

SISTER MARY'S KITCHEN
CHEESE SALADS

RY this cheese salad the next time you have a fish dinner. It will go right to the spot.

While cottage cheese is delicious all through the summer months, it may be considered a real treat in early spring, and is really at its best.

If you would make your own cottage cheese follow this rule carefully:

Cottage Cheese.
Two quarts sour milk, 1/2 teaspoon salt, 1/2 teaspoon paprika, 2 table-spoons cream (either sweet or sour).
The milk must sour quickly. When the milk is thick and firm put the pan into a larger pan of hot water. The water should be boiling when the milk is put in it, but it should not boil afterwards.

Let stand about an hour or until the whey forms and separates from the curd. Pour the whole into a cheesecloth bag and hang up to drip as you would a jelly bag. Let drip about six hours. Do not squeeze or press with the hands.

When the whey is all removed from the curd put the curd in a bowl and work smooth with a fork. Season with salt and paprika and beat in cream lightly just before using. When the milk is not scalded hard the cheese is of softer texture and more easily digested.

The milk must sour quickly in the

first place or a rather bitter cheese will be the result.

Spring Cottage Cheese Salad.
Two cups cottage cheese, 1/2 cup sour cream, 12 button radishes, 1 bunch little green onions, 1 teaspoon salt, 1/2 teaspoon pepper, paprika, lettuce.

Wash radishes thoroughly and let stand in cold water for an hour. Slice. Use the white part of the onions. Peel and cut in slices. Add salt and pepper to cheese.

Whip cream and mix lightly with cheese. Add prepared vegetables. Let stand for an hour in a very cold place. Serve on a bed of lettuce and sprinkle liberally with paprika.

Molded Cottage Cheese Salad.
Three-quarters cup whipping cream, 1 tablespoon granulated gelatin, 1/4 cup cold water, 1/2 cup boiling water, 2 table-spoons catsup, 1 cup cottage cheese, 1/2 teaspoon paprika, 1/2 cup shredded pimientos, 1/2 teaspoon salt, lettuce, salad dressing.

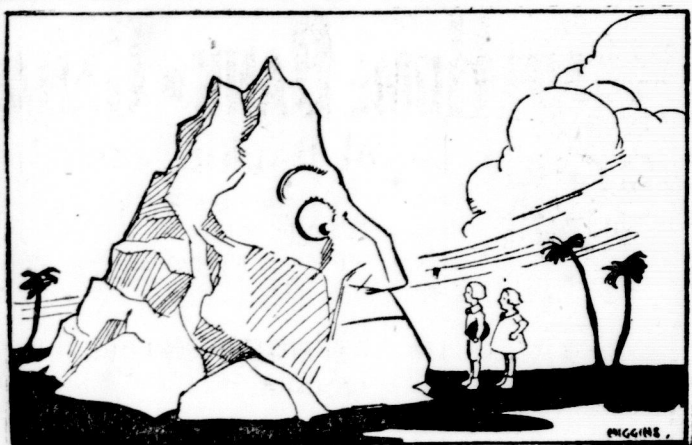
Soften gelatin in cold water for 15 minutes. Stir in boiling water and stir until dissolved. Let cool. When beginning to set add catsup, cheese, pimientos, salt and paprika. Let stand on ice while whipping the cream.

Fold cream into the gelatin mixture and pour the whole into one large mold or four individual ones. Let stand on ice till firm and very cold. It will take about three hours. Serve on lettuce with a tart salad dressing.

(Copyright, 1922).

ADVENTURES OF THE TWINS
THREE QUESTIONS

[By Olive Roberts Barton.]



"Are you frightened?" asked the mountain suddenly.

THE Mountain-That-Wasn't-There acted in the silliest fashion.

First, it stood on its head, then after awhile, tiring of that, it spun around dizzily for several minutes. When it had righted itself it stayed put for a few seconds, then suddenly, without warning, it whizzed by as though it were on rollers and stood behind the Twins.

"Why, we're past it," laughed Nancy. "We must be in the Kingdom

of the Diddyevers at last. The Fairy Queen said it was just beyond the Seven Mountains, and this is the seventh."

"But look!" pointed Nick.

The mountain had made a crazy circle and swung around in front of them again. Then it seemed to disappear altogether.

"I wish the old thing would stay away for good," grumbled Nick.

"Where do you suppose it's gone?" Nancy pointed to a tiny speck in the distance. "There it is," she said.

"Say!" said Nick, suddenly. "What this old mountain can move around the way it does how do we know we were walking all that time in the right direction? We may be ten miles too far to the right or ten to the left. There isn't any path to guide us here."

At that the mountain made a quick swoop right toward them, like a person on roller skates, or like an enormous express train. It looked as though the Twins would be flattened out in another minute like two little pancakes, but it stopped right in front of their noses, not a yard away.

"Are you frightened?" asked the mountain suddenly.

"No, if you mean us," answered Nick, bravely.

"Are you mad?" asked the mountain.

"No."

"What are you?"

"Puzzled!" answered the little boy.

"We think you've lost your wits."

"That's the answer," said the mountain kindly. "Only I haven't lost my wits. I'm wisest of all. I'm here to try people's patience, and you didn't lose yours at all. Here's the path. You may go safely over, children."

(To Be Continued.)
(Copyright, 1922.)

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skirts, waists, coats, sweaters, stockings, draperies, hangings, everything, become like new again. Just tell your druggist whether the material you wish to dye is wool or silk, or whether it is linen, cotton, or mixed goods. Diamond Dyes never streak, spot, fade or run.—Advt.

The RIDER OF
GOLDEN
BARWILLIAM PATTERSON WHITE
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Continued From Our Last Issue.

"You're so scared of me, you can't hardly breathe," he said calmly. "I don't like it if girls to be scared of me, so you can just get up another plate and cup and saucer and sit down there on the other side of the table and eat your supper with me."

To eat supper with her uncle's murderer! Here was a grotesque jape of fate. It was unthinkable. Absolutely. The man divined something of what was passing in her mind.

"All in the line of business, in it, girl," he said, with a backward jerk of his head toward the front room where he had killed her uncle. "I didn't have a thing against him personally."

"There were dishes here on the table," she babbled hysterically. "They found them here after—after showing how he'd fed you first, and—"

"Sure he fed me," he interrupted. "I was hungry, hungrier than I am now. Alla same, you gotta eat supper with me."

He twisted her wrist to emphasize his wish. She uttered a little moan. "Don't! Oh, don't hurt me any more!"

Beaten, body and soul, she went to the cupboard and got herself plate and cup and saucer, knife and fork and spoon.

She sat down opposite the man and tried to eat. It required every atom of will power to induce her throat muscles to permit her to swallow.

Dan Slike watched her with savage satisfaction. He found the situation intensely amusing. To murder her uncle and later eat a meal with the niece. What a joke!

"I saw two mules and a horse in the corral when I came by," he resumed. "Looks like a good horse—better than the one I left up in the timber. I'll ride your horse and lead the other. Listen, I expect tomorrow some time you'll have a few cents a-calling on you. I'll likely take those Golden Bar citizens till about then to pick up my trail."



"WHY," SHRILLED THE DISTRICT ATTORNEY, "IT'S RAPE TUCKLETON!"

CHAPTER XIII.

"YOU see," said Dan Slike, as he topped his mount, "I ain't been hard on you. I only took what I needed. Think of that and be happy."

He whirled the horse and rode away.

Hazel remained standing beside the corral gate. Suddenly she was conscious of a great weariness. With dragging steps she returned to the kitchen, where there was a man standing in the middle of the room.

Nothing had the power to surprise her now. She would not have been

it all. Must be. Even a reason for it. She looked up at Rafe. He was glaring down at her with a most villainous expression on his lean features.

"Say, whatsa use of lyin' to me? You're an odd number, by all accounts, but you ain't so odd you could sit here and eat and drink and carry on with your uncle's murderer. You can't tell me that."

She was regarding him with curious eyes. "I thought you always said Dan Slike didn't kill my uncle."

"Well—uh—you see, everybody else seems to think he did. And—ah—maybe I was wrong."

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CURRENT EVENTS

A Simplified Discussion of Topics of Interest for School Children and Busy Adults. Today's Subjects:

1. TURKISH EMPIRE'S REVIVAL.
2. AMUNDSEN'S DASH FOR POLE.
3. THE "5-5-3 TREATY".

Turkish Empire's Revival

The Turkish Empire, which was broken up in the world war, is coming back to life again. But it will not be nearly as powerful as it was before it was broken up.

It joined Germany in the war. The allies will give Constantinople, capital of the empire, back to Turkey. They also will allow Turkey to rule Armenia, Angora, Anatolia and part of Thrace.

But the people of Armenia, who are not on good terms with the Turks, will be protected by the league of nations.

Great Britain will keep on ruling Mesopotamia, formerly a part of the Turkish Empire, where some think the Garden of Eden, mentioned in the Bible, was located.

And the allies will keep the Gallipoli Peninsula, a part of Turkey. This peninsula is important because it controls trade routes.

Since the war ended Turkey has had very little power. The allies sent soldiers to Constantinople to rule that city. The sultan, as the Turkish ruler is called, had no authority at all.

At the same time, Mustafa Kemal Pasha, Turkish officer and politician, set up a government of his own in Angora, Asia Minor. He has been waging war with Greece.

The allies have asked Kemal and the Greek government to stop this war by signing an armistice.

Why have the allies brought Turkey back to life? Probably because their Mohammedan subjects in India and African countries demand it.

Mohammedans look on Constantinople as a holy city and consider the sultan as the head of their religion.

The Turks have ruled Constantinople since 1453, when they took it from the Greek or Byzantine Empire.

The capture of Constantinople was one of the things that led to the discovery of America by Columbus in 1492. The Turks had cut off trade routes to the east and the western European nations believed they could find new ones by voyaging westward.

ROALD AMUNDSEN, the explorer who discovered the South Pole, is now planning an expedition to the North Pole.

But he will not undergo the hardships, cold and hunger he suffered on other expeditions. That is because he will go to the North Pole by airplane instead of by the old-fashioned method of ship and dog-sled.

Amundsen will equip his airplane with a wireless outfit. With this he will be able to talk daily with people in the civilized world and tell them of his experiences and discoveries.

Amundsen will start for the pole from Seattle, Wash., June 1. He will allow his airplane to drift across the pole in air currents.

He hopes to learn more of the northern country, its lands and waters, its animals and air currents, than ever has been known before.

Amundsen was born at Borje, Norway, in 1872. He's been an explorer since he was 22.

Naval Treaty Is Up

This, it is thought, will make war less likely and save much money.

The treaty sometimes is called the "5-5-3 treaty" because it provides Japan shall have three battleships for every five owned by Great Britain or the United States.

Thus, under the treaty, if the United States has 20 battleships, Great Britain may likewise have 20, but Japan may have only 12.

Great For Bad Coughs and Colds

Make Your Own Medicine and Have the Best There Is.

You'll Say It's Good When All Mucus Disappears and Clean Healthy Membrane Is Your Reward.

Here is an inexpensive home-made remedy that you can't beat and one that will quickly bring up that phlegm, stop the snuffling, relieve the clogged nostrils, make breathing easy and cause stubborn colds and persistent coughs to vacate—many times over.

Try it right away if you suffer from Catarrh, Chest Colds or any irritating nose or throat troubles and you'll be glad you run across this little bit of advice.

Get from any druggist, one ounce of Peppermint (double strength) add to it a little sugar and enough water to make one half pint. You can make it in two minutes and when it is mixed you can pride yourself on having a medicine that acts directly on the membrane of the nose and throat and acts so effectively that all phlegm, all tickling and inflammation speedily disappears.—Advt.

New Gingham For All Purposes



IMITATION is said to be the sincerest form of flattery, and the fact that silks are masquerading in gingham effects tells to what heights the once humble gingham has climbed along the road to sartorial prominence.

Gingham is used for almost everything under the sun this season. It makes the draperies and upholstery coverings in nursery or informal bungalow and cottage bedrooms; it is used to trim some of the smartest frocks and blouses; it is even this season made into bathing suits. But its first, last and most popular use has been and probably always will be for informal frocks.

The exquisitely fine tissue gingham, now offered in such a wealth of designs, colors and shades, puts gingham definitely into the class of the very nicest of women's summer fabrics, suitable for summer shopping, country club and resort wear, even for informal afternoon affairs like porch parties and garden teas. Of course, gingham always has been liked for children's frocks.

Checks are the most popular design, say the mill heads and importers. In the fine tissue ghinghams the most sold are those combining a delicate shade with white, in small checks from a quarter to half an inch square. Stripes are good, however, and are offered in a variety of widths and colors.



she was stepping short and staggering badly. She went into the kitchen, closed the door, dropped the bar into place and fell into the nearest chair.

"Oh," she said aloud, "I wonder what will happen next?"

CHAPTER XIV.

"NOW that we've got Dan out of jail," the district attorney pattered on, "we've got to get on to Bill Wingo, and the sooner the quicker. Me, I'm going out to Walton's tonight and question Hazel."

"We'll go," said Sam Larder decidedly. "I ain't a heap attracted by your methods with the ladies, and I intend to see the girl gets a square deal."

"Me too," chimed in Felix Craft.

The district attorney was none too well pleased and showed it.

The moon was high in the heavens when the three men came to the mouth of the draw leading to the Walton ranch. A quarter-mile up this draw they came upon a man standing beside a horse. He proved to be the town marshal, Red Herring.

"It ain't necessary for you to be watching the Walton ranch," said the crotchety district attorney.

"I got as much right to the reward as the next one, I guess," flared the marshal. "If I wanna watch the ranch, I guess I got a right to do that, too. You don't want to cherish any idea that you own the earth and me, too, Artie Rale!"

Two hundred yards short of the bend in the draw that concealed the ranchhouse from view the district at-

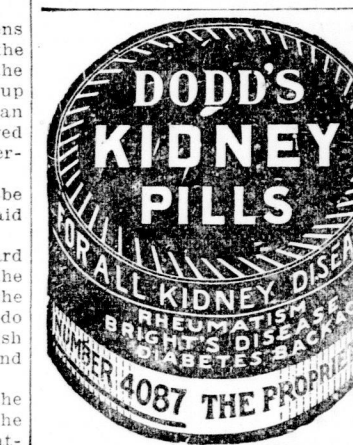
orney's horse which was leading, snorted at something that lay across his path, and shied with great vigor, coming within a red hair of throwing the district attorney off on his ear.

The district attorney swore and jerked the animal back. Then he dismounted hurriedly and ran forward to view at close range the object that had startled the horse.

The three others pulled up and followed his example.

"Why!" shrilled the district attorney. "It's Rafe Tuckleton!"

(Continued in Next Issue.)



"Great Oaks From Little Acorns Grow"

A Half-Century of Progress

FIFTY-TWO years ago, a group of idealists in the town of Waterloo planted the seed. They were men of faith rather than of great experience, but they believed a mighty tree would grow.

On February 2nd, 1922, in the town of Waterloo, Ontario, the successors of these men met to take count of the growth and development of the oak their predecessors had planted.

And, as the figures show, "abundantly has their faith been justified."

For the seed planted 52 years ago was the germinal idea of mutuality applied to life insurance in Canada—life insurance at cost, as a scientifically organized service of man to man. To-day a mighty oak shelters the homes of over 80,000 policyholders with \$228,000,000 of insurance in the Mutual Life of Canada.

The Count by Decades

The growth of the Mutual Life of Canada to a place among the strongest insurance companies in the world began in 1869, without other assets or capital than faith in the Mutual principle. The figures tell the story by decades.

	Assets	Business in Force
1871	\$ 7,830.00	\$ 500,000.00
1881	337,102.00	4,266,011.00
1891	1,941,571.00	14,934,807.00
1901	5,749,156.00	31,713,031.00
1911	18,161,847.00	71,020,770.00
1921	48,211,204.00	228,697,118.00

These figures show an ever-increasing rate of wholesome, healthy growth. They indicate the immensely enlarged field of usefulness in the coming years, as every new member helps to make the work of the Company more widely known.

And note that the Surplus Earnings of the year 1921 exceeded those for any other in the Company's history!

Truly, indeed, do "great oaks from little acorns grow".

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