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## OF INTEREST TO WOMEN

USE OF PLASTERS.

Mustard Plasters are Mainly for Muscular Ailments and Should be Applied While Warm.

Pains in the chest, due to irritation or of purely muscular origin, are relieved by the application of mustard plasters. For adults equal parts of flour and mustard are mixed with hot water. For children and elderly people a little more flour is employed. The amount required is determined by the size of the plaster, which should be of ample size to cover the chest, then after remaining there for ten minutes or longer, according to the "burning" sensation, remove it to the back, where the lungs are nearer the surface.

Plasters should always be applied warm, otherwise a chill is easily induced. A quick mustard plaster may be made from a large slice of bread with edges trimmed and thickly sprinkled with ground mustard. Over this spread a thin muslin cloth saturated with vinegar and wrung out. The vinegar prevents a blister.

### HOW TO PREPARE LETTUCE.

Lettuce should be thoroughly washed the minute it is received in the kitchen. It can be satisfactorily cleaned in several bowlsful of water or else under running water. Then it should be carefully wrapped in a wet, clean cloth and put directly on the ice until it is needed.

### SPINACH AND CHEESE.

Clean spinach thoroughly and cook for ten minutes in boiling salted water. Drain and chop very fine, add 1 onion also chopped fine. Melt 1 tablespoon butter, add 1 tablespoon flour and 1 cup of soup stock. Cook until smooth, add 1 tablespoon grated cheese, salt and pepper, and pour over spinach. Serve with hard boiled eggs.

### THE WAR GARDEN

Issued by the Canada Food Board.

### Keep At It!

"The prospects for an extremely high vegetable yield this year are the brightest, provided the weather keeps right," declares one of the officials at the Experimental Farm, Ottawa. "Keep Hoeing." There is an inclination on hot, drowsy June days to let the garden "go hang," but that would be a pity, for gardens need continuous attention.

Keep on, although it is warm. Only in this way will you be making the most of the ground at your disposal. Remember that peas need hilling as soon as they are six inches high, to prevent being broken in the wind.

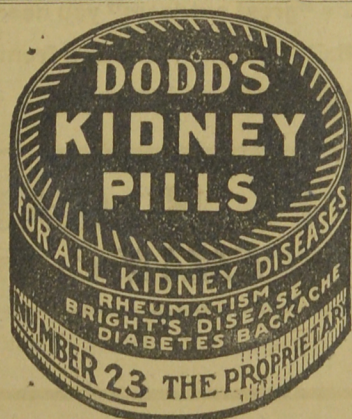
Cut weeds down in the morning, so that they will wither during the day in a hot sun. Then you can rake them up in the evening. The ground between rows of vegetables should be constantly stirred. Do not be satisfied merely with keeping the weeds in check, but increase the fruitfulness of the ground by continual cultivation.

### NAMES

"Give a dog a bad name"—  
Judas and Ananias  
Head the roster of infamy  
That rings down the ages  
In tones of execration.

Yet Paul at Damascus,  
Stopped at the house of a Judas,  
And was helped by an Ananias,  
Tough luck for those guys,  
That history made opprobrious epithets  
Of those names!

These few lines are consolatory  
To a man who was kicking  
Because he is named "John Smith"  
Cheer up, John! Safety first!



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(Continued from page 6.)

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