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WINNIPEG

The Baby



Messrs, Savory & Moore, Chemists to The King, and makers of the well-known Infants' Food, issue a little Book entitled "The Baby," which gives a great deal of useful information on the Care and Management of Infants.

A USEFUL GUIDE

A USEFUL GUIDE

The book contains hints on Feeding, Teething, Development, Infant Ailments, and such matters as Sleep, Exercise and Fresh Air, which are so important for baby's well-being. It also contains a chart for recording baby's weight, a dietary for older children, and recipes for simple nourishing dishes. It forms, in fact, a useful mother's guide, which should find a place in every home. It is not intended to take the place of medical advice, when such is needed, but it will often serve to allay needless anxiety, and indicate the right course to be pursued.

FREE TO MOTHERS.

FREE TO MOTHERS



LLENGE

PATENTS TRADE MARKS AND DESIGNS

Write for booklet, circulars, terms, etc. FETHERSTONHAUGH & CO. FRED. B. FETHERSTONHAUGH, K. C. M. E. GERALD S. ROXBURGH, B. A. Sc. 36-37 Canada Life Bldg, WINNIPEG I put no water on my strawberries but stirred them gently with the sugar till the sugar became wet with the juice. I then let them boil up enough to take the scum off, which took about five minutes

scum off, which took about five minutes and then sealed away boiling hot. In the gooseberries I added water. These took a little longer to cook. I cooked them until they looked clear. To hurry these I put a cover over the pre-serving kettle.

houry these I put a cover over the preserving kettle.

I also made red currant, crab apple and cranberry jelly. I put the fruit in a pan then added water until I could see it through the fruit, then boiled it hard until the fruit got pulpy, after which I drained into a crock through cheesecloth. I then counted the number of cupfuls of juice as I put it into the preserving kettle to boil and boiled this juice for twenty minutes, then added as many cupfuls of sugar as I had juice at first and boiled the mixture five minutes more, then poured it in the jars but did not seal until cool. Sometimes I heated the sugar in the oven to hurry the cooking. I made all our to hurry the cooking. I made all our jelly this summer. In doing the vegetables, I took them

ielly this summer. In doing the vegetables, I took them fresh from the garden, cleaned and then blanched them the required lengths of time which varied, of course. Beans, corn and vegetable-marrow I blanched 15 minutes, cold dipped and packed in scalers, adding boiling water until full, and half a teaspoonful of salt to every pint. With clamp up I sterilized thesebeans 2 hours, corn 3 hours and vegetable-marrow 1½ hours. I then took them out, turned upside down until cool. The peas, cauliflower, carrots and tomatoes I blanched 3 minutes, excepting tomatoes which were one minute, then proceeded as with the other vegetables, except with different lengths of time for sterilizing. My chicken I parboiled for twenty minutes when the meat was then easy to remove from the bones. I filled my scalers, then poured the juice that the chicken boiled in over the meat until full and added half teaspoonful of salt, then sterilized four hours, after which I took out, clamped down and turned upside down until cool.

One thing I canned that I was a little

down until cool.

down until cool.

One thing I canned that I was a little
dubious about was mushrooms. I could
not find out how long to sterilize them
but thought I would try them like chicken,
except that I blanched them 5 minutes.
They are keeping well.

I made onion, mixed, gherkin and beet

They are keeping well. I made onion, mixed, gherkin and beet pickles. I put my cucumbers in a strong brine for four or five days before I pickled them. The cauliflower I put in boiling brine, the next day I poured off the brine and boiled it again, after which I poured over my cauliflower a second time. I did this three times.

To prepare the vinegar, I took one quart of vinegar and added two cups of sugar, then tied some whole spice in cheese-loth and put it in the vinegar. Then boiled the mixture and poured over the vegetables in the jars while boiling. I then sealed these away. We canned over one hundred and lifty jars of vegetables alone this year, practically all out of our own garden, and none have gone wrong. At the Central Fair at Stony Mountain I showed a collection of thirty different kinds of canning, pickling, preserving and jelly and obtained five firsts and one either of six exhibits. I was also in the sewing contest, cooking contest and weed

kinds of cambridge in the property of the prop Fair in cosmology to the form of the form

THE PHONOGRAPH

THE PHONOGRAPH

Do you know anything in sound production and reproduction that is so won-derful as the phonograph? This wonderful "tank" of ready-made music is found all over the world, not only in its civilized corners but right into the heart of the African forest and the bush country of Australia where the Aborigines still hall it as a thing of the gods and not a creature of earth at all. earth at all.

Under whatever technical name it is known, the main idea is the same, but within the past year or two it has undergone changes so great in its sound repro-ducing quality that it may be said to be practically an entirely different instrument from what we were accustomed to in the

early days.

We don't want to recall these exasperating experiences. They were as much torture to our nervous system as the tone quality of the modern production is now one of the very best restoratives for nerves that have been strained to the breaking point

If you are in a quandary as to what you ought to do for your home folks and the circle of your visiting friends at this circle of your visiting friends at this happiest of all the joyous seasons of the year—get a phonograph and a few of the splendid and inexpensive records you can procure so easily now-a-days—by mail if you are far from an enterprising music

house.

There is no limit to the range of music now on the "shelves"—from Harry Lauder's first attempt to the latest achievement of our greatest artistes either in voice or on instrument. What a wonderful thing to listen to Harry in the prairie "shack" and hear him just as clearly as he can be heard in the grand opera house—and all for a few cents for the record!

FORTY HEROIC ENGLISH WOMEN

The tragedy of the Serbian retreat has not yet been fully told. Glimpses of the shrunken, starving, dying soldiers and peasants, with the unconquered and unconquerable King Peter have been given from pany near

given from many pens.

But the studious seeker after facts is beginning to unfold the stern truth. Of such a student is Fortier Jones, who, in a description of Serbia that has just

in a description of Serbia that has just been given to the public, outlines the following incident in the army retreat: "Forty Englishwomen were among those who made the march. They made it without food and drink; most of them made it on foot and in clothing intended only for Balkan summer. I think it can be said that the party of Englishwomen stood it better than the Serbian refugees and fully as well as the Serbian army girls who entered the march mere girls came out in the evening old

mere girls came out in the evening old in experience. They saw the things that generations of their sisters at home live and die without the slightest knowledge of, the madness of starvation, the passion to live at all cost, the swift decay of all civilized characteristics in freezing, starving men. They understand now better ing men. They understand now better than any biologist, any economist, could have taught them the struggle for existence and the survival of the fittest.

"At the end they smiled, made tea, slept forty in a Turkish harem, and next day marched their thirty kilometers."

INCRIMINATING

Willie—"I guess my dad must have been a pretty bad boy." Tomnie—"What makes you think Tommie-that?" Willie—"

-"Because he knows what questions to ask me when he wants to know what I have been doing."



A CONVINCING ARGUMENT
Tommy: "No, sir; I don't say nothing against conferences or arbitration, or anything like that, but what I do say is, when it comes to argyfying with a "Un a Mill's No. 5 (bomb) "elps!"

Mother Hubbard Padded Shoe



t. Fits any Child. Suitable for Baby Buggy, Sleigh, Automobile, etc. le in Black Rubber. \$5.00 Blanket. \$6.50 \$5.00 \$6.50 \$7.50

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Synopsis of Canadian Northwest Land Regulations.

THE sole head of a family, or any male over 18 years old, who was at the commencement of the present war, and has since continued to be, a British subject or a subject of an allied or neutral country, may homestead in Manitoba, Saskatchewan or Alberta. Applicant must appear in person at Dominion Lands Agency or Sub-Agency for District. Entry by proxy may be made on certain considerable and cultivation of land months residence upon and cultivation of land months.

and cuttivation of land in each of three yes In certain districts a homesteader n secure an adjoining quarter-section as permition. Price \$3.00 per acre. Dutie Reside six months in each of three years al acres extra. May obtain pre-emption pair as soon as homestead patent on certain con-tions.

A settler after obtaining homestead patent, if he cannot secure a pre-emption, may take a purchased homestead in certain districts. Price \$3.00 per acre. Must reside six months in each of three years, cultivate \$0 acres and erect a house worth \$300.00.

Holders of entries may count time of employment as farm laborers in Canada during 1917, as residence duties under certain condi-

When Dominion Lands are advertised or posted for entry, returned soldiers who have served overseas and have been honorably discharged, receive one day priority in applying for entry at local Agent's Office (but not Sub-Agency). Discharge papers must be presented to Agent.

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