

Porter's Food

Is the very best for Baby
IN THE HOT WEATHER

More babies die in July and August than any other time of the year because of wrong feeding on unsuitable milk.

Porter's Food is a nutritious cereal food, and can be given to the youngest and most delicate infant.

Porter's Food Saves the Babies from Diarrhoea and Summer Complaint

Mothers need not fear to wean baby if they use Porter's Food. Highly recommended by the Medical profession.

Sold in tins, 15c., 35c. and \$1.00 at all Drug Stores

Mothers are invited to send for free sample and booklet about feeding baby, from George Porter, 305 Victor street, Winnipeg.

"Ivy poisoning." The more enthusiastic a body is in securing specimens of flowers and ferns along the river banks and ravines the more certain an attack of poisoning on face or hands, especially. Fortunately a good many persons are immune and can handle poison ivy and cowbane and escape injury. A good home remedy for this distressing rash is common baking soda. A teaspoon dissolved in boiling milk, bathe the face and hands often to kill the poison and allay itching. Bathe with buttermilk several times a day and within a week the skin will be fair and clean. In the latter part of June and early July, celery can

corner under trees, or the north side of a house. When the leaves have fallen in the autumn sweep up a couple of barrow loads and put them over the ferns. They will act as a mulch and gradually decay and fertilize the fern roots.

In five years eight fern roots set on the north side of a home had increased to thirty-six fine ferns, these were then moved to a fresh site and now are flourishing a regular fern plantation, no doubt ferns do better near a river. The virginid creeper, on the other hand, seems to grow anywhere, and is beautiful indeed in summer and in the autumn when touched a lovely tinge of red by Jack Frost. It is so easily transplanted and perfectly hardy; all western homes should have this graceful creeper growing on the walls, or climbing up over the verandah.

The Japanese tea vine is another creeper, which grows well in the west and is very pretty with its little sprays of wax like flowers. The humming bird has a great fancy for the tea vine and often builds a nest near it.

RECIPES

The recipes here given may help you to use, in appetizing ways, the early summer surplus of eggs and milk.

Corn Puffs—Blend three-fourths of a cupful of cornmeal with one pint of milk and cook in double boiler one-half hour or more. Add one tablespoonful of butter, a little salt and, when cool, the beaten yolks of three or four eggs, then fold in the stiff whites of the eggs. Bake in muffin pans for thirty to forty-five minutes.



Another Corner of Dr. Speechly's Garden, Pilot Mound

be planted and will mature for winter celery providing the weather is showery. The old time method of trenching celery is little used nowadays. Famous gardeners like S. Larcombe, of Birk, winner of prizes wherever he shows his vegetables, advocate the level drill in growing celery. Frequent cultivation is most necessary in successful celery growing, and when hilling the rows up later in the season care should be used not to scatter earth into the leaves. Good heads of celery, clean and crisp from the garden is such a delicious vegetable all farm gardens should have a row or two. At Ottawa last season successful trial was made of a pliable material to cover over celery to blanch it, but as it is rather expensive—\$15.00 per 1,000 feet—we people of the west, will have to depend on "Mother Earth" to blanch our celery until after the war at any rate.

How glorious the wild roses are this year! I have never seen finer ones in my life, every thicket is covered with roses in bloom. On the prairies the white and pale pink roses are more in evidence, and in the woods the deep dark red beauties. Several found this season were really semi-double, and the finest roses grew in the edge of a cultivated garden where the soil was rich.

The wild fern is a handsome plant and can be transplanted from the woods with ease, but ferns must have cool feet coupled with rich garden mould to grow to perfection. Therefore, choose a shady

Pap-overs—One cupful of flour, one salt-spoonful of salt, one cupful of milk, one egg. Mix together slightly, then beat vigorously with the egg beater. At once put into buttered gem pans or earthen cups. Bake about thirty minutes in a quick oven or until they lift easily from the cups and seem to be dry and light.

Cream Puffs—Cook together one cupful of boiling water, one-fourth cupful of butter, one salt-spoonful of salt and one cupful of flour until a smooth ball of paste is formed. When cool, beat in, one by one, three large or four smaller eggs. Shape and bake.

Cream Filling—Scald one pint of milk, reserving enough to make a smooth paste with one-fourth cupful of flour, mix that with the hot milk and cook half an hour. Add two beaten eggs or three yolks and cook five minutes longer, adding one-half to one cupful of sugar. Flavor with lemon or vanilla or very strong coffee. One or two table-spoonfuls of cocoa may be mixed with the sugar to give the chocolate flavor.

Silver and Gold Custard—Beat slightly the whites of four eggs with one-fourth cupful of sugar, add a speck of salt, a few drops of almond or vanilla flavoring and one pint of scalded milk. Strain into moulds and steam or bake until firm. Scald another pint of milk and add to the beaten yolks of four eggs, cook till it begins to thicken and add one-fourth cupful of sugar and strain; flavor when cold.

MAGIC BAKING POWDER

Magic Baking Powder costs no more than the ordinary kinds. For economy, buy the one pound tins.

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REFUSE SUBSTITUTES

The best method of preparing cottage cheese is to pour moderately hot water into the milk, which should be soured so that it is thick. After standing half an hour or less, the water is drained off and more added. After three or four waters, most of the sour flavor will have disappeared. Then drain the curd in

cloth or wire strainer and when no more water can be squeezed out, add salt and melted butter or cream.

Such cheese may be varied by adding, according to taste, savory herbs, chopped chives or green peppers. The cheese is pretty made into balls and served in a nest of lettuce for salad.

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