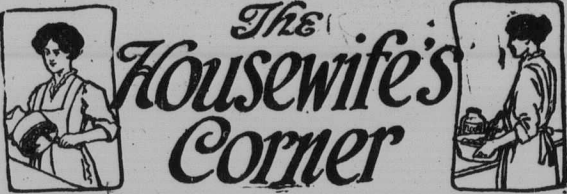


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War-Time Savings.
The economical housewife gives us the benefit of some of her discoveries.
"The other day I made an apple pie, she says, which looked a perfect success, but, alas, when I attempted to slip it off the plate I found that the under crust had not baked well. As the top crust was beautifully brown I simply turned it upside down, and covered off the undone crust and covered the apples with a nice meringue, and the members of my family were delighted."

We do not use stove polish on our stoves, as we find it economical to save all our old stockings, sew them together and use them moistened with coal oil for cleaning the stoves. Care must be taken, however, that the stove is not hot when cleaned.
When I put my roast away to serve cold I wrap it while warm in cheese cloth; both the flavor and the moisture are retained, and, speaking of cheese-cloth, if you will wrap a double piece, wet in vinegar, around that piece of cheese, when you get ready to use it again it will not be hard, mouldy or dry.

Should you wish to keep cream for future use add two or three lumps of sugar, cover and set away in a cool pantry.
Omelet is cheaper and much more tender made with water than milk. Before eating canned foods put a bright, clean, steel knife into the can as soon as opened. Leave for a minute, and if ptomaine is present it will be seen on the knife. Throw the contents out and you will escape poisoning.
Do not melt your butter if too hard to serve; just fill a bowl with boiling water, let this stand until the bowl is very hot, throw out the water and turn the hot bowl over your butter. This will not impair the taste or waste the butter.

In making croquettes always use three tablespoons of boiling water to one egg in which to dip them. Beat the water and egg well together and you will find that it answers the purpose just as well as two eggs. Cut your stale bread up in small pieces and crisp in a corn popper, and your croquettes will be made.

When I use half a lemon I place the remaining half on a small saucer, cut side downward, and cover with a tumbler. I also warm a lemon before squeezing, and I find that I get more juice. As potatoes grow old I add a teaspoonful of lemon juice to the water in which they are boiled, and they do not grow dark white cooking.

It is not necessary to use a lot of tea in order to have it strong; just add a teaspoonful of sugar; this opens the leaves and makes it stronger. When a fowl seems tough I add a pinch of soda or a little vinegar to the water in which it is cooked, or I cover it tightly and bake it a whole morning in a moderately hot oven, after adding lard, boiling water, salt and pepper and sprinkling with flour.

Food Values.
In the present state of the food market it is a wise economy to serve two or three vegetables at dinner and less meat. Those which have the

highest food value are the legumes, peas, beans and lentils, which contain starch, protein and mineral matter. The green vegetables have a large proportion of water, and are principally useful on account of the mineral salts which they contain. Potatoes and other root vegetables are about one-half water, and the dry matter consists of starch, sugar, protein, mineral matter and fat.

A Cure for Floor Stains.
Should you accidentally spill shoe-blackening on a wooden floor, put a handful of corn-meal on the spot immediately and rub in briskly. Sweep off; not even a sign of the stain will be seen. This will also answer for fruit juices or almost any liquid that leaves a stain. It will also greatly aid in taking up kerosene oil and other grease spots.

Maple-Sugar Recipes.
Colonial Bread Cake.—Two cupfuls risen bread-dough, one-half cupful butter, one and one-half cupfuls maple-sugar, two eggs, one-half teaspoonful soda, one-fourth teaspoonful cloves, one-half teaspoonful cinnamon, one-half teaspoonful mace, one-half teaspoonful nutmeg, one cupful seeded raisins, one-fourth cupful sliced citron. Take dough, when ready to shape into loaves, add other ingredients, and mix and beat with hands. Turn into tube cake-pan, and when light (it should not quite double in bulk) bake in oven at a little lower temperature than for bread. When cold pour maple frosting over cake and decorate with pecan or hickory nut meats.

Maple Frosting.—One cupful maple-sugar, one-half cupful boiling water, whites of two eggs, one-half teaspoonful vanilla. Cook sugar and water without stirring, until syrup threads when dropped from spoon. Pour syrup in a fine stream onto whites of eggs beaten until foamy, beating constantly meanwhile. Set saucepan on range for a moment and continue beating until egg is cooked. Add vanilla, set over cold water, and beat occasionally until cool enough to spread.

Maple Cookies.—One cupful maple-sugar, three tablespoonfuls butter, one egg, one cupful sour cream, one-half teaspoonful salt, one-half teaspoonful soda, flour, maple-sugar. Cream butter and sugar, add well-beaten egg, cream. Sift soda and salt with a little flour, then add to mixture enough more flour to make of right consistency to drop from spoon. Care should be taken not to get the mixture too stiff. Grate maple-sugar on top of each cookie and bake in moderate oven eight minutes. Cookies should be kept in an air-tight receptacle.

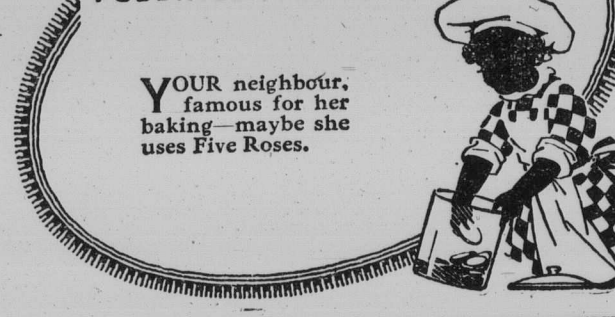
How To Use Skim Milk.
Many people do not realize how nutritious skim milk is. They imagine that because it is so generally has little or no commercial value it is hardly fit for human food. As a food it is not so valuable as whole milk and cannot take the place of the latter in the diet of children. Nevertheless, skim milk can be used to great advantage in combination with other food materials, especially in cooking, and is altogether too valuable to be wasted.

The uses of skimmed milk are many and in cooking it adds to quality as well as to food value. If used in place of water in bread it adds about as much protein to one pound of bread as there is in an egg. Skim milk used in place of the usual half milk and half water, of course increase the quantity of protein in a loaf by the amount that is contained in half an egg. To cook a cupful of cereal in three cupfuls of skim milk instead of three of water adds as much protein as that contained in three eggs.
There are many dishes which may be described as vegetable milk soups, usually made by combining milk and the juice and pulp of vegetables. This mixture is then thickened with flour and starch and enriched with butter or other fat. If a fire is kept all the time and the cost of fuel need not be taken into consideration, the following method is recommended as a means of utilizing skim-milk: Chop the raw vegetable or cut it into small pieces. Put it with the skim milk into a double boiler and cook until the vegetable is tender. The mixture can then be thickened and enriched as described above. By this method no part of the vegetable is thrown away and the liquid of the soup, instead of being part milk and part water, is all milk. A soup so made, therefore, usually has about twice as much protein as that made in the other way, and has the additional advantage of a particularly good combination of mineral substances, for milk is rich in calcium and phosphorus and the vegetables are rich in iron.

Inside Information.
The lady bank clerk had completed her first week, and a friend asked her how she liked the work.
"Oh, it's beautiful!" said the girl. "I'm at a branch where nearly all the people we know have accounts, and it's so nice to see how little money some of your friends have in the bank!"
(To be continued.)

FIVE ROSES FLOUR

FOR BREADS - CAKES
PUDDINGS - PASTRIES



THROUGH THE DARK SHADOWS

Or The Sunlight of Love

CHAPTER XXVI.—(Cont'd).

When he arose from his knees his face had lost all its old languid self-possession; it was a graver, more earnest light in his eyes, and as his lips pressed the hand of the dead girl they muttered a farewell vow, which was never to be forgotten from that hour till his last.
Lady Constance, bravely overcoming her own pain and horror at the double tragedy—for Jasper's body had been recovered and brought back to the house an hour after the death of Jessica—had retired with poor, remorseful Ada to her own rooms, where she did her best to soothe and comfort the unhappy woman overwhelmed with remorse at her previous neglect of the girl, Ada blamed herself bitterly for not watching her enemy more closely, and thus protecting all concerned from danger.
Meanwhile, the last painful duty had to be done. In the Blue Room were seated in expectant silence Lord Barmister, Mortimer Shelton, and Mr. Harker. On the table lay the papers which Mr. Harker had brought with him, amongst them the all-important roll which Jessica had rescued from the street. The three men were waiting now for Adrien, with patient

respect, knowing the cause of his absence.
Presently the door opened, and the young man entered. Lord Barmister held out his hand without a word, and his son, as silently, grasped it; then, with a sigh, he seated himself at the table, prepared to learn to what extent he had been robbed by the man he trusted so fully.
Without comment, Shelton passed him paper after paper, all drawn up in the clear writing of Mr. Harker; Adrien, with deep humiliation, examining them all. With another sigh he dropped the last one upon the table and looked up.
"It is like some hideous dream," he said in a low, shocked voice; "Jasper Vermont, then, was not only a traitor to me, but a forger and thief. I can scarcely believe it—though, of course, it is impossible to get away from these proofs. He must have even bribed that jockey to lose the race, as the man hinted. That he could so have used my trust and confidence to gain money, and by crime, when he could have had it for the asking, seems past belief."

His father looked pityingly at him; he knew only too well what a blow this was to the young man.
"I believed in him to the last," continued Adrien, in the same low tones. "I believed him true, in spite of all your warnings."
He turned to his friend.
"Shelton," he said, "I cannot thank you as I should like, nor indeed, you either, Mr. Harker. I am deeply grateful to you all for what you have done for me. Truly a man should take heed of his self-conceit, lest he fall, as I have done."
He dropped his head on his hands, and his father turned to him affectionately.
"You do not ask if the evil this man has worked can be remedied, Adrien," he said, in a softer tone than he had ever been known to use. "You do not ask whether anything can be regained?"
"I am willing to pay the penalty of my folly," said Adrien, in a low tone; "and if only it can be arranged that you, too, do not suffer, I shall not mind."
"Not even if it should leave you penniless?" asked his father.
Adrien raised his head with a mournful smile.
"But for one reason, I am indifferent," he said.
His father's face lit up.
"Yes," he said, "I think I know that reason. Mr. Harker, will you be so good as to place Mr. Leroy in possession of the facts which you have already given me. I am almost too tired to speak, after the strain of these last few hours."
Adrien looked at him remorsefully; for the old man had indeed undergone much suffering during the last eventful weeks.
Mr. Harker laid a small book upon the table.
"This will do so better than I can, gentlemen," he said. "It is a list of the various investments in which Mr. Jasper Vermont placed the wealth he had so fraudulently amassed. His expenses were small; and the investments which were made with Mr. Leroy's money, and which he hoped, of course, to put to his own use, amount to a large sum. When realised, they will cover the enormous embezzlements, when the forged bills are destroyed."
Adrien took up the book and glanced through it.
"Is this true?" he said, with an earnestness that all present under-



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HUNDRED YEARS OF PEACE.

Amazing Advances Made During Lifetime of "The Oldest Inhabitant."

Recently, a Mrs. Hastings, native of the State of Massachusetts, U. S. A., celebrated her 104th birthday. The first railway in that part of the world, the Boston and Albany, was not built until twenty years after she was born. George III. was King of England, Napoleon was Emperor of France, Madison was President of the United States, and the war of 1812 was in progress when Mrs. Hastings began her extraordinarily long life.

She was twenty-five before she ever saw a match. Nor until that age had she ever seen a cook stove. An open fireplace and the hanging crane were universally used. Often has she gone to a neighbor to borrow fire which she carried home by means of her

lighted candle.
The amazing progress of the world is best measured by such a person's life. Mrs. Hastings was well toward womanhood before she saw a gas-light.

The first steamship did not cross the Atlantic until she was old enough to go to school. Men still went to war on horseback or walked. There was no railroad, telephone, telegraph, airship, aeroplane or phonograph. She was past threescore before she saw an electric light. She was beyond fourscore before any of us rode in an automobile. When she was a girl asphalt paving was unknown. She was a woman long before anybody dreamed of an elevator. At her birth, Cooper had not written his first Leatherstocking story. The very oldest of that coterie of renowned authors, including Emerson, Mrs. Stowe, Hawthorne and Whittier, were only children when she was born.

THREE VITAL QUESTIONS

Are you full of energy, vital force, and general good health? Do you know that good digestion is the foundation of good health? Pains and op-

pression in stomach and chest after eating, with constipation, headache, dizziness, are sure signs of indigestion. Mother Seigel's Syrup, the great herbal remedy and tonic, will cure you.



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Doctor Tells How To Strengthen Eyesight 50 per cent In One Week's Time In Many Instances

A Free Prescription You Can Have Filled and Use at Home.

London.—Do you wear glasses? Are you a victim of eye strain or other eye weakness? If so, you will be glad to know that according to Dr. Lewis there is real hope for you. Many whose eyes were failing say they have had their eyes restored through the principle of this wonderful free prescription. One man says, after trying it: "I was almost blind; could not see to read at all. Now I can read everything without any glasses and my eyes do not water any more. At night they would pain dreadfully; now they feel fine all the time. It was like a miracle to me!" A lady who used it says: "The atmosphere seemed hazy with or without glasses, but after using this prescription for fifteen days everything seems clear. I can even read the print without glasses. It is believed that thousands who wear glasses can now discard them in a reasonable time and multitudes more will be able to strengthen their eyes so as to be spared the trouble and expense

of ever getting glasses. Eye troubles of many descriptions may be wonderfully benefited by following the simple rules. Here is the prescription: Go to any active drug store and get a bottle of Bon-Opto tablets. Drop one Bon-Opto tablet in a fourth of a glass of water and allow to dissolve. With this liquid bathe the eyes two to four times daily. You should notice your eyes clear up perceptibly right from the start and inflammation will quickly disappear. If your eyes are bothering you, even a little, take steps to save them now before it is too late. Many hopelessly blind might have been saved if they had cared for their eyes in time.

Note: Another prominent physician to whom the above article was submitted, said: "Bon-Opto is a very remarkable remedy. Its constituents are well known to eminent eye specialists and widely used by them. The manufacturers guarantee to strengthen eyesight 50 per cent in one week's time. I can even read the print without glasses. In many instances or return the money. It can be obtained from any good druggist and is one of the very few preparations I feel should be kept on hand for regular use in almost every family." The Value can now discard them in a reasonable time and multitudes more will be able to strengthen their eyes so as to be spared the trouble and expense



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