

"Flourfax" Fables

The Honest Flour Barrel and the Farmer's Wife

Once upon a time an honest flour barrel was sent out to a farmer's house full of flour—the wise wife looked the barrel over carefully and then said to her husband:

"No; it isn't this is the flour I wanted—I don't see 'Royal Household' on it."

"No; it isn't 'Royal Household,' said the farmer.

—but it is just as good.

"For the grocer said so.

"When I asked for 'Royal Household' he recommended this kind, saying it was just as good, but didn't cost as much, so I said I'd try it."

"I wish you had done as I said—I don't think much of these 'just as good' grocers any way—I want the flour that is purified by electricity for I believe it is healthier. However, since we have got this, I suppose we might as well use it," and she had the barrel rolled into the pantry and opened up.

"Looks pretty good," she said to her-self.

"Madam," spoke up the Honest Flour Barrel, "even flour experts can't tell a stout flour just by looking at it. Any flour, if there is no other flour to compare it with, looks white and nice—but if you bake it into bread and then bake 'Royal Household' into bread you can see the difference.

"Now, the truth about this flour is, it is made of cheap wheat, in a cheap mill, by a cheap process. Flour that is not highly purified contains a lot of stuff that isn't flour, and the process of taking all of it out is expensive—that's why pure flour costs more.

"Pure flour is worth all it costs and more, too. If you knew the whole truth about flour, you'd send me back and get 'Royal Household.'"

And the Honest Flour Barrel having said its say subsided, but after the first baking, back went the barrel to the grocer and "Royal Household" Flour was sent in its stead.

—now the Farmer's Wife uses "Royal Household" Flour and nothing else.

—and the grocer doesn't sell the "just as good" flour any more.

Any reader may have the "Royal Household" recipes free by sending name and address to the Ogilvie Flour Mills Co., Ltd., Montreal.

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HEALTH IN THE HOME

Proper Food and Feeding

The amount of advice we have had concerning what to eat and what not to eat, would fill a book. If we eat bolted flour we may expect dyspepsia; if we eat meat look out for lithemia; in pork trichiniasis may be in hiding, and in richest milk the feverish bacilli is doubtless sporting.

And there is much in what we eat, much that concerns our health and strength, but there is much in the way we eat it. It is well to look out for germs, but the most virulent cannot stand a bath in good, healthy gastric juice. It is necessary that germs come, one way or another, but let it be woe unto them when they strike the gastric membrane.

Children nowadays are trained to do most everything that is useless and expensive; let us train them to chew, to eat and drink slowly.

A glass of milk swallowed at a gulp is to revert to the way of the ostrich, and to invite indigestion and feed bacteria, but to sip it slowly and leisurely is to make the warm, rich blood and the strong, throbbing heart.

Slow eaters are small eaters, because hunger is appeased physiologically through the nervous system. Lots of people never eat, properly speaking, they simply fill up. The delicate nerves of the stomach, which would tell us of hunger appeased, are overwhelmed and stunned by the deluge of drink and the rain of half-masticated food. So they lie silent, and the nerves of ordinary sensation give the signal when we begin to crowd our diaphragm up about the collar bone, and we stop, not because we have enough, but because we are loaded and another mouthful might explode us.

Proper eating and drinking will go far towards rendering harmless many of the bacteria that threaten our life on every side.

There is something in what we eat and drink, but there is a great deal in the way we eat and drink it.

Damp Rooms

To ascertain whether or not a room is damp about a couple of pounds of fresh lime should be placed therein after hermetically closing doors and windows. In twenty-four hours it should be weighed, and if the lime has absorbed more than about one per cent. of water the room should be considered damp, and classed as un-

healthy. The question of the dampness of dwellings is a frequent cause of dispute between landlord and tenant, and is naturally solved in the negative by the former. The question can be settled in the future by the test of the hydration of lime, which will give irrefutable proof of the validity of such complaint.

Nursery Hints

Compound camphor liniment rubbed into a child's hair from time to time will aid materially in strengthening the growth. Olive oil is also good for this purpose. Do not use much at a time on a child's head will present a greasy appearance.

For sore throats—First rub all the front of the throat with menthol. Then wet a handkerchief, tie round the throat, and over the handkerchief put a piece of oil silk. One application generally effects a cure, as this acts like a poultice. Second remedy for Sore Tonsils—Get a wooden skewer, cover the point smoothly with a wadding, and paint the tonsils with a mixture of tannin and glycerine, using the skewer as a paint brush. This is a certain cure.

An oiled jacket has given many a poor child relief (and adults, too) in bronchitis and chest affections. Get a piece of lint, fold it in half, have it long enough to reach from the neck to the pit of the stomach. Cut a hole in the fold large enough for the head to pass through, wring it out tightly in warm linseed oil, and apply it to the patient at once, one half going over the back, the other the chest. Cover it with cotton wool and bandage to keep in place. Change twice a week.

Eating When Tired

Every one should know that to eat when tired is to place upon the digestive organs a burden which they are wholly unable to bear. When the body is in a state of fatigue the digestive organs are unable to perform their natural functions—the glands of the stomach will not form gastric juice, the saliva is deficient in quantity and the whole digestive apparatus is incapable of doing efficient work, says the Washington Star. When exhausted, one should rest before eating. If a faint or sinking sensation is experienced relief may be obtained by drinking a glass of hot water or diluted fruit juice of some kind.

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