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Albert Soaps Ltd., Montreal.

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garden to weed. At the end of the day, the men come in for tea, and, after the chores are done, they are through for the day. Not so with the woman of the house. The preparations for the morrow are all important then. If by any chance, an hour is free, she is in no condition to enjoy reading or recreation. Her eyes are tired already; her back and shoulders ache; she is happy, perhaps, but, oh, so tired.

Does such a woman need a holiday? This is an average woman's work on a farm. I visited just such a home not long ago, and every reader will know many such cases. Nothing but a complete change will save that woman from being a nervous wreck.

If the butterflies, who spend their days worrying with dressmakers, going to theatres, afternoon teas and bridge parties, need a rest, surely the woman who is putting her best into life, needs now and again a holiday.

Marion Dallas.

Wash Dresses for Summer

There is nothing that mitigates the discomfort of warm summer days as a plentiful supply of cool comfortable dresses. Heavy skirts are not only warm and uncomfortable, but they soon become untidy when worn around the house with shirt waists or to be made over for the children's winter school dresses.

Simple prints, percales, ginghams or lawns can be found in inexpensive patterns. For long and satisfactory service, Indian linen has no equal, as it can be laundered easily, does not fade and wears well. Prints or percales, with white background, and colored or black dots or figures, make cool serviceable dresses, and always look fresh and neat.

Green, pink or lavender do not hold their color so well. Not only soap and water, but sunlight fades them easily. Dark blue chambray or chambray gingham, would make a dress that would be suitable for use at home or in town. Chambray gingham has a softer finish than chambray, is less stiff to sew on, and does not shrink as much.

These dresses should be made simply, with a view to having them cool and comfortable, as well as easy to iron. It is wise to make two waists with each skirt, as one skirt will usually outlast two waists and can often be worn twice as long without washing. When the waists are discarded, the skirts make excellent underskirts.

Preserving Fruit

By Maria Parlow, in *Farmers' Bulletin*, U. S. Dept. of Agriculture.

The method of preserving fruit for home use is, from all points, the most desirable. It is the easiest and commonly considered the most economical and the best, because the fruit is

kept in a soft and juicy condition, in which it is believed to be easily digested. The wise housekeeper will plan her principal fruit supply, making only enough rich preserves to serve for variety and special occasions.

The success of canning depends upon absolute sterilization. If the proper care is exercised, there need be no failure, except in rare cases, when a spore has developed in the can. There are several methods of canning; and, while the principle is the same in all methods, the condition under which one housekeeper must do her work may, in her case, make one method more convenient than the other. For this reason three will be given, which are considered the best and easiest. These are: Cooking the fruit in the jars in an oven; cooking the fruit in the jars in boiling water; and stewing the fruit before it is put in the jars. The quantity of sugar may be increased, if the fruit is liked sweet.

UTENSILS TO USE

It is most important that the jars, covers and rubber rings be in perfect condition. Examine each jar and cover to see that there is no defect in it. Use only new rubber rings, for if the rubber is not soft and elastic, no sealing will not be perfect. Each year numbers of jars of fruit are lost because of the false economy in using an old ring that has lost its softness and elasticity. Having the jars, covers and rings in perfect condition, the next thing is to wash and sterilize them.

PROCESS OF CANNING

Have two pans partially filled with cold water. Put some jars in one, laying them on their sides, and some covers in the other. Place the pans on the stove where the water will heat to the boiling point. The water should boil at least ten or fifteen minutes. Have on the stove a shallow milk pan in which there is about two inches of boiling water. Sterilize the cups, spoons and funnel, if you use one, by immersing in boiling water for a few minutes. When ready to pour the prepared fruit in the jars, slip a broad skimmer under a jar, and lift it and drain free of water. Set the jar in the shallow milk pan and fill to over-flowing with the boiling fruit. Slip a silver-plated knife, or the handle of a spoon, around the side of the jar, so that the fruit and juice may be packed solidly. Wipe the rim of the jar, dip the rubber ring in the boiling water, and put it smoothly on the jar, then put on the cover, and fasten. Place the jar on the board, and out of a draft of cold air.

The work of filling and sealing must be done rapidly, and the fruit must be boiling hot when it is put into the jars. If screw covers are used, it will be necessary to tighten them after the glass has cooled and contracted. When the fruit is cold, wipe the jars with a wet cloth. Paste on the labels, if any, and put the jars on shelves in a cool, dark closet. Jars must not touch each other.

In canning, any proportion of sugar may be used, or fruit may be canned without the addition of any sugar. However, that which is designed to be served as a sauce, should have the sugar cooked with it. Fruit intended for cooking purposes need not have the sugar added to it.

Juicy fruits, such as berries and cherries, require little or no water. Strawberries are better not to have water added to them. The only exception to this is when they are cooked in a heavy syrup.

Put a window-shade in front of your pantry shelves, if they are unprotected by doors. It will keep out the dust much better than a curtain on a rod. The shade should have a spring roller, and be hung just as it would be at a window.

The Sewing Room

Patterns 10 cents each. Order by number and size. If for children, give age; for adults, give bust measure for waists and waist measure for skirts. Address all orders to Pattern Department.



6020 Fancy Waist with Cords, 32 to 40 bust.

6010 Loose Fitting Coat, 34 to 42 bust.



6021 Girl's Over Dress, to be worn with any Gingham, 8 to 14 years.

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