drawn from the leaves o

GREEN TEA

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PLUM BUTTER AND OTHER orange and the lemon. Cook until

them with a little water in a preserv- into jelly glasses and seal. ing kettle and cook until soft. Rub Delicious Corn Pudding is made with through a colander or a coarse wire three full ears of corn, one cupful of sieve in order to remove skins and pits. milk? two eggs, one tablespoonful of had flatly lied when questioned about Large freestone plums can be dipped butter and one-half cupful of cooked Hugo and Alice's suspicion that he wise. Still—I want to be with you, into boiling water for a few seconds rice. Cut and scrape corn from ears, might be something nearer in relationuntil their skins crack, then dipped add the rice, beat the eggs, then add ship than an uncle. It had not been a for me. Your love is the most preinto cold water, so that the skins can milk. Put all together, add salt to simple evasion of the truth, but a cious and wonderful thing in the be readily slipped off. The flesh is taste. Place in a buttered baking dish, then split open, and the pits are redot the top with the butter and bake dot the top with the butter and bake Alice sent her telegram. Even that Jealous. I can feel it coming on.

These two pretty American girls who moved. If the plums are very juicy, until a light brown. After the have had been difficult. But she must write the pulp put through the colander will cut the corn from the cobs, put them soon. Only what was she to say? The day on the Rigi—I was jealous of be quite thin and should be boiled in the kettle with a meat stew and sort of letter she felt impelled to write day on the Rignary before the prior the right and sort of letter she felt impelled to write day on the Rignary before the prior the right and sort of letter she felt impelled to write day on the Rignary before the prior the right and sort of letter she felt impelled to write day on the Rignary before the prior the right and sort of letter she felt impelled to write day on the Rignary before the prior the right and sort of letter she felt impelled to write day on the Rignary before the prior the right and sort of letter she felt impelled to write day on the Rignary before the prior the right and sort of letter she felt impelled to write day on the Rignary before the right and sort of letter she felt impelled to write day on the Rignary before the right and sort of letter she felt impelled to write day on the Rignary before the right and sort of letter she felt impelled to write day on the Rignary before the right and sort of letter she felt impelled to write day on the Rignary before the right and sort of letter she felt impelled to write day on the Rignary before the right and sort of letter she felt impelled to write day on the Rignary before the right and right an down to thicken somewhat before the enjoy the pleasant flavor they impart. would be a terrible thing.

sugar is added. For each cupful of When the dish is done take out the Meanwhile Ardeyne kept her busy pulp, whether put through the col- cobs and scrape the stew that clings with every distraction he could devise.

They took trips on the lake and went on."

They took trips on the lake and went on." ander or not, use from one-half to to them back into the kettle. three-fourths of a cupful of sugar and cook slowly with frequent stirring until the butter is as thick as desired. I wonder if every woman who makes basis for marriage than that? He told same confession to make. There was If a tart butter is desired, less sugar her own dresses is as fascinated as I himself that it sufficed, that in time a bulging-eyed German in the hotel should be used. Cinnamon, allspice and am by the lovely printed voiles and he would be perfectly satisfied and the other night, who—well, I hope you always should be added to suit the trade of the lovely printed voiles and he would be perfectly satisfied and didn't notice the brute. For two pins

cupfuls of flour, three teaspoonfuls of most extravagant, for I could never up by his anxiety for what effect the —a most inoffensive creature. I think baking-powder, one teaspoonful of salt, seem to launder them successfully. No shock of Christopher Smarle's news he stared because he admired us." one tablespoonful of sugar, one cupful of matter how careful I was, the colors might have on her, helped him in his of milk, one egg, one tablespoonful of would run and fade and make the resolution. He was not only Alice's ed us. . . . However, let's return to shortening. Use a mixture of one-dress useless for anything but year companion and friend, he was her where we began, now that the air's a physician as well. Without letting her bit cleared. What about starting for spoonful of sugar and one teaspoonful of cake.

Sift flour, baking-powder, salt and blue-and-white voile of which I was particularly fond, I tried an experibester egg and stir in closuly.

Tound home.

One time, though, when I had a blue-and-white voile of which I was particularly fond, I tried an experibester egg and stir in closuly.

Tound home.

One time, though, when I had a blue-and-white voile of which I was particularly fond, I tried an experiwell-balanced even for a girl of and I've promised to lear quarter cupful of sugar and one tea- round home. sugar together. Add milk to wellbeaten egg and stir in slowly.

Add milk to wellment which worked beautifully. I mal heritage. Never had be come without me, and I've promised to lecment which worked beautifully. I mal heritage. Never had be come melted shortening. Mix well. Pour made a soapy solution of lukewarm across a young woman with as much Also, there's a rather celebrated Ammixture into a shallow pan and on the water and pure soap and put it into common sense and less tendency to- erican alienist in London just now, top place slices of pared apples, the washing machine.

sugar, brought to boiling point in a again for two or three minutes longer. in his work: He needed it to steady tickets. Would you care to come?" double boiler. Beat the whites of the eggs very stiff, and while beating add a bit I lifted the dress out of the water three tablespoonfuls of powdered and hung it on the line, and when it the circumstances their compositions.

Sugar. Pare and slice rine reaches would you care to come:

Alice hesitated, then she shook her der; eggs, slices, grated yolk, chopped, etc.; parsley; radishes.

With all salads use carrot tons: cel-same way until I sugar. Pare and slice ripe peaches, was dry it looked like new.

Peach Cobbler: Fill a baking dish terials with a clear conscience.—M.J. him. with whole pared peaches; add two cupfuls of waters, cover and cook until tender; drain off the juice and allow to cool. Beat until light, four eggs and a cupful of sugar. Add a tablespoonful of melted butter, a half teaspoonful of salt, the juice from the peaches and a pint of new milk. Sift together twice a level cupful of flower and a teaspoonful of baking powder. Stir the flour and the other ingredients together, pour over the peaches and bake about thirty minutes until

a golden brown. Serve with cream. Sweet Apple Conserve requires four quarts of sweet apples, pared and finely chopped (measure after chopping), two cupfuls of raisins, two cupfuls of rugar, juice and pulp of two oranges and one lemon, grated rind of one

After every meal

Sealed in

A pleasest

Bezt elgar

Plum Butter: Wash the plums, place of chopped nut meats and pour at once actually encouraged and hurried on her marriage to Philip? If only she

WASHING PRINTED VOILE.

cloves should be added to suit the taste crepes that we find in the stores. Even when the cooking is finished.

Dutch Apple Cake is made with two to buy them I felt that I was being to buy them I felt that I was being to buy them I felt that I was being the cooking is finished.

An immense pity for Alice, backed.

Sprinkle with the sugar and cinnamon mixture and bake in a moderate oven.

Moonshine, a delectable dessert, is made with one pint of milk, yolks of the soapy water out and put clear cold indefinite holiday but now he have the soapy water out and put clear cold indefinite holiday but now he have the soapy water out and put clear cold indefinite holiday but now he have the soapy water out and put clear cold indefinite holiday but now he have the soapy water out and put clear cold indefinite holiday but now he have the appearance of moves on."

A garnish makes the appearance of moves on."

Of course, Philip. I'm ready to the salad much more attractive. Too deyne's intention to return to London leave just as soon as you like," Alice much garnish spoils the effect.

With vegetables, meat or fish use the soapy water out and put clear cold indefinite holiday but now he have the soapy water out and put clear cold indefinite holiday but now he have the soapy water out and put clear cold indefinite holiday but now he have the soapy water out and put clear cold indefinite holiday but now he have the soapy water out and put clear cold indefinite holiday but now he have the soapy water out and put clear cold indefinite holiday have now he have the soapy water out and put clear cold indefinite holiday have now he have the soapy water out and put clear cold indefinite holiday have now he have the soapy water out and put clear cold indefinite holiday have now he have the soapy water out and put clear cold indefinite holiday have now he have the soapy water out and put clear cold indefinite holiday have now he have the soapy water out and put clear cold indefinite holiday have now he have the soapy water out and put clear cold indefinite holiday have now he have the soapy water out and put clear cold indefinite holiday have now he have the soapy water out and put clear cold indefinite holiday have now he have the soapy water out and put clear cold indefinite holiday have now he have the soapy water out and put clear cold indefi pint of milk, yolks of the soapy water out and put clear cold indefinite, holiday, but now he began

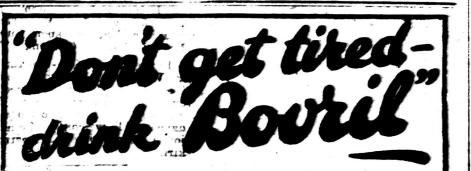
TO PREVENT SUNBURN.

neck thickly with unbeaten white of upon the little bride.

A COMFORTABLE APRON.

little apron that can be slipped on and venture. The pink and white blossom It would have made a difference. Howoff in a moment, and which is easily of the cherry trees had kept them ever, there is no use in worrying about laundered. I find this apron even more company almost to the very top; the that now. desirable when a strap is put across air was warm and forguant, the sky the back to prevent it s'ipping off the cloudless. They had lunched frugally very happy. Yesterday we climbed shoulders. Instead of putting on the by the wayside from the contents of the Rigi, and I was not a bit tired. usual patch pockets, I slit the apron Philip's haversack, sealed the height I hope Bordighera isn't getting too the desired width and bind with a bias had come by the mountain railway. It London. band. Then I sew the patch on the had been a day to lock up and treasure Philip is kindness itself, and if he inside of the apron and then put a in one's memory box, the days of were here at the moment I know he flap on the right side a little wider days, after which everything else could would ask me to send you all affectionthan the slit. This prevents the pock- not help but fall a little flat. ets from catching and tearing and also Now it was the next morning and prevents dirt getting into them.

Circles Around Moon. Circles around the moon are caused by moisture in the atmosphere. It ed. The more moisture there is in the atmosphere the smaller the circle will appear. The form and size of the ring will depend entirely upon the particular condition and quantity of mois-



When Hearts Command"

By ELIZABETH YORK MILLER

CHAPTER XXXIII.

y post, that Alice put off writing to stand?" her mother. In the morning she would evening, and at night she made the same promise as regarded the next morning. Twice she began a letter, but it was impossible to finish ft. Ardeyne knew nothing of the unhappy conflict she suffered. He did not guess that she was fighting this particular battle; that all the forces of her better nature were ranged against such a cruel foe as distrust again—and this time it must be bindamounting almost to hatred of her ing. Promise.' own mother.

Why hadn't mumsey told her? Why very thick, then add one-half cupful had mumsey not merely permitted, but

for mountain climbs. Companionship was to be the keynote of their life to-

wards systeria than Alice.

the circumstances their companionship After Ardeyne had gone out she set place in a bowl and add the two mixtures, stirring lightly, until they are
bing kept the color from spreading.

Was too solitary for comfort. He herself resolutely to the task. She had been to the lodge, tried to the way of the color from spreading.

Was too solitary for comfort. He herself resolutely to the task. She had been to the lodge, tried to the lodge, tried to the lodge, tried to the lodge, tried to the lodge to the lod

couple, and naturally people looked at should have met with a fatal accident? mixed with dressing and allowed to 'Is that you, Charlie?' And the Mrs. Farmer, the next time you are suffering little twinges of jealousy. It dead hand, and there can be no great—should be kept as cold as possible, to going to be at work in the garden or disturbed him when men stared at her, er remorse than that following upon avoid becoming soaked or soggy. berry patch for some time, before you and once he very nearly came to words a blow levelled at one who is beyond

egg. Then put on a broad-brimmed conscious of her own beauty, and—as It was useless for her to attempt When you come in wash with far as he knew—she was entirely sat- hypocrisy. tepid water, then dash cold water on. isfied with life as they had mapped it So once again she became the long-You will find that instead of having a out together. But the day might come delayed letter, and this time managed sore and sunburned face it will feel when she would wake up to the fact to finish it without it could never delightfully fresh and comfortable. that other women lived fuller, deeper have been written with any sense of I used white of egg for years to re- lives than hers could ever be. What satisfaction. Even the beginning was lieve sunburn and one day the thought is so rarely successful. She might tire have been: occurred, Why not use it as a preven- of it and, incidentally, of him. And Dear No her —You must have wontive instead of as a remedy? I found the world was full of men whom nadered and worried a great deal at not it the proverbial ounce of prevention ture had rendered unscrupulous as hearing from me, but I found it so dif-

regards love-making.

they sat at breakfast in their sitting-

home to-morrow?" he asked. frequently happens that the sunlight ed for a moment. She had never had as she dropped the stamped and adreflected from the moon to the earth a home. The very name of it was to-dressed envelope into the mail chute.

> "And yours," Philip reminded her. She lowered her gaze, and he noted be avoided. as he had many times before—how wonderfully her eyelids were fringed. "I don't know. I feel so helpless! she exclaimed suddenly. Then she

> Philip. Don't you realize that it can't efface it; if we rear temples, they will can't live on your charity." He found himself trembling in every limb, and a mad desire to rave took

> without you!" He dropped to his knees thing which will brighten all eternity. beside her and laid his head in her lap. The fear and misery of losing her had taken him unawares. He very nearly sobbed. "Life wouldn't be worth Minard's Liniment Heals Cuts. anything without you. How can you speak of charity when you mean se

much to me. It is you who are giving It was day by day, sometimes post me everything. Oh, can't you under-

His emotion communicated itself to tell herself that she'd write before her and they clung together, rocked in the stupendous power of their mutual With sparkling suds and crisp new

> "Aren't you happy?" Ardeyne pleaded. "Could you be happy if we were separated?" She whispered "No"-an answer to

both his questions. "Promise you won't leave me? I want your solemn promise all over

With his face close pressed to hers and his arms around her, she could do

nothing else than he asked her. "Yes-I promise," she said huskily. 'It's hard for me to understand. I love you so much-I'd rather die than be this awful burden on you.' "But you're not a burden."

"I don't see how it can be other-Philip. It's wonderful how you care cided to join it. world. . . . Philip, shall I tell you them. And I was perfectly miserable Renounce the idea; you never can about Mrs. Egan, even before we mar- be a disciplinarian."

Ardeyne laughed, and the tension was suddenly relieved.
"I'm so glad," he said. "I have the march you would halt!"

didn't notice the brute. For two pins I'd've punched his square head.' And Alice laughed, too. "I did no-

and I'd like to catch him before he

"Very well, then, I'll run around to three eggs and three tablespoonfuls of water in and started the machine to realize that his own salvation lay Cook's and see about time-tables and

> was too solitary for comfort. He herself resolutely to the task. She had ery; celery tops, must be crisp in place lodge habit. You see, it was like the And now I indulge in these levely ma- was beginning to mean too much to contingencies. For instance, suppose that before the letter reaches its desti-

mother had suffered a violent change.

ficult to write. Mr. Christopher Smarle They had walked up the Rigi the came to Lucerne at once after hearing Many of us are partial to the handy day before—a long pull for Alice—and trom you, and told me about my fath-ttle apron that can be slipped on and it had been a climb of charm and ader. I wish you had told me yourself.

It is very beautiful here, and I am

ate messages. My love to father, Mr. Gaunt, and gourself.

A meagre, cold. little letter at its Usually the question was "What best; but it might so easily have been shall we do to-day?" But Philip chang- worse. It would be a long time before Alice could get over the shock of dis-"Would you mind if we started for covering that her mother had—as she

saw it-done her an immense wrong. is so refracted by the atmospheric tally unfamiliar to her. Then she Mumsey would be hurt and distressed. moisture that a ring or circle is form-flushed slightly. "You mean London It was appalling how people contrived to hurt each other, but with the best

(To be continued.)

If we work upon marble, it will perlooked at him. "This can't go on, ish; if we work upon brass, time will crumble into dust; but if we work upon immortal souls, if we imbue them with immortal principles, with the "Alice Alice if you leave me now just fear of God and love of fellow-I swear I won't be able to face life men, we engrave on those tablets some--Daniel Webster.

POSSESSION.

I did the stupid tasks of every day, ith scorn and pity that the world should be

Full of unending duties, dull and

While all my heart was wild for won dering,

dusted, scoured and swept with listless hands; Was this, I thought, the best that life could bring

But now I sing all day, as to and fro From tiny parlor to the kitchen bright,

To youth's commands?

broom I go A shining path behind me. What delight

To pour the scarlet jelly into molds! I love to make the slender glasses shine Because this little house with all it

holds Is yours and mine! -Katherine Park Lewis.

Quite Unsuited for Discipline.

An Irish attorney who was very lame was moved during the time of trouble in Ireland to take part in military preparations. Learning that among the various volunteer corps being raised was one of lawyers, he de-

"My dear friend," he remarked to John Philpet Curran, the Irish wit, "these are not times for a man to be idle; I am determined to join the lawyers corps and follow the camp."

"You follow the camp, my little limb

"And why not, Mr. Curran?" "For this reason," was the reply; "the moment you were ordered to



Good Fishing. She-"And you say the fishing is

excellent here?"

Resort Proprietor - "More young ladies have hooked husbands at this hotel than at any other on the coast."

GARNISH THE SALADS.

With vegetables, meat or fish use the fact to her aunt, in the early beets, finely chopped; cabbage, shred- | ties, that her husband was beginning ded, or heart leaves used in place of to spend many of his evenings arend-

Potato, vegetable and meat salads in very quietly at 2 a.m., and

They were a strikingly handsome nation either mumsey or she herself are generally improved in flavor if him I called in a very she

Shackle on's boat, 22 feet long, in The South American or go, instead of putting on a smothering with a German whose round-eyed gaze the power of retort.

Shackle on's boat, 22 feet long, in The South American goal sunbonnet try smearing the face and had dwelt too long and too obviously Yet Alice's feelings towards her which he made the famous voyage of builds its nest of mud which is 750 miles with five men to South Geor- save for a narrow turnel which leads gia in quest of aid for his expedition, into the grass built chamber. Surely has been presented to the explorer's the nest of a bird is a most words full old school, Dulwich College.

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in your cellar will ensure this. The Kelsty is the most efficient and economical system of home heating ever devised and will heat the smallest cottage or the largest mansion properly and healthfully. MAY WE'SEND YOU PARTICULARS?

CANADA FOUNDRIES & FORGINGS LIMITED JAMES SMART PLANT

Popular Jokes of Grandma's Day. A bride of a year was h

how you feel. Your uncle wanthe With all salads use carrot tops; cel- same way until I broke him of

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piece of workmanship.



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WOU must frequently purify, your skin, antisep-I tically, to make and keep it healthy, to bring to it a glowing beauty.

Thousands of men and women have realized this, which is why Lifebuoy Health Soap has become the most widely used toilet soap in the world.

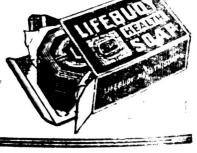
Lifebuoy is a scientific skin purifier—a real health scape Yet soap cannot be made more pure, more bland, more beneficial to the skin than Lifebuoy.

Lifebuoy protects

Its rich, copious lather releases a wonderful antiseptic ingredient which is carried down into every pore, eliminating al. impurities and leaving the skin thoroughly clean and safe.

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> LEVER BROTHERS LIMITED. TORONTO



E Folks RED

HEA

Remarkable advan

in the prevention an during the past few be attributed in larg eral improvement in knowledge of the sc living. As compare rate of 1880, a millio were saved in the U year, according to fi by the census bureau Wide differences in some cases a little are shown, while in is a healthful cond Here and there ged

Very similar co throughout the cities tricts of Ontario. 11 general death rate cases the infant dea Reverse conditions as communities. A city without slum Health that really f important reasons g death rate in one cit

count for the different

no such explanation

report says: - "A full cer laid the foundatio which has been contin ed. The enforcemen in contagious and v has been very efficien ern school buildings

Mosquitoes an

It is estimated tha nually from malaria m millions, and this figu be multiplied by two if we would arrive at complaint.

Malaria is mainly a tropies, and is cause parasite in the blood. in one malaria patie athing from one hun and millions. In many pore parasites in th malaria patient than t

on the earth, and for lieved that marshes an in some way connected Sir Ronald Ross dis was not the marsh bu which bred in the ma the originator of the declares that the para is, to the mosquito while

a threepenny-bit would potamus! bites, it injects a saliv the malaria parasites. ried into the hyman c tem and so throughout The cure of malaria the prevention of mala truction of the mosqui

Sheep Track "Sheep tracks" running ich geologist says, are a tion. He calls the litt racettes" and says the succession of horizontal loose earth caused by the earth to a more Once the crack is starte

the paths, but they do n

sembles a path made

Sheep and other animals

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which contains proven Handy "Bayer" boxes of