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Canning the Mid-Summer Fruit.

CHERRIES, raspberries, currants, gooseberries and blackberries may all be canned according to the "cold pack method," described in full in our issue for June 17th.

The following hints may be useful when doing them up:

Cherries.—Wash, remove stems and pits, saving the juice. Pack in jars as usual, fill up with thin or medium-thin syrup according to acidity. Sterilize 16 minutes after actual boiling begins.

Currants.—Wash and stem. Use medium-thin syrup and sterilize as for cherries.

Gooseberries.—Wash, snip off stem and blossom ends, use medium-thick syrup, and sterilize as for cherries.

Raspberries.—Clean, use medium-thin syrup and sterilize as for cherries.

Blackberries.—Clean, use medium-thin syrup and sterilize as for cherries.

Recipes for making the various syrups were given in June 17th issue.

How to Save Sugar.

TEMPORARILY, as remarked in these pages recently, sugar can be saved by canning fruit absolutely without it. But eventually some sort of sweetening must be put in. Sugar is, of course, the best sweetener, and "Medicus" has drawn to our attention the fact that beet sugar, from the nutritive standpoint, is quite as good as cane sugar.

Any kind of sugar is, however, at the present time, more expensive than ever before, at least in the memory of most folk. It seems to be scarce, and so it may be advisable to look about for a substitute.

Honey is an excellent substitute, of course, but, unless one happens to keep bees, an expensive one. . . . Saccharine is very sweet, but most people find it cloying. . . . Then there is glucose, which is a good food as well as a fairly good sweetener.

During the War, when people were looking in all directions for "substitutes," for sugar as well as flour, glucose was very frequently recommended as a sub-

stitute for the former, and pamphlets giving directions for its use were sent out by various Governments. The one from Ottawa is before me as I write, and in it I find the following suggestions, which I am very glad to pass on to you.

Corn Syrup for Canning, Etc.

Glucose is a starch sugar made, in this country, chiefly from corn, hence the name under which it is sold, "Corn Syrup."

Corn syrup is of two kinds, golden and white—the latter being glucose with the addition of a small amount of cane sugar, and, therefore, better for some things than the golden. The golden may, however, be made equal as a sweetening agent by adding to it a quantity of sugar.

Preserving.—During the war the British Board of Agriculture and Fisheries issued a leaflet recommending the use of glucose for preserving in the proportion of one part glucose to two of sugar. This mixture does very well for jam, jelly and rich preserves, and is a substantial saving on sugar.

Canning.—Fruit may be canned or sweetened with white corn syrup, mixed with sugar as indicated in the following table:

To 5 lbs.	White corn syrup	Sugar	Water	Time of Boiling
Berries.....	½ lb.	1½ lbs.	1 pt.	15 min. (slow)
Sour cherries..	¾ "	2½ "	1½ "	15 "
Sweet cherries..	¾ "	1½ "	1½ "	15 "
Currants..	1 "	3 "	1 "	15 "
Gooseberries, (green)...	1 "	3 "	1 "	15 "
Sour apples....	¾ "	1½ "	3 pts.	15-20 "
Pears.....	¾ "	1½ "	1½ "	15 min.
Plums.....	¾ "	2 "	1½ "	20 "
Peaches....	¾ "	1½ "	1 "	10-15 "

Corn-Syrup Recipes.

Apple Sauce.—Eight apples, 6 tablesps. white corn syrup, ½ teasps. cinnamon, ½ cup water. Cook until soft, then mash and beat until no lumps remain.

Cake Without Sugar.—One-quarter cup shortening, 2 cups corn syrup, 2 eggs, 3 cups flour, 1½ tablesps. baking-powder, ¼ teasps. salt, 1 cup milk. Cream the shortening, add the syrup and the beaten egg and mix well. Add the milk. Sift flour and baking-powder together and add slowly to the mixture. Beat well. Bake in a moderate oven as a loaf or layer cake, or as small drop cakes. Raisins, currants or chopped nuts may be added to the batter.

Chocolate Cake.—Three and one-half tablesps. shortening, ¼ cup sugar, ¼ cup corn syrup, 1 egg, ¼ cup milk, 1 cup flour, 1½ teasps. baking-powder, ¼ teasps. salt, 1 square chocolate, ¼ teasps. vanilla. Cream the shortening; add sugar gradually, syrup and egg, well beaten. Mix and sift dry ingredients and add alternately with the milk to the first mixture. Add the chocolate, which has been melted over water. Add the vanilla. Bake about 30 minutes in a moderate oven.

Oatmeal Pudding.—Two cups cooked oatmeal, ½ cup golden corn syrup, ½ cup raisins (seeded and cut in two), 1 teasps. milk, ½ teasps. salt, ½ teasps. cinnamon, ½ teasps. cloves. Heat the oatmeal, corn syrup, salt, spices and milk in a double boiler until smooth. Add the raisins. Turn into a greased baking dish and bake about 35 minutes in a moderate oven.

Rice Pudding.—One-quarter cup rice, ¾ cup milk, 2 tablesps. white corn syrup, ¼ teasps. nutmeg (grated), ¾ cup raisins. Cook the rice in boiling salted water until soft. Pour off the water, add the other ingredients and bake in a moderate oven 40 minutes.

Potato Drop Cookies.—One cup mashed potato, 1 cup corn syrup, ½ cup shortening, ¾ cup buckwheat flour, 2 tablesps. baking-powder, ½ teasps. cinnamon, ¼ teasps. cloves, ½ teasps. nutmeg, ½ cup raisins, 1 teasps. salt, grated rind of a lemon, 1 teasps. lemon juice. Mix in order given and drop by spoonfuls on a

slightly greased tin. Bake in a moderate oven.

Cool Drinks for Hot Weather.

Hungarian Coffee.—Make some strong coffee and add sugar and cream to taste. Chill thoroughly, and when serving put a spoonful of vanilla ice-cream in the bottom of each glass.

Fruit Frappe.—Boil a cup of sugar with 2 cups water for 5 minutes. Cool and add the juice of any fruit—berries, currants, etc.—with half a cup of lemon or orange juice. Next beat in the unbeaten whites of 3 eggs. Freeze until just soft and serve in glasses.

Iced Tea.—To 1 quart freshly-made tea, poured off the leaves, add ½ cup lemon juice, sweeten to taste and chill. Serve with a slice of lemon on each glassful.

Iced Coffee.—Cool the coffee, then chill well; add sugar and cream, and serve at once. Chocolate may be served the same way with a little whipped cream on top on each glass.

Fruit Punch.—Mix together any kinds of soft summer fruit until you have a quart, using oranges for the larger share. Add juice of 3 lemons and a small cup of sugar. Let this stand while you boil 1 cup sugar with 2 cups water. Pour this over the fruit and stir well. When cool chill.

Grape-juice Punch.—To a quart of strong grape juice add a pint of strained lemonade. Put into a bowl with a piece of ice, and add bits of pineapple.

Current Punch.—Two cups of strong red-currant juice, a quart of water, and a cup of sugar; simmer these together five minutes, and cool. Slice two lemons and two oranges thin, and put into a bowl with a piece of ice and pour the juice over. This may also be made by boiling currant jelly with water, straining, and adding the fruit.

Milk-shake.—To two-thirds of a glass of fresh milk add enough sugar-and-water syrup to sweeten it or, use fruit juice mixed with sugar. Fill up the glass with scraped ice, invert a nickel cone over it, and shake until it is light and foamy.

Six Rules for Success.

BY CHARLES M. SCHWAB.

"Boys, you can have a good time in life, or you can have success in life, but you cannot have both," said Mr. Schwab to the undergraduates of Princeton, in an informal talk there this spring. "And let me tell you," he added, "that never before in history has there been such an opportunity for the successful man as there is to-day. The thing you want to do is to make up your minds as to what you are going to drive for and to let nothing stand in the way of its ultimate accomplishment."

Mr. Schwab gave the Princeton men the benefit of his own experience in the following six rules for success:

First, unimpeachable integrity. This is the very foundation. With this as a starting point the rest will be relatively easy.

Second, loyalty. As a rule I find that the university men are loyal. Be loyal to the people with whom you are associated. Give credit always where credit is due, and remember always it will attract credit to you to give credit to some one else.

Third, a liberal education in the finer things of life, of art, of literature, will contribute toward success in life. Man needs imagination, and these are the sources of it.

Fourth, make friends. Enemies don't pay. You will be surprised at the pleasantness that will surround you when you have made friends instead of enemies. Whatever your misfortunes in life, boys, just laugh.

Fifth, concentrate. Learn to concentrate and think upon the problem in your mind until you have reached a conclusion. Don't be afraid of mistakes. Don't blame a man if he makes them but it is the fool that makes the same one twice.

Sixth, go at your work. You may not find yourself the first year. Don't hesitate to change from distasteful work, but don't change because difficulties come up or troubles arise. Give the best that is in you.

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