THE YOUNGSTER'S ALLOWANCE

BY CLARA INGRAM JUDSON.

"Please, Mother, may I have a nickel?" Jack asks as he gets his lunchen.

"Mother, may I go to the movies this afternoon?" Susan inquires as she starts back to school, and then she adds, "I've only been once this week and all the other girls go three times."

"Mother!" shouts Dick, "all the other boys are getting new marbles. Please may I have a dime, just a dime, or some for me?"

While Eden, clever with the wisdom of her high school years, waits the pleasant dinner hour to give her end and remarks with every appearance of nonchalance, "Dad, I saw a stunning pair of shoes down-town to-day. Wouldn't you be proud to have your daughter sport a pair at one-fifteen? They only cost $7.50 too. See me in them, and you'll see the wonders but advertisement of my personal bath!"

Sounds familiar? To some, since broadcast the conversation of any average family and you'd think the pan inundated with requests for anything from a penny up. Money is hard on the parental pocketbook because most of the requests are answered percentage to the tune of the minute rather than the merit of the request.

That's not saying that money is always a may or it may not be, but it is asserting that the money question with regard to the family income needs as a whole and the youngsters very basis, both for the pocketbook and the child.

[illegible] have my [illegible] for what they [illegible] for one [illegible] like 35 have [illegible] to me for any [illegible] I'm able I'll give [illegible] and others [illegible] way.

[illegible] seem to feel it must be admitted that though [illegible] can find one parent who [illegible] you will also find [illegible] the fact that children [illegible] for money. Indeed, we are all willing that our children [illegible] an real training in spending. The art of spending money is one one of our most important [illegible] Not that money itself is valuable, but because it is one of the things for getting all the most [illegible] life and be such [illegible] worth thought.

Now our children do [illegible] some money from home, some from allowances, some by earning it in various ways. Some parents give money to children with the view that they are [illegible] the theory of spending money in many schools today. But the theory is not enough. Would you [illegible] to trust the sewing [illegible] into the care of a [illegible] had no fashion magazine [illegible] never even tried? Or the cooking to one who had read cookbooks [illegible] never been in a kitchen or cooked [illegible]?

RIGHT TRAINING IN SPENDING.

Theory needs to be supplemented with plenty of practice. According to the very nature of it, practice in spending money can be supplied only by the parents. Schools have no funds or authority for such laboratory work.

"That sounds well on paper," says someone, "but how does a parent begin and how is it all to be managed?"

One begins at the beginning—the first time a child asks for a penny to spend. That request shows that he has the idea that with a coin he can get something he otherwise would not have. That's the time to begin his financial training.

The next allowance should be very small, as one wants to insure thoughtful spending; it had better be paid in copper because five coppers are more fun to a child than a dime, more fun to count and spend than is any other coin, however new and shining.

With the giving of the allowance there should also be an assignment of obligations. At first these will be doubtless for giving, for saving and for spending. With three lines of spending and five coins to spend there will have to be a balancing of desires, and that is why one does this for—to encourage the child to see what he can do most.

We started our children when they were about five and with an allowance of five coppers a week. A piece of [illegible] paper for each was tacked to the wall in the corner of their room and we ruled this paper into three parts.

On one we headed with a [illegible] letter G, that was for giving on which we put the letter F, meaning for fun. The [illegible] were to spend the money any way they pleased and no questions asked. But every time they spent a copper a mark had to go in the proper section. Five coppers were given each week and we promptly on Monday morning [illegible] paid them.

By the way, there is a [illegible] moral obligation right there. Money promised a child should be paid him at the time agreed. You promise to pay him the allowance is a business obligation that must be met. This is not by way of dividing [illegible] making pledges to our children. Rather, it is teaching them how to be good business men and women.

[illegible] Ade-

[illegible] by

[illegible] Tasted

[illegible] 11670

[illegible] Young [illegible] appre- [illegible] delicious [illegible] Try it.

"You mean little children go to the store and actually buy things?" some one asks.

Surely, why not? They'll have to some day; why not learn how to do it now?

Of course I went with them at first, standing politely at one side while they did the purchasing. When I was asked an opinion, I gave it honestly, just as I would to you. My opinion was always considered and usually followed, though not always.

The mere fact that the children did the buying developed many interesting things in our family life. We all read advertisements and catalogues and helped one another find the best ways of spending our allowances—yes, grown-ups should have allowances too.

LEARNING TRUE THRIFT.

The children learned to make a budget for each season's spending—that is, they would plan spring clothes and winter clothes and fit their needs into their pocketbook. And gradually they learned to get what they wanted with their money, and that is the essence of real thrift.

Now all this applies to allowances that can be paid in cash. Sometimes or in some situations there is so little cash available that it is next to impossible to manage regular allowances in this way. For instance, a fairly successful farmer sometimes has very little cash for family use. How about children's allowances then?

Pay allowances just the same; only the method will be worked out differently. One very interesting family I know pays the children two calves each year. The children care for their possessions and sell them or raise them whichever they decide best. The children bear all expense, if there is any, and keep all profits. This not only serves the purpose of giving them an allowance, but gives them business training in other lines as well.

Another family assigns a certain quantity of ground and time to work it, with the profits belonging to the child. Chickens, orchards and berry patches all suggest ways of paying an allowance if cash is not feasible.

But if possible, pay at least a part of the allowance in cash. Many a girl who really likes the farm or small town dreams of getting away, not because she doesn't appreciate her home, but because she wants independence. Try giving her an allowance.

Five dollars a month isn't much, but give that freely and see what happens. Let her make her own mistakes and enjoy her successes, the thrill of being "on your own" can be happily enjoyed at home if you give her a chance.

Of course you will want to encourage the children to save money; that is a most important part of their financial training. One of the best ways to begin is to let them save for deferred spending. That means saving for a bicycle, or a radio or a party dress or a trip—anything that they want but cannot hope to buy without building up a fund for the purchase.

As the children learn to save, let them begin to learn the pleasure of investment. Probably they will begin with the savings bank. When interest day comes round, suggest that they go to the bank and actually receive in cash the earnings on their tiny capital. They will then realize that money can be made to earn money—a valuable idea to get hold of, as we all know.

"It sounds like a lot of work!" sighed a friend of mine, when we talked this all over one day. Well, it isn't a lot of work but it's some work, that's true. Anything worth while is work for somebody. But it's a very, very little bit of work compared with the important results that follow. And anyway, who ever said we minded work if we could thereby give our children a chance to be happier and wiser than we can ever be?

Wise thinking and intelligent fair play in the use of cash is one of the best ways of bringing happy working democracy into family life. It pays!

Mould in Butter.

There is nothing more vexatious or more depreciatory in the flavor and value of butter than the presence of mould. A recently issued bulletin by the Dominion Dept. of Agriculture deals with its "Cause and Prevention." In giving elaborate illustrations of the way mould shows on the butter itself and on parchment paper taken from it, the authors, Dr. E. G. Hood, Chief of the Division of Dairy Research, and Mr. A. H. White, Assistant, point out that butter infected with mould develops varied color areas on its surface when subjected to conditions and temperatures suitable to mould growth, and that these areas are black, dirty green, green, orange yellow, or brown in color. These growths generally appear first on the surface, but in advanced cases may penetrate the butter to the depth of one-half to three-quarters of an inch. Mould growths on parchments appear as greenish brown to black smudge areas, depending upon the degree of development. In many instances, says the authors, moulds appear on both parchments and butter, while again only the parchments or butter may show infection. One of the illustrations supplied is said to be of untreated parchment paper taken from mouldy butter containing per gram moulds 1,850,000, yeasts 3,000,000 and bacteria 30,000,000.

Make the Stump Useful.

Take that eye-sore away from the old stump. This was a fine apple tree but it blew down in a windstorm. Not it is useful as well as ornamental. The wren house is built from the remains of the tree. The cross-pieces, using the twigs, are arranged log-cabin fashion, with the house on top; and the wrens live there too. Another year it will have ferns and trailing vines to grace the failing bark. If the tree had not blown down we might not have thought of the wren house; and wrens add much to the joy of a day, and compensate for the loss of the tree.—Mrs. C. T.

S.S. LESSON

July 19 — The Gospel in Lystra. Acts 14: 1-28. Golden Text—Blessed are they which have been persecuted for righteousness' sake: for theirs is the kingdom of heaven.—Matt. 5: 10.

ANALYSIS.

WE PREACH NOT OURSELVES, BUT CHRIST JESUS AS LORD.

INTRODUCTION—From Pisidian Antioch the missionaries turned southwest to Iconium, and here the recent experiences at Antioch repeated themselves. The preaching of Paul and Barnabas produced a deep impression both on Jews and Gentiles, and a great multitude "believed." But the unbelieving Jews stirred up an insurrection against the missionaries of Jesus. The civil magistrate was invoked, and in a popular riot, in which both Jews and heathen figured, Paul and Barnabas barely escaped with their lives. Leaving Iconium and turning south, they made their next halt at Lystra.

Here Paul performed an act of faith-healing which resembles and rivals Peter's act in Acts 3. He restored to his feet a cripple who had never walked, and thereby created a popular sensation which had extraordinary and unlooked-for consequences. The simple half-barbarous population of Lystra took Paul and Barnabas for incarnations of heathen deities, and wished to offer them religous honors. Paul had considerable difficulty in persuading them of their mistake, and leading them to a right conception of God. This particular incident forms our lesson for to-day. We may take as motto St. Paul's own words in 2 Cor. 4:5: "We preach not ourselves, but Christ Jesus as Lord." The lesson falls into three parts: (1) a miracle of faith; (2) a mistaken religious enthusiasm; (3) a sermon on the true nature of God.

I. A MIRACLE OF FAITH, 8-10.

V. 8. Lystra was eighteen miles south of Iconium. The city was made a Roman colony under Augustus, and would, therefore, make some claim to culture. But the population preserved its primitive superstitions, as well as the old Lycaonian speech.

Vs. 8-10. Among St. Paul's hearers at Lystra is a cripple who powerfully attracts the apostle's attention. St. Paul never made the cure of physical ills his main business, but he possessed the gift of spiritual healing, and he never rejected cases which came in his way. Like Peter at Jerusalem (Acts 3: 11), he saw in the presence of this poor cripple an immediate means of reaching the hearts of his hearers, especially as upon examination he found the man possessed of "faith to be healed." The healing was publicly performed, and was a complete success. But it has most unexpected consequences.

II. A MISTAKEN RELIGIOUS ENTHUSIASM, 11-14.

Vs. 11, 12. The act of Paul produced, as might be expected, a religious impression, but not, for the moment, the kind of impression which Paul would have wished for. The Lystrans, like the other native population of Asia Minor, were polytheists. They had adopted a slight veneer of Greek culture, but in religion its only effects were to dignify their own barbarous deities with the names and attributes of the more polished gods of Greece. There was also a prevalent idea that these divinities came down to earth at times in human form. Consequently, when Paul healed the cripple, the Lystrans jumped to the conclusion that he and Barnabas were divine incarnations. Barnabas, owing to his tall and majestic presence, is taken for Zeus (Latin, Jupiter). Paul, because he is the spokesman of the two, is taken for Hermes (Latin, Mercury), the messenger of the gods.

Vs. 13, 14. Not only so, but the local priest of Jupiter immediately proposes to bring oxen and garlands to the gates in order to celebrate fittingly this gracious visit of heavenly powers. Paul's visible faculty must have been stirred, but for the dead earnestness with which he saw these simple heathen folk preparing for their rites. This alarmed the two apostles and, rending their garments—an Oriental symbol of horror,—they rushed among the people, and strove to arrest their designs.

III. A SERMON ON THE TRUE NATURE OF GOD, 15-20.

V. 15. Paul, protesting against the mistaken enthusiasm of the people, appeals to their reason, and to the true nature of the Divine Being. He and Barnabas are in themselves only mortal men, like their would-be worshippers, though in a true sense they do indeed come with "good tidings" from heaven. Yet, what is the true character of the Divine Being? Paul, when face to face with the heathen, always begins here. He shows that God is Spirit, that he is not to be conceived like the pagan divinities, after a human or visible form. He is the universal Lord, the Creator, who has made heaven and earth and sea—a very different Being from the limited and often very fallible gods of the heathen.

V. 16. The message of the preachers is that men turn from their idols and their sins to this spiritual and all-wise and all-holy God, who has been patient with the heathen during all the centuries of darkness, but now in Jesus Christ seeks to turn them to himself.

V. 17. Not even among the heathen has this God left himself without a witness. He has held his gracious hand over them in protection. He has given them seed-time and harvest. The regularity of the seasons and the constancy of the laws of nature are a proof to the heathen heart that the Lord reigns and overrules all things for good.

Vs. 18-19. The enthusiasm of the populace, hardly restrained by these words of Paul, is soon turned into rising and hatred at the instigation of hostile Jews who now arrive on the scene from Antioch and Iconium. These provoke a riot, and Paul is stoned and left for dead outside the city.

V. 20. But God had more work for Paul to do, and he recovers, and next day goes on with Barnabas to Derbe. Do not let us forget what Paul suffered for the sake of God and Christ! How hard this journey must have been for his bruised and battered body! Stoned and left for dead! And yet moving on as in a triumph! Timothy lived at Lystra, Acts 16: 11. Is it possible that he saw Paul stoned, and was led to Christ in this remarkable way?

One of the necessary requisites of a good farmer is that he be skilled in the performance of the hundreds of duties devolving upon the tiller of the soil.

THE VOGUE FOR STRAIGHT LINES.

Wherever you go, or whatever you plan to do, you are sure to find this attractive frock a boon on warm summer days. It is developed simply, as becomes such gayly printed material, and will prove to be an ideal garment for many occasions. The diagram pictures the front laid in three tucks and joined to a shaped yoke. A narrow box-plait extends the full length of the centre-front, and patch-pockets add a further trimming note. The back is in one piece joined to the shoulders, and a trim little collar finishes the neck. The sleeves are short and finished with a cuff. The pattern also provides long sleeves. Sizes 36, 38, 40, 42 and 44 inches bust. Size 38 bust requires 4⅛ yards of 36-inch or 40-inch material. Price 20 cents.

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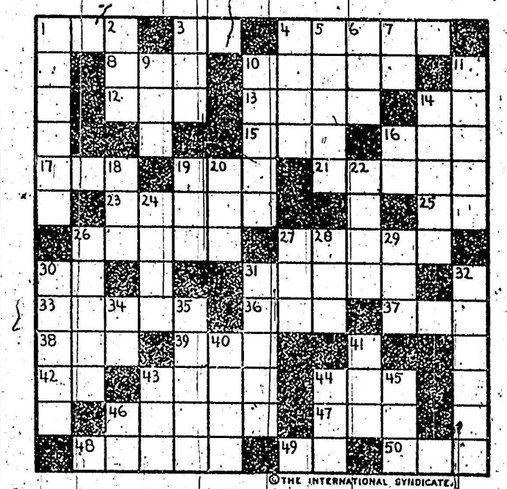
HOW TO ORDER PATTERNS.

Write your name and address plainly, giving number and size of such patterns as you want. Enclose 20c in stamps or coin (coin preferred; wrap it carefully) for each number, and address your order to Pattern Dept., Wilson Publishing Co., 73 West Adelaide St., Toronto. Patterns sent by return mail.

Answer to last week's puzzle.

G	A	S	P	■	F	■	O	■	T	H	I	S
I	M	P	■	A	I	L	I	N	G	■	Y	E	A
N	■	I	M	P	R	U	D	E	N	C	E	■	F
G	■	C	A	T	■	M	E	■	U	R	N	■	E
E	V	E	R	■	S	P	A	T	■	Y	A	M	S
R	E	D	■	M	I	S	L	A	Y	■	S	E	T
■	N	■	B	A	N	■	B	E	E	■	N	■	■
■	I	■	E	R	G	■	L	A	G	■	I	■	■
W	A	S	■	T	E	L	L	E	R	■	M	A	Y
A	L	P	S	■	R	O	A	D	■	T	A	L	E
L	■	R	U	E	■	U	P	■	D	O	T	■	L
L	■	A	M	B	A	S	S	A	D	O	R	■	L
O	B	I	■	B	R	E	E	D	S	■	O	H	O
W	A	N	D	■	C	■	Z	■	A	N	E	W	■

CROSS-WORD PUZZLE



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SUGGESTIONS FOR SOLVING CROSS-WORD PUZZLES

Start out by filling in the words of which you feel reasonably sure. These will give you a clue to other words crossing them, and they in turn to still others. A letter belongs in each white space, words starting at the numbered squares and running either horizontally or vertically or both.

HORIZONTAL

1—Bright and lively
3—A musical note
4—A monstrosity
8—A deer
10—Girl's name
12—To entreat; beg
13—Dry
14—Country of Asia (abbr.)
15—In that place; there
16—Prefix meaning "three"
17—Exclamation of contempt
19—To grow old
21—Perpendicular; steep
23—To flow out
25—Prefix, same as "ad"
26—Postponement
27—Man's name
30—A musical note
31—What a small boy is often called
33—A signal to apprise of danger
36—Barnyard inhabitant
37—A beam of light
38—Latin for "last" (abbr.)
39—A form of verse
42—Suffix, forming adverbs from adjectives
43—Offensive or loathsome
44—A grassy field or plain
46—Pertaining to an hour
47—A reply (abbr.)
48—Discolored by decay
49—Above
50—Grass, cut and dried

VERTICAL

1—Farewell
2—Yours (abbr.)
3—To observe
4—A gambling game
5—What remains of a wrecked building
6—Former times (poet.)
7—Associate of Arts (abbr.)
9—Possessive pronoun
10—Person to whom money is paid
11—To poach in cream, as eggs
14—The best part of anything
18—Topographical engineer (abbr.)
12—To hurry; hasten
19—Man's name
20—Stay-rope
22—The heron
24—To pass over hurriedly
26—To loiter
27—A garden tool
28—A hostelry
29—A city in Ayrshire, Scotland
30—Defect; blemish
31—Found on the seashore
32—Like syrup
34—Preposition
35—Irish poet, wrote "Last Rose of Summer"
40—A pair of units
41—One-tenth of a hundred
43—Wild animal
44—To ripple against, as waves
45—Mineral residue from burning anything
46—Interjection

The Banting Research Foundation.

The Banting Research Foundation has met with the approval of the citizens of Toronto, both as expressed by the grant from the Council of the City of Toronto of $50,000, and also by the numerous subscriptions which have been received from the teams now canvassing in the City of Toronto. From these sources a quarter of a million dollars has already been raised and the campaign has just begun at the time that these lines are written. And already substantial assistance has been received from prominent citizens in the United States. Why, in these times of hard money, an idealistic scheme of this kind should have received so much financial support may seem remarkable to many of our readers. The clue, however, is to be found in the spirit of altruism which has pervaded the scheme from the beginning to the end. As is well known, Dr. Banting, when on the forge of his great discovery, had to struggle with great financial difficulties, and at one time it looked as though he would have to migrate to the United States in order to get the support which was necessary. Fortunately, this was avoided, but that financial worry inspired him with the hope that at some future date his discovery might be used as a basis for raising a substantial sum of money such as would prevent any other young ardent spirit with a great idea for the alleviation of the ills of mankind from passing through the same struggle. This idea he has consistently advocated and finally a group of gentlemen were inspired to make the effort necessary to achieve the realization of this desire.

No Fund in Canada.

An investigator or a medical man with an idea which seems feasible and which is likely to produce results of value in medical science can, in the United States or Great Britain, receive assistance from various sources. In Great Britain there is the national Medical Research Council, the scientific funds of the Royal Society, and of the British Medical Association. To any of these sources he may apply and receive grants, larger or smaller a the case may be, to enable him to carry out his work if the grantors are satisfied that the idea is sound and the investigator has the other facilities which would make possible his success. There is no such fund in Canada. The universities are limited in their funds. Each departmental budget is drawn up a year in advance. It is potentially spent for definite purposes connected with teaching and the research which is absolutely essential for the development of teachers and keeping them fresh long before the money is actually available. An investigator such as Banting, coming to the University, will find the greatest difficulty in receiving any substantial assistance. The universities of Canada are splendidly equipped to do research, and much valuable work is being done from coast to coast. From the work of Collip, in Alberta, to Gibbs, in the far East, in every university contributions are being made. And all these workers are ready to co-operate and help others in as far as their financial means will allow, but those means are very limited. Consequently, the Banting Research Foundation, which is national in its scope, will fill a definite need. To it workers may apply for the necessary financial assistance to enable them to carry out their ideas if a carefully chosen scientific committee considers that they are justified in the hope achieved.

"Half a M[illegible] Lives [illegible]

That Canada has been proved by the experience of the last few years. Banting's success has inspired others to think about some of our great problems and tentatively have been made to solve the problem of pernicious anaemia, high blood pressure, and cancer. Our Canadian workers, [illegible] across the line, where the larger institutes are keen to capture promising ideas, are [illegible] throughout the United States. [illegible] of the Canadians, holding prominent [illegible] doing much to advance [illegible] lodge. The [illegible] dation, half a million [illegible] on the accumulated [illegible] last few years [illegible] The discovery of insulin, [illegible] oration, cost [illegible] thousand dollars, and [illegible] achieved are [illegible] over half a million [illegible] reason to believe [illegible] well, who otherwise would have passed away.

It is strange [illegible] medical journals [illegible] tioned not only [illegible] its advertising pages. [illegible] known to the German [illegible] man world and [illegible] Europe before the [illegible] "Insulin was [illegible] expected place [illegible] cording to one of the most prominent physicians in Germany. [illegible] is taken for granted, and [illegible] mentioned as a Toronto [illegible] the advertisement [illegible] world that the insulin [illegible] twenty different manufacturers [illegible] continent of Europe. [illegible] accordance with the [illegible] Toronto Insulin Committee [illegible] greater advertisement has ever been given [illegible] fiery art justified [illegible]

How I Solved the Sunday Dinner Problem

BY [illegible] L. B. NICHOLS.

I learned how to enjoy Sunday dinners to a housewife one hot summer day while across the plains on a train I was homeward bound. I was so tired my family got [illegible] baching, and began scanning pages of a magazine for some new recipes. An awful dread came to me as I conjured up the guests who were to spend the Sabbath with us. I had to spend my first Sunday in the kitchen cooking and washing.

It was at this moment the man across the aisle, notwithstanding parent interest in [illegible] herself. She was the most large and famous [illegible] the conversation [illegible] followed I learned that roast and poultry are [illegible] day and reheated [illegible] before being served in the dining-rooms of [illegible] and there I knew [illegible] problem had been solved. [illegible] meats always had been [illegible] block. Folks in the neighborhood [illegible] fer hot meat dishes for the [illegible] of the meat in [illegible]

EXPERT ADVICE.

When I arrived home [illegible] the suggestions made by the expert. Much to my delight they worked, and that roast and poultry are [illegible] partly cooked the day before [illegible] eaten.

It is customary in my [illegible] these days to place the [illegible] oven on Saturday and cook [illegible] fourths of the [illegible] it ready for serving. The [illegible] completed on Sunday. [illegible] beef: I allow twenty minutes [illegible] ing to every pound of meat [illegible] day I cook the roast fifteen [illegible] the pound. On Sunday I [illegible] the oven again, allowing [illegible] to every pound.

I make the gravy on Sunday. It is poured into a saucepan [illegible] it is warmed in the morning [illegible] the following day. I always [illegible] roasting pan as soon as [illegible] made. The meat is placed [illegible] on a glass platter [illegible] warmed in the oven and served [illegible] table.

Many vegetables may be [illegible] ready in advance. I boil [illegible] and make a cream sauce [illegible] I leave the saucepan [illegible] the potatoes to [illegible] Sweet potatoes are parboiled [illegible] minutes and placed in a [illegible] to finish cooking in the oven [illegible] day. The cabbage is [illegible] ded and the beans are [illegible] vegetables keep [illegible] of cold water. [illegible] dressing in advance. Such [illegible] as beets, turnips [illegible] beans are cooked until tender [illegible] urday to be served [illegible] before being used. [illegible] canned goods to save time.

My favorite [illegible] day dinner are [illegible] with cake or cookies [illegible] and bread and [illegible] If whipped cream [illegible] the dessert I [illegible] pared Saturday [illegible] melted gelatin added [illegible] ness. Of course [illegible] ice box or a very cold place [illegible] dishes always [illegible] day suppers in [illegible] ly jellied salmon.

There are times when [illegible] sible to find time on Saturday [illegible] the Sunday dinner. On [illegible] sions I use [illegible] transform the [illegible] food into a feast, giving [illegible] never-to-be-forgotten [illegible]

My plank is [illegible] which gives a fine flavor [illegible] diameter, is [illegible] about right for [illegible] Larger planks [illegible] chased or made [illegible] with grooves [illegible] one end, for [illegible] ory juices collect.

I arrange the meat [illegible] to be cooked [illegible] first greased [illegible] the oven. The cooking is done in a moderate oven. The plank with the cooked foods is placed on a platter and carried to the table [illegible] it is not available. After these plank ed dinner I always rejoice that there are very few dishes to be washed.

Here are some of our favorite Sunday dinners which can be partly prepared on Saturday, and recipes for some of the dishes:

Chicken, Casserole Creamed Potatoes
Buttered String Beans
Bread Butter Jelly
Summer Salad
Peach Bavarian Cookies
Coffee

Roast Beef Gravy
Buttered Sweet Potatoes
Corn on the Cob
Bread Butter Jam
Lettuce and Cucumber Salad
Iced Melon

PLANKED DINNERS.

Ham Sliced Sweet Potatoes Bananas
Bread Butter Apple Sauce
Radishes
Sliced Peaches Cake

Ground Steak Browned Potatoes
Tomatoes
Bread Butter Jelly
Pineapple Salad
Raisin Custard Cake

CHICKEN EN CASSEROLE.

Wash and dress two young chickens, cut up and roll the pieces in flour and brown in fat. Place in a casserole, season with three teaspoons salt and one-half teaspoon pepper, add one cup cream, and cover. Set in a slow oven and cook until the chicken is tender. If not used until the next day after being cooked, reheat in the oven before serving.

PEACH BAVARIAN

Soak two tablespoons [illegible] in cold water; when soft, add a cup of hot water and stir until all the gelatin is dissolved. Pare [illegible] peaches and rub the pulp through a sieve. To it add three [illegible] powdered sugar and stir [illegible] the gelatin mixture. Whip [illegible] heavy to thicken [illegible] cream whipped until stiff [illegible] serve very cold.

SUMMER SALAD

Line a bowl with the [illegible] shred cabbage. Sprinkle over the fourth teaspoon salt and [illegible] paprika. Arrange alternately thinly sliced beets and [illegible] cabbage next. Add salad dressing. Use one capsful of [illegible] beets, which have been [illegible] tender in salted water and chilled.

PLANKED CANNED HAM

Use a slice of ham about [illegible] thick and place on the plank in a moderate oven. After [illegible] the ham and then arrange potatoes around the ham. Sweet potatoes should be sliced lengthwise one-half inch or a little more and parboiled. Season them [illegible] placing them on the plank. Put a lump of butter on each [illegible] Then use three [illegible] tablespoons of butter [illegible] placing them in the oven [illegible] the oven and cook [illegible] potatoes are tender [illegible] bananas are tender [illegible]

PLANKED CANNED [illegible]

Grind [illegible] pineapple [illegible] with [illegible] teaspoon salt [illegible] pepper [illegible] half [illegible] tard. If [illegible] spread on [illegible] Place in [illegible] on top [illegible] and place [illegible] small [illegible] and [illegible] two [illegible] spoon [illegible] butter [illegible] moderate [illegible] utes, or [illegible] the potatoes [illegible]

[illegible] Problems.

The [illegible] Company [illegible] ably Sir [illegible] Ontario, [illegible] coner [illegible] Cody and [illegible] responded [illegible] the coun[illegible] In the p[illegible] relatives [illegible] Who has [illegible] whose lives [illegible] diphtheria [illegible] ed from [illegible] skilled [illegible] administ[illegible] all such [illegible] the great [illegible] high blood [illegible] case. If [illegible] you wish to help [illegible] show your gratitude, send your cheque to Mr. E. R. C. Clarkson, 15 Wellington St. East, Toronto.

Brighten a Cheerless Kitchen.

Paint your kitchen chairs some color that will look well in that room. Black is good, or dark gray if the walls are light gray, or dull green or dull blue if the walls are white or so on. Attach to the seats, by cord, cushions covered with bright colored washable material, and see how cheerful it will make the room look, and with little work and little expense.