

Vincent's Health Hints

Reward of Sensible Eating

Food that we take pains in eating has the finest taste of any ever taken into the mouth. We never get half the pleasure we might out of eating. Well-chewed food is delicious beyond description. It may be the very plainest of food, but if we masticate it well it satisfies the appetite as no food did before. Less of it will be needed, too, to keep up the bodily strength. There will be absolutely no need to take pills or any other form of physic if we eat this way. We never will have any digestive troubles due to faulty eating; that is a positive fact. We need never be afraid of appendicitis; it will not come near us. We lessen our chances of cancer a thousandfold, and if our food be clean, simple and well cooked the likelihood of that disease is still further greatly reduced. Would it not pay to reform in this way? Pay? It would add years to our lives and make life sweeter and happier and more blessed than any other one thing we could do.

WHAT IMPROVED EATING LEADS TO

If there is anything I do want to steer clear of, it is being a crank about any part of my work, and especially in regard to this matter of eating. Eating is really such a small part of living. Or it ought to be, and it is to the man and woman who live right. To be all the time thinking about eating is one of the worst things in the world. We ought to give it attention, but not make it a life object. When we rise to the place we ought to occupy on this subject, we will see that the purpose of eating is to glorify the One who made us and take with the deepest gratitude all He sends us, down to the minutest morsel of our daily food, and turn it into brawn and brain, life and spirit, so that we will be just what He wants us to be, pure, earnest, happy and helpful in the places where we have been placed.

CAUSE OF SOME BRUTISH MEN

But we never can reach this high standard and eat food that is not cooked right, or good food that is not cooked right. I know this puts a big burden on the women folks who do the cooking. But it is a fact that poor cooking and wrong eating have turned many a man into a brute. Why, I can tell you of men who are as cross as a sore-headed bear from morning till night. They never speak a pleasant word to anybody, especially their own wives and children. They grump and growl around all the time. The old dog slinks away from them, and the horses lay back their ears and look as mad as haters and as scared as a chipmunk when a gun goes off. These men don't get much comfort out of life—how could they?

TRANSFORMING MEN

But you take those same men and give them good food properly cooked and show them how to eat like human beings and they will soon be changed men. Their very faces would show it. They would smile and have a kind word for other folks; they would see that the world is not going to the dogs, and they would be healthy, happy, strong members of society. Is this fancy? Not a bit of it. I have seen just such changes wrought out in men. And it does seem to me if I were a woman I would certainly work hard to learn how to cook—not just how to make good pastry, but how to prepare good, pure, wholesome food, such as people ought to put into their stomachs. There certainly could be no higher ambition than to do this.

SPECIAL PATTERN SERVICE

We realize the great interest that all of our readers take in the new spring styles, and have therefore made arrangements whereby we will be able to give many more patterns in Farm and Dairy than during the next few weeks. These will illustrate many of the attractive spring styles that should you wish patterns other than you see in Farm and Dairy from week to week write us and we'll do our best to get them for you. When ordering patterns kindly be sure to give name and address, size and number of pattern desired. Address Pattern Dept., Farm and Dairy, Peterboro, Ont.

SEMI-PRINCESS DRESS, 7413



This pattern is cut in sizes for misses of 16 and 18 years of age.

FIVE GORED SKIRT, 7427



Overlapped skirts are among the prettiest and newest. This one gives extremely becoming lines, and is both graceful and smart. It is simple also and easy to make.

For the 16 year size will be needed 4 yards of material 27, 3 1/4 yards 36, 2 1/2 yards 44 inches wide when material has figure or nap, 3 1/2 yards 27, 2 1/2 yards 36 or 44 when material has neither figure nor nap; width of the skirt at the lower edge 3 yards.

This pattern is cut in sizes for misses of 16 and 18 years of age.

BREAKFAST JACKET, 7116



EMBROIDERY PATTERN, 356

The breakfast jacket that gives an Empire effect and that is cut in one with the sleeves is a very new and a very smart one.

For the medium size will be required 3 1/4 yards of material 27, 2 5/8 yards 36 or 2 yards 44 inches wide.

This jacket pattern is cut in three sizes, small 34 or 36, medium 38 or 40, large 42 or 44 inches bust measure. The embroidery pattern includes 5 yards.

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OUTING COAT, 7488



There is no coat or jacket that fills a more needed place during the warm weather season than this one. It is exceedingly smart, is easy to slip on and off, requires no lining and it can be made from a variety of materials.

For the medium size will be required 3 1/4 yards of material 27, 2 5/8 yards 36, 2 yards 44 inches wide.

This pattern is cut in sizes 34, 36, 38 and 40 inch bust measure.

GIRL'S GUMPE, 7429



The little guimpe is used to peasant or kimono style is a pretty and becoming one and it is so simple that many can be made with very little effort.

For the 4 year size will be required 2 5/8 yards of material 18, 2 1/2 yards 27, 1 yard 36 or 44 inches wide with 1 1/2 yards of banding to make as shown on the small view.

This pattern is cut in sizes for girls from 4 to 12 years of age.

BOY'S SUIT, 7466

657 KIMBRODEY PATTERN.



The Russian suit made with a single revers is a very pretty one, and this season it is much liked. Finished with embroidery. Little boys like masculine clothing, but such dainty touches seem to render them more childish in effect.

For the 4 year size will be required 3 1/4 yards of material 27, 2 1/2 yards 36, 2 1/4 yards 44 inches wide.

This pattern is cut in sizes for boys of 2, 4 and 6 years of age.

WAITRESS' APRON, 7421



Every housekeeper will appreciate a tasteful apron for waitresses' wear. This one is so simple that it can be made readily and quickly, at the same time that it is dainty and becoming. The straps over the shoulders are straight and if liked they can be made from embroidery.

For the medium size will be required 3 1/4 yards of material 27, 2 1/4 yards 44 inches wide.

This pattern is cut in one size only.



Say, isn't it fine to have an Independent Telephone in the House?

"Well, I don't say so. Why, only yesterday, it saved my life, and saved my horse. I jump along the wire, and my horse and my stuff along by him Thompson."

"Did you know what were you saying?" "Yes, the land on and said 'You was going higher, too. Guess you're only a fool.'"

"So, Mary wants to talk to your wife." "All right," said the woman, "I'll make sure these telephone calls get to the woman who wants them."

STROMBERG-CARLSON Independent Telephone

REPRESENTATIVE OF THE STROMBERG-CARLSON TELEPHONE COMPANY

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