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The Bread of Health



Pleasantly Provides the Vitamines you need

It is possible to have plenty of food and yet remain undernourished!

That's why, if adults are to maintain health and vigor and children are to grow sturdy we must have foods containing vitamines.

But there's no need to take food or drink that is unpalatable, in order to get these precious vitamines.

Thanks to HOVIS there's plenty of vitamines to be had by eating daily this golden brown bread and there is flavor so rich, so different that you will relish it with the keenest enjoyment.

HOVIS is in very truth "The Bread of Health" — costs a little more — worth much more.

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Product of WESTERN CANADA FLOUR MILLS CO. LIMITED, Toronto, Montreal, Ottawa, Saint John, Winnipeg, Calgary, Victoria.

Our Baker or Grocer for HOVIS Today

"I'm poor, but poverty is no Hubby (after a long argument) race." She: "No, but that's what I wonder what would happen if you at the only thing that can be and I ever agreed on anything?" Wife: "I'd be wrong."



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FOR THE WOMAN READER

BY FLORENCE RIDDICK BOYS

COLLEGE EDUCATION FOR WOMEN

Many reasons are given for the higher education of women. The college graduate is more capable, can do more, can be a better companion to her husband, and an inspiration to her children. She can do more in the world by a better understanding of its problems, knows how to associate with others and same leadership, has made many valuable and influential friendships along the way, knows where to turn for information for any practical need — and others.

But there is one outstanding reason for the higher education of women — sufficient to justify the opening of colleges to women, if all the other reasons failed. It is this: a non-college girl may marry as well, make as good a wife and mother, and be as happy as her college sister — until she is about forty. About that age the care of the children grows less, society pulls on her taste and what is the non-college woman to do.

She cannot take up any great work because she has not fitted herself for it. The college woman, on the other hand, when her children need her care no longer and when she loses interest in society life, has a wealth of resources within herself for intellectual and spiritual happiness. She can read, travel, think and study. She can enjoy what she sees on every hand, have more vital and interesting friends, and — best of all — she can throw her fine and matured energy into some worthy work which calls for just such a woman as she, and she can organize and administer it, because she is a college woman.

If you are debating whether to send your daughter to college, or whether to let her off with a smattering of finishing school, take a long look ahead. If you want her strong and happy for the last forty years of life, give her a good college education.

PACKING BUTTER

Some town housewives ask their country sisters to pack a jar of butter for them, in the fall. If well done, such butter will keep all winter. For sweet cream should be used and it should be pasteurized to kill the bacteria. A stone jar is the best in which to store butter. It should be sealed and cooled before the butter is put into it. The butter should be packed in tightly then the whole covered with a white cloth which has been made sterile, or free from bacteria, by being boiled in water a few minutes. The diameter of the cloth should be about two inches greater than the diameter of the jar, that it may cover the butter fully and reach up an inch all around the jar. A layer of salt, one-sixteenth of an inch deep, should then be spread over the cloth. The jar of butter should be kept in a cool cellar, but it should be covered tightly to keep the butter from absorbing odors which may be about. The object of the salt and take out a piece of butter from time to time.

Thumb Sucking.

We may think it is cute to see a small child suck its thumb, but it is a bad habit, and one which should be broken as soon as possible. Thumb-sucking, and the use of pacifiers, cause crooked teeth, spoil the shape of the mouth, and tend to harm the health of the child in many ways. The longer the fond mother permits the child to indulge in this habit, the harder it will be to break him of it. To dip the thumb in "bitter apple," which may be purchased at the drug store, is one method of cure. Disliking the taste of the apple, the child will refrain. In some children the habit is so persistent that this remedy is not sufficient. To pin bags, or over sleeves with a closed end, over the hand, enclosing the offending thumb, is one of the best ways to break the child of this habit. He will need the sleeves more when he is about to go to sleep than in his active waking hours, for he then craves the comfort of sucking habit.

CANDLES.

Candles, oil lamps, gas, electricity, and now back to candles — thus we have completed the circle. We know now the virtues and the disadvantages of each illumination, and it is the good features of the primitive lighting which are bringing it back again. At the dining table, candle light reflects hospitality as it gleams up on the silver and sparkles on the glass. In the living room, soft candle light casts a shade of romance and charity over those present. In the bedroom, the dim light of the candle is gracious. On the mantel it awakens the home instinct. In the hall, the single candle looks welcoming, and in the window it throws its beam afar to guide the stranger. Tall candles of the dining table are graceful and will burn through the most and no flicker out. The number of candles has a relation to the length of the candle. Candelsticks of every variety await our need: tall pewter ones for the library, iron for the hall, glass for the dining room, pottery for the living room, and china or painted wood for the bedroom. Candles of colors may be used to emphasize a color scheme in a room. The colonial atmosphere, so much appreciated today, calls for candles, particularly the old-fashioned, tall and uncolored kind.

REPORT OF WOMEN'S INSTITUTES OF P. E. ISLAND

"TRUE BLUE."

Ten members of the home of Mrs. Murdoch Cutcliffe for the monthly meeting. The meeting opened by repeating the Creed in unison. The minutes of last meeting were read and adopted. Roll Call was answered with an original verse. Reports of committees were given. It was arranged to hold a pantry sale on Saturday, September 10. Plans for holding a bazaar were discussed, and at a later meeting further arrangements will be made. Two new members enrolled. Roll Call next meeting will be answered with "conundrums." Next meeting to be held at the home of Mrs. H. Court.

MOORELL.

This Institute met at the home of Mrs. Edward Rossiter for the monthly meeting. Fifteen members and 2 visitors were present. Roll Call was answered with "the weather deserts." It was decided to hold a bazaar in the Hall in the near future. The lottery quilt was disposed of at an ice-cream festival held in July. Receipts of quilt amounted to \$80.00. Roll Call next month "My favorite book and author." Program, "Simple way of making a house apron." The meeting to be held at the home of Mrs. Wm. McGrath.

PETE'S ROAD.

The meeting was held at the home of Mrs. Hiram Leeco. Seven members and 2 visitors were present. The meeting opened by repeating "Club Women's Creed." No new business was undertaken. Business in connection with ice-cream festival was completed. \$127.00 was realized. When all expenses were paid, \$73.00 was left. It was decided at this meeting to give \$20.00 to the Red Cross. Next meeting to be held at the home of Mrs. M. A. Beaton.

BEAR RIVER SOUTH.

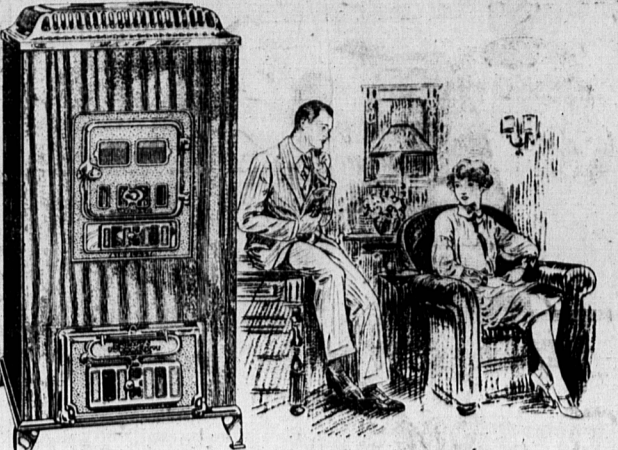
The members of this Institute met at the home of Mrs. John McKinnon. Ten members were present. Discussion took place on buying teachers' desk. After a pleasant evening, the ladies served with lunch, and a vote of thanks to the hostess. Next meeting to be held at the home of Mrs. Joseph E. Daigle.

SOUTH FREETOWN.

Nine members and 2 visitors met in the school house for the monthly meeting. There was no business done since last meeting. It was moved and seconded that Mrs. Bruce Burns and Mrs. Russell Burns hire a carpenter to repair the cloak room. Three new members enrolled. The members decided to have cloak room repaired and partitioned, making a room for boys and girls. Next meeting to be held at the home of Mrs. Edison Dammarrell.

CABLE HEAD EAST.

The meeting was held in the Hall. Six members and 2 visitors were present. Meeting opened with the Creed. Minutes of the last meeting were read and adopted. A flag pole is to be erected on the school. The Institute rug is completed and it was decided to bring it to the Exchange. Material has been purchased for



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Veal "Birds"

Have ground a pound each of veal, beef and pork. To this add a tablespoon of salt, a cup of cracked corn-cobs, and one egg. Mix and roll out about the size of weiners. With a tooth pick pin a piece of bacon around each of these "birds." Brown them in a fry-pan, rolling them over to brown each side equally. Cover the fry-pan tightly, turn the fire low and let simmer gently for an hour or more.

Stuffed Celery.

With catsup, color cream cheese until it is pink. Stuff the groove of a stalk of celery with it and serve, instead of a salted cracker, with the salad course.

Far From Godliness.

Figures show that, in the United States, there is one auto to every six families, one radio to every eight, and one bathtub to every twelve. If godliness is next to godliness, how remote are we from divinity.

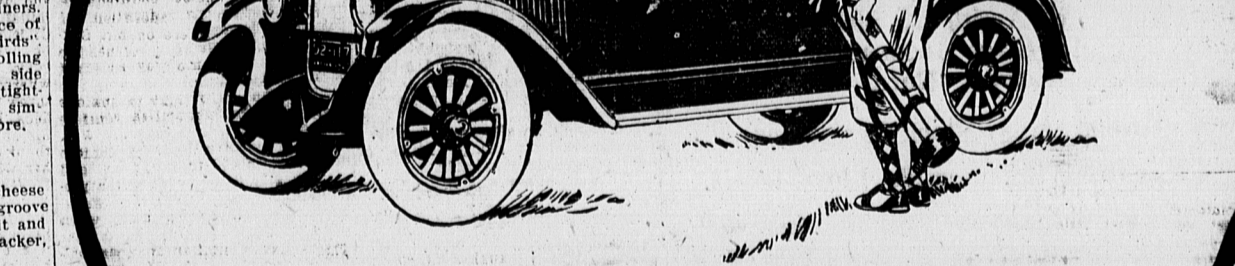
SMILES

"How many of you little boys will bring two new scholars to Sunday School next Sunday?"
"I know one little boy I can lick. I'll bring him."

"So you think you can lick me, do you?"
"Yes, I can. Want me to demonstrate?"
"Oh, no; I was just gathering statistics."

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