

PATTERNS—Continued

1624-1558—Coat Suit for Misses and Small Women.

Coat 1624 and skirt 1558 are both cut in 4 sizes: 14, 16, 18 and 20 years. It will require 9 yards of 36-inch material to make this suit for a 16-year size. This calls for TWO separate patterns, 10 cents FOR EACH pattern.

1599—Ladies' Maternity Dress.

Cut in 6 sizes: 34, 36, 38, 40, 42 and 44 inches bust measure. It requires 6 yards of 44-inch material for a 36-inch size. The skirt measures about 3 1-4 yards at its lower edge. Price, 10 cents.

NOTICE.

Patterns will be mailed to any address on receipt of coupon and money. Address, Fashion Dept., FRUIT AND FARM, Vancouver, B. C.

Name

Street and No.

City and Province

Pattern No.

Sizes

Aluminum Kitchenware is Worth Higher Price

Utensils of This Material Last More Than Twice as Long as Enameled Ones.

Aluminum utensils for the kitchen cost more than enameled, tin, or granite kitchenware, but are more economical and satisfactory in the long run because of their wearing quality.

The initial cost of aluminum is double that of enameled ware, but it will last more than twice as long. Tin, tinned iron, or agate lined utensils wear out much more rapidly. The enameled or agate ware chips off, whereas aluminum cannot be injured by being dropped or knocked against some object.

Fruit and vegetable acids will have no effect on aluminum, but alkalis are harmful. Alkaline solutions, such as solutions of soda, should not be heated in aluminum utensils. The lime residue on the inside of an aluminum tea kettle may be removed with nitric acid, which forms a thin coating of aluminum oxide and protects the kettle against further action. Hydrochloric or sulphuric acid cannot be used for this purpose as either one would dissolve the aluminum. Aluminum is light and easy to handle.

HOW TO DO THINGS

An orange or lemon put in the box with newly-made sweet cakes will give them a delicate flavor.

A piece of clean muslin wrapped and tied around the prongs of a fork is handy for greasing the griddle or baking pans, and may be burned after use.

Buttons sewed on to thin, weak cloth, stay just about as long as it takes to put them on. But take a bit of stout cloth, lay it on the under side and sew through that, as well as through the button, and you have a job that will last.

Potatoes begin to lose some of their mealiness now, so bake them. Cut a slice from one side, scoop out the middle, mash, season with milk, butter, salt and an egg, beaten light. Put this back in the skin and brown in the oven.

Use large cotton gloves or mittens while working over the stove, reaching into the oven, lifting kettles or moving covers. They are more convenient than iron holders, as they protect the hands from burns while serving the same purpose.

It is nice to bake bread in tin cans for the children's school lunch, as a round slice is just right for sandwiches and has a crust all around that keeps it from breaking. You can use the cans from canned corn, tomatoes or hominy, after cutting the end out smoothly.

When you have oranges or lemons with clean, attractive skins, save the peel for your own home-made candied peel. Boil the peel until tender, then drain; boil again in a heavy syrup until it is ready to candy.

Ambition we must have, and work, too, if we would laugh at Father Time.

It is all right to wash the hands before mixing bread; but make the job better by cleaning the finger nails.

For brittle finger nails anoint the nails at the roots every night with vaseline or dip them in warm sweet oil. This will make them grow better and they will not split.

When cleaning a garment with gasoline, lay the soiled part over a folded Turkish towel; this will absorb the dirty fluid instead of having it spread in a ring on the garment.

In laying away an article for safe-keeping: As you walk away from it, turn, go back, pick it up and replace it; this will fix its location in your mind so that you will not forget where you put it.

Spare some room on your place for a thick clump of bushes for birds to take refuge in; and some berry-bearing shrubs and trees, such as wild cherry, mulberry, dogwood, etc., to furnish them with food.

A potato crate or a big peach basket is handy to carry straw or shavings in, but more or less of the contents will rattle through the cracks and litter up the house or barn. By laying an old bran sack in, we may prevent all the litter. Let's do it.

The carbohydrates are that part of the food that goes to make fat, heat and energy. These elements are burned in the body, and any surplus above that necessary to supply heat and energy is stored in the body as fat, to be drawn on later if insufficient carbohydrates or carbonaceous food is supplied.

One of the worst colds I ever had was caused by putting on thin underclothes too soon in the spring. Since then I have stuck to the thick clothes until they got to sticking pretty closely to me. That's time enough to think of changing.

It is pretty tough to learn that some of the old patent medicines that grandfather used fifty years ago were (and are) com-

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posed of table salt, soda, Glauber's salts and whiskey—valueless as a medicine. It was faith that cured. But think of all the hard-earned money wasted!

Many mothers do not realize the pernicious effect of smoking (especially cigarettes) on the growing boy. It has a bad effect on the heart, and reduces the capacity of the lungs, besides stunting the growth. It is a fact that boys that smoke weigh less and are not so tall as their associates that do not smoke.

The average woman will find that a dozen geranium plants of different kinds will give her more satisfaction for house plants, summer and winter, than anything else. They will bloom profusely, give plenty of brightness and color, will stand neglect, will not die easily if a light frost gets a nip at them or if she should forget to water them, and they are almost insect-proof.