## Revolutions Which Have Been Wrought During 1916

UR Women Folk will recall the announcement which appeared in these columns awo or three weeks ago required articles on the subject, rewhiting articles on the subject, rewhiting a worked the Greatest Revolution which we have received the subject interesting articles on the subject. We have resulting articles on the subject we are publishing herewith, and others will follow in later issues. In many homes each year, we believe, outstanding ways of simplifying housework, or of improving some part for housework, and if passed along to others, those and if passed along to others, these and if passed along to others, these results of the control of the contro that which benefits the whole commun-ity also benefits the individual units.

## A New Viewpoint Grasped Mrs. P. J. Bowers, Pontiac Co., Que. (Premium Article.)

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RHAPS there are few things which are more engrossing to thinking people than education—mental moral and physical. To many people, moral and physical. To many people, moral and physical taught in echools. Now the really taught in echools who the real taught in each of the people when the people will be a solid to the control of the people with which are more engrossing to

you, you are unconsciously tenching to you, you are unconsciously tenching the property of the

### Budding Ambition Nipped.

opportunities.

Budding Ambition Nipped.

As a young girl, I fairly thirsted for knowledge and spent a great part of my time in adaptate a great part of my time in the great lives of great people. Poets, palicres lives of great were all alike, an inspired the wings of budding ambition. This has, up until last year, been my one regret in Mrc. I suddenly became possessed of the idea, "Why can I not shine in the reflected clory of my children? Instead of wearing the shining armortal and the standard of the shining armortal production of the great wearing the shining armortal production of the great wearing the shining armortal production of the great which I have missed." Instead of wearing the shining armortal product in the shining and the great people which is a should I commence? Obvious-books, went through each methodically and thus refreshed, my memory was further assisted by reading every whing relating, even remotely, to the special branches usually taught in special branches usually taught in schools, but more particularly history and Iterature. At the same time I resolved never to miss an opportunity of teaching something to the children, both at their studies and during convention.

When admiring a picture therefore, tell the children its history or what know of the painter. Likewise in

reading the newspaper or magazines, when allusions are made to authors or statesmen, I explain their particular and authorized the control of merits or outstanding incidents of their lives. This not only makes it interesting, but serves to stamp it in the minds of the children.

Well Worth the Effort.

Well Worth the Effort.

I cannot begin to tell of what a broadening and strengthening in-fluence this point of view has had on my life in even this short space of time. It entails some trouble surely and often a little sacriface, but who shall say that I am not repaid a thousand times in watching the minds of my children unfold like the petals of a rose. Many times I am standing the depth of understanding the petals of a rose. Many times I am standing the petals of times I am standing





# The Best Marmalade I Ever Made"

Select fresh, clean-skinned Seville oranges for their wholesome bitter zest, and spicy sweet oranges for their fragrance and flavor. Tell the grocer to send with them a bag or carton of

the pure cane sugar which you will find best for marmalade and all preserving. On account of its very "FINE" granulation, Lantic Sugar dissolves instantly, making crystal clear syrups and bright, firm jellies.

## MARMALADE without weighing

Slice six bittee oranges and seven sweet oranges and add three cups of cold water for each cup of the fruit pulp. Let stand for 24 hours in a glass or porcelain vesal, then bring slightly to the boiling point and boil for 15 minutes. Set assafe for another 24 hours. Then measure five kitchen cups and of the fruit pulp or the preserving kettle and boil briskly for about an hour. Add a 24b. carton of Lante Sugar, which will need no weighing as it has been accurately weighed when it was packed.

Note: This quantity makes nearly 5 pounds of marmalade. It is better not to cook more than this at one time as the long cooking tends to darken it.

Don't buy sugar by the "quarter's worth" or "dollar's worth." Buy Lantic Sugar in our full-weight sealed packages. Weighed, sealed and packed automatically at the refinery. No hand touches it but your own.

"The All-Purpose Sugar"



10, 20 and 100-lb. Sacks 2 and 5-lb. Cartons