

Bovril makes you feel splendid

About the House

**Preparation of the School Lunch.**  
Again the children are off to school with a cold lunch, and as this meal is intended to take the place of dinner, we must be very careful and particular that it is as nourishing as it should be. When we adults eat a light meal, we find that the proceeds of digestion are abundant without a feeling of undernourishment; this is especially true during the winter months when few of us are engaged in physical labor. The child's system is different; it is engaged not only in furnishing energy for the young body, but in building healthy muscles for the quick development of the child's body. A child of eight is not equipped to store an abundance of nourishment. If he over-eats, the result is a case of indigestion which does not cut sufficient food; it is observed in the general weakness and stunted growth of his body. Do not get the idea that a child's lunch must be of the light frothy varieties. It should certainly be packed as daintily as possible, but it should be substantial foods. If you put your child to bed with a cold, it is not only a healthful meal, but it is a healthful meal. One of the foremost of these is milk. Most children will enjoy a glass of rich milk at noon, but for those who do not drink milk, tasty dishes should be prepared that will suit the making.

Great care is not taken, the children will soon tire of the more nutritious parts of the luncheon. To present this, provide a variety; it is not advisable to almost exclude sweet from the school lunch. If a child lacks his appetite with sweets, the best of the food of the meal, they will be better off without so much sweets. However, some sort of dessert must be provided, but this does not imply that half of the meal must be dessert. A pleasing and nourishing sweet for school lunch is most any one of the various forms of gelatin puddings that can be quickly and easily made at home.

It is not enough that the child's appetite be satisfied. If you succeed in making a cake and sent your little daughter to bring you a clipping of butter, but instead of bringing butter, she would fill the cup with lemons. That is, the child's appetite is satisfied, but the teacher will be glad to inform you if questioned regarding his habits.

**New-Fashioned Notions.**  
The new autumn suits are much longer as to skirt and jacket length. The short bloused jacket is some worn, but the long straight lines of slimmish hold high favor. The jacket may be made in the skirt or not as one's fancy moves, but a black one is especially useful and conservative when worn with other dresses and skirts. One sees a good deal of jackets in contrast, as red, beige, sulphur or white embroidered in black. They are

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New Life Remedy Company  
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**He Was Sperry.**  
New Office Boy—"A man called here to thrash you a few minutes ago."  
Editor—"What did you say to him?"  
New Office Boy—"I told him I was sorry you weren't in!"  
Minard's Liment For Colds, Etc.

The Pioneers  
BY KATHARINE SUSANNAH PRICHARD

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**Synopsis of Freeding Chapters.**  
Donald and Mary Cameron are carrying a home out of the Australian wilds. When little David was four months old his father set off to Port Southern for fresh supplies. On the fourth day two gaunt and ragged men, one of whom was a white man, entered the hut. Mary offered them unstinted hospitality and heard the story of their escape from the island prison and the treachery of McNab who had promised to befriend them—at a price. Clothes and provisions with food, they departed, the tall one hoping to repay the debt. Mary refused to aid her husband in putting the police on their track. Ten years of industry have brought prosperity to the Camerons. When a black snake's belly—behind the hills, the early settlers had known in the South.

**CHAPTER XII. (Continued.)**  
Deirdre learnt womanly ways about a house quickly enough when she had made up her mind to. Although since the new order of things at Ayrnair, Mrs. Cameron had Jenny, a big, raven-haired, brown-eyed girl from the Wirre, to help her, and the family had meals in the parlor, and sat on the best shiny, black horse-hair furniture every day, Deirdre made beds, dusted and swept with Mrs. Cameron. She had carried water for the men beating, when there was water to spare, and they had dipped their bags and branches of green gum leaves into the water and slashed at the flames in the grass.  
"There are beaters and bags by the barn," she said, "I cut the beaters after Davey and his father had gone, thinking we might want them."  
She meant to make a fight for her home if the fires came that way, Deirdre realized.

The afternoon wore away slowly. Mrs. Cameron had few treasures; but she made a bundle of them—a Bible, some of Davey's baby clothes, an old-fashioned gold-rimmed brooch with a mosaic of black stone that Donald Cameron had given her and desired her to wear with the black silk dress he had insisted on her having and appearing in, occasionally, when people began to call him the Laird of Ayrnair. The things were more an object of veneration than anything else; but she wrapped it, and the ribbon and the piece of lace that she wore with it, into the bundle and put them, with her spinning wheel and a pair of blue veils that had been her first parlor ornaments, of the back verandah where they would be easy to get if the fires threatened the house.  
Deirdre moved restlessly about out of doors, watching the haze on every side of the clearing for any sign of a break in it.  
"Are there any animals on the place, Mrs. Cameron?" she asked, late in the afternoon.  
"Only a couple of cows and Lass," Mrs. Cameron replied. "They're in the top paddock."  
"I'll run them down," Deirdre said. Straddling socks and calling to the toothless old cattle dog who lay dozing on his paws below the kitchen door, she went to the hill-top and brought down the cows and Lass a few minutes later.  
"Keep 'em there, Jack!" she said and left the old dog following them in the yard behind the barn.  
While she was away, Mrs. Cameron and Jenny had bundled half a dozen hens and a game rooster to a big wicker crate.  
Just before sunset they went to the hill-top together, Mrs. Cameron and Deirdre, and Jenny buzzing before them.  
Not a puff of air stirred the tawny curtain that draped the hills. At a little distance the forest stood motionless. The light laces of the young gum saplings hung, down-pointed, with a stillness that had tragedy in it. Faint and far away in the silence though there was a rushing murmur. The smell of burning that had been in the

of the fern-spread, earthen-floored stably and slammed the door on him.  
"A man at Steve's," Deirdre said, "said some of the people on the other side 'we've burnt out,' she said. 'The fires swept over the bush as if it were a grass paddock. Martha's, it is all burnt down, and he said that some of the children going home from the Dale school were burnt to death.'"  
Mrs. Cameron exclaimed distressfully.  
"The fires came up so quickly they couldn't get home before them," Deirdre continued. "And when they turned to go back the flames were all round. Father sent me up. Davey and Mr. Deirdre came being away; he thought you mightn't know."



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"If the fires are at Dale—"  
There was a flicker of anxiety in Mrs. Cameron's eyes.  
"They've travelled over forty miles already," Deirdre said. "And father says if the wind changes we'll get them up here for sure. They may sweep right on us if it is, and miss us. But he said it would be madness to try to fight them—with only the three of us, and if they do come this way to get down to the pool at once. He said he'd try to get here if the wind changes."  
Once or twice there had been scrub fires in the summer, and Mrs. Cameron, with everybody else on the place, had helped to beat out the quickly running, forked flames which tried to make their way across the paddocks of the clearing to the house and sheds. She had carried water for the men beating, when there was water to spare, and they had dipped their bags and branches of green gum leaves into the water and slashed at the flames in the grass.

**Dye Silk Stockings**  
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**in Diamond Dyes**  
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**Puzzled Her Parent.**  
What odd questions children ask. A lady writes that her little girl wanted to know what God does with all the old moons. On another occasion she asked, "Does God make Jesus help light up the stars?"

**Keep Minard's Liment in the house.**  
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A Town of Thrilling Romance

If Dover had but a voice, what a fascinating story she could tell of her glorious past, from the day when the armed sons, maddened by the plunder caught their first glimpse of Canada, the invading Romans turned their backs towards Dale to avoid such unpleasant reception.  
Thus, in those early days, Dover was playing the gallant part of the town's sentinel—a part she has played with such stalwart loyalty for many thousand years.

When, a century later, the Romans came again, they made it one of the strongest (pillars) stations in the province was Dover's progress; in later years that when the Conqueror first set foot on it it was a highly fortified camp with a stout fortress to defend the monastery, and a guild-hall. It is a story which has often been told, but one which is still as true as the day it was first told. It is a story which is still as true as the day it was first told.

Such a stronghold at the western end of the town, naturally has a history of battle and bloodshed, but a history which is still as true as the day it was first told. It is a story which is still as true as the day it was first told.

Through the centuries the story of Dover has been written in the pages of a legal hospitality which has been the pride of the town, from the time of the English monarch, when it was swept by a general of the huge stones and arrows, and the brave defenders of the town, who were in vain for the last time, when the town was captured and the walls were pulled down, and the town was left a ruin.

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**Do Campers Start Fires?**  
Some campers are careless and carelessly light their campfires, and the result is a large number of forest fires every year. It is the duty of every camper to be careful and to start a fire in a safe place, and to extinguish it properly.

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