

SASKATCHEWAN LANDS CANADA

On the 18th of April I commence to sell a block of **150,000 acres** of carefully-selected farms, at **\$12.00 per acre**, on the Crop Payment Plan. This is all the land I will offer for sale this season on these terms, so if you want a farm that will make you money without a cent invested, send for particulars at once.

You pay no money, except half the crop you grow until you pay for the land, then you get a clear title. No place offered for sale more than 8 miles from town.

Write for information, tell me what position you are in, and I will make you a proposition to suit.

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A. B. COOK, REGINA, SASKATCHEWAN, CANADA.

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AERICAN FENCE is standard of the world. More miles of it are in use than all other fences combined.

It is made of steel that is exactly fitted for it. A woven-wire fence can be made of wire too soft or too hard.

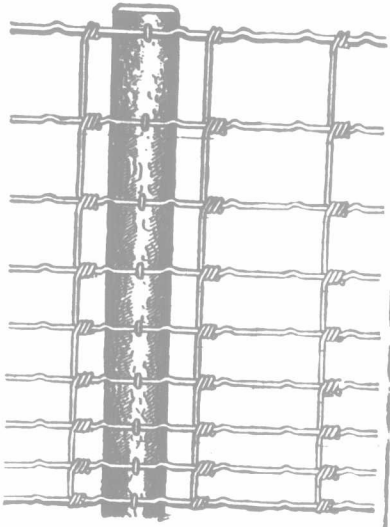
It must be exactly right to render good service.

The structure of the American Fence is perfect. It is built of big, solid, galvanized wires, all No. 9 gauge if you prefer it, with the upright or stay wires hinged; in all heights and for all purposes.

American Fence and Gates are for sale by dealers everywhere, or write us direct and we will send you a catalogue free, and tell you where you can get the fence and save money.

Manufactured by

**The Canadian Steel & Wire Co., Limited,
HAMILTON, ONTARIO.**



THE SUCCESS OF CANADA'S GREATEST CO-OPERATIVE STORE

Our catalogue is now ready, and will be forwarded to any address free of charge. Don't buy anything anywhere until you refer to this catalogue, and see how much money the co-operative plan will save you. Don't buy anything until you learn all about our liberal method of sharing our profits with our customers. Don't be persuaded into placing a general order for Groceries, Dry-goods, Shoes, Graniteware, Furniture, Sewing Machines, Pianos, Organs, Buggies, or any of the thousand things you may need, until you learn how a liberal part of all the money you send us goes back to you, as you share in the profits of this business.

The People's Ability to Judge Quality and Price has been shown in the unparalleled growth of this business. So accurately do they judge, that they have left their accustomed places of supply and come to us, and they tell their friends and their friends' friends, and so general and so great has been the demand for our catalogue that at times we have been compelled to restrict its circulation.

It is the Co-operative Method that has made this store successful. It is because of the fact that this is a general co-operative movement that people are able to save large amounts by dealing with us.

In Our Catalogue We Give the Names of dozens of prominent farmers, reeves, county wardens, farmers' institute presidents, etc., that can be referred to regarding our integrity and our ability to do what we say. Be sure and get this catalogue. **THE CANADIAN CO-OPERATIVE CONCERN, Ltd., A Departmental Store Owned by the People, Hamilton, Can.**

FREE TO LADIES!



Cured me when all else had failed. It will do the same for you, and that you may be convinced I will send ten days' treatment free to any lady who is suffering from troubles peculiar to our sex. Address, with stamp, MRS. F. V. CURRAH, Windsor, Ont.

LANDSCAPE GARDENING

Plans for Parks, Cemeteries, Public and Private Pleasure Grounds made by

Chas. Ernest Woolverton, Landscape Gardener, GRIMSBY, ONT.

Drawings made to a scale, so that any gardener may carry them out. Correspondence solicited

HEALTH IN THE HOME.

By a Trained Nurse

Diarrhoea.

There are two forms of diarrhoea, namely, the acute and chronic. The acute form is familiar to everyone. It is the result of errors and indiscretions in diet, sometimes of exposure to cold or severe mental emotion. This form is usually transient, and generally subsides in a few days, if care is taken with the diet. Chronic diarrhoea is by no means as simple and as easily cured as the acute form. A chronic diarrhoea is, in most cases, a symptom of some serious disease—typhoid fever, intestinal maladies, or a tuberculous condition of the intestines.

In both acute and chronic forms, the regulation of the diet is more important. After an attack of acute, the return to food should be gradual, the food being taken in small quantities. Begin by taking a little arrowroot, rice or flour porridge. In both forms, the diet should consist of concentrated foods, Barley, mutton and chicken are all astringent. Milk diluted with lime-water, sago, also flaxseed tea, protect the stomach from local irritation. Care must be taken to avoid foods which cause fermentation or irritation. Cereals contain glucose, and ferment easily. Fruits and vegetables all irritate, and should not be taken.

In all cases of diarrhoea the patient should be extremely careful to protect against sudden changes of temperature or wet feet or clothing.

RECIPES FOR USE IN DIARRHOEA.

Mutton Broth.—One pound mutton, 1 quart cold water, 1 tablespoon rice. Method of preparation: Allow mutton to simmer three hours, put it on in cold water, remove fat and season.

Mutton Custard.—One quart milk, 1/2 pound mutton suet, 1 stick cinnamon, 2 tablespoons flour. Method: Spread suet fine, mix with milk;

cook in double boiler; strain, add flour blended with water; add salt, boil ten minutes.

Poached Egg in Milk.—Scald milk, drop in egg, reduce temperature. If desired, thin white sauce can be added to milk. Pour over toasted bread.

Scalloped Mutton.—Six tablespoons mutton chopped fine, 6 tablespoons buttered breadcrumbs, 2 tablespoons dried breadcrumbs. Method: Place dry crumbs in bottom of baking dish, alternate layers of mutton and crumbs, cover with crumbs. Pour over a white sauce—1 tablespoon flour, 1/2 cup mutton broth. Bake in oven.

Orange Sponge.—One-half cup water, 1/2 cup orange juice, 3 tablespoons cornstarch, salt, 2 eggs, 8 lumps of sugar rubbed on orange rind. Method: Cook cornstarch and water, add juice and sugar, add whites of eggs beaten, mould and chill; serve with whipped cream, or custard made of yolks.

Rice Cream.—One and one-half cups milk, 1/2 cup rice, rind of 1 lemon, 2 tablespoons gelatine, 1/2 cup sugar. Method: Cook rice in milk (in double boiler), add lemon, salt, sugar, and, last, gelatine dissolved. Mould, and when nearly set add 1/2 cup whipped cream.

Egg Gruel.—Heat a cup of milk to boiling point, stir in one well-beaten egg, 1/2 cup of cold milk. Stir constantly till thick, but do not boil again. Season with salt, or sugar, if preferred.

Arrowroot Porridge.—One-half cup of fresh milk, 1/2 cup boiling water, 1/2 teaspoonful of arrowroot, wet in cold water 1 teaspoon sugar, salt. Boil water, arrowroot and salt till clear, add milk and sugar, cook ten minutes, stir constantly. Serve while warm.

Arrowroot Jelly.—Three-quarters tablespoon arrowroot, 1/2 cup water, 1/2 tablespoonful sugar, lemon juice. Boil all together till clear. Mould.

MARION DALLAS.

About the House.

Article No. 2—Roasts and Boils.

As was stated in article No. 1 of this series, the proteids, a few minerals, and water, constitute the chief tissue-builders, or waste-repairers of the body. Meat is not only rich in proteids, but contains also the minerals, phosphoric acid, potash and iron, along with, usually, a varying proportion of fat, which, it will be remembered, is a productive source of heat and energy. Added to this, that the meats in general, and especially lean beef, game, breast of chicken, etc., are among the most easily digested and thoroughly assimilated of the solid foods, and it will be seen that they should not be lightly excluded from the daily bill-of-fare.

However, as remarked a few issues ago by "Jack's Wife," it is quite possible to turn a tender, juicy, nutritious cut into an India-rubber-like ball, for whose digestion an ostrich's maw would almost be necessary. When so cooked, meat is comparatively useless, a sheer waste of time, money, and material, yet, notwithstanding this fact, one continually sees people treating a boil as if it were a stew, crisping a roast almost to a cinder on the outside, frying beef-steak just as though it were bacon, and, worse than all, wasting the greater part of a great piece of meat by first making soup on it, then serving up the insipid, tasteless mass and dignifying it by the name of "boiled meat."

In this paper, we shall not have time to deal with all the methods, but must confine ourselves to the two standards, roasts and boils.

In the case of both of these, perhaps the first requisite is that this rule be burned upon the brain of the cook: The juices of the meat must be retained.

Now, this can only be done in one way, by producing a close, firm coating all over the outside of the meat. If this is neglected, more or less of the juice will run out, and the India-rubber process will be, by just so much, perfected. The most effective means of producing this coating is to subject the whole surface first to an intense heat. The following examples will, however, tell more explicitly what we mean.

To Roast Beef.—First choose your roast. The chuck ribs, first cut of ribs, tip of sirloin, middle of sirloin, first cut of sirloin, back of rump, face of rump, and tenderloin, are the portions set apart for roasts and steaks. If, however, you want the very choicest cut, choose the second cut of the sirloin, and the back of the rump and first three ribs. Pictures of all the cuts have, from time to time, appeared in "The Farmer's Advocate." Now trim your roast, wipe it, and, if necessary, skewer it into shape. Next, rub it over with salt (some also dredge with flour), and place in the baking-pan, preferably on a rack. Now sear the outside completely by either of the following methods: (1) Place on top of the stove, and brown (without the rack), by turning first on one side, then on another, basting meanwhile with fat tried out and brought to a blue heat; that is, until a blue smoke rises from it. (2) By placing the roast first in a very hot oven, subsequently lowering the temperature somewhat, and