joyous y in the familiar chorus: "In the good old summertime." But there is one group of choristers This raises the question of the ice, farmhouse.

with hired hands or summer boarders, borhood.

het grease in the frying pan.

The scent of the lilacs, the spicy season of the year, waft of the soft summer breezes may ANCIENT DELUSIONS EXPLODED. fil all outdoors, but in their kitchen prison these delicate perfumes have no meals in hot weather. It eliminates ghost of a chance against the pungent the sloppy, greasy butter scooped up bage.

and the cool green rustle of forest the very idea of eating. boughs in orchard and woodlot to You perspire at the mere thought them, when their fifteen-hours a day of sitting down to a greasy, lukewarm

The main brace of summer diet and hashes.

Incidently, a word in your ear.

Don't murder yourself by canning or ing, stimulating, easily digested, he ps putting up fruit in hot weather if Do you knew what a little bird told into work in hot weather as no other mer hands. Use up all the fruit you food—or drink—possibly can. Of have or can readily get fresh in July

meat being heating to the blood in hot buy canned goods and fresh fruits in weather, or producing uric soid, or winter and spring. causing gout and kidney troubles, had Dinner and supper should end with about as much actual foundation in a tasty dessert, such as stewed fruit, fact as the belief that calves wanted canned fruit, fruit-juice puddings, in the decrease of the mosn would cake bread puddings with custard, or bawl themselves to death, or that popie.

the Caradians, the New Zealanders with one hot dish and hot coffee or and the Americans—suffer least from tea. gout, unic acid, rheumatism and kid- A. five-meal schedule is ideal for

Eat all the meat which your appe- to wake them up in the morning. Let tite calls for in summer and you'll do them have their sleep out and take your heavy work with haif the effort "pot luck" in whatever meal happens ery in N-One morning his and be 50 per cent. less liable to to be going when they come down-daughter found a dog which had been and elders, who were the real leaders whole covered with grass and brush, and tie the fruit together, should be sunstroke and nervous depression or The fruit and cereal, of course, fit him to her father.

The only thing that can honestly be little extra cooking. said against the free use of meat in Though children can take a confort needful to circumcise" the Gentile vice helps to keep the pigs comfort application should be repeated about summer is that it promptly turns part siderable share of their meat ration in he would come to the rear door and converts, and "to charge them to keep able and has proved one of the essention to the converts, and "to charge them to keep able and has proved one of the essention to the converts, and "to charge them to keep able and has proved one of the essention to the converts, and "to charge them to keep able and has proved one of the essention to the converts, and "to charge them to keep able and has proved one of the essention to the converts, and "to charge them to keep able and has proved one of the essention to the converts, and "to charge them to keep able and has proved one of the essention to the converts, and "to charge them to keep able and has proved one of the essention to the converts, and "to charge them to keep able and has proved one of the essention to the converts, and "to charge them to keep able and has proved one of the essential to the converts, and "to charge them to keep able and has proved one of the essential to the converts, and "to charge them to keep able and the converts to the converts of its energy into heat and thus raises the form of milk, they can't take all when the maid let him in, would run the law of Moses," the apostles dethe temperature of the body. But this of it. They should have meat—break—in to the doctor's office to see him. | cided that a formal assembly of the occurs only when we don't take plenty fast bacon, ham, mutton chops, rare One morning the doctor's daughter Church should be called. of muscular exercise. If we are work- beef—twice a day, especially in sum- called her father to hurry to the win- II. THE QUESTION REFERRED TO THE ing hard with our muscles, as always mer, when bowel troubles of all sorts dow. Coming across the park was the on the farm in summer, this surp us are at their deadliest. energy is promptly enapped up by our. The child has not only to live, to fully walking on three legs. On they questioning, attended apparently by a everything they possess, and move the undersides of the leaves and all

weather is the "bugs" that may get in proportion than does an adult.

Dr. S. treated the strange little served an open mind on the question cooking for those who journey a thousand miles to some famous hospital. I am now cooking for those who journey a thousand miles to some famous hospital. I am now cooking for those who know enough to into it. Keep it clean, surgically There is exceedingly little danger of dog's foot, while his friend stood by, of the Gentile Christian. He had been looking for those who know enough to Lead poisoning from eating bird-shot

The same is true of milk, eggs, ruit and green vegetables. The best child specialist can.

Never force a child to est anything to trustiest sword to guard our to fruit and green vegetables. The best child specialist can.

law of summer eating: "Thou shalt starch, such as bread, corn pone or

Nearly everyone joins heartily andring outfit can make one and let no motto. country gentlewoman take no for an answer.

whose response is sometimes a little and if this cannot be obtained from a lacking in warmth and color, and that neighborhood ice wagon, or by a trip is the wemenfolks of the average to town in the flivver, the best sointion is an ice house. On the farm, if Especially if they have to wrestle feasible; if not, in the near neigh-

A suitable stream can usually be For them the rare poetry of leafy found and dammed and the house built summer is completely drowned by the by co-operation at very little expense. clatter of dishes and the sputter of as the materials are cheap and the work can all be done at the slackest

Ice alone takes half the carse off aroms of onion stew and the sturdy, with a spoon, the lukewarm drinking tireless fragrance of perk and cab-water, the half-sour milk, the wilted salad greens and other things that What are the fluting songs of birds cause two-thirds of the distaste for

fob has run from fishing scores of red-meat in a hot stuffy room. But with hot doughnuts out of the sizzling everything either cool and crisp from

To charm in the white magic of the electric current and harness it to launding machinery and vacuum eleaners and digestible and of high caloric and dish-washing mechines.

Last, but not least, to balance and they were heating to the blood and enrich the variety of our foods, so as they were heating to get better health, more horse power and consense about the done so easily and connomically by render to the crueified Radassar was the connomically by render to the crueified Radassar was to the connected to the c

course, on account of its expensiveness and high stimulating powers, it need not be taken in very large quantities. plans, peaches, apricots, grapes, apples, pears, late rhubarb, and Setcher and Setcher and The absurd old superstitions about in late September and October, and

tatoes planted in the same phase of Supper should be the lightest meal Queen Luna would run all to top and of the summer day and made up largely of co.d dishes, sliced meats, cheese, The peoples who eat the hugest omelets, salads, fruits, fruit puddings, quantities of meat—the Australians, pies, ice creams and cooling drinks,

new thoubles and have the levest shildnen. Their little stomachs simply death rates and disease rates in the can't be crammed and distended dvilized world. And have nearly enough at one sitting to carry them twice the working power and general through more than a three-hour run. As school is over, there's no need

cabbage, onion and fat meat diet of of milk and cream, or an egg, they paw, 2 und it us, and Mr. Dog stayed impartially. But as certain members summer other than add oil to the mixture. (If hoppers are trouble-

muscle cells and turned into horse run and make roadside repairs, but came, around to the rear door and on good deal of heat on the part of the somewhere in search of heath. We the fruit. In order to do this it is power without heating the body at to grow like a weed, and as only ani- into the office. As plainly as words, narrower section of the Church, Peter know of people who spend a fortune advisable to use short rods and angle The only danger of meat in let ial, he needs more meat, milk and eggs story.

clean, so that very few "bugs" get on a healthy child eating too much of any seemingly greatly relieved and inter
th. And keep it cold—icy cold—and liberal variety of real foods. Give ested. The two dogs then went back Gentiles with his own hands, and had as air and sunshine" that cost not one

grounds is a malady that has become variety which appeals to yourse'f and Dr. S. is now sure that he will have frontiers of the Church.

and trustiest sword to guard our

Never force a child to eat anything

stomachs and solar plexuses in sumhe doesn't like because you think it is

Silk stockings should never be worn

preach the gospel to Gentiles. He is
rays" produced by a quartz mercury
therefore profit by the experience of wholesome. So long as he's eating two days in succession, but washed referring obviously to the incident at vapor lamp. He finds that these rays others. On this commandment hangs all the plenty of milk, ment and butter, one after each wearing.

horse power through the hottest spells "Eat to Fight Heat" is our m



me to-day?

A little bird told me a story that's

That makes any creature feel sorrow sufficient Saviour.

THE SURGEON AND THE DOG. Dr. S. was the "last word" in surgery in N——— One morning his of least word. The surgery in N———— One morning his of least word. The roof is a frame of posts will spread out and form a film will spread out and form a film will tend to rid the hogs of lice.

The roof is a frame of posts will spread out and form a film will spread out and form a film

Acts 15: 1-35. Golden Temb-We believe that through the grace of the Lord Jesus Christ we shall be saved. Acts 15: 11.

ANALYSIR

meat in a not stuffy room. But with the disappary everything either cool and crisp from the ice box, or tasty and piping hot from the blessed blue-fiame oit stove, eating becomes as great a pleasure in summer as in winter.

Lift now happily comes acience to flowing water into the house of Eden. To lead cool, flowing water into the house of Eden. To lead cool, flowing water into the house of Eden. To lead cool, flowing water into the house of Eden. To lead cool, flowing water into the house of Eden. To lead cool, flowing water into the house of Eden. To lead cool, flowing water into the house of Eden. To lead cool, flowing water into the house of Eden. To lead cool, flowing water into the house of Eden. To lead cool, flowing water into the house of Eden. To lead cool, flowing water into the house of Eden. To lead cool, flowing water into the house of Eden. To lead cool, flowing water into the house of Eden. To lead cool, flowing water into the house of Eden. To lead cool, flowing water into the house of Eden. To lead cool, flowing water into the house of Eden. To lead cool, flowing water into the house of Eden. To lead cool, flowing water into the house of Eden. To lead cool, flowing water into the house of Eden. To lead cool, flowing water into the house of Eden. To lead cool, flowing water into the house of Eden. To lead cool, flowing water into the house of Landing eight water and easy smartness. Cool and crisp months of faith and baptism. He had encouraged and requirements of Judaism. Horeover, he had enc and sweep impurities down its sinks up, the pleasures of the table may be tern. English print is used to de to sit down at the same table. But both directions as it should and sewers.

To bundle out murderous blazing monsters of coal *loves and bring in cool, blue-flame oil and gas conkers.

To build outdoor shed kitchens and fruit, cereal, eggs, bacon or ham or fish two or three times a week, acting porches.

To supply lee and ice boxes.

To supply lee and ice boxes.

To charm is the white magic of the factor any state of the following the context of the same table. But the eyes of a large section of the same table. But this was an unheard of innevation is fruit, cereal, eggs, bacon or ham or fish two or three times a week, acting porches.

To supply lee and ice boxes.

To charm is the white magic of the factor and acting porches.

To charm is the white magic of the factor and severe were particular of the same table. But this was an unheard of innevation is fruit, cereal, eggs, bacon or ham or fish two or three times a week, acting porches.

To supply lee and ice boxes.

To charm is the white magic of the factor and severe were particular of the same table. But this was an unheard of innevation is fruit, cereal, eggs, bacon or ham or fish two or three times a week, acting porches.

To supply lee and ice boxes.

To charm is the white magic of the factor and acting porches.

To charm is the white magic of the factor and the plaints and the same table. But this was an unheard of innevation is fruit, cereal, eggs, bacon or ham or fish two or three times a week, acting point to be on a straight road, as the eyes of a large section of the older of the fruit customers.

A good breakfast for summer is fruit, cereal, eggs, bacon or ham or fish two or three times a week, acting point to be on a straight road, as the back. The small maid wears a Law. They had come to Christis by way of Judaism, and they thought that the early potation and the complete of the Mosaic to the fruit, cereal, eggs, bacon or ham or fish two or three times a week, acting the point to be on a straight road, as the beach of the main is received to a large section of the older of the Mosaic to the fruit, cereal, egg

the mode is delightful when it can be For years he had musted that surported to the cordus of "piccing" between meals has also gone associated in our minds eating with heating. Contrary to universal peptral ar impression, esting does not make the run between breakfast and dimerbar uswarm, even in summer. The only actual rise of issuprenture it produces is a mere fraction of a degree, due to the wasmit of the food and the musting caller exerction of chewing and ward. Within fifteen minutes after the last work of distingting and much more comfort.

Within fifteen minutes after the last work of distingting and much more comfort.

Within fifteen minutes after the last work of distingting and much more comfort.

Within fifteen minutes after the last work of distingting and much more comfort.

Within fifteen minutes after the last vegula, and the propagation of the substance of the power had not given them. The only actual rise of issuprenture it produces to a man's working power and comfort.

Within fifteen minutes after the last central purities of the power of the food and the musting power and comfort.

Within fifteen minutes after the last vegula, and less positive and the propagation of the power had found the propagation of the propa

V. 1. The interference of the Jerusa-I'd never have dreamed it, my lad, lem Christians at Antioch is natural afraid that, if circum-sion and other satisfactory gains.

COUNCIL AT JERUSALEM, 6-11.

to grow like a weed, and as only ani- into the office. As plainly as words, narrower section of the Univen, rever know of people who spend a rotten mail protein furnishes growth mater- the dog's looks and barks told the got up, and his address cleared the on ratent medicines. We know of nozzles.

The result is the Church which are those who journey a thousand miles to ho doubt of God's will to enlarge the single penny.

Joppa, where he got "his broadening will keep chickens from having "weak Joppa, where he got "his broadening will make the legs," which is analogous to the dis-vision" (Acts 10: 9-16), and to the legs," which is analogous to the dis-

words meaning "life saver in the sumlation, resistance to heat and infecmer"—and these two words are ice
and vitamine; sweets and infecbex.

Mildewed leather should be treated: V. 9. Consequently no ground was animals and human beings. It is even with vaseline. Rub the grease well left for those who insisted on keeping thought that treating pountry food teaspoonful of vinegar to the water and the leather and leave it there for up the distinction between Jewish and with the ultra violet rays and then and the egg will not to out of its

REPERT

BY HELEN S. F. WILLCOX.

Our farm is on a much-traveled makes the sign de hum. A blackboard provincial road. We made up our is always dingy and does not show up. I. SHALL CHRIST BE SUPPLEMENTED? tainly wouldn't be any worse off to any time. Not finished lettering, but II. THE QUESTION REPRESED TO THE to give away the labor of months to Country produce has got to b

Gentiles," Acts 14:26-28.

But now a serious controversy breaks out at Antioch. Its cause lay not within, but without the great missionary church. To understand the

Christ must not be supplemented.

not also an observer of the ancient warm weather, and shade is an abso- ficiency of actual contact with the laws and ordinances. They were lute necessity, if we are to hope for ultra violet rays of the sun. Dr. C.

A little bird told me a story that's requirements of the Law were dropped, the "covenant mercies" of God He told me, although he was dead, would be lost. But St. Paul saw that this indicated an insufficient faith in that you threw.

This shade and wallow does not involve very much expense; in fact, the one which is described in following paragraphs was built in a short time graperies where flea beetles were at and has proved well worth the trouble. At first I could hardly believe it of tian salvation. As the question shaped and has proved well worth the trouble. all troublesome this past spring, the itself in his mind, it took the form: The wallow is a slight depression near vines should be sprayed shortly after But that's what a little bird said. "Shall Christ be supplemented?" He the rence on a spot mat will be supplemented?" He the rence on a spot mat will be supplemented?" He the rence on a spot mat will be supplemented?" He the rence on a spot mat will be supplemented?" He the rence on a spot mat will be supplemented?" He the rence on a spot mat will be supplemented?" He the rence on a spot mat will be supplemented?" He the rence on a spot mat will be supplemented?" He the rence on a spot mat will be supplemented?" He the rence on a spot mat will be supplemented?" He the rence on a spot mat will be supplemented?" He the rence on a spot mat will be supplemented?" He the rence on a spot mat will be supplemented?" He the rence on a spot mat will be supplemented?" He the rence on a spot mat will be supplemented?" He the rence on a spot mat will be supplemented?" He the rence on a spot mat will be supplemented?" He the rence on a spot mat will be supplemented?" He the rence on a spot mat will be supplemented?" He the rence on a spot mat will be supplemented?" He the rence on a spot mat will be supplemented?" He the rence on a spot mat will be supplemented?" He the rence on a spot mat will be supplemented?" He the rence on a spot mat will be supplemented?" He the rence on a spot mat will be supplemented?" He the rence on a spot mat will be supplemented?" He the rence on a spot mat will be supplemented?" He the rence on a spot mat will be supplemented?" He the rence on a spot mat will be supplemented?" He the rence on a spot mat will be supplemented?" He the rence on a spot mat will be supplemented?" He the rence on a spot mat will be supplemented?" He the rence on a spot mat will be supplemented?" He the rence on a spot mat will be supplemented?" He the rence on a spot mat will be supplemented?" He the rence on a spot mat will be supplemented?" He the rence on a spot mat will be supplemented?" He the rence on a spot mat will be supplemented?" He the rence on a spot mat will be supplemented?" He the rence on a spot mat w Jewish Christians observing the cere high enough to allow the wallow itself mixture (4 lbs. bluestone, 8 lbs. lime,

The bottom of the wallow is not Grape Leaf-Hoppers-Where adult V. 2. Paul and Barnabe - argued the floored with concrete but several loads hoppers were at all abundant earlier You'd promise me never to do it again.

Now tell me my how was he right?

V. Z. Paul and Barnabe argued the mounted with control of sand were used instead. About once in the season, nicotine sulphate, % pint per 40 gallons, should be added Now tell me, my boy, was he right? tory result. Accordingly the Antioch- quarts of old crank-case oil. This oil to the above mixture. (Experience -Roy Temple House ian brethren appointed that the two when poured slowly over the water has shown that the best time to spray great missionaries should, with other will spread out and form a film which for leaf-hoppers is shortly after the

The roof is a frame of posts with Grape Berry Moth-Vineyards in-

Free as Air.

keep thy refrigerator icy and clean!" potatoes, two fruits and one green has become badly furred, the deposit might be trusted to know the hearts of light are almost as good as sun.

The sunshine on the hills askeep!

Whittion If vinegar is boiled in a kettle that conversion of Cornelius' household.

ease called rickets in change in the deep,

the deep,

Light mists, whose soft embraces keep mission to Cornelius by giving him light. They open up many possibilatives for combating disease, both in Whittier.

When boiling a cracked egg add a

COUNCIL AT IMMUSATION, 6-11.

INTRODUCTION — The momentous dealer.

First Missionary Journey of St. Paul is now over. The gospel has been dently awaited the passer-by. The produce are potatoon and jumping in Lystra and in Berbe. The missionaries return to Syrian Antioch, "from which they had been committed to the produce of Cod for the maintain a satisfying number of cases. "from which they had been committed to the grace of God for the work which they had fulfilled." Paul and Barnabas reported to the brethren on the success of the mission, and how God more or less of a novelty. To-day we had opened a door of faith unto the law our regular customers year after can retail for, at the same time length.

sionary church. To understand the present lesson we should first read the second chapter of Galatians. St. Paul's influence at Antiock had for years moulastran was have set to be situat.

The life to the successful roadside market be lesson we should first read the less you are selling something located near the house if your legs rare and wonderful, like the famous aren't to be run off. But it is even moulastran was have set to be situat.

carry the whole Church along with of Christ for salvation. He had trans shining outsions, while you and the ferred his faith from temple and law baby are in the house. Those ultraand sacrifice to the dear merits of the violet rays will not penetrate window I. SHALL CHRIST BE SUPPLEMENTED? Crucified One. Therefore, the Gen- glass. The only way to profit by suntiles must be free from the Law. light is to get out into it-walk in it, work in it, sit in it, idle in it. This is true of mother and babe alike. I am That a brave, manly fellow would and understandable. They had been Shaded Wallows for Hogs. wery sure that one reason for that His courage and manliness, even in Judaism, and they did not see how any one could be a Christian who was health and comfort of the hogs in keepers after a long winter is insuf-

But the little bird thought, if I once monial requirements of the Law. But, he said, Gentile Christians must be mer a desirable feature of course.

| A part of the Law of the L

fruit sets.)

injured by the trolley and brought of the Church, we comed Paul and This shade has been in use two sprayed immediately after the bloom bre down than on the usual starch, them like a blister, and with plenty Dr. S. took ten stitches in the front tion to consider the matter fairly and to do on either roof or wallow this and 1 lb. soap in 40 gallons Bordeaux of milk and cream, or an egg, they paw, and Mr. Dog stayed in the can get a good balanced meal with him for a few days, and then little extra cooking.

Though children can take a con- for he work a coller. Every morning.

Though children can take a con- for he work a coller. Every morning.

Though children can take a con- for he work a coller. Every morning.

Though children can take a con- for he work a coller. Every morning.

Though children can take a con- for he work a coller. Every morning. Method of spraying-In spraying

for leaf-hoppers and berry moth, it is necessary to spray upwards, to spray both sides of each row, to use liberal All of us know of people who sell quantities of material and to make

quits prevalent among wild ducks in

feet of A de Charles a farn killed bile as ing at bead c keep th Lightn storm day mo of Lobe

wind.

trees.

house

wires

also being

report

missio

not to

near-b

street failer across One ning r Genera

Con

(via C down th rapids. water a Mount termina News gan, ne ed mou world. of the duous p gens an

Congr

Now co eers we while re Capt. Columbi Allen C. the raft Chitina Logs, pl and the in the b their tri

Charlo report of Prince there ar tion. T the indu Approxi exported. \$1,500,00 Over 10,6 were sold Kentvi of April trout fry

in Yarmo es the va of makin trict all tors. Frederi tural cond vinces ar crop repo ises an e making g excellent Prince E

ticularly

crops.

town fish

Montrea mer sale o Sales Co. June, was mand and some milli of furs w from New Paris and miles of ro this year, ment of t The cost of

Toronto, \$4,500,000. work beside tion. Cont