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Furnishings and supplies for kindling, poles, no extra charge.

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sert, as an ice or jelly, has been chosen, nuts and raisins may be served with the coffee, which, at a course dinner, should always be taken without cream. Clear, black coffee stimulates the digestion, while the addition of cream to it tends to retard digestion.

The Artistic Side of Menu-Making
An expert in foods and cookery has, in a recent article, compared the art of planning meals with the art of painting, in this manner:

"A well-planned meal has something in common with a well-designed painting. The painting usually consists of a background of neutral colors, relieved here and there by bits of bright color, known as the high lights. The background may be a forest in browns and greens and the high light may be the sun finding its way to one spot through the trees.

"A well-planned meal has its background also. This consists usually of neutrally flavored foods, breads, meats, cereals. These should be touched up like the painting and relieved, like the painting, by small quantities of food having pronounced flavor, as acid fruits, pickles, relishes and sweets.

"Of the painting it is foolish to try to say whether its success is due more to the background than to the high lights, or vice versa. The background sets off the bright bits of color and keeps them from clashing one with the other; the bits of color give charm to the sombre expanse. So, too, with the meal. The breads, meat and cereals are the substantial part and are absolutely necessary, not only for health, but also for the purpose of keeping the foods of pronounced flavor from clashing. The flavoring materials, on the other hand, are necessary oftentimes to make the more solid foods more attractive and palatable, and authorities tell us now that good digestion waits on appetite."

Suitable Meals for March

The menus for the spring months should be characterized by a generous allowance of vegetables and fruits. Fortunately for those who live in colder countries where all fruits and vegetables do not thrive prolifically, the home-grown varieties and the cheaper kinds are just as rich in mineral salts as some of the imported and high-priced articles. Menus for one day in March may be as follows or may serve simply as a suggestion for other menus in which other materials at hand may be used.

BREAKFAST

Cream of Wheat with Sliced Bananas
Bread Crumb Griddle Cakes
Maple Syrup
Coffee

DINNER

Plain Pot Roast
Mashed Potatoes Mashed Turnips
Cabbage and Apple Salad
Cherry Souffle

SUPPER

Turnip Soup
Potato Fritters—German Style
Raisin Bread and Butter
Canned Fruit Tea
Turnip Soup—Press 2 cups of cold boiled turnip through a sieve; add 2



Scene:—

Concert at a Casualty Clearing Station.

Padre—"Lance-Corporal Gascoyne, of the — Regiment, just in from the Somme, will sing 'A Little Bit of Heaven.'"

PATMORE'S



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Seed time, the season when we lay the foundation of a good crop or a poor one, is close at hand. Good crops can be best assured only by using good seed. PATMORE RELIABLE SEEDS are selected from long years of experience, proving which varieties are the best and most profitable to grow here in the West. Reliable Flower and Vegetable Seeds, Grasses, Fodders, Farm Seeds and Seed Potatoes, of all the best hardy varieties.

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12 packets of Reliable Flower Seeds for 25c prepaid.

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Contains 1 lb. Mangel, 1 lb. Sugar Beet, 1 lb. Swede, 3 1/2 lb. Carrot, 3 1/2 lb. Kale and 4 lbs. Rape—8 lbs. seed for \$2.50 prepaid.

In our Catalogue we offer 60 of the Choicest Varieties of Spencer's Sweet Peas

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Are likely to be very scarce
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Carman No. 3, per bushel... 2.00
Drier's Standard, per bushel... 2.00
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Mortgage Lifter, per bushel... 1.50
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Table Talk, per bushel... 2.50
Six Weeks, per bushel... 2.50
Honeycure, per bushel... 2.20
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SHRUBS FOR HEDGES

Per 100
Caragana, 12-15 inch seedlings... \$3.00
Caragana, 2 to 3 feet... 5.00
Caragana, 3-4 feet, selected... 10.00
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Lilac, 3 to 4 feet... 10.00

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Manitoba Maple Seedlings... \$1.00
2-3 feet trees... 5.00
5-6 feet trees... 10.00
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Russian Laurel Willow, 2-3 feet... 5.00
5-6 feet... 10.00
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5-7 feet... 10.00

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Sorghum, a valuable fodder grass... \$12.00
Millet, Common, Siberian, Hungarian or Japanese... 6.00
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Nor-West Dent Corn, Northern grown... 2.75
Longfellow... 2.50
North Dakota Dent... 2.50
Yellow Dent... 2.50
Rape Seed, per lb... .15
Swede Turnip, per lb... .45
Mangel, per lb... .45
Field Carrot, per lb... 1.00
Sugar Beet, per lb... .50
Garden Peas, best varieties, per lb... .50

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Per 100
Brome, No. 1... \$15.00
Western Rye, No. 1... 12.00
Western Rye, No. 2... 10.00
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Alfalfa... 25.00
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