

## Another Royal Suggestion PIES and PASTRIES

From the NEW ROYAL COOK BOOK

**C**HEER up! There is no further reason for worrying about table variety. The new Royal Cook Book gives new suggestions for every meal every day. The book is so full of surprises there will never be another dull meal in the home. Here are a few suggestions from the new Royal Cook Book.

### Plain Pastry

This recipe is for one large pie with top and bottom crust.  
2 cups flour  
1/2 teaspoon salt  
1/2 teaspoon Royal Baking Powder  
1/2 cup shortening  
1/2 cup cold water  
Sift together flour, salt and baking powder; add shortening and rub in very lightly with tips of fingers (the less it is handled the better the paste will be). Add cold water very slowly, enough to hold dough together (do not work or knead dough). Divide in halves; roll out one part thin on floured board and use for bottom crust. After pie is filled roll out other part for top.

### Rich Pastry

3 cups pastry flour  
1/2 teaspoon Royal Baking Powder  
1/2 cup shortening  
1/2 cup cold water  
Sift flour, baking powder and salt; add one-half shortening

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and rub in lightly with fingers; add water slowly until of right consistency to roll out. Divide in halves; roll out one half thin; put on in small pieces half remaining shortening; fold upper and lower edges in to center; fold sides in to center; fold edge to center again; roll out thin and put on pie plate. Repeat with other half for top crust.

### Apple Pie

1 1/2 cups flour  
1/2 teaspoon Royal Baking Powder  
1/2 cup shortening  
1/2 cup cold water  
Sift flour, baking powder and salt; add shortening and rub in very lightly; add just enough cold water to hold dough together. Roll half out on floured board, line bottom of pie plate; fill in apples, which have been washed, pared and cut into thin slices; sprinkle with sugar; flavor with cinnamon or nutmeg; wet edges of crust with cold water; roll out remainder of pastry; cover pie, pressing edges tightly together and bake in moderate oven 30 minutes.

### FREE

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## SAYS NEW PARTY A PHENOMENON

Head of the Baptist Young People's Union Has a Little Fun.

(Toronto Globe.)

"You have formed a new party in Canada called the National Liberal and Conservative party; as a stranger, the name looks to me as if this new party were a phenomenon," said Rev. D. J. Evans, president of William Jewell College, Liberty, Mo., in an address at the Baptist Young People's Convention, Walmer Road church, last evening. Evans went on to tell a story of how a negro explained the word phenomenon. He said that a bird was not a phenomenon, a cow was not a phenomenon, neither was a thistle a phenomenon, "but if you saw a cow sitting on a thistle and singing like a bird—that is a phenomenon." Dr. Evans thought this story of a parable of the National Liberal and Conservative combination as he saw it. The doctor expressed very grave misgivings in regard to politicians in his own country; he said: "I am a disappointed man so far as my own country's politicians go. The one man who could act as standard-bearer of our people—name him (shouts of 'Hoover') came from the audience) yes, Hoover is the man and both parties have ignored him." Why He Backs League. Loud applause greeted Dr. Evans' reference to the League of Nations, when he said: "We are going to join the League of Nations as you have done, not because of any political issues on the surface, but for a deeper reason—because men, women and children are tired of war the world over." Dr. Evans spoke at some length on the relationship between capital and labor. He declared that the problem was not one of economics; it was not a

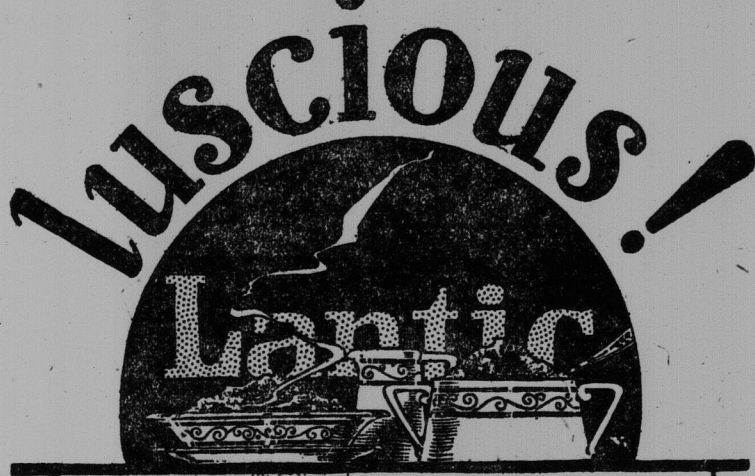
technical question but a human question. It would never be solved by abstract theories. "There is no such thing as abstract labor or abstract capital; these terms lead to revolution," said Dr. Evans. "Industry was made for man, not man for industry. If your business builds men, your men will build your business up. We have allowed every kind of issue to darken the real issue, and the struggle between capital and labor has become one of force against force. Canada and the United States have produced the finest type of individualist that the world has ever seen, and if we are to continue to produce them we must introduce into industry the human note."

Dr. Evans deplored the decay of the idealism that characterized the period of the war. He proclaimed the evangel of Christ, whose objective was "for man." "The only idealism worth while is the practical idealism of the Master who made man the sole object of his mission."

## FAM-LY-ADE

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and the hot, sultry days of summer are here—how refreshing a cool, tangy glass of FAM-LY-ADE will taste! This luscious, fruity drink should be in every household. It is made in a few minutes. Five Fine Fruit Flavors—Orange, Lemon, Lime, Raspberry and Cherry. Each tube makes 25 glasses. Made in Canada by Power-Tech-Limited, Toronto.



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### DEADLY PERILS.

(London Chronicle.)

Alleged soldiers parading the streets of Constantinople may meet with deadlier perils than the obvious military ones. These may be concealed under the impenetrable mask of Turkish superstition. As thus: It is considered dangerous by the lower classes to put your foot on a printed piece of paper which may be lying in the street. The name of Allah may be insulted. Some years ago this belief very nearly cost the government a large sum of money. On the cigarette papers issued by the tobacco Regie the symbol of the Sultan appeared. His Majesty was told by a spy that a smoker had thrown his cigarette on the ground and stamped on it. Orders were issued that the papers should be withdrawn. But so immense was the quantity in stock that the officials used the argument of defaced postage stamps in other countries to persuade the Sultan to follow.

## BEDS FROM THE BEGINNING.

(Pearson's Weekly.)

You like a soft bed better than a hard one because it is "comfy." But how many of us realize that Dame Nature for her own ends, purposely gave us all this leaning towards a sleeping place that will yield to the body? Edward F. Howers, M. D., in a most interesting little volume entitled "Sleeping for Health," explains how a soft bed, by "giving" to the body, admits of complete relaxation, and at the same time does not impede the circulation of the blood. The Romans used rough framework beds, interlaced with thongs, although, of course, the idea was much improved

upon and "glorified" to such an extent that, in the beds of some of the emperors, the framework was of fine gold or silver, ornamented with jewels.

After the thong-and-framework bed came the first idea of a mattress, in the shape of the "chest bed." This was a kind of shallow box stuffed with dry moss or feathers, and although it must have been comfortable, it must, at the same time, have been extremely insubstantial.

Later on came the big four-poster canopy bedsteads. These pieces of "sleeping furniture" were hung with curtains which did little else but collect dust and keep away fresh air. One had to be wealthy to sleep at all comfortably in those days, for although

there were plenty of vermin about, there was no patent insect-killer. So when the bed of a rich man became infested, he moved to another of his houses, and left the vermin to die of starvation.

The poor man, with only one house, merely grined and bore it—or, rather, them. Iron beds were first made about a couple of hundred years ago, and gradually people saw the advantage of this metal bed, until nowadays they are almost universally in use.

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