



Dainty, Disappearing Doughnuts.
Devoured near as fast as you make 'em.

Golden — tooth-teasing — able-bodied nuts of dough.

Made from dough that *Tastes Like Nuts*, you know.

Use **FIVE ROSES** flour.

Get that *individual toothsome*ness of *Manitoba* wheat kernels.

Doughnuts with a *Palate-Pleasing Personality*.

See 'em bob up in the rich deep fat—swelling, soft-textured.

A hole entirely circled with *Light Digestible Food*.

Fat without being fat—for **FIVE ROSES** is the sturdy *glutinous* flour that *resists* fat absorption.

Just enough to *brown* deliciously, to *crisp* quickly.

No greasiness, heaviness, sogginess.

Filling a vacant place so pleasantly with never an *outraged* stomach.

Like these make **YOURS**.

Use **FIVE ROSES**.

Five Roses Flour

Not Bleached



Not Blended

LAKE OF THE WOODS MILLING COMPANY, LIMITED, MONTREAL

replaced by health-giving oxygen-charged air from without. If your house is not fitted with a ventilation system, keep windows open a little, top and bottom, as continuously as possible. See that bedroom windows are open at night, rather widely open in mild weather, less perhaps, when a cold wind is blowing directly in. If you are afraid of draught, put up a screen, or manufacture one for the time,—a skirt thrown over a high chair-back will do. If you are afraid of being cold in bed, put on extra blankets, and slip a hot-water bottle in at the foot; in addition, put warm flannel pyjamas, with "feet" in them, on the little ones, and pin down the bed-clothes with huge safety-pins, so that they can't be kicked off by any chance. Remember that fresh air all night long is the price of health and freedom from colds. Remember, too, that, when properly covered, the body is really warmer when breathing good fresh air. Oxygen sets up a combustion in the body that causes warmth and energy; "bad" air, however warm, only lowers the vitality and makes one susceptible to chills. Again, —fresh air, night and day, is the price of health. Of this, more later.

(5) Flood the house with sunshine, especially the living-room and sleeping-rooms. Sunshine is the very best disinfectant known. Never mind if it fades the carpets. If it is a question of sunshine or carpets, let the carpets go, and comfort yourself with the thought that they are not very fashionable now, anyway. Choose the rugs according to colors that will not look "bad" if they do happen to fade a little.

(6) Wage war on dust and dampness everywhere. They harbor bacteria that may cause disease. Use plenty of scalding water when cleaning dishes, vessels, etc.

(7) Be sure that scrupulous cleanliness is exercised in regard to milking,

and to all vessels in which milk is kept. Washing-soda and plenty of boiling water are among the necessities. Keep milk and all eatables in pure air. They not only absorb, but form an excellent culture for germs.

(8) Do not use partly-decayed fruit or vegetables, or meat that is even the slightest bit tainted. Food must be of the best in quality.

(9) Look well to the water-supply. See that wells are properly protected against the possible entrance of anything from without, and be sure that there is no possibility of seepage from barnyard or cesspool into them. Impure water is a prolific source of typhoid fever and all other bowel troubles.

(10) Insist on plenty of sleep. No one, child or grown-up, can burn the candle at both ends with safety.

Now, these are the main pillars that support robust bodies, and healthy, active minds.—Not very difficult to understand or to remember, are they?—And every word above applies to grown folk as well as to children.

(Children should be required to live according to these simple laws, and made to understand that they must keep up the practice all through life. The responsibility rests upon the mothers.—Just a few simple rules, and yet how many mothers neglect them, and neglect to impress them! And so the children go forth from the homes and on into middle life, breaking, right along, the simplest rules of health. The result may be, and usually is, death before its time, from preventable disease, and the mothers are responsible.

There is more to say, but the space-limit is filled for this time. More anon.

JUNIA.

Parsley Jelly.

Here is a recipe for parsley jelly, also sent from "the West," for the Ingle Nook reader who requested it. As parsley is hardy, there will be enough of it in the gardens to try this sweet which, I should imagine, is to be eaten with meat.

Gather the parsley while at its best, wash it well, cover with cold water, press down, and boil thirty minutes, then put through a jelly-bag without pressing. To each pint of juice, add one pound sugar, and boil for twenty minutes.

This is the recipe as sent. I should imagine that a little gelatine added to the hot liquid just before cooling would help to stiffen it.

QUERIES.

Dear Junia and Nookers,—May I come to your very social corner? I have been a constant reader of your corner, and have received many very helpful hints. I come now to ask a few questions.

I have a light tan coat on which I got some red paint. I removed the paint with turpentine, but now the smell of the turpentine remains. I have had it hanging out in the air, but to no avail. Could you please tell me what would take it out without taking out the color?

Will you also tell me on what day the ninth of August, 1897, fell?

Thanking you in advance, I will sign myself,
IRISH JEAN.

Lambton Co., Ont.

The odor of the turpentine should disappear in a few days. . . . The ninth of August, 1897, was a Monday.

CLEANING SWEATER—NUT CREAMS, ETC.

Dear Junia,—Like many others, I am an interested reader of the Ingle Nook. I enjoy the discussions very much, and get many a helpful hint. I enjoyed the letters given on "A Man's Duty Around the Home." They told many a true thing.

I now come to you for information. I have a white sweater coat which has been washed once, and turned a little bit yellow. It is now dirty again, and I am at a loss to know whether to try washing it again or not. I intend to dye it red some time, but thought I would like it white as long as possible.

Can you tell me the latest way for a girl of 16 to do her hair?

I have a pale-blue, fluffy sprig for a hat, and want to color it. Will it color?

If I am not asking too much, might I ask how to hemstitch a handkerchief?

Here is a splendid recipe for "walnut and date creams": One lb. walnuts, 1 lb. dates, 1 lb. confectionery sugar, 1 egg (white). Shell walnuts, stone dates. Into white of 1 egg (do not beat it) stir sugar, adding half a wine-glass of water and two teaspoonfuls vanilla. Fill the dates with the cream, and make small ball of cream, putting walnuts on each side. Press together and sprinkle with granulated sugar.

INQUISITIVE BLUE EYES.

Wellington Co., Ont.

To clean a white woollen sweater so that it will not yellow, use hot water made into suds with pure borax and mild white soap, such as Castile or Ivory. Rinse through two clear waters to which a little borax has been added, having each water hotter than the last. Do not wring, simply press out the water with the hands first, then between dry cloths, and finally put the sweater

in a sheet in a wa- rent of coat to th and hard.

If there about th nicely as out, then and sprin starch, m Roll up a then shak grimy, it damp woo the star fascinat may be cl

Young g hair, as t three coils but quite seen wear hanging d ribbon bo pretty, gi You had feather, to it colored. For hem threads, t and down sort of bu near you is very di writing.

Cook

Macaroni water to in 1 tabl with three parsley to utes, untl with 6 ou beaten egg or Worces as much thickness minutes, browned i serve. M food, whic is as a s Kedgere free from rice, 2 ha butter in stir gentl eggs cho Move gent thoroughly dish with through a supper or Biscuit good firm crisp soda place upon grated che minutes, a Graham flour, 1 t spoon salt powder, 1 gether the powder, beaten egg batter, an rings, or thirds full Bacon v bacon ver and place Slice cold from the breadcrum the gravy bacon laid Apple S 1 dozen water eno break. B lump of b and the ju Baked H meat (seve leaving o (preferab season wi dried sage cups pota milk to a earthenwar the top w Potatoes pared and cold water put in a s cover, put until perfe