

JUST BETWEEN OURSELVES

A CORNER FOR MOTHER AND THE GIRLS.

There used to be a book, much read and enjoyed by the strange creatures children were twenty years ago, entitled "The Giant Killers". Beginning with the giant Despair of whom Bunyan speaks in Pilgrim's Progress, it went on to describe other giants one should overcome, from such homely ogres as "Ill Temper" and "Greediness" to spectacular monsters like "Drunkenness"; but there was one evil-genie who was not mentioned, his name is "HURRY", and he is the foe of happiness, and a bitter enemy to efficiency.

"HURRY!" how hateful is the very sound of the word! It smacks of the slave-driver, and reeks of the whip. "HURRY!", there is no time to gather flowers along the road, smiles are a waste of precious time, laughter is folly, "HURRY!" there is so much to do, and so little time to do it in! "HURRY!" Time flies, minutes are money, time lost can never be found again, "HURRY, HURRY, HURRY!"

STOP! Halt for a moment you father who tell the children you will take them for a walk, but "You must HURRY and get ready"; you mother who arise in the morning saying, "I must HURRY and get the washing ready"; you teacher who assign a lesson to be done "As quickly as you can, HURRY!" Stop, all you who assign tasks to yourselves and others and from sheer force of habit add "HURRY" to every command, stop and think for a moment, is it really worth while?

We have all Eternity to live in, but the opportunities for kindness and joy that meet us to-day will never be repeated. Poise, repose, these are the great gifts. We hurrying bustling creatures must be as ridiculous in the sight of the Ages as the ant who, living in a warehouse filled with wheat, feared that she would starve to death. We do too much and thing too little. We need to learn to do nothing and do it gracefully. We need to learn to meditate and to ponder, to see what we do, and what we are in true proportion.

SEASONABLE RECIPES

This is the betwixt and between time for vegetables and one is often hard put to it to obtain variety. Carrots are a good old standby, and here is a way of cooking them which may be a change.

FRIED CARROTS.

Cut the carrots in long strips, boil in salted water for a few minutes, drain and finish cooking in the frying pan in hot oil or bacon fat. Have the fat very hot, and after tossing the carrots over till they are a delicate golden brown, draw the pan to the back of the stove, cover closely and cook slowly till they are tender.

SWISS CHARD

Swiss chard is one of the first local vegetables to be on the market. It is a head of large, dark-green, crinkly leaves with wide white ribs. To prepare pull the head apart, wash in salted water, and with a sharp knife separ-

ate the rib and the green. Leave no trace of green on the rib. The green part is to be cooked and eaten like spinach. Cut the ribs into pieces about an inch wide and two inches long. Drop them into boiling, salted water and cook till tender: about ten or fifteen minutes. Do not cook too long or it will lose its crispness and become discoloured. Serve with a cream sauce. This is a very delicious and delicate dish, and compares favorably with asparagus.

BAK T'SOI OR CHINESE CABBAGE.

This is a head of pale green leaves rather like lettuce, the shape and size of Cos lettuce. It may be cooked like spinach, or else in the following fashion:

Wash the leaves, chop coarsely. Have a frying-pan ready with very hot oil or butter, put in the chopped leaves, toss for a few minutes, then add a little boiling water, cover the pan closely and cook slowly till done.

SPINACH SOUP.

This is wholesome and delicious.

Cook spinach with very little water, what clings after it is washed is sufficient. Rub through a sieve into its own liquor. Prepare a thin white sauce in sufficient quantity and pour into the spinach puree, stirring constantly. Re-heat and serve with cubes of bread fried golden, or with cheese straws.

A rather thrilling dessert to top a plain dinner is

ORANGES EN SURPRISE.

For six persons cut three oranges in halves across the middle, press out the juice carefully, without spoiling the rinds. With the juice to which you have added the juice of a lemon, make jelly, using your favorite brand of gelatine, and sweetening to taste. Mold it in cups, filling the cup about one-third full. Take the pulp out of the orange halves, and when the jelly is set slip it into the orange cases. Make a stiff meringue with the white of two eggs, flavor with vanilla, pile it on top of the orange jellies and brown in a quick oven. Serve at once with sponge cake or lady-fingers.

—Winnogene.

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