



Little
Miss
MAIDEN
CANADA
Registered

If the Whole World Knew

the great food value of cocoa, there would be less poverty.

One half-pound tin of Cowan's Perfection Cocoa added to the usual proportion of milk per cup, equals two pounds of beef in food value.

The cocoa containing the most nourishment, derived from the best and most expensive cocoa beans, may be bought everywhere.
Canada Food Board, License No. 11-608.

COWAN'S COCOA

"Perfection Brand"

B61

"Get Your Hands In"

Queen Quality SILK GLOVES

Your safest guide in the purchase of Gloves is the trade-mark "Queen Quality" stamped in gold inside each pair. It means 20 years' experience in making the highest grade gloves for practical use on beautiful hands. Double tipped. Every pair guaranteed.

St. Catharines Silk Mills, Limited
Makers of Silk Gloves and Silk Lingerie.
75-D

The guiding hand

**CARRY OUT THE ORDERS
OF THE
CANADA FOOD BOARD**

**Save Sugar
BY USING
CROWN BRAND
CORN SYRUP**

Not only a choice table Syrup—can be used for all Baking

**Save Wheat
BY USING
BENSON'S
CORN STARCH**

Makes dainty Pie Fillings, Blanc Mange, Puddings and Custards, and can be used in Bread making.

**"CASCO"
Refined Potato Flour**

Makes delicious Cake.

MANUFACTURED BY
THE CANADA STARCH CO. LIMITED - MONTREAL

Let's Go Camping

(Continued from page 8)

- | | |
|----------------------------|----------------------------|
| 3 pk. dessicated soup | 1 lb. lima beans |
| 1 pk. egg powder | 1 lb. rice |
| 3 lbs. butter | 1/2 lb. split peas |
| 3 lbs. shortening | 2 cans baked beans |
| 1 lb. tin Klim milk powder | (for emergencies) |
| 2 loaves bread | 1 lb. coffee |
| 7 lb. bag flour | 1/2 lb. tea |
| | 1 lb. sweet chocolate |
| | (for emergencies) |
| 1 box pancake flour | 5 lbs. white sugar |
| 2 lbs. cornmeal | 3 lbs. brown sugar |
| 1 lb. cream of wheat | 1 tin corn syrup |
| 1/2 lb. tin baking powder | 1 tin marmalade |
| Small amount baking soda | |
| 1 doz. lemons | Salt in mailing tube |
| 1 lb. dried apricots | Pepper in shaker |
| 1 lb. dried peaches | pk. popcorn |
| 1 box raisins | 1 lb. lemon and lime drops |

There are a few general articles that must not be omitted from the outfit, such as a good axe and sharpening stone, a camp lantern or acetylene gas lamp, plenty of matches in a tight-fitting tin box and a watertight safety match box always on the person, a keen hunting knife, a dozen candles, individual pocket flashlights, a little wire and stout cord, a few nails, a compass, a metal mirror, a few yards of cheesecloth, a sewing kit, and a small first-aid kit containing bandages and absorbent cotton, scissors, adhesive plaster, peroxide or some iodine, also a cathartic and an astringent.

That seems to be just about everything except the fishing tackle, which will vary somewhat according to the part of the Park you intend to visit. You will find a great variety of fish, for there are salmon trout, lake trout or greyling, some white fish, black bass of the small-mouthed variety, and brook trout in abundance—the genuine square-tailed, speckled kind that will put up as spirited an argument as you could wish for. If you have never played and landed a two-pound brook trout, you have yet to feel one of the greatest thrills of life, for in my opinion there is no gamier fish to be found in Canadian waters. Early in the season there is good fly-fishing in the Park, any of the following flies being successful: Parmachene Belle, Silver Doctor, Brown Hackle, Black Hackle, The Trumble, The Laird and Jock Scott. Trolling with the archer spinner brings results in the salmon and greyling trout at almost any time of the season, while the Devon bait we found to be especially "deadly" for the speckled trout that swarm some of the lakes. A waterproof khaki haversack is one of the most convenient things to carry all your tackle in and a flat gun-metal tackle box for flies, hooks, minnows and spoons will fit into it neatly.

THERE are innumerable trips that one may take, but it is best to map out your itinerary before you start. The many excellent camp sites and shelter huts to be found everywhere in the Park are greatly appreciated if you are making a continuous trip with "one night stands" as your specialty. Or if you are stopping overnight on your way to a more permanent camp, they will be equally welcome. Officials of the railway will gladly give advice to anyone contemplating a trip, and with the aid of the blue print map which indicates all lakes, rivers, shelter huts and portages, one can readily choose his route and make his plans.

A great deal more might be said on this fascinating subject, but if this brief description has given you a determination to sweep away any difficulties or objections that may have stood in your way, and strike out into the woods for the kind of holiday you have longed for and never had, I, for one, will be glad, and you will be a happier, richer person. Once you have been there and absorbed the wonderful charm and beauty of the country, you will not wonder why I like to tell folks about Algonquin Park, for you too will be just as much in love with it, and proud that it belongs to us as Canadians.

A Case in Which Everywoman's World Brought Results

IN the March issue of EVERYWOMAN'S WORLD, registration blanks were published for the use of farmers who desired help and of women who wished to offer their services on the farms. Several hundred of these were received. The following note from Miss Harvey speaks for itself:

"It is very good indeed of you to assist us by publishing application forms for us in your magazine."

"We find it very hard to get in touch with the farmers and it will be of the greatest assistance to have them send in their forms to you. Your co-operation has enabled us to make the success of our work that we attained last year. With heartiest thanks for your co-operation, I remain, Yours very truly,

WINIFRED HARVEY,
Director of Women's Farm Work."



Hours Drudgery Once Claimed Now Saved for Needed Duties

THE woman who would help others, first helps herself. She adopts labor-saving devices. She makes home-keeping easy. Thus she saves hours for war work, charities and recreation.

Perhaps the most frequently needed of these household helps is the

BISSELL'S "CYCO" BALL-BEARING Carpet Sweeper

and Bissell's strong suction Vacuum Sweeper. Each is supreme for its particular purpose.

Practically no other article of home equipment saves so much time and drudgery. It makes sweeping a pleasant task. And it also makes homes more healthful. All germ-laden dust and dirt is quickly and thoroughly removed—not scattered.

Prices \$4.25 to \$6.00, Vacuum Sweepers \$8.50 to \$13.00—depending on style and locality. At dealers everywhere. Interesting booklet, "The Care of Rugs and Carpets," on request.

BISSELL CARPET SWEEPER CO.
OF CANADA, LIMITED

Gran. Rapids, Mich., and Oldest and Largest
Niagara Falls, Ont. (Factory) Sweeper Makers



With That New Frock You Will Need DELATONE

SO LONG AS FASHION DECREES sheer fabrics for sleeves, the woman of refinement requires Delatone for the removal of noticeable hair from the under-arm. Delatone is an old and well-known scientific preparation, for the quick, safe and certain removal of hairy growths, no matter how thick or stubborn.

Beauty specialists recommend Delatone for removal of objectionable hair from face, neck or arms. After application, the skin is clear, firm and hairless.

Druggists sell Delatone; or an original 1-oz. jar will be mailed to any address upon receipt of \$1 by
The Sheffield Pharmacal Co.
339 So. Wabash Ave., Dept. F. L. Chicago, Illinois.

DUSTBANE WILL RENEW YOUR CARPETS



Use It
Every
Day

Sprinkle Dustbane lightly on your carpets before sweeping and it will prevent the dust from rising, AND—it will keep your carpets fresh and clean.

Sold in Tins by All Grocers.
Keep a Tin on Hand for Daily Use.

If you have anything to sell to farmers, use a Rural Canada ad. Full information, RURAL CANADA, Toronto, Canada.