
 When making a baked custard th milk should be brought almost to boil
ing point before it is poored over th
eggs. This will prevent the custar
The eggs. This will prevent the cu
from turning watery as go often
pens when cold milk is used.

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Is Your Blood Starving For Want of Iron? Without Plenty of Iron In Your Blood You Don't Get the
Strength and Nourishment Out
$\qquad$ 2
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$=5$


## ED ROSE YEA is good tea

try the finest grade-
RED ROSE ORANGE PEKOE
Surnames and Their Origin
PENNINGTON
fotion orine Enolath
Thio frstor traphical.





Left Weal Down-Health Regained.






$$
\begin{aligned}
& \text { "Do you believe that men have des. } \\
& \text { cended not only from monkeys, but, } \\
& \text { fartherback, rom fifhes? } \\
& \text { "No-most of em are poor fish still." }
\end{aligned}
$$

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