inute Cookies

n Christmas quarter of a er and a half volks of four of cream and Mix sufficient qual parts to board. Roll it is about hick then cut he cakes are is icing: Beat er and thicken r. Spread this wo eggs and rinkle thickly been blanch t in the oven

f a pound of

antity of buterved quinces der and three add a table grated orange e and one of four to make ry thin in obed sugar and

of butter and ablespoons of dd two eggs, on of vanilla en three cups en sifted two f baking powof salt. Have ocolate, meltbove mixture, oll as thin as small portion cut into any in a moder-

atter and add ally; stir into arating, three oda dissolved sins and one walnuts. Add a soft dough. and bake at

put two to-

h of pop corn up fine and d half a cup and a beaten mixture to it: ich has been and one and our teaspoons oll out about ick, cut into noderate oven Cookies ch of butter.

sses, add one ablespoons of cups of flour been mixed a vder, one teaone teaspoon teaspoon each alt. Chill well roll thin and two by four a mixture of half a cup of ans, a quarter spoon of flour long with the r to a square

of butter and blended, add well, then add of flour, with a teaspoon cloves. Put walnuts, one one pound of chopper and one teaspoon e and one-half ons on butternoderate oven

sugar, 4 cupa and almonds. Add yolks hites of one dough is still egg, dust with ond in center. ten or fifteen

ese in Day er, Canadian ay at his bird caught, taganada geese g a record of the birds. In tee geese ha o, four similago and ten

ion Trees Department of Forest Service tion to prairie d cuttings to beautify and over 100,000,t out

ugh the world. in that nar-

emper.

Taxes the Health of Thousands of Young Girls.

school or office work is exacting and pocketbook and the week between that Cut the remaining turkey in small ment, but, on the other hand, there is outside activities se up so much en- holiday and New Year's does not give pieces there should be about one and the crusty old man who finds fault ergy, many girls undermine their much time in which to recover. Using a half cups—mix with two cups of with everything, and pretends he is

Pills will be found most valuable. the week's food cost low, and a little it quite moist. Season well with salt They purify and sarich the blood; extra care in preparation and garnish- and pepper. Curry powder may be build up the nerve cells and correct ing will aid materially in disguising added if desired. Turn into a buttered he growled in a loud voice to the girl run-down conditions. Concerning the fact that any retrenchment is takwas attending high school I suffered menu: a complete breakdown. My heart would palpitate at the least exertion; sweet Potatoes; Cranberry Jelly; ones for Wednesday night and when calmly: "Very well, change seats; I I could not sleep and nothing I ate Green Peppers with Vegetable Stuff- baked cut in half lengthwise. Scoop can." agreed with me. I began taking Dr. ing; Fruit Cup; Cakes; Coffee. Williams Pink Pills and before long Tuesday, Casserole of Beef with creamy with butter, salt and hot

Dr. Williams Pink Pills are sold by fins; Cocoanut Bread Pudding; Coffee. bake ten minutes longer. medicine dealers or by mail at 50 cents a box from The Dr. Williams Medicine Co., Brockville, Ont.

A Little Boy's Complaint

mas time," Said little Bobbie Jones, "That peeves me when I think of it, And gives me cause for groans;

It's not that I don't get nice things-I get my share and more-It's that there's so much more to eat Than I've got stomach for.

"I've nuts and candies by the peck, That good old Santa brings, With oranges and dates and figs, And lots of other things: While I've got just one stomach and

It's awful small, I guess, 'Cause its gets full before I'm through There's no place for the rest! "About this time the dinner gong

Calls us to eat the "turk," While in the kitchen ready, too, Mince pies and pudding lurk. But woe is me—it gets my goat When such bright prospects loom-I'd like to eat of all that's there, But haven't got the room.

"I think that Santa ought to bring To all us little guys, A stomach made of 'lastic so Twould stretch to quite a size; Then we'd enjoy our Christmas time Like we was meant to do, By eating lots, and never have



Hubby: The moths have eaten everything in this closet. Wifey: I don't see how they could get in. I kept the door locked all two egg yolks, two-thirds cup sugar,

to keep milk from souring?" Little Mary-"Leave it in the cows."

old lady with a bent rib.

panies and large industrial corporations.

PREPARE YOURSELF

for positions in all departments of Investment Security and Stock

Brokerage Houses, or in statistical, research, analytical, advisory and

security departments of Banks and Trust Companies, Insurance Com-

This institution offers a thorough, intensified training to

fit students for the above positions. On completion of

the course, the services of our placement department are

CANADIAN INSTITUTE OF FINANCE LIMITED

Exclusively Investment Securities and Stock Brokerage Training

TENTH FLOOR, CONCOURSE BLDG., TORONTO, ONT.

"YOUR SCALES NEED FIXING"

Said a Fat Woman—Indignantly

offered free of charge. For full details, write

Overwork or Worry Turkey Twice and Thrice-Or-How to Utilize Left-Overs meatre and has one's views obstruct-

Turkey's Farewell Appearance.

The final "last appearance" of the

turkey is as soup. Break the turkey

carcass in pieces, removing all stuff-

ing; put in kettle with any bits of

meat that may have been left over.

Cover with cold water, bring slowly

hours. Strain, remove fat. and season

flavor. Serve with salted crackers.

While the best hash undoubtedly

comes from freshly cooked corned

beef, canned corned beef will make

an acceptable dish. Put the potatoes,

corned beef and onions (if you like

them), through the meat chopper, and

to two cups of chopped potatoes add

two cups of the chopped meat and

be used—put in a hot, greased frying

pan, stir until well mixed, spread even-

brown; the time required being about

forty minutes. Turn and fold on a

hot platter. Garnish with parsley and

Codfish Puff.

very salt it is advisable to freshen

For the cinnamon apples make a

Hope Out

Though heavy clouds of sorrow frown,

Hope on when ways are long and

For longest roads bring rest at last,

When doubt and danger's overpast.

Hope on when life's short day de-

For in the west the promise shines

That, though the sun may set to-night,

A few brief hours bring back the light.

-A.B.C., in Tit-Bits.

And stars refuse to shine,

And all your joys decline,

And feet and fortune fail.

And evening shadows fall,

That this life is not all-

When in the gloomy vale of fear

E'en faith can scarce prevail,

And ushers in a day.

drear.

elines,

For soon the darkness flies away

it slightly before using).

serve at once.

In the "teen-age" years when with an "all-gone" feeling in the to one hour. health and spoil their happiness for left overs and after a turkey dinner cooked rice, two green peppers cut unable to see the stage even when there are usually a good many—and in small pieces and parboiled, and the hat in front of him is of the small-At such a time Dr. Williams Pink economical foods will help to keep enough very thin white sauce to make

Here is a sugestion for that week's oven.

I gained in weight and every disMacaroni; Fried Sweet Potatoes; milk. Refill the shells and sprinkle Green Tomato Pickles; Graham Muf- with paprika. Return to the oven and Wednesday, Scalloped Turkey; Stuffed Baked Potatoes; Buttered Carrots; Coffee Gelatine; Wafers; Tea.

Thursday, Turkey Soup; Corned Beef Hash; Buttered Beets; Apricot "There's one thing bout each Christ- Tapioca Pudding; Coffee.

Friday, Codfish Puff with Egg Sauce; Scalloped Tomatoes; Spinach; Individual Chocolate Puddings; Tea. Saturday, Baked Beans; Boston Brown Bread; Pickled Beets; Head Lettuce Salad - Thousand Island Dressing; Cinnamon Apples with Cream; Coffee.

For the Monday dinner make a sauce of the gravy, adding one small onion, chopped. If there is left-over dressing it may be added to the gravy -about a cup and a half-then add three tablespoons of sherry seasoning for every cup of sauce and heat slices of turkey in it. Do not let the turkey cook as this toughens it. It should merely be heated through. Serve on thin slices of toast and garnish with toast points.

Prepare the green peppers as usual for stuffing by removing the seeds, and par-boiling them ten minutes. Make a filling of the left-over vegetables mixed with bread crumbs, and seasoned rather highly. Stuff the peppers, put buttered crumbs on top and set in the oven to brown the crumbs.

The fruit cup may be either the remains of the Christmas fruit cocktail or other fruit cut up. Sugar may be added, if desired, to make it a sweeter Cover with boffing water and cook Baby's Own Tablets are the ideal Flake by flake the field fills up; the dessert. Serve with it small cakes.

Tuesday's Dinner. pound piece of beef should be suffici. add one-half tablespoon of butter, one they relieve all the minor ills of little ent for six people and a rather tough eighth teaspoon of pepper and beat. ones. Concerning them Mrs. Moise That holds the single truth that we piece can be made tender and delici. Add enough milk to make of the conous. Cover the meat with strips of salt sistency of mashed potatoes. Heap pork and put it in a kettle with two chopped onions, four cups of peas, leaving "points" standing up as in chopped onions, four cups of peas, leaving "points" standing up as in gostion and venitive, but the Tableta. and set over a low flame. Let it sim- meringue. Put in a moderate oven mer three hours, season with salt and to brown. While it is browning make cayenne. Have ready cooked half a pound of macaroni; lay it in the bottom of a deep dish, then add a layer milk. Season with salt and pepper of the above mixture, then a layer of and add two hard-cooked eggs which grated cheese; continue until the dish is full; put in the oven and bake one have been sliced. Serve with the codifish puff. (Note—If the codfish is

For the cocoanut bread pudding use two cups of bread crumbs, four cups of milk, one tablespoon melted butter. one teaspoon baking powder, one and namon candies. Let it boil three min-Teacher—"What is the surest way whites, and one-half teaspoon-of vanone- half cups cocoanut, two egg whites, and one-half teaspoon-of vanilla. Heat the milk, stir in butter and sugar, add crumbs and other ingredients, and last the egg whites beaten stiffly. Add the vanille and representations and then add firm apples which have been pared and cored, and cook until tender. Serve with plain cream timent about it, and kissing is unblackheads. Satisfaction guaranteed or money refunded. P. W. SCARP & CO.

402 Wellington St. W.. Toronto Lost-An umbrella belonging to an stiffly. Add the vanilla and pour into a well buttered pudding dish. Bake Hope on, though darkest night comes

That's That

ed by the hat of a woman in front. Christmas is likely to leave one in a slow oven from forty-five minutes those who choose to wear their

> est variety. and bake half an hour in a moderate ing your hat? I can't see through

Again enough potatoes should be Monday, Salmi of Turkey; Baked cooked for two meals. Select large quietly for a moment. Then she said,

Not So Dusty

Willie was on the hunt for information. He had been set to entertain a portly visitor, who, having no inquisitive children of his own, had answered all his questions with unusual patience and good-nature.

"And what," was Willie's 198th question, "are houses made of?" "Houses," replied the stout man,

"are made of bricks." to the boiling point and simmer two "And what are engines made of?" "Engines, my little fellow, are made with salt and pepper. One or two of iron."

outer stalks of celery may be cooked 'And what is bread made of?" with the carcass to give additional "Flour." Then, as the anticipated light step and soft rustle of Willie's sister sounded outside, he added,

"Now, Willie, I can answer only one more question.' Willie decided that it should be a good one. After a pause, he asked: "Well, what are we made of?"

"Bust and earth, my son!" "My word," said Willie, "they must onion to taste. Season with salt and have made a whacking big hole when pepper, moisten with milk-water can they took you out!"

ly, then place over a very slow fire to

Apricot tapioca pudding is made like not be without a box of Baby's Own Tablets. Childhood ailments come The silence stiffens and the water Allow one cup of codfish, cut small, quickly and means should always be to three cups of diced raw potato. at hand to promptly fight them. below the boiling point until the po- home remedy. They regulate the tato is tender—about fifteen minutes. bowels, sweeten the stomach; banish Drifts over with the crystal and the The casserole supplies not only the Pour into a strainer, drain thoroughly constipation and indigestion; break meat, but also the vegetables. A two and return to the kettle. Mash well, up colds and simple fevers—in fact The whitened page, unlettered, in the "Baby's Own Tablets are the best (They say, who come in dark to have gestion and vomiting, but the Tablets soon set her right and now she is in perfect health." The Tablets are sold by medicine dealers or by mail at 25c. a box from The Dr. Williams Medicine Co., Brockville, Ont.

> Stamps For Canning Many housekeepers find rubber stamps are handy for stamping names on cans and jars of home-preserved syrup of two cups of sugar, one-half

> cup of water and one cup of red cin-Where Kissing is Unknown Marriage among the Eskimos is a

> > Barn \$10.00 a day selling EASYSHAVE

Canada New Shaving Sensation No Soaping, Lathering, Brushing or Rubbing EASE, SPEED and COMFORT



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 ery warns of colic. a few drops of Castoria has him soothed, asleep again in a jiffy. Noth-

Castoria is sold in every drugstore;

10c cigar in one and you will understand why.

Tune in every Wednesday #8P.M. E.S.T. 9P.M. Atlantic Time • Stations CKGW-Toronto • CIGC-London@CKAC-Montreel

WILSON'S BACHELOR

STILL MOST FOR THE MONEY

Evening in a Winter Meadow Nothing is golden where the Summer

The meadow fills with purple, and the slow Persuasive wind repeats the cold and

draws The clinging crystal element of snow. Three blackbirds on the antlered oak

Is there a baby or young children The iron of the sky. A pheasant sets apple tapioca, substituting one cup of in your home? If there is you should His whirring wheel against the cold stream-side.

brook frost:

tossed.

-Howard McKinley Corning. Inhale Minard's Liniment for Asthma.

Economical

Lemons may be kept fresh and good for a month if placed on clean sheets of white writing paper and covered over with glass tumblers.

BLACKHEADS



A Santa Fe Ticket to California

Will take you through **Phoenix**

on Santa Fe rails "all the way" from Chicago and Kansas City.

You leave on the Santa Fe and arrive on the Santo Fe.

Warm days in the desert and along a sunny seashore.

Golf and horseback riding keep the pep up and the pounds down.

Fred Harvey dining service another exclusive feature

P. 2. HENDRY, Gen. Agent SANTA FE RY. WA Transportation Bidg., DETROIT, MICH. Phone: RAndolph 8748

Classified Advertising

M ARRY. RELIABLE MATRIMON-IAL paper mailed free. Address Friendship Magazine, Medina, New York.

Fireclay in Canada

With the exception of Prince Edward Island and Manitoba all the provinces are known to possess deposits of fireclay, although some of the deposits are too remote from the market to be of immediate value. ---

'Snuff to be dearer,' reads a notice. Consumers will feel the pinch.



King Frost

nips at all unprotected parts. For frost bite, rub well with Minard'sit kills the pain-heals the injured

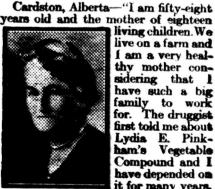
belching, from sour and acid stomach? Many believe they have heart trouble and tremble with fear, expecting any minute to drop dead. This condition can be prevented, likewise relieved.

Take Carter's Little Liver Pills after meals and neutralize the gases.

Sweeten the sour and acid stomach, relieve the gas and encourage digestion. The stomach, liver and bowels will be cleansed of poison, painful and dangerous indigestion disappears and the system enjoys a tonic effect. Don't delay. Ask your druggist for a 25c pkg. of Carter's Little Liver Pills.

OF EIGHTEEN

Read How This Medicine Helps Her



living children. We live on a farm and I am a very healthy mother considering that I have such a big family to work for. The druggist first told me about Lydia E. Pinknam's Vegetable Compound and I it for many years.

When I had this picture taken, the photographer was telling me about his wife's ailments and after I told him about the Vegetable Compound he went to the drug store and bought her two bottles."—Mins. BERTHA SALLEN-BACH, Sh., Cardston, Alberta.

ISSUE No. 49-30

fat," continued the drug store man, Kruschen Salts is obtainable a aft for one bottle, even with hig Drug Stores at 45c. and 75c. per h ttles

"All of which goes to show," remarked the good-natured druggist, "that where take on fat so rapidly that they don't realize it."

If that woman doesn't watch out,"

I haven't any mt to some anyway.

"I've heard of it," chimed in a well-built middle-aged man who had just come in. "I was 15 pounds overweight —was getting fat—and I give Kruschen Salts credit for ridding me of the un-

he continued, "when she comes in welcome excess baggage."
two weeks from now, the scales will "They'll have your picture in the

two weeks from now, the scales will be wrong about 20 pounds."

"Is there anything that will take off fat outside of three or four hours of strenuous exercise every day?" asked a scholarly looking man who was buying a tube of ointment for his lame knee.

"Not many things," answered the dispenser of drugs, "but lately there has been a big demand for a combination of vitalizing mineral salts that many of my fat customers are enthusiantic about.

"It is called Kruschen Salts and it must do the work for I can see for myself that many of them are losing weight."

"It's an inexpensive way to take off fat," continued the drug store man, "Kruschen Salts is obtainable a aff

Wet Paint "Better get these scales fixed," ex-claimed a rather stout, fashionably days."

dressed woman in a drug store the "Never heard of that treatment," She was very haughty and considered herself one of the "upper ten."

other day—" they make me weigh 12 said the scholarly looking man, " but I haven't any fat to lose anyway." As she was walking in the park she saw a laborer apparently approaching the same seat as she herself had chosen to sit upon. She decided to hurry and get there before him. "Hey, lady!" he called, just as she was about to be seated. "Don't,

She tilted her nose in the air and decided to ignore him completely. She

sat down. The laborer accepted defeat. "All right, lady," he said, "sit there, but I'll be hanged if I'll paint that seat again today!"

Roast joints warmed up again preserve their original fresh taste if placed in cold water before they are put into the oven.

Beauty is truth, truth beauty.-

ing 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 howels. In colds or children's diseases. you should use it to keep the system from clogging.

the genuine always bears Chas. H. Fletcher's signature.