



"Listen, Rose."

Bud reads:

"Madam, your own white hands are the first to touch FIVE ROSES."

"For nearly one mile it travels through 'hygienic automatic processes—more and more spotless."

"Till in a clear creamy stream it flows into 'clean new packages, filled full-weight by 'infallible machinery—sewed automatically."

"Goodness!" said round-eyed Rose.

Bud reads eagerly:

"Hand-proof, germ-proof. Every littlest 'bit of machinery is bright—polished like 'those piano keys of yours. FIVE ROSES is 'healthy flour, wholesome, none like it. 'Unbleached, too."

"Nobody touches my flour—but me" said Rose. Imagine such purity—get FIVE ROSES.

Five Roses Flour

Not Bleached



Not Blended

LAKE OF THE WOODS MILLING COMPANY, LIMITED, MONTREAL

Mr. Peter McArthur, whom you will know by his "Donald Ban" letters, has planted out a thousand trees. Is there anything to prevent any farmer from planting out, say, even 20 or 50 trees a year? Surely the effort is well worth making.

Some Delicious Salads for Hot Weather.

Occasionally, during the hottest weather, try serving cold meat, a salad, and a cold dessert, instead of a hot dinner. The family will be grateful for the change, and you yourself, provided you are housekeeper, will be spared needless work and discomfort. Many of the salads given below are very nourishing. You may judge which are most so by the ingredients, and plan your meals accordingly.

Cucumber Salad.—Cut the cucumbers in thin slices and soak in cold water for one hour, then drain. Mix with thinly-sliced cold potatoes, and pour over them the following dressing: Half teaspoon salt, $\frac{1}{2}$ saltspoon pepper, 3 tablespoons salad oil or melted butter, $\frac{1}{2}$ teaspoon onion juice, 1 tablespoon vinegar. Mix well.

Green Bean Salad.—Take a pint of cold cooked green beans and mix with them a salad dressing made as follows: Grate 1 teaspoon onion, mix with it 1 teaspoon lemon juice, a saltspoon of salt, and one of powdered sugar, a level saltspoon of pepper and dry mustard, and a table-spoon of salad oil or melted butter.

Beet Salad.—Slice some boiled young beets, and heap in the center of a salad-bowl lined with crisp lettuce. Pour mayonnaise dressing over, and serve.

Cucumber and Onion Salad.—Pare 3 cucumbers and lay in a bowl in ice-water 1 hour. Do the same with an onion in another bowl. Then slice and arrange in salad bowl. Pour over $\frac{1}{2}$ cup vinegar

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St. Lawrence Sugar

makes it especially desirable for Preserving. The recipes work out right when ST. LAWRENCE GRANULATED is used—and the Jams, Jellies and Sweet Pickles are sure to keep.

St. Lawrence Sugar is sold in convenient 20 pound bags—also by the pound and barrel.



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to which has been added 1 level teaspoon of salt and $\frac{1}{2}$ teaspoon pepper.

Another.—Cut 4 cucumbers in two lengthwise and scoop out all you can without breaking the little boats thus formed. Throw these into cold water. Chop the cucumber which has been taken out with 2 medium-sized onions. Let this drain in a colander for 15 minutes. Season with 2 tablespoons celery seed, 1 tablespoon mustard seed, 1 teaspoon salt, $\frac{1}{2}$ teaspoon pepper, and a dash of cayenne; vinegar, if liked. Drain the little boats, fill with mixture, and serve. If vinegar is used, this mixture will keep in a glass jar for several weeks.

Cucumbers and Cream.—Slice 4 large cucumbers very thin, and let stand 1 hour in very cold water. Drain them and put them in a glass dish. Pour over them 1 cup good vinegar and $\frac{1}{2}$ cup sweet cream whipped until light.

Viniagrette.—Boil three medium-sized potatoes. Add to them 1 sour cucumber pickle and any remains of lean meat or chicken you may have. Chop all fine. Mix with a dressing made as follows: Beat the yolk of an egg. To it add slowly 3 tablespoons olive oil or melted butter, 1 tablespoon vinegar, salt and pepper to taste. Serve the salad in a bowl lined with lettuce and garnished with hard-boiled egg.

Egg Salad.—Put two crisp lettuce leaves on each individual plate. Upon this slice hard-boiled eggs in thick slices, place a spoonful of salad dressing on top, and serve.

Banana Salad.—Prepare individual plates with lettuce as above. On each place a banana cut in two, add a spoonful of dressing, and sprinkle peanuts over thickly. This is delicious and nourishing.

Egg Salad.—Eight hard-boiled eggs, 4 crackers rolled fine, $\frac{1}{2}$ cup vinegar, 1 teaspoon each of mustard, celery seed and salt, 1 saltspoon pepper, and 1 table-spoon butter. Separate the eggs and chop each part fine. Heat the vinegar