

Pleasing Styles—Up-to-date and Practical

The

THE COOK'S CORNER

Conducted by LILLIAN GRUMMY

A Change in the Diet

SPRING is here and with it we feel the need of a change of diet; in fact our appetite craves for it. We need no more of the heavy heat-



producing food of winter, but lighter foods. Meat should be partaken of sparingly, a good substitute being eggs, which food specialists and physicians tell us are invaluable, besides being most easily digested when raw, soft cooked, steamed, jellied or poached. They are also nutritious in custards, puddings, etc., but they should never be eaten fried. We are told that the white of the egg is over four-fifths water, the remaining fifth being composed almost wholly of nitrogenous matter.

It is of great benefit to the cook to have some knowledge of food values and their composition, so she can at the same time prepare foods which are appetizing as well as nourishing. Every vegetable garden is we know a medicine chest filled with valuable remedies, many of which are used as medicine. It is too early now for many garden vegetables; still we have a few. For instance, the green onions, so good for the nerves, for sleeplessness and rheumatism; the lettuce also a great nerve food; asparagus a medicinal value, and the rhubarb, which holds such a prominent place as a regulator of the system. Then we have the stalks of the dandelion for green, the flowers for wine, both such a spring tonic, besides other common greens, such as cowslip, marsh mallow, etc.

Fresh fish also holds an important place in the spring diet. It is rich in protein, is easily digested, and it is the common belief that fish is a particularly good brain food. But it should be fresh in mind that the flesh of fish decays more quickly than any other meat, and if eaten in this stage will cause procaine poisoning. I speak from experience as once we purchased haddock, supposedly sound, but all who partook of it were ill. So for the benefit of those who may not be a judge of fresh fish, I shall transmit to them knowledge, recently acquired from an article which has just come to my notice. "Fresh fish have full life-like eyes, red gills, silvery not shiny skin, scales firm, tail not flabby and droopy and the flesh firm and the solid." To sum it all up, the sooner the fish is transferred from water to table the better.

THE separate blouse is coming to its own again and this spring and summer we are to have many dainty and attractive blouses from which to select. Military effects are very popular, and the blouse buttons down the neck to the waist line and has the long sleeve, receiving much favor at the present moment. We predict, however, that as soon as the warm weather sets in, this style will be set aside and the open neck, low rolling collar and short or three-quarter length sleeves take its place. Ties and crapes are meeting with much demand.

The collar forms a very important feature of the costume and many delicate designs are being shown. The high collar at the back of the neck is quite a fad and is most becoming to the woman with the long slender throat. The woman whose neck tends to be short, will do well to stay with the low rolling collar.

1107-Lady's Shirtdress: The shirtdress has always been a favorite, and for general wear the most practical standby. In this model the collar is shown, back and the long sleeve with turned and while the most popular, as the summer advances, the sleeve of shorter length will be much more serviceable and comfortable. Six sizes: 34 to 44 inches bust measure.

924-Lady's House Dress: The house dress that is easily made, easily donned and yet presents an attractive appearance, is the favorite. We have all three sizes registered in this model, and this dress may be buttoned from top to bottom, thus making ironing much more simple. The material is here used for collar, belt and cuffs. Seven sizes: 28, 30, 32, 34, 36, 38 and 40 inches bust measure.

1284-Girl's Dress: Hand embroidery is playing an important part in the trimming of this frocks and for the home dressmaker the model of the dress is shown a design herewith particularly suited to such trimming. While it seems

Farm and Dairy patterns shown in these columns are especially prepared for Farm and Dairy's Women Folks. They can be relied upon to be the latest and most up-to-date. When sending Farm and Dairy your orders be careful to state that you want patterns for Women Folks, and the number of patterns desired. Price of all patterns is For Folks, 30c each. Address all orders to Pattern Dept., Farm and Dairy, Publishers, Ont.



Reduce Your Roofing Costs, Protect Your Buildings From Fire, Lightning and Weather

You accomplish all these results by using our heavily zinc coated

"Eastlake" Metallic Shingles

They give longer service than any other roofing. Cost less to lay. Are rust-proof and do not require painting. Those laid 25 years ago are still giving good service. Send for free book that shows how "Eastlake" shingles make your buildings lightning fire, and weather-proof and why they cost less per year than any other roofing.

We Manufacturers a complete line of Sheet Metal Building Material

THE METALLIC ROOFING CO., Limited

Manufacturers

King and Dufferin Sts., TORONTO

Send for Free Book



Powerful—Economic

Ellis Engines develop much power on cheap coal at less than other engines on oil or gasoline. No smoking, no excessive vibration, no carbonizing, low maintenance, easy to operate.

ELLIS ENGINE

are sent on 30 days free trial and guaranteed for 18 years. We do this because we know that Ellis Engines are the biggest value for the money in the world. They have been known. Thousands of enthusiastic users.

Made in vertical and horizontal types, either stationary or portable. From 1 1/2 H. P. to 15 H. P. Our new booklet describes this money saver. Send for copy.

ELLIS ENGINE COMPANY

3897 E. Grand Boulevard, Detroit, Mich.

WANTED—PERSONS TO GROW MUSHRooms for up at their own homes. From \$15 per week upwards can be made by using small waste space under porches, yards or garages. We furnish full instructions. Illustrated booklet sent free on request. Address Montreal Supply Co., Montreal, Can.

RIDER AGENTS WANTED

everywhere to sell the famous "Horse" Bicycle, with all latest improvements.

We ship on approval to any address in Canada, without any deposit. We will not send you one cent if you do not like it.

DO NOT BUY a bicycle, lamp or accessories of any kind until you get our latest up-to-date catalogue and learn all about our special proposition. The low prices will amaze you. It is all in our catalogue.

ONE CENT write us a postal note and we will send you a postal note for \$1.00. Write us a postal note for \$1.00. Write us a postal note for \$1.00.

HYSLOR BICYCLES, Limited

Box 4 TORONTO, Canada



POTATO

A municipality 200 farm-ers of the fact represents cent of the farm-ers. Consequently, per cent to half of one buyer, and be more likely to to the farmer's disadvantage.

Exactly the in purchasing is handicapped amount of the farmer who can get a better price than can a wagonload of

Cooperation

There seems to be a tendency to the farmer on an with those with outside of the create the size of the farm. In several farmers' dairy sine for contact, in both

The latter plan-able, because the landlord and the hired-help system, able the mainte-nance of the farm, operated than it can be other way.

Economy

Cooperation in buying is, we believe, economical distri-bution. Large quantities of products can be obtained at prices which may be pro-duced when brought to

form. When even factoring its own, of the hundred of the community better of a different-ter was com-pleted. It is manifestly the manager of his disposal large farm produce and possible price.

If the produc-tion of grain, stock, can be in operation among the community in these larger quantities, producing the same advantages to the large farmer, of dairy industry other enterprises.

Club Program

A farmers' club, rather of coop-erative, it gets the unity acquired of each of the co-operatives. In a cooperative is to propose a logical, carefully any proposed to under-stand that impracticable to be avoided. The farmers' club is