

### Water Supply in Farm Homes

The survey made by the Committee on Lands of the Commission on Conservation in Canada in 1909 of 985 farms in the various provinces of the Dominion—an average of rather more than 100 farms for each province—discovers the fact that only about 10 per cent. of the farmers have running

water in the kitchens, most houses depending on wells at some distance.

One of the means of conserving time, strength and pride in their houses, of the women in rural homes, would be the provision of an adequate supply of pure water on tap in the house. In most cases, including the cost of a windmill where that is the best power, the cost need not exceed

\$125, including power, tank and piping.

The drinking of impure water has the effect of depressing the vitality of the whole family, making them more liable to disease and resulting in loss of efficiency. These are evils in addition to the occasional cases of fever, which come from drinking water into which the seepage from house or stables has found its way.

### Real Education for Girls

Every girl should be so educated that if called to fill the position of wife and mother, she may preside as a queen in her own domain. She should be fully competent to guide and instruct her children and to direct her household affairs. It is her duty to understand the mechanism of the human body and the principles of hygiene, the matters of diet and dress, labor and recreation and countless other things that intimately concern the welfare of her household.

Many women accounted well educated, having graduated with honors at some institution of learning, are shamefully ignorant of the practical duties of life. They are destitute of the qualifications necessary for the proper regulation of the family, and hence essential to its happiness and well-being. They may talk of woman's rights and her elevated sphere; yet they themselves fall far below the true sphere of woman.

### THE COOK'S CORNER

Recipes for publication are requested. All inquiries regarding cooking recipes, etc., gladly answered upon request, to the Household Editor, Farm and Dairy, Peterboro, Ont.

#### FUDGING—APPLE AND LEMON

Four eggs, whites of three to be kept for the top; six apples stewed or grated fine, four ounces of butter, six ounces of white sugar, juice and rind of one lemon. It is nicer cold.

#### OATMEAL GRIDDLE CAKES

One cup oatmeal, one cup flour, one teaspoon sugar, one teaspoon good baking powder, one-half teaspoon salt; sift the baking powder in with the flour; add cold water to make a batter of the consistency of buckwheat cakes; beat very well together and bake immediately. This receipt is sufficient for a family of three.

#### ORANGE CAKE

Two cups of flour, two cups of sugar, one-half cup of water, two teaspoons of good baking powder, yolks of five eggs, whites of three; bake like jelly. Dressing: Whites of two eggs, grate the rind of two oranges, add the juice, sugar to thicken; put this between the cakes and set back in the oven for a minute.

#### CHOCOLATE PUFFS

Ingredients—One-half lb. of double refined sugar, 1 oz. of chocolate, white of an egg. Beat and sift the sugar, scrape into it very finely the chocolate and mix well together. Beat the white of an egg to a stiff froth and strew in the chocolate and sugar beat till as stiff as paste. Then sugar the paper, drop them in very small quantities and make in a slow oven.

#### POTATO CAKE

Crush cold boiled potatoes with butter and salt; mix in a small proportion of flour and a little yeast (the last may be omitted at pleasure), and with milk work the whole to the consistency of very firm dough; roll it out to the thickness of an inch and cut a half or two inches; cut it out the size of your frying pan, previously greased, and in it lay your cake after flouring it all over; bake covered with a plate, shake and shift a little from time to time to prevent burning; when half done turn it, and cover with a plate again.

### The Sewing Room

Patterns 10 cents each. Order by number and size. If for children, give age; for adults, give bust measure for waists, and waist measure for skirts. Address all orders to the Pattern Department.

#### GIRL'S COAT, 7188.

The double breasted coat always is a becoming one to little girls and it is in the height of style this season. This one includes patch pockets that are both smart and convenient. It can be made with a fancy collar and cuffs or with a higher neck, narrow collar and without cuffs.

For the 10 year size will be required 4 yards of material 37, 2 1/2 yards 44, 2 yards 52 inches wide with 5 1/2 yard of velvet for collar and cuffs.

This pattern is cut in sizes for girls of 8, 10 and 12 years of age.

#### SIX GORED SKIRT, 7186.

The skirt with panels at front and back is an established favorite. This one can be treated in several ways. It can be made as illustrated with the double panels and patched, or the panels can be cut straight and edged with fringe, or single panels can be used; or the skirt can be made without the front panels and with the back ones only.

For the medium size will be required 6 1/2 yards of material 27 or 36, 5 1/2 yards 44 inches wide if material has fringe or nap, the width of the skirt at the lower edge is 2 1/4 yards.

This pattern is cut in sizes 24, 26, 28 and 30 inch waist measure.

#### GIRL'S DRESS, 7185.

The little girl's dress that is made with a fancy collar is always a becoming one. This model can be treated in two or three distinctly different ways. It can be made as shown in the large view, with the collar arranged over the blouse portion, or it can be cut out as shown in the small view.

For 10 year size will be required 4 1/2 yards of material 27, 4 yards 36, 3 1/2 yards 44 inches wide with 7 1/2 yard of silk and 6 yards of braid to trim as illustrated. This pattern is cut in sizes for girls of 8, 10 and 12 years of age.

#### PEASANT BLOUSE, 7177.

The blouse that is made in peasant style and closed at the left of the front is one of the latest and smartest. This one is embroidered in Bulgarian style with wool threads in oriental colors, but the trimming can be any preferred.

For the medium size the blouse will require 3 yards of material 27, 3 1/4 yards 36, 1 1/4 yards 44 inches wide with 1 1/4 yards 18 inches wide for chemise and under-sleeves, 3 yards of banding to trim as shown in back view.

This pattern is cut in sizes 34, 36, 38 and 40 inch bust measure.

## Be Fair. Buy a sack or barrel before judging PURITY FLOUR

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# PURITY FLOUR

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