possessed of only gives but makes thers. The in an instiomen of the value that dollars and

country are creased cost farm homes wn and city ut even to ice of sugar articles of is advanced ry material lls. I have of cost of years, and even more onths, and f flour and he business many quesalmost imıthoritative the present v. however. be reduced housekeepreaders in en I made

of house-

day, they had been

that Can-

extremely

ant housenericans to ot very far m a standurishment, ed nation. or so many us success gricultural made the a produced d, and that worst fed ouble with have been an speech nd to feel he cheaper n pride we at there is high class t business, y or a big sider long e-eighth of rial either is importly importt in many t of large excused on ne pigs or eal excuse,

eaper food ng consists ablemeals time and amount of we might

learn some valuable lessons from the cook cases like that". Then she beforeigners within our gates, particularly moaned how few ways we had of cooking vegetables. She manages a small restaurant, and I can speak for the appetizing an impertinence to speak of the French as foreigners, but I use the term in the things which she can make from macaroni sense of those to whom English is not and vegetables, with a mere flavor of meat or cheese.

the French and Italians. It seems rather

their mother-tongue. Recently I have

been learning some valuable lessons my-

self from an Italian neighbor. We scraped

accuraintance over the Italian Red Cross

work, and since have exchanged views on

a number of subjects. She speaks very fair English, and when I asked her what

she thought of the high prices in Winni-

peg, she laughed and shrugged her shoul-

ders and said that she could live for the

same that she had before the war. She

went on to describe the number of

dishes in which she cooked and served

Mattheoprisessoniaspudenna

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I suppose one of the main reasons why so many prairie dwellers eat so little fish is the fact that for so many years fish was difficult to obtain. Now it can be had in practically all the small towns, and that quite regularly. It is an exceedingly wholesome article of food, and children particularly should be encouraged to eat it. I was very much struck with some evidence given by one of the officials of the Grand Trunk Pacific railway for the Dominion's Royal Commission. either macaroni or spaghetti, but said at stated that his road carried two million the end of her description, "Canadian pounds of fish weekly from Prince Rupert women think it is too much trouble to eastward, and, when asked where it went paint's not dry yet."

to, stated principally to New York and other American cities, some of it going to Boston. It seemed so absurd to think of this most valuable food going right through our prairie provinces into the American cities, when we are talking about the high cost of living.

Her Reason

A little girl of seven or eight years stood one day before a closed gate. A gentleman passed slowly. The little girl turned and said to him:

"Will you please open this gate for

The gentleman did so. Then he said

why, my child, couldn't you open the gate for yourself?"
"Because," said the little girl, "the

Knew His Business

"But are you sure that I shall reover?" the patient asked anxiously. heard that sometimes you have given a wrong diagnosis and treated a patient for pneumonia who afterward died of typhoid fever."

"You have been scandalously misin-formed," said the doctor indignantly. "If I treat a man for pneumonia, he dies of pneumonia."

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Has Made These

Roly Poly

Sponge Snowball

Yorksbire B ultatnest

Caramiell

Chocolate

Cottage

Marmalade

Christmas

Poor Man's Syfrup Suet

lack pple

al li e

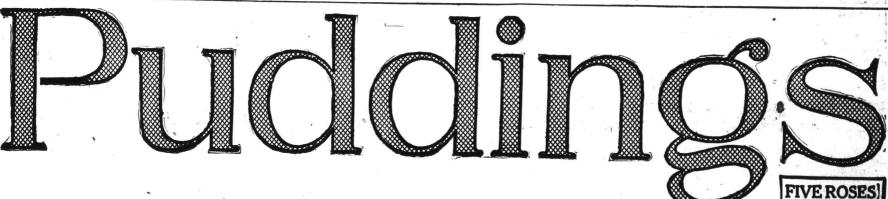
Cream Paddy Bandles

Raspberry

Ginger

Fruit

Plum



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Easy to Digest Would you attempt the boiled or baked puddings.

The same good flour that makes the lightest bread, biscuits and muffins will make your puddings more daintily porous - palatable - digestible. Even when used in small doses, FIVES ROSES binds together the other ingredients and blends their delightful flavors. We invite you to follow the lead of Canada's best cooks-and use

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whenever "flour" is mentioned. When you think of Puddings think of Five Roses