

Mothers and daughters of all ages are cordially invited to write to this department. Initials only will be published with each question and its enswer as a means of identification, but full name and address must be given in each latter. Write on one side of paper only. Answers will be mailed direct if stamped and addressed envelops is enclosed. Address all correspondence for this department to Mrs. Helen Law. 235 Woodbine Ava., Teronte.

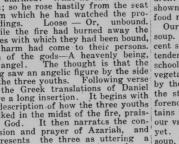
Subscriber:—Perhaps the following lection of magazines, a stack of news-papers, some empty bottles and a quantity of tin foil. A ball of string booth was noticeable for its business-like appearance and for the large sign on its arch, which réad: Economy Booth

like appearance and for the large sign on its arch, which réad: Economy Booth Pay Ten Cents And Learn How To Save Ten Dollars The curious crowd that soon gath-ered found the notice as good as its word, for the committee in charge had

The curious crowd that soon gather ered found the notice as good as its word, for the committee in charge had taken a census of favorite economies far and near, and were prepared to make practical demonstrations of the ideas. Each of the four sides was devoted to a special class of demonstrations. The cooking economies, of course, oc-cupied the front. A good cook dem-onstrated in a miniature kitchen some of the acceptable dishes that can be made from left-over portions of food without spending more for new in-gredients than the left-overs are worth. No dishes were prepared ex-cept those that were actually based on material that otherwise would have been wasted. The lesson in economy was later emphasized by selling the food at five cents a plate—the best way of clinching the point. An as-sistant in the kitchen showed how to peel fruit and vegetables with the least possible waste, and another as-sistant sold economy cookbooks. The next counter was devoted to economical ideas in sewing and mend-ing. There the onlookers learned, among other things, that old stock ings can be clevely fitted with new feet and the tops of new stockings re-inforced against the wear and tear of suspender garters, that a second lin-ing will save the back breadth of-silk underskirt, and that attractive collar-and-cuff sets can be made from was given over to miscellaneous ideas in comme "diverted by is prove the discarded to etar. The other players draw and discard assoicated in the public mind with the same cause. The most desirable classification, naturally, is that which will use up the greatest number of cards. The other players draw and discard as their turns come. Each of them

silk underskirt, and that attractive chasmeaton, nautraly, its internet of will use up the greatest number of will use up the greatest number of will use up the greatest number of cards. The other players draw and discard as their turns come. Each of them has the additional privilege of adding as their turns come. Each of them has the additional privilege of adding an appropriate card to any group on the table, provided that group does the supplies that cost most. A striking illustration of the lesson wase for each of the cards still held by his cards is entitled to one point furnished by two tallow candles of the same size that were set burning side by side at the same time. One had been kept in the ice box, the other on an open shelf, and it was interesting course he will play out his cards. The same for an exhibit of things that may be profitably saved or sold. The samples included a col-







THE most valuable of all fruits for preserv-I ing. Home preserved peaches give at small cost, autumn's most luscious fruit for our winter enjoyment.



"Pure and Uncolored'

is best for peaches and all other preserving. The clear sparkling syrup develops all the exquisite flavor of the fruit. Pure cane, "FINE" granulation. Experienced housekeepers order it by name all through the preserving season.

2 and 5-lb. cartons; 10, 20 and 100-lb. sacks.

PRESERVING LABELS FREE—Send us a red ball trade-mark cut from a bag or carton and we will send you a book of 54 ready gummed printed labels.

Atlantic Sugar Refineries, Limited Power Building, Montreal

HOT LUNCHES IN THE RURAL SCHOOLS

Testimony of Two Teachers As to the Practicability of Serving

<text><text><text><text><text><text><text><text><text><text><text><text><text><text><text><text><text><text>



WHY NOT GROW YOUR OWN CLOVER SEED?

In average seasons red clover that will thresh or break off the most ma-

has not been pastured after the first hay crop has been removed, will pro-duce a crop of well-matured seed. In-stead of cutting the second crop for hay, pasturing it or, as it frequently happens, ploughing it under, why not allow this crop to mature and save the seed from it?

happens, ploughing it under, why not allow this crop to mature and save the seed from it? By raising your own clover seed you are obtaining seed from plants which, by their very existence, have' de conditions prevailing on your farm, and in your immediate-locality. Such seed, it is quite reasonable to suppose, will produce plants which are equally well adapted to local conditions. For this reason home grown clover seed is really more valuable than most of the seed obtainable through ordinary channels of commerce. Quite often very poor-looking fields of second growth red clover is inches high, will yield over one hun-dred pounds of clean, well-matured average second growth will produce anywhere from 150 to 250 pounds of seed. In harvesting all unneces sary handling, should be avoided. Rough handling, frequent turning, etc.

WheepNotes

flocks

floor



The Farm Where Father Was a Boy. When father lived here on the farm-

with the foreign supply cut off, there is a serious shortage. Moreover, the demand for meat has been such Oh, it was long ago!-Could he have had the fum I have, that a good price for mutton has pre-vailed for a long time. Logically, the thing to do is remove the difficulties And known the things I know

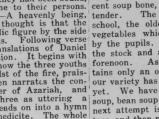
Why, I have seen a fox to-day, Out on the pasture hill,

that are a menace to sheep raising and then begin establishing farm And caught three minnows in the brook That flows below the mill.

Increase. In planning the sheep barn, allow ten or fifteen square feet of floor space for each animal. Make the doors upper and lower. Have four square feet of glass to 100 square feet And I know where wild cherries grow, And where the wood grapes are, And where the fern root is more sweet Than sugar is, by far.

And then I caught a firefly once, And found what makes the light; of floor space. Arrange the win-dows so the sunlight will strike the

And once I heard an owl "Whoo!"





One time is about as good as another to disinfect for hog cholera. Right now, is always the best time. Use Pointe Plane Pointe Plane er to disinfect for hog cholera. Right now, is always the best time. Use quicklime in the lots and sheds, and sprinkle or spray phenol preparations about in the cracks of the houses. Supplement these precautions with a general clean up, and make them suf-ficient to keep the disease away by maintaining a strict quarantine against dogs and animals from infect ed lots. Go as far as to keep your neighbor out of the lot if his hogs are siek. That yon't be unneighbory, western states last

western states last from wheat flour alone.

CHORE to a ration consisting of persons to expensive? Then try making some at home. Take of the the number of \$5.71 a head. Another to the children to the children. I was taked or the height in the out through a three burner oil store, it was a new manifer to the children. I was to the the pile through and the synchrone to the solution of the form the solution. There is a new to do without shade is renewed every few days. Go store the buildings for them. There is not expensive? The try built generation the three buildings for them. There is no reason why a sow can not raise a litter while she is raising the morty and to prove to be practical. How would not prove to be





it may be, that helps to make their cold, oftentimes frozen, lunches appe-tizing and nourishing. from a horse, with the least fatigue. Washing the leather in warm water with a neutral soap and a stiff brush, and applying oil before the leather has completely dried, will preserve the harness and please the horse

en thor-ices are ough a Potato ad that d made has completely dried, will preserve the harness and please the horse. Mixed d made has completely dried, will preserve the harness and please the horse. To harden the horses' shoulders for the fall plowing, bathe with cold salt d made has completely dried, will preserve the harness and please the horse. To harden the horses' shoulders for the fall plowing, bathe with cold salt the shoulders be-fit the collars. If the shoulders be-come chafed, dust with talcum powder a big help in getting the most work

(Florse Sense D)