



With Every Bag of Flour There Goes A Guarantee

That guarantee means that I believe Cream of the West to be the best bread flour on the market. If your bread doesn't beat any you ever baked before, if it fails to rise or doesn't give extra satisfaction in every way, your grocer will pay you back your money on return of the unused portion of the bag.

Cream of the West Flour

the hard wheat flour guaranteed for bread

If people will fairly and honestly try Cream of the West they will have success with it. That's why we guarantee it. We are sure of it.

Prices Direct to the Farmer

We want to make "Cream of the West" flour better known in every locality in Ontario. And for this end we offer the following special prices today on flour and feed direct to the farmers:

FLOURS

Per 50-lb. Bag	
Cream of the West Flour (bread)	2.30
Queen City Flour (baked for all purposes)	2.40
Monarch Flour (makes delicious pastry)	2.35

FEEDS

Per 100-lb. Bag	
"Bullrush" Bran	1.25
"Bullrush" Middlings	1.30
Extra White Middlings	1.40
"Tower" Feed Flour	1.60
"Gem" Feed Flour	1.75
"Bullrush" Crushed Oats	1.60
"Gem" Coarses Feed	1.65
Oatmeal (mash, oats and corn)	1.55
Cracked Corn	1.55
Comp Meal	1.65
Oil Cake Meal	1.65

Prices on whole oats, whole corn, and other grains supplied upon request.

TERMS: Cash with order. Orders may be assorted as desired. On shipments up to 5 bags buyer pays freight charges. On shipments over 5 bags we will prepay freight to any station in Ontario, east of Sudbury and south of North Bay. West of Sudbury add to above prices 10 cents per bag. To points on T. & N. O. line add 20 cents per bag to cover extra freight charges. Make remittances by express or post office money order, payable at par at Toronto. Prices subject to market changes.

Read This Splendid Offer

To enlarge the acquaintance of the public with its various products the Campbell Flour Mills Company makes you a very special offer—a great 20-page household book free. This is one of the most remarkably complete and helpful household volumes ever prepared. It is called the "Domestic Cook Book." The 1,000 recipes are along with the regular price of the work (\$1).

These recipes cover every kind of cookery from soup to dessert—from the simplest to the most elaborate dishes. Every recipe is dependable and not too expensive or troublesome to prepare. They always come out right. Full instructions how to carve meats and game, with many graphic illustrations.

And in addition there is a big medical department in this wonderful book that should be in every home. It tells in simple language how to deal with almost every common malady. You must get this book—read how simple it is to get it free.

How to Get the Household Book Free

With every purchase from us of not less than three (3) bags of Campbell's Flour (any brand) you will get a Household Book Free. But bear in mind that if you order up to five (5) bags we will pay the freight to Ontario. East of Sudbury and South of North Bay (see terms above). To get the book, at least 3 bags must be flour—the other two bags may be flour or any other product mentioned in the list printed above. Read the list and make up an order today. Add 10 cents to your remittance to cover postage and wrapping of book. Address all letters to

The Sales Manager
THE CAMPBELL FLOUR MILLS CO.
 LIMITED
TORONTO
 Mention this paper.

AMUSEMENTS

Conducted by MARION DALLAS

Geographical Games

One of the most difficult problems in entertaining in the home is the average young man; there are so few indoor games which appeal to him. The game of "Counties" is a good one and one which should appeal to him.



For it affords not only active amusement but instruction as a well. Prepare a large map of Ontario, cut out the counties separately, and with these as patterns cut from white cardboard two patterns of each county. Divide the complete map into two sides. Choose a captain for each side and provide them with a set of counties, then give both sides floor room on which to make the map. The side putting the map together first wins the game.

If the company is not very large, use a map of the Dominion and try to put the provinces together, instead of counties. Maps of the Dominion and of Ontario may be secured from the Parliament Buildings upon request.

SOMETHING FOUND IN THIS COUNTY

For another game, give each player a card out in the shape of the county or province. On the wall have numbered pictures, each one representing something found in every province or county. The rebus are made from advertisements, pictures, letters, and so forth. They are mounted on plain paper and may represent homes, games, churches, mills, lakes. For example, a lumbering scene may represent Parry Sound. Pictures of the Lake. Peterborough county: The Ideal Worker. Durham; Muskoka Lakes, Muskoka; Hamilton Mountain. Wentworth, and so on. It would make the game more interesting if samples of the articles manufactured were displayed. Each side scores for every rebus guessed.

SELECTING PARTNERS

The selection of partners for refreshments may be made by placing cards in one dish bearing the name of a county or province, in another place the names of the capitals. This little diversion will refresh the memory and recall pleasant hours spent in school.

CREATING FLAGS

This is a world wide game. Have a number of small flags of different nations and give one to each guest as they enter the room. Distribute paper and pencil and ask the guest to write out the form of government and the name of the ruler represented by this flag. Small flags will be found in any unabridged dictionary. They may be cut out and pasted on white paper.

CANADIAN MAIL

After a writing contest this game will be welcomed. The players stand in a circle and each one is given the name of some town. The postmaster stands in the centre and calls out the name of the mail that is to be exchanged, and while the players are exchanging places, he tries to slip into either of their places. If he succeeds, he takes the name of the town and they in turn call out the mail. For instance he calls out Toronto to Winnipeg, or Peterboro to Port Hope. Sometimes he calls three or four in rapid succession so that several are moving at the same time. When he calls General Delivery, it means a universal scramble.

GEOGRAPHICAL MATCH

Try a geographical match if you want more fun. Sides are chosen at in a spelling match. Select a teacher, and have a few simple questions to start the game. If a contestant gives a wrong answer, they must drop out. For instance, they say "A lake is a body of land surrounded by water." Such answers have been given because the players get excited.

GEOGRAPHICAL CONUNDRUMS.

Write these conundrums on separate sheets of paper and pin them around on the walls and let the guessing be general.

What country in Europe would you carve at Christmas? Turkey.

What country in Europe describes the perpetual condition of the small boy Hungary.

What city in Southern France would be dangerous to meet in the desert? Lyons.

What town in western Ontario would represent where you would go on a hunting expedition? Forest.

What country in Europe would you use on the griddle before making pancakes? Greece.

What sea in Europe would make a good sleeping room? Adriatic.

What island in the Irish Sea is in great demand, because of its scarcity at summer resorts? Man.

What bag in New York should be served with salt and pepper? Oyster.

If you were commencing a dairy business what summer resort in the south of England would you buy? Cowes.

The High Cost of Living

Editor, Farm and Dairy.—I have read the article written in Farm and Dairy on the high cost of living, and I would like to express my ideas on that question as it affects our fair Dominion.

Miss Canada the owner of several very large farms, consisting of several millions of acres each. One we call her Ontario farm and the other her great North-West farm. Some years ago she decided to go into grain raising on this Western farm where many millions of acres of the very best virgin soil awaited the plow. In order to do this she set to work and built a railroad, having many branches, and known as the Canadian Pacific Railway to reach this North-West farm. She then took from the Ontario farm several thousand of her best young men to operate these railway lines, and also many of the best young men and women who wished to farm, along with car loads of effects, such as horses, cattle and so forth.

NOT SUFFICIENT TO SUPPLY DEMAND

This has left a few of the older men to take care of the Ontario farm. Those who did not wish to farm have gone to the towns and cities to become consumers. It is written, "Man cannot live by bread alone," and we have the results right at hand—the high cost of living. The number of farmers left on our Ontario farms is not sufficient to supply the consumers in the towns and cities. Abandoned farms and buildings are going to ruin.

The government has done everything to induce our best farmers to leave Ontario and boom grain-raising in the North-West, but through the rural districts nothing has been done for the farmer's best interests on the farms. Not only this, but our children are receiving an education that leads them to believe that farming is not a pleasant occupation and does not pay.

There must be farmers: we cannot do without them. God gives the seed, the bread we need, man's labors must provide it.—Mrs. O. Moore, Frontenac Co., Ont.

W
uplift
and
resol
wom
safet
safet
socie
So
land
indus
cohes
wom
ed to
leade

C
a
th
ov
in
D
th
th

that
any
have
ideal
but I
be in
follow
women
Some
men I
tancy
rioting
franch
order
must
that c
since
Wome
but w
tions
most
their
I be
inform
and liv
on dif
come
care v
she wi
panion
reason
proble
intellig
If to
it is p
propert
ands
arm th
and ch
various
very i
that w
ing of
mere n

Ho
Be c
choos
as hav
atmosph
them in
in hot
sour, h
Even t
sweet,
them w
kisses
mantle
stead
to serv
thus p
years—