

ljuice: 1 egg: 21/2 cups flour: 1/4 te

AN OLD HEN

THE JUNIOR MISS

The Junior Miss whose daily life spoon soda; 4 teaspoons baking powder; 13 cup wheat bran flour.

Rub fruit with glycerine and allow Buggestions for economical but tasty sandwich spreads. Sandwiches become tiresome when you have to eat them day in and day out and it is difficult to think up a new filling continuously. Here are a few which are very po flour, soda, and baking powder together. Mix in wheat bran flour. Add

Meat:

1. Minced ham with salad dressing.
2. Dried beef with thinly sliced cumber.

dry ingredients to fruit mixture and stir well. Do not beat. Bake in a well greased loaf pan, lined with waxed to be a made of the component of 3. Ham and nuts put through a food paper, in a moderate oven for chopper and mixed with soled drawn

. Broiled bacon with lettuce.

1. Salmon, shredded, mixed with sa-chicken, and it is not insipid as boil-lad dressing and olives and covered ed fowl usually is. The fowl may with crisp lettuce.

be stuffed with any food forcement

2. Salmon and finely chopped cellor left plain. Butter the fowl all

When a Sleeper Wakes: He

ery.

3. Sardines with lemon juice and with an extra lump of butter. Put

olives, sour pickle and salad dress. sauce and the gravy.

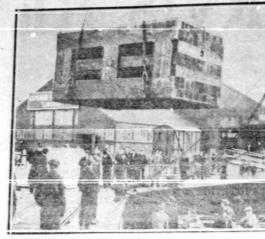
1. Ripe bananas made into a paste

Mix together and spread.

especially their luscious fruit loaves to keep them moist and palatable to

I tried it myself in some of my favorite fruit bread and cake recipes, with real success. Not only did the cakes remain fresh many days longer to be did bring about to sleep with fewer changes of position than usual. This ought to be good news to those who think that even a demi-tasse will keep them awake. Un I tried it myself in some of my facakes remain fresh many days longer but the fruit was brighter, juicier, west Adelaide Street, Toronto. news to those who think that even a demi-tasse will keep them awake. On the other hand several constitution appearance.

Fenders for Queen



huge floating crane as dock was being prepared for her arrival.

A boiling fowl may be cooked this way to resemble a young roast

> Behavior Is Observed and Reported to Psychologists.

it in a hot oven and cook for about 1. Scrambled egg mixed with bacon and lettuce.

browned. Put it in a casserole on a bed of sliced carrots, onions, and cut Sleeping normally, "watched" by celery add a f;ew peppercorns and half a dozen automatic recording infork. Add salt, pepper, a little mustard (dry) and butter. Mix to a paste tard (dry) and butter. Mix to a paste over it and put in a nice slice of ham over the bird. Add a cupful of steck or water, put the lid on the casserole, and cook slowly for about an hour and a half or until the foul is tender. Put the bird on a hot dish. Strain the liquid, remove the fat, and thicken with flour. Serve with the ham, small sausages, bread the says to read as straight type—at least to the Chicago physiologists. WEEKLY CASH PRIZES

There are systematic ways of disrbing a sleeper and noting what happens. Deep in the stilly night, 1. Ripe bananas made into a paste and mixed with nuts, add a little honey and spread.

2. Dates. Mix dates with a little sweet fruit juice and spread on whole wheat bread. A few chopped nuts added to this mixture gives it a delicious flavour.

3. Prune. ½ cup prunes, pitted and mashed. 1 tablespoon of chopped concected out of this and that she has mashed. 1 tablespoon of chopped concected out of this and that which little which the product of the stilly night, say at 2 a.m., the experimenter him say at 2 a.m., the experimenter h mashed. 1 tablespoon of chopped concocted out of this and that, which has surprised the family by its decheese; 2 tablespoons salad dressing.

Such a dish is lima beans, combined with left-over meat, fish, vegetables, or cheese, seasoned with

Such a dish is lima beans, combined with left-over meat, fish, vegetables, or cheese, seasoned with

Time of Soundest Sleep Everyone likes cakes and tea breads enriched with fruit, but the economical housewife often hesitates to make these delicacies because they dry out quickly unless eaten soon after baking. Even the next day the fruits are likely to be dried into bullet-like lumps. Thus the taste of the whole cake is ruined.

Lately I have made some exciting discoveries about this. Certain English bakers, I was told, have long used glycerine in various kinds of cakes—especially their lusicous fruit leaves glycerine in various kinds of cakes—especially their lusicous fruit leaves are onlined.

Time of Soundest Sleep

It turns out from all this that you do your soundest sleeping in the first one or two hours after going to bed, which is pretty well known by this time. Change your position and you are easily awakened soon after falling asleep, but not so easily ten or fifteen minutes later. In fact, it seems preferable to correlate depth of sleep with changes of position rather than with the time of night—the old practice. The time actually spent in moving is small—about half

HOW TO ENTER CONTEST Plainly write or print out the in- shown that a cup of coffee taken begredients and method of your favorfore going to bed will bring about

Grand Party Frock For Little Sister



Research conducted in the University of Chicago in past years has the other hand, several cups are ahead) this neatly

a minute out of an hour.

CUNDAY

LESSON III.-April 19. GOD, THE LOVING FATHER.— his wasted daily life. GOLDEN TEXT.—Like as a father thy son: make me as

THE LESSON IN ITS SETTING ance. TIME.-January, A.D. 30.

wo sons. And the younger of them the resolut leth to me." According to Jewish him." (Deut. 21:17) each son would have us to be r, except the eldest son, who could not ould receive an inheritance double pulsion, but h hat of any of his brothers. The day, he wa nger son here, then, asks for one- eye. uest probably was not unusual, and place in Holv ome placed upon him, and he want- ly, kissed him again

ed to live a life which the environ-ment of the home did not convenient-Father, I have so permit; moreover, he needed and in thy sight: I a money with which to accomplish the ledfish purposes that were in his we were still deart. "And he divided unto them iving." In the father's consent- ever we loved H ng to the guilty wish of his son, a y solemn thought is expressed, t of the sinner's abandonment to the desires of his own heart (Rom. should read, more at 124, 26, 28), the ceasing, on the constitution of rt of the divine Spirit, to strive quality, but the robe a ainst the inclinations of a spoiled had worn in former ainst the inclinations of a spoiled art, which can only be cured by hand." A ring is sym "And for many days after, the rounger son gathered all together and took his journey into a far ountry; and there he rountry; and there he rountry is and there he rountry; and there he rountry is and there he rountry; and there he rountry is and the rountry is an and the rountry is an arrow is a rountry is

ountry; and there he wasted his ubstance with riotous living." The foot.

ord riotous here means abandoned, kill it, and let us dissolute, profligate.

"And when he had spent all, there arose a mighty famine in that country." There is a divine teleology (that character of nature which reveals design or final cause) in the conjuction, whether appearing in individual experience or in the life of nations, and the parable only recognizes this truth in exhibiting a correspondence between moral state and respondence between moral state and outward circumstances. "And he began to be in want." The inevitable destitution to which sin drags its victims.

wictims.

"And he went and joined himself to one of the citizens of that country." The word implies that the citizen of the country, to whom he applied, was unwilling at first to receive him, and only after persistent pressing entreaties, took him into his service. "And he sent him into his fields to feed swine." This young man, a Jew, has now lost his independence and freedom, which, at first, he started out to fully enjoy; he has been driven to tasks which normally would have been revolting to him.

"And he would fain have filled his hells with the started of the case of the sariour's solicial lost as a straying sheep in through thoughtlessness; at more than the threshelf with the same than the threshelf with the citizens of that country."

"For this my son was toosed."

"For this my son was the state of in the Testament as the state of in the ceven while he is living out on earth (Eph. 2:1; Rom title was alive again. He was and is found. And they have been the messed."

"And is alive again. He was and is found. And they have been the messed."

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"And is alive again. He was and is alive again. He was and is found. And they have been the messed."

"And is alive again. He was and is alive again. He was a straying steep in the messed in the country."

"And he would have been revolting to the messed in the country."

"And he would fain have filled his held with the citizens of the country."

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"And he would fain have filled his held his held with the citizens of the country."

"And he would fain have filled his held with the citizens of the country."

"And he

"And he would fain have filled his lly with the husks that the swine These were the pods of carob tree. "And no man gav The swine were more I want to be a helpful man !

He other hand, several cups are bound to result in restlessness. All the other hand, several cups are bound to result in restlessness. All the other hand, several cups are bound to result in restlessness. All the other hand, several cups are bound to result in restlessness. All the other hand, several cups are bound to result in restlessness. All the other hand, several cups are bound to result in restlessness. All the other hand, several cups are bound to result in restlessness. All the other hand, several cups are bound to result in restlessness. All the other hand, several cups are bound to result in restlessness. All the other hand, several cups are bound to result in restlessness. All the other hand, several cups are bound to result in restlessness. All the other hand, several cups are bound to result in restlessness. All the other hand, several cups are bound to result in restlessness. All the other hand, several cups are bound to result in restlessness. All the other hand, several cups are bound to result in restlessness. All the material you select, will thrill you select, will thrill you select, will thrill you select, will thrill specific the proper form just like big sister's, hours of many contains to the latest figures; but, before fall into fise of horner, it should be remembered that, prior to establish other properties of the provincial courts, and plenty in specific prompts of the statement itself would be appeared as a was.

HONEY FRUIT TEA BREAD & cup honey; % cup honey; % cup brown sugar; 2 tablespoons shortening; 1 teaspoon sugar; 2 tablespoons shortening; 1 teaspoon salt; % cup pritted dates, sliced; % cup dried age, that their status may be as sured.

HONEY FRUIT TEA BREAD & cup honey; % cup hon

termined to get out of the foreign

elvet and Steel

REMARKABLE ROMANCE OF AN INDUSTRIAL

PEARL BELLAIRS

ndividually

wrapped

RTIGHT

COYAL YEAST CAKES

keep

FULL STRENGTH

WHITE BREAD

ER HOUSE ROLLS

ge Recipes ...

BOOKLET!

Ambition

And then Miss la Fontaine was there at her side with a tender smile, a friendly helping hand under her elbow, escorting her into the hurch; Miss la Fontaine's cousin, the aged Sir Vincent Morton, whom Joan had known since her childhood, was there to give her away. Piers and Miss la Fontaine between them, nably, had arranged it.

as to take place had leaked out t nanaged to get hold of the informing is supposed to be.

Lord Edward, then, was to be Hannen's best man!

But Joan had eyes only for Hannen; what she wanted to relieve her faintness was some reassuring glance from him, some glimpse of kindness, of ruth or mercy.

But though he was pale, though she was sure that his bronzed face had not its usual colour, he looked calm; his blue eves were cold, unsmiline, all that Georgie had done for her, but perhaps if a pang into her, but perhaps if a man would go to such terrible lengths as he was going in order to get her, he would not trouble much about a thing like that.

She found herself standing with her hand in Miss la Fontaine's; it was very odd too, to know that Georgie had done for her, but perhaps if a man would go to such terrible lengths as he was going in order to get her, why dear, you have married a terrible brute—just look at his face! You told me he was a brute, but I never believed you until now." Taking Hannen's hand, she shook it, saying: "My dear boy, how lucky you are! And I would not have given her to anyone but to you!"

clear, firm voice:

But her eyes were so blurred with ears that she could not see him; he was only a tall, implacable figure tanding over her.
"I will," she said aloud, but within er heart cried out to him: "Be kind o me! Be kind to me!"

delicious breads Yeast Cakes and compelled to look on at this.

"The Royal Yeast
Bake Book" gives
tested Royal
Sponge Recipes
for the breads
there was a shown above a shown above as the said Rut when the recipes what he said Rut when the relationship at the said Rut when the relationship at the relationship and the relationship at the relationsh

PROBLEMS OF EVERY DAY LIFE By Dr. M. M. Lappin

"Our daughter is almost seventeen

Joan is horrified when confronted by Hannen with a blackmail letter from her father. He proposes that she marry him.

As she stepped out of the car the chauffeur handed her a bouquet.

"The flowers, madame," he said.

Yangula was always and to veil from the true facts concerning life. There is nothing about life which cannot be made known to our children, and especially when they are perforce obliged to go out into the world and face life for themselves.

The flowers, madame," he said.

Yangula se she stepped out of the car the chauffeur handed her a bouquet.

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Though the news that the wedding he newspapers, very few friends had tion, and so there were but one or two persons only in the church, ends of Jannen's, whom Joan knew by sight. It was for once a very quiet edding, as quiet as a secret wed-

Feeing rather shaky in the knees in walked up the aisle on the arm of Sir Vincent Morton. There by the altar stood Hannen, waiting for her with the white-robed Vicar, while at his side was Lord Edward Blagh -Lord Edward, then, was to be Han- her illegitimacy; the thought struck "I'n going to take her away now."

is blue eyes were cold, unsmiling, all that Georgie had done for her, to anyone but to you!" titless. He spoke with a smile to for she had been very fond of that ord Edward, but there was no smile adventurous brother who had died in or Joan. And though she fancied the attempt to conquer the Pole. that perhaps all this hid some inner desperation there was a grim triumph in his bearing as he took his stand beside her before the altar.

Everyone noticed how pale the sweet feed bride and pale the sweet feed bride and pale the sweet feed bride and pale the stand beside her before the altar.

Everyone noticed how pale the sweet feed bride and pale the stand beside her before the altar.

Everyone noticed how pale the sweet feed bride and pale the stand beside her before the altar.

Everyone noticed how pale the sweet feed bride and pale the standard pale and paler—hurry up and get away, Piers. There are battalions of photo-lock graphers outside, and quite a crowd lock pale the sweet feed bride and paler—hurry up and get away, Piers. There are battalions of photo-lock places are standard paler—hurry up and get away, Piers. There are battalions of photo-lock places are standard paler—hurry up and get away, Piers. There are battalions of photo-lock places are standard paler—hurry up and get away, Piers. There are battalions of photo-lock places are standard paler—hurry up and get away, Piers. There are battalions of photo-lock places are standard paler—hurry up and get away, Piers. There are battalions of photo-lock places are standard paler—hurry up and get away, Piers. There are battalions of photo-lock places are standard places are standard places. eet faced bride was, lovely little "Exquisite!" said Piers, succinctly. figure that she was, standing there slight tremor to the flowers she held. At the words: "Wilt thou take this man to be thy wedded husband she looked up at Piers and said in a

When it was his turn to say "I vill," he said it in so implacable a tone that the two words seemed to express his whole indomitable philosophy. There rang through Joan's memory the words he had once said to Lord Edward-poor Lord Edward, who was standing there behind them. who had loved her once and was now "Edward," Piers Hannen had said,

d perfect leavening se them. The stands and said, set them. The stand of 50 years—is it any 8 Canadian housedry yeast demand ackage handy.

Lavard, Tets hands and said, Tets han slip the ring on her finger. Then his lins touched her brow. Georgina kissed her; people shook

Sponge Recipes for the breads shown above and many others.

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BUY MADE-IN-BUY MADE-INCANADA GOODS to her. Well, he had gone so far!
And she had had a fancy that at the last moment he might let her off. They wrote their names in the vestry. And as she signed herself "Denby," Joan realized for the first she had no right to the name. So strange—so strange! She wondered what Piers would say if he knew of

TELL THEM THE TRUTH

Among the many letters I receive, of a few of them raise a question which I may phrase thus: "What sacred and wholesome atmosphere of the sacred and whol which I may phrase thus: "What hall we tell our children?" Here is a

"Our daughter is almost seventeen.

There is a side to life which she has never seen. She will be through with school this year, and some relatives have invited her to stay with them in the city so that she may have betting the city so that she city so th

feel this to be a problem. After all, is there any sound reason for trying to veil the true facts of life from our children? If there is, I confess I can when we try to throw a cloak of

Vaguely, as she went across the pavement under a cross fire of cameras and curious eyes, Joan looked at the bouquet. Camellias, lilles of the valley Piers had ordered them

VICTORIA UNIVERSITY TO CELEBRATE CENTENNIAL

The one hundredth Anniversary of the granting of the Royal Charter by King William IV. in 1836 to Upper Canada Academy, Cobourg, Ontario, as an institution of higher education, will be observed this fall by Victoria University, Toronto. The Upper Canada Academy changed its name to Victoria College in 1841, and this was changed to Victoria University in 1884. Victoria College conferred the first degree in Arts ever conferred in Upper Canada.

Glancing at Joan she added:

(To Be Continued)

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CROCHETED DRESS

material requirements.

"The dear child is getting paler

the home, they will get them in the muddy places of life and, if we leave

the city so that she may have better opportunity for advanced education... Our problem is whether we should let her go and run the risk but a great many do go out with only half-knowledge which amounts to distorted truth about the facts of life, and nothing is more conductive to temptation than half-knowledge.

I have not quoted the letter in full by any means, but I have quoted enough to indicate what the parents from whom it came believe to be their problem. And, quite frankly, I am surprised that parents in this age should feel this to be a problem. After all, contrary to the opinion of a great in this contribution is best made by observing the moral sanctions of society. To put the whole thing in a nutshell, it is the duty of parents to train their children for life as life must be lived in this contrary to the opinion of a great in this contribution. Faith is not merely waiting

Contrary to the opinion of a great in this modern world. That can only

Fuith Faith is not merely praying Upon your knees at night; Faith is not merely straying Through darkness to the light.

For glory that may be, Faith is not merely hating The sinful ecstasy.

Faith is the brave endeavor The splendid enterprise The strength to serve, whatever Conditions may arise.



Their Invention "The civilized world has become

but it is doubtful if many of the nillions who use them know the rigin of the term," observes the oronto Mail & Empire. The British stitution of Municipal and County Engineers are taking active steps t mmemorate the centenary of the John Loudon McAdam, which occur

red at Moffat on November 26, 1836. McAdam was born in 1756, his father being a local landowner and banker in Ayr. At the age of fourtee he joined an uncle in business New York, and did not return Scotland until 1783. Thereafter for fifteen years he served as Deputy Lieutenant for the County of Ayr, and devoted much attention to the improvement of the local roads. Su sequently he removed to Falmouth, where he was concerned in the victualling of the navy, though he also made a hobby of studying road conditions in that part of England. In 1816 he was appointed surveyor of the Bristol Turnpike Trust, and year later demonstrated his system of road construction in London. This system was based upon the principle that, with proper drainage, broken stone of suitable size can be laid on the natural subsoil, thus eliminating the expensive stone-paved foundati that had previously been consid necessary.

Read "THE HELPER" - a n

The Institute of Practical ar Applied Psychology

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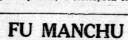
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By Sax Rohmer







