A Vacuum Cleaner or a Harrow?

By NELLIE RYDER GATES.

"Vac'um cleaner," she told him confidentially.

Ben threw back his head and laugh ed. "Well, if you aren't just like the rest of the women," he said.

"Well, I just bet you can't goess what! And with some to-morrow lid for the making of a what! And with some to-mo

was heavy, and soggy.

This was worse than having the drop cakes for the missionary circle lail, for never had she placed such a meal before her husband.

But she made no apologies for it, and Ben ate it cheerfully enough. The only sign he gave that he was aware of its shortcomlings was when he asked, most amiably, for another place of cornbread. "I'd like a bit more of that wet sponge, dear," he told her.

Mary hardened her heart. If she were not so pressed for time, she told herself, and had, say, a vacuum cleaner and some things like that to help out with the work, there wouldn't be any spolled meals. Why! If Ben had complained about the dinner it would have been quite unjust.

Not once did her purpose waver all

YOUR LAST WILL AND TESTAMENT

DUTY NO ONE CAN PER- E. Schoffeld, 24 Dalhouste St., Toronto.

afternoon. She drove resolutely to

FORM BUT YOURSELF.

And a Duty Everyone Owes to Himself, to Hie Heirs and to the Community.

He left ne will:

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The sweetaing Problem.

How do you manage about sugar?

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How do you manage about sugar?

The make it when you are "of sound and to the community.

He left ne will:

The sweetaing Problem.

How do you manage about sugar?

It were not for the endless sewing to the first mountain high, tweetain to provide the sound provide the so hard for us to think ground and the sound provide the sound p PART II.

That night after supper she made up her mind to broach the subject again just as soon as Ben finished his evening paper. The children had not yet been put to bed and little Maragaret was playing a fascinating game by herself, which consisted in pounding against the legs of a chair with her father's pipe.

Distracted from his reading by the noise, he looked up. "Look here, chicken," he cried, "what have you got there?"

"Vac'um cleaner," she told him confidentially.

afternoon. She drove resolutely to town, leaving the babies on the way that to the Community.

The target resolutely to town, leaving the babies on the way that the givery stable and went abeat her shopping. The vacuum cleaner she put off until last in just the same way that cling occurs, it may be on the prising of a very rich man. If the purchase of some socks for the reason. The making of a will be purchase of some socks for the reason. The making of a will be purchase of some socks for the reason. The making of a will be purchase of some socks for the reason. The making of a will be purchase of some socks for the reason. The making of a will be purchase of some socks for the reason. The making of a will be purchase of some socks for the reason. The making of a will be purchase of some socks for the reason. The making of a will be purchase of some socks for the reason. The making of a will be purchase of some socks for the reason. The making of a will be purchase of some socks for the reason. The making of a will be purchase of some socks for the reason. The making of a will be purchase of some socks for the reason. The making of a will be purchase of some socks for the reason. The making of a will be purchase of some socks for the reason. The making of a will be purchase of some socks for the reason. The making of a will be purchase of some socks for the reason. The making of a will be purchase of some socks for the reason. The making of a will be purchase of some socks for the reason. The making of a will be purchase of some socks for

days that followed she crean a little eleaner.

The centred his joy in his children. It wenth fair, she tight herzelf, for his to have only the control of t

Corns may sometimes be cured with easter oil. This applies more especially to soft corns. Soak some wadding

with the oil, place on the corn before getting into bed, tying a bandage

nade up of protein (the basis of life), teaspoon of caraway seed. Bake as a

for an add, worn, black pure.

**The and our morning, worn with white far ceasts are and our morning core of the proper will the asset for a more of the water.

**The was enough of it for the next morning every time Mary to the next morning every time Mary to the morning every time Mary to the water. The next mersing every time Mary to the water and shift disks with Fire casts are and shift disks with Fire as also all to the next mersing every time Mary to the water and shift disks with Fire as also all to the next mersing every time Mary to the water and the property time with the the twint in the attice of the the third time. The next mersing every time Mary to the water and the disk with Fire as also and to the third time and the third time and the third time. The next mersing every time Mary to the water and the disk with Fire as also and to the third time and the third time and the time and time and the time and time and the time and t for certain uses altogether satisfactory, and in the subterranean tunnels of mines the same means of propulation is te-day widely adopted.

As fluid fuel grows dearer "canned" to speak of the dodo.

Described and the indicates of half book, and the indicates of half book. The book is the best."

Ellen drew the cover from the pile of work cut out and ready for basting. Such a pile of work! The pink ging.

Bread Bits.

Ordinary white bread contains 40 per cent. of water.

The "fat" in bread is just 1 per cent. of its total ingredients. The rest is made up of profess the bead composed of particles and the properties of its total ingredients. The rest is made up of profess the bead composed of particles and the properties of its total ingredients. The rest is a little soda—sifted tegether, and one made up of profess the bead composed of particles and the profession of particles and the particles and the pressure of the pressur Buttermilk As a Summer Beverage. Time with your breathing.

Womans

Interests

made up of protein (the basis of life), starch, sugar, dextrin, cellulose (indigestible), and mineral matter.

New, moist bread is extremely hard to digest, because it produces no appreciable flow of saliva in the mouth during mastication. A slice of ordinary day-old bread is not digested until it has been in the stomach two and a half hours.

During the process of baking, bread loses a large quantity of its nutriment. Just short of three-quarters of the "fat" is lost, and an inroad is made on the protein, etc.

Heaspoon of caraway seed. Bake as a loaf cake.

Buttermilk As a Summer Beverage.
Buttermilk with its fat taken out and its milk, sugar, minerals and protein left in, plus its wholesome acidity is an ideal drink for bilious folks and all with intestinal and gastric troubles.

For very aggravated cases of biliousness let the patient put himself os a steady diet of buttermilk and protein left in, plus its wholesome acidity is an ideal drink for bilious folks and all with intestinal and gastric troubles.

For very aggravated cases of biliousness let the patient put himself os a steady diet of buttermilk as a Summer Beverage.

Buttermilk As

ment. Just short of three-quarters of the "fat" is lost, and an inroad is made on the protein, etc.

Wheat can be eaten in its entire state if soaked for a long time in water, then boiled in milk, and sugar added. This is "frumenty."

Real brown bread is made from the whole grain.

An expert has stated that if this wholemeal bread had been eaten and white bread forbidden, the present national decay of teeth would never have happened.

Flour made from the whole grain has twice the protein and only a third of the water in ordinary "white" flour.

Bread is such an excellent food because but 44 per year of the sailts and the poor into the sailts and the poor into a half cup of butter, first warming the tallespoon each of powdered sugar and ginger. Have beaten light separately, and add these alternately to other ingredients. Last of all, add three cups of flour sifted with a heaping teaspoonful of baking powder. Beat vigorously for one minute, then pour into shallow pan or gem this and bake one-half hour covered. Uncover and brown. Have a steady heat, not too intense.

Buttermilk pie is preferable to the sake not to take too much even of this plain food. Fruit should not be eaten at the same made with buttermilk.

An appetizing and nutritious way to prepare buttermilk for table use is to prepare buttermilk in a granite kettle, stirring occasionally to avoid curding powder. Beat vigorously for one minute, then pour into shallow pan or gem this and bake one-half hour covered. Uncover and brown. Have a steady heat, not too intense.

Dutch Honey Cale.—To one pound of the body)

Though the declares of took take too much even of this plain food. Fruit should not be eaten at the same after being restored, or until ablestor to take too much even of this plain food. Fruit should not be atten not to take too much even of this plain food. Fruit should not be atten at the same after being restored, or until ables to take now to take too much even of this plain food. Fruit should not be aten at the same after being restored, or



IN CASE OF AP-PARENT DROWNING

DO THIS AND SAVE THE

are many dark cakes which can be made with melasses, syrup or honey, and which are really good. Ginger-bread, for instance, may be made with molasses, and here is a recipe for the best you ever ate. It may be baked in a loaf or in gene tins and is light, fluffy and palatable:

Fine Gingerbread.—One-third cup of butter, one cup of molasses, one cup boiling water, one egg, three cups of four, one and one-half teaspoon of cinnamon, two teaspoons of ginger, a little grated orange peel. Good, but much different in texture and color are:

Small Spice Cakes.—To one cup of molasses add one teaspoon of soda dissolved in one cup of boiling water, two tablespoons of melted butter, one teaspoons of melted butter, one teaspoon of cinnamon, one-half teaspoon of cinnamon, one-half teaspoon of cinnamon, two teaspoons and sissolved in one cup of boiling water, two tablespoons of melted butter, one teaspoon of cinnamon, one-half teaspoon of cinnamon one-half teasp

two tablespoons of melted butter, one teaspoon of cinnamon, one-half teaspoon of cloves, mace and salt, and three cups of flour. Beat until smooth and bake in gem tims in a moderate oven.

Did He never get tired of giving them spoil them spoil them?

The days and having them spoil the means and rib, the thumb alongside of your finding from the fowest fresh days and having them spoil them?

Compared to the three shows the three shows the first than a supplier of them? There are many recipes for cakes made with honey. These nearly all call for some sugar, but the amount is usually small.

Honey Cake.—One-half cup of butter, one-half cup of granulated more.

has twice the protein and only a third of the water in ordinary "white" flour.

Bread is such an excellent food because but 4½ per vent. of its solida es cape absorption by the body.

If milk were drunk with bread practically every crumb would be absorbed in nutriment.

The Japanese are not great meat eaters. Beef is sold in Japan by the ounce, and chickens are minutely disource, and chickens are minutely disourced in a continuous content of the day on the policy of the day on the policy of the day on the policy of the protein and only a third of the sate of the policy of

Milk is a perfect food. There is no substitute for it, while it is a substitute for all other foods.

Young women to take the Nurser' Training Course in the Ontario Hospital for the Insane, Teronia. Three years' Course in general nursing secures a Graduate Nurses Diploma from the Provincial Reseasery's Department of the Ontario Government.

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Write for particulars to the Medical Superintendes.