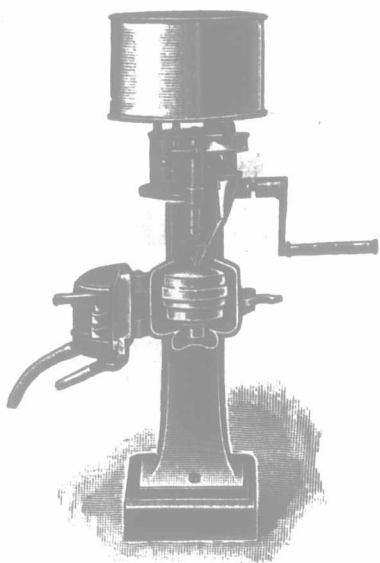


"The Melotte is the lightest running machine that I ever tried."

C. A. Vaughan,
Fitch Bay, Que.



The Melotte is almost frictionless, the lightest running cream separator made.

Of course we do not claim that the Melotte is absolutely frictionless, no material thing can be that, but it is as nearly frictionless as it is possible for a cream separator to be. It has less surface exposed to friction than any other separator. Its bowl, being suspended, requires neither neck bushings nor bottom bearings to keep it supported, and as it is self-balancing it needs no friction bearings to keep it in its place.

The Melotte Cream Separator has no worm gear; its gearing is all square cut and absolutely accurate.

Send for catalogue and full particulars concerning free trial offer.

R. A. LISTER & CO., LIMITED
66 Stewart Street, Toronto, Ont.



Advertisements will be inserted under this heading, such as Farm Properties, Help and Situations Wanted, and Pet Stock.

TERMS—Three cents per word each insertion. Each initial counts for one word and figures for two words. Names and addresses are counted. Cash must always accompany the order. No advertisement inserted for less than 50 cents.

FOR SALE.—First-class Simcoe Co. farm in good wheat growing section—117 acres. Descriptive circular sent on application. Address: Jacobs & Cooper, 1267 Queen, W., Toronto.

SASKATOON, SASK., the city-heart of Western Canada, where all the railways meet, has seven thousand population, but no up-to-date dairy farm for city milk supply. The experienced dairy farmer who establishes at Saskatoon will do splendidly. For particulars, write The Commissioner, Board of Trade, Saskatoon, Sask., Western Canada.

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Condensed advertisements will be inserted under this heading at two cents per word each insertion. Each initial counts for one word, and figures for two words. Names and addresses are counted. Cash must always accompany the order for any advertisement under this heading. Parties having good pure-bred poultry and eggs for sale will find plenty of customers by using our advertising columns. No advertisement inserted for less than 50 cents.

BUFF Orpingtons—Splendid cockerels for sale. Also few pullets. Prices right. Eggs \$1 and \$2 per fifteen. Special prices for hundred lots. James McGregor, Caledonia.

MY ANCONAS and Leghorns, hatched before July 15th. Make winter layers. Eggs and stock for sale. Circular. Prizewinners. E. C. Apps, box 221 Brantford, Ont.



Ask your druggist for it. If he cannot supply the MARVEL, accept no other, but send stamp for illustrated book—sealed. It gives full particulars and directions invaluable to ladies. WINDSOR SUPPLY CO., Windsor, Ont. General Agents for Canada.



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An Academic Department of McMaster University for Girls. High School and Junior School. Residence and Day Students. High Grade School. Fees for year: Residence, \$252.00 to \$262.00; Day, \$34.00 to \$72.00.

Send for Calendar.
College Re-opens September 9th.

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Miss Charlotte Thrall, Vice-Principal.
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FOR A SORE FACE



For pimples and blotches and other skin eruptions, including eczema, there is nothing that will equal

Our Home Treatment

It cures the skin trouble, and gives general satisfaction to our patrons. Write or call for particulars and booklet "F." Consultation free. Superfluous Hair, Moles, warts, etc., eradicated forever by our method of Electrolysis. Satisfaction assured.

Hiscoot Dermatological Institute,
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WHEN WRITING ADVERTISERS,
PLEASE MENTION THIS PAPER

as regards protein (the nutrient which serves to build and repair body tissue as to furnish energy) and general nutritive value, most of them containing carbohydrates (which produce heat and energy), instead of the fat found in animals.

DIGESTIBILITY OF LEGUMES.

There is a general opinion that while legumes are suitable for robust people leading an active, outdoor life, they are unsuitable for people leading a sedentary life, and are generally to be avoided by the invalid and the convalescent. Such persons often complain of distress after eating beans, and of the disagreeable evolution of gas in the intestines, testifying, as it does, to the fermentability of this class of vegetables. These foods have, therefore, been called indigestible, but such symptoms do not, in general, indicate anything as to the extent to which the nutrients of a food are absorbed or used in the system. When properly prepared, however, and eaten in reasonable amount by persons in health, they are not likely to give rise to unpleasant symptoms, and experiment has proved that, provided the skins are removed, they cannot be called indigestible. In fact, since, in comparison with their total food value, their price is low, they must be considered among vegetable foods as next in importance to bread.

COOKING LEGUMES.

The first step in properly-preparing legumes for food is the swelling and softening of the legume by soaking in water a number of hours, usually not less than eight, and the removal of such parts as will not soften by cooking (this refers, of course, to the dry legumes). The skin of the ripened pea and lentil is easily removed, and the "split pea" and the lentil, as generally sold, have this decided advantage over the bean in the making of digestible soup and porridge. Many kinds of beans, however, after proper soaking, may be freed from their skins by stirring in water. The skins, rising to the top, are then skimmed off. The large Lima beans, after soaking, may be easily slipped out of the skin by pressing between the fingers. When divested of the skins, the beans can be boiled and served as a vegetable of the consistency of mashed potato. In cooking beans for soup, the skins may be separated by pressing the pulp through a sieve.

Legumes should, when possible, be both soaked and cooked in clean soft water (not that which has dripped off a roof). When that is not available, the hard water should be boiled first, and poured off from the sediment. Soda should never be used, as it ruins the flavor.

All dry legumes require a long application of heat, not only to soften the cellulose, but to develop the proper flavor; some say as long as twelve hours. The difference of opinion on this seems due to a differing estimate as to what is the desired result. The dried pea, or bean, that has been soaked over night in water, may be in one and one-half to two hours cooked soft enough to be pressed through a sieve; but the tongue can still detect individual grains. To disintegrate, and soften absolutely every particle, and to develop the best flavor, a much longer time is needed. The dish of pork and beans baked all night in the New England brick oven, the pea soup slowly cooked for twelve hours, are instances of legumes cooked at their best. The flavor of dry legumes is thought by many to be improved by the addition of onions and flavoring herbs, or meat broth. Perhaps the best, as well as the most common, method of preparing the dried pea and lentil is in a thick soup, or puree, seasoned with salt, pepper, and butter. Beans are also often cooked in this way, although more frequently served as baked, with the addition of a little pork or molasses.

Some Ways of Cooking Beans.

Beans and Pork.—To 1 pint white beans allow ½ pound pickled pork. Soak the beans over night; wash and drain; put in fresh, cold water, and boil; score the rind of the pork, and put it in among the beans. Simmer gently until tender, then put all in a baking dish. Add ½ teaspoon salt and a little of the bean water. Spread a tablespoon molasses over the top; cover with a lid for one hour, and bake in a moderate oven, then uncover, and bake till brown with a quicker fire.

Croquettes.—Take left-over baked beans, mold into cakes with egg, and fry.

Bean Salad.—Peel and slice 2 onions very thin; put in cold water, and, after a time, drain. Put 1 quart baked beans into a bowl, mix in the onions; salt and pepper, if needed; 1 teaspoon white sugar; 2 tablespoons salad oil, and 1 cup vinegar; or, if you choose, instead, ordinary salad dressing to moisten.

Bean Soup.—Soak 1 pint beans (black or white); pour off the water; then par-boil; pour off the water, and add enough boiling water to cook till soft. Cut 2 ounces pork in cubes, and fry out the fat. Slice an onion, and fry in the fat until lightly browned, add to the beans, and simmer ½ of an hour longer. Strain the whole through a sieve, rubbing the pulp through; add a bit of butter; season, and serve very hot, with bits of toast. If you choose, you may add 2 hard-boiled eggs and ½ a lemon (sliced) to the soup, just before serving.

"THE FARMER'S ADVOCATE" FASHIONS.



5377 Breakfast Jacket, 34 to 46 bust.



5980 One-Piece Shirt Waist, 32 to 40 bust.



5986 Child's Princess Petticoat, 2, 4 and 6 years.

The above patterns will be sent to any subscriber at the very low price of ten cents per pattern. Be careful to give correct Number and Size of Patterns Wanted. When the Pattern is Bust Measure, you need only mark 32, 34, 36, or whatever it may be. When Waist Measure, 22, 24, 26, or whatever it may be. When Misses' or Child's pattern, write only the figure representing the age. Allow from one to two weeks in which to fill order, and where two numbers appear, as for waist and skirt, enclose ten cents for each number. If only one number appears, ten cents will be sufficient.

Address: "Fashion Department," "The Farmer's Advocate," London, Ont.