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Without giving too much attention to details, what kind of luncheon gives you the most working power and adopt that as a standard. A crisp roll, a plain lettuce salad with plenty of oil, and a glass of milk satisfy many brain workers.

So far as possible, eat your luncheon in hygienic surroundings. Have the room well ventilated, eat slowly and, if possible, forget, if only for a few minutes, the cares of your work.

Consider, too, the season of the year. In winter take heat-producing foods, such as cocoa, bread and butter and soup. In hot weather a plate of ice cream or a bowl of cool, fresh milk makes an excellent foundation for a meal.

Never make a sundae or an ice cream soda the main dish even of a very light luncheon. The nourishment derived from the best of such confections is small, and those that are made with cheap syrups injure the digestion.

Buckwheat cakes, oyster and fried egg sandwiches, sausages, hot bread and rich pastries are heavy and difficult to digest; therefore they are undesirable dishes for the noon meal. But milk, cereals, soups, rice and some sandwiches—such as chicken, cream cheese and roast beef—are wholesome, strength-producing foods. Some of the unwholesome dishes are nutritious, but they have lost their value by being poorly cooked. The fried egg sandwich is an example of that. On the other hand, the trouble with the oyster sandwich is that it offers little or no nourishment.

Finally, make up your mind to be regular in whatever plan of diet you may adopt.

Surprise Visitors.

Her house was in disorder,
With things all out of place,
When came her charming sister,
With bright and smiling face,
Together with her husband,
And their wild romping son,
To happily surprise her;
They thought it was such fun!

She had to quit housecleaning
And straighten things around
In order that sufficient room
For quarters might be found.
With half the task completed,
And weary unto pain,
She had to change her program,
And gayly entertain.

A week of ceaseless duties
As hostess made her heart
Less happy, though reluctant
Was she with them to part.
And here they left, an uncle,
With glad light in his eyes,
Arrived to pay a visit—
Another grand surprise.

She bravely smiled and made them
As happy as she could;
For she loved each one dearly
And wanted to be good,
While they remained.

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6 doors from Yonge St.

Teaching Trees to Dress.

Experiments carried on in England in the art of making naked boughs clothe themselves decently with leaf-buds and flower-buds have resulted this season in some very striking successes.

This work has been carried on by the National Cider Institute, on the lines of a method used for rather different purposes two hundred years ago by French gardeners.

If a tree has any part of any bough without shoots, you may clothe the naked parts without expense or much trouble. All you have to do is to cut a circle with a sharp knife, just above the place where buds should be.

The cut should go through the bark and the layer below it. In respect of young wood, the cut is only a slicing; nothing is removed. In the case of older wood it may be necessary to cut out a narrow piece of bark and "cambium," or the layer below the bark.

The yield of many trees in the cider-growing districts has been much increased by this method.

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E-7-20

The Hit of the Season



For the Farmer's

You want him good and healthy,
You want him big and strong,
Then give him a pure wool jersey,
Made by his friend Bob Long.
Let him romp with all his vigor,
He's the best boy in the land,
And he'll always be bright and smiling,
If he wears a Bob Long Brand.

—Bob Long

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Worsted Jerseys
For Dad and the Lad
Full-over or Button Shoulder
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Made for Hard Wear, Comfort and Smart Appearance

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Known from Coast to Coast