

OUR HOME CLUB

"Cousin Eric," very appropriate article, on "How to Keep Going" will be read by many right thankfully. If we can follow out the instructions she gives us we will be all right. We are not old until we think ourselves old.

She is a little too severe on her sisters though, in that paragraph relating to aches and pains. Why deprive people of speaking on topics which interest them most. It is like shutting up a wide-awake farmer in a machinery shop in town. He will fade away. She is living the aches and pains over again, but then she is enjoying herself. I only know one woman who grumbles, and she is ever ready to laugh at a good joke.

If we wish to keep young we must breathe deeply; stand on the ball of the foot, thus lifting the weight off the spine. Little physical exercises like these, which we do not need to leave our kitchen to perform, (providing our kitchen is properly ventilated) will greatly assist in the solution of that pertinent question, How to Keep Young.—"Mother."

THE BOYS ON THE FARM

Why not give the boys on our farms a chance? Is it any wonder that farmer's boys are considered "Molly coddlers"? A town boy has a chance to get out and depend on

himself, and steps along with that independent swing, while the farmer's boy is taught to let father lead. Whose fault is it that those shoulders droop and the head is bent forward, and the expression in his eye denotes dependence? Won't some members of the Home Club give their views on this subject? The question of keeping on top on the farm is a very important and live one.—"Aunt Sue."

VACATIONS ON THE FARM

Sometimes the wife may think that they cannot afford the price for a trip, but they can surely afford a horse and rig, and drive to a pretty lake early some bright morning, and spend the whole day in solid enjoyment.

I have had some of my most enjoyable holidays at just such a place. Occasionally about a dozen neighbors would go together and have the use of small boats, and everybody would forget for one day that they had any care in this world. I am sure they all come home feeling better for this day out, and anxiously looking forward to the next such a treat.—"The Doctor's Wife."

A burn can be relieved with common baking soda (dry) if applied at once.

A good wash for inflamed eyes is made of one pint boiling water, one teaspoon boric acid powder, and a half teaspoon spirits of camphor.

Brighter Up



Before you invest in paint or varnish, investigate and find out which will last the longest, look the best and prove the most satisfactory all 'round. Ask the

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JELLY ROLL

Four eggs, 1 cup sugar, 5 table spoons cold water, 1 cup flour, 4 table spoons baking powder.

SNOW PUDDING

One-fourth box of gelatine, ¼ cup cold water, 1 cup boiling water, 1 cup sugar, ½ cup lemon juice, whites of 3 eggs. Soak the gelatine in the cold water 30 minutes or until soft. Add boiling water, sugar and lemon juice and stir until the sugar is dissolved. Strain into a large bowl and set aside to cool. If acedulated gelatine is used, the lemon juice may be omitted.

Beat the whites of the eggs to a stiff froth and when the gelatine begins to stiffen, add the whites and beat all together until very light; pour into a pretty glass dish or mold it. If the whites of the eggs are added to the gelatin before it becomes cold or stiff, more times will be required for the beating; 5 or 10 minutes should be sufficient. Make a custard of the following and serve with the pudding: Yolks of 3 eggs, 3 table spoon sugar, ¼ teaspoon salt, 2 cups hot milk, ½ teaspoon vanilla.

STRAWBERRY WHIP

One quart strawberries, whites 4 eggs, sugar. Mash the berries fine and sweeten to taste, add the beaten whites, beat again and set on ice. Serve very cold with cream.

CURRANT BREAD SAUCE

Stew ½ cup cleaned and dried currants 15 minutes in water to cover, then add 1 tablesp butter, a very little salt and pepper, ¼ teaspoon cloves, and two heaping tablesp stale bread crumbs. Simmer 15 minutes longer, and just before serving add ¼ cup cider.

PEACH OMELET

Of the sweet omelets this is perhaps the best, although an orange omelet made in the same way is excellent. Beat the yolks of 4 eggs and one tablespoonful of sugar until it is creamy and light yellow; add a table spoonful of lemon-juice slowly, stirring it carefully, a little salt and a little grated lemon rind. Whip the egg-whites very stiff and fold lightly into the yolk mixture. Have a heaping tablespoonful of butter in the frying-pan, and when it is hot pour in the mixture. As the omelet thickens, pierce it here and there with a fork, and when it is done and has dried in the oven, spread with peaches sliced very thin and sugared; fold over, sprinkle with sugar and serve at once. All fruit should be allowed to stand sliced in sugar to extract the juice, which should be poured around the omelet when serving it.—The New Idea Magazine.

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POINTED YOKE BLOUSE 6286



The pointed yoke is always a favorite. It allows of treatment of various sorts and its lines are very generally becoming. It can be used with the old waist and for the entire gown and it can be worn either with a high waisted skirt or with a belt.

Material required for medium size is 4½ yds 21 or 24, 3½ yds 32 or 34 yds 44 in wide, with 1½ yds 44 in wide, and 1½ yds of edging.

The pattern is cut in sizes for 32, 34, 36, 38, 40 and 42 in bust, and will be mailed on receipt of 10 cts.

FANCY YOKE BLOUSE 6281



The blouse that can be made from tubular or other fancy material is the one in great demand just now and this model is especially designed for such use. It is made with a pretty fancy yoke and can be either lined or unlined.

Material required for medium size is 3½ yds 21 or 24, 3½ yds 32 or 34 yds 44 in wide with ½ yd 44 in wide.

The pattern is cut in sizes for 32, 34, 36, 38, 40 and 42 in bust, and will be mailed on receipt of 10 cts.

GIRL'S DRESS 6291



One piece dresses are favorites for little girls this season. They are simple, childish, and becoming and easy to launder. This one is easy to make and made of linen with scalloped edges, just such treatment being very fashionable now but the dress can be finished with plain bands or with hemmed edges if preferred and all seasonal materials are appropriate.

Quantity material required for medium size is 2½ yds 4 yds 24, 3½ yds 32 or 34 yds 44 in wide.

The pattern is cut for girls of 4, 5 and 6 yrs, and will be mailed on receipt of 10 cts.

MISS' BOX COAT 6294



The half fitting coat in box style is very becoming to young girls and to be very much worn throughout the season. This one is simple and youthful, is cut on admirable lines and is equally well adapted to the suit and the general wear.

Material required for 16 yr size is 4 yds 27, 2½ yds 44 or 3½ yds 52 in wide.

The pattern is cut for girls of 14 and 16 yrs of age, and will be mailed to any address on receipt of 10 cts.