



REGAL FLOUR

Makes bread that pleases every member of the family

- HONOR ROLL—JANUARY**
- St. Mary's Convent, Souris
- Grade I—Annie Bushey; 2. Angela Kennedy; Gertrude McLellan; 3. Margaret Brennan; Grade IX—Hilda McEachern; 2. Mildred McDonald; 3. Jeanne Paquet.
- Grade VIII—1. Mary Edmonds; 2. Hilda McLellan; 3. Margaret Mooney; Grade VII—1. Genevieve Paquet; 2. Margaret Byrne; 3. Margaret Lave; Grade VI—1. Helen Byrne; 2. 3. Hattie Bouchard.
- Rita McDonald; 3. Virginia McDonald; Anna Malone; Grade V—1. Cecilia Walsh; 2. Marjorie Paquet; 3. Geraldine Paquet.
- Grade IV—1. Agnes McKearney; 2. Bridget McIntosh; 3. Ann Evangelina Paquet.
- Grade III—1. Geneva Fougere; 2. Georgina Gallant; 3. Gertrude Paquet.
- Grade II—1. Rena McLean; 2. Catherine Paquet; 3. Annie Cheverie.
- Grade I—1. Margaret McCormack; Amy Malone; 2. Mary McKearney; 3. Hattie Bouchard.

FOR THE WOMAN READER

BY FLORENCE RIDDICK BOYS

A TRINITY

(Editorial Note—The following is so choice that we are offering it to you, even though it has been published before.)

There is a trinity holy and worthy of honor, representing our best.

The first member of the trinity is a man. A love of other men and a friend of women. A laborer, practical in meeting life's issues. Yet tender to the touch to young fingers. Fond of his home and his garden. Devoted in his work and his religion. Responsive to all that is beautiful in his surroundings. Ready to risk much for his ideal. The second member of the trinity is a woman. In all respects the equal of the man. Strong and buoyant of body, sane and healthy of mind. Self-reliant and possessive of herself. Able to meet all frankly and honestly with straight glance. Able to meet women with sympathy and affection. Interested in the progress of her times. Possessor of the largest patriotism. A worker indefatigable and proud. A seeker after righteousness.

The third member of the trinity is a child. The fruit of the love of the man and the woman. The great first privilege of their union. The great first duty of their lives. And in the child are all possibilities. Health, mentality, spirituality. The progress of the new generation. The onward urge of the race. The quest of divinity.

This is a trinity of great excellence. For what are their faults when we consider their virtues? And what are their sorrows when we consider their joys?

—By Marguerite Ozden Bigelow

CONDITIONING FURNITURE

If your furniture is old and looks it, it may be freshened up by intelligent treatment. A good rubbing with furniture polish or liquid wax will work wonders in making old furniture look new.

If white water spots appear on your furniture, dampen a cloth with ammonia and rub the spots and they will come out. If the linings of the table pad adheres to your table top, rub it with a good wood cleaner and restore the luster with liquid wax, polished in.

If a dent has been made in a piece of furniture, the wood may be made to stand up again by holding a hot iron, or six or eight thicknesses of dampened cloth, on the spot, and this will raise the dent.

To wash enameled furniture, use white soap with the least alkali in it, rinse with clear water and wipe dry quickly, then rub it well with a slightly oiled cloth.

Scientific Facts

NEWEST NOTES OF SCIENCE.

At least 365 kinds of cheese are known to be made in France.

An automobile power pump drives a valve grinder invented by an Oregon man.

Of Italian invention are hats made of thin strips of cork instead of straw.

Electrically operated, a new tool cuts a lock mortise in a door in 40 seconds.

A French designer has inserted a complete vanity case in the handle of a parasol.

To save butchers' time in cutting bones in meat a motor driven hand saw has been designed.

An English inventor's clock for airplanes records the time of flights in hours and minutes.

A process has been patented for making fruit jars. The handles closes new tongs designed for lighting fruit jars.

Japan is considering the construction of a ship canal connecting the cities of Kobe and Osaka.

Current turns into a new electric flatiron only when a user depresses a switch with a thumb.

It is estimated that 1933 kilometers of French railways will be completely electrified by spring.

A process has been patented for making roof paint and obtaining several byproducts from pinyon wood.

An English inventor claims to have perfected a drip proof water faucet in which no washers are used.

Stepping on a pedal attached to a new machine strips insulation from wires rapidly with notched jaws.

Automatic telephone systems will be completely installed in Brussels and Antwerp within a few months.

A new sand glass for timing the boiling of eggs rings a bell when a set number of minutes have passed.

Japan's last rice crop was estimated at 6.5 per cent. greater than the average for the past five years.

A machine for cutting strips from textiles at various angles has been patented by a New York inventor.

Almost automatic in operation is German apparatus for purifying water by subjecting it to electric currents.

New implements for cleaning tobacco pipes are carried in a man's pocket in a case resembling a fountain pen.

Sewage gas is used in the English city of Birmingham to operate an engine that drives an electric generator.

The weight of an automobile forces gasoline from a tank patented by a Kansas inventor to a car without pumping.

Of English invention are waterproof trousers, which a man can carry in a pocket and don when rain begins to fall.

A patent has been granted a Detroit inventor for apparatus to clean tobacco pipes by forcing heated air through them.

A Frenchman has invented an oxygen opening tool that pries the shells apart with a knife as they are held on a block.

Despite its frigid climate the Arctic region has less annual snowfall than the temperate zones because of its dry air.

German interests plan to start a passenger service using dirigibles between Seville, Spain, and Buenos Aires in October.

Resembling a tire gauge is a new pocket device to test electric batteries, their condition registering on an elongated extension.

The Far East's largest automatic telephone system has been installed by Japanese at Dairen.

Manually operated, a direction signal for automobiles patented by an Arizona inventor is mounted inside the rear window of a car.

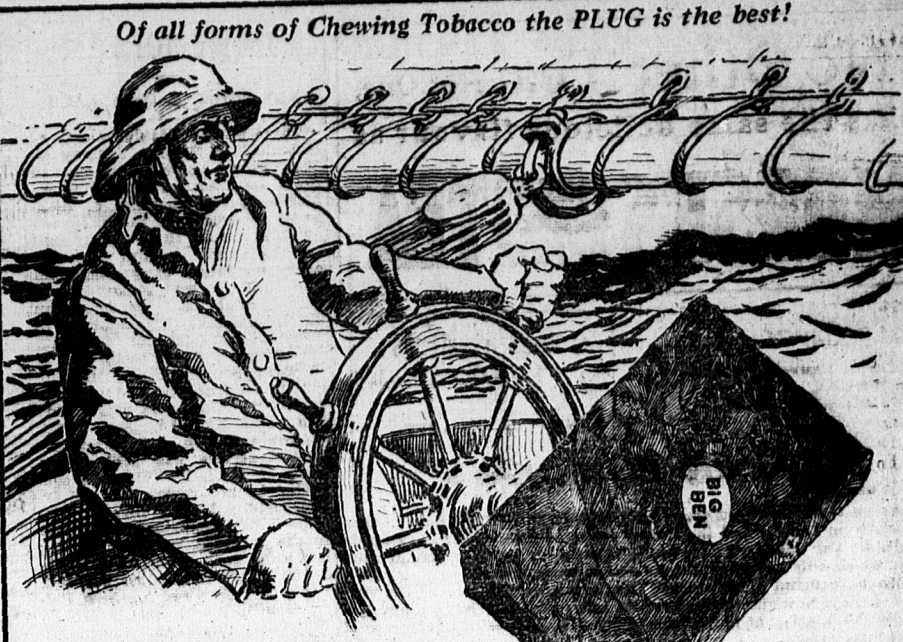
The British Air Ministry has purchased the plans of an Italian inventor for an airplane that can rise straight up from the ground.

That porcupines are freed of their bitter taste by sealing them in waxed paper during shipment has been discovered by a Californian.

As tickets are unwound from a roll and sold a machine patented by a Havana man cuts them off, opens a cash drawer and records the sales.

A pressed steel rack has been invented to be fastened to an automobile wheel to hold skid chains, distributing their tension uniformly.

After a dozen years of research



Maritime Fisheries are Second to None

AND Big Ben plug is in the same high class. It is a chewing tobacco for those who want a full, rich flavour and big value for their money.

The plug is pressed so firmly that it is always fresh and moist. The plug form prevents drying out, so there is no chipping, crumbling, waste.

The plug fits any pocket and is easy to carry.

Your dealer sells BIG BEN by the plug and by the Vacuum (air-tight) Tin.

BIG BEN PLUG Chewing Tobacco

Victor Records

On a Dew, Dew, Dewy Day

Fox Trot Nat Shilkret and The Victor Orchestra 20819
Duet with guitar Jim Miller—Charlie Farrell 20906

'S Wonderful (from "Funny Face")
Fox Trot Victor Arden and Phil Ohman and their Orchestra 21114
Vocal Frank Crumit 21029

Among My Souvenirs

The big hit of the Season!
Presented four different ways.

Fox Trot Roger Wolfe Kahn and His Orchestra 21084
Vocal The Revelers 21100
Organ Jesse Crawford 21146
Instrumental Paul Whiteman's Concert Orchestra 35877

The Black Jacks

Comic Black-face Dialogue
Duet George Le Maire and Rex Van 21054

My Blue Heaven

Vocal Gene Austin 20964
Fox Trot Paul Whiteman and His Orchestra 20828
Organ Jesse Crawford 21092
Instrumental Victor Salon Group 35875

Also the latest Red Seal records by famous Victor artists



School Days Library



The Commission is now in a position to supply books for a limited number of School Libraries, and applications from Boards of School Trustees desiring to have libraries placed in their schools will be considered by the Commission.

Applications should be in the hands of the Secretary before March 1st, 1928.

E. J. NASH, Chairman
R. H. ROGERS, Secretary

BEEF ROAST

Flour a two pound beef roast: sear it in hot fat and put it into a covered dish for baking. Pour hot water into the fry pan in which you have seared the meat and pour this over the meat. About the meat in the making dish put about a half dozen carrots and onions and bake all, tightly covered, for two or three hours, or until the meat slips from the bone, the vegetables are done, the water has cooked out and the vegetables are browned.

Lay the meat in the center of a large platter and surround with the vegetables. Keep this dish hot while you make a gravy with the residue left in the baking dish. This will be deliciously flavored with the combination of meat, carrots and onions.

MAKE OVER DRESSES

If her time is not at too much of a premium, the thrifty woman can save a great deal by making over her dresses and coat. The material must have been good when the garment was new, to be worth making over. Usually, a garment will begin to wear out in those spots where there is the most wear, but the material of the rest of it will still be good. A garment may sometimes be made to do service much longer without being made over, if the worn spots can be strengthened and the patch or mend hidden by some clever design.

Two dresses may be combined to make one; and the styles of this season favor that type of dress. It may be more economical and make a garment in better taste to combine new goods with each of the two old dresses and make two garments out of them, instead of one. If there is not enough goods to make a garment for the original wearer, the garment may be made over for a smaller member of the family. Silk dresses, worn at the shoulders and under the arms, may be made over into underslips.

The average woman is very wasteful in giving away or discarding the garment which has become a bit out of style or worn in spots. Much money could be saved to the family if dresses were rejuvenated and made to do service longer. Sometimes a make-over dress will look prettier than a new one, especially if the seamstress is full of nobby ideas. It sometimes pays to engage an expert dressmaker to advise and help you with the making over of dresses, though you may do the bulk of the work yourself.

SWEET POTATOES

Cook sweet potatoes with the skins on in salted water. Peel them, roll them in flour and fry in meat fryings, or put in the frying basket and fry in hot, deep fat. Or mash them and add butter and a little milk or cream and beat until smooth. One may add more milk, and a beaten egg and bake them a minute in a hot oven until fluffy and brown on top. Bake them as white potatoes, or boil them first, as above, then bake with meat drippings, and bake. They may be put in the frying basket and fried in hot grease.

SQUASH SOUP

Baked, boiled and steamed are usually the limits to our methods of using squash. For variety, try squash soup.

Rub squash through a sieve. Scald a quart of milk with a slice of onion. Remove the onion and add a cup of the sieved squash. Season with salt, pepper, celery salt, two tablespoons of butter, and thicken with flour.

MRS. SOLOMAN SAYS

As a woman buys wisely and saves for the purchase of happiness so is she the happier, wiser wife and mother.

SMILES

"So you loved and lost?"
"I didn't exactly lose. When she returned my presents, she forgave and put in some of the other fellows."

FASHIONS, FADS AND FOIBLES.

Apparently women have had enough of being "boyish" and are returning to long locks, ruffles and ribbons. "reverting to type," we would call it, for women are just going to be themselves—dainty and feminine again.

Ruffles blossom forth mostly on skirts, although some have climbed to sleeves. They give an appearance of vivacity and gaiety to a frock which is delightfully feminine.

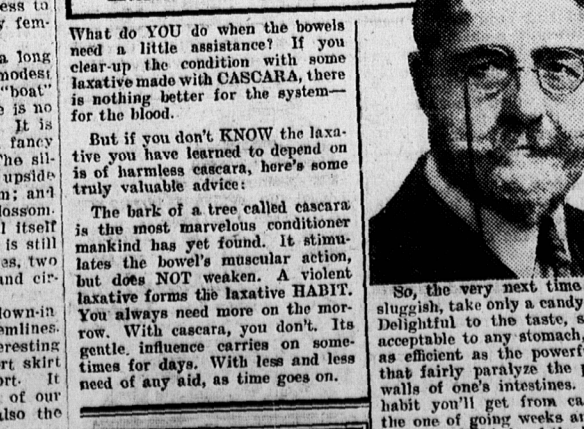
In general, the blouse is a long plain, slender affair, with a modest neck, a V, a square or a "boat" neck, but not low. There is no trimming on the blouse. It is simply something to hang a fancy and ornamental skirt on. The silhouette is that of a flower upside down, with a blouse, the stem; and the skirt the full blown blossom. And now it blossoms! Full itself and shirred at the top, it is still enlarged by a series of ruffles, two or a dozen, as you please, and circular or straight.

Up-in-the-front and down-in-the-back is the rule for hemlines. This looks dainty and interesting and one may wear a short skirt without its seeming too short. It is another demonstration of our return to modesty, as is also the higher neck.

HOME MADE SOAP

Dissolve one can of lye in three quarts of boiling water in a large granite pail or iron pot. Add four and a half pounds of fresh meat

What Doctors Think of the Laxative Habit



What do YOU do when the bowels need a little assistance? If you clear-up the condition with some laxative made with CASCARETS, there is nothing better for the system for the blood.

But if you don't KNOW the laxative you have learned to depend on is of harmless cascara, here's some truly valuable advice:

The bark of a tree called cascara is the most marvelous conditioner mankind has yet found. It stimulates the bowel's muscular action, but does NOT weaken. A violent laxative forms the laxative HABIT. You always need more on the morrow. With cascara, you don't. Its gentle influence carries on some times for days. With less and less need of any aid, as time goes on.

CASCARETS They Work While You Sleep!

An American woman living in England is making high class steel by the addition of titanium bearing sand.

Chicago is planning a rogues' gallery in which short pieces of motion picture film, showing their subjects in different poses, will be filed.

The annual per capita consumption of wood in India is only five cubic feet as compared with 285 feet in Canada and 228 in the United States.

The handle of a new umbrella is short enough for it to be carried in a woman's under arm bag, a waterproof sheath being provided to contain it.

Chinese Nationalists have opened a wireless station at Shanghai for commercial service between that city and several coast and interior points.

An Oregon inventor has obtained two patents for a socket wrench that can be operated at various angles or locked rigidly for use as a straight wrench.

To stimulate interest in aviation the Italian Chamber of Commerce is offering a prize of 500,000 lire for a flight from Italy to Sao Paulo, Brazil.

The fibres of a mattress patented by a North Carolinian are placed perpendicular to the covers to give greater resiliency and afford better ventilation.

A French inventor's device to prevent a motor truck exceeding a set speed is attached between the intake manifold and the carburetor of the truck's motor.

Working on the same principle as motor driven machines in stores, an orange juice extractor has been invented for home use that is operated with a crank.

The Polish government has projected a canal system including a line from Posen by the Russian frontier and one from the Silesian coal fields to Danzig.

Novel shears have only one handle, in line with one blade, a spring bearing against a plate extending from the other blade opening them after each stroke.

Scientific research and laboratory tests are planned to increase the production of hemp in Spain, now amounting to about 11,000 tons of spun fibre annually.

Tests of gasoline made from natural gas have shown that it increases the speed of airplanes at a smaller consumption of fuel than when the usual gasoline is used.

Interest in radio reception in Poland has been increased by the opening of a new and larger broadcasting station at Warsaw and the removal of the old one to Cracow.

With an altitude of 10,185 feet above sea level, Leadville, Colo., is the highest town in the United States and Brawley, Calif., 112 feet above sea level, is the lowest.

Primarily established as a comparative display of graphical arts international book fair will be held at Florence, Italy, in the spring.

To keep afloat airplanes forced to descend on water the United States navy is experimenting with balloons, attached deflated to the fuselages and quickly filled with liquefied gas.

IMPORTANT DATES IN ORATORICAL COMPETITION

Entries close March 1st.

School contests must be held not later than March 2nd.

District contests to be held not later than April 10th.

Provincial Contest to be held not later than May 1st.

Canadian Contest not later than May 15th.