GLEANED BY THE WAY. Rice as a Food.

There is nothing in life that has not its lesson for us. or its gift. The rice grains that we eat and be-lieve are nourshing do not begin to have the real nutriment that is con-tained in the water in which they

have been cooked. For thousands of years rice has been CASTORIA. The Kind You Have Always Bough

For thousands of years tice has been the main food of the Chinese, Jappa ages and even the Sitks of India When we stop to think that these war-like nations compose one-five of the human race rul subsist largely on site, it scans probable that they thoroughly understand its properties. But the orientals have found that the water that we throw away atter cook-ing the cereal is what contains that the stubb—They call the tom-cats genteen eat. If it's a bilows attack, take Chamber-har Stubb—I an quite are our new neighbors came from Boston. Mr Stubb—They call the tom-cats genteen eat. If it's a bilows attack, take Chamber-har Stubb—They call the comment and the orientals have found that the water that we throw away after cook-ing the cereal is what contains the grain as a nutriment.

But for the Anglo-Saxon a delicion dessert can be made from this same rice water. After cooking the rice, drain the water and flavor with some twill form a jelly. Heap with subjo ped cream or fruit and serve. This makes not only a tasty but nutrition dish and certainly an economical one. Be in Earocst

Its When You Have Toothache Edith---Just think? Here's

Brown quickly in oven. Salad-Have very cold, dress with Prench or cream dressing, serve in lettuce; sprinkle with mineed par-ley, chives or onions. Use one cup large boiled chestnuts quartered, with one cup quartered sprouts the same hor ing milk, flour rubbed with butter salt and pepper

The Cookbook,

The Cookbook. To boil cream the day before en-nances the richness of the coffee into worn set that new skin is forming and the which it is poured.

The remnant of stewed or preserved

The remnant of stewed of preserved fruit lett from tea will improve a tapi-oca pudding the next day. To cook carrots quickly add a small piece of soda to the water in which they are boiled. This will im-prove the flavor of the vegetable.

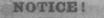
To prevent gravies from becoming lumpy remove the pan from the fire while the thickening is being stirred in, after which set the pan back or the fire and cook thoroughly.

Several green coffee beans left to soak in the ubbeaten white of an egg will color cake icing a delicate green. The beans should be removed and the

egg whipped and used tor icing. If bread has been baked too bro

or if the crust has been blackened in an oven made too hot, do not attempt to cat off the black with a knife. As soon as the loaves are cold go over Pleasent Bay, C. B.

them with a coarse grater,







Stubborn Skin Disease.

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When God's great sunr him out?

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the vices may beset a thoughtless morial, the other one is usually out far away to assist in dragging him down.
The Price of My Boy.
The Price of My Boy.
The price of My Boy may price, permanent of the construction of the boy physicians to be actually one of max not be out of piace. He is just more attering upon his teens, the is not finder of expense, its waste is enormous for expense, its waste is enormous of the present, and is now the price path the price of an inclusion of the boy whom we have the present, and is now the price path in and almost the price of the present, and is now the price path. It is a crime to shorten life, or extigation functions of the chief German physiologists boy the present, and is now the price path. It is a crime to shorten life, or extigation functions, the ant attraction of the constitution of the south of this community, which, in its organized capacity, the state and the proves of the constitution by smokers of boy are the buyers of discountry, this state and the payment of which a manning constitution a proving of the south which he laws for market by the law makes for arrous debility. Tobacco more on their blood, their teeth, her yes, and their brains; turns the result to do until he bought the priveles. And their brains; turns the fire the into manny and their brains is a proving of the south of which a manning constitution. Its proving that be added to do that which he hand a proving the south of the present of which a manning the market by the law makes for arrous debility. Tobacco more there blood, their teeth, her or allows are prevised at all other as a proving the south which he laws the fire and their brains; turns the fire of a classborg. Proving 'that provise' that constraints and and the price part of a price part of the present of which a manning and their brains; turns the fire part of the present and the price part of the present and the present of the present and the pr

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