

—AND THE WORST IS YET TO COME



## About the House

### Wholesome Cold Weather Breads.

Good graham bread is wholesome and delicious at any time of the year, but if there is a time when it seems to just fit the appetite a little better than any other, it is when the crisp cold days of autumn and winter are with us.

In many modern homes the value of graham flour is underestimated. The graham that makes the most delicious and nut-like bread is ground at the mill directly from the farmer's wheat. It will be slightly coarser than the sacked graham procured at the grocery and much sweeter and better flavored. By asking the miller to give your wheat what is called "the first crack" you will have a nutritious and highly delightful breakfast food. Cook this the same as cream of wheat and you will ask for nothing better.

Hot graham gems are a welcome addition to the breakfast table on a cold morning. In one family where the mother was a splendid cook the writer recalls that when winter approached the main part of the Sunday morning breakfast was always baked potatoes, and graham gems. When you have baked beans for supper try serving hot graham gems or Boston brown bread with them.

Sandwiches from graham loaf and filled with cold roast pork, cheese or

jelly, are ideal for the school lunch box.

For those troubled with poor digestion the best bread is made with yeast sponge and part or all graham flour.

The following are a few recipes for various forms of graham bread for a family of six:

**Plain graham loaf**—1 qt. good buttermilk, ¼ cup melted shortening, 2 tsps. soda and one tsp. baking powder, ½ cup molasses or sugar, 1 cup white flour or one egg.

Add one tsp. salt and enough graham flour to make a batter that will drop clean from the spoon. This will make two loaves baked in individual loaf tins.

For breakfast gems we use a plain loaf recipe and bake in well-greased gem pans in a hot oven.

**Nut loaf**—2 large cups buttermilk, ¼ cup melted shortening, 1 tspn. soda and one tspn. baking powder, 1 tspn. salt, 1 tbspn. white sugar or light syrup, 1 cup white flour, 1 egg, 1 cup chopped nut meats, 1 cup chopped raisins.

Add graham flour to make stiff batter, beat well, put in loaf tin, let rise fifteen minutes and bake in medium oven.

Raisin loaf is combined the same as plain loaf with one cup of chopped raisins added.

**Boston brown bread**—1 qt. good buttermilk, ½ cup melted shortening, 1 tspn. salt, 2 tsps. soda and 1 tspn. baking powder, 1 cup molasses or sorghum, 1 cup white flour, 1 cup corn meal, 1 cup rye meal.

One egg and enough graham flour to make stiff batter. Steam three hours in pudding basin or baking powder cans and bake twenty minutes in medium oven.

### Educational Value of Music to Little Children.

With a profound belief in the educational value of music to little children, Mrs. Statis N. Coleman of New York thought that children should first be taught music without note reading. "Why not," she said, deliberately, "employ the child's natural way of learn-

ing until the physical process becomes easy?"

Mrs. Coleman says initiative singing may begin as soon as a child begins to talk, or even before. Simple dancing at three or four results in the cultivation of rhythm. Mrs. Coleman then had the idea of treating her children as little savages. They could understand savage music, and if they made their own instruments like the primitive peoples, they would love playing them. From the child's own savage level she would gradually lift him to higher forms. He would understand each stage as he reached for it, and his work always be at his own level.

Mrs. Coleman believes that it is possible for a child to receive from his mother and father in the home in the first seven years of his life musical training without set lessons or practice hours that will be of greater value to him than twice seven years' study in any conservatory after he is grown.

Mrs. Coleman's tiny pupils began at the drum and rattle stage, played Pan pipes until they found out the principle of the flute, made the shoulder harp of the Egyptians until they discovered how resonance could be found for strings, strummed the lyre and primitive harp, and learned how one string could be made to play more than one note and so made and played upon primitive fiddles and lutes and banjos.

### Training Ears To Behave.

How greatly your child will regret it in later years if you allow his ears to grow out of his head, instead of training them to their natural place—close to the head! Remember that boys cannot modify any such defect by a coiffure.

It is a simple matter to have your baby wear a lacy cap to bed, being sure that his ears are in their correct position before it is tied. I suggest a lacy cap because there should be an opportunity for ventilation. The holes should not be large enough to allow portions of the ear to poke through, but there should be plenty of them.

My small boy of five evinces a great desire to jam his hat down on his ears, so that I have to be constantly on the alert. If his hat is a bit large, I put some tissue-paper inside of the hat-band, and take it out when he "grows into it."

In cold weather, when the little lad wears a close-fitting knitted cap, I am careful to see that his ears are pressed back before pulling the hat down securely.

When a child's ears are inclined to stand out, all of these things should be patiently attended to. Large ears

which are unduly prominent are especially disfiguring, but they need not be so if properly "trained."

### Woman's Laughter.

A low musical voice is one of the greatest charms of woman. It sets the seal on her beauty. Without it she loses much of her power of attraction. But many a man has turned away from a pretty girl because of her laughter. There is laughter so loud that it ceases to be hearty and becomes vulgar, so shrill that it gets on the nerves, so strident that it suggests hysterics, so inane and cackling that the listener concludes that only an empty-headed woman could laugh so.

Many girls do not realize the effect of their laughter, and continually laugh and giggle needlessly. Thus they destroy their chances of making a favorable impression upon people they meet.

Yet a low, musical laugh is a great attraction, the greater because it is so rare. Do you possess it? If not, with patience and perseverance you can achieve it. First listen to yourself whenever you laugh. You will probably be very disagreeably surprised and realize how ugly laughter can be. You must lower the pitch of your voice. Practice laughing in your own room when you are alone. Banish the cackle on a single note; laughter is almost a scale—harmonious and attractive.

Translations of the Bible, or portions of it, are published by the British and Foreign Bible Society in 550 different languages.



A Critical Moment

Mrs. John—"Outja, if I should die would John marry again?"  
John (in a very low whisper)—"For goodness sake, Outja, have a heart!"

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