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The Woman's Part

In the morning to rise early and gladly, and to rouse the spirit as well as the body; to look out first of all at the most beautiful picture framed by her window, even if it be but a glimpse of blue sky between city buildings; to breathe deep; on rainy days to think a moment of the clean leaves and freshened petals; on sunny days to find almost enough joy in the sun alone; to greet such birds as are near the dwelling even if they be the only querulous sparrows—this is the housewife's first duty, that she may break the fast of her spirit.

Many other duties close in upon her, cooking and sewing, perhaps, errand and planning, nursing the sick, caring for those she loves. Her hands must be strong, her fingers deft and nimble. For the hands that labor faithfully lift the whole race and speed up all on our way to God. And a thousand years from now men and women will be a little bit brighter and braver for this her present toil. But the hands that will not cleanse or repair or fashion clutch at the feet of the Race and hold us all back.

HER PARTICULAR SPHERE.

Many duties press in upon her, but perhaps one more than all others; perhaps there is for her one labor of heart and mind unique and beautiful. Perhaps for this one thing she was born of her mother. If this be so, then for this task all lesser tasks should wait. When God who lives in her says, "This do and thou shalt live!" she may not answer that there are other demands. For efficient service is not blind slavery, and blind slavery is not the highest service. Let us heed her individual nature.

Her body may be confined within the four walls of her dwelling, but

her spirit should have liberty to reach out into the Universal. Hered, but her hoo she must nourish at all costs. Her house should be swept and garnished, but it profits her little to have a clean house with a cobwebby air. Order and Serenity should reign in her chambers, but they will not avail for her happiness unless they reign in her life.

TO HAVE IN THE HOME.

To have in the home some beauty so pervasive, so adhesive and concentrated that when she goes out to carry it with her unconsciously—be it able to bring in new power, a subtle joy, a chance of benison; to hold the doors of the home wide open alike for guests who can bring love and for guests who can receive it; with the setting of the sun to give herself over to gaiety with those who are her dearest this is the breaking of bread to which the house-keeper is called.

Then, let the oak trees cast long shadows under the moon and stars while she lies resting, for the love that floods about her will whisper that she has lived one day well.—Woman's World.

THE COOK'S CORNER

Recipes for publication are requested. Inquiries regarding cooking, recipes, etc., gladly answered upon request, to the *Homehold Editor, Farm and Dairy, Peterboro, Ont.*

Peanut Macaroons.—White of one egg beaten quite stiff, one-half cup granulated sugar, mix chopped peanuts in till quite stiff. Drop in small spoonfuls on buttered pans and bake in medium oven.

Tea Biscuit.—Sift after measuring four cups flour, one-half teaspoon salt, four large teaspoons baking powder, one small tablespoon brown sugar. Mix these ingredients with one-half cup lard and mix with milk as you mix baking powder biscuit.

Parsnip Fritters.—Wash six parsnips, boil till tender, rub skin off with a rough cloth, mash, add yolk of one egg, one tablespoonful of butter, one teaspoonful of flour. Mix all well, and form in small flat cakes, and fry in drippings or butter.

Nut Bread.—Two and one-half cupfuls of flour, three teaspoonfuls of baking powder, one-fourth teaspoonful of salt, one-half cupful of sugar, one egg, one cupful of milk, three-fourths cupful of English walnut meats, chopped fine.

Margarines.—White of one egg beaten stiff, 3 pinch salt, half cup of granulated sugar. Spread this on ordinary soda crackers and bake in a slow oven till a dark brown. These are not exactly cookies, but they will make good substitutes.

Fudge.—One pound brown sugar, one cup milk, one ounce butter, two ounces grated, unsweetened chocolate. Boil 15 minutes. Then add one teaspoon vanilla. Pour into buttered tins, and mark into squares before it hardens.

Kisses.—Whites of two eggs beaten until stiff, add scant cup of white sugar, one level tablespoon corn starch. Set in pan of boiling water and cook till corn starch is done. Then add cocoa and stiff, flavor to taste, drop on buttered paper, and bake in slow oven.

Embroidery Designs

Designs illustrated in this column will be furnished for 10 cents each. Readers desiring any special pattern will confer a favor by writing to the Household Editor, asking for same. They will be published as soon as possible after request is received.



679 Design for Embroidering a Pillow Slip or Towel End. One complete design eighteen inches in width and sealings for two yards are given.



687 Design for Embroidering a Cushion Cover in B.P.O.E. Design. The design is fifteen inches in width by fifteen inches in depth.



673 Design for Embroidering a Magazine or Book Cover.



683 Design for Embroidering a Girl's Dress.

Transfer patterns for the front of the blouse and scallops for tunic and cuffs are given. Especially adapted to May Manton's Pattern 7606.

The Sewing Room

Patterns 10 cents each. Order by number and size. Patterns give size for adults, give bust measure for skirts. Address all orders to the Pattern Department.

INFANT'S DRESS WITH ROUND YORE, 758.

Simple dresses are the ones the baby really needs. This one is very dainty and attractive. There is a round yoke to which the main portion is joined and there are moderately full sleeves sewed to the armholes. These sleeves can be made to the elbows or longer and the lower edge of the dress can be finished with a tucks and a frill if something very pretty is wanted, or with a hem only for plain every day use.

To make the dress will require 2-1/2 yards of material 36 or 44 inches wide with 3-1/4 yards of edging and 4 yards of edging.

This pattern is cut in one size.

GIRL'S DRESS, 7591

This is the season when school dresses are in demand and here is a simple one easy to make yet smart in effect. The panel at the front allows the effective use of contrasting material and, at the same time, gives a slender look to the dress. The dress is made with front and back portions and with one-piece sleeves of the "set-in" sort.

For the 10 year size, 3-1/4 yards of material 27, 2-3/4 yards 36, 2-1/2 yards 44 inches wide with 1 yard 27 for trimming.

This pattern is cut in sizes for girls of 6, 8, 10 and 12 years.

TUNIC SKIRT FOR MISSES AND SMALL WOMEN, 7587

Tunic effects and flared skirts are important features of the latest skirts and here is one that combines them both. There is a five-gored foundation that fits snugly. The straight flounce can be arranged over this, or the foundation collar can be cut off and the flounce joined to the lower edge as preferred. The tunic is arranged over both and is closed invisibly at the left of the front.

For the 15 year size, 3-1/4 yards of material 27, 4 yards 36, 3-1/2 yards 44 inches wide for the tunic and flounce, and 2-1/2 yards 36 for the foundation.

This pattern of the skirt is cut in sizes for misses of 16 and 18 years.

LOOSE FITTING HOUSE JACKET, 7583

Every woman needs a tasteful and comfortable jacket. This one is very simple and easy to make, yet it takes the most graceful lines. The collar shows the curved edges that are a feature of the season and wide elbow sleeves are finished with prettily shaped cuffs. The long ones are gathered into straight bands.

For the medium size, 4 yards of material 27, 4 yards 36, 2-1/4 yards 44 inches wide with 4 yards of binding.

This pattern of the jacket is cut in size for 34, 36, 38, 40, 42 and 44 inch bust measure.