



To Those Who Bake

EXPERIENCE has taught good cooks that there is no flour quite as good as Beaver Flour.

BEAVER FLOUR

is the ideal flour for all baking purposes. It is a blended flour, combining the richness and delicate qualities of the world-famed Ontario Winter Wheat with the strength and body of Western Hard Wheat.

Beaver Flour imparts to bakings the qualities which make your bread, pies, cakes and pastries real food treats.

Try it! Sold by your grocer.

THE T. H. TAYLOR CO. LIMITED,
Chatham Ontario



Lantic Sugar

Last call for fall fruits

DO not miss your chance to preserve these last sun-ripened gifts of summertime. How your folks will enjoy them, and how pleased you will be to serve them when canned goods made with top-priced sugar are out of reach. The time for preserving foresight is when the fruit is still in season.

Lantic is your best friend in retaining the rare bouquet of luscious plums and peaches, of delicately-flavoured pears. Its tiny, snow-white crystals of purest cane dissolve so quickly into syrup of concentrated sweetness, that you can smile at the old-time caution "Let it simmer until the sugar is all dissolved"—because it's **FINE!**

Fruit will retain its natural form and colour because overcooking is unnecessary. Lantic WILL go further, and so costs less.

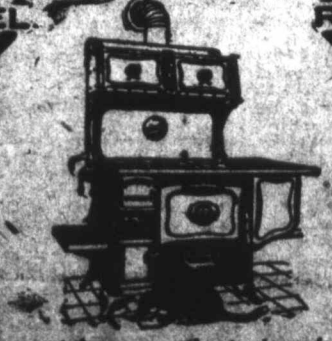
ATLANTIC SUGAR REFINERIES, LIMITED, MONTREAL

ATLANTIC SUGAR REFINERIES, LIMITED, MONTREAL

fine!

pears - plums - peaches - pumpkins

ENTERPRISE MONARCH STEEL RANGE



You confidently expect the range you buy to give perfect satisfaction for many years to come. You will not be disappointed if you select an Enterprise Monarch. A splendid heater, easy on fuel, fitted with every modern convenience, it is also built to last.

Write for free booklet which gives every essential fact you should know on Enterprise.

The Enterprise Ranges Company - Saskatoon, N.S.

SOLD BY LEADING DEALERS EVERYWHERE
and in New South Wales by
S. F. MALTSBY

Storing The Vegetable Crop

The vegetable crop has been an abundant one in most places in Canada this year, and many persons will have a large quantity to store. It is important that care be taken in storing so that losses will be reduced to a minimum.

Potatoes should be dry when stored and where possible put where the temperature will not go above 40° F. or below 32°. In order that the surface of the potatoes can be kept dry and in the best condition to avoid rotting, provision should be made for air to pass underneath and through them. If they are stored in considerable or large quantities such provision is made by keeping the potatoes about six inches off the floor by first putting down a slatted temporary floor with the boards just close enough so the potatoes will not fall through, and a similar slatted temporary wall a few inches from the permanent wall would permit a still freer circulation of air. Keeping them in crate-like boxes with openings between the boards on top and sides is a good method.

Beets, parsnips, carrots, salsify and turnips keep best under conditions somewhat similar to potatoes, though it is not so important to keep them dry. Indeed in the average cellar they are liable to become too dry and lose their firmness. If there is danger of this they may be kept in boxes and covered with a sack kept wet. In a warm cellar they will grow.

Onions are very liable to rot unless kept in a dry place. Keep them spread out as thinly as possible. Where quantities are small, an attic room where there is no frost will be found a good place to store them.

Cabbage will soon wilt in a warm, dry cellar. Keep them outside as long as possible by protecting them with leaves, straw, or soil. If they begin to crack before it is time to pull them, loosen them in the ground by twisting the plant and thus checking growth. When stored where the air is very dry they keep better with the roots and stems left on, and wrapping each head in a newspaper will prevent wilting to some extent.

Celery is left outside until danger of severe frosts. To keep well in storage it needs a moderately dry, well ventilated cool cellar for best results. The celery should be planted in the cellar in rows close together in sand or light soil, separating each row with a lath or other pieces of wood to keep the tops somewhat apart and better to ensure a circulation of air. The soil should be kept moist but the tops dry. Avoid wetting the leaves and stalks if watering is necessary.

To store green tomatoes to ripen them put in closed boxes or drawers where they will be in the dark and in a moderately warm place.

THE SIZE OF OCEAN CABLES.

Through natural association of ideas, one would think of an ocean cable, linking lands thousands of miles apart, as being very large, and if told that it was of different sizes at various points, would assume that it is largest where the ocean is deepest.

As a matter of fact, where the ocean is deepest, there the cable is thinnest, for the reason that a very large cable would be enormously heavy to raise when repairs were necessary, and moreover, where the water is very deep there is practically no movement on the bottom, and a small cable answers every purpose. In shallow water, because it is subjected to greater strains, being shifted about more or less, heavier cable is found at shore ends. These three sizes of cable are known as "deep sea," "intermediate" and "shore end," and are respectively 1, 1 3/4 and 2 3/4 inches in diameter.

A FINANCIAL CREED

The following ten points are published by the International Committee of the Young Men's Christian Association:

1. Spend less than you earn—to assure your being on the road to success.
2. Make a budget to ascertain how you dispose of your income.
3. Keep a record of expenditures—to see how close you come to your estimation.
4. Have a bank account—to keep your money in a safe place and help you save.
5. Carry life insurance—to protect your loved ones in case of death.
6. Make a will—to insure your resources going quickly to those you desire.
7. Own your own home—to secure the greatest satisfaction in your home life.
8. Pay your bills promptly—to avoid the embarrassment of being in arrears.
9. Invest your money wisely—to help your country and so make a wise investment of your savings.
10. Share with others—to fulfil your religious duty of stewardship.

High Flights of Birds Recorded

Man's new power of aerial travel is giving closer observation of the flight and migration of birds. The notes of a French aviation officer shows an evident preference of swallows for a height of 2,000 feet, but other birds go higher.

Last March he met plovers at 6,500 feet, the greatest altitude at which he has yet seen bird groups. Wild ducks make their migrations at about 5,000 feet. They follow the twists and turns of their leader with extraordinary agility, and the whole flock has the appearance of manoeuvring automatically.

They climb at sixty-five miles an hour, then travel at seventy miles.

Coal Situation In Dominion

Much of the worrying which is being done with regard Canada's fuel supply for the coming winter is needless. That is the view of Hon. F. B. Carvell, chairman of the board of railway commissioners, under whose control coal imports and exports were placed by the Dominion Government during last session.

During the period from April 1 to Sept. 15, 1920, Eastern Canada imported 144,658 fewer tons of anthracite, but 1,852,065 more tons of bituminous coal than in the same period of last year, and as conditions on the other side of the international boundary are improving, so the imports of coal are increasing.

Fire Prevention Day

The Governor-General has, by proclamation, set aside Saturday, October 9, as a day on which to especially emphasize the great loss which Canadians, individually and collectively, are sustaining through destruction by fire, of both natural and created resources.

At a time of high building costs and acute scarcity of material, we are burning buildings at a criminal rate. Canada's fire loss of last year, viz., \$35,000,000, or approximately \$2.90 per capita, was the highest per capita in the world. Not only is this a complete loss of national wealth, but its replacement creates increased competition for available building supplies, thus enhancing prices for new building. Public education and a recognition of personal responsibility are essential to a reduction of the fire waste. It is particularly essential to interest the younger generation, through the Canadian teachers, in the efforts being made towards a reduction of the fire loss.

Fire Prevention Day will give a splendid opportunity for bringing this subject to the attention of pupils and should produce good results.



CREAMOLINE

THE PERFECT SUBSTITUTE FOR CREAM OF TARTAR



Warmth--Freedom--Comfort.

IN those three words you have an excellent description of an ideal winter underwear—ATLANTIC UNDERWEAR. Knitted of long, soft, but heavy yarns, it provides a maximum of protection against cold. Designed by acknowledged leaders in the art of evolving perfect underwear. Manufactured with extreme care.

it will neither chafe nor bind. Built to withstand countless launderings.

Your dealer likes to sell you ATLANTIC UNDERWEAR because he knows it means a pleased customer.

Sold in five different weights and qualities. Each line is guaranteed to be the best value of its class.

Look out for the trademark—it is your guarantee

ATLANTIC
UNSHRINKABLE
The Underwear
that Overwears

ATLANTIC UNDERWEAR, Limited

Moncton N.B.

A New Character

When, four years ago, KING COLE ORANGE PEKOE TEA first appeared, something more than a new tea had been produced—a new character in tea had been created. Only after most searching experiments in flavor-blending were we at last able to develop that peculiarly mellow richness of flavor so delightful to the taste, which has won for KING COLE ORANGE PEKOE the high place it holds. The total annual sale of KING COLE ORANGE PEKOE has doubled twice in the last two years.

We are confident that you will say that it is different to any tea you ever tasted.




KING COLE ORANGE PEKOE TEA