

saying, "you have only just begun."

"You kicked the cat very often right on the stomach—now kick again."

Of course Jack did not want to at all, now, since he realized how much he had hurt things all year.

But the awful eyes again pierced a hole through as before so he got up and kicked the cat, whereupon he himself doubled all up with the worst cramps you ever heard of. It was worst than anything he had ever suffered. The ordinary stomach ache was nothing compared with it. And there the old woman stood and grinned and grinned while he yelled just with pain.

She would not help him or sympathize or do anything to relieve him of the pain. He thought if she would only be sorry it might be a little easier for him to bear but she was as indifferent as he was when he kicked the cat so many times.

His legs were all drawn up with pain and he got worse and worse till he was ready to die. He began to speak his last words to his sister before his departure from this world, when the wood fell in the fire-place and he sat up half awake.

Rubbing his eyes he opened them—the pain was gone and all was as quiet as before he had dropped to sleep.

Bessie was still writing.

"I say, little sister, give me your pencil and paper," he commanded. "I think I'll make some New Year's resolutions after all."

Lesson For Girls.

OLIVE OIL IN COOKERY.

OLIVE oil is an easily digested fat which makes blood fat and weight. Animal fats when entering the stomach float upon the surface of its contents, hindering the action of the digestive fluids. They also contain germs which cause fermentation and decomposition. So that the stomach becomes rancid and makes the conditions favorable for gastric catarrh, etc. The use of olive oil will strengthen the digestion of the chronic dyspeptic.

Pure olive oil passes through the stomach and mingles with the food, just as cream will mingle with water, making it the choicest and most palatable of all foods, because it contains the largest amount of nutriment, its total amount being nearly one hundred per cent, while the best grains and legumes contain less than ninety per cent; animal meats from twenty-two to twenty-eight per cent, and vegetables contain still less.

Two tablespoonfuls of pure olive oil impart more nourishment than a pound of meat or a

cup of butter, without taxing the digestive organs or the alimentary canal.

SMOTHERED CHICKEN.

Split a tender chicken down the back, after it has been picked, singed and wiped with a wet towel. Season it with salt and pepper, and put in a dripping pan in the oven, with one cupful of hot water, and cook until tender. Mix two tablespoonfuls each of olive oil and flour to a smooth paste, and spread over the chicken as soon as it begins to brown. After the oil and flour have been placed on the chicken, baste it every ten minutes with the drippings in the pan. When the chicken is tender take it out of the pan and keep it hot while making the gravy.

GINGER READ.

One cupful of molasses, one cupful of brown sugar, one cupful of shortening, one cupful of sour milk, one level teaspoonful of soda, one and one half cupfuls of flour, one tablespoonful of cinnamon, one small tablespoonful of ginger, salt and two well beaten eggs the last thing.

SHORTENING.

Pure olive oil can be freely used in all cooking operations where butter or lard is called for, but as the oil makes a more perfect mixture, a less quantity should be used. In a general way no change is necessary in the methods followed, and muffins, fritters, cakes and pastry made with good olive oil will be much more tender, more delicious and more easily digested.

MOLASSES COOKIES.

Make in the usual way, using the proportions of one half of oil to one cup of molasses. Made in this way cookies are much more nutritious than made with butter, and are more healthful.

WHEN YOU GO TO MAKE CAKE.

Do not use poor materials of any kind.

Do not over mix. Mix lightly but fully.

Do not use old or rancid or oily nut meats.

Do not use poor butter, or weak, damp sugar.

Do not use poor eggs, and discard all watery whites.

Do not use butter with an excess of salt in it; wash it out.

Do not, when using baking powder, add it as it is, but sift it into the flour.

CREAM TOAST.

Toast bread first and butter it. For the gravy take four tablespoonfuls of flour and thin it with milk.

Put a little butter in a pan and let it get hot, adding a little hot water, and then stir in the flour and milk; boil four eggs until hard; dice the whites of the eggs and stir in gravy; mash the yolks

of the eggs fine and sprinkle on top of the gravy when poured on toast.

LEMON BUTTER.

A spread for bread or crackers.

Three eggs, one-half pound of sugar, one heaping dessertspoonful of butter, juice of two lemons. Boil five minutes, stirring to keep from burning.

FRUIT COOKIES.

One cupful of butter, two cupfuls of soft sugar, three eggs, one half cupful of sweet milk with two even teaspoonfuls of cloves, one teaspoonful of cinnamon, one cupful of seeded raisins, one half cupful of citron, five cupfuls of flour.

ORANGE BUTTER.

Juice of three large oranges, grated rind of one orange, one cupful of sugar, yolks of four eggs, whites of two eggs, two tablespoonfuls of butter. Beat all together, boil till thick as honey, stir to keep from boiling over. Serve cold. Will keep in a cool place for several weeks.

I trust my girls are learning to cook. Cooking is the very finest art you can learn and it will be of great help to your mothers as well as yourselves. Will you write and tell me about your experiences in testing these lessons in cooking. I will close with an exercise of puns on pies.

Cousin Doris Letters.

Dear Boys and Girls:—

I am anxious for the boys and girls to write me letters describing their favorite game. I will give a prize of a book to the boy who will send in the best letter describing a game and also a prize book to the girl sending in the best letter describing a game. In this way our boys and girls can learn to play new games and we all shall have a splendid time during the year. Trusting I may receive many letters from our boys and girls and wishing you all a Happy New Year, I am

Sincerely
Cousin Doris.
Fairville, Sask.

Dear Cousin Doris:—

This is my first letter to your valuable paper. I live on a farm ten miles from three towns. I think I would rather live on a farm than in town. We live three-quarters of a mile from school which is used for church.

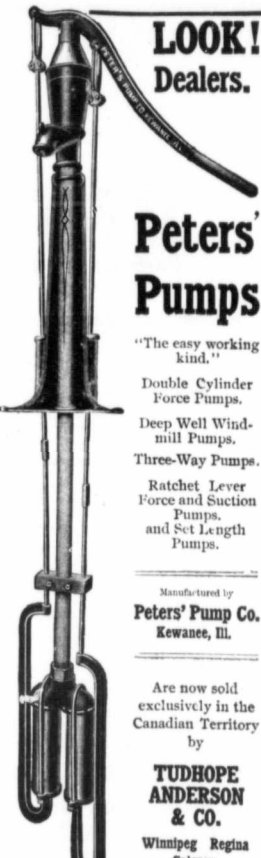
You are picking on a very good subject I know it will interest me.

We had a lot of stooking this year so my sister and I helped. I did not go to school this summer or fall. I like to ride horseback, and am fond of reading.

My father keeps a good many cows, horses and turkeys. We had bad luck with the turkeys this year. The weasels killed most of them. We found four turkey hens in a bunch all dead with their heads under their wing.

My studies at school are arithmetic, history, writing and literature, grammar, drawing and geography. My favorite studies are drawing and geography. I remain your loving cousin, Bertha May —.

(Will the writer of this letter kindly send me her name? C.D.)



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