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VACATION hat women uently the ation never er of fact, y, affording e ment that . d ask your- that makes ting, and a a necessity? he same as s answer- ne wear and a vacation: dinner and wash dishes s a week, s, look after out! Why, the home is e monotony vacation as do. has a maid, e her of the ie of house- y have an s not follow a to do and mind to give out camping That's not

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half a vacation. I know a man who "just can't stand hotel grub" and his wife's vacation (?) consists in the transfer of her drudgery from the home to the banks of a lake, plus many inconveniences she did not have at home. Why if that appetite-ruled husband would have kept his mind off his stomach long enough to give his mind a chance to reflect rationally he would have discovered that a couple of week's "meals out" would have been a royal vacation to his tired wife—one that would have made a new woman of her. I know this to be true for she told me so.—Carl Carr, in Notes.

A RECIPE FOR REST

The most restful thing for a tired brain and overwrought nervous system is a brisk, enjoyable walk, or a keen, eager game in the open air, followed by a hundred pages or so of a good novel, says Good Housekeeping. You will sleep better, go back to your work next day fresher and better rested, than you would be if you had endeavored to crowd your brain with additional information or instruction for practical use in your life work.

No girl should go away for her summer holiday without making certain preparations in case of hot, sunny days, for she will find nothing worse than the direct rays of a hot sun for spoiling a pretty complexion.

The beauty box will take little room, as only small quantities of powders and creams are required. The "box" should contain, in the first place, a cool cleansing cream, which should be used instead of soap and water during the day, when the face needs to be refreshed; a pure face powder and a small packet of talcum powder. A sunburn lotion may also be added.

The talcum powder is beneficial in cases of perspiration, and the face powder should be generously dabbed on the face when it is to be exposed to the sun for some time.

If the skin gets badly burned never wash it with cold water, but apply hot cloths as soon after returning indoors as possible. Then dry the face well and

rub in some cold cream, which should be left on for about half an hour. If the sunburn is very painful cloths wrung out of witch hazel will draw out the heat.

These rules are equally applicable to the stay-at-home.

THE THEFT

Oh! I had quite enough of wealth
To satisfy my need
Until you stole my heart by stealth—
Then I was poor indeed.

But though against the theft I rave,
And bitterly complain,
Much poorer were I if you gave
It back to me again.

—Hester Isobel Radford.

SUMMER DIET

Chemically considered, an exclusive vegetable diet offers a much wider range of food stuffs than a meat diet alone; but special diets, particularly those of narrow range, are to be distrusted for regular use. Circumstances, sometimes, drive men to extremes in diet, but man was made for a mixed diet, simple, yet varied and abundant. At this season, when gardens flourish and one has the best choice of all the fruits and vegetables for a month or two, it is a simple matter to get what we want and what we need.

Don't make the mistake of eating too little, even if it is hot, and a careful diet is urged. There is wear and tear in the summer, as well as the winter, and although they are of value medicinally, most vegetable salads are not very nourishing. The French dressing, with its oil, is of great value and should be used freely. Roquefort cheese well beaten into this dressing is liked by many, especially with a combination salad. Lemon juice, and tomato juice (which colors the dressing) are very fine additions, and preferable to vinegar.

We live more outdoors now, and this often sharpens the appetite, padding the nerves two-fold, and storing energy for the colder months later on. We drink more water, too, and this is good for us also. Ice cream is a food, and although we eat these frozen dainties all the year around,

we certainly crave them more when the mercury soars.

All iced drinks and foods should be avoided when we are overheated or very tired, when they are all sure to be harmful. Heavy cereals and soups, starches, and heat producing foods must be reduced. We do not need heat and excessive perspiration is not profitable or pleasant.

CATERPILLARS VS. TRAINS

A railway train from the southern states of Australia arrived at its destination an hour after its proper time, the delay having been caused by a plague of caterpillars!

The caterpillars in New South Wales had multiplied to an alarming extent, and at one part of the line the rails were absolutely covered with them, and the engine and the train became absolutely clogged with their crushed bodies. The engineer, as a last resource, thought of tying sacks onto the cow-catcher, and after several attempts was thus at last successful in starting the train.—The Classmate.

HOUSEHOLD

Fruit and grass stains can be removed by soaking in alcohol.

Flower vases stained with impure water may be cleaned with vinegar and the leaves of plants. Shake vigorously and rinse with clear water.

Delicate china is best cleaned by washing in warm clear water. Soap takes off the gilt. If any spots or stains appear they may be rubbed gently with whiting or fuller's earth. Fine china should never be put in the pan with heavier quality of table ware.

After wiping carefully to remove the dust, patent leather may be preserved and brightened by rubbing with a soft cloth dipped in sweet oil.

To improve the appearance of the wash, put a tablespoon of kerosene in the boiler before the clothes go in. If preferred a teaspoonful of borax may be dissolved in boiling water and added to the last rinsing water instead of the kerosene in the boiler.

THE GRAIN GROWERS' GUIDE

COOKING IS LESS HEATING

if you avail yourself of

BOVRIL

It requires only heating to make a most nutritious soup or bouillon.

Ever try spreading Bovril on squares of toasted bread?

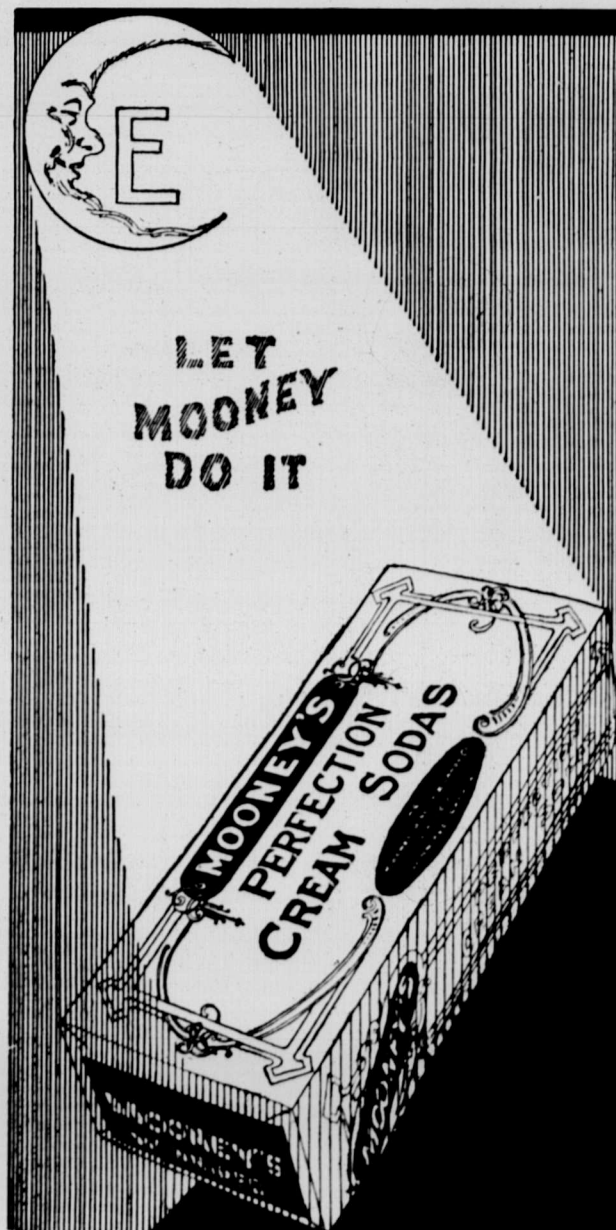
BOVRIL

has the rich appetising flavor of prime roast beef.

YOUTH AND AGE

"It seems so long a time," Youth sighs
"For years to come and years to go—
The days drag on so halt and slow!"
And Youth, in its impatience cries
For haste to where the sunset lies
On peaks that only Age can know
Where promises, like fool's gold, glow
And lure them with a worthless prize.
Life's sweetest joys Youth will not see—
The paths that lead through pleasant fields,
The right of Youth to wander free,
And all the joy that freedom yields;
Yet Youth knows best what Life should be,
And bides Time's flight impatiently.

"It seems so short a time," Age cries,
And wrings its hands and bows its head;
It's gained the peaks the pathway led,
Where Faith has whispered Fortune lies
But where the goal and where the prize?
The golden glint of hope has fled!—
'Tis fool's gold now, all turned to red,
And Age knows now Life falsifies.
"So short a time!" It goes so fleet
That scarcely do we have To-day!—
Ere evening starts and sunset meet.
The day of Youth has passed away
And blooms that yesterday were sweet,
Lie faded now at weary feet.
—John D. Wells.



LESS TIME IN THE KITCHEN

MORE TIME IN THE FRONT ROOM

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