

How to Kill the Flies

"As we realize more clearly the specific disease-spreading power of the house fly, I think we must surely solve the problem of their extermination, tremendously difficult though it seems. Naturally, cooperative destruction of breeding places is the first step in eradication. Until we have a more widely awakened public sentiment and united efforts of all health agencies, and perhaps better scientific knowledge of fly habits, each housekeeper's problem must be how, single-handed, to keep her home free

from their contamination. The right beginning is making our habitation as nearly fly-proof as possible.

"For years I have thought there is nothing so effective as sticky fly paper in getting rid of those flies that will come inside, in spite of all precautions. I still use it in the kitchen where they are necessarily more numerous than in other parts of the house," says Mrs. Belle Cass Lafollette, quoted in the Ottawa Valley Journal; "but I want to tell of my personal experience last year in keeping other rooms clear of them. I bought a 'fly killer' for each room of

the house, and hung it in a convenient place. Then I tried to install each member of the household with the feeling that a fly is dangerous, unclean, and should be killed instantly. I was very much surprised at the result.

Heretofore it had been my experience that the most persistent use of fly paper did not get rid of all the flies in the dining-room. A few will escape to destroy the family peace at meal time. But the systematic use of the 'fly killer' once or twice a day in the dining-room free of every mouse, other rooms in the house can be attended to more easily just by killing each fly as discovered. But it is very important to have the 'fly killer' handy, or it will be neglected. My confidence in this method is confirmed by the experience of a very efficient housekeeper who has succeeded in keeping a large boarding house clear of flies last summer by this method.

The 'killers' should not be put away in cold weather, but should be kept handy to destroy those flies that remain. Though unobtrusive and apparently harmless, they are not as innocent as they appear. They help to make the start for next year.

One other personal 'discovery' may have value. I once had great trouble, as the cool weather came on, with flies gathering in the morning in the dining-room. It was at its end to know where they came from. One morning, as I took the screen from the fireplace, I observed that the flies swarmed out into the room. The blazing fire we enjoyed in the evenings warmed the chimney and attracted the flies to our hearth and home. We tackled a wire netting over the top of the chimney and have never had trouble with their unwelcome visitations since.

the granulated sugar to which pt. juice. Stir until every particle of the sugar is dissolved, then bottle, cork, and keep in a cool place. It will not be necessary to seal the corks. This is a delicious and refreshing drink by adding 2 or 3 tablespoons of the shrub to a glass of cold water.

CREAM PIE
One pint milk, two tablespoons corn starch; yolks of four eggs cooked to a paste; flavor with vanilla. Pour into a baked crust, beat the whites, add two tablespoons sugar, flavor with lemon, brown in oven.

FILLING
One and one-half cups milk heated, one egg, scant one-half cup sugar, one tablespoon corn starch. Cut apples with a sharp knife, a pair of shears, fill with custard, replace top and you will have something good.

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THE COOK'S CORNER

Recipes for publication are requested. Inquiries regarding cooking, recipes, etc., gladly answered upon request, to the Household Editor, Farm and Dairy, Peterboro, Ont.

ROLL JELLY CAKE

Three eggs, one scant cup sugar, one cup flour, one teaspoonful cream tartar, one-half soda. When done turn out on to a cloth wet in cold water and it will not leak when you roll it.

FRUIT COOKIES

One-half cup sugar, one-half cup molasses, one-half cup lard, one-half cup hot water with one teaspoonful soda dissolved in it, one cup chopped fruit, a little cinnamon and cloves. Flour to roll, but don't make them too stiff as it makes them dry.

OATMEAL COOKIES

One cup sugar, three-quarters cup butter, two cups flour, two cups oatmeal, one cup chopped raisins, (this may be omitted) three-quarters teaspoon soda, two eggs well beaten, one teaspoon cinnamon. This makes a large batch but if tried you will think them delicious.

CREAM PUFFS

One-half cup butter melted in one cup hot water, put on the stove to boil, while boiling stir in one cup flour, let cool, and stir in three eggs, one at a time and beat each time. Drop in spoonfuls on a buttered tin bake for 30 minutes, without opening the door, as they need to be well done.

STRAWBERRY SERUD

Dissolve 5 oz. tartaric acid in 2 qts. water, and pour this mixture over 12 lbs. hulled strawberries in an earthenware vessel. Let stand 48 hours with a plate on top of the berries to keep them down. After straining through a flannel bag, then add 1 1/2

The Up

Our Firm

Lord, what wilt thou do?—Acts ix, 6. Books dealing with the success in life, the improvement of character and has promised success to all who comply with His possession of a fundam is only one condition can expect God's success and with nothing less. that we shall always eling to do His work must ever be asking thou have me to do terior consciousness and, and the patient defined before us ready, like Paul, lately, even to the death.

We are apt to forget in every act we do both for time and we allow our minds to be filled with thoughts we are in danger of warning contained the rich man who much goods for money decided to take his and be merry, but he said unto him: "Thy soul shall be re those shall share the last provided?" "So it is," said o treasure for him toward God."

Christ also said, yourselves treasure up much and rust do But lay up for ye in Heaven, where neither doth corrupt, and ye break through and your treasure is there, be also." (St. Mat)

Our first aim, then, to lay up for ourselves. By so doing building for eternity worldly success should be limited and content desire to please C become rich toward Christ is the only of one who performs commands. He was peace and joy. Yet Him what we call Instead, He gave and led Him even yet Christ's life was ful the world has evolved revolutionized the earth. It is the lions of lives to-day.

Christ did not desire He was building for alized that His purpose not be accomplished. He lived and worked in view. Beside importance, the gainly success shrink in it was not worth c

True success cannot do the will of God, and are conditioned His will. Are we do uncertain on this point by everything else know what God's will found that, and do it, we may then have certainty upon all His great prom

I don't boil meat five minutes, then perature of 160 degrees