Why Western Canada Can Take Her Pick of Settlers.

Appeal to the Most Desirable—Pos-sibilities of Country Proved.

pursuing every to secure them, it is sout by Hon, J. A. munigration and coection, is necessar seep undant.

DIAPHANOUS STUFF NOW ANSWERING SUMMER'S CALL



ighest pestition in his or her walk in life. The conditions which will to the most desirable people for any country, conditions to a certain degree, make at the conditions to a certain degree, make at the properties of a possessee farm linds in passessee farm linds in passessee farm linds in the properties of the conditions of the same conditions of the conditions of th

### PICK-UP WORK FOR DEFT FINGERS FOR SPARE MOMENTS



occapting but little space, and he short waist.

The short waist.

To Polish Grace.

To Polish Grace.

From the Empress Theodora With century of garden tools.

When courtainly ends in matrimony a man's troubles begin.

When fourtainly ends in matrimony a man's troubles begin.

## MAKE WHIPS AND **CUSTARD DISHES**

Eggs Form Basis of Many Delicious Desserts During Early Spring and Summer.

### SOME SIMPLE RECIPES GIVEN

1 cup mose vanilla 1-16 teaspoon sait 1-16 teaspoon



should be beaten light and two table-spoons powdered sugar added for the meringue. When the custard is cool it may be poured into sauce dishes and the meringue dropped in large spoon-

If may be poured into sauce dishes and the mertings dropped in large spoonfuls into it.

Custard Pudding.

So op pearl taploca is even with the control of t

Convert Them Into Nutritious
Concoctions.

Prepared in the United States Integrate most of Agricultures.

Prepared in the United States Integrate most of Agricultures are plentiful and cheap, the large properties of the United States Integrate plenty of them for desserts. When this is done the rest of the meal does not need to be quite so Theory.

Low apple some Cram for serving plenty of them for desserts. When it is done the rest of the meal does not need to be quite so Theory.

Low apple some Cram for serving the states began the control of Agriculture's Soft Custard.

Low milk 2 tablespoons aging the control of Agriculture's Soft Custard.

Low milk 2 tablespoons aging the control of Agriculture's Soft Custard.

Low milk a doubtle boiler.

Mix the eggs in a boal with the sugar and sait. Add hot milk slowly, stirring, and return mixture to the doubtle boiler.

Low control of Agriculture's Soft Custard, and return mixture to the doubtle boiler.

Low control of Agriculture's Soft the Custard with the sugar and sait. Add hot milk slowly, stirring and return mixture to the doubt boiler.

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#### LEMONS CONDUCE TO HEALTH AND RLEASE

Have New Importance in Diet, Say Specialists.

for Fish and Meat.

In the olden times sailors who took long trips and are no fresh vegetables and fruits for weeks or months were likely to fail welvins to scurry. Finally a core of a partial cure for it was found in lemon juckers have been making a study of scurry, its cause and its cure and of the conditions that make the body proof against this disease. They have discovered a substance called vitamine C, which seems to prevent and even to cure this disease. It is found in many foods, among them tomatoes and such citrus fruits as oranges, grapefruit and lemons.

among them tomatoes and such citrule fulls as oranges, grapefruit and
lemons.

Lemons, therefore, have a new importance in the diet, according to the
portance in the diet, according to diffee of
home accounties. They are no longer
to be valued simply for their face,
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#### CLUB GIRL'S WORK RESULTS IN BUILDING NEW HOME FOR FAMILY



Home Demonstration Agent Assisting Girls' Club Members in the Sciention of a Garden Spot.

Urrepared by the United States Depart.

Three means of Agricultury larmer of Madleon ment of Agricultury larmer of Madleon ment of Madleon men

Household 🏶 Questions

Keep root vegetables in a dry place

Choose a dishpan with india rub-ber feet. It is quieter and keeps cleaner.

Puff paste must be made rapidly in cool room. cleaner.

Cold baked beans sensoned with chopped onion and served on a bed of lettuce makes an appetizing dish. Finely chopped pimento may be dded to fish cutlet mixture.

FRECKLES KILLRATS TODAY

the-from your druggist, and apply of it hight and morning and you have the control of the light and the control of the control



#### WANTED



**Mothers Know That Genuine Castoria** 

Always Bears the Signature For Over Thirty Years

come Cartle of Culture of Fruit in the World.

Within a few years the Saiton sea basin, near Indio, Cal., may become the center of the world's date culture, thanks to the efforts of the Department of Agriculture. For nearly twenty years the bureau of plant industry has been endeavoring to procure a furth, known commercially as the Saidty, or Wahl, and Sewi varieties. So difficult was the source of the splendid fruit known commercially as the Saidty, or Wahl, and Sewi varieties. So difficult was the source of the splendid fruit known commercially as the Saidty, or Wahl, and Sewi varieties. So difficult was the source of the splendid fruit known commercially as the Saidty, or Wahl, and Sewi varieties. So difficult was the source of the splendid fruit known commercially as the Saidty, or Wahl, and Sewi varieties. So difficult was the source of the splendid fruit known commercially as the Saidty, or Wahl, and Sewi varieties. So difficult was the source of the splendid fruit known commercially as the Saidty, or Well, I guess that will be all right, "Well, I guess that will be all right," was discovered.

Negotations for the purchase of specimens having, been satisfactorily included, the collection of the shoots was begun. That it was slow is a counted for bit the fruit that a tree puts ing its lifetime. However, the collection of the shoots was begun. That it was slow is a counted for bit the fruit that a tree puts ing its lifetime. However, the collection of the shoots was begun. That it was slow is a counted for bit fartied and the work of setting out 2.850 of the young ting the shoots was begun. That it was slow is a counted for bit fartied and the work of setting out 2.850 of the young ting the shoots was begun. That it was slowed in the shoots was begun. That it was slowed in the shoots was begun. That it was slowed in the shoots was begun. That it was slowed in the shoots was begun. That it was slowed in the shoots was begun. That it was slowed in the shoots was begun. That it was slowed in the shoots was begu

# Will <u>You</u> Have A"Lift"

If you have reason to pelieve, as many have, that a change from coffee or tea would be wise, try

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