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Cucumber Catsup

Three large cucumbers, one large onion, two tablespoons grated horseradish, 2 tablespoons salt, 2 cups vinegar, 2 tablespoons black pepper, 1 teaspoon paprika. Grate cucumber and onion or put through mincer, add remaining ingredients, boil five minutes, bottle and seal.

Canned String Beans

Wash and cut beans in inch pieces. Add water enough to cover, and to each quart of beans add one teaspoonful of cream of tartar. Boil 20 minutes and set in fruit jars. When using them pour off the water, rinse well in cold water and cook in the usual way adding one teaspoon baking soda to each quart of beans.

Beet Relish

Five boiled beets, two small heads of cabbage, chop separately. Add 1 cup horseradish, 1 cup sugar, 3 tablespoons salt, 2 tablespoons mustard, ½ teaspoon red pepper and four cups cold vinegar.

Veal Loaf

Mix thoroughly three and one half pounds veal chopped fine, 3 eggs, salt better acquainted and at the same time fine bread crumbs, butter size of an egg, melted, and tablespoons cream. Bake two hours.

Brown Bread

One and one half cups white flour, two and one half cups Graham flour, 1 teaspoon salt, 1 teaspoon soda, 1 tablespoon sugar, 1 pint sour milk. Bake in moderate oven for one hour.

Do You Know That

Vinegar will remove the disagreeable odor of paraffin from earthen and tinware. Dip a rag into the vinegar and scour the vessel with it.

A few drops of turpentine added to the rinsing water when washing white silk hose, underwear, shirts etc. prevents them from turning yellow.

In selecting soup for a meal, remember that creamed soups should not be served when there are creamed vegetables or creamed fish to follow.

The white braid on blue woollen middies may be cleaned by sponging with a solution of white soap. When pressed the middy will look like new.

Should Be Enough

The following words by Rt. Hon. W. L. M. King, former prime minister and leader of the Liberal party in Canada should be sufficient answer to the cheap clap-trap utterances of partisan speakers who claim that all loyalty and love of British Institutions is to be found outside the Liberal Party. Speaking in Vancouver Mr. King said—

"I stand for the British Constitution through and through. I am not in favor, never have been in favor and never will be in favor of annexation. I make this statement because there has been a deliberate attempt to mislead the people of the country."

I believe that this country can have no greater destiny than as one of the free self-governed nations of the British Empire. That is the highest destiny we can have.

"The greatest service to mankind can be rendered by having two nations upon the continent of North America. Canada is in the happy position of being able to contribute to the peace of the world, both by example and by her position as interpreter of the United States to Great Britain and of Great Britain to the United States."

BEAMS AND MOTES

Almost two thousand years have gone by since the beam and the mote were used to teach charity, and yet every day the saying grows newer and is more needed. It fits our fretful life. We are full of senseless irritations, and in the mess and misery we save our own faults and pick at our neighbors.

Beam originally was a whole tree; in the Bible it means a large piece of timber. Mote is a mere particle, a speck an atom. We shall never get rid of the motes. Our little flaws are as thick and numberless as the gay motes that people the subbeams, and really there is something to be said in their favor. They go with the sunbeams—but sunbeams are not the kind of beams used in the saying. These beams are the big imperfections, the follies, the misjudgments, the caprices, the jealousies that possess us like demons. If we could cast them out there would come a wonderful revelation. We should find ourselves seeing our fellows differently. Life would be far better, brighter and sweeter for them and for us.

Misunderstandings, petty criticisms and small gossip are the banes of existence. The need of the world is for more charity in the individual—an all embracing charity that makes us tolerant, considerate, careful, merciful and just. It is because we ignore the big faults in ourselves and magnify the trifles in others that troubles come.

The quickest way to make happiness and to bring Heaven to earth would be to think more sanely of ourselves and more kindly of everybody else. "Judge not that ye be not judged," and "Why beholdest thou the mote that is in thy brother's eye, but considerest not the beam that is in thy own eye?" Herein we have the gospel and philosophy of charity, and we should practice it seven days a week.

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CONSIDER these outstanding financial reforms, inaugurated by the Liberals, which:

- (1) Give you Cheaper Automobiles.
- (2) Give you Cheaper Agricultural Implements.
- (3) Abolishes Income Tax for one-third who paid it.
- (4) Reduces tax on all incomes.
- (5) Extends the British Preference.
- (6) Abolishes Receipt Tax.
- (7) Abolishes the Sales Tax on 236 groups of articles.
- (8) And gives you Penny Postage again.

These benefits are not fancied—they are real. The country feels them, the home and the individual feel them, and business has responded wonderfully.

NOTE WELL—every Conservative in the House of Commons voted against these reductions in taxation.

Magnificent Achievement

Today our favorable trade balance has reached the enormous total of more than \$400,000,000. Our factories are busy. Many are building additions and working overtime.

We are exporting \$15,567,234 more manufactured goods than we are importing. Our railways are piling up new records. In 1921 the Canadian National Railways had an operating deficit of \$11,000,000. In 1925 it was changed to a surplus of \$32,000,000. Our taxes have been reduced by \$25,000,000. Government expenditure has been lowered, effecting a saving of \$108,341,766 in 1925 as compared with the last year under Meighen. Our budget has been balanced. Our dollar is worth a dollar, and sometimes more, in all parts of the world. Our public debt is being reduced. There is but little unemployment. Agriculture is prosperous. Our people are happier than ever before in Canada's history.

A Government for the People

The Liberal Budget of this year was accepted by the great mass of the electors as a Budget designed to benefit the average Canadian.

Hon. Mr. Robb, the Liberal Minister of Finance, has promised still further reductions in taxation if the Liberals are returned to office.

The record of the King Government shines with achievements that should lead every right-thinking man and woman to vote Liberal on Election Day, September 14th.

Vote Liberal

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