

delectable mountains and the many friends she may meet with in the literature that adorns her home are the potent factors in keeping old loneliness from entering her quiet home. Congratulations on her courage and pluck. She should have from the thousand lonely bachelors, living anywhere between Toronto and the Klondyke, the wish that she have A Merry Christmas and a Happy and Prosperous New Year. Bring her back next Christmas with another encouraging note to the lonely fellow.

Wellington Co., Ont. J. A. B.

The Scrap Bag. Cleaning Iron Rust.

A mixture of benzine and borax, equal quantities, will remove the worst case of iron rust. As benzine is as inflammable as gasoline, being a similar product it should never be used near fires or lights.

Removing Odors.

A paste made of a little mustard and

The "Quality" Character of this brand has an International Reputation.



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A Trial Packet will bring speedy conviction



Wrestling Book FREE

Be an expert wrestler. Learn at home by mail. Wonderful lessons prepared by world's champions Farmer Burns and Frank Galt. Free book tells you how. Secret holds, blocks and tricks revealed. Don't delay. Be strong, healthy. Handle bar men with ease. Write for free book. Send postcard to: J. A. Mann & Co., 78 King St., London, Ontario.

POULTRY WANTED

It will pay you to sell your poultry to the best market in Western Ontario. Special prices this month for heavy live hens. Be sure and sell to C. A. MANN & CO.

78 King St. London, Ontario



Does this Vision haunt you?

THE fear of fire—the fear of 10 years' work going up in smoke in 10 minutes—does it ever worry you?

With Ontario barns burning up at the rate of 1000 per year it is natural to THINK of fire, but there is no need to WORRY about it. These fires start mainly on the roofs—from lightning or sparks—and you can absolutely banish all fear of such a fire by simply putting on a roof of

Metal Shingles

Then you can let the lightning play or the sparks fly with never a mom-

ent's worry, because Metal Shingles, grounded, are sure protection against lightning and they simply cannot burn, so sparks cannot harm them.

Metal shingles are not only proof against fire and lightning—they are proof also against all the elements that attack a roof—rain, sleet, snow, wind, and extremes of heat or cold. They are the "100 per cent. roof" for Barns, Houses, and all other sloping surfaces.

The cost is very moderate—little, if any, more than inferior roofings, and, figured by years of service, they are really the cheapest roof you could buy.

Prices and full information from any of these firms:—

The
Metal Shingle &
Siding Co. Limited
Preston

The
Pedlar People
Limited
Oshawa

The
Galt Art Metal Co.
Limited
Galt

The
McFarlane-Douglas
Co. Limited
Ottawa

The
Metallic Roofing Co.
Limited
Toronto

USE METAL SHINGLES
for SAFETY and PERMANENCE

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water immediately removes objectionable odors such as fish from cooking utensils or one's hands.

To Clean Lace.

Very delicate lace should be basted carefully on a piece of cotton and washed on that to prevent straining the mesh. Have the water lukewarm with plenty of white soap dissolved in it, and squeeze rather than rub out the dirt. If you want it bleached place it in bright sunshine, and keep moist with soap or borax solution. Rinse thoroughly. If a slight stiffness is desired rinse in milk and iron while damp. Starch is not advisable, as it makes the lace stiff and cheap looking.

Frames for Photographs.

Odd little frames that look like coral and are pretty for one's dresser can be made of raisin stems. First shape the frame of wire—round, oval or rectangular, as preferred. Next fasten on small branching stems with heavy thread. Don't bunch them too thickly. Melt ordinary white wax or paraffine, color it with cochineal, and dip the frame in as many times as necessary to coat the stems thoroughly. These pretty little frames are more durable than one would think.

Wood Alcohol.

During the Christmas holidays over 200 people in the United States died from drinking wood alcohol. Wood alcohol is a poison that should be given a different name and marked with skull and cross-bones.

Current Carrying Capacity of Wires Shown by Table.

Many People Wonder What Wire To Use For Certain Jobs. Notice the Table.

The following table is presented for the convenience of those who have to do, now and then, a small amount of wiring and are puzzled in regard to the proper size of wire. This table is a partial extract of the National Electric Code of 1913.

Size of Wire	Amperes Capacity
12	20
10	25
8	35
6	50
3	80
0	125

The size given is the Brown & Sharp gage and the currents specified can be carried continuously without overheating.—L. S. Foltz, Colorado Agricultural College, Fort Collins, Colorado.

Try These During Cold Weather.

Cheap and Nourishing.

Pressed Beef.—Wash a 4-lb. piece of beef flank or any other of the cheaper cuts. Cover with boiling water, bring to boiling point. Add 2 sliced carrots, 2 sliced onions, and 1 sliced turnip (small). Cook slowly for 4 hours. When half cooked add 2 teaspoons salt. Pack the meat solidly into a deep loaf pan, putting the grain of the meat lengthwise. Set the pan in a shallow pan to catch the overflow, put an empty loaf pan on top of the meat and press with 2 heavy flat irons. Let stand over night in a cool place. Use the stock for soup.

Savoury Pot Roast.—A small piece of beef from the shoulder or the rump, weighing about 5 lbs. makes an economical roast. Wash it quickly in cold water, dry, season with salt and pepper, dredge with flour and brown quickly in a hot frying pan or iron pot. Be sure to brown every bit of the surface, to keep the juices in. Cook in the pot, or in a kettle that can be closely covered. Half cover with water and cook slowly for 4 hours. Do not let boil at any time or the flavor will be spoiled; just keep simmering. When half cooked season with salt and pepper; add 4 small onions, 2 carrots, and 1 small turnip cut in quarters. When cooked place the meat on a hot platter with the vegetables around it. Remove the fat from the gravy, and thicken the latter with flour mixed to a paste with cold water, allowing ¼ cup flour to 2 cups gravy. Color