

### Travelling School's Promising Trio

More good than a row of medals pinned on them is the value three young lads from the backwoods of Ontario will derive from a wonderful week spent in Toronto. These three boys are: Rene Thibault, aged 14 years, French-Canadian from Ramsay; George Kingston, a little 6-year-old Indian of Wye, and John Paul Paquette, French-Canadian of Esher, aged 16 years. They are ardent pupils of the Canadian Pacific Railway travelling school car, and are up betimes each morning to attend the school on wheels the week it spends in each month on a siding in their section of the North. Their teacher, Mr. McNally, chose three boys to spend a week in Toronto and the Canadian National Exhibition, as guests of Premier Ferguson, the boys of the entrance class of the Normal School, and the Canadian Pacific Railway.

Bewildered by all he saw young George Kingston scarcely spoke, although he is learning English rapidly, and even the smallest thing he saw brought a shy smile. He had never been upstairs until he boarded the train that brought him to the city, and the largest body of people he had seen together at one time was 30. He was intensely interested in mirrors and elevators and his pockets were stuffed with a collection of mechanical toys. He has not yet mustered up enough courage to talk on a telephone and when he saw a parade of cadets in their bright red tunics it was difficult to hold him back. The two older boys were most interested in aeroplanes and the animals they saw at the exhibition.

## MOTHERS ADVISE OTHER MOTHERS

To Take Lydia E. Pinkham's Vegetable Compound



MRS. MCKEE  
18 Laurier Ave., Toronto, Ontario

Toronto, Ont.—"I began taking Lydia E. Pinkham's Vegetable Compound for nerves and other troubles and I must say I felt different after the first dose. I have been told this

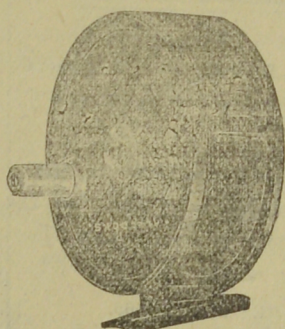
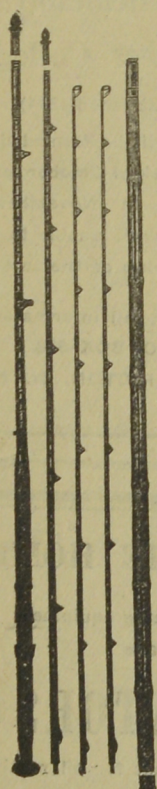
last six months that I look like twenty-five although the fact is that I am now forty-seven and have seven children. I have taken the Vegetable Compound regularly for some time now and sleep well, rise early and feel young."—Mrs. MCKEE, 18 Laurier Ave., Toronto, Ontario.

A healthy mother will have a healthy child. For your baby's sake take Lydia E. Pinkham's Vegetable Compound.

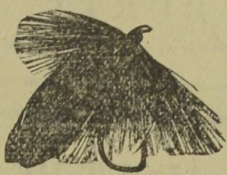
### Mother of Six

Vanessa, Ontario.—"I think Lydia E. Pinkham's Vegetable Compound is wonderful. I have had six children of which four are living and the youngest is a bonnie baby boy who weighs 23 pounds. I have taken your medicine before each of them was born and have certainly received great benefit from it. I urgently tell my friends to take it as I am sure they will receive the same help I did."—Mrs. MILTON McMILLAN, Vanessa, Ontario.

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## Of Interest to the Women

### HERMITS

1-3 cup butter  
2-3 cup sugar  
1 egg  
2 tablespoons milk  
1 3-4 cups flour  
1-2 cup bran  
1 teaspoon baking powder  
1-3 cup raisins  
3-4 teaspoon cinnamon  
1-2 teaspoon cloves  
1-4 teaspoon mace  
1-4 teaspoon nutmeg  
1-2 teaspoon salt  
Cream the butter, add the sugar and egg and beat well. Add the milk, bran, raisins and flour which has been sifted with the spices. Chill, roll thin, cut and bake in a moderate oven (400 degrees Fahrenheit). When cool the cakes may be frosted with confectioner's frosting and chopped nuts sprinkled over the top.

### CORNFLAKE KISSES

2 egg whites  
1 cup sugar  
1-2 teaspoon vanilla  
1 cup coconut  
2 cups cornflakes  
1-2 cup chopped nut meats  
Beat the egg whites until stiff, add the sugar gradually, then add the vanilla coconut, cornflakes and nut meats. Drop by spoonfuls on a buttered pan and bake in a moderate oven (400 degrees Fahrenheit) until the macaroons are a delicate brown.

### PICCALLI

2 quarts green tomatoes  
2 quarts cabbage or celery  
1 quart onions  
2 green peppers  
1 cup salt  
2 quarts vinegar  
2 pounds brown sugar  
1 teaspoon pepper  
3 tablespoons mustard seed  
2 tablespoons mustard  
1 1-2 teaspoons paprika  
Chop the vegetables. Sprinkle them with salt and let stand over night. Drain and press out as much liquid as possible. Pour on the vinegar, add the sugar and spice. Cook one hour and pack into hot jars.

### GRAPE JUICE JELLY

2 tablespoons gelatin  
1-2 cup cold water  
1 cup sugar  
1 cup boiling water  
2 cups juice and pulp of grapefruit  
1 cup grape juice  
Soak gelatin in cold water, add sugar and dissolve in boiling water. Strain and cool and when it begins to stiffen add the grapefruit and grape juice. Mold. When firm serve with or without cream.

### EGGS WITH NUT-BROWN BUTTER

2 tablespoons butter  
4 or 5 eggs  
Dash of tarragon or chilli vinegar

## HELPED DURING MIDDLE AGE

Woman Praises Lydia E. Pinkham's Vegetable Compound

Sarnia, Ont.—"I am willing to answer letters from other women, to tell them the wonderful good Lydia E. Pinkham's Vegetable Compound did me. I cannot be thankful enough for the benefits I received during the Change of Life. I do housework and my troubles made me unfit to work. A friend advised me to try the Vegetable Compound. I felt great relief at once, began to regain my appetite, and my nerves got better. I will recommend your medicine to all with troubles like I had."—Mrs. JOHN BENSON, 162 N. Christina St., Sarnia, Ontario.

Ready to eat rice or wheat cereal  
Melt two tablespoons of butter in a fire proof dish, break the eggs into it, place in a hot oven five minutes. Cook two tablespoons butter to a nut brown color, add a dash of tarragon or chilli vinegar and pour over eggs. Sprinkle with the rice or wheat cereal.

### THE MOON DRIFTS

(From the Vancouver Province)  
The moon drifts o'er a sapphire sea  
That she caresses lingeringly  
With languid fingers of pale light  
That flows down through the argent night  
With soft, elusive witchery.

She hears in rhythmic melody  
The music of the spheres; as, see!  
Across the heav'ns in mystic flight  
The moon drifts.

Night works its wondrous alchemy  
And spreads o'er earth a canopy  
The ocean thunders of its might;  
A night bird trills its lofty plight  
And over all—aloofly free—  
The moon drifts.

—MARION ISABEL ANGUS

"Why do so many slang words begin with 'b'?" asks the Boston Herald. Banana oil! They don't. That's all bull and a lot of boloney.

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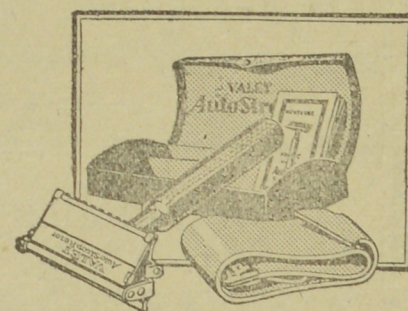
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