

Thoroughly Cooked Food

ALL cereals should be thoroughly cooked to get the best results for food purposes. In our Canadian Agricultural Colleges they have tested the effect of cooking on the solubility of foods:

Read this table:

ROLLED OATS	P. C. Solids Soluble in Water.	WHEAT FLOUR	P. C. Solids Soluble in Water.
Time Cooked.		Time Cooked.	
Uncooked	8.43	Uncooked	6.97
30 minutes	14.95	20 minutes	37.40
2 hours	18.79	2 hours	37.19
5 hours	29.93	5 hours	38.37
8 hours	31.30	8 hours	39.93

You will notice the gradual rise in percentage due to long cooking. Very few homes are equipped to spend the time or fuel necessary to properly prepare cereals. By a system of steam pressure and heavy machinery, the ORANGE MEAT people thoroughly clean and steam cook the wheat, then malt and flake each grain, after which it is dried and toasted. This produces the largest percentage of solubility; a process totally impossible in the ordinary kitchen.

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never intrudes the orders of the house, the vices of the absent, or a tariff of expenses, or professional privacies; as we say, we never 'talk shop' before company.

Lovers abstain from caresses, and haters from insults, whilst they sit in one parlor with common friends.

Would we codify the laws that should reign in households, and whose daily transgression annoys and mortifies us, and degrades our household life, we must learn to adorn every day with sacrifices. Good manners are made up of petty sacrifices.—Michigan 'Christian Advocate.'

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never accept the counterfeit again. You will adopt the art of war that has defeated you. You will ride to battle horsed on the very logic which you found irresistible. You will accept the fertile truth, instead of the solemn, customary lie.

When people come to see us, we foolishly prattle, lest we be inhospitable. But things said for conversation are chalk eggs. Don't say things. What you are stands over you the while, and thunders so that I can not hear what you have to say to the contrary.

A lady of my acquaintance said, 'I don't care so much for what they say as I do for what makes them say it.'

The law of the table is beauty—a respect to the common sort of all the guests. Everything is unreasonable which is private to two or three or any portion of the company.

Tact never violates for a moment this law;



Synopsis of Canadian Northwest Land Regulations.

ANY person who is the sole head of a family, or any male over 18 years old, may homestead a quarter-section of available Dominion land in Manitoba, Saskatchewan or Alberta. The applicant must appear in person at the Dominion Lands Agency or Sub-Agency for the district. Entry by proxy may be made at any agency, on certain conditions, by father, mother, son, daughter, brother or sister of intending homesteader.

Duties. — Six months' residence upon and cultivation of the land in each of three years. A homesteader may live within nine miles of his homestead on a farm of at least 80 acres solely owned and occupied by him or by his father, mother, son, daughter, brother or sister.

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W. W. CORY,

Deputy of the Minister of the Interior.

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neighbors or the journals say? State your opinion without apology.

The attitude is the main point. Assure your companion that, come good news or come bad, you remain in good heart and good mind, which is the best news you can possibly communicate.

Self-control is the rule. You have in you there a noisy, sensual savage, which you are to keep down, and turn all his strength to beauty.

For example: what a seneschal and detective is laughter! It seems to require several generations of education to train a squeaking or a shouting habit out of man.

Sometimes, when in almost all expressions the Choctaw and the slave have been worked out of him, a coarse nature still betrays itself in his contemptible squeals of joy.

The great gain is not to shine, not to conquer your companion—then you learn nothing but conceit—but to find a companion who knows what you do not, to tilt with him and be overthrown, horse and foot, with utter destruction of all your logic and learning.

There is a defeat that is useful. Then you can see the real and the counterfeit, and will

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