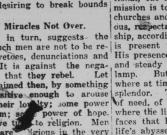


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of stick cinnamon or a strip of orange or lemon peel. This should cook-peel. or lemos not rapidly-for half an hour. Stir often to avoid a skim forming on the not rapidlytop. Pour into molds that have been wet with cold water. Set aside to cool gradually. May be served with cool gradually. May be arfy feait juice or cream.

Bright dreams of the past leave relics of joy That time in its flight can neved de-

stroy; Like a vial Attar of Roses contains, Though shattered to fragments, perfume remains.

## Winter Soups

Kingdoms may flourish in brightest many soups as there are days in the year. Probably there are more, but only a very small number of them ap-pear on the dining table of the area. pear on the dining table of the aver-age family. Among the following receipts are some that are little receipts known, but they are especially ap-petizing on cold winter evenings, when a hot, rich soup seems the most appropriate beginning for a meal. Fr nch Onion Soup.—Chop two med-

ium-sized onions, and fry them to a rich brown in two ounces of butter over oderate fire, for onions burn quick To them add a quart of boiling oup stock of any kind, or simply ater or milk, and cubes of lightly toasted bread. When the soup is ready to serve, add a little grated cheese, and season it with salt and

white pepper. A Flemish Soup.—To two pounds of washed and picked Brussels sprouts add ten potatoes, two onions, two leeks salt and pepper. Cook all leeks salt and pepper.



# Switzerland's President and Vice-President.

Left, Edmund Schulthess, new President of Switzerland; Left, Edmund Schulthess, new President of Switzerland; right, real, the two men Calonder, new Vice-President. Should a perze conference be held in Switzerland or one be held in which Switzerland work take part, the two men pictured above will play propriment parts. Mr. Schulthess, President of Switzerland, has just affirmed the intention of his country to maintain strict neutrality. A peculiar law of succession obtains in Switzerland strict neutrality. A peculiar law of succession obtains in Switzerland strict neutrality. A peculiar law of succession obtains in Switzerland strict neutrality. A peculiar law of succession obtains in Switzerland strict neutrality. A peculiar law of succession obtains in Switzerland strict neutrality. A peculiar law of succession obtains in Switzerland strict neutrality. A peculiar law of succession obtains in Switzerland strict neutrality. A peculiar law of succession obtains in Switzerland strict neutrality. A peculiar law of succession obtains in Switzerland strict neutrality. A peculiar law of succession obtains in Switzerland strict neutrality. A peculiar law of succession obtains in Switzerland strict neutrality. A peculiar law of succession obtains in Switzerland strict neutrality. A peculiar law of succession obtains in Switzerland strict neutrality. A peculiar law of succession obtains in Switzerland now Vice-President, will new year automatically step into the President a man of office is for one year only, and to become President a man must first sit as Vice-President.

fore the strain and the treatment the condition receives. Generally, com-plete rest in bed for a day or two and staying quietly at home for .nother day or two will bring back tone to a normal heart; but if the strain was very severe, a heart tonic may be necessary to help the organ to recover its strength and poise. Since \_ strain untreated or wrongly "Your occupation before the war!" "Your occupation before the war!"

"Turner, sir. I worked on a big screw-cutting lathe, too, sir."

No more is thought of that until, month after, an order comes throughs "Private Jones to proceed to munition

factory at \_\_\_\_" There is the end of his ambitious

Expert Explains Values of Foods. In a recent address, W. Earl Flynn old his audience that the body con-side a building for twelve hours a ained sixteen elements, the same as day till the war ends! The wonder is told his audience that the body con-tained sixteen elements, the same as those of the soil, and that it shared these men are not going down under it. Why do they keep up and strug-gle on with it? They are heroes, that the need of the soil, and that it snared the the need of the soil for scientific treat, it, ment, For anaemia, especially in chil-gle dren, he prescribed foods rich in cal-is cium and potassium, whole wheat see gle on with it? They are heroes, that is why! Heroes, whether seen or un-At the same time, we must not for-

cium and potassium, whole wheat seen. bread, rye bread, fruits, vegetables, At

bread, rye bread, fruits, vegetables, dates, figs and raisins. For nervous irritability, magnes-ium is the proper salt. Eat apples, over this country of ours. To those who have not been in such a factory I tomatoes, onions and lettuce. right, Felix held in Swit-the two men the two ment the two men the two ment t

For heat energy eat butter, cream, the much-admired khaki or not

treated may result in a permanently injured heart, or even in death, it is advisable to seek medical advice imediately in all such cases .-. Youth's Companion.

Dreams have no limit, in any respect. Then let our dreams, in the stillness

of night, Fly swift to the realms of endless de

light; Let the pain and the care each day

be set-

brings to view. Be cancelled in sleep, when visions come true.

Sweet dreams of the past-some never

fulfilled; sweet as the breath of roses dis-tilled, Vet.

With faith, hope and trust, thin look to the light And dream golden dreams in the dark

ness of night. F. TALLING, Vancouver, B.C.