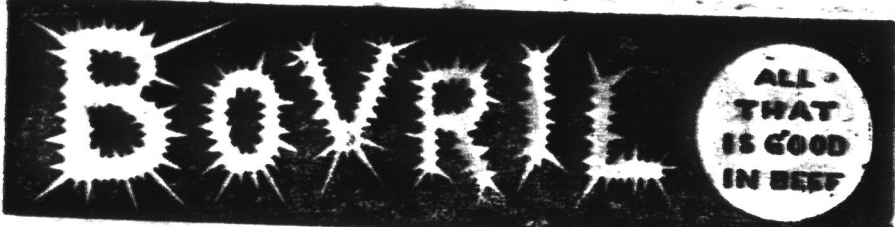


BOVRIL IMPROVES YOUR PIES



THE MYSTERY OF THE GREEN RAY

By William Le Queux

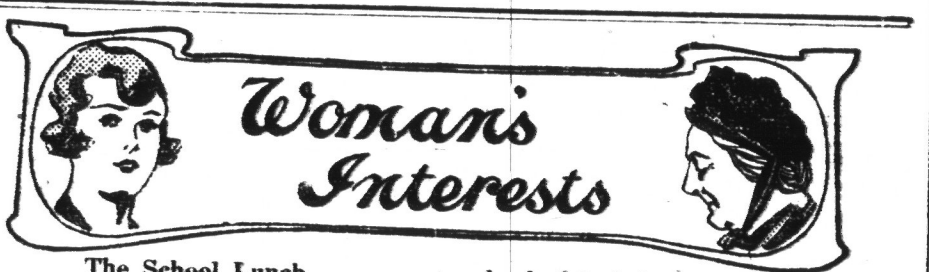
CHAPTER XVI—(Cont'd)

"Of course, you know what I have come to speak about, Mr. Ewart," Hilderman began at once. "You must have thought my conduct this afternoon was very strange—very un-sportsmanlike, to say the least."

Having done the best I could for Myra's motor-boat, I made my way round the hill, climbing cautiously and carefully buttoned in case a gleam of moonlight on my shirt front should give me away at a critical moment.

Can Carelessness Be Cured?

Experiments carried out to test the mental effects of loss of sleep have revealed the remarkable fact that there are two distinct phases of fatigue.



The School Lunch.

The vacuum lunch kits are a great advantage where it is impossible or impractical to serve hot lunches, as children need at least one hot drink or dish for lunch.

Lunch cloths or napkins should, of course, be provided. Paper napkins may be used for the purpose. They are inexpensive and lessen the work on washday.

We keep all cold cream, vaseline and similar small jars for packing the lunch boxes. They make excellent receptacles for custard, sauce, preserves, salads and puddings, the screw tops preventing the contents from spilling.

Loaves of bread baked in baking powder cans or other tall cans, are excellent for sandwiches. They take but little extra time to make and are always a delight to the children.

A little variety in food should be afforded from day to day, as a child soon tires of the same food prepared in the same way.

Hard-boiled eggs are an old standby with many mothers. Boiled for the usual length of time these are exceedingly hard to digest.

An unusual sandwich may be prepared by chopping nuts and seedless raisins together, moisten with cream and spread between lightly buttered slices of bread.

Brown bread cut in thin slices, buttered, and spread with mashed beans and salad dressing, makes an unusual and substantial sandwich.

Many other delightful and unusual fillings will suggest themselves if you give a little thought to the subject.

Next in importance to the sandwich, comes the vegetable or salad. Salmon, potato, cabbage, corn or apple may be used. Here is where the little jars come into play.

Potatoes are good, and also convenient to carry if baked in the shell. Select large, smooth potatoes for this purpose. Bake until soft, then take from the oven, split lengthwise and remove the potato from the shell.

Last, but not least, comes the dessert. This should consist of cake, cookies, very occasionally some kind of pie, and fruit of some kind.

Cupcakes or cakes baked in muffin or gem pans do not dry out so quickly as slices of cake. Plain or colored fondant candy may be melted, to ice the little cakes. The candy may be put in a bowl and set over the tea-kettle. When melted, dip the tops of the cakes in. They will harden quickly

and what is left of the icing may be kept for the next time.

Oatmeal cookies and cookies with raisin filling are a pleasant change from the usual molasses, cream or drop cookies.

Tiny pies baked in shallow gem pans are nice and are handier to carry than pieces of larger pies.

Apples seem to be the favorite fruit for school lunches. A handful of raisins are a welcome change.

Overwork.

A housekeeper who is overworked often says, "I know that I am doing too much, but I must keep going, for when I try to stop I feel worse."

The exhaustion caused by overwork is often augmented by brain-fag. For example, women who have become overtired from the care of a house often needlessly add to the burden by dwelling upon the details of the housework.

It was agreed that in former wars it took a man's weight in bullets to kill him. In other words, that for every thousand rifle-bullets fired away one man was killed.

Women who have always had leisure had suggest, "Why did she not let her work go, and rest?"

When you go to be photographed remember that rosy cheeks will look hollow in the picture. If you are pale, do not make the mistake of "touching up" your face with rouge, as the paler you are the better you will look in the photo.

Look Pale, Please.

When you go to be photographed remember that rosy cheeks will look hollow in the picture. If you are pale, do not make the mistake of "touching up" your face with rouge, as the paler you are the better you will look in the photo.

Dye Old Wrap, Skirt, Sweater, Curtains, in Diamond Dyes

Each package of "Diamond Dyes" contains directions so simple any woman can dye or tint her old worn, faded things new.

Use Minard's Liniment for the Flu.

Wrigley's Nips advertisement featuring images of various gum packs (Peppermint, Spearmint, Doublemint, Juicy Fruit) and promotional text like '10 for 5c' and 'Candy jacket just melts in your mouth'.

AFTER EVERY MEAL. 10 for 5c. Candy jacket just melts in your mouth then you get the delectable gum center.

To Kill a Soldier. Nothing caused the newspapers reader during the war greater surprise than the colossal expenditure of ammunition.

REDUCE 8 POUNDS A MONTH by taking GROWTOX. Price \$1.00 per box. Sold by all druggists, or by mail, ROSS MEDICINE COMPANY, 75 Jarvis Street, Toronto.

Cleaning

THE postman and expressman will bring Parker service right to your home. We pay carriage on it.

Parker's Dye Works Limited. Cleaners and Dyers. 701 Yonge St. Toronto.

CORNS

Lift Off with Fingers. Doesn't hurt a bit! Drop a little "Frozone" on an aching corn, instantly that corn stops hurting, then shortly you lift it right off with fingers.

Doesn't hurt a bit! Drop a little "Frozone" on an aching corn, instantly that corn stops hurting, then shortly you lift it right off with fingers. Truly! Your druggist sells a tiny bottle of "Frozone" for a few cents, sufficient to remove every hard corn, soft corn or corn between the toes, and the calluses, without soreness or irritation.

Vertical text on the right edge of the page, including 'The soils in t...', 'orchards becau...', 'little acts w...', 'water times', 'Wa...', 'plant enters...', 'dioxide solv...', 'be ab...', 'roots.', 'Hum...', 'and of s...', 'soil. It f...', 'sopri...', 'stantly', 'Hum...', 'soil-wa...', 'bacteri...', 'tion of o...', 'orchards', 'The lo...', 'loosely', 'means m...', 'matter h...', 'humus s...', 'stanc...', 'but for...', 'use the d...', 'decayin...', 'animal', 'Mann...', 'source', 'and st...', 'of manu...', 'it is al...', 'carrier', 'food.', 'Mann...', 'humus is...', 'the follo...', 'Mann...', 'tion loses', 'humus, c...', 'loses 40%', 'humus.', 'loses 50%', 'These f...', 'sity of w...', 'whether i...', 'if the fu...', 'are to be', 'High t...', 'measure', 'sowing i...', 'ask two li...', 'First:', 'have on s...', 'increased', 'sers cause', 'humus.', 'Fertili...', 'bacterial', 'of the re...', 'soils is u...', 'Incorpo...', 'more hum...', 'more at...', 'line.', 'On the o...', 'vastly imp...', 'satisfac...', 'loved or i...', 'the soil', 'fully main...', 'Cornel', 'It is exp...', 'fertilizer', 'have on s...', 'corns whic...', 'this treat...', 'hiring of a...', 'newed an...', 'the corns a...', 'of the soil', 'The use o...', 'on the f...', 'growth of s...', 'able to m...', 'to the soil', 'under'. 'Comparing', 'the benefit', 'fertilizer, whic...', 'manure, the', 'acres was p...', 'Of course', 'both phos...', 'manure not', 'It increas...', 'plantfed i...', 'test shoul...', 'from man...', 'green manur...', 'Since 1917', 'ment Stat...', 'Rhode Islan...', 'Agricultural E...', 'out a system', 'treatment whic...', '(1) Heavy', '(2) Substit...', 'one-half the m...', '(3) Using', 'crops mostly', 'sufficient for man...', 'In "Market"', 'March 15th, 1918', 'is reported n...', 'First as a', 'manure and a', 'manure.', 'In 1919', 'duced after m...', 'of 5.8-5 fertili...', 'thirty-two t...', 'been used', 'Only when', 'peas and corn', 'and 2500 lbs.', 'Howe', 'that from', 'above. The', 'nation of manur...