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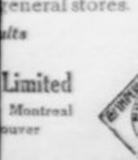
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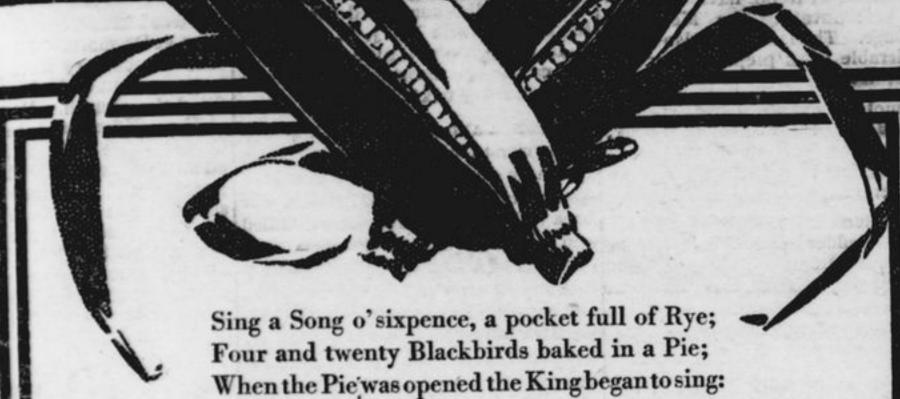
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"Oh, Chef, I say! Take this away-"Let's have some Corn-Pudding"

Treat your family to this dish and yourself to summer kitchen-ease. For luncheon, tor supper, 'fore bedtime—nothing quite equals the palate-pleasing goodness of BENSON'S PREPARED CORN.

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as thick as cream.

MONTREAL

Raspberry Dishes.

a pint of red raspberry juice and with a sauce made of the following pour on boiling water. The spot into their place. this depends, of course, on the lated sugar, one-half cupful of wajuciness of the fruit. Soak one-half ter, and two cupfuls of crushed nel out of hot witch hazel and lay box of gelatine in a quarter of a raspberries. Boil all together for over the ear. Then lay a small hot cupful of cold water for a half hour, four minutes and serve hot poured water bottle over that to keep the then add a cupful of boiling water over the short cake. and make sure that the gelatine is Raspberry Ice.—The best rasp- relieve the pain. thoroughly dissolved. Strain berry ice is the easiest to make. It Mix thoroughly and stair over a ed in the juice. Add the juice of or brush moistened with spirits of he riding about the dale with her, counting sheep, wading in the stream, liftit is chilled. Now add the beaten pint of water. Freeze in the usual whites of four eggs, and when whites of four eggs, and when manner. The addition of a beaten when the mixed turn into a jelly manner. The addition of a beaten when when the mixed turn into a jelly manner. The addition of a beaten when when the mixed turn into a jelly manner. mold and stand on the ice till

This dessert may be eaten with ness and flavor of the ice. whipped cream, but it is sufficiently |

Raspberry Charlotte Russe. - raspberry desserts is raspberry tempting without it. Raspberry charlotte russe calls for whip. This calls for the white of one quart of fresh raspberries, a eggs beaten very light, flavored to dozen lady fingers, one ounce of taste with powdered sugar and flasugar and a pint of thick cream ed raspberries. It should be mixed good remedy for aching bones or gelatine, one cupful of powdered vored with the fresh juice of crushwhipped stiff and sweetened to taste. The lady fingers should be split and placed in a tim mold which has been lined with white paper. Now soak the gelatine in a cupful of cold water and when soft place over the fire to dissolve. Let the gelatine mixture cool and add to the juice of the quart of raspberries, and one cupful of powdered sugar. Now add the whipped cream and place on the ice for two or three hours before serving.

Raspberry Cakes.—A delicious baked dessert calls for one pint of red raspberries. Sprinkle with a little powdered sugar and when it is to be kept be sure to red raspberries. Sprinkle with a little powdered sugar and when it to the powdered sugar and when it to the powdered sugar and when it to the powdered sugar and when it to be kept be sure to red the sprinkle with a little powdered sugar and when it to be powdered sugar whipped stiff and sweetened to just before serving.

red raspberries. Sprinkle with a little powdered sugar and when little powdered sugar and when they have stood for an hour drain with sealing wax.

Which it is to be kept be said on tables on the begin to fear—

Then the wind will not play have some plan of white face smote her accusingly. He was still down-bent, her small white face smote her accusingly. White face smote her accusingly. White face smote her accusingly with sealing wax.

We make a limit of the bottle and seal tight with them. The same plan of white face smote her accusingly with sealing wax.

We make a limit of the bottle and seal tight with them. The same plan of white face smote her accusingly with sealing wax.

We make a limit of the bottle and seal tight with them. The same plan of white face smote her accusingly with sealing wax. off a cupful of juice. Now make a with sealing wax. batter with two tablespoonfuls of Raspberry Pudding.—One of the outdoor vases; put sand or pebbles batter with two tablespoonfuls of best raspberry desserts for children butter, one-half cupful of granubutter, one-half cupful lated sugar, the berry juice, one calls for a quart of fresh berries stand many a breeze. butter, one half cupiul of gland lated sugar, the berry juice, one and one-half cupfuls of flour into which has been sifted one teaspoon-ful of baking powder, and the beat-ful of baking powder, and the beat-ful of and serve with crushed raspberry sauce. Make the sauce this way from the juice: Add one the sauce that way from the juice: Add one the sauce that way from the juice: Add one the sauce that way from the juice: Add one the sauce that way from the juice: Add one the sauce that way from the juice: Add one the sauce that way from the juice: Add one the sauce that way from the juice: Add one the sauce that way from the juice and the sauce that way from the juice: Add one the sauce that way from the juice and the sauce that the way from the juice and the sauce that the way from the juice and the sauce that way from the juice and the sauce that the sauce that mement she noticed, half the way dead, then—then—what had never happen-way in the plocation that the door waying the turned she looked from her was ease of helpiesaness. She had the turne of you standing at the door waying the doel to turn the juice and the place in a pud-six of the same of helpiesaness. She had then then—what had never limbs, she laid her treathed the could have the plocation that the door waying the doel of the place. To work the stuffing out of place are fully it will gradually is done carefully it will gradually is done carefully it will gradually it with a sense of helpiesaness. She had not the work the follows the door waving the look of the water and upon his heart. It beat, but had not the o cupful of water and boil for five serve with milk or whipped cream. without straining the ticking.

Things Worth Knowing. minutes. Beat the yolks of two Fumigating with sulphur will kill eggs very light and add a scant

cupful of sugar, strain the boiling water bugs. There is nothing better for cleanjuice over the egg mixture and stir ing velvet than dry salt. n a double boiler till the sauce is

A new broom will last longer if Raspherry Short Cake. - One of the strands are tied closely tothe most popular kinds of rasp- gether, then the broom put into a feels in the presence of her master, of everything, the berry short cake is made of biscuit pail of boiling water and soaked for the man who can move mountains.

There is no simpler way of rethrough a fine wire sieve over a calls for one quart of the berries. moving grass stains from the white and add the pint of raspberry juice. Extract the juice and add to one perplex her: Why had he come, why was men is moved when a man tells her she he riding about the dale with her, county is beautiful—in his ever at any rate.

whites or four eggs, and when the four eggs, and when the first addition of a beaten the four eggs, and when the first addition of a beaten the first and she dwelt upon them the hill to the first the world of which she know so little the world of which she was a little

water adds somewhat to the smooth- cloth. one ounce of powdered ammonia had pictured one like this, strong and them. and one ounce of salt in two quarts handsome, with frank eyes and smiling Raspberry Whip .- Simplest of all of water and soak the flannel in this lean, to whom she could go when she few minutes. I have a feeling that if

for two hours. One drop of mustard put into 1 teaspoonful of vaseline makes

Foolish Young Man;

Or, the Belle of the Season.

CHAPTER XIII .- (Continued). She spoke to Donald in a low voice, then the collie began to work the sheep up into a heap; Bess assisting with her "Now they're ready," said Ida. "You

Stafford began to count, but the sheep moved and the ones he had counted got mixed up with the others, and he began again and yet again, until he turned with a puzzled and furrowed brow. "I can't count them," he said. "They won't keep still for a single moment." She turned to him with a smile.

"There are fifty-two," she said. "Do you mean to say that you've counted them already?" he exclaimed. "Yes: I could have counted them twice over by this time. Now, begin again, and begin from the farthest row; black one. Keep your eye on that one and start again from him. It's quite easy when you know how." He began again.

"I make it forty-eight." She shook her head and laughed. "That would be four missing, and we should have to hunt for them. But they are all there. Try again."
He tried—and made it fifty-six.

"Didn't I tell you that I was an idiot! he said, in despair. "Oh, you can't expect to learn the first weeks before I could do it; and I almost cried the first few times I tried; they would move just as I was finishing." "Oh, well, then I can hope to get it in ime," he said. "Did it ever strike you that though we think ourselves jolly clever, there are heaps of things which a workingman-the men we look down upon-can do we couldn't accomplish f it were to save our lives. For instance, I couldn't make a horseshoe if my existence depended upon it, and yet

it looks as easy as-

-"Counting sheep," she finished, with a twinkle in her grey-blue eyes. "Just so," he said, with a laugh. and look at the weir; Jason says that a "All right; I'm ready," he said, with oright alacrity. "I'm enjoying this. world, and I-the rest of us- That's the weir?" he broke off to inquire, as they came in sight of a rude barrier of

"That is it," she said. "And Jason is ight. Some of the big stones have been nuisance! We shall have to get some that look in a man's eyes which is men from Bryndermere to put them up Stafford rode up to the weir and look-

"Thank Heaven I haven't got to count the stones!" he said. "If you'll kindly hold my horse—he's not so well trained as yours, and would bolt, I'm afraid." He slipped from the saddle as he spoke, and she caught the reins.
"What are you going to do?" she ask-

don't know yet." Stafford called back, as he waded into the river. She held the horse and sat reposeful n the saddle and watched him with a smile upon her face. But it grew suddenly grave as she saw Stafford stoop and put his arms round one of the fallen stones; and she cried to him:

the big stone and gradually slid and her so in his thoughts, that it had hoverhoisted it into its place. Then he at- ed on his lips ever since he had heard tacked the other two, and with a still it. But to her— Who shall describe greater effort raised them into a line the subtle emotion which thrills through with their fellows. Ida watched him as a girl's heart when she hears, for the -well, as one watches some "strong first time from a strange man's lips. man" going through his performance. the name whose use hitherto has been it was a well-nigh incredible feat, and reserved for her kith and kin? she held her breath as one stone followed the other. It seemed to her incre- bent, her eyes fixed on the ground, the dible and impossible, because Stafford's name, his voice, ringing in her ears; her figure was slight and graceful, and he heart was beating almost painfully, as performed the feat with the apparent if with weight of a novel kind of fear, ease which he had learnt in the 'varsity that yet was not altogether fear.

left for women to worship; and they the very A B C of love that there was worship it readily—and that is strength. Stafford could not count sheep—any wo-man could do that—but he could do instant thought was that she was of-what no woman could do: lift those fended, angry. great stones into their places. So "Forgive me!" he said. "You are anthat, as he waded out of the river, she gry because I called you—Ida! It was smiled on him instead of at him-which wrong and presumptuous; but I have is a very different thing—as she said: have thought it would have required gry? Ah, you knew why I called you two or three men to lift those stones."

"Oh it's easy enough, as easy ascounting sheep when you know how." "But you must be very wet," she said.

she looked at him as she spoke with a didn't know until just now how it was new interest, with the interest a woman with me: you see I am telling you feels in the presence of her master, of everything, the whole truth! You will

raspherries is in the form of the crusts and pile on top and serve floor, scatter soda on it and then the could lift weir stones the could lift weir stones the could not wake.

that is all. Now, where can it be?

granulated gelatine soaked in cold water and polish with another dry or was he one alone, and unique? And were and whether described of the solution of the hill to the inn I could not get you in the world of which she knew so little, out of my mind. I wondered who you or was he one alone, and unique? And were and whether I should not get you or was he one alone, and unique? And were and whether I should not get you or was he one alone, and unique? To bleach yellow flannel, dissolve him with her, to talk to her, to help her!

began to fear—
Was he dead? She asked herself the "When you came to me, when you

features, the delicate lines of the hand He had come to this mishap in his attempt to help her. He was dying. through her, a thrill that moved her as by an uncontrollable impulse to bend still lower over him so that her lips almost touched his unconscious ones. Their nearness, the intent gaze of her

eyes, now dark as violets, seemed to make themselves felt by him, seemed by some mysterious power to call him sciousness. He moved and opened his eyes. She started, and the color flooded her face as if her lips had quite touched his, and her eyes grew heavy as, breathing painfully, she waited for him to entirely recover his intelligence

She moistened her lips, and looked away from him as if she were afraid est he should see what was in her eyes.

The steer is all right; but—but you!" He forced a laugh. "Oh, I'm all right, too," he said. He looked around hazily.

looked at her with the forced cheerfulness of a man who has come an unforseen, unexpected, grouper of the first seen, unexpected cropper of the first

"No," she said, setting her teeth in her great effort to appear calm and unher great effort to appear calm and unmoved. "He is standing beside Rupert it did—but if you only knew how much it did—but if you only knew how much it meant to me! It meant that I should it meant to me! It meant that I should it meant to me are you again; perhaps every day for—see you again; perhaps eve away quickly; but not so quickly that he did not see her exceeding pallor the heavy droop of the lids, the weep of the dark lashes on her white colek.

"Why—what's the matter, liss Heron?" he asked, anxiously, and with all ron?" he asked, anxiously, and with all a man's obtuseness. "You didn't have side, might not lose her pen to come to grief in any way? I —"Now the truth has come upon me, didn't fall on you?—or anything? I—" quite suddenly. It was just now when stone has got washed down, and that scornfully; for indeed she was filled with scorn for this sudden inexplicable I know, it was just because you were weakness, a weakness which had never frightened, it was just a woman's pity assailed her before in all her life, a for a fellow that had come to harm, the

"It is nothing: I am very foolish-but I-I thought you were badly hurtstones which partially checked the He staggered to his feet and caught and washed down. What a her hand and held it, looking at her with stronger and fiercer than fire, and yet softer than water; the look which goes "And you cared-cared so much?"

sion of this same foolish weakness.

said, in a voice so low that she could scarcely hear it, hushed by the awe and wonder of passion. small hand firmly, felt it quiver and tremble, saw the violet eyes raised to his with a troubled wonder in them; and ity and freshness. her name sprang to his lips: "Ida!" he breathed.

CHAPTER XIV.

for, exerting all his strength, he lifted knew, as he spoke it, that he had called there is not much to support this to see the carpets.

The color rose to her face and her the lover's eagerness, but her face told heart beat quickly. There is one thing him nothing. She was so ignorant of

"How strong you must be! I should |-and it slipped out. Are you very anglancing at the water as it dripped from brows came together, her lips straight-"Oh it's all in the day's work," he sion of trouble, doubt, and wonder, said, cheerfully, more than cheerfully, "I love you," he said, with the deep "They're in the dale," she said; and "I didn't mean to tell you, to speak-I

rode at her side more cheerfully than ing away, a slow, heavy gesture as if serve raspberries is in the form of ers. Put fresh raspberries between If grease is spilled on the kitchen speak, proved his helpfulness. He might she were under some small from which

thought all the fences were mended. I ed the question that no trifling detail of "Stop!" he said. "At any rate, I can every word was engraven on her me-

and looking up she saw the missing than I could bear. That night at the inn steer forcing its way through a hedge the landlord told me about you. Of on top of a bank. Stafford was riding course he had nothing but praise and

straight for the bank. The steer plung- any other? But he told me of the loneinst before serving.

Raspberry Shrub.—No list of raspberry recipes would be compaint it with white paint. Then she turned in her saddle to recipe would be compaint it with white paint. Then she turned in her saddle to the great silent house. Without friends the straight for the bank. The steer plung- any other? But he told me of the lone- through the hedge and floundered by life you led, of the care you took of through the wide ditch, and Ida headed your father, of your devotion and good- through the wide ditch, and Ida headed your father, of your fat

Yeast Cakes

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hot blush from her face.

"When I rode out the next day it was only with the hope of seeing you. It seemed to me there was only one thing I wanted: to see you again: to look into your eyes, to hear you speak. All that I had heard about you-well, I vegetables, cereals I I other foods his head upon her knee, and with a hot flush, the man's shame for his weakness help you. It seemed as if Fate—Chance I don't know what to call it!- the source of much

were trying to understand it. "The feeling that fate had something "Of course the body does not rehave slipped— Where's my hat? Oh. chance I started fishing that afternoon, quire so much heat producing food here it is. The horse isn't lame, I hope?" that I saw you at the house-gave me in summer as in winter. The nope-

She tried to laugh, tried to laugh I saw that you cared what had happenweakness which filled her breast with fear lest I had broken any bones; but is rage: but from under the closed lids two ah, it showed me my heart, it told me and against her will she made confes- You are all the world to me: nothing never yet made anyone cooler. (To be continued.)

HOW TO BE COOL.

Variety of Your Food Not So Important as Quality.

Keeping well in the summer and keep physically fit. the temperature is not so much a shade matter of the kind of food eaten or "If possible, sleep in the open. her battle for calmness and her old hau- avoided, according to Dr. William tour and indifference; but he held the small hand firmly, felt it quiver and tity of food consumed and its qual-

"Much is said about avoiding meat in summer," said Dr. Woodward, "but as far as lean meat is rolled all the oilcloths)-Thank you concerned, provided it is fresh and so much, my little boy has quite enfrom his heart, almost unconsciously; it in as good condition as in winter, joyed it. I'll bring him to-morrow

intensity, and the hand that had hung so stilly beside her closed on the skirt of her dress in her effort to keep the

Some of his pertinent hot-weather

suggestions are: "Don't overest. A furnace is not stoked in summer the way it

"Avoid alcoholic drinks. Alcohol "Be sparing in the use of ice water. Water cooled in bottles to water containing ice.

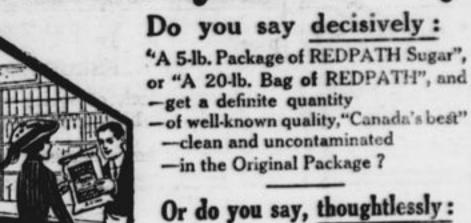
Wear loose clothes of a light "Take just enough exercise to

avoiding extreme discomfort from | "Keep in the open air and in the

"Take cool baths rather than "If you can avoid it don't fret."

Woman (to salesman who has un-

Which Way do You Buy Sugar?



Or do you say, thoughtlessly: "A quarter's worth of Sugar", or "A dollar's worth of Sugar", and get -an unknown quantity

-of unknown quality -scooped out of an open barrel

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cause they keep children out of the mud, prevent colds from wet feet and prevent dirt from being "tracked in" on floors and carpets. Equally important is the fact that they never wear out and never need repairs. This free book "What the Farmer can do with Concrete" tells all about concrete walks and how to build them, and a score of other things needed on every farm. Write for it to-day.

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