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In order to advertise and introduce their home study music lessons in every locality, the INTERNATIONAL INSTITUTE OF MUSIC of New York will give free to our readers a complete course of instruction for either Piano, Organ, Violin, Mandolin, Guitar, Cornet, Banjo, Cello or Sight Singing. In return they simply ask that you recommend their institute to your friends after you learn to play.

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is a plain and simple story, demonstrating His ability to meet the physical needs of men. That it had a spiritual value is self-evident from the fact that He so interpreted it, as John records, in his report of the wonderful discourse from which the Golden Text is taken. In that discourse He rebuked the materialism of those who discovered nothing in the feeding of the multitude other than the satisfaction of physical need. "Ye seek Me, not because ye saw signs, but because ye ate of the loaves, and were filled." Whatever wonder He wrought in the realm of the material was a revelation of His ability in spiritual things, and an unveiling of the intimate relationship between spiritual and material things. He Himself had stood erect in the presence of the most direct assaults of evil recognition of the truth of the Word written long before. "Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God." The word of God is His revelation of Himself; and His speech to men as a law of life. It is, moreover, a law not merely in the sense of a rule or regulation, but the discovery to man of the secret by which his life realizes its own possibilities. Hence all the hunger or desire of life is perfectly met and satisfied by such as hear the Word of God and obey it. Thus when Jesus in interpretation of the profoundest spiritual values of His miracle, declared, "I am the Bread of life,"

Uses for old newspapers.—Old newspapers are excellent moth preventives. Whenever practicable they should be placed under the carpets (this saves the nail heads in wooden floors from damaging them), and woollens can safely be kept over the summer if wrapped securely in newspapers and all edges pasted down. Moths avoid the odour of printers' ink. For cleaning stoves and polishing windows, newspapers have few equals, and are better than having dirty cloths hanging about, as they can be burned as soon as used.

Salt and Pepper.—The proper use of these two and especially the salt has made a reputation for a great many cooks. It is used in nearly every article of food and one would think that constant use would have made any cook perfect, but this is far from the fact. It is never possible to give exact quantities as this would vary in every different dish and in small quantities would need a delicate scale to measure, so we must always season by taste. In meats it is necessary always to season at the start, but do not put in all at once, rather use about two-thirds of what you think is sufficient and this will leave you a margin of safety. You will often find that this two-thirds is all that is needed and if not you can add more; but if too much is used your dish is spoiled beyond reclamation. From



Kakabeka Falls, near Fort William.

He claimed that in Himself the will of God for man is manifest; and more, that through Him, it is possible that men should not only see, but obey. Those who yield to Him as the Word of God discover the secret of their own life, and receive such strength as will enable them to realize it, and thus to find its fullest satisfaction, bread for all hunger, and the true answer to all desire.

### HOUSEHOLD SUGGESTIONS.

To freshen black silk.—A reader of the Western Home Monthly writes to ask how to freshen black silk that has become somewhat rusty by being worn on a hat. The simplest way to do this is to sponge the silk well with some strong cold tea, and then carefully iron on the wrong side.

To make milk glasses shine.—Always rinse milk glasses in cold water previous to washing in hot soapsuds if you wish them to be clean and bright.

To freshen a velvet collar.—Velvet coat collars are greatly improved by rubbing with a flannel wrung out of ammonia and hot water.

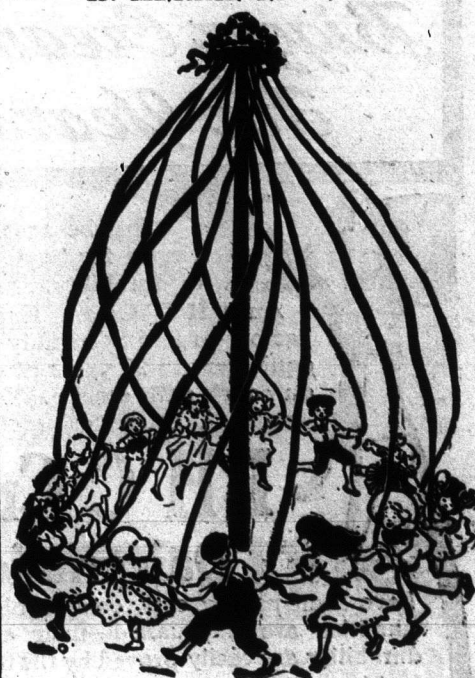
To prevent pies boiling over.—In baking meat pies and fruit tarts they often boil over. To prevent this stand them in a baking-tin with some water in the tin. This will prevent the juice and gravy boiling out in the least, as the steam from the baking-tin keeps it in.

time to time as you cook, taste and add a very little salt as you think needed until it suits you, and when you have done this you are at the limit of human capabilities. People differ greatly in taste and you will be often disappointed by a lack of appreciation of that which you think a culinary masterpiece. You can only season correctly for those people with tastes similar to your own, so do not try to suit everyone, but always under season slightly, which will allow each person the chance to humor his or her own peculiarities of taste.

All stews should be salted when put on the fire in order that the meat be seasoned through. Boiled meats or roasts the same. Do not depend on the seasoning in the sauce or gravy to make these palatable. Laugh at the person who says that salt makes a steak or roast tough and juiceless. Nothing under the sun will toughen a steak as much as a dull table knife and the cook who neglects the knife edges is always the one that forgets to use the salt.

In using pepper do not forget that it is cumulative in effect and while the first bite or spoonful may taste very mild, by the time you have half finished the plate it seems much better. Furthermore, in seasoning a soup for instance, you will find that it is much hotter a few minutes later as the pepper flavor needs time to cook as well as anything else. This is especially true of Chili Pepper or Curry Powder.

"IN MERRIE ENGLAND"



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