PACKING THE SCHOOL LUNCH in with the

irds has scant time for all the hich have to be done in the Lunch packing takes a me, too, because it cannot be echanical. The variety which tial takes many minutes of and work. At school, even if there lesome, well-aired place to eat, the tight of the time of the time of the time of the time of the time. The time of time of the time of tim

HOW TO GET THE TAXES DOWN

made mechanical. The variety which is essential takes many minutes of thought and work. At school, even if there is a wholesome, well-aired place to eat, the excitement of rocess hour and the lack of judgment on the child's part about dividing eating-time and playing-time makes the imps of indigestion chuckle.

A suitable box to hold the lunch is our first necessity. The paste-board containers in which soda crackers are wrapped are excellent. They are already lined with waxed paper, they hold just about enough food, and they can be thrown away at the end of the lunch-time. If a more permanent box seems advisable there are two excellent types. One folds flat when empty and can be strapped in with the boots brought home for study. The other is perhaps best of all. It is of heavy time nameled black. Inside are attractive aluminum trays for soft foods and a thermos bottle in which, all through the school session until the lunch hour, coroca keeps hot or milk or lemonade cold.

The way a lunch is packed is most important, especially to children at the "waking-up" age, and most especially to grils. Boys are usually contented with quantity, but grils craw quality more. Plenty, but grils craw and save laundry work, because they can be thrown away. Plain white ones are advisable or those with bright, dainty, patterns in fast colors.

"Not by bread alone" applies to the nourishment in a school lunch-box. Plan to include in each lunch some thing which gives special delight. A "uurprise" may be a bonbon wrapped in a mystifying package or a coky with an usual shape. Motor candies to carry a message from Mother are more appreciated than even dischance of the courishment in a school lunch-box. Plan to include in each lunch some and emints, An extra cooky or two are suggested for this feature to be included floor or less regularly is something to share. Another feature to be included floor or less regularly is something to share. Another feature to be included floor or less regularly is something to share. Another feature to b

preciated than even Mother realizes. Another feature to be included more or less regularly is something to share. An envelope of salted nuts or of homemade mints, An extra cooky or two are suggested for this feature of the child's lunch.

The lunch should be planned to fit



news and some people do not like this.
But the reason they print so much unpleasant news is because so many people do so many unpleasant things. As
people get better the newspapers will
have nicer things to say about them.
The newspaper which doesn't first reflect its life and times would not be a
newspaper at all. It could not exist,
for pobody would read it or be interested in it. When a newspaper also takes
the pains to add its strength to the causes
which are good for the community it
is adding something to its primary function, which is to print the news. True
publicity both prevents and cures.

THINGS TO REMEMBER

GOOD MILK AT LITTLE EXTRA

It requires little extra cost and work produce clean, wholesome milk. Neither is it necessary to build a mode arn or install expensive equipment produce milk as to produce clean, wholesome milk. Neither is it necessary to build a model barn or install expensive equipment to produce milk as pure as a water supply. If a dairyman uses good methods he cannot help but obtain a good product. Poor methods cannot make good milk with the aid of all the equipment that can be obtained. If he uses a hooded pail, he can keep out considerable dirt and consequently many bacteria, but if he does not properly sterilize this pail he cannot expect (to obtain good milk. Without good methods the hooded pail, or other equipment which enhances the production of a clean product, is useless.

Modern equipment helps greatly in the production of a better product when an an expertition of a better product when the production of a better product when any people. As a will, the cotton pad strainer, the arator, or cooler, the manure carrier and stanchions are designed to save work and help to make the production of good milk easier. But the production of good milk easier, and help to make the production of good milk easier, but the production of good milk easier, but the production of good milk easier, and help to make the production of good milk easier, but the production of good milk easier. But the production of good milk easier, but the production of good milk easier. But the production of good milk easier, but the production of good milk easier. But the production of good milk easier. But the production of good milk easier. But the production of good milk easier.

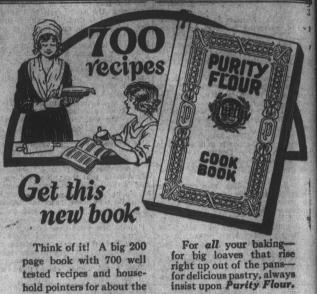
HOW TO ADVERTISE

O.—What is newspaper advertising?
A.—It is the news of the store or bushess published in the local newspaper.
O.—What does newspaper adversising do for retail store customers?
A.—It tells the store's customers and

BOTH RIGHT

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FEATURES

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RECOGNITION OF HEROISM

PRESENTED TO THE R.M.S."EMPRESS OF AUSTRALIA BY THE PASSENGERS TO COMMEMORATE THE HEROIG WORK PERFORMED BY COMMANDER S. ROBINSON AND ALL THE OFFICER IN SAVING THE LIVES OF ND RESCUING SURVIVORS OF FIRE WHICH DEVASTATED OF YOKOHAMA, SE 23 THIS SHIP, FOR MINE DAY HAVEN OF REFLICE' SHELTERED OURED THOUSANDS OF HOMELE

THE story of the Japaness earthquake disaster made appeal to & mand and for many reasons, and the Government of this Dominion did not hesitate to lend practical aid to the sufferers in stricken Japan, which staggered under one of the worst disasters in history. A ceremony the other day in New York, which gave recognition to Captain Samuel Robinson, who was in command of the Canadian Pacific steamer "Empress of Australia," where the particular is the presented to be in the harbor of happened to happene THE story of the Japanese earthquake disaster made ap-