

woman they had passed had probably got off the sidewalk for them, they were oblivious to the necessity for attention. Half and half is the rule of the sidewalk, although men should give more to women, and the young of both sexes to their elders.

"To be sure one can overdo any good thing," Miss Bertha talked on, affectionately pressing the girl's hand on her arm. There was the case of the young man going to a party and discovering that his new trousers were six inches too long. He asked his mother to shorten them, but she was going to a club meeting and suggested he take them to his sister. However, his sister was busy with her own gown for the party and told him to take them to the maid. Unfortunately the maid was going out, so the lad cut off the extra length himself. Later in the afternoon his mother returned, remembered her son's request, found the trousers, cut off six inches and finished them neatly. Later the sister had some leisure, got the trousers and repeated the shortening. The maid, too, coming in early from her afternoon out, bethought her of Master Jack's predicament, found the trousers and kindly lent her scissors and needle to serve him.

Olive's laugh rang out so loud that Miss Bertha regretted her funny story in so public a place. "What a gorgeous sunset!" she exclaimed. "Those flying, fantastic clouds look as though a giant battle were on."

"Yet such a silent battle," the girl replied, instinctively lowering her voice. Miss Bertha smiled.

Self-Made Invalids

In searching about for the causes of various diseases, modern men of science have found that not a few ailments arise from poisons made by ourselves, or at least made within our own bodies. This process is appropriately called auto-intoxication, or self-poisoning. In other diseases, again, there is no manufacture of poison, but there is a maladjustment of parts, or more or less deformity, the effects of which the system endeavors to correct, with the result of a strain to the nervous system that oftentimes spells ruin to health or even to reason.

Intestinal auto-intoxication is one of the greatest producers of morbid symptoms or actual diseases, running from headache, dizziness and indigestion to various mental disturbances, nervous breakdown or even actual insanity.

Self-poisoning from the waste products that ought to be eliminated through the kidneys is also very common, although in this case, the kidneys being actually diseased, the headache, blindness, convulsions, coma and other symptoms are regarded as symptoms of the kidney disease. Nevertheless, they are in reality due to auto-intoxication.

The diseases due to defective elimination through the skin are not so definite or so easily recognized. The function of the perspiration is probably more to cool than to eliminate, although some waste is doubtless cast off through the skin. There is a tradition concerning a boy taking part in some celebration, whose entire body was gilded, and who speedily died from the effects of closing all the pores of the skin. The story is probably made up, but the lesson it teaches of the need of free elimination through the skin is valuable, and ought to be heeded.

Another source of poisoning or of reflex nervous disturbance is the teeth. Decayed teeth, especially decayed roots, have occasionally caused deafness or blindness, and the reflex irritation from teeth set too close together or growing in abnormal directions has been known to produce serious mental disturbance.

The chief lesson of the discovery of auto-intoxication as a factor in the causation of disease is that one should be examined regularly, once a year at least, by a good physician, and every six months by a competent dentist. Thus it is possible to detect the first signs of defective elimination or poison production before any great damage is done.

When Holloway's Corn Cure is applied to a corn or wart it kills the roots and the callosity without injury to the flesh.

Fish

1. The composition of fish is similar to that of meat, and most fish, if properly cooked, are digested with more ease than meat, so that we can substitute fish for a large part of the meat now eaten, with profit and increased health.

2. Frozen fish is just as nutritious as any other. It should be kept frozen until required, then thawed out in cold water and cooked. Do not let it stand after thawing, as it spoils quickly. Do not buy thawed-out frozen fish.

3. Do not let fresh-caught fish stand in water, as it loses flavor. Wash and wipe clean, sprinkle with salt, and put in cold place until required.

4. Clean fish by making an incision along the underside of fish with a sharp knife, being careful not to pierce entrails. Remove entrails, see that backbone is free from any clots, wash and wipe with a cloth wrung out of cold water.

5. Scale fish by holding in a pan of cold water, and scrape with a sharp knife, working from the tail toward the head.

6. Skin a fish by removing fins along the back. Cut off a narrow strip the entire length of back, loosen skin from gills and draw off. The fish must be firm to do this.

7. To bone fish, loosen bone from flesh at tail. Dip the fingers in salt and work the flesh from backbone, working toward head.

8. Fish stock is made from the bones and skin, and may be used in fish soups and sauces.

9. Mackerel, haddock, cod, flounders, sole, pickerel, jackfish, whitefish, tullibees, pike and goldeyes are amongst the cheapest fish on local markets.

10. Fish to be sautéed or fried may be rolled in cornmeal, oat flour, rye flour or rice flour and laid in hot greased pan, flesh side down.

11. Serve boiled fish with white sauce,

drawn butter sauce or egg sauce; baked fish with drawn butter, tomato sauce or lemon; fried or sautéed fish with lemon or a tart sauce, or with tomato. Oily fish should not be served with a butter sauce.

12. Rice or mashed potatoes should substitute bread crumbs in fish dressings.

War Cake

Two cups brown sugar, 2 cups water, 1 package raisins, 2 tablespoons shortening, 1 teaspoon cinnamon, 1 teaspoon salt, 1/2 teaspoon cloves, 1/2 teaspoon nutmeg, 2 cups rye flour, 1 cup cornmeal, 2 teaspoons baking powder, 1/2 teaspoon soda.

Beat together the sugar and shortening. Add the water, raisins and the spices. Boil this for five minutes. Cool the mixture, then put in the rye flour, in which the baking powder has been sifted; add the cornmeal and soda. Bake in loaves in a moderate oven. This makes a quick oven.

Pink Toast

This dish is a pleasant change from the usual milk toast of which invalids get so tired. But I think anyone who tries it will find it equally popular among well people. Put three tablespoons of butter into a saucepan, when bubbling add three tablespoons of flour mixed with one-half teaspoon of salt and stir in gradually one and one-half cups of tomato stewed and strained in which one-quarter teaspoon of soda has been dissolved. Add one-half cup scalded milk, pour over six slices of toast and serve at once.

Tomato Rabbit

This is a welcome variation from the usual Welsh rabbit, and can be made en-

tirely in the chafing-dish, but we usually prepare the tomato sauce beforehand, so I will give the directions for that way of making it. One-half can tomato, one-quarter small onion, three cloves, one bay leaf, one-third teaspoon mustard, one-half teaspoon salt, a dash of cayenne, one-quarter teaspoon soda. Stew all together for ten minutes, thicken with one-half teaspoon of cornstarch, strain and put away until ready for use. When ready to make the rabbit, put the sauce into the chafing-dish and when it is absolutely hot add six ounces cheese, broken into small pieces, stir occasionally till it is all melted and creamy, then add slowly two beaten eggs. Cook one to two minutes longer, serve on toast or crackers. It will never be stringy, and if a little is left over it is almost as good warmed up the next day. This quantity serves four people.

Steak with Tomato

This is a good way of cooking a cheap cut of steak. It is nicest cooked in a casserole in the oven, but, as that is very expensive when one has a gas stove, we do it usually in a tightly covered frying pan on top of the stove. One pound of round steak, three-quarters can tomato, one small onion, salt, red and black pepper to taste, one-half bay leaf. Put all together in a frying pan or casserole and cook slowly three hours. Cooking fast absolutely spoils it.

Spiced Oatmeal Cakes

1 1/2 cups oat flour, 1/2 cup cooked oatmeal, 1/4 cup sugar, 1/4 cup raisins, 1/4 teaspoonful soda, 1/2 teaspoonful baking powder, 1/2 teaspoonful cinnamon, 3 teaspoonfuls butter substitute, 1/4 cup molasses. Heat the molasses and fat to boiling. Mix well all other materials and bake in muffin pans for 30 minutes. This makes 12 cakes.

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