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FACTS THAT APPEAR VIVIDLY TO AT LEAST ONE WOMAN

Old Mother Hubbard
Went to the cupboard
To get her poor dog a bone.
But it cost so much pelf
That she ate it herself
And so the poor dog had none!

The above paraphrase of a favorite nursery rhyme demonstrates the fact that all is grist that comes to the funny man's mill. We must have our joke even on an empty stomach. Perhaps this is just as well, though it sometimes seems to thinking people that we are a bit too light-hearted over hard times and the causes of them. If we looked a little deeper, perhaps, we might be able to lend our influence to the betterment of affairs so that our nation might adopt a more sober pace, a less jaunty air and a return to quieter, saner ways, instead of being recklessly ready to "quaff the gay draft round the red fires of ruin." With vainglorious swagger we have gone on proclaiming to the other nations that ours is a land of milk and honey, until the question of meat—plain meat—stares us in the face and there is imminent probability of our having a class, like the peasant class of Russia, which cannot afford to eat meat.

While much of the dreadful cost of living may be properly traced to woman's extravagance and to her taste for idleness the thing that puzzles me most is the fact that people go ahead in exactly the same way despite the general alarm over high prices. Women get just as many new dresses and have just as much company, churches rebuild and redecorate, "causes" that call for donations flourish, the cheerful requests, "Do you want to buy a ticket?" or "How much will you give?" come quite as often to our door, and some way we meet them all, and each day's dawning finds us alive and kicking, though most of our "kicking" is about the indecent cost of living.

Nearly everybody knows that most of the poor man's money goes down the "red lane." I have known women who worked like dogs themselves and kept their husbands' noses to the grindstone simply because of poor ways of cooking. Such women use three eggs where they should use one, or even none. They heap the spoonful of baking powder, and put in two cupfuls of sugar where a cupful and a half would be plenty. They pile lard in the frying-pan and work it into the pie crust regardless of the fact that they are both injuring the food and ruining their pocketbooks. They never have any sour milk handy—they can't spare cream—and they are stingy of butter exactly when they shouldn't be. My idea about economy in the kitchen (though presented humbly and with a consciousness of possible mistake, for some of the women I have known to talk most learnedly on household economy have been deplorably mistaken) is that in cooking quality always takes the place of quantity. I believe we eat more poorly cooked food because of an unsatisfied craving (we do it mechanically), not really wanting the food, but putting it away, as it were, for future use, fearing that if we do not eat it we may get hungry. It would be very well for us all if we did get hungry in the right way oftener, and then it would be a good thing if we could have, when real hunger seizes us, the right sort of things to eat.

Personally I am very fond of plain, rather rough food, just as I like rugged facts—big, rough, unvarnished truth; just as I like crude, open country; just as I like big, unaffected, simple people. It is no hardship for me to come down to boiled cabbage and corn dodger. Give me a dash of vinegar and a taste of cayenne with my cabbage, with just a bit of bacon (extravagant taste!), or of beef with some fat on it, and a potato or two steamed on the top of the pot, and you may have all the dainty dishes you like. In the winter we always buy a quarter of beef from

a farmer, which is easy to do because our village home is in the midst of a farming community. I put it away after a recipe which I have, which was handed down from my foremothers—and maybe you think it isn't a joy to go and fish out a steak or a boiling piece when other people are wringing their hands over the high prices. This and the simple getting of a fat fowl now and then from my own henroost, together with bringing in grand eggs, varying in number from eight to fifteen a day, have kept us rich during many a hard, trying winter.

The things that really count for most in studying how to keep the home cuisine up to a standard of excellence are things made in the kitchen by the careful hands of the cook. For instance, take various breads. Nothing is more monotonous than a steady diet, day after day, of the same kind of bread, even though it be good. A simple meal may be redeemed and a touch of luxury added by a plate of hot biscuits or muffins or a pan of fine cornbread. Woman's distaste for the kitchen is a cause of much waste and extravagance. Many a wife who is "dressed up" and feels that she cannot go into the kitchen goes to the telephone and orders something extravagant to help out a meal, when just by adding the cleverness of her own hands she might give greater satisfaction and work a decided economy.—Ladies' Home Journal.

TEA TABLE TALK

By Aunt Sally, in the News.

"God and I, we made that garden," said Mrs. Smithson, when showing a visitor through the grounds. The visitor was shocked at the irreverence of her hostess. "Really, my dear," she remarked, "is not that, to say the least, a very novel way of expressing yourself. I hardly like to talk of the Divinity in that light way. It seems sacrilegious."

"But," replied the hostess, "it is true. I cultivated the soil, fertilized and irrigated, and kept the land free from weeds. Also, I planted the seed. I made the conditions right and some higher power than mine did the rest. We work together, and I feel sure the enjoyment is mutual. I believe that God loves and enjoys my garden, and for that reason I expended on it my very best efforts, and he certainly seems to encourage me, for my pansies are finer, my roses redder, and all my flowers mere excellent than those grown by my neighbors. The mutuality of our work makes for a high standard of quality. There is nothing like team work in any useful effort, and God and I make a great team when it comes to gardening."

"But, Auntie," remonstrated her little niece, after the visitor had gone, "you shocked Mrs. Clements so much that she did not care to stay. I am sure she thought you very wicked."

"What do you think, little one?" "Oh, I think you and your garden both perfectly lovely, and I'm sure what you told her was true."

The above incident needs no elaboration. It is worth thinking about.

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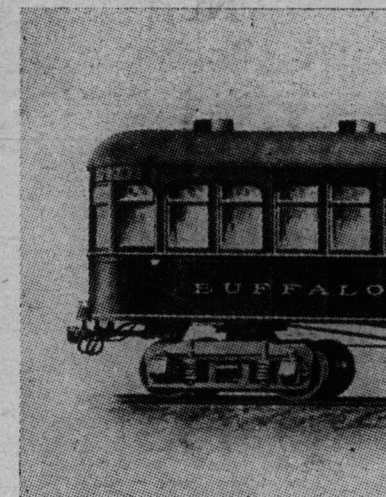
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ROBERT'S BAY WHARF STARTED

When Completed It Will Be a Great Convenience to Small Craft in these Waters

Mr. A. Raynes, of South Salt Spring Island, the Dominion government pile driving expert, and his gang of men are now busily engaged in building the new wharf at Robert's Bay. When completed this wharf will fill a long felt want to owners of launches and small boats in and around Sidney. In the past these small craft had no convenient place to land or take on passengers, except at the wharf at Beacon avenue, and this was not a very convenient place.

Robert's Bay is the only sheltered place for small craft anywhere near the town and this means of getting in and out to them will be greatly appreciated. The wharf is 974 feet long and extends out over the shallow water and sand bar to deep water. It is constructed of two rows of piles six feet apart. On these are placed 4 by 12 stringers and the flooring will be laid on these. A large float, 32 by 29, will be built at the outer end, so that the launches and boats can be convenient-

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