

nearly the same quantity would be needed that would be necessary if the rhubarb had not been scalded. Roll up the same as jelly cake and steam or put in a pudding bag and boil. This will, with an ordinary fire, require about three-quarters of an hour to cook. In serving, cut in slices and pass with it a good liquid sauce. The sauce should be made quite sweet.

FOR LUNCHEON.—Scrambled eggs with tomatoes make an appetizing luncheon dish. Take two good-sized tomatoes, peel, and cut them in pieces, and fry them in a little hot olive oil. When cooked, drain off the liquid, and take four eggs well beaten, add some cream, and scramble. Mix the tomatoes with the eggs, seasoning with salt and pepper to taste. Serve on thin slices of toast.

CHOCOLATE PUDDING.—Mix a cup of soft bread crumbs with two cups of milk; boil and beat till smooth; add a large tablespoonful of butter, as much cocoa and sugar, and a half teaspoonful of vanilla. Take from the fire and add the yolks of three eggs, beaten, and fold in last the beaten whites. Put into a buttered baking-dish and bake about twenty minutes in a warm oven. Serve hot with cream.

A Few Qualities Which go to Make a Good Wife.

Tucked away in the depths of every girl's heart is the thought that some day she will marry the man of her choice and live happy ever after. There is nothing to be ashamed of in this—a woman's thoughts turn to love and marriage as naturally as a flower to the sun.

But even though it is so often in a girl's mind, one doubts sometimes whether she realizes what it all means. Even at the altar the solemnity of the vows she makes weighs but lightly on her mind. She loves the man and means to make him a good wife, but her ideas of the duties of a wife are of the vaguest.

The woman who is a good wife and mother is filling the highest vocation that is granted to woman. There is no career equal to it. We do best that which we are most naturally fitted for, and every true woman should be at her best when fulfilling the duties of wife and motherhood.

The good wife should be her husband's comfort, strengthening him when he is weak, walking proudly with him in success, giving him tenderest love and sympathy in adversity. She should spend his money wisely, remembering that every penny represents work and thought on his part. His good name she should hold more precious than gold.

Many a man has lost heart and courage simply because he could not keep pace with the demands of his wife. The young woman finds it hard to realize that she cannot have all the luxuries she had in her father's house. Even if she does not actually complain, she looks hurt and surprised when the husband hints that expenses are running a little too high. He loves her and wants her to have

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as many pretty clothes and comforts as she has been accustomed to, and that is the beginning of the trouble. Try to remember, girls, that if you wish to help your husband to success, you must be content with small beginnings.

You can either be the guiding star and helpmate of a man's life, or you can be a clog and drawback, dragging him to failure. So, when you are building your castles in the air, add a practical touch to your day-dreams by asking yourselves: 'How am I preparing myself for this happy dream should it come true? Am I training myself to fit this vocation properly, or am I just frittering away

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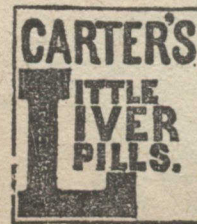
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