The Food We Eat.

We are discussing most and the preparation, and must to steak, rause most is extensis used for dinner. I do not flook that either one of these ways is the best or most windpaums of ecoding treat, but both are used in preference to boiling of brolling. If you such a roast, order the intuoust you think your family will use, and dun't plan to here much left, over, as it requires time and much skill to use wars al-over musta-Arib roast is the commonest, and if the best or motion is young and left, this makes a very good cut. The parter flowes has the losi in the other side is not very linter. Some people get a roast from the roam, but that is thy and comparatively transless. Have the butcher cut out the bones and the opyour roast, and allows a powers of an hour for every pound in toastarp. If you wan it rare. If you have one of the patent double bathing pane, all you seed to do, is to beptier and all the most put do double bathing pane, all you seed to do, is to be present of the patent double bathing pane, all you seed to do, is to be present of the patent double bathing pane, all you went to the pure. It can be aloned up, and life to work out its own givey with motable care from you. It you use the old fashinged bathing part, you minutes after the fashing in well on open the over, and then every non-minutes after the galong is well on open the over.

Everybody bilivies the can make board mast grave, but the humby, this over thick stuff which I somedimes see on tables convinces me that many couple don't know insati about greey, burnelous see great people for gray, and it would be a green people for gray, and it would be a green of right so find of this gravey, and uses a riche-ground and palarable. For any kind of mean gray, see that you have not too tuning grasses in the pain, then take a popular of the gray is little per of thripping you can make tolerable you can make tolerable you can take tolerable you.

good grayy.

Colt roant must can be arranged in
mitty ways. Hash is frequent second
appearance of cold dreat, and mist pies
if made with a good crust and justily of
justes are good and are these by children.
Siesse of conditional cook. It they
see to be postatable. Sid, for hungry
boys they can be made if care is used
mit to be good to be common to
thin, and to brown the flour one to
the good to be common to
the good to be common.

To recent a beef's heart, wash well, then stiff with breadcrunths and hutter, two eggs, a little paraley and chosped onion. Cut off all the fat about the heart, as this fet is hard and spoils the gravy, as well as the rosat local. Cook a meltium sized heart two hurrs and a

In the next paper I will tell you some

The Clothes We West.

The spring always brings bright ends of the spring states and roll of the winter situation, which have been more or less effectived to soot eightim more or less effectived to soot eightim the states of the states

continve it with as much cheeraliness a we did that.

Little girls are promised for retain that we will be the clear that a state of the continuous of the c

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Paperen Candy.

Builtone cupful of super with a table poorful of butter and half a cupeater until it will harden, ster in reparate of popped curn, max well, to if the fire, let cool sughtly, make it

tion Children

THE INPART'S DIST. FIS

was many your news plant to the control of the cont

Now, when taday has taken his for meat, part his in a time source, the meat, part his in a time source, thereby by warm cith, away from through you are constanted by the control of the c

To Clean Sancepant

To clean enamelled namepore wantide and made with hot water ods and scope with a mixture of not fine and, two parts sand to on alt. Hinse with hot water and dry,

Our Allments.

FOR WORKS IN CHILDREN-THE C

While many decrease over these disbelief in wearners in general, there are
very few who attempt as dany the
frequent presence of pin worms in the
lower Interdines. I have known mothers
who have extracted portocically many
of these parasition from the buildine of
their children. When the little ones
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their children. When they manifest the
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Physical Culture.

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Five builded hands are at work as the trial call critical Process for Engagedia of Prassia. The call is made of sedifferent purces, in the work being than with the receipt, and the purces, each of which requires two stays for combition, are to be placed by the must shiftle be sensitive in a pattern which will be sensitive in the pattern which will appear as the work of the same hand.

The Lives We Live.

The women's rais.

Everybody, individually and crillerively, is down, yes, ander thus have yes, is down than have yes, is down, yes, ander thus have yes, is down than have yes, yes, yes, yes, and yes that yes the body maint-which going to get all these the World's fair. It dam comes not only maint-which going to see all three things but you were residential fair? Who sees all the wonderful and its property of the body shadow of the things faithment of our Territorial fair? Who sees all the wonderful and its property of the body of the body

Avores and Carotites

'arsley is the communest garnish fo kinds of cold meas, coultry, fish, etc. forseredials is used for roost beef as

fowl, turkey and find and for road bee and call's heaf. Harberries, fresh or primerved, go

Current jelly is used with game, also for exchart or treat publing. Apple sames is for roast gross. Must is for most high, not or cold. Street Secule or courses for wild duck

For Young Housenhees.

A few drops of salad oil on tar stains will remove them.

Add a panch of saft to written of eggs to make them best ag spickty.

Vinegar will remain the disagreeable often of kernesses from themes.

Never work make the to be used in except delice. It will make the push discrete class beaver.

orthourly do dip them ones a week in bothing sada. This toughem the strands. Months of ammoria, if disated, applied

with a sponger to faced or discutor spots in a carpet will effect restors a color.

If tick is splattered on structures.

Miscellen

SayeMrs. Gramms in the Charcol Union There is little damper of the grewill resting of the "mother love" in it with therefore.

right direction.

Waterlight as were more and daughters or that force, reaching two far from the Certestan Freeding from the rate was supported by the control of the patiency, long-authority and as yet many grined by the constant severess of the garden to the control of the c

which may be overestimated. While may be open a considerable to the considerable of th

Brown and Array and a

Shell fresh, savet, denomits and poor bearing ware over them; but them small for two or three commits, shan over and fresp into cold saver. Perus between the thanks and fager, and the kernels will result sign out of the frome creaing. These the blanchest abundle on the and set is a meritary out or with a sid of savers which of over them unit neces becomes.

If between lawys give off an onphesium offer, give a last light and sequent put the burnies in an old same pun with scaler and a stallengeous sould, and but or half an hunt. The my cut but with, but not on the charge war one seem meeting with a rag or pieces of sufficient instraing with a rag or pieces of sufficient.

Placed Pall 6 sees

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