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Besswell Mfg. Co. Limited, Hamilton, Ont.

### For the Kitchen Garden

When ordering seeds for the kitchen garden, it is a good plan to have a few of these indispensable plants which need so little space, and so little care, and are really among what one must have. Already you are longing for some horse-radish, but how few farmers grow it in their gardens. There may be one man in the neighborhood who raises it, and if you hint pretty strongly he may give you a few roots enough for one growing; but without the neighborhood hints he will doubtless have to cease taking the hints.

If he gives you any roots this year, you had better plant them, and it might be a good investment for you to buy a few. It would be as profitable as buying the small cans already prepared from your storekeeper. If you want to avoid smarting eyes, put on your wraps and sit out on the veranda to grate it. In the open air the work is not at all troublesome.

Another early spring relish, which need not be planted in the garden, but will grow equally well on the waste ground beside the pig-sty, farmyard, etc., is the Jerusalem artichoke. When dug early before anything of the kind can be grown, they taste fresh and crisp, and when sliced and seasoned with salt, pepper and vinegar, they are almost as good as cucumbers. Sage is a very useful herb and one that is often conspicuous by its absence from the garden.

Yet it is one of the must-haves for seasoning dressing, for roast turkey, chickens or sausage, and is very nice sprinkled over fresh pork or veal. It is also necessary as a medicine in the family. This, like horse-radish, is a handy thing to borrow if the neighbor is willing to lend out with hopes of no return, or it may be bought at the store. Yet like the prepared horse-radish, it is usually adulterated and lacks strength. Don't forget to order a package of seeds to sow a short row in the garden, and you will be surprised at the yield. It requires very little care and can be cut several

times in one season, and will live several years. This would be a good money crop for some enterprising woman to raise as she could easily tend to it, and the fresh dry leaves unadulterated would find a ready market after once introduced in that form under a particularly attractive name.

Every kitchen garden or yard should boast of at least one hop vine, which, when properly trained, is very ornamental and will yield enough hops for family use.

A short row of currant bushes will be a good investment and furnish you with sauce for your holiday dinners, as well as jelly and wine. If your crop is a good one, you will have no use for lemons, for crushed currants make a very delicious drink in warm weather, and when prepared like grape-juice, will keep for some time.

### Helps for the Home

A housewife must learn to economize strongly as well as to save. To this end, work must be well planned, and every saving in labor used possible. The first consideration of a busy woman in the home, must be her own convenience for when you can, let the rest go. There are time savers which give the needed rest.

Never stand up when working, if the work can be done just as easily when sitting. Have an easy chair in the kitchen, near the work table. The room it occupies pays for itself in no time. Get mops and little brushes to help in washing dishes, and scrubbing pans and kettles. Three times a day we have to wash dishes. Why not make the process as easy as possible?

Write us a short letter, stating what labor-saving devices you now possess, how long you have had them, what your experience has been with them as regards really saving labor, and also what devices you would like to procure, or see advertised in the Home Department of this paper. For the best article received before March 4, we will give one year's subscription to the paper, sending it to any of your friends whose address you may send us, or we will renew your own subscription for one year from the date on which your present subscription expires. Address all letters to the Household Editors, Canadian Dairyman and Farming World, Peterboro, Ont.

### Clean and New

I keep a little whisk broom hanging behind the headboards of my beds and when making the beds I brush the bed and mattress off every day or two, and thus am never bothered with dusty beds, which are an abomination to every thrifty housewife. I keep the bedsteads, and, in fact, all my furniture, polished with a soft rag, dampened with kerosene. I have followed this plan for many years, and it must be a good one, when many of my friends ask me if I have been buying a new bedstead, etc., because they look so bright and new.

Waterloo Co., Ont. Mrs. Mason.

### Fresh Air Plentiful

During the severe weather of our Canadian winters, the house is often shut up tight, and bedrooms and bedding give out an unsavoury odor. Fresh air is plentiful, as well as God's sunshine. Every living room, and bedroom, should be opened for a short time each day, to their removal, and thus refreshing during even the coldest day in winter.

It costs more to revenge wrongs than to bear them. A carload of pity is not worth a handful of help.

## Grip is Treacherous

It never attacks unless you are off your guard—run down. Keep your health and strength up to the mark and you are safe. "BOVILL" gives vitality and strength. An occasional cup of "BOVILL" will keep your health up to top notch. Its use prevents many attacks of Grip. Or, as a change, two or three spoonful of milk in a cup of "BOVILL."

### A Well-Cooked Meal

Well-cooked food is not everything. Put quite as much care into the serving of it as in the cooking, then it will be as nearly perfect as possible to be. Dainty dishes cost very little more thought and pains than those which are served anyhow. A few sprigs of parsley from the kitchen garden, or window box in the kitchen window, a flower or two, and some fruit upon the table, are little things, yet in time they are educating, refining, and become as essential as bread and butter. Color and daintiness in arrangement will create an appetite as soon as a delicious odor of coming food. There are few cross words heard, or ugly frowns seen around a pleasant, pretty dining table.

### A New Cook Book

Our readers are invited to send to the Household Editor any favorite recipes they may have tried, and which they know to be economical and tasty. It is our desire to publish some time in the near future, a Cook Book, that will be distributed among the women readers of our paper. Kindly send in any and all recipes you desire to have published in the Cook Book, addressing them to the Cook Book Editor, Canadian Dairyman and Farming World, Peterboro, Ont.

## Inquiries and Answers

Readers of the paper are invited to submit questions on any phase of household work.

What will take rust out of clothes? K. G. H. Waterloo, Ont.

Three cents' worth of oxalic acid in one pint of water is just strong enough to remove iron rust, tea stains or fruit stains from white goods. Wet spots with it, and lay in the sunshine a little while. Wash out thoroughly, and the stains will usually disappear.

How can I prevent the juice from running out of my apple pies? J. F. F., Welland Co., Ont.

Let a thin piece of old cotton cloth of this cheesecloth, about 2 inches wide, and long enough to wrap one and a half around the pie, where the two crusts join. With the customary openings in the top crust, and the pieces of wet cloth wrapped around the pie, I have never known the juice to run out. This method can also be used for berry pies.

How shall I "try out" a large quantity of pork drippings I have accumulated? Mrs. I. P. L., Quebec.

Save all your pork drippings until you have perhaps a gallon. Put into a vessel over the fire and allow the fat to slowly melt, then increase the heat. When melted, pare 2 potatoes, cut them in quarters and drop into the frying fat. When the potatoes rise to the top, remove vessel

from the fire, dip out the potatoes and let the fat settle a little while to settle. Then pour off the clear part, leaving the sediment in the bottom. Drippings treated in this way will be found almost equal to the best lard.

Please give recipe for a good washing fluid, non-injurious to the clothes? Helen J., York Co., Ont.

Use one can of potash, 5 cents' worth of crystallized ammonia, 5 cents' worth of salts of tartar. Pour one gallon of boiling water over the whole, then bottle and use a cupful in a tub of water to soak the clothes.

Can some one suggest a plan whereby I can keep a window full of plants, and not injure the sill, as I have no other place to keep the plants in winter, and the sills of my windows are being ruined from the pots? A Farmer's Wife, Carleton Co., Ont.

If your window sills are wide enough, why not have a glass slab made which will cover the sill, or use small squares of glass for each pot. Some old discarded window glass will answer the purpose, if you can get your storekeeper to cut it smooth and square for you. A strip of tin is equally as effective, and can be made into a shallow pan to fit on to the sill.

What will take kerosene out of a carpet? Jennie R. T., Quebec.

Sprinkle flour on the carpet where the oil was spilled. It will absorb the oil. Take up the flour and repeat the process, until the oil is removed. This should be done as soon after accident as possible.

I have some fine pillow slips which were badly stained with blood stains during a serious illness of one of our family. Is there anything that will take these stains out? Mrs. G. T. Burns, Nova Scotia.

Moisten a little conestarch with water and spread thick on the spots. When dry, brush off and you will find the stains have disappeared. This remedy has been known to remove bad stains, but if they are of too long standing, it may not be as effective.

## Liquor and Tobacco Habits

A. McTAGGART, M.D., C.M.

75 Yonge Street, Toronto, Can.

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