



Progressive Jones says:
**"Get Bumper Crops from
 Worn-Out Soil"**

Scores, yes hundreds, of my farmer friends have got bumper crops from soils they thought were worn out. They now swear by

Harab FERTILIZERS

One of them, A. Robinson of Rosemount, tells me that he used Harab Fertilizers on potatoes and turnips without any manure on the land which was very old and poor. He got a bumper crop and is more than satisfied. Another man, D. J. Ferguson, got a grand crop from very light land that had been hard run by tenants.

Friend, if you have some poor land, some worn-out soil, don't be discouraged. Harab Fertilizers will make that soil yield bumper crops, and make you happy, or my name isn't Progressive Jones.

Harab Fertilizers are natural Fertilizers, manufactured from blood, bone, trimmings, etc., of animals slaughtered at the immense Harris Abattoirs. To these are added Potash and just enough quick-acting Nitrates and Superphosphates to start the plant off with a vigorous growth.



The cost of using Harab Fertilizers is small. The results are big. Write to The Harris Abattoir Co. for their booklet. It gives the information you want to know.

*Yours for bumper crops
 Progressive Jones*

The Harris Abattoir Co., Limited, Toronto

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PORTIERES OF SILK RAGS.

Dear Junia,—I, like a great many others, have long been a silent reader of the interesting letters in the Ingle Nook, and have received many useful hints and I now come asking for help. I have several pounds of silk and satin scraps sewed like carpet rags, and would like to make portieres for an archway. I have heard of them, but have never seen them. Can you tell me how they are made? Are they woven like carpet or are they knit? We have taken "The Farmer's Advocate" for several years and like it splendid. Thanking you in advance.

BUTTERCUP.

I have heard that silk rags may be knit tightly on bone needles in strips, the strips being afterwards sewn together to make portieres. They may also be woven as rugs are. There are firms in Hamilton and Montreal that do this work. I have not the addresses at hand, but have no doubt that a letter addressed to "Carpet Weaving Co." at either place would find its destination.

COOKING KALE.

Dear Junia,—I am not Scotch but as Scotch-kale, or "winter kale" as we call it, is very extensively grown and used in southern Germany where I was born, I thought I might tell you how we cook it. It is rather tedious to prepare, but when well done most delicious and worth the trouble. First, it should never be used unless well frozen. We leave it in the garden till wanted, but I do not know how this would answer here as our winters are much shorter and milder. Prepare for cooking by stripping the leaves of the heavy center stalks, wash well and cook in salt water, to which a little soda has been added, till quite tender; pour into a colander, pour cold water over it freely, and then squeeze as dry as possible. Put it into a chopping bowl and chop fine. The finer it is chopped the better the taste will be. Put a generous piece of butter into a saucepan, put kale with it and season to taste, and if too dry add a little stock or gravy; serve as soon as well heated through.

N. B.—This vegetable can easily be boiled and chopped during afternoon or evening, and just repeated as above before dinner next day.

Thanking you for much help I got from your journal, I remain always,
 Joliette Co., Que. A GERMAN.

SCOTCH RECIPES.

Dear Junia,—I have just finished reading "Millie's" letter in which she asks the correct way to cook kail, and as I am Scotch I think I can tell her. Your way Junia, is quite correct, but the reason that the leaves were hard was that you had cooked the kail too soon. This vegetable is not at its best until it has got a touch of frost. It can be left in the ground as long as it does not get frost enough to spoil it.

Taste a piece of raw kail before it has been touched by the frost, and you will find it to contain a harsh bitter juice. Taste a piece again after a frost and you will find the kail has sweetened, and upon being cooked the leaves will be found very tender.

This is one of the most wholesome of vegetables, having a cleansing effect on the stomach and intestines.

An old-fashioned name in Scotland for the vegetable garden is the "kailyaird." And now I will give you some Scotch recipes:

Soda Scones.—Two cups flour, butter or lard size of walnut, $\frac{1}{2}$ teaspoon salt, 1 teaspoon baking soda, $\frac{1}{2}$ teaspoon cream of tartar, buttermilk enough to make a very soft dough. Do not work the dough at all or the scones will be tough. Handle as little as possible. Turn dough on to a floured board. Divide into two. Roll each piece into a round about quarter of an inch thick. Cut across the middle with a sharp knife. Then cut across again, thus making four pieces. Bake on a hot griddle first on one side then on the other. When removed from griddle pile together for two minutes, then spread out.

Pancakes.—Two cups flour, 2 tablespoons sugar, $\frac{1}{2}$ teaspoon salt, 1 teaspoon baking soda, $\frac{1}{2}$ teaspoon cream of tartar, 1 egg (or 2), butter, milk.

Shortbread.—One cup sugar, 2 cups butter, 4 cups flour. Place butter and sugar on bake-board and work together with the hands, then proceed to work in the flour in the same manner. Keep kneading until it holds together. Roll out on buttered paper into one cake about half an inch thick. (It can be made thicker or thinner as preferred). Pinch round the edges. Prick all over the top with a fork. Bake in a moderate oven. The shortbread should be still soft when removed from the oven; it will firm as it gets cold. If allowed to firm in the oven it will be too hard to eat. Shortbread will keep for a long time.

Dear Junia, I hope you are not tired of this long letter. You see, I enjoy the "Ingle Nook" so much I thought I would like to give some hints in return for the many I have received.

Bye-bye Junia. Hope you will have a "Merry Christmas" and a "Guld New Year."

Oxford Co., Ont. MARGARET.

Thank you both for the kale or kail recipes,—this is one of our words that admit of two spellings is it not? And thank you, also, Margaret, for the Scotch recipes; I know how good "real" Scotch shortbread can be. There used to be two dear little Scotch ladies who invariably brought it to our church socials at home, and everybody was anxious to get one of the delicious little "diamonds."—If I remember rightly these little ladies used to cut out the dough into diamonds or triangles before baking. The little cakes were, however, always "pinched" around, as you say, and were also decorated on top with a few candied comfits. Is that a Scotch custom?

Now I think it is "up to" "A German" to send us a few German recipes.—Was denken Sie? . . . Now you see I'm showing off a bit. Ah but I loved German at school, even though the most of the words have evaporated from my very fickle memory since. How we did enjoy translating the wonderful poem, "Der Taucher," and that most picturesque bit of historical writing, "Die Belagerung von Antwerpen!"—You "wonderfully clever Germans," as I have heard you called, have much to be proud over—no, thankful for—in the achievements, intellectually, of your country.

AN OLD FRIEND HEARD FROM.

Dear Junia and Dear Ingle Nook friends,—I have been absent over a year, but during that time have often thought of you all, and enjoyed the reading of the "Nook." We could not do without the Advocate. I was very much amused while reading "Man's work about the house," and wish to add that I think it is good policy for husbands, young men and boys to know something about cooking and housework. My two boys in the West have often said that they bless the day when they learned how to work about a house. It is quite valuable knowledge for a bachelor keeping bachelor's hall.

My time is limited. I will add two recipes which I hope some one will find useful.

Cracker Pudding.—One cup biscuit crumbs (crisp), 1 quart milk. Put in pudding dish on back of range.

Prepare 2 eggs, (white separate), 2 $\frac{1}{2}$ cups sugar, pinch nutmeg, 2 $\frac{1}{2}$ cups cream beat with yolks. Heat milk and crumbs to boiling point, add all other ingredients except whites, let cook twenty minutes. Beat whites stiff with sugar to sweeten, and fold in the pudding with a little vanilla flavoring if desired. Let remain in oven one minute.

Nut Bread.—Sift 3 cups flour, 1 cup sugar, 4 teaspoons baking powder, 1 teaspoon salt. Work in 3 tablespoons butter and 2 of lard, using tips of fingers. Add one egg and one egg yolk beaten, and 1 cup milk. When well mixed add cup walnuts, and let rise 30 minutes. Bake in moderate oven.

Best wishes to all.

Glengarry Co., Ont. MAYFLOWER.

IF YOU ARE SLEEPLESS.

There are many little devices that will secure relief for sufferers from sleeplessness. In the first place sip a hot drink just before you go to bed—hot milk or