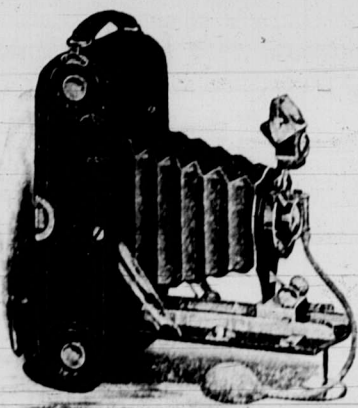


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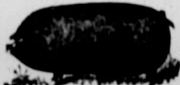
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Paper Bag Cookery

The notion of paper bag cookery seems to have been received thus far chiefly as a good joke. There is something essentially humorous about the paper bag itself. It is so cheap, so plebeian, so associated with peanuts, tourists and suburban trains that the very word prepares one to smile. The empty paper bag and the emptier comic supplement are the two most conspicuous features in the suburban landscape except the billboards that advertise articles which may be taken home in paper bags. Nor are reforms in cookery taken with the seriousness that is their due—the public simply smiled at the eloquence with which the late Edward Atkinson pressed the claims of his system for making cheap cuts of meat edible. Nevertheless, it half of what is being said of the invention of M. Soyer is true, the paper bag, hitherto a trivial convenience, at once assumes first rate economic importance, and civilization takes a long stride toward the millennium. There would be nothing humorous about an invention that revolutionized the making of cloth or shoes or pig-iron, yet there are few industries that compare in magnitude or importance with the industry of cooking. Multiply the families in the world by the number of daily meals and one gets some notion of the economic significance that the paper bag promises to assume; billions in it, Col. Mulberry Sellers would quite rightly have said.

Many Obstacles Faced

But it was from the gastronomic, rather than the economic, side that the problem was attacked by the famous culinary expert, Nicholas Soyer, late chef of Brook's Club in London. He was seeking for an envelope which should retain the juices and savor of the food, and hit upon paper as having the right constituency, while the paper bag offered the most convenient form for his experiments. His failures were many. Sometimes the bag burst, with disastrous consequences. When, by filling it properly, without too much liquid, putting it on a grating instead of the oven floor, and regulating the temperature, he succeeded in using a paper bag for a cooking utensil, a fresh difficulty appeared: the food tasted of paper. This was the drawback, by the way, to the pioneer fashion of cooking eggs by breaking them on a bit of brown paper which Edward Eggleston describes in one of his novels and which may be regarded as a humble ancestor of Soyerism. The Mississippi Valley pioneers did not mind; the chef of Brook's did, and with scientific zeal he set himself to find a paper bag that would not communicate an extraneous flavor to the food. The search was long, but it was rewarded by success. Glazed paper will not do; the material must be pure, aseptic and grease proof. The bag is at present the obstacle to immediate general adoption of paper bag cookery; the familiar paper bag of commerce will not serve. Yet it does not appear that a patent process is required—it is simply a question of putting on the market a bag of the proper kind of paper, and paper men will no doubt be prompt to meet the demand as it develops. The London Chronicle, it may be noted, after sending a reporter to investigate M. Soyer's claims, arranged with a manufacturer to have bags made of the quality required. Some notion of the popular interest taken may be had from the fact that the Chronicle's offer to send a free sample brought 20,000 letters to the office in two days. Evidently the public needs no argument as to the merits of an invention that does what is claimed for paper bag cookery.

A Practical Test

Perhaps the simplest way to indicate its possibilities is to tell what M. Soyer did for a test in the office of a London newspaper with no dishes, no equipment of any kind, except an old gas stove. Amid the hurly-burly of midnight in a newspaper office, jostled by editors, proofreaders and printers, he cooked in 45 minutes a kidney stew, salmon, turbot, bacon and eggs, sausages, chops and peas, 10 dishes in all, which by the old method would have required 15 saucepans and a frying pan, and would have involved two hours' hard work. Is it too much, then, to call Soyerism a revolution in the art of cookery? The most obvious advantage, of course, is that when the meal is cooked there are no pots or pans

to wash; one simply puts the paper bags in the fire. The kitchen, naturally, will have a very different aspect; aluminum and agate ware, equally with the burnished copper, which was the pride of the old-time housewife, will be replaced by a drawer full of paper bags of assorted sizes. Nothing is left for the emancipation of the household drudge, now that the vacuum cleaner has come in, but the adoption of paper dishes and cups for the table, and that is a matter of fashion; it will come whenever it is wanted badly enough.

Attracts the Housewife

But aside from the saving in kitchen utensils and the care of them, M. Soyer promises an equal saving in the time and ease with which cooking can be done. Here are some carefully prepared schedules: Seven pounds of fish, 50 minutes; three pounds of fish, 30 minutes; one pound of fish, 18 minutes; 18 pounds of beef, 2¼ hours; nine pounds of beef, 1¼ hours; three pounds of beef, 45 minutes; eight pounds of leg mutton, 1½ hours; sausage, eight minutes; large chickens, 40 minutes; spring chicken, 25 minutes; old chicken, one hour; stew for six persons, 40 minutes; potatoes, 30 minutes; peas, 25 minutes. Milk puddings have to be put in a dish within the paper bag, but there is a saving of 10 minutes as compared with the old way. Yet it is not the actual saving in the time of cooking that matters so much as the promised saving in work, attention and worry. One simply heats the oven to exactly 170 degrees Fahrenheit, and sets the food in its bag on the grid. Then, if it is a gas stove, the flame is turned down, and the oven does the rest.

Delicate Work

Precisely at the appointed time the bag is opened and discloses the food cooked, so all agree who have tasted the product, to perfection. To open the bag prematurely would be fatal, but if there is doubt the contents may be tested with a fork—slight punctures do not matter. The mouth of the bag is folded over two or three times and secured with a couple of ordinary metal clips, a simple matter that takes but a moment. This envelope not only retains the juices, eliminating a waste which in roast meats amounts to a fourth and improving the flavor beyond any cooking hitherto known, but it retains the odor so that several dishes of different kinds may be cooked in the oven at once without interference. So sensitive is the new method that flavors like mint must be introduced with great care; one leaf of mint is as potent as three by the ordinary method. Almost anything may be cooked in a bag, even a stew, and M. Soyer gives a receipt for the one with which he delighted the London newspaper editors:—

Take four pounds of neck of mutton. Cut up in small chops. Trim off all fat. Put in a dish. Chop up finely two large onions and place on meat with one tablespoonful of flour. Salt and pepper to taste. Color if preferred. Cut a few potatoes in two. A little sweet herbs tied up (one bay leaf, a sprig of thyme, and a little parsley). Two or three tomatoes and a few green peas, if handy. Add a tumblerful of cold water. Mix up and empty into strong paper bag. Seal up. Put on wire grid. Leave in moderate oven 35 to 40 minutes. It will then be ready to dish.

A gas stove is best, and will heat the oven to the required temperature in from six to eight minutes, but any stove with an oven that heats well will serve. The saving in food is estimated at 25 per cent., the saving in fuel at 40 per cent. He is a benefactor, said a great king of M. Soyer's nation, who makes two blades of wheat grow where one grew before; what then shall be said of M. Soyer? We shall all hope that it is half as good as it sounds.

A WORD OF WARNING

As an effort is being made by some of our politicians to scatter seeds of dissension in the ranks of the Union farmers and divide them against themselves, thereby defeating their own interests, a timely word of warning from one who has learned from experience that such is only a trick of the politicians, cannot fall amiss. They are endeavoring to force us to believe that our leaders in the organization have sold us for an

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Casal, Ont., Dec. 14th, 1910.
Please send me your Treatise on the Horse. I have been using your Spavin Cure for a number of years with good success, having during that time cured a Spavin on a valuable horse and have also treated bruises, swellings, etc. effectively.
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W. W. Brown, Content, Alta., writes: July 18th, 1910
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No need to worry about your horse if you have a bottle of Kendall's Spavin Cure on hand for emergency. Get a bottle from your druggist at once. Don't take a substitute. The great book, "Treatise on the Horse," free, of druggists, or write to
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accrue wholly beneficial to themselves, and as several hundred new members have been added to the organization during the past year who do not thoroughly understand the principles of farmers' organizations, and the ultimate good they are destined to accomplish for all industrial classes, such a turning of things upside down readily finds acceptance with them and accomplishes the results for which they are intended, viz., to dissolve our Union and prejudice us against our own interests.

Some such seeds, we learn, have been sown by some of our members of Parliament, and while we would fain question their honor, it bears some evidence on its face as being done for ulterior motives. The united demands of the farmers for the tariff reduction has been shied from as a toad would from a snake swimming down stream, and they may be responsible for the names and addresses of some of our members who are receiving literature purporting to teach cheaper prices on the product of the factory under the protective tariff system than of a lowering of duties or free trade. These pamphlets bear evidence of being issued from the Manufacturers' Association, and if they contain a single allotment of truth, surely the producers of them are philanthropists of a prehistoric age and spring as a sport from the root of a vine of very ancient origin; for if free trade or a lowering of duties would enhance the prices on articles of manufacture, then why are the combines in these trades so bitterly opposing it?

Some of the speakers have stated that they oppose reciprocity on national grounds, and that the best way to keep the big trusts of the States out of Canada is to build a tariff wall against them. We believe these speakers are sincere and intensely patriotic, and, believing as they do, that freer trade relations would endanger our nationhood, we would like to know if there is a limit to the protective policy their patriotism might lead them to establish, and how high they would build the wall to keep these trusts from jumping over. At the present rate a number of them have climbed over and securely monopolized trade in this country and a number of others here under its protecting influence have become strong enough to jump anything.

We beg of our brother farmers not to be deceived by scurrilous reports concerning our leaders. No society was ever inaugurated for the bettering of the agricultural classes in better style than ours, and none have had better or grander men at its head. They seek no further in politics than to sever you from blindly following party, that you may, by quiet thought and reasoning, consider issues upon their face value, discern their virtues and cast your votes with a clear understanding of the measures you seek to obtain.

A SUNDIAL FARMER

Re

Canadian agricultural Liberals and Easterners convention, s form, and th discord in th sentiments proceeded, there was an opinion among bled as to th or the directi eyes were ope tive tariff usefulness it ment to Cana been merely i in the hands which were e adian manufa it to crush o business, and their wares. ed relief from certain tones, the offer of l the United S some effort sh free access t ence had tau value. This, issue involve great conven relief from th system.

Farmers

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