art ripe tomatoes, gar, 1 onion, 1 salt, 2 teaspoons ion and pepper ed tomatoes and cook 1 hour, un-

FOUNDED 1868

One peck green 6 large onions chopped fine, cup salt. Let In the morning eppers, 2 lbs celery chopped 2 tablespoons whole cloves, Let come -cent bottle of

in jars. alf peck green cabbage, 6 large ted horseradish, 1, ¼ cup ground ery seed, 2 lbs. vinegar, 1 cup bage and onions .Next day drain egar and other vell and put in

Pumpkins,

method for cany E. L. Davies. logy, in Bulletin rio Agricultural

ighly sterilized

ck in a boiler. from 5 to 15 em with boiling ater and plunge ness. Boil the fill jars, adding p the jars with cold water to the rack. Put or the required sealer tops left wn tops and set Repeat the d again on the ops each time. 'greens" of all corn, carrots way. Asparaminutes on 3 should beans, as. Tomatoes

the jars, upcooling period, y be observed lization must bers used. this process

n 3 successive blanched before

various bacteria etc. erilization, as d is necessary which form t to ordinary first day kills active (vegout not psing between g most of the re killed by eat. A third other twentyny cells which hich had not cond heating

to sterilize lemand only

nay be made n perforated diffusion be put in from direct It should the bottom of projecting

w? dford, Ont., nyone knows d blue eyes, kful to hear can answer Sercombe.

Bread Making Contests At Rural School Fairs

PRIZES-Free Courses at Macdonald Institute, Guelph Free Poultry Raising Courses at Ontario Agricultural College Free Cook Books and Magazines

Over 1,500 prizes in all will be offered in bread-making contests which will be held this fall at over 250 rural school fairs taking place in Ontario. It will be a great event at the fairs and will stimulate interest in bread-making among young girls between the ages of 12 and 17 years.

Here is a wonderful opportunity for your daughter to win for herself a Free Course in Doméstic Science at the famous Macdonald Institute, Guelph. All she has to do is to bake one double loaf of bread and enter

it in the contest at the fair according to the conditions explained below and more fully told in the folder we will send you on request. The loaf must be baked

Cream of West Flour

the hard wheat flour guaranteed for bread.

This is a splendid flour which makes the biggest, bulging loaves—whitest, lightest and most wholesome bread you ever baked. Is this not a splendid opportunity to interest your daughters in breadmaking?

Here are the Splendid Prizes offered for the best with Cream of the West Flour. The following are offered at each local Fair:

1st Prize.—1 paid-up subscription to "My Magazine" for 1 year.

This magazine is full from cover to cover every month with articles suitable for young people of all ages. It is published in England. Value \$2.50 per year.

2nd Prize.—6 months paid-up subscription to "My Magazine" Value \$1.25.

Value \$1.25.

Extra Prizes.—When entries exceed ten a 3rd prize will be awarded of 6 mos. paid-up subscription to "My Magazine." When the number of entries exceeds twenty the judges at the fair will award 4th, 5th, and 6th prizes of one year's paid-up subscriptions to "The Little Paper." This is a wonderful little publication issued every month in England. Its eight pages are packed with highly engaging information and stories relating to history, nature-study, animals, bird-life, etc. Value \$1.25.

Important — The winners of 1st prizes at the fairs automatically become competitors for the Provincial Prizes. The second half of the double loaf is sent to Ontario Agricultural College, Guelph, by the district representative in special container provided. The judging is done by Miss M. A. Purdy of the Department of Breadmaking and Flour Testing at the College.

Provincial Prizes—The winners of first prize at each local fair compete for following Provincial prizes. The first and second prizes, or third and fourth prizes, will not be awarded in any one county:

1st Prize.—Short Course (3 months) in Domestic Science at Macdonald Institute, Guelph. The Macdonald Institute does not accept students under the age of 17 years; if the winner be less than 17 we present her with a certificate entitling her to take the course when she reaches the right age. Value of course \$75.00, which pays for fees, room, board and washing. The winner lives at Macdonald Hall while taking course.

2nd Prize.—Short Course (3 months) in Domestic Science at Macdonald Institute, Guelph.

3rd Prize.—Short Course (4 weeks) in Poultry Raising at Ontario Agricultural College, Guelph, Girls taking this course do not live at the College, but good boarding houses will be secured for them in Guelph. Value of course \$35.00, which pays board of student in Guelph. (No fees are charged for course.)

course.)

4th Prize.—Short Course (4 weeks) in Poultry Raising at the Ontario Agricultural College.

5th to 29th Prizes.—The Famous Boston Cooking-school Cook Book by Fannie Merritt Farmer, latest edition (1914). There are 2117 thoroughly tested recipes and 130 photographic reproductions of dishes, etc., besides much special information.

Conditions of the Contest

Every girl may compete at the rural school fair in her district, whether or not she attends school, providing that her 12th birthday occurs before November 1st, 1916, or her 17th birthday does not occur before Nov. 1, 1916. One loaf of bread must be submitted baked in pan about 7 x 5 inches and 3 inches deep, and divided into twin loaves so that they may be separated at the fair. The loaf must be baked with Cream of the West Flour. One half will be judged at the fair. The other half first prize loaf will be sent to Ontario Agricultural College, Guelph, to compete in the Provincial Contest. The local contest at the fair will be conducted under the same rules as all the other regular contests at your fair.

The standard by which bread will be judged will be as follows:

The	standard by which bread	will	be	judged will	be as follow
1	Appearance of Logf				15 marks
2					
	(b) Texture of crust (c) Shape of loaf			5 marks	
2	Torture of Crumb				40 marks
did .					
	(b) Sillriness			. ZU manks	
	(c) Color			. O Mains	45 marks
o.	(a) Taste			Cambin 62.	
	A Odes			. 20 marks	

Each loaf must be accompanied by the part of the flour bag containing the face of the Old Miller (important) and an entry form must be signed by the girl and parents or guardian stating date of birth, P.O. address, and giving name of dealer from whom Cream of the West Flour was purchased. The form will state

that the girl actually baked the loaf entered in the competition. The forms will be provided at the time of the fair. The decision of the judges is final. Not more than one entry may be made by each girl and not more than one prize will be awarded to the same family.

The Results of the contests at the fair will be made known in the usual way as in the case of all the other regular contests. The Provincial results will be announced as soon as possible after the conclusion of the Rural School Fairs in the Province.

Province. Do Not Miss this Great Opportunity: Every girl between 12 and

17 years should compete. What a splendid way to stir up increased interest in breadmaking! Get a supply of Cream of the West Flour at your dealers and practise using it as often as possible to increase the chances of winning. If your dealer cannot sell it to you, write to the Campbell Flour Mills Co., Ltd., Toronto, and they will promptly tell you the nearest place to get it.

No Competitions in Counties Named Below: No Competitions in Counties Named Below: The competition is open to all parts of the province where Rural School Fairs are held, except the districts of Rainy River, Kenora, Manitoulin and Thunder Bay. These districts are the only parts of the province where school fairs are held by the Department of Agriculture in which this competition will not be a feature. There are no district-representatives of the Department of Agriculture in the Counties of Huron, Perth, Wellington, Haliburton, Prescott, Russell or Lincoln, and no rural school fairs are held in these Counties by the Department of Agriculture. We regret, therefore, that the competition cannot include these Counties.

Write for free folder giving full and complete information about every feature of this great contest.

Address Campbell Flour Mills Co., Limited, (West) Toronto

Seasonable Recipes.

Potato and Green Corn Croquettes. -To 1 pint hot mashed potatoes (best use the ricer) add 1 cup green corn pulp, scraped off the cobs, salt and pepper to season, and the yolks of 2 eggs. If dry add a tablespoonful of butter or one or two tablespoons cream. Mix all well, shape into croquettes, roll in beaten egg then in bread crumbs and fry in deep fat. To get the corn pulp the best way is to score the kernels lengthwise with a sharp knife then press out the pulp with the back of the knife. The fat should be smoking hot when the croquettes are put in, and quite deep enough to immerse

Peach Sherbet.—Boil 1 quart water and 2 cups sugar for 20 minutes; add 1 teaspoon granulated gelatine softened in 3 tablespoons cold water, and when cold add 11/2 cups peach pulp, half a cup of orange juice and pulp, and the juice of 1 lemon. Partly freeze and serve in glasses.

Plum and Crab Apple Jelly.—Cook the plums with a little water and drain through a jelly-bag. Cook the crabapples in the same way and drain. Do not stir either fruit while cooking. Take one-third plum to two-thirds crabapple juice. Take $\frac{3}{4}$ cup sugar to each cup of juice. Boil the juice 20 minutes, add the sugar, heated in the oven, and let boil a little longer.

Apple Marmalade.—Use tart apples, not quite ripe. Pare, quarter and core, and allow ¾ pound sugar to each pound fruit. Add water to the parings and cores and boil ½ hour, then drain the liquid over the apples. then drain the liquid over the apples. Let cook until the apples are soft, then press through a fine colander. Add the sugar and cook until thick and clear.

The juice and grated rind of 2 or 3 lemons or oranges may be added if liked.

Creamed Corn.-Make a sauce of 2 tablespoons each of butter and flour mixed together and cooked with 3/4 cup milk. Season to taste. When boiling add 1½ cups corn pulp. When boiling put in a buttered dish, sprinkle with cracker crumbs mixed with melted butter, heat in oven, and serve.

Cream Potato Salad.—Take 2 eggs beaten very light, 4 tablespoons vinegar, butter size of a walnut, 2 teaspoons salt, mustard and paprika mixed together, some whipped cream. To make the mixture that can be kept on the company of the company salt. hand, mix 3 teaspoons salt, 1 of mustard and ½ of paprika. To make the dressing, heat the vinegar and pour slowly over the beaten eggs, stirring all the time. Cook in a double boiler, stirring steadily, and when done add the butter and seasoning. When cold beat in the cream.

Mix with the potato cubes adding a little

chopped onion and parsley.

Rhubarb Jelly,—Rhubarb may be gathered in late fall and made into jelly as usual. If it does not stiffen enough reheat with some apple jelly.

Stuffed Tomato Salad.—Peel firm

tomatoes and remove some of the pulp, after cutting a slice from the stem end of each. Sprinkle the inside with a little salt, and turn open side down on a plate. Let chill. For the filling take 1 cup slices of the inner stalks of celery and some channel and and automized and some chopped apple and nuts mixed with salad dressing. Fill, and serve on lettuce or celery leaves. Anchovies may be used instead of the apples and

Peach or Apple Betty.—Use soft crumbs from the center of a state loaf. Mix 3 cups crumbs with ½ cup melted butter. Have ready 3 cups sliced apples or peaches. Put the buttered crumbs and fruit into a baking dish in alternate layers, having crumbs on top. Sprinkle each layer of fruit with sugar and cin-

each layer of fruit with sugar and cinnamon or grated orange or lemon peel.
Bake for 1 hour, covered for the first
half-hour. Serve with sugar and cream.
Spiced Pickled Peaches, (From
"American Cookery.") Take 7 lbs.
peaches, 3½ lbs. sugar, 3 cups vinegar
some whole cloves, 3 oz. stick cinnamon,
1 to 3 cups water. Brush the skins
of the peaches to remove the down, or
dip for two minutes in boiling water,
then in cold water. Make a syrup of the dip for two minutes in boiling water, then in cold water. Make a syrup of the sugar, vinegar and water; add the spices, then cook the peaches in the syrup, a few at a time, until tender. When all are cooked, drain off any syrup around them, and let all the syrup cook until thickened somewhat. Reheat the peaches in the syrup and store in glass cans as in the syrup and store in glass cans as canned fruit is stored.

Mixed Salad.—Three cups cold boiled potatoes cut in small cubes, 1 cup shredded cabbage, 4 hard boiled eggs cut in pieces, 2 tablespoons chopped pickle, 2 tablespoons chopped green

pickle, 2 tablespoons chopped green pepper if available, 1 tablespoon chopped parsley, a few drops of onion juice. Mix with dressing and serve on lettuce. Orange Pudding.—Four oranges, 3 cups milk, 1 cup sugar, 3 eggs, 2 tablespoons cornstarch, pinch of salt. Cut orange pulp fine and sprinkle half the sugar over. Let stand a few hours. Beat yolks of eggs, add the rest of the sugar, cornstarch and salt, and stir into the boiling milk. Cook and cool, then pour over the oranges and sugar. Beat the whites of eggs to a stiff froth and add

pour over the oranges and sugar. Beat the whites of eggs to a stiff froth and add 2 tablespoons sugar. Spread over the top and brown in oven. Eat cold.

Cream of Lettuce soup.—Cook 1/2 tablespoon chopped onion with 1/2 tablespoons butter, stirring constantly. Add 2 heads lettuce finely cut, 2 tablespoons rice, and 21/2 cups chicken broth. When the rice is soft add the yolk of an egg beaten and mixed with 1/2 cup cream, Season to taste. Season to taste.

Whole Wheat.-One cup whole wheat washed and soaked several hours. Drain, add to 4 cups boiling water, put in 1 teaspoon salt and boil until soft. Serve with cream and sugar. This may be boiled ½ hour then put in the fireless cooker over night. Reheat in the morning and serve for breakfast.

Cream Cake.—Two eggs, 1 cup sour cream, 1 cup sugar, 2 cups flour, 1 teaspoon soda, ½ teaspoon salt, flavor with lemon. Stir the soda into the cream, beat the eggs, then mix all ingredients together, last of all the flavoring. washed and soaked several hours. Drain,

flavoring.
Filled Cookies.—To make the cookies use 1 cup sugar, ½ cup butter, 1 cup milk, 3½ cups flour, 2 teaspoons cream of tartar, 1 teaspoon soda, 1 tablespoon vanilla. Roll thin and cut out. For the filling take 1 cup chopped raisins, ½ cup sugar, ½ cup water, 1 teaspoon flour. Cook this until thick, stirring all the time. Put a layer of cookies in all the time. Put a layer of cookies in a well-buttered pan, spread a teaspoon of the filling on each, cover with another cooky and bake in a moderate oven.

The Scrap Bag.

For Perspiring Feet.

Mix together three parts talcum powder and 1 part boric acid. Dust the feet with this every morning after washing them.

Removing Freckles and Tan.

Mix together buttermilk, grated horseradish and cornmeal. Spread between