros., Campbellville, Ont.

$7,380—150 ACRES CLAY LOAM, rolling, near the town of Wingham, Huron County, 20 acres big timber, mostly beech and maple, 120 acres under cultivation, 2 storey red brick house with cement cellar, barn 46 x 68 on walls with cement floor, cement silo 12 x 35, drive house and two wells. 1½ miles from school and 1½ miles to churches in Wingham. A rare bargain offer for less than the value of the timber and buildings. J. D. Biggar, 205 Clyde Block, Hamilton, Ont.

PROPERTIES FOR SALE.

$19,000—VALUABLE BUSINESS PROPERTY for sale; probably the best location in East Hamilton; fast growing district; exceptionally large solid brick apartments; includes grocery store, well established and profitable; also suitable for other business; modern improvements and conveniences; nice lawn, trees and ornamentals; property fronts 44 feet on King St., 110 feet on Hilda Ave; includes brick building 20x30, with double garage and extra storage on two flats; cash required $8,000 balance arranged. Apply to owner, F. W. VanLuven, Hilda avenue, Hamilton.

FOR SALE—2, 20 H.P., GEO. WHITE, Traction Engines. 1, 36 x 50 Challenge Separator, with blower and feeder. 1, 36 x 52 Ernst Bros. Separator, with blower and feeder. 2 water tanks. Everything complete and in good working order. For further particulars apply to John A. Brown, Mount Forest, Ont.

BUSINESS CHANCES.

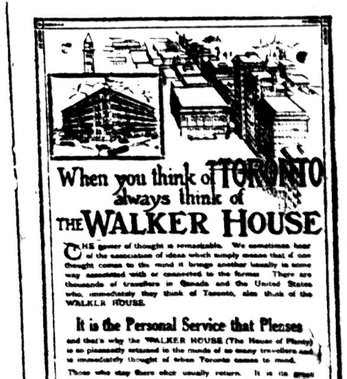
DRY GOODS BUSINESS. APPLY Heughan & Co., 1,014 Dundas St., London.

MISCELLANEOUS

IT IS ALWAYS SAFE TO SEND A Dominion Express Money Order. Five dollars costs three cents.

KNITTING YARNS—LOVELY COLORS, pure wool, but very moderate prices. Sample shades free. Georgetown Woollen Mills, Georgetown, Ontario.

KYMO CARDS—BETTER THAN Ouija, the original miracle cards. Past, present, future. Possessing weird mysterious powers. Is your wife, husband, sweetheart true? Ask Kymo. Love, business, marriage, investment, future. Price one dollar. Canadian address, Kymo Company, General Post Office, Box 122, Toronto, Canada.



LACEMAKING IN CHINA.

Foreign missionaries in Chefoo, Shanghai, Foochow, Amoy and Swatow have introduced lacemaking among the Chinese women, and considerable lace has been exported from time to time. Silk, linen and cotton thread is used in Chefoo, and linen and cotton in the other places. The lace is made more cheaply than is possible elsewhere because of the low wages paid in China, but a lack of enterprise in changing patterns to meet changing tastes and fashions abroad prevents the industry from assuming larger proportions.