

THINGS YOU CAN MAKE AT HOME

Make Your Own Whole Wheat Flour

FOOD CONTROLLER HANNA insists that we each use one-third less wheat, that we may help to make up that 160,000,000 bushels of wheat we are short for export, if the Allies are to be fed and our armies kept up to fighting strength. Out on a lonely ranch in Alberta, Mrs. Thomas Mills reviewed the whole question. She knew that whole wheat flour would be more nutritious than white flour, since the valuable bran coats and germ are removed in the process of milling and sold as by-products; and she had heard her grandmother condemn the patent flours and refined corn meals of to-day, claiming that the more simply prepared flours of a past generation were more nutritious and appetising. The "brown" bread that she sometimes bought in Calgary was merely white flour with bran put into it—a fair substitute, perhaps, but not good enough for Mrs. Mills—and she determined to have the real article. But how to get it, puzzled her, until, while turning the matter over in her mind, she had an inspiration.

"The very thing!" she exclaimed, and straightway sent to a seed store for some spring wheat. Promptly putting this through the coffee grinder, she had a rather coarse product, that, however, worked up into a most wholesome and appetising loaf. Certainly, it was a rather slow process, but she kept it up for a couple of months—her family refused to go back to white flour—then she secured a small mill that paid for itself in a very short time, not only in better flour and health, but by the wheat ground for the neighbours. The grain grinders that many farmers are already using, will grind the whole wheat berry finely enough for flour; with a two to three horse power, six bushels an hour are run through; this grinder runs by either gasoline or electricity.

A Clothes Rack For Children

The main post should be 1½ inches square and whatever height is most convenient for the children. The four legs or foot brackets are ¾ of an inch wide, 6 inches deep, and 9 inches on the slant edge. Finish the main post to a blunt point at the top—it will look better than if finished flat. The four legs should be shaped in such a way that they may be nailed, easily, to the main post. Screw clothes hooks to the post so that hats may be hung without interfering with each other—two on opposite sides higher than the other two. The staining or varnish should match the furniture.



An Improved Wood Box

THIS wood box has a cover and two drawers, one at the top and the other at the bottom. The upper drawer is for flat irons and stove polish and the lower drawer is the bottom of the wood box. Take a box rather deeper than the ordinary wood box and cut the front 12 inches lower than the back, then

cut two-thirds of the sides even at the front but sloping up a little to about 10 inches. Make a drawer to fit the raised part and a cover to fit the lower part, hinging it on. Put in a row of strong slats about 8 inches from the bottom, and cut out the front up to the slats. Make and fit a drawer to slide in under the slats. The dirt and pieces fall from the wood through the slats into the box, which can be removed easily and cleaned without trouble.

The old fashioned wood box, without cover and without drawer, is the catch-all for all kinds of rags, paper, and other refuse, making it very unsanitary and a possible source of danger.



A Rack for Drying Clothes

IN homes where there is a baby or small child and where the space is limited, it is sometimes a problem to get the daily washing dried. A drying rack made of two light frames suspended one above the other and both attached to the ceiling by strong cords or lengths of fishline, can be made at home at a very small cost and, hung above the stove or range, accommodates a large number of articles at the same time.

The wood chosen should be straight-grained, smooth, free from knots, and about ¾ inch thick. Make two frames, 2 feet 9 inches square and brace them with four 12-inch pieces fastened inside and across the corners; these strengthen the frames and add to the rack space. Use thin screws instead of nails and take care that the ends are joined evenly and firmly. Bore two holes, large enough to take the fishline, through each piece near the corners. Cut four pieces of line long enough to suspend the lower frame from 2 feet 8 inches to 3 feet above the stove. Knot each line near one end, slip through the holes in one frame and knot again 12 or 15 inches higher up, slip through the other frame and tie each two lines separately and firmly together, making a loop by which the rack may be hung from small hooks placed in the ceiling so that the rack will hang exactly over the stove. Place a hook in the wall, and when not in use, the two frames can be folded against each other and hung on the wall out of the way.

In using the rack, if several diapers or towels are put over the top frame, a box is formed that catches the heat.

An old umbrella frame can be used in much the same way by painting the ribs and frame white and suspending it by the handle from the ceiling over the stove.

TO SHARPEN A KNIFE, draw the edge through and against the open edge of a pair of scissors.

TO CLINCH A WIRE OR FINISHING NAIL, drive it in to about 1 inch of the head, then lay a larger nail beside it, and bend the wire nail over. Withdraw the larger nail; the end of the wire nail is now in the form of an arch and when this is hammered in, the nail is clinched.

THE CORNERS ARE THE MOST TROUBLESOME part of a room to keep clean. A small triangular piece of brass or copper fastened with a nail through the centre in the corner keeps the dirt out and saves work.

A BARREL MAKES A GOOD CHICKEN COOP. Get a good barrel with a bottom; cut off every second stave at both ends close up to the first hoop. Place the barrel with the bottom up. The lower openings allow the chickens to go in and out and those at the top admit air and light.

TO KEEP CORKS FROM STICKING to bottles containing glue or mucilage, smear a little vaseline on the cork.

TO PREVENT THE WASH-BOARD SLIPPING in the tub, nail a narrow piece of wood on the back of the board. Another and better way is to nail to the upper part of the back of the board a piece of rubber taken from an old tire. This makes washing easier by making the board have a slight "give."

IF WOOLEN GARMENTS ARE PRESSED before the bastings are taken out, the marks show. Use silk for basting instead of cotton; the silk will not leave any marks.



To you who choose the nation's food—who insist on purity, and on cleanliness in making and handling it—to you, the Women of Canada,

Redpath SUGAR

has been appealing successfully for over half a century.

Its absolute purity, and the protection and convenience of the Redpath Bags and Cartons, filled at the Refinery by automatic machinery, have made it the choice of the women who are most particular about their food supplies.

29

Made in one grade only—the highest!

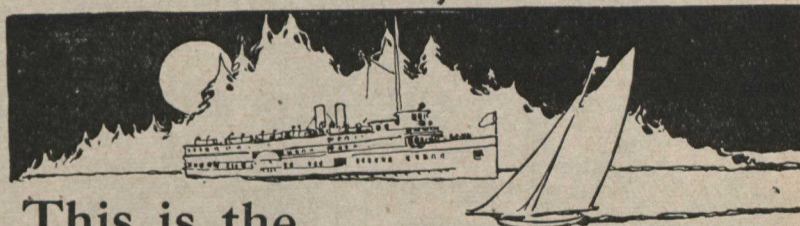
For Ideal Lingerie use

HORROCKSES'

sheer NAINSOOKS, dainty embroidery CAMBRICS, fine MADAPOLAMS, reliable LONGCLOTHS, or durable FLANNELETTES

In each class "HORROCKSES" are known as the standard of excellence. See "HORROCKSES" on the selvedge

For information as to the nearest store where procurable, apply to agents John E. Ritchie, 591 St. Catherine St., West, Montreal.



This is the Year for an Inland Water Trip

A pleasant way, a healthful way, to spend a week or two—or more—A water trip that takes you through a land of charm and interest. You'll enjoy the ever-changing scenery of the 1000 Islands—the thrill of shooting the River Rapids at Montreal—Quaint Old Quebec, with its old-world charm, and the River Saguenay—deep as the height of its tallest promontories—Capes Trinity and Eternity—higher than Gibraltar.

The Fares From Niagara Are—

Montreal and return—\$19.00; Quebec and return—\$26.35; Saguenay and return—\$35.00

You can take the whole trip or any part of it.

Send 2 cents for illustrated Booklet, Map and Guide

CANADA STEAMSHIP LINES, LTD.

46 Yonge Street

Toronto, Ontario