



### Delicious Dumplings Made with PURITY FLOUR

Purity Flour makes better dumplings because it blends perfectly with the other ingredients.

Next time you make dumplings use Purity Flour and you'll have the lightest, fluffiest, most tasteful dumplings you ever made.

## PURITY FLOUR

*For all your baking*

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Branches from coast to coast

*Here's the Recipe*  
2 Cups Sifted Purity Flour  
1 Teaspoon Salt  
1 Teaspoon Baking Powder  
1 Cup Milk  
Mix and sift the dry ingredients; mix with the milk and drop by spoonfuls into the boiling stew. Cover tight. Cook 10 minutes.  
As an alternative, these dumplings may be dropped on a buttered plate and cooked in a steamer over fast boiling water.

Get the PURITY FLOUR COOK BOOK  
Send 30c in stamps for the 130-page Purity Flour Cook Book. Sent Postpaid

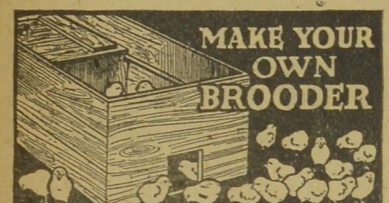
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## Of Interest to the Women

### HOUSEHOLD NOTES.

Fish is less stimulating than meat. Muffin pans should be filled two-thirds full.

Individual chicken tarts are ideal for the picnic basket.

Rhubarb which is not peeled will be pink and attractive.

Breadcrumbs are a pleasing addition to potato cakes.

Cream carrots in a casserole and top with grated cheese.

Radishes cooked tops and all make a delicious green.

A tablespoonful of melted butter is measured after melting.

Badly wilted spinach should be put in salted warm water.

All small perennials should be transplanted before May 1.

Raw carrots and onions ground together make a good salad.

The parings from five apples will make one tall glass of jelly.

Halves of egg yolks boiled hard are very nice in chicken soup.

Eggs should be washed as soon as they come from the market.

Give the asparagus bed a heavy covering of salt every spring.

Sweet biscuit will not rise properly if too much sugar is used.

### LEMON TOAST.

- 4 tablespoons lemon juice
- 1 teaspoon grated lemon rind
- 1 cup sugar
- Pinch salt
- 2 cups water
- 2 tablespoons flour
- 1 egg
- 1 teaspoon butter
- 6 pieces of toast

Put the water on to boil; mix flour with a little cold water, add sugar egg, salt, lemon juice and rind, beat all well together; add to boiling water boil five minutes, then add butter. Pour over toast while hot. Serve cold for a luncheon dessert. This amount makes six helpings.

### LEMON HONEY.

- 1 cup sugar
  - 1 egg
  - 2 tablespoons butter
  - 4 tablespoons lemon juice
  - 1 tablespoon grated lemon rind
- Beat the egg and sugar together, then add the lemon juice and grated rind, mix and put into top of double boiler; add the butter and cook slowly until thick. Do not stir. Add a pinch of salt. This makes a delicious sandwich.

### Chopped or Scrambled Beef.

- ¾ pound round steak (chopped rather coarse.)
  - 1-2 cup cut scallions
  - 1 teaspoon salt
  - 1-8 teaspoon pepper or pepper to taste
  - 1 tablespoon drippings
  - 1 tablespoon chopped parsley
- Put the drippings and onions into fry pan, fry slowly until tender, but not brown, then add the meat, seasoning and keep stewing until tender adding one or two tablespoons of water to keep from getting too dry. Put in centre of chop plate and surround with lyonnaise potatoes.

### LYONNAISE POTATOES.

- 1 quart potatoes
  - 1 tablespoon drippings
  - 2 cups cut onion
  - 2 teaspoons salt
  - 1-8 teaspoon pepper
  - 1 tablespoon chopped parsley
- Wash and boil the potatoes in their jackets. Put the drippings into fry pan, add the onions and fry until the onion is tender (not brown.)

## You'll Get Rid of Blackheads Sure

There is one simple, safe, and sure way that never fails to get rid of blackheads, that is to dissolve them. To do this, get two ounces of peroxide powder from any drug store—sprinkle a little on a hot, wet cloth—rub over the blackheads briskly—wash the parts and you will be surprised how the blackheads have disappeared. Big blackheads, little blackheads, no matter where they are, simply dissolve and disappear. Blackheads are a mixture of dust and dirt and secretions that form in the pores of the skin. The peroxide powder and the water dissolve the blackheads so they wash right out, leaving the pores free and clean and in their natural condition.

Then add the potatoes which have been skinned and chopped; add the salt, pepper and parsley; brown nicely. Then put around the meat.

## MARITIMERS WIN PRIZES FOR ESSAYS

Montreal, May 25—Winners of the prizes offered by Hon. James W. Gerard, former United States ambassador to Germany for the best essays by the boys and girls of Canada on "The Friendship of Great Britain, Canada and the United States and How Best to Maintain it," have been awarded as follows:—

First prize, \$200—Dorothea Lundell, 29 Ninth street, Revelstoke, B. C.

Second prize, \$120—Frank Gray, Gardenvale, Q.

Third prize, \$100—Kenneth S. Edey, 3314 Adams street, Montreal.

Fourth prize, \$50—T. D. Baker, 1110 Fifth street west, Calgary, Alta.

Winners of special prizes offered by the Montreal Star, include Constance Oakley, The Parsonage, Cape Cove, Gaspe County, Quebec, \$10.

R. H. Brittain, Cross Roads, Grammar school, Southport, P. E. I. and John B. Murray, New Glasgow N. S., \$5.

## ELECTION SOON IN ALBERTA

Edmonton, May 25—Official announcement of the date of the provincial election is promised for Wednesday.

The government has still some details to consider in connection with the election machinery, and has not yet decided which of two dates will be the final selection. It is practically certain, however, that it will be within the month of June.

### CAPE SABLE ISLAND.

(From Voices.)

The island makes a sort of land frontier

Against the sea. The men are much away.

It is the women who get in the hay Working in sea-boots and their husband's gear.

Days begin early when the weather's clear,

But when the fog drifts inshore, wet and gray,

They work at hooked rugs and their quilts all day,

Hearing the cape horn bellowing like a steer.

With so much wind there is a small chance for trees,

The houses stand out, shelterless and crude

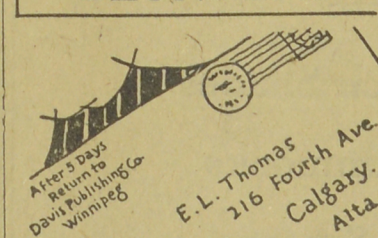
And in graveyards near the pounding seas

The epic stones rise in bleak solitude

Each one recounting its own tragedies

Often with latitude and longitude.

## BLUNDERS



### WHY IS THIS WRONG?

Thousands of letters are delayed in delivery from two to ten hours in big cities because business men do not place their return street address on letterheads and envelopes. Even though a company may be an important one, all postal employees do not have its address committed to memory. Consequently its mail will surely be delayed if persons who must reply to its letters are given no street address.

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