



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.

Five Roses Flour

Not Bleached



Not Blended

LAKE OF THE WOODS MILLING COMPANY, LIMITED MONTREAL

they do not exhibit, they will tell you, "The professionals get the first prizes, and the seconds are not worth while."

It has even got so bad in some places that shop-made garments are exhibited for personal, hand-made things. A large part of the money to run these fairs is collected in the township where the fair is held, so it appears only right that the people of the township should be the chief exhibitors, and societies should make rules and regulations to bar out shop-worn work of professionals.

AMY STEVENSON.
Wentworth Co., Ont.

Some Excellent Suggestions.

During the month of September the annual fairs and exhibitions attract our attention, and in looking over the different prize lists, so many ladies draw a line at fancywork and say, "Where the exhibition is open to the world, it is useless for us to attempt anything in these classes. Those professional exhibitors carry off all the prizes." It is so, and how are we going to remedy it? If our women and girls are not in some way encouraged, we may expect this to exist year after year. Unfortunately, at the present time, if it were not for the professional exhibitors, some of the classes in ladies' work would be of very little attraction. They bring new work, new ideas, and help to beautify our halls with their neat up-to-date and beautifully-mounted work. We must have our halls filled with good exhibits, as these are of as much attraction to our ladies as a good exhibit of live stock is to the gentlemen. If we consider the expenses of those ladies in travelling, etc., some of them have not much profit out of what seems to us large returns for their work. Where the fair board can afford, I would advise giving additional prizes for fancywork, for local exhibitors only, confined to the town and surrounding

ESTABLISHED 1856

Now is the time to plan for the coming season's work, and in order that your plans may be well founded, you must have

SIMMERS' SEED CATALOGUE FOR 1911

It contains a fully-illustrated and descriptive list of up-to-date varieties of **Field Seeds, Garden and Flower Seeds, Plants, Bulbs, Garden Tools, Etc.** Also a great deal of valuable information that will assist you in making up your requirements in these lines.

We give you the benefit of our long experience in the seed business, extending over more than half a century, and you can rely on getting just what you order, and everything of the very best quality obtainable.

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TORONTO

townships adjoining the fair—local exhibitors, of course, allowed to show in the professional classes as well. In a short time it will be found that our home exhibitors will win as many prizes as the outsiders. In looking over the prize-lists of several fairs of the past, I think too much money has been given to certain classes of fancywork, to articles of no special benefit, and not at all in general use in the community.

At our own fair, which is one of the most successful country fairs in the Province, larger and more prizes have been given on butter, bread, buns, cake, pie, canned fruit, honey, pickles, dressed poultry, flowers and plants; the prizes of which are usually carried off by the local exhibitor. In these classes there are more entries than in any of the others.

These are the articles that are most essential to life, and anyone efficient in the making of them, and in the cultivation of flowers and plants, will do much to make a happy and prosperous home. Also a great deal of interest has been taken at our fair by the public-school teachers and pupils, in the prizes given for writing, map-drawing, collections of pure seed and weed seed; even the kindergarten classes are not left out, and space is given in the hall for their construction work, darning, drawing, etc.

This is as it should be. It is not only educating our boys and girls in neatness, but is encouraging them to take a more active interest in agricultural pursuits. They will then attend the fairs with some definite object in view—not merely going to waste time and money on cheap amusements—and will take an interest in all the exhibits, and in coming in contact with the work of others, will get added interests, new ideas, and will in a short time be able to compete successfully and take the place of the professional exhibitor.

Haldimand Co., Ont. AUNT ANNIE.