Or, The Sign of the

FORCED FOIL COLD

THE PARK THE

A WOMAN'S FAUE HOLIDAY PLAINLY INDICATES THE CON-DITION OF HER HEALTH. How to Obtain Bright Eyes, Rosy Cheeks and the Elastic Step of Perfect Health.

DINNER

FAMILY

"Pure soap!" You've heard the words. In Sunlight Soap you have the fact.

Soap you have the fact.

Sunlight the time. When almost done, add a small piece of butter. Take from fire, stir in half cup grated cocoanut and beat until smooth. Drop in small spoonfuls on paraffin paper, or pour into buttered plates and cut in squares. This is very good without the cocoanut.

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Fruit Loaf.—Beat together the whites of two eggs, four tablespoons thick sweet cream and two oz. bitter chocolate, grated on a fine grater. Now add confectioner's sugar, a little at a time, until one cup has been used. Have ready half cup each seeded raisins, candied cherries, figs, dates and nut-meats or grated cocoanut. Grind the fruits, or chop fine.

For family use there is no better tea than

Blue Ribbon Ceylon Tea

