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kitchen. Note the built-in ironing board, a very convenient arrangement. The dinner wagon may stand here also, or be left in the little back hall between the kitchen and dining room. The table may be in the centre of the kitchen or by the window according to what it is being used for. There is also a ventilated cleaning cupboard in the corner of the washroom behind the door

The basement is conveniently arranged. It is intended that the laundry work will be done in the basement. A large concrete eistern is planned for, underneath the concrete cellar floor, thus occupying no cellar space.

The perspective of plan shown in the exterior view. The roof lines look a little "high." This was done in order to get a good attie room. Should this not be required, the roof may be given a flatter pitch, which will add to the appearance of the house

The working drawings, specifica-tions, and bill of material, which can be had for the same nominal fee was given in connection with the other prize plans, (viz. \$3.00 if ordered by residents of Manitoba, and \$5.00 if sent out of the province) will not be ready for distribution until the middle

of January, 1918.

It is anticipated that a bulletin pre senting all the plans in the series so far shown, together with a few others. will shortly be printed and offered for free distribution through the Publica tions Branch, Manitoba Department of Agriculture, Winnipeg.

COOK'S CORNER

The Question of Sugar

THE necessity of conserving sup-plies of sugar, which was em-phasized by the shortage of shipping, has resulted in stern economies among the Allies. Before the war, England had the largest per capita consumption of sugar of any nation—93 1-3 pounds per person per year. This has now been reduced to 26 pounds per person per year, er about one ounce per day per person. In Great Britain prices have now been fixed for jams and jellies. There is no sugar for the homemade prois no sugar sor the nomember product. In France the people are on rations of 1.1 pounds per person per month, which the Government distributes at about 25 cents per pound. In Italy, because of the shortage of supplies, the Government has set a retail price of \$1.25 for a box containing 2.2 pounds. In Germany the present sugar ration is only .77 pounds per person per month. In the United States and Canada the per capita monthly consumption of sugar about 7.4 pounds.

The Food Controller has asked Canadians to reduce their consumption of sugar by at least seven ounces per week per person and, in order to provide larger supplies to meet the necessary requirements of the Allies, a further reduction to three pounds mer person per month may be urged ser person per month may be urged. Stens have already been taken to curtail the use of cane sugar in candy-making and the use of sugar or molasses in distillation of potable liquops has been prohibited.

About 50 per cent. of the sugar consumed in North America is imported from Cuba so that the Cuban product is the dominating market factor. The International Sugar Commission, representing the Allied countries as well as the United States Food Administration and the Food Controller for Canada, is endeavoring to secure the Cuban production at a reasonable price. curtailing consumption in this country so that the necessity of securing the Cuban crop is not so urgent, the

ople of Canada will be a sisting the Sugar Commission, the Allied countries and themselves in obtaining supplies for spring and summer at lower prices than would otherwise be

Soup-An Appetizing Winter Dish

W HO of us but can appreciate a good plate of soup on a cold winter's evening? Some peouse soup to quite an extent all the round, but cold winter weather and hot soup make an ideal combina-More than ever in these days of conservation, soup is being In order that nothing may be wasted, people are now saving the water in which vegetables such as potatoes, carrots. cabbage, parsnips, etc. have been boiled and use it as a foundation for soup. It is surprising, too, the amount of nourishment which beretofore has been wasted in this

How many of Our Women Folks keep a stock pot on the back of the stove, in which material for soup makis kept on hand? Those who have not been in the habit of keeping stock would do well to study the most complete and economical methods of extracting from meat or meat bones the best stock. Fresh uncooked beef makes the best stock, with the addition of cracked bones, as the glutinous matter contained in them renders it important that they should be boiled with the meat, which adds to the strength and thickness of the soup. Two sunces of such bone contain as much gelatine as one pound of meat. Mutton is too strong in flavor for good stock, while although quite glutinous, furnishes

The shin bone is generally used, but the neck or "sticking piece," as the substance that you want tract and makes a stronger and more nutritious soup than any other part. Meats for soup should always be to cook in cold water in a covered pot and allowed to simmer slowly for several hours. Stock is not as good when made entirely from cooked meats, but in a family which re-quires a large joint roasted frequent-ly, the bones and bits of underdone pleces, or the bony structure of chicken, etc., all assist in im-parting a rich dark color to soup. In cold weather these can be gath ered up for several days, put to cook in cold water, and when done, strain-ed and set indde until needed.

Soup will be as good the second day as the first if heated to the boilpoint, but it should never be left in the pot, but burned into a dish. not be covered up while hot, as that will cause it to sour very quickly. Here are a few bints re oun making which are worthy of re

Before heating soup a second time, smove all the fat from the top, otherwise the flavor will be spoiled. Thickened soups require nearly puble the seasoning used for thin

souns or broth. Coloring is used in some brown souns, the chief of which is brown

For white soups which are of veal, lamb or chicken, none but white vege-tables should be used, and rice, barlev. vermicelli or macareni for thickening

Grated carrot gives a fine amber color to soup and should be put in as on as the soup is free from scum We will not publish any recipes for oup in this article, but there are

many ways in which it may be varied. Probably some of Our Women Folks have some particularly good recipes for economical souns. If so, we would be glad to have them sent along, so that they may be published for the benefit of others.

The Heart of the Desert

(Continued from page 14.)

slowly, clearly. The peaks lifted magnificently, range after range against the rosy sky. There was no They followed the possible way. The patient little cow ponies clambered over rocks and slid down inclines of a frightful angle as cleverry as mountain goats. At ten o'clock, they stopped for breakfast and a three stopped for breakfast and a three hours' sleep. It was some time before DeWitt could be persuaded to lie down but at last, perceiving that he was keeping the others from their rest, he took his blacks to rest, he took his blankets to the edge of the ledge and lay down.

His sleepless eyes roved up and down the adjoining canon. Far to the south, near the desert floor, he saw a fluttering bit of white. Now a fluttering bit of white, far from human by ways, means something! Tenderfoot though he was, DeWitt realized this and sleep left his eyes. He sat erect. For a moment he was tempted to call the others but he restrained himself. He would let them rest while he kept watch over the little white beacon, for so, unaccountably, it seemed to him. He eyed it hungrily, and then a varue comfort and hopefulness came to him and he fell asleep.

Jack's lusty call to coffee him. DeWitt jumped to his feet and with a new light in his eyes he pointed out his discovery. The meal was disposed of very hurriedly and, leaving Jack to watch the camp, John and Billy crossed the canon southward. After beavy scrambling they reached the foot of the canon wall. feet above them dangled a white cloth. Catching any sort of hand and foot hold. John clambered upward. Then he gave a great shout of Rhoda's neck scorf with the nebble pinned in one end was in his hands! DeWitt slid to the ground and he and Billy examined the scarf tenderly,

"I told you! I told you!" exulted Billy hoarnely, "See that weight fas-tened to it? Wasn't that smart of her? Bloss her heart! Now we got to get above, somehow, and find where she dropped it from!"

CHAPTER VI

Entering the Desert Kindergarten.

"We'll start now," said Knt-le. Alchise led out the horses, naws each threw an emancinated. sinewy leg across a nonv's back and followed Alchise's firttering shirt up the mountain. Kut-le stood holding the bridle of a sedate little horse on which he had fastened a comfortable hish-backed seddle, "Con.e. Rhoda." he said. "Till short-

en the stirrups after you are mount-

Rhoda stood with her back to the the rough out-cronnings on either aide, herror and fear in her eves

"I can't ride cross-saddle!" she ex-claimed. "I used to be a good horse-woman in the side-saddle. But I'm claimed. so weak that even keeping in the side-saddle is out of the question."

"Anything except cross-saddle is utterly out of the amertian" raplied the Indian, "on the sort of trails we have to take. You might as well hegin to control your nerves now as later. I'm going to have an expert rider in you by the time you have regained your strength. Come, Rhoda,"

The girl turned her face to the afterwlow. Remote and pitiless lay the distant crimson ranges. She shuddered and turned back young Indian who stood watching her, For a moment all the amony of her situation was concentrated in horror of another night in the saddle.

"Kut-le, I can't!"
"Shall I pick you up and carry you over here?" asked Kut-le patiently.

(To be Continued.)