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Breakage of Jars in Canning

It is very aggravating when canning fruit or vegetables, if in the process several jars are broken or cracked and are of no further use. When breakage of jars occurs, it is due to some of the following causes:

(1) Overpacking jars. Corn, pumpkin, peas, lima beans, and sweet potatoes swell or expand in processing. Do not fill the jars quite full of these products.

(2) Placing cold jars in hot water, or vice versa. As soon as the jars are filled with hot syrup or hot water, place immediately in the canner.

(3) If top cracks during sterilization the wire bail was too tight.

(4) In steam canner having too much water in the canner. Water should not come above the platform.

(5) Allowing cold drafts to strike the jars when they are removed from the canner.

(6) Having wet bail too tight, thus breaking the jars or glass tops when lever is forced down.

The Banana as a Food

In our efforts to meet the increasing cost of food stuffs and, at the same time, provide variety in the menu, it is necessary then to select those which yield the greatest food value for the price. Authorities tell us that the banana is higher in food value than any other fruit. Mary Swartz Rose, Ph. D., Assistant Professor, Department of Nutrition, at Columbia University, says that bananas may be regarded as a staple fruit, high in fuel value, low in price and easy to prepare. Digestive troubles usually arise from eating them too green or too fast. As they ripen, considerable starch is changed to sugar, so they have a higher flavor as well as greater digestibility when fully ripened. Prof. Rose also states that baking the ripe banana in the skin, if properly done, produces a more succulent food of fine flavor. They must be quickly baked till soft and the juice begins to flow, but no longer, or the juice will ooze out and they will become tough and dark and lose much of their flavor.

Of course we must not forget that bananas may be purchased more cheaply across the line than in Canada, but notwithstanding this fact, we might use the banana more frequently in our menu, both in the raw state and cooked in various ways. Herewith are a few banana recipes:

Banana Salad

Remove skin and cut banana in half the long way. Place on lettuce leaf, pour mayonnaise dressing over and sprinkle with chopped walnuts.

Banana Sponge

Soften one-quarter of a package of gelatine in quarter cupful of cold water. Remove skin and coarse threads from four small bananas and press the pulp through a sieve. There should be a generous cupful of pulp. Scald pulp over a quick fire, add softened gelatine and stir until dissolved. Add half a cup of sugar and juice of a lemon and stir over ice water until the mixture thickens slightly, then fold in whites of two eggs beaten dry. Turn into a solid mold lined with slices of banana. Squeeze a little lemon over the slices of banana to keep them from discoloring.

Banana Shortcake

When berries or fresh peaches are out of season, use sliced bananas between and on top of layers of shortcake. Add the fruit the moment before serving, as the heat will discolor the fruit if allowed to stand after slicing when uncooked.

Banana Fritters

Three bananas, one cup bread flour, two teaspoons baking powder, one tablespoon powdered sugar, one-quarter teaspoon salt, one-quarter

cup milk, one egg, one tablespoon lemon juice. Mix and sift dry ingredients. Beat egg until light, add milk and combine mixtures; then add lemon juice and banana fruit forced through a sieve. Drop by spoonfuls, fry in deep fat and drain. Serve with lemon sauce.

Baked Bananas

Fill a shallow dish with bananas peeled and cut in halves lengthwise and crosswise. Allow one level tablespoon sugar, one teaspoon melted butter, a few grains salt, one teaspoon lemon juice and two tablespoons water to each banana. Bake frequently with the syrup and bake slowly half an hour, or till bananas are red and syrup thick. Serve hot.

Buying in Quantities Advised.

THE question of the farm woman's wardrobe is one that requires considerable thought and expenditure, and particularly in these days of high prices. Doing the sewing at home saves a number of dollars in the year, and if a woman can draw up a list of the things she will require, clothing can be bought in fairly large quantities and save still more on the investment. Mary E. Robinson, of the Missouri College of Agriculture, claims that every farm woman could save money by planning her wardrobe a year in advance, and suggests the following wardrobe for the average farm woman:

Dresses—	Number required	Time to wear	Cost in years
Gingham.....	3	3 years	\$6.00
White.....	2	2 years	\$4.75
Linen.....	2	2 years	\$6.00
Silk.....	2	2 years	\$6.00
Woolen.....	2	2 years	\$11.40
Hats—			
Street.....	2	2 years	\$6.00
Farm.....	1	1 year	\$1.00
Woolen cap.....	1	1 year	.50
Coats—			
Crawenated.....	3	3 years	\$6.00
Woolen.....	2	2 years	\$8.33
Muslin.....	6	3 years	25.00
Shoes—			
High brown.....	2	2 years	\$5.00
High black.....	2	2 years	\$5.00
Low black.....	1	1 year	4.00
Low white.....	2	2 years	2.00
Stockings—			
Brown.....	1	1 year	1.33
Black.....	1	1 year	1.33
Black silk.....	1	1 year	1.00
White.....	1	1 year	.50
Underwear—			
Combination suits, crepe or muslin.....	2	2 years	2.10
Knitted union.....	2	2 years	1.50
Petticoats.....	2	2 years	1.50
Gingham.....	2	2 years	1.40
White.....	2	2 years	1.00
Sateen.....	2	2 years	1.50
Winters union.....	2	2 years	1.33
Tights.....	2	2 years	1.33
Black cotton.....	2	2 years	.35
Night Gowns.....	2	2 years	2.00
Summer.....	2	2 years	1.50
Winter.....	2	2 years	1.66
Sundries—			
Quilted handkerchiefs, collars, etc.....	1	1 year	1.00
Total.....			\$84.85
This list, of course, does not take the wardrobe requirements of the farm woman only, but one somewhat similar might be drawn up to cover the requirements for the other members of the family. It will at least be a suggestion, even if not followed closely.			

Use More Beans

WITH slight exceptions, the most economical sources of food materials in Ontario in the past winter were obtained from the following groups: 1st, farm crops—oats, wheat, corn, peas, beans, potatoes; 2nd, dairy products—milk, butter, cheese; 3rd, meats—beef, mutton, pork; 4th, fish—salmon, cod; and 5th, eggs. According to recent determin-

tions and prevailing prices, as much valuable food material for human consumption could be obtained from the purchase of beans with 20 cents and from the purchase of cheese with 42 cents, of beef steak with 75 cents and of eggs with \$1.61.

Warning the Wilderness

(Continued from page 24.)

fell down again, clapping his ankle. "Oh, yes, you have. You've enlisted already, and you have a bad ankle already. Let me see it." Thaine examined the sprained limb carefully. He had something of his father's ability for such things combined with his mother's gentle touch. "Let me bind it up a little while you tell me about Grass River. Then he ties to a hospital," he said.

There's nothing new, except that Dr. Carey has gone West for a vacation and John Jacobs is raising coin over at Wykerton because a hired hand, just a wail of an orphan boy, got drunk in Hans Wyk's saloon and fell into Big Wolf and was drowned. Funny thing about it was that Barclay Chambers came out against Wyker for the first time. It may go hard with the old Dutchman yet. Jim Shirley isn't very well, but he never complains, you know. Jo Bennington was wild to have me enlist. I suppose some prettiness University girl backing you all the time," Todd said enthusiastically.

"The only pretty girl I care for didn't want me to go to the west at all," Thaine replied, staring gloomily out at the rain.

"Well, why do you go on, then?" Todd inquired.

"Oh, she doesn't specially care for me here, either," Thaine replied. "Girls don't control this game for me. But we have some princes of men here all right."

"As for instance?" Todd queried.

"My captain, Adna Clarke, and his lieutenants, Krause and Alford. They were first to enlist in our company down in the old days. I suppose Captain Clarke is the kind of a man who makes you feel like straightening right up to duty when you see him coming, and he is so general in his discipline. It is not like discipline. Lieutenant Krause fits in with him—hand and glove. But, Todd," Thaine went on enthusiastically, "if you meet a man on this camp-ground with the face of a gentleman, the manners of a soldier, a smile like sunshine after a dull day in February, and a well a sort of air about him that makes you feel his your friend, and that doing a kind act is the only thing a fellow should ever think of doing—that's Lieutenant Alford. There are some fine University boys here and we have all packed up our old-fashioned University yell, 'Rock Chalk! Jay Hawk!'

"K U!" to use on the Spanish. We'll make them learn to run whenever they hear that year. The whole regiment is ready to go to Kansas. If we haven't the clothes right now. You are rather a disreputable looking old mudball yourself. Let's try to get to the hospital tent."

Thaine lifted Todd Stewart to his feet, and as they started up the slushy way to the hospital tent, he said:

"Yonder is Lieutenant Alford now."

A younger man with a face so social as his manner was dignified respected pleasantly to the private's salute, and the rainfall seemed less dreary and all the camp more cheerful for this lieutenant's arrival. He was a tall, slender man, with a face that seemed a prize to the enthusiastic young soldier whose admiration deepened into an abiding love he was never to lose out of his life in all the years to come. In the month that followed Thaine came to know Captain Clarke and his two lieutenants, Krause and Alford, as soldier knows soldier. Nor did ever Trojan nor Roman military hero have truer homage from the com-

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