

often, also, when we are we find it hard to con-ought, much less to carry

is the great thing, after is the man." It is the makes everything else character. It is the only believe, that will live on been forced to give up ce it seems reasonable the things that appeal should be given the first all community work—n all other things lead up. following should be ar- ight sport and recreation and sociability, and character building that shed in that way. In- y be necessary to remark purely mental appeals acter-building.

what are the mental an be brought to the . Can't you think of es on all subjects, dis- onal demonstrations, ed- g pictures, the best class ma, good paintings, good

s someone, "the people s."

s they have never heard and interesting lecture or interesting subject. few who have attended a courses are lacking ation; I am sure that not ed the Summer School . A. C. could fail to see may mean to an open-

really "good stuff" of en tried, and the people ded, there is no need to an be educated to it. If ve that "hunt up" a urer who illustrates his ntern views, advertise how it works. Every- es especially when helped mmentary of talk. The them. Even children y have been called "the rate. A lantern operated. other light should be, every community hall. nvaluable, over and over. the popularity of the te a taste for it, so that le will be glad to listen that are not illustrated en they have reached will find that they have en door into a new glad still enjoying the pictor- will enjoy and derive e purely intellectual one may say, just here, that w of the lectures at the were illustrated, every ned to by the audience keenest interest. Many have heard a pin drop."

r if I have made clear ve been trying to express, easy to see how possible community taking up this movement might drift towards recreation and that are merely enter- games, athletic meets, unity dancing—without onate provision for the ain I do not say one word d recreation—they have d an important one, e young—but I do hope ill be made to bring in g in along with them, gs I have mentioned. t I am alone in recogniz- at should be taken in ais. A fortnight ago a man who is much inter- mmunity movement re- untry will need to look l to promote community t succeeds in producing ity."

thought behind the that we must be wise a all things—since there ing anything to excess; reate a right balance in laudable endeavor; that ep up a constant buzz, for quiet thinking, and ersonal hammering out short, that we must go and not too far, keeping everything the highest

development, according to the highest ideals of the individuals and the community. We must not aim at making all the people as alike as two peas. We must aim at giving every possible chance for the development of each in the line for which he is best fitted, and for the greatest possible progress, in the very highest way, of the community as a whole.

I wonder if some of you would like to express your opinions in this matter, through these columns.

JUNIA.

Worth Thinking Over.

"In an ideal world the individual would contribute all his work, all his thought, all his devotion, all himself to the common good; and receive back from the common store whatever he needed for life, comfort, happiness and self-development and no more. This would be because in an ideal world the individual would be completely unselfish, perfectly considerate of his neighbor, utterly devoted to the good of all."—*The Independent.*

Women's Exchange. Table L'inen.

For "A Farmer's Wife," Huron Co., Ontario.

There used to be a Women's Exchange in this city, but it has been closed. The address of the Toronto one is: "Women's Exchange, Bloor St. West, Toronto."

A tray cloth may be placed at each end of the table, one beneath the tea cups, the other beneath the platter or fruit dish. This is to protect the cloth. Many people use, in addition a real tray beneath the tea cups. Mats crocheted or knitted with heavy carpet warp (white) or "macrame" cord are nice for placing beneath hot vegetable dishes, or you can buy asbestos mats and slip them into white embroidered covers. Small linen doileys may be placed under salt-shakers, cake plates, etc., but often they are omitted and only a centerpiece used in addition to the tray clothes. Yes, linen covers are nice for both washstand and dresser, although many prefer a white oilcloth cover, neatly tacked on, for a washstand that is in daily use. "Day-slips" are in greater favor than "pillow-shams" for beds; they are just embroidered slips, open at each end, into which the pillows may be slipped during the day. The quilts may be turned back or may be stretched up neatly under the pillows.

Lemon Verbena.

For Mrs. J. C., Cape Breton.

Here is Bailey's description of Lemon Verbena or "Lippia": "The Lemon Verbena is an old-fashioned favorite with delightfully fragrant foliage. It is a low-growing tender shrub with long, narrow, pointed, entire leaves, which are usually borne in threes. In summer it bears minute flowers in a delicate, pyramidal panicle composed of many-flowered spikes, which appear in groups of three at decreasing intervals along the main axis. There are about 90 species—shrubs, subshrubs or rarely herbs, hairy or not; leaves opposite or in threes, rarely alternate, entire, toothed or lobed, flat or wrinkled."

From the fact that the leaves of your plant lack fragrance and are finely dissected, one might conclude that it is not Lemon Verbena at all. The latter may be cultivated (according to Bailey), by plunging the pots out in the garden in summer. At the approach of frost bring into the house and stand in a light but cool place, giving just enough water to keep the wood from shrivelling. "Early in February shake the plants out of the pots, shorten the unripe and weak wood, repot in fresh soil, using 4-inch pots and start the plants into fresh growth in a temperature of 55 degrees. In a few weeks they will be covered with new growths favorable for cuttings. Cuttings root readily in about 3 weeks. The sand of the cutting-bench should be a little warmer than the air. Water the sand twice a day and keep it well soaked. Never allow the cuttings to wilt from sunshine or dryness. Transfer the cuttings when rooted to 2-inch pots, and in April shift to 3-inch pots, plunging them in a mild hotbed, where by the middle of May, with one pinching, they will have become fine bushy plants.

McClary's

**Make good stoves and
Cooking utensils.**

Northern Ontario

The Great Clay Belt of Northern Ontario lies one degree south of Winnipeg, and contains millions of acres of virgin soil fit for mixed farming, which may be had by return soldiers and sailors free; to others, 18 years and over, 50 cents an acre. Here, right at the door of Old Ontario, a home awaits you.

For free information write:

HON. MANNING DOHERTY
Minister of Agriculture

H. A. MACDONELL
Director of Colonization

Parliament Buildings, TORONTO



DAINTINESS IN HOSIERY!

Essential isn't it? Yet ideas of thrift urge one to have, as well, the dependable Penmans quality.

Now, buying of fine hose is simplified—wonderfully. Your natural preference for sheerness, coloring, shapeliness, soft texture may be satisfied, prudently, if you remember one thing—the name Penmans.

Daintiness is not extravagance when you buy Penmans.

Penmans Hosiery

"THE STANDARD of EXCELLENCE"



They need frequent syringing to prevent attacks of red spider."

What to do With Peaches.

Peach Cobbler.—One quart peaches, 1½ cups sugar, 1 cup water, 1½ cups flour, 1½ teasp. baking powder, ¼ teasp. salt, 2 eggs, milk. Peel the peaches, cut in bits and place in a deep baking dish with the water and 1 cup of the sugar. Cook slowly for 20 minutes. In the meantime sift together the flour, baking-powder and salt. Add the remaining half cup of sugar and mix to a thick batter with the eggs and a little milk. Pour this over the partly-cooked peaches and bake half an hour in a moderate oven. Serve either in the dish in which it was cooked, or invert on a deep dish or platter letting the fruit and juice flow over.

Peach Souffle.—Two tablesp. butter, 2 tablesp. flour, 1¼ cup milk, 3 eggs, 3 tablesp. sugar, 2 cups crushed peaches. Place butter and flour, rubbed together, in a saucepan and cook until smooth but not browned, add the milk, stir until thick, and add the sugar and crushed peaches. Separate the white from the yolks of the eggs, beat the yolks into the fruit mixture and whip the whites of the eggs to a stiff froth; fold these in very gently (by turning over and over through the batter with a spoon), and bake in a deep dish about 35 minutes. Serve hot with hard