

March 16, 1911.

### The Food Value of Cheese

A comparison of the food value of cheese with that of other highly nutritious food materials, shows that no kind of meat excepting dried beef carries such a large percentage of protein as cheese, and as dried beef contains a much greater percentage of water, the other food constituents than is found in cheese. Fresh beef is little more than half the food value of the same as cheese. Fish and other fresh meats, which have in many cases such a large percentage of refuse and in all cases such a large percentage of water that they are noticeably inferior to cheese in food value. Bacon or fat pork are exceptions, but their food value is mostly in the fat, which can be and is replaced to a great extent by the carbohydrates of vegetables at a much less cost and sometimes perhaps at a benefit to the health of the consumer. Fish and pork each have a notably large percentage of refuse, while eggs have a high percentage of water.

To sum the matter up we may state that a pound of cheese has nearly the same food value as two pounds of fresh beef or any other fresh meat as food; a pound of ham and is more digestible, and it is equal to two pounds of eggs or three pounds of fish. In price good cheese made from unskimmed milk costs about a third more than

round steak and twice as much as the cheaper boiling beef, while it costs practically the same per pound as smoked ham or bacon. It costs usually a third more than fresh fish.

### Earning Labor

K. C. Davies, Leeds Co., Ont.

I have used a steam cooker, and from my own practical experience, I would not be without it, for twice the gas, they can easily save the cost of a cooker in a short time, by economizing the use of the gas, by cooking a whole dinner on one burner, which I have done time and time again. Then, too, one need not stand over the stove all the time the dinner is cooking, which, in warm weather is a matter to be greatly considered. It has always been a mystery to me, why men, as a rule, of course, there are exceptions, but might few, think so little of ever buying anything to help lessen the kitchen work.

If there are any steam machines invented to lessen farm labour, how quick they are to purchase them, any assistance, in regard to their humbug, every kitchen work, made comparatively easy, with very little expense, considering all the labour-saving devices that are on the market to-day. I would never advocate running in debt for such things, but get them little by little, as the amount of strength and energy saved in doing the same work, with these inventions, would simply save a few experiments with a few of them to find that out.

I, myself, am very fond of housework, but at the same time, I think that the women should be entitled to many labour-saving devices as the men.

### Dressing Well and Economically

Now is the time that the cleverness of the housewife, or rather the mother, is made apparent by her gathering of articles of dress or wearing apparel and saving them from the house-cleaning rubbish box.

In this house-cleaning time one will go through old trunks and boxes, discarding garments right and left, and with a last sigh for a frock that has done good service, throw them away with the other things that have accumulated during the year.

The wise woman will not do this. She will look these clothes over carefully. She'll lay them aside for future use. Just because the dress has become faded, or lost its freshness, or the shade is out of fashion, is no sign that it has outlived its usefulness.

Many a woman can easily dress in the new shades and styles, without buying a single new thing. There may be changes in styles since the old dress was worn, but these changes in style have no reference to the possibilities of dyes. If the materials in last year's dresses are seemingly good, but a little faded or soiled, she'll convert the shades. And with a few up-to-date patterns she'll have new dresses, correct in style and color.

Remnants that are real bargains, stores, the only reason for the low price being that the shade is out of fashion. Quite a saving in a new suit and dyeing them to meet the dictates of fashion. If the material is wool or silk, a dye that is especially adapted for these materials should be used. If it is linen, cotton or mixed goods, best results. It is as easy as washing a handkerchief to get handsome new shades by using dye suitable for the

material to be dyed, and any woman with a little time and care can thus effect an immense saving in her dress bills.

### HOW TO RENOVATE

The use of dyes for coloring trim-suit is endless. With a little perseverance, the careful dyer can obtain any color or shade to match or hosiery, veils and feathers can be dyed to brighten or change the color. Portieres, couch covers, table covers and window curtains can also be given fill the housewife's taste and will the marvelous color schemes that can be carried out in her home with little expense.

There are a few precautions, however, during the dyeing process, but if the dyes are clearly followed, no one need have other than the best results.

The first thing to be done is to have all the garments or wearing apparel free from grease. Grease spots can be taken out with benzine and afterwards washed with warm soap suds.

### HOW IT IS DONE

Now, remember that all dyeing should be done at a gentle boil, and use a vessel large enough for the proper manipulation of the goods. Be completely dissolved before putting it into the dye vessel.

Keep stirring the goods. Use a smooth round stick, such as a broom handle. Do not use anything sharp or pointed as it might tear the material. Turn the goods gently, completely and with absolute regularity. Many of the uneven results obtained occur through poor manipulation.

Under no circumstances rush the dyeing because the shade looks beautiful or deep enough. For all colors shades usually require about an hour's boiling.

Remember, also, that all articles must be well washed in many changes of water after the dye, or until free from color. Otherwise the color may crack. Never dye a light color in it without first cleaning the vessel thoroughly.

### ABOUT COLORS

Now a word about the colors. If the original color is white, any color can be dyed on it. If it is cream, it can be dyed any darker shade of similar character.

Red can be dyed a darker red, crimson, wine, navy blue, brown or black. Orange a darker orange, olive, red, brown or black.

Yellow a darker yellow, olive green, orange, red or black. Green a darker green, olive, brown or black.

Blue a darker blue, navy, plum, dark brown, dark green or black.

Violet a darker violet, plum, olive green or black.

Brown a darker brown, wine color or black.

Greys can be dyed a darker shade, wine, mignon, navy blue, dark blue, green, brown or black. Or if very light, lavender, pink, rose or baby blue.

Good judgment should be used in combining shades, for you cannot dye out first stripping a darker one with shade over a dull one. The number of shades which may be produced by less, Many textile mills produce their whole range of shades from about eight or nine standard colors by mixing them in different proportions. Home dyeing is quite a simple operation, and if the home dyer will only use good judgment and observe the precautions given above, failures will rarely occur.

## OUR HOME CLUB

### EDUCATION FOR THE GIRLS

Aunt Faithie has some pretty sound ideas regarding the education of the farm boy, and I think if our fathers and mothers were not quite so indulgent to some of the children they more fully. I would say by all means give them a High School education, School teach them to work and to do of money and that honest work and to mothers who are afraid the daughter's hands will be spoiled if they wash dishes or scrub the floors. "Don't hands do such small things." Your upon a time, but that time is past and they have become men and women by working for that girl and boy, and do not forget that the very best characters that this world ever had were formed while performing some kind of honest work. We appreciate our children (sometimes too much) so let us remember that they are really not any better than their fathers and mothers, and sufficient employment is sometimes the very best staff to build a noble manhood and womanhood out of.

Let our daughters prepare the table for supper as often as possible and teach how to cook good food properly and that honest work is always a good and honorable thing to do, and something that any person should not be ashamed of. Teach them as "Sister" says, to be home makers instead of house keepers, for there is such a difference between the two words.—"The Doctor's Wife."

### BENEFITS FROM CLUBS AND GRANGES

Not the least of the benefits that come from Granges and farmers' clubs are the powers of mind, of speech, of influence, that come through being at ease before others, which are developed by these organizations in the farm boy and girl, the farm man and woman. It is a great event in the life of many young men when they are placed on a program and are given the opportunity of "coming out" before their fellows.

When a young man of the farm discovers himself a new world opens up to him. He may come forth as a better farmer, and we need better farmers, or he may go into the complicated life of the city, but wherever he goes and whatever his life work, the coming out day in his Grange or Country Club will amount to something worth while.

It is important that the boys and girls be put on the program of the Grange and Club for this very reason. They may not tell the old farmers anything now, they may blunder along in an embarrassed way, but they've got to have their coming out, so never keep a boy down because he doesn't act the part of a brilliant orator the first time he appears before a crowd of home folks.

The ability to talk freely and with ease in a crowd or before an audience is a rare achievement and worthy of cultivation. Some folks know a lot a lot and don't say anything. We feel. We ought to learn to express our ideas in speech or in writing. Whose fault is it if we don't?—"The Son."

Never clean windows when the sun shines on the glass, as the sun dries moisture unevenly before it is taken up by the cloth. If the dry process is used it is difficult to polish the surface evenly.

## Just Try It Once

That's all we ask you to do with Tile-Like. You have some old chair that looks too shabby to use. Tile-Like will make it good as new.

Perhaps your floor is scratched and the finish is wearing off. Tile-Like will give you a new floor, with a finish hard enough to stand any use.



## Wears LIKE TILE

Tile-Like is used for linoleum and oilcloth, worn furniture and woodwork of every kind.

Tile-Like is sold in sachets, cans, ready to use. Anyone can apply it, for full directions are given with each package. It comes in eight colors: beige, cream, white, yellow, tan, brown, blue, and black. Among the colors are Mahogany and others.

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