



## THE Polish for ALL Your Furniture

Try O-Cedar Polish on your Piano—it's a good test. You will find that it gives a result so remarkable that you can really feel the instrument looks like "new." The effect of O-Cedar on your Piano will prove that this is the Polish for all your furniture.

### Quick — Clean — Wonderful in its results

One reason for the successful results obtained by using O-Cedar Polish is that O-Cedar Cleans.

A few drops on a cloth dampened with water, will form a soft, perfectly harmless "lather" that quickly removes all dirt and bluish film. Then a light rubbing with a dry cloth gives that clean surface a brilliant polish.

Use O-Cedar on floors (whether of hard or soft wood) also on linoleums. Apply it always with the O-Cedar Polish Mop—obtainable in two shapes at the reasonable price of \$1.50. O-Cedar Polish comes in several sizes—selling at 25c per bottle up to \$3.00 for gallon can.



CLEANS AS IT POLISHES

### Cover Canada Through The Dominant Mediums:

EVERYWOMAN'S WORLD, Canada's Great Home Magazine, and RURAL CANADA (see opposite page).

### Leads in Circulation

City by city, town by town, province by province, Everywoman's World overtops all other magazines in circulation as proven by A.B.C. Audits. Effective distribution in more than 9,000 post-offices.

### Proven Buying Power of Subscribers

52.4 per cent. of our subscribers own property averaging in worth \$8,167.; 12.1 per cent. own automobiles; 15.9 per cent. are in the market for cars;—these are facts revealed in a recent census on more than 25,000 subscribers.

### Proven Influence with the Retail Dealer

Through the extra supplementary service which we name Everywoman's Storekeepers, carried on behalf of our advertisers, we link consumer advertising with dealers and help you secure their greater co-operation.

Advertising Rates, etc., sent on request.

Continental Publishing Co. Limited  
Toronto - Ontario

**VOLPEEK**  
WILL STOP THE LEAK



Don't throw away your Pots and Pans. "Vol-Peek" will mend Graniteware, Tin, Aluminum, etc., in two minutes without tools. Always keep it in the house. At dealers or from us, postpaid, 15 cents. Vol-Peek Mfg. Co., Box 2024, Montreal, Can.

**POULTRY BOOK** Latest and best yet; 144 pages, 215 beautiful pictures and color plates. Hatching, rearing, feeding and disease information; describes the busy Poultry Farm handling 53 varieties including Indian Runners. Tells how to properly choose fowls, eggs, incubators and secure cheap feed. This practical book worth dollars mailed for 10 cents. Berry's Poultry Farm, Box 29, Clarinda, Iowa

## Making the Most of Available Flours

(Continued from page 18)

as the time allowed for rising or the changing temperature of the season will demand; fruits, such as raisins, dates or currants, spices, nuts, as appetite will petition—these are balls for her juggling, with plenty of applause to reward success.

### Bread—Compressed Yeast Method

TWO cups scalded milk, two tablespoons sugar, four teaspoons salt, two cups water, two tablespoonfuls shortening, one compressed yeast cake.

Dissolve yeast and sugar in half a cup of lukewarm water. To the rest of the lukewarm liquid add sufficient warm flour to make a batter that can be beaten without spattering, add yeast mixture and beat until smooth and silky. Cover and put in warm place free from draughts for from one and one-half to two hours. When light add shortening, salt and enough flour to make a dough that will not stick to hands or board. Knead until smooth and elastic. Place in warmed and greased dish to rise again until double in bulk, about two hours; shape to half fill well-greased bread-pans. Cover, let rise till double in bulk and bake in moderate oven for about half an hour.

The liquid used may be part milk (scalded) and part water. The latter may be potato water, i.e., water in which two or three potatoes have been boiled, removed and finely mashed and returned to the liquid.

The potato water may form the liquid for the ferment stage, and the mashed potatoes may be added when the sponge is made. Potatoes give that silkiness of texture so much desired.

If the dough is kept covered when rising it will not form a crust. If it seems inclined to form a crust, moisten with warm milk and water. A crust is to be avoided, as it makes a streak through the loaf if kneaded in at the early stages and an unsightly crust on the baked loaf if allowed to form in the last stages.

The second rising of the dough may be omitted although the extra rising makes the loaf a rather finer texture.

The bread mixer may be used to knead the dough after it is known exactly how much flour the liquid will need to make dough of the right stiffness.

### Bread—Dry Yeast Method

LIQUID Yeast or Ferment—It is a convenience to have on hand a quantity of liquid yeast that may be kept for a fortnight in a moderately cool place. Bread may be started with it in the morning and finished before noon.

Blend two cups flour with a little cold water until smooth. Pour four quarts of boiling water over it, using a vessel large enough for twice that quantity. Stir flour and water together thoroughly and add one quart of finely mashed potatoes, one-half cup salt, and one and one-half cups sugar. Allow this mixture to become lukewarm and add two dry yeast cakes that have been soaked previously for a few minutes, in tepid water. Set mixture in warm—not hot—place, for a few hours, keeping it well covered.

After four or five hours this liquid yeast is usable, but better results are obtained after it has stood for at least double that time.

### Bread Sponge—for Two Loaves

TO set the sponge with liquid yeast, warm two quarts of flour and knead quietly into it two pints of liquid yeast. Mix well, turn out on baking board and knead for a minute or two, until smooth and even. Cover and set in a moderately warm place, where there is no draught, until the sponge has doubled itself in bulk. If the liquid yeast has stood over night, an hour and a half should be sufficient. Knead again lightly and divide into two loaves. Put in greased pans, cover and allow to rise until doubled in bulk—about one hour.

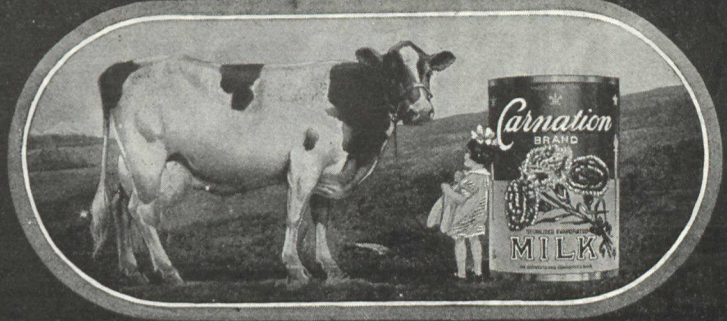
If the liquid yeast has only stood a few hours, and bread is set at night, do not divide loaves till morning giving the sponge more time to rise.

### Raisin Johnny Cake

ONE cup cornmeal, one-half cup flour, one level teaspoon salt, one heaping teaspoon baking powder, five tablespoons evaporated or condensed milk diluted with two-thirds cup water (if a whole cup of evaporated or condensed milk be used, without diluting, omit shortening, or one cup sweet milk may be substituted as liquid), one egg, one tablespoonful melted lard or other shortening, one cupful chopped seeded raisins.

Sift dry ingredients, add liquid, egg and shortening, beat thoroughly and fold in the raisins which have been dusted with flour. Bake in a hot oven.

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# Carnation Milk

## Avoid Daily Milk Waste

### Use Carnation Milk

THERE is usually a small amount of ordinary milk left over after the daily requirements have been taken care of. This milk spoils quickly. In the course of the year, this daily waste is often times very large. Carnation Milk will eliminate all loss and every patriotic housewife will realize that a saving in milk is as important as a saving in food in backing up the work of the food administration.

Carnation Milk keeps perfectly in the can until opened and remains pure and sweet for several days thereafter, if kept in a cool place. It is only pure cow's milk evaporated to the consistency of cream—sealed airtight in cans and sterilized to preserve its wholesomeness.

### For Cooking and Baking

The rich quality of Carnation Milk adds a delicious flavor to all foods cooked with it. Use it for soups, oyster-stews, gravies, creaming vegetables and fish and for desserts. Add pure water to reduce its richness as desired. If you have been using skimmed milk in your cooking simply add more water. You will find it most convenient—always ready for use.

### For Every Milk Use

Carnation will fill your every milk use to your utmost satisfaction. For drinking, dilute as per directions on can. Babies as well as grown-ups thrive on it. Use it in coffee, tea and for making cocoa. Carnation is the only Milk supply you need in your home.

### Free Recipe Book

Our recipe book contains many recipes that are made better by the use of Carnation, including many recipes for Wheatless and Meatless Dishes. This book should be in your kitchen. Write for it today. It will help you save on your milk bills.

Your grocer can supply you with Carnation Milk. Order it today and become acquainted with its safety, convenience and economy.



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"From Contented Cows"