

Conducted by "ISOBEL"

WARM WEATHER DRINKS

Since the human body is mostly water, it will seem reasonable to the one who stops to think that there is a great waste or consumption of water in the system continually, especially in warm weather. Heat not only dries it up, but opens the pores of the skin, and allows it to evaporate on the outside of the body. This statement applies only to natural heat, and not to heat of fevers.

Few people practice the water-drinking habit, though it would greatly improve general health conditions to do so, if good water can be had. Abundance of water is absolutely necessary for the proper performance of every vital energy. "Cleanliness inside the body is as necessary to health and comfort as cleanliness outside the body," and pure water, and lots of it, tends to insure one as certainly as it does the other. Waste materials, accumulating inside of the body instead of being diluted and washed away by copious draughts of good water become poisons and generate many and unnecessary aches, pains and

kindred ills innumerable, of which dull headache, and "that tired feeling" are the most common, but by no means the most imperative hints of lurking dangers in the system.

The minimum amount of water daily for an adult as prescribed by the physician of today is two quarts. The water should be filtered so that no mineral sediments be taken into the stomach to make trouble there, when large quantities are taken. It is no new prescription to drink half a pint or even a pint of hot water half an hour before breakfast. This is intended as a douche to the stomach to clear it of any debris that an overnight or all night effort of the discouraged stomach has failed to dispose of. The statement is made by an investigator that three-quarters of an hour is the time occupied by an ordinary stomach in emptying itself of a pint of cold water. As heat hastens the stomach's action, hot water is emptied in less time.

The most common of all beverages is, surely, tea. Practically every person

drinks tea. Rich or poor, old or young, white or black, tea is the cup that cheers.

It is held by some that green tea holds more tannic acid than black, because in the curing process of the black, fermentation takes place, and this reduces the injurious acid in this variety of tea.

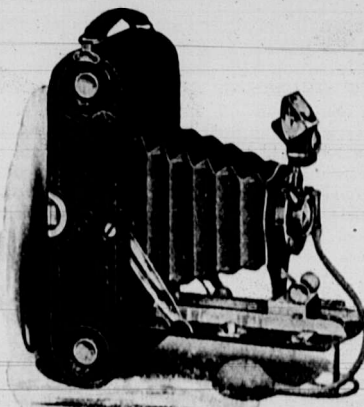
Green tea is not fermented before drying, but whether black or green, tea should never be boiled in the steeping. Pour boiling water (not simmering water) over the leaves, in the pot after the pot has been previously scalded. Cover closely, and let stand five minutes, pour off into a second hot pot, and the tea may be kept indefinitely in this without the leaves, and still be good and wholesome. It is the standing with the leaves in, from which the poison, tannic acid, is steeping, that ruins tea.

The moderate use of tea is not harmful. Those who pin their faith to coffee as a headache elixir, must remember to charge this popular beverage with the depression, weight and dullness that follow, perhaps unaccountably, some time after partaking freely of strong coffee. Nerves and heart action are overstimulated temporarily, and when the effect wears away reaction sets in, and then comes lassitude and dullness.

Coffee is good in its place. Find its place, and keep it there. Cocoa and chocolate are prepared from the same seeds. Cocoa is chocolate with much of the oil extracted. Both are valuable foods, and make nourishing drinks with out injurious effects.

Fresh fruit drinks for the hot season are especially satisfying. They should be made in season and may be canned like fruits. Granite utensils, silver or wooden spoons, and granulated sugar

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with the fruits form the equipment for the fruit syrups.

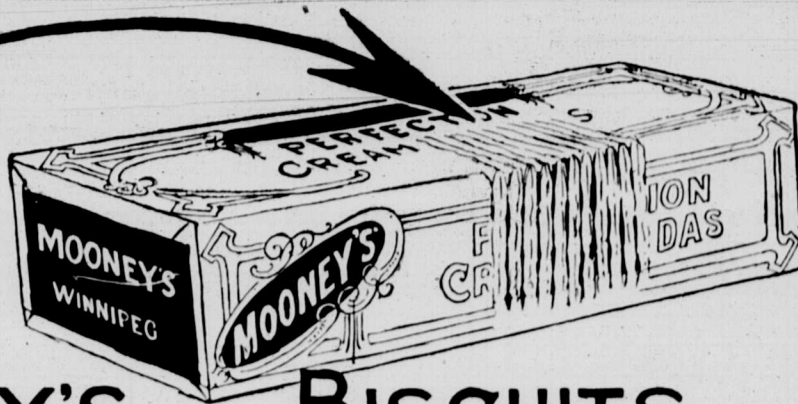
For Currant Syrup—Wash, drain on a cloth, and stem the currants; mash thoroughly and set in a warm place for twenty four hours, or until fermentation begins (this destroys the pectin contained in the fruit, and prevents the juice from jellying.) Drain the juice through a cheesecloth bag that has been wrung out of hot water; measure and allow two pounds of sugar for each pint of juice. Set over a slow fire and stir constantly until every particle of sugar is dissolved. As soon as it is boiling hot take from the fire, skim, and when cold pour into jars and seal. Make cherry, raspberry, or a combination of raspberry and currant syrup in the same way. Use a quarter of a glass of syrup to a glass of cold water.

For Lemon Syrup—Grate the yellow rind from six lemons, being sure that the lemons have been well washed, and mix it with three tablespoons of powdered sugar. Squeeze the juice from one dozen lemons and strain out the seeds. Boil the sugared rind for five minutes in two cups of water, add the juice, and for every cup of liquid allow one and one fourth cups of sugar; stir until the sugar is dissolved, boil five minutes, skim and seal hot.

THE NEW HANDBAG

For the last few years the leather handbag of about 7 by 9 inches, in either black, tan, or brown leather, was the popular fad, for the woman who takes notice of things. In this she could carry a small purse for money, a yard or two of ribbon, if narrow; perhaps a spool of thread, pins, needles, handkerchief and the inevitable scraps of paper, usually cooking recipes, gotten from a neighbor on some call; druggists' prescriptions and old friends' addresses, etc., all scrambled together in one inextricable mass, so that it became a nerve-racking exercise to disentangle anything from the conglomerate heap. She was a specialist who had compartments in hers for the separation of articles. So much for the old style; but such as it was we were thankful, for whether or not we could find any article once committed to its confusing depths, we were comforted to know that it was really there, and that no one else could find it either. But with the years the familiar leather bag is passing, and in its place is appearing a fantastic creation of varying colors, sizes and shapes, some round, some oblong, some square, some pointed at the bottom and square at the top, but whatsoever the circumference (and they are growing larger every day) or shape, one inexorable feature prevails in all—they must be very flat—they must not bulge. To bulge is to invite Fashion's severest reproof. The pocket inside of many of the new styles is very small, and does not fill the outer size of the bag by a long way. But though Fashion rules with a rod of iron, when the thickness of the bag is considered,

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