A QUIET-SONG

Quietly we'll go to sleep. You and I, You and I. While the flocks of starry sheep Pasture in the sky.

With your crook, O Shepherd Moon, Guard your sheep. Guard your sheep, And slip down in silver shoon Where the chikiren sleep.

When you come to Pudding Lane Bing a 'croon, Bing a croon, Sprinkling dreams like summer min On a night in June.

Menu Hints

Recipes for New and Nevel Dishes; Household Ideas and

POEMEALS /

Suggestions

Just a can of salmon, Salt and pepper, too, ---Bread crumbs, butter, flour, Milk-oh, that will do. Nothing else is needed.

Not a cook should wish Por a tastler morsel Than this depression dish.

HERE IT IS I large can salmon

- 1 telaspoon salt 1/4 teaspoon pepper. 1 cup buttered crumbs
- 3 tablespoons butter 114 tablespoons flour-

114 cups milk Salt and pepper

In a buttered casserole or baking dish put a layer of buttered crumbs, then layer of one-half the fish broken into flakes with a fork. Salt and pepper to taste. Pour in one-half of white sauce made by adding flour to melted butter, then adding milk, one-third at a time. stirring to prevent lumping. Repeat and put a layer of buttered crumbs on top. Bake in a moderate oven until brown You will find this the most delicious salmon loaf you ever tasted.

When you go to your door And guests stand there. Don't turn them away with sigh. With a welcoming smile And never a care

Prepare a hasty surprise. EMERGENCY SPECIAL

- 114 lbs. round steak 14 cup tine dry bread crumbs
- 1 egg well beaten 1 teaspoon onion juice 14 teaspoon galt

Pepper

Milk to molsten Put round steak or some other cut beef through the meat chopper four o five times. Add other ingredients and mix very thoroughly. Add milk to make the right consistency to mold into small kets were lost in a smother of foam cakes about 34 inch thick. Fry in hot fat until well browned. (Bacon or ham gives a good flavor.) Remove the meat cakes and make a gravy by adding flour to the fat remaining in the pan and stir until the flour is well browned. Use enough flour to make a cream sauce of medium consistency (I cup milk, 3 tablespoons flour). Add milk until desired consistency. Return browned meat cakes to cream sauce and finish cooking cakes over a low fire. This serves about eight!

A GALA DESSERT FOR THE SWEET

GIRL GRADUATE When you give that luncheon to celebrate your daughter's graduation, be sure to make the dessert the high spot of the menu. For academic honors have never yet robbed sweet girl graduates of their appreciation for such a noble dessert as Pecan Chocolate Mouse. isn't difficult to make or unduly expensive, but it's emphatically a gala des-

PECAN CHOCOLATE MOUSE 3 squares unsweetened chocolate ". 1% cups cold milk

- 4 egg yolks, slightly beaten 1 package strawberry-flavored gelatin
- 14 teaspoon salt 14 telspoon vanilla

mold. Berves 8. .

14 cup pecan meats, coarsely cut 1 cup cream, whipped

Add chocolate to milk and heat in double bolker. When chocolate ke melted, beat with rotary egg beater until mixture is smooth and blended. Combine sugar and egg yolks; add amal amount of chocolate mixture, stirring vigorously; return to double boller and cook until thickened, stirring constantly, Add gelatin and salt and stir over hot water until gelatin is dissolved. Chill. When slightly thickened, add vanilla individual molds. Chill until firm. Un-

Protect the child from the ravages of worms by thing Mother Graves' Worm Exterminator. It is a standard remedy, and years of use have enhanced its reputation.

ORIGIN OF LIFTING THE HAT

The custom of litting hals originated during the age of chivalry. At that time it was customary for a knight never to appear in public unless in full . It become the custom of a friends, to remove his helmet. This signified, "I am safe in the presence of

The Girl From Goshen

By CLARE.ATKINS

DETER BANCROFT surveyed the tittle party with critical blue eyes, and ut last his good-humored face crinkled into a wide smile.

"Some bunch-didn't any of them know this was a picule—a boating -Louise Ayres Carnett party that might turn into a waterfete at any moment if unyone should rock the boat? Why, those girls are dolled up for a shindy!" No one listened to Peter's mutterings and he grumbled still more us one girl used a lipstick and another dredged her pretty nose with powder. "Good night!" sighed the practical young man. "Don't they want the sunshine and fresh air to get at their skins? There's one. however-the little girl from Goshen-

The pretty girls and the stalwart young men gathered on the pler waiting for Ben Hampton and his motor boat had not paid much attention to the girl from Goshen, who was the country cousin of Adele Parks, the lipstick girl. Adele was rather. ushamed of Mildred Moore, who wore substantial clothes and rubber-soled canvas shoes.

"Everybody ready?" sang out Ben Hampton as his boat shot up to the pler: "got all the lunch baskets, sweaters and cameras? Pile in: trim ship there-you can't all sit on one side, even if 'tis more sociable-all aboard i'

The good launch Fairy Queen puffed her way out of the harbor und off toward the long beach in the outer buy. Beyond Long Beach was their goal for the day's outing, Little Gul Island. Young Mrs. Fay was changroning them, and the picule-baskets would-

John Lorimer watched the safeeved country girl and wondered what she was thinking about as her fingers were busted with some crocheting. After Ben Hampton had landed them ut the island and his boat had chugged away, not to return until sundown, the piculckers scattered along the beach.

covered the loss of the lunch baskets. "Where are the baskets?" she asked the other ten as they tripped down the beach toward the water, clad in bathing garments donned in the shelter of some weather-beaten bathhouses. "Where have they gone, Mr. Bancroft?"

It was Mildred Fane's eyes that dis-

"Why-I put them right there," confessed Poter, guiltly, pointing to a snot entirely covered by the rising

"Look!" cried Mrs. Fay, with a They looked-and saw the six baskets bobbing away rapidly; once they thought the tide would return them on

the crest of a wave, but, alas, the bas-

and went manfully to the bottom to astonish the fishes. "Every - last - one - gong." Poter in a hollow tone.

"We might forget it all until Bon comes for us and then we will all dine-heartly, of course-at hotel," remarked Lorimor, who was longing for a swim. "Who over heard of a picule with

out food?" usked one of the girls. "Let us make this the first one." he was adding, when Mildred stepped forward, blushing warmly under the fire of ten pairs of eyes.

"Walt a moment, please; my cousin, Gregory Brown, has a cable in the pines back here. He and his friends come and camp for days at a time, and there is usually a good supply of food-some canned things-and I belleve he would not care if we helped ourselves."

"Fine!" they all agreed, and forgetting the swim they followed Mildred to the cabin in the pines. Peter forced a window and entered, opening a door for their entrance into a cozy interior. - Mildred investigated

"Plenty of salt codfish, potutoes, flour, lard, sugar, coffee, some butter-eggs, but doubtful! Tinned milk. and fruit and vegetables. Call for volunteers in the kitchen!" she surveyed the crestfallen faces of the

girls with merry eyes. John Lorimor eugerly volunteered and Adele reluctantly followed his example. The others desorted shamelessly for the water. Adele stood awkwardly by white Mildred managed the blue theme oil stove with a practiced hand; she deftly tossed biscuits together and put them into the oven: It was the Girl from Goshen who made a ple from dried peaches with n lattleework top crust, even baking n "ple-crust-putty" for John Lorimor. "My mother used to do it that way." he kept saying until envious Adele. itung out of the house and forgot her

Those hours of intimacy as they prepared the deligious ment creamed codfish and potatoes, fully blscult, pickles, ple and coree, were worth days of casual social intercourse to Mildred and grave John Lorimer. He unbent from his dignity -and-oured-polutoes-and-humbly walted upon her; then, when the men was over he delivered the clearing up into the hands of the well fed, happy plentekers, while he and Mildred walked to the point and took a wellearned rest on the cool sands.

troubles in the fresh salt bath.

"And that," said Adele tragically, us she dressed for Mildred's wedknight when entertaing an assembly of ding, "is the way I lost John Lori-

WEED SEEDS ON FARMS

The seeds of most annual weeds when embedded in the soil rotain their vitality for several years. The seeds of the mustard family and others, when ploughed down after ripening, seldom germinate the following year and not until they are brought near the surface by further

ferred to succeeding years. autumn or early spring cultivation is not Nipissing, Chilco, Eric, Rousseau and effective in destroying the seeds of weeds Sissipuk. that will not germinate unless the soil

Some of the worst weeds are so prolide n the production of seeds that relativey clean fields may become badly contaminated in two or three years if the weeds are allowed to go to seed. instance, a single plant of wild mustard, stinkweed, foxtail, pigweed, or campion roduces from 10,000 to 20,000 seeds vorm-seed mustard about 25,000; shepherd's purse about 50,000, and tumbling mustard about 1,500,000. With sui productiveness, soils become quickly infested with weed seeds, although, on ac count of their inconspicuousness, their presence is not fully rdulized. whole subject is dealt with in an illustrated publication, Woods and Week Seeds, Issued by the Dominion Depart ment of Agriculture, Ottawa.

NIGHT BASEBALL POPULAR

Night baseball made a real hit with the Ontario baseball funs at the Picet Street Stadium in Toronto last summe and the Toronto Baseball Club has already set uside two dates for the nocturnal games as soon as Ike Boone's warriors return from their three-week trip through the southern end of the International League circuit.

Rochester Red Wings and the To onto Maple Louis open their night gain season on Thursday, June 27th, at 9.00 m., city time, with a real show prom ised for everybody. The lighting system at the Maple Leaf Studium is the very latest in design and is vold of all glare for both fans and players. clubs, who performed under the lights at the Fleet Street Stadium last year, were complimentary in their praises of the local system.

General Manager Arthur II. Leman has planned an attraction for the Dominion Day week with the second night and holy, and wice.-Plato. game listed for Tuesday evening, July 2nd, and the heavy hitting Buffalo Bisons will be the uttraction on that occasion.

Buffalo Bisons will also be on hand for the double-header staged in the afternoon of Dominion Day, July 1st The Maple Leafs won both Victoria Day games from the Bisons at Toronto, but the Buffalo club returned the compitment, taking both games from the Maple Loafi on the Memorial Day holiday at Buffalo, so the Dominion Day doubleheader will be the "rubber" . holiday double-header between the two clubs.

CHRYSANTHEMUM CULTURE

For commercial work, cuttings of chryanthemums propagated in March or April are suitable for planting into beds early in the month of June. The soil in the bed should be five or six inches deep; the distance between plants, sb to eight inches. For those who are interested in or contemplate the growing of chrysanthemums, the Dominion Department of Agriculture has issued a pamphlet which covers all the important points necessary, to be known. Chrysanthemuns are propagated in four different ways, by cuttings, division seed, and grafting. Cutting is the most important because it is the quickest way by which a stock true to name can be raked. Cutting is the method adopted by the florist. The cuttings are first notted in two and one-half inch pots; then into four-inch pots, and finally into six or seven-inch pots. The plants require abundance of water, with free drainage, but the grower must be guided by the foliage. As long as the foliage remains dark and glossy, it is a sure sign that too much water has not been given. If too much water is given, the foliage will turn yellow and sickly looking. Also, if too little water is given, the plants will show unmistakable signs of requiring moisture. It is very importunt that the drainage allows the water to pass through freely, thus preventing stagnation or soil sourness, a condition conducive to disease which results in failure.

Douglas' Egyptian Liniment is copecially recommended for spider, or infection of cow's tout. - Invaluable also in cases of spavins, curbs and uplints.

COULD DO BETTER

Two women were discussing weather. The first said: "Ear't this horrible weather" The second, u plous soul, replied, re-

provingly: "It is God's weather." To which the first countered: "Yes,

DOMORION EXPERIMENTAL PARMS

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Local Red Clover Seed is Best to be properly strained before being offered for sale.

resemblance consists in becoming just,



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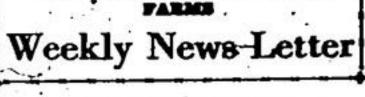
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rect common constinution, due to insufficient bulk in the diet. In sovere cases, with each meal. If not relieved this way, see your doctor.

that of leafy vogetubles, and is therefore more effective for furnishing the needed "bulk." It is a delicious laxative food . . . far better than patent medicines.

your grocer's. Made by Kellogg in London, Onturio.

== Keep on the



There have been originated at the cultivation. Light surface cultivation Central Experimental Farm a number of during the early autumn usually serves flowering crabapples with deep rose to stimulate germination in freshly rip- colored blooms and purplish green stems enci weed seeds. Thus, a considerable and leaves. They are quite different proportion of them may be destroyed, from most of the flowering shrubs found while, on the other hand, by deep in Canadian gardens. They grow into ploughing the difficulty is simply de- small trees or large shrubs and they are almost as interesting when covered with The germination of weeds, as well as fruit as when in bloom. The apples vary other seeds, is affected by heat. Many in size from a small, flattened, very hard, kinds of weed seeds, such as some bitter crab to a small sized apple with reasses and mustards, will germinate in fair flavor. The fruit of some of the the late autumn or early spring when varieties is purplish red, that of others the soil is cold. Others, such as buck- bright red or yellow and red. Some wheat and lamb's quarters, require a varieties bear fruit that can be made warmer soil, and the seeds of foxtail into jelly of fair flavor and beautiful and pursiane continue dormant until color. Among the varieties that may stimulated by the heat of summer. Late now be obtained from nurserymen are

> It has been found by the Pield Husbandry Division of the Dominion Experimental Farms that the roots of couch grass can be killed in three or four days For by exposing them to the sun and air during warm dry weather: The Division, therefore, recommends the following treatment: Plough the infested area four inches deep when it is in sod. This may be delayed until the middle of July and, the band used until that time for hay or pasture.' After ploughing use the dist to break down the furrows and induce rotting of the god. After discing cultivate every three or four days during dry weather in order to bring the couch roots to the surface. Plough again in the fall and in the following spring sow a smother crop or plant a heed crop. This has proved to be a very satisfactory way to control couch grass.

Extensive tests made on the Dominion Experimental Parms have clearly proven the superiority of red clover seed grown locally in Ontario and Quebec and the lack of winter hardiness in much of the imported seed, especially that from Southern Europe. Generally speaking, red clover seed from strains that have been found to produce profitably in a particular locality for a number of years is the seed best suited to that locality. At the same time this seed is interchangeable over a wide territory where climatic conditions are similar and not subject to new insects or plant diseases. Under a provision of the Seed Act imported red clover seed is required

To escape from evil we must be made. as far as possible, like God: and this





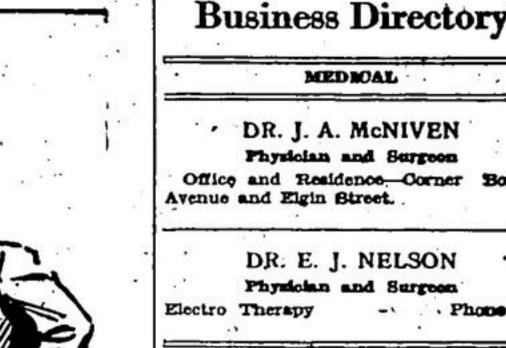
"bulk" to ald regular habits. ALL-Buan is also rich in vitamin B. as well as iron, an element of the Two tublespoonfuls daily will cor-

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Got the red and green puckage at

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When the hotel clerk tells you he has no rooms

Don't blame the clerk. Resolve instead always to

oke en. Admits Being Drunk in/

DRUNKEN DRIVERS

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HE man who takes a drink when he

L knows he is going to drive a car is

It is time for strict discipline on this . . .

on-mad-speed on all forms of road selfish-

Persons convicted of being intoxicated while

in-charge of a motor vehicle will receive no

mercy. It is better to drive carefully than to

lose your driver's license . . . perhaps per-

manently . . . in addition to receiving a

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ONTARIO DEPARTMENT OF HIGHWAYS

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512 people were killed

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Hom. T. B. McQuesten,

Minister of Highways

to all thinking people that this must stop.

deliberately asking for trouble.

ness that lead to accidents.

severe court sentence.

Taken to Hospital

Ac. mobile drunk guilty to a charge for contant of custody to next we

for sentence when to hext was

charge of Car Two/

start looking for something else . . .

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et Cen.;

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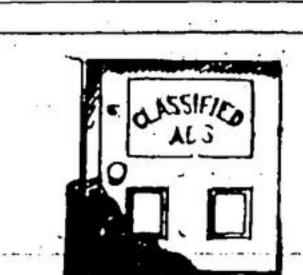
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