

Helping the Laundress

To remove bluing.—When garments become discolored with bluing soak one hour in warm water, to each gallon of which add two tablespoonfuls of kerosene oil, then boil for an hour in this water, rinse and they will be as white as at first.

To remove mildew.—Mildew on white goods may be quickly and easily removed by soaking for two or three hours in a weak solution of chloride of lime.

To take out scorched spots.—When white goods become scorched, cover the spots with a paste made of common starch and cold water, spread on thickly and lay in the sun. If badly discolored the second application may be necessary, wash with soap and warm water and the spots will entirely disappear.

To take out ink stains.—Ink may be easily removed from carpets, floors, and furniture by simply scrubbing the spots with vinegar. If spilled upon any garment, rub the fabric in the vinegar until all trace of it is gone. Of course the sooner the vinegar is applied the quicker the ink will come out, but this is a never-failing method.

Hanging clothes in wind.—Clothes dried on a windy day always iron more easily as there are none of the tiny exasperating wrinkles that give so much trouble when dried on a still hot day. But when the frayed corners have to be mended the housewife thinks less kindly of the wind. I find no trouble in drying clothes even in

a hard wind if they are fastened to the line properly. Put on in the usual way; then place the corners of the garment together, lift to the line in about the centre of the piece, and pin securely. The air can circulate freely through it, and it dries as well as if hanging loose, while the corners cannot whip about.

To clean a skirt.—A light wool skirt that had been dry cleaned several times was finally cleaned in the following manner: A good suds was made from soft water and ivory soap, quite soapy too. The skirt was soaked in this water and rubbed between the hands (not on a washboard) and no soap put directly on the goods, no matter how dirty. It took three rinsings in soapy water and one in clear to get the old cleaning fluid out of the goods. Then the garment was squeezed out (not wrung) and hung where it would dry quickly. When nearly dry it was pressed carefully, and looked almost as good as new.

The New Women's Building

The New Women's Building is not the only evidence that the Canadian National Exhibition is this year giving special attention to women's and children's work. The women's and children's section of the prize list is now being distributed, and it shows an extended classification covering all classes of work by women and children. There is a special class for domestic science and another for household arts, while the boys and

girls can compete either in separate classes or against each other in general competition. The wider scope thus given to this class of work and the additional advantages for displaying it promise to make it a distinctive feature of this year's exhibition.

Suggestions

"Vinegar and brown paper" is still a good remedy for a bruise. Keep the paper, or the cloth, wet, and both swelling and discoloration will be less.

Half the benefit from a liniment is from the rubbing. Therefore run *now*, and gently. Do not injure the skin.

Potatoes when cooked in their skins should have a small piece cut from one end, in order to allow the steam to escape in cooking.

To prevent the hardening of salt, mix with it a small quantity of corn starch.

Use the potato ricer for cheese that is to be sprinkled on macaroni, which is a much easier method than grating.

If things go wrong in the household, the bread is heavy, do not make it heavier by fretting and finding fault. Cheerful and encouraging words will make digestion easier.

To keep turnips from becoming spongy, cut off the tops well into the turnip, then pack them in barrels with sand enough to fill all the vacant places between them. Put the barrel in a cool, dark place, but not cool enough to freeze the turnips.

CAPABLE OLD COUNTRY DOMESTICS

Carefully selected, arriving every Monday. Apply now, The Guild, 71 Drummond St., Montreal, or 14 Grenville St., Toronto.



There is no need to place the cover of the CON-NEK BALL BEARING WASHER all dripping wet on the kitchen floor, because it is hinged and when open the water drips back into the machine.

No post in the centre of the tub to tear the clothes and take up the room.

Made of Cypress Lumber, and built to last a life time. Easy to work. Runs on Ball Bearings and will wash anything from handkerchiefs to blankets.

Why should you drudge on in the same old way, when you can do it in half the time and with half the labor by using a Connor Ball Bearing Washer. Write to-day.

J. H. Connor & Son
OTTAWA, ONT. Limited



©-2

Add water to milk—
You weaken the milk.
Add soft wheat to flour—
You weaken your flour.
Cheapens it too.
Soft wheat costs less—*worth less.*
Soft wheat flour has less *gluten* less *nutriment.*
Your bread is less nutritious, sustaining, economical.
Soft flour has less *strength*, less *quality* *gluten.*
Giving less good things for your money and things less good.
Use Manitoba flour—Manitoba *hard* wheat flour.
Having everything the soft stuff lacks.
Five Roses is all Manitoba.
Without a grain of cheaper wheat.
Strengthen your food values.
Use FIVE ROSES.

2

Five Roses Flour

Not Bleached



Not Blended