

MOST NECESSARY ARTICLE IN THE NEW HOME



is a high-grade household flour that makes baking easy and dependable even for the inexperienced.

PURITY FLOUR

produced from the choicest Western Canada Hard Wheat by the most scientific process, makes tasty, wholesome bread with least trouble.

SOLD EVERYWHERE IN THE GREAT DOMINION

WESTERN CANADA FLOUR MILLS CO. LIMITED
MILLS AT WINNIPEG, GODERICH
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A MUCH-WANTED BREAKFAST

food is one which is palatable, nourishing, economical and easy to prepare. "Five Roses" Breakfast Food is the one cereal food on the market which fulfils all these requirements. It is palatable to young and old; nourishing, because it is made from the best Manitoba wheat; economical, because a 6-lb. bag costs but 30 cents, and it can be prepared for table by merely boiling for a few minutes. Ask your grocer for a bag to-day and test it for yourself.

LAKE OF THE WOODS MILLING CO.
LIMITED.



If you will carefully compare Samson-Lock Fencing with other wire fences erected in your neighborhood you will be convinced with its superior merits. You will observe that

SAMSON-LOCK FENCING

is the heaviest, strongest, stiffest of them all. Strength and quality considered, it is the cheapest wire fencing on the market at the price it can be erected for.

Samson-Lock Fencing is an investment that will appeal to every shrewd farmer in your locality.

A LIVELY AGENT CAN MAKE MONEY

quickly acting as our representative. Exclusive territory to the right men. Write to-day for our good proposition.

Dennis Wire & Iron Works
Co., Limited

LONDON,
ONTARIO

WE are sending to the SALE OF SHORTHORNS AT QUELPH, FEBRUARY 27TH, two very fine young bulls: "Woodfield Lad" =66117=, a straight-bred Scotch bull, out of "Missie Queen" =50174=, by the imported bull, "Nonpareil Archer" (81778), winner at Toronto; this bull (calved November 13th, 1905) is a show bull in every respect. "Count of Woodfield" =66152= (calved February 28th, 1906), out of "Jealous Princess," by "Whitehall Ramsden" =209777=, half brother to the highest-priced bull sold in the last 25 years. This is a grand young bull, and just one year old.

JOHN L. & J. GORDON GIBB, St. Catharines, Ontario.

Many thanks for your very kind private letter. Upon my word I had imagined you thirty-five at least. But I shall not depose you from your seat among the "mature women" for all that. Maturity of head or heart does not always depend upon age, does it?
D. D.

Chilblains—Clothes Mittens.

Dear Dame Durden,—I wish to tell the Ingle Nookers, and those who are troubled with chilblains, a very simple cure, one that I never knew to fail to relieve the most painful case. As a girl, I suffered very much with chilblains. The pain when the feet were cold, and the maddening itching when they were warm, was very distressing. When the feet or hands are chilled, which is due to a stoppage in the circulation, rub gently with your hand, and then briskly as you can bear it for a few minutes. One or two rubbings and you will forget all about the chilblains. This is how I have treated my own children, and when we have had visitors stay at the home, I have had their grateful thanks for the same treatment. If mothers of little ones would look at their feet when they undress them for bed, and, if there is any sign of chilled feet, would rub them for a few minutes, it would save the little ones and the big ones, too, much discomfort. Another thing we have done for many years is to have a pair of white woollen mittens, either knitted or crocheted, with nice long wrists, for hanging out and taking in clothes in winter. I think one feels the cold more when taking in the clothes than when hanging them out. The mittens are used for nothing else, and when the cold weather is over, they are washed and put away until winter comes again. Try it, Nookers, and you will find what a comfort they are. You will doubtless remember the account of Mrs. Craigie our Dame gave us a few months ago, one of the successful women. I received an English paper this week, and read an anecdote about her, which I send, as it may amuse you as it did me. "When Mrs. Craigie was in America, she was invited to give an address at a certain meeting. The chairman was a stupid person, and introduced before her some speakers who were not on the programme at all. It was nearing 11 o'clock when he said, with a smile and bow, 'Mrs. Craigie, the eminent author, will now give us her address.' She rose and said, 'My address is No. 56 Lancaster Gate, Hyde Park, W., London, and I now wish you all good-night, for I am far from home.'"
HELPO-NABIT.
The Lilacs, York Co., Ont.

Nut Sandwiches, Etc.

Dear Dame Durden,—Have read with interest all the letters in Ingle Nook for a long time, and I must say they are varied and interesting. Many, many good ideas being brought to light. Could anyone give a receipt for nut sandwiches? They are very, very nice, but I do not know just how they are made. And could anyone give the address of McCall's Magazine? It is a fashion magazine, and I think is published some place in the States. Here is a receipt for a very nice cake: Two eggs, 1 cup sugar, $\frac{1}{2}$ cup butter, $\frac{1}{2}$ cup milk, 2 teaspoons baking powder, $2\frac{1}{2}$ cups flour, and, lastly, add a cup of finely-chopped raisins, and a cup of canned raspberries free from juice. Cook either in a loaf or layers.

CLEMATIS.

Brant Co., Ont.

Nut Sandwiches.—Put a variety of nuts through a meat chopper; add a little salt, and spread over thin, buttered slices of white or brown bread. Peanuts alone may be used, if preferred.

Almond (or other nut) Sandwiches.—Whip $\frac{1}{2}$ cup sweet cream to a stiff froth; add to this $\frac{1}{2}$ lb. finely-chopped nuts; add 2 tablespoons sugar, and spread on buttered bread. If almonds are used, blanch before chopping by pouring hot water on, then, after a time, rubbing off the skins with a coarse cloth.

Another: Grate the yellow rind of 2 lemons; blanch and pound 1 lb. almonds, adding to them the juice of 2 lemons. When in a smooth paste, add the grated rind. Then add yolks of 4 hard-boiled eggs, rubbed to a paste. Spread on buttered bread.

Turnip Salad.

(Contributed by V. H.)

Take some turnip, and cut with a cabbage cutter. Boil till soft, with salt added to taste. Drain, and let cool a little. Take a little butter and lard, and put in a pan; when hot, add some vinegar. Pour this over turnips, then add pepper and onions to taste, and, last, pour cream over it.

A Most Interesting Letter.

Dame Durden,—So often I have resolved to let Dame Ddraen have a piece of my mind, but the resolution would fade away; but this time she must get it, even if only to toss aside to the W. P. B. Now, I think, Dame Durden, you furnish us with a very needful page each week, and I admire the common sense that is used to lighten the various articles written for it (I expect this will need it). The majority of letters written are very practical, and of all things we need on a farm it is practical knowledge to help us each and every day. The many wrinkles help to make work lighter and life pleasanter; and, when you talk of pleasant living, the farm is the one place where it can be found. I have spent all my days, and they are quite a few, on the farm, and am now what might be called a bachelor farmer, as mother and I alone manage and run successfully a farm, which forms one of the many about us in a prosperous neighborhood. And, let me say right here, we are more thankful each day that the lines have fallen to us in a pleasant place. The independence and comfort we enjoy, even if we have the outside work to do, which men only are supposed to do, is amply repaid by improved health, and a more thorough knowledge of our horses and cattle, pigs and hens, and their various needs.

One of the largest causes of ill health on the farm, that of the wives and daughters, is, I am firmly convinced from observation and experience, too small a proportion of the time being spent outdoors. Let me emphasize the fact, if possible, by saying that every wife and daughter should know thoroughly that part of the work outside, usually termed "men's work"; then, if the necessity arises, as it did with me, of shouldering the whole work, there will not be that helpless condition that too frequently prevails.

Let them strive to know the values of stock and grain, and learn to estimate the proportions of food needed for the former, and the proper uses of the latter, and they will save themselves many a regret when a pinch comes, as it often does.

In acquiring such knowledge, they will require daily contact with each, and thereby gain the required medicine for poor health, the best on the market—pure and free oxygen.

I imagine I hear some say, "she knows little of housework." Perhaps so; but one lesson I've learned under practical experience—that a spotlessly clean house and torturing aches and pains do not count much for happiness in this world. Be particular and clean, but draw the line at reason, and enjoy something outside of the narrow walls of a house. Cultivate an acquaintance with the mute, appealing eyes that await your sympathy outside, and find a new pleasure in living.

Now, Dame Durden, I must not trespass on your good will any further, but I feel this is a subject that might well bear discussion, and hope you will encourage the same.

Perhaps some time I will tell you how to make farming pay from a woman's experience.

AUNT NAN.

We hope you will soon fulfil your promise of coming again, Aunt Nan. I am sure the Chatterers will most anxiously await what you may have to say on the subject of farming.

A New Member

Dear Dame Durden,—I greatly enjoy reading the letters of the Ingle Nook, and as you have so kindly invited us to write, telling how we get along, I thought I would say a little. I am a farmer's wife, and, of course, have a lot of work to do, but do not consider myself a drudge. I do not keep a hired girl either. My husband and I are partners of the firm, and consult each other. When we have no hired man, I help him to milk the cows, and he turns the separator. When he is away at thrashings, and comes home late and tired, I have