

For the Woman Reader

Florence Riddick Boyd

What Children Need

For his best development, the child needs a comfortable home, well supplied with fresh air, a comfortable bed, an undisturbed box which is well kept clean and change frequently. He can rest, work or play in quiet at will. He also needs a proper place in which to welcome his friends.

He needs three square meals a day, at regular hours. His daily diet should include: at least one pint of milk; bread and cereal; green vegetables, especially leafy vegetables; fruit and meat, egg or fish.

For clothing, he needs clean, wholesome garments and enough of them to keep clean and change frequently. He should change his stockings at least twice a week, and have different clothing for day and night.

Sport Clothes

Even sport clothes can become less manly. Some advocate athletic length for the more popular length is twelve inches from the ground. Their materials are woolens, jerseys, corduroy, velveteen and leathers. Such leathers: Nothing like the old-time stiff, manly leathers, but soft, washable and very lovely and feminine.

Colds

In open air children have few colds. When we begin to house ourselves up, colds begin. The causes of colds are: poor ventilation, overcast days, fatigue, and spreading of colds by coughing and sneezing.

Keeping Celery

Celery may be kept for a week if the stem ends are set in a half inch of water. The stalks will drink up the water, just as your bouquet does in the vase of water. To cover the celery with a waxed paper keeps the air from drying them, in airtight methods, the celery keeps crisp by the same methods.

Prayer

More things are wrought by prayer than this world dreams of. Wherefore let us be fervent, in prayer, for what we mean better than sleep or rest.

Goodness

To be good is to love life. To be good is to love life. To be good is to love life. To be good is to love life.

Canadian Citizenship

Brandon, Man. There are many realists who think that the last few years have not been a success. They are not. They are not. They are not.

Youth in Politics

Vancouver Province: Sir Thomas White has said it would be a mistake to let young men without a competence not to go into politics. We hope the advice will not be taken, and for two reasons. Canada is a democracy, not a plutocracy. She has no mind to be ruled by wealth or in the interests of wealth.

Keeping Food Hot

Hotels and restaurants have an aluminum cover, the shape of a pan, which they put over pancakes to keep them hot when they are served. We never have these in our households, but the food might be more hot and tempting if we did. A substitute might be the strainer, which may be covered over the meat or plate of toast or pancakes, to keep them hot until they are set on the table, or even over them on the table.

A Fancy Stepper



Here we see Marged Stepper, famous English fancy stepper, as she appeared recently giving a demonstration of her grace and skill.

Tasty Rabbit Dishes

Rabbit Souffle

This makes an excellent dish for a luncheon. Remove the flesh from a young, uncooked rabbit, and put through a mixer. Cook one heaping tablespoonful of breadcrumbs in cold milk, then strain. Mix with the rabbit meat, salt, pepper, and nutmeg. Add one tablespoonful of melted butter, two well-beaten eggs, five tablespoonfuls cream or condensed, unseasoned milk, and a pinch each salt and pepper. Place in a buttered loaf and steam for two hours. Garnish with vegetables and serve.

Jumbled Rabbit

This dish can be made from leftover pieces of rabbit. Put the flesh through a mixer and stir into it a piece of half a lemon and a pinch of salt and pepper. Cook in a loaf for two hours. Add the rabbit mixture, allow to simmer gently for five minutes, and serve with thick-cut slices of buttered toast.

Baked Rabbit Pie

Pass the flesh of a rabbit through a mixer, and put in a pie dish with one (or two) pieces of half a lemon and a pinch of salt and pepper. Cook in a loaf for two hours. Add the rabbit mixture, allow to simmer gently for five minutes, and serve with thick-cut slices of buttered toast.

The First Movie

Many of us remember when there were no movies, but who recalls when he first became aware of them?

Tuberculosis' Deadliness Is Laid to Defect in Germs

Bacilli of Disease Found Apparently to Lack Peculiar Alcohol. Absorbent of Sunshine and Heat, Says Yale Professor

Cleveland, Ohio.—The tuberculosis germ either lacks or strongly conceals a peculiar alcohol common to most living things. The missing alcohol is a steroil, a substance which absorbs the benefits of sunshine and light.

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Sunday School Lesson

Science Achieves Vaccine For Bovine Tuberculosis

Emphasis English Committee Announces Complete Immunization Possible With New Preparation—Cheap to Manufacture and Easy to Administer

Veteran Retires

Overwork or Worry

Regarding Our Beasts

Classified Advertising

Deafness

Patents

Cuticura Soap

For Chapped Skin

MINARD'S LINIMENT

When Babies are Upset

For Instant Ease From COUGHER'S

For the Protection of your baby

For the relief of your baby

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