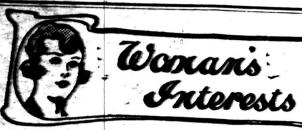
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GAINING WEIGHT.

diet is the most important factor in the other one cooled.—Ida M. K. sing the weight.

Next to diet comes the mental attiwhich, in many cases, is the difear and lack of self-confidence are es of good digestion. These negative traits should be replaced by cheerdness, faith and confidence. Regular exercise, daily recreation,

ation and plenty of fresh air in eping-room are of importance

in building tissue.

I know of nothing better for one, mentally and physically, than to get out in the open country and tramp for miles. If you have mountains or hills cloth did, and will not need to be painted more than once a year in brilding of the courty and tramp for that doesn't show wear like the oil-cession passed, through the heavily concerned. Evidently the poor wo-concerned. Evidently the poor wo-content to harbor any irritation over the brilding of the courty and tramp for that doesn't show wear like the oil-cession passed, through the heavily scented Oriental courty and tramp for that doesn't show wear like the oil-cession passed, through the heavily scented Oriental courty and tramp for that doesn't show wear like the oil-cession passed, through the heavily scented Oriental courty and tramp for that doesn't show wear like the oil-cession passed, through the heavily scented Oriental courty and tramp for that doesn't show wear like the oil-cession passed, through the heavily scented Oriental courty and tramp for that doesn't show wear like the oil-cession passed, through the heavily scented Oriental courty and tramp for that doesn't show wear like the oil-cession passed, through the heavily scented Oriental courty and tramp for that doesn't show wear like the oil-cession passed, through the heavily scented Oriental courty and the heavily scene of the h never can know how much breath your

When you get home, take a hot bath we decided we would enjoy eating all will be mentally stimulated and physicare guests. I made lunch cloths for The mystery, the whole queer affair, cally relaxed and you won't know the table of unbleached muslin, which was too much for David's overwrought you've had a nerve in your body. Also, will wear longer and are easier to nerves. Flinging himself in front of just another effort of the will, and self was again relegated to the backyou've had a nerve in your body. Also, will wear longer and are easier to nerves. Finging nimsen in front of self was naturally rather restless. The person we had to use in the dining-room. who wither to increase in weight Even when I have several hired men should try to sleep at least eight hours to cook for I set the table in the "Who? For God's sake, boy, speak out of the twenty-four. Ten hours bitchen It is much warmen the who-"

sults you are striving for. Eat rice and cereals with cream. Drink plenty of milk and add some of the maited or its many substitutes. Avoid acids, not have to be disturbed when only nished, but no one paid any attention Plain cake is in the same class. Rich, spicy cake or cake having rich frosting is too hard to digest. So is pastry. Eat cream soups and vegetables served with a cream sauce. Stewed oysters and clam broth are nourishing and sure that the eggs carefully in it, being sure that the eggs are covered by at as a slight, white-clad form rose from the sign of the rifle fire. The noise of the gas, and regardless of the rifle fire. The noise of the gas, under pressure of over two hundred and clam broth are nourishing and sure that the eggs are covered by at as a slight, white-clad form rose from the difficulties involved. While the under pressure of over two hundred beside the bed and approached the sure that the eggs are covered by at as a slight, white-clad form rose from beside the bed and approached the visitors. It was Tu Hee. Her grave regulations governing oil and natural pounds to the square inch, escaping gas development explicitly state that through the bullet holes, was so great the property of the square inch, escaping gas development explicitly state that through the bullet holes, was so great the property of the square inch, escaping gas development explicitly state that through the bullet holes, was so great the property of the square inch, escaping gas development explicitly state that through the bullet holes, was so great the property of the property of the square inch, escaping gas development explicitly state that through the bullet holes, was so great the property of the proper ed. Bread is good, so are eggs. Desserts made with milk and eggs are best. Bananas, dates and raisins may

be eaten freely. The following foods should be excluded from the diet: Vinegar, pickles, mustard, chow-chow, hot spiced sauces

THREE TIMES EVERY DAY. Three times every day. Putting the same dishes on the table. Wondering what to have to eat. Washing the dishes afterward. Sweeping up the crumbs. Planning the next meal and making the necessary preparations. Mother knows the endless tale. It is, as one mother expresses it, "nagging" to get three meals every day. But there is another side which we

do not consider so frequently. Three times every day. Every place, even to the high-chair, filled. The stew that daddy especially likeseven if he neglects to say so. The salad daughter adores. The pie that makes the boys' eyes shine.

Three opportunities to listen to the children's chatter—their games, their lessons, their triumphs and troubles. The joke that brings a gale of laugh- A DRESS WITH NEW FEATURES cleanliness. which teaches a useful lesson. The

After all, perhaps three times every day isn't any too often.

AN EMERGENCY HOT-WATER BAG. I chanced to be in a home one day To trim as illustrated with contrasthere a hot-water bottle was needed ing material requires 1/2 yard 36 and there was none, but the housewife inches wide. made a very satisfactory substitute est of a piece of an inner tube.

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After turning one end back and tyinderweight can be directly traced ing it securely, the tube was filled askance. disturbance of the digestion or with hot water. The other end was lation. By a careful, regulated then turned back and tied and it was it has been possible in many ready for use. By having two such to bring the weight up to nor- tubes, one could be kept in a pan of nd, without a doubt, a change of hot water to be ready for use when

REJUVENATING THE KITCHEN. Ever since I've been on the farm cause of impaired digestion and I've had such a dreadful time trying

assimilation. Worry, anxiety, to keep the oil cloth on my kitchen table presentable. This summer I hit

necessary to recover at least three impatient pacing he had reached the door, which he was about to open, when someone else anticipated him. The only conclusion they could attentions she showered on the Chinese girl.

The servant re-entered, bowed, and arrive at was her late regret at leaver the many she had to have been discovered to have

Walk until you are pleasantly tired. checked gingham. It looks so cozy ried, broken English: unbleached muslin trimmed with blue the strangers in. Then turning to old memories and recalled happy by checked gingham. It looks so cozy the bewildered group he said in hurand pained Irma that her husband ble and lie down to rest. You our meals in it, except when there hurry, thanks!"

would be better.

Ten hours kitchen. It is much warmer than the dining-room in winter. I use a small k Eat mulishing food rather than oil stove for cooking in summer. It tively obeying the command in the rich food, for the latter taxes the displeasant in here at that season, and voice of the excited foreigner, replied:

"She Sn she dving." dining-room in winter. I use a small handling, shrank back, but instine-

cipe which includes olive oil ed in layers so that the whole does at the end of the corridor.

It was simply but comfo with salt. The eggs should be pack others, he entered a small apartment

quarts of commercial waterglass with ated with low moans, proclaimed she



FOR THE GROWING GIRL.

and soiled dishes. It not infrequently waist portions are cut with skirt secappens that it is the only time in tions, that are joined to plaited side the day when the whole family is to-portions. The short sleeve is cut in one with the waist. The long bellshaped sleeve is added.

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The Gift Of The Gods

BY PEARL POLEY.

CHAPTER XXIII (Contil)

into the French sitting-room, where he It was with mingled feelings Neil

many hours days to one of them them to readily recognize her as the nurse who had accompanied Paul from his navoral home and who had deupon a "brand new" idea which saves energy as well as money.

At the end of the fifth minute David nurse who had accompanied Paut from had made up his mind that suspense his parental home, and who had dever their tea cups in the sitting-room the strained atmosphere relaxed somethis parents shortly after they had what and sincere congratulations It costs sixty-five cents for oilcloth enough to cover my table, and it is necessary to recover at least three matter pacing he had reached the matter pacing he had reached him and them with the rest of the strained atmosphere relaxed some what and sincere relaxed some which he matter pacing he had reached him and them with the rest of the strained atmosphere relaxed some what and sincere pacing he had reached him and them with the rest of the strained atmosphere relaxed some what and sincere pacing he had reached him and

My kitchen is about fourteen feet whose Eastern calm was sadly delungs are capable of holding, until you light buff color, and made curtains of the addressed the boy who had ushered the strangers in. Then turning to old memories and recalled happy by-would reign supreme.

"She, Su, she dying."

David's head spun with the shock PRESERVING EGGS.

To preserve eggs in salt, they

The reaction that he wanted to laugh. milks to your tes or coffee. Take an should be packed in a large box filled Instead, however, silently, with the others he entered a small apartment

using a few at a time. Keep in a to that fact. All eyes were centred When using the waterglass solu-where a Chinese woman was lying, tion, mix thoroughly one and one-half whose short, hard breathing punctu-

ly she withdrew to her place beside the all mishaps on leases must be corthat cotton wool had to be placed in

"This woman is ill unto death. In

order to reach her ancestors and identity.

"Ah!" estedly. "It is you especially and her this well had, for some unknown rea- iron smokestack about thirty feet young mistress, Miss Weng Toy, she son, failed and that the resulting flow long, found on the ground and which has asked for. The others are merely of gas had become ignited. When had been used in the original drilling witnesses, as are we. Please step forward, close to the bed, Dr. Culver and your madam. please. It is most important that you miss not a word and Yukon Branch of the Department flame was carried as far as possible of what this woman has to say."

Neil and Irma stepped quietly to the respect to oil and gas operations and create a gap between the top of the bedside. The k'ang or bed was not of the preventing of waste therein, the casing and the base of the flame long the modern, Western kind. It was a branch immediately sent its petroleum enough to prevent re-ignition. As a typically Chinese affair, built of brick, engineer to investigate and to recap boom derrick could not be used, a The only noticeable difference between this piece of furniture and the ordinary bed of China, was its conspicuous

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I did it for my Paul's sake my little As they swerved into the street Paul into my arms his own mother where Tu Hee's house steed they saw gave him Master Chu Sing he promise me Paul that why I leave you."

Slightly revived, her eyes sought Tu expected was not yet over. From a dim recess of the room appeared Lun, Sing I killee him. He rob Paul's wiping her eyes and sobbing audibly. Not waiting for the assistance of David or the driver Grace flowers. David or the driver Grace flung open wild protest—"she good—she no go to the door nearest to her and sprang prison—I tell you all—I killee Master for you, Missee Tu Hee."

"Surely. Lun dear, it can wait."

On the steps of the great house they mingled with Neil and Irma Culver, Chesterton Reynolds, and Helen Clayblack eyes. In her effort to say more more. Each group eved the other the woman half raised herself from the steps of the great house they mingled with Neil and Irma Culver, black eyes. In her effort to say more wait, or Lun will die, too wait, or Lun will die, too wait not another hour minute— Chesterton Reynolds, and Helen Clayblack eyes. In her enort to say more wait not another hour minute second."

The officials, impatient at a service. Chesterton Reynolds was the most composed. "Well, here we all are, but if you don't know any more than we do the reason, why, your minds are but the spirit had fled.

Line pinow, out the great reaper, The officials, impatient at a servant's interruption, now stepped forward. Bowing low to Tu Hee and apologizing profusely for an error of the law, they begged to be excused.

Cently Tu Hee stroked the still

Before another remark could be hands, while tears ran down her sweeping courtesies and a servant passed a servant opened the door and cheeks. "You were very good to me, held open the door for them to pass

It was with mingled reenings Neil Apparently forgetting Lun's request.

Apparently forgetting Lun's requests.

Apparently forgetting Lun's requests.

"Aw, that's all right, mom!" coursely somewhat the course of t The minutes passed, only five, but to woman's labored confession. Her The minutes passed, only five, but to woman's labored conression. Her the waiting group they seemed that words and name of course had enabled of my hospitality before you depart, of Rampage, who was dining there. desertion being an almost unheard of such a child to have suffered the way remembered act of faithlessness before facing her Maker. Of course happiness into two dainty ears. Won-

> watched her anxiously. But Irma of discipline too long not to quickly Culver suggested that they bring their regain her self-control. It required midnight visit to a close. self was again relegated to the back-

Ever ready to rejoice at another's bigotry of the Chinese law this lovely child should have been made to suffer

"In the presence of death w reticent, but this confession Miss Weng Toy of the char murder. The house of Weng

another car approaching from the op ise me Paul that why I leave you."

Swung open and it turned in ahead of she struggled for breath and a bluish side in an instant. Words failed him, swung open and it turned in ahead of them.

"What can it be all about? O David, I feel we're on the brink of something bed and moistened the woman's lips.

"Pray God she's safe," came the "Ske not kill Master Chu"

"Ske not kill Master Chu"

side in an instant. words range min, however; all he could do was to hold her hands in a tight, reassuring clasp and look his great love into her soul.

Slightly revived, her eyes sought Tu expected was not yet over. From a

"No, not wait, or Lun will die, too

that was the import of her strange derful visions of the future occupied The whole scene, however, stirred relieved of every cord of bondage or tint successfully, because perfect

sociability, however, and conversation colors. Directions in each package. (To be continued.)

Minard's Liniment Heals Cuts.

Conserving Canada's Gas

To be called upon to control and to cut the casing and this was set recap a gas well "running wild" and up on a tripod at a distance of twenspouting a sheet of flame 75 feet in ty-five yards from the target. Steelthe air and to do this by shooting off jacketed bullets were used, and durthe broken valve by means of steel- ing the firing of the first twenty-five sick woman. But Tu Hee was not the rected by the operator, it has hap the ears of the workers to protect Three Chinese officials now came valves and cappings or the tamper number of rounds fired increased and forward. One of them, evidently the ing with fittings and equipment by with it the size of the opening, the captain of the trio, approached. His ignorant or maliciously disposed permore spectacular and dangerous feature was vary fair and he smaller ignorant or maliciously disposed per-

sons, wells have become a menace to tures of the operation gradually disthe field and wasters of gas or oil. appeared and after two hundred The case referred to above, and rounds had been used the valve sepescape further suffering in the world, which may be cited as a typical exarated from the casing and the flame she one hour ago took a deadly poison. ample of the resourcefulness and de-rose like a torch to a height of seven-Her spirit will pass in half an hour. termination of those who did the ty-five feet. She has called for you all to hear her work, was that of a natural gas well last words. Which are Dr. Culver and at Pelican Rapids, on the Athabaska Neil indicated his and Irma's River, about 165 miles north of Edmonton, Alberta. During March, 1922, the flame. Roughly outlined the The official eyed them inter- it was reported that the capping of scheme was to drop one end of an of the Interio, which is charged with to one side when, by unshipping the Surprised at this strange request, the administration of the law with bottom of the stack, it was hoped to the well as soon as possible.

Fighting Intense Heat.

needed reproof for lax manners. The a contrasting color would be attracted wards Irma, she said haltingly: "I beating upon the ground close to the was directly over and about one foot casing. The intensity of the heat genabove the casing. The consequent erated was so great that the pipe and draft caused the gas to flow into the fittings were heated to incandescence stack and burn from the top. After and it was clear that nothing could this had continued for sufficient time be done until the fire was extinguishto get the casing cool the lines holded. This had to be done with what ing the bottom were released, thus equipment could be improvised on the cutting off the gas supply at its head ground, far away from machine shops and extinguishing the flame. This

The first step in the operation was ation was successful and the big flame to change the shape of the flame so at the top of the smokestack died out as to make it possible for men to without igniting the gas pouring out work in closer proximity to the cas- of the casing. It now only remained ing. This could only be done by cut to recut the top of the casing with ting the casing below the control cold chisels and attach a new control valve and allowing the gas to be dis- valve. The work was then completed charged upwards and the flame to take and the well left in such shape as to the shape of that of an ordinary be safe and at the same time ready

A Lee-Enfield rifle was employed sity arose.

Extinguish the Flame. The next problem was to extinguish

steel aerial cable was run from an old drilling derrick to a tree to which Upon reaching the ground it was guide wires. The old stack was then was an anxicus moment, but the operto be again operated when the neces-



His Reply.

"Oh, Gee!" ejaculated Heloise, the waitress of the rapid-fire restaurant. who had accidentally spilled the ketchup on the trousers of a custom-

"You see, these hain't my other

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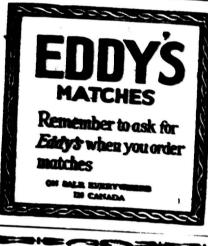


Don't wonder whether you can dye gone days, and altogether so agitated. The strange nappenings of the Diamond Dyes even if you have and pained Irma that her husband night did not tend towards extended never dyed before. Druggists have all home dyeing is guaranteed with

The Pest.

"My idea of zero in the nonpaying guest," said Uncle Eb, "is the lady who is praying for a freeze to relieve Ever ready to rejoice at another's Sceamships sail regularly from the nay rever when we need three happiness, Irma's attention turned to Port of London to 274 ports all over weeks more of hot weather to ripen. Steamships sail regularly from the her hay fever when we need three

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milk; a clean wa the purpose. He F. by placing a c in it, or by setti ing the milk on until the desi If colored chee teaspoonful of each 100 pound coloring to a di

mix it thorough the vat before ad Use one teasp rennet with a pi mix it thorough by stirring with three minutes. Cover the s takes place, wh twenty minutes,

ness of the milk the longer the t To ascertain ficiently coagula the foretinger angle of 45 deg. with the thuml the finger forwar clean across the flakes remaining be cut. For cutting, re

cutting lengthw cut both length with the perper gives small cube When curd kni third of an inch zontally. By thi to cut the curd of After the cur should be gently or with a small minutes before Heat the curd and one-half to When the cur springy and falls ful is pressed tog

a heavy cotton will be well matt cut linto blocks Square. Turn the block minutes until the This is usually a hour after dippi The next proce ard a knife can about the thickne well, the apply of one ounce of s five pounds of m Sprinkle the sa it thoroughly an dissolved the curr

will be a suitable

be made of heavy It is also necessar Place a piece o then but the chees eide the hoop. Car curd, fold over the place onttop a pie

not apply full prethree quarter the bar lages wer w ed up smoothly a

place a biece of co water. Return the until the following they should be tur and pressure conti After bemoving, th

pros , plan them is a ripen.

shelf o e day for a