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## HEART ${ }^{\text {of }}$ WHEAT

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## FREE LESSONS IN


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 COMMERCIAL COLLEGE


Household Hints-Favorite Recipes

 tulle or laco to tow trom a nativ-.placed
 thace and rateren biunty fratured shemil be at her beet in the coratact or Ruseatn brow and syese tengst to the taco, wille tho roatar orta mint torwir at hie sates of hot inee einto
 she stobita adoot triok vell arrangsomen whicol pertis ans mim trount oither low unon the torerhenat, only stowing a curred HTonge. tord and at tures reasubles an oure-riown tor toms ation in anto that at tho $t$

When Washing Chintz.
In washing chintz and other similar isfactory than soap. Tie a quart of bran In a sizable plece of cheesecloth and use this for rubbing on the print material as one would soap. Do not use too hot water, lest the starch from the bran be
cooked. Rinse the clothes and blue as one would if washed in the usual way.
To Clean Brass

To Clean Brass.
Brass taps, plates and door handles are apt to become mush been closed for some time. On of the best methods of removing tarnish is that of dipping the end of a cloth in oil and then in finely powdered rotten stone is gained.

## Application of Efficiency to Sewing

## T

HOSE of us who have a little "Ie
up" In farm duties are beginning to think about the family sewing.
Do you begin by getting out your box
of old patterns and your last year's list of sewing necessities and govern yourself thereby? Do not, I beg you, do that this year. Introduce so many changes that it
Really, there can be little freshness or interest in making night gowns by a
pattern so worn that only the famillarity of long usage enables one to cut a gar ment from it. Sometimes there is not
much money for the buying of new terns, but an ingenfous woman can modify or can exchange patterns with obliging friends.
How
How about materials? One conselen
tious woman is fond of make my aprons and work "I always blue checked glingham and my underclothes of good, heavy cotton cloth." Now,
if there is anything more montonous for constant wear than blue checked gingham, or anything harder to launder that these materials are in many places, may we be excused from closer acqualntance The great popularity of crepe materials but one which the woman on the farm has been much slower to accept than the woman in town. Consider what it will mean next Summer to be able to fold away
the greater part of the wash withont the greater part of the wash without
Ironing. Thlis is no new idea, yet too many country women still cling to their heavy cotton undergarments. Crepe gar ments wash so easily, dry so quickly, and are so attractive in appearance that they
ought to be used in every country One busy Ilttle farm woman made all of her everyday wearing apparel of such material last Summer, in stripes and colors for morning and of white for aft-
ernoon, and it was a matter of general cruoon, and it was a matter of seneral
comment how neat and attractive she looked about her work. There is a lesson for us in this btt of
conversation overheard between two nelghbors, "Do you want to borrow wy buttonholes does it require?". "Six," was
the amazed answer. "Then," answered the friend cheerfuly, "I do not want it, thauk you. Pd rather slide down hilf
with the children than make six button-

The simple "slip over" robes are easy to make and very comfortable; so why garment?
to "strubs ". Why allow the little daughter peticont and drawers when neat little
ploomers ilke her dress are more easlly made and eared for? Watch out for new ideas. The pattern
mauffacturers are showing more and more one-plece garments, especially and changes to keep them require so many Thero are many patterns, both for drease and rompers that only require the stitch-
tas up of under arm seapy $4 n d$ the $t \mid \mathrm{h}$


8s8a Girl's Coat, a to 6 years. Such a little coat as this one is always in demand with the coming of Spring. It
is so almple that it can be made at home without any dificulty, and the box plaits give just the slender effect and long linea that are so becoming to young chifiren. The belt can be either of the materlal or of patent leather, it is passed through
openings that are cut under the plalts and the effect is an exceedingly good one. In the pieture, the coat is made of roughfinished cloth with collar, cufns and belt of broadcloth, but one can make it of
any cloaking matorial, of nerge; gabardine, any cloaking matorial, of nerge; gabardine,
cheviot, broadcloth, or of the golfine that is so pretty and of such desirable weight for Spring wear. Broadeloth makes a good rimming for serge or rough material, and silk also is liked used in this way, and often a fancy material will be used on at
plain one. Broadcloth with collar and cuffs of taffeta and with a patent leather belt makes an oxceedingly bandsome combination. White serge with corduroy collar and cuffs would make a very dainty coat ber the young child, and one that For the 4 -year size will be required 3 3-4 yards of material, 27 or 36 Inches wide $21-8$ yards 44 , with $3-8$ yard of broadeloth for collar, cuffs and belt.
4 and 6 years, It will be mallad tor 2 , 4 and 6 years, It will be mallod to any
address by the Fashion Department of this paper, on receipt of 10 centa.

## BUY IT Now!

Do your remember when you were a $k$ la
How they used to toll About trowing a peoblic into a pond That went on, and on, and on, and Unatil wion ran, and on, and on, and on Or something It He that?
And when you kot big enoush
You went to the misitrtrel thow
And saw the end man
And the middle man
And the middle man
Show how a quarter of a dollar Show how a quarter of a dollar
Pald oft ten dollars, woth of debts
In abont five nimutes, By passing from Tambo to Bones And from Botues to Rastus, And from Rastus to Ephraim And so on around the Lijah, And then, when you were sent up To college,
The high-brow protessor
Tried to explain the same thing?
You remember?
Well,
This is no talk on Political Economy Or anything like that;
It's Just a gentle hint
To the effect that Right Now Is a good time for you
To atart a little ripple ot a mart a fitio ripple of your own To start your dollars Moving around the circle. Pay off your debts,
Buy what you need Buy what you need
Get things started
Put money in circulation.
That's good sense,
And patriotism,
And good business.
Every ripple in the Every ripple in the pond
No matter how small, Helps break the stagnation. Get busy
And make a
"Buy it now
And get your money back. Capttal.

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