

long salted water. hulls, drop them in you boil your all whiten them will be a clean that is very desir-

petticoats and could not be put in the starch in rough dry them, rot.

wash and dry, says a large in goods," is to water and pure garments on the at wringing out away the shrink- to be almost un-

en one uses a ten difficult to hough so that no n the clothing. most excellent: et, tear length- ht inches wide along the line, ing, and there s left on the

#### Life of Clothes

clothes last a any girls who matter would it is not such r all, when it

only reasonable es are wanted e must be paid rial is good, as r out quickly onal bargains,

of garments, portant as the own will last us that if the well made, and to outlive one begins to ravel reless making, as it is too

rn for a con- fashions must they so soon garments that y latest style ey become so ion has died

he economical n invest in a They always ely to go out to come, be- and a nicely- delay or completes an ear.

g clothes last ally wearing ave at least rorn in their tired of and to be donned plan is car- quite fresh after being

arments will and, with a ough suffi- ason's wear. ly be made d to smarten r; for, with me stitched ming, it can

#### Plans

and break ld one tea- rt and pack with cold rings and n the wire Place the e false bot- taking care other, as it four inches ary to have ecks of the s the steam

that will do the sterilizing. Place on the boiler cover, and bring the water to a boil and keep it at this point for one hour. At the end of this time take off the cover and allow the steam to escape. Lift out each jar separately, and push down the spring at the side as for sealing, and set aside, or return to the boiler for the next day's boiling. On the second day raise the spring at the side of the jar, place boiler over the fire and boil for another hour as before. Again remove jars, push down the spring, and allow them to stand in the same manner as the preceding day, and repeat this process the third day. At the end of this time remove the jars, clamp down the tops, and let them stand in the closet for two or three days, then test. This is best accomplished by first releasing the spring, and picking up the jar by the top, if there has been the least bit of fermentation, or the sterilization is not perfect, the top will come off. In this case the jar should be returned to the boiler and re-sterilized, but it is safer to throw out the contents and refill with fresh vegetable. If, however, the top is secure you may be sure your vegetable is properly sterilized and will keep as long as you wish.

#### Courtin Cake

1 lb. flour, 1/2 lb. butter, 1 lb. currants, 1/4 lb. sugar, one teaspoonful baking powder, 5 eggs, pinch of salt.

METHOD.—Rub the butter in the flour, then add the other ingredients, lastly the eggs—well beaten up. Mix all together, and divide into five flat cakes. Put on floured tin, and bake in a moderate oven till light brown. If not eaten as soon as baked, put in oven to get hot. Slice and butter them.

#### Nelson Pudding

2 oz. cornflour, 3 oz. cake-crumbs, 2 oz. ground almonds, 4 oz. currants, 1 teaspoonful ground cinnamon, 1 oz. chopped beef suet, 3 eggs, 1 gill of milk, 1 wineglassful of sherry, lemon-rind.

METHOD.—Butter a plain pudding mould, and besprinkle the bottom and sides with currants. Blend the cornflour with the milk, and boil for a few minutes. When cool, stir in the beaten eggs, the cake-crumbs, ground almonds, suet, cinnamon, grated lemon-rind, castor sugar, and the sherry. Mix well, and with it fill the prepared mould. Steam gently for 1 1/2 to 2 hours. Serve with jam or currant sauce.

#### Rolled Currant Pudding

1/4 lb. currants, 1/2 lb. beef suet, finely chopped, 1 lb. flour, 3/4 pint milk, lemon, fresh butter or cream, sugar.

METHOD.—Mix all the dry ingredients in a basin, add the milk, and work into a fairly stiff dough. Shape it into a roll, and tie up loosely in a floured pudding-cloth, and boil gently for 2 1/2 hours. Serve with quarters of lemon, fresh butter or cream, and sugar (moist or castor).

The brushing and shaking of garments before they are put away cannot be over-estimated, as they will be brought out again looking ten times fresher than those that have been put away unbrushed.

The real secret of making clothes last is to purchase good ones in the first instance, to have them well-made, and to bestow on them proper care and attention, and there will be no question as to their durability.

A piece of furniture that has stood for years in a place where it constantly gets strong sunlight often looks faded and full of fine lines. To remedy this, oil the surface with pure boiled linseed oil, rubbing it in well. It will probably need to be done several times at intervals of a few days. Afterwards polish with beeswax and turpentine, or with one-third boiled linseed oil and two-thirds turpentine, shaken well together.

When the gums are tender and bleeding the mouth should be rinsed with warm water to which listerine has been added.

#### Scotch Currant Cake

3/4 lb. butter, 5 eggs, 1/4 gill milk, 1/4 lb. castor sugar, 1 lb. of flour, 6 ozs. currants.

Method.—Beat up the butter and sugar to a cream, gradually add the eggs one by one, the flour by spoonfuls; then lastly beat in the currants. Stir up thoroughly with a wooden spoon, and add the milk. Line two cake-tins with buttered paper, pour in the mixture, and bake in a moderate oven for about an hour and a quarter.

#### American Currant Cake

1/4 lb. butter, 1/4 lb. castor sugar, 4 eggs, 6 oz. currants, 1/2 lb. flour, 1 dessertspoonful ground cinnamon, 1/2 teaspoonful lemon essence, 1 teaspoonful baking powder.

Method.—Beat up the butter and sugar to a light cream, and work in one by one the eggs. Beat the mixture well for at least ten minutes and stir in the currants. Sift the flour, mix it with the baking powder and add to it the remainder of the ingredients. Pour the mixture into a paper-lined and well-greased cake-tin, and bake for about 45 minutes in a moderately-heated oven.

#### How to Peel Onions without "Crying"

Cover the onions with cold water and hold both onion and knife under water while peeling.

#### How to Peel Tomatoes Quickly

Have on the stove a pan of boiling water. Put ripe tomatoes into a wire basket and lower them into the water. Leave them in the water one minute, remove and skin.

A beautiful scene uplifts the spirit within us until it is strong enough to overlook the shadows of our place of probation; it breaks, link after link, the chain that binds us to materiality; and opens to our imagination a world of spiritual beauty and holiness.—Ruskin.

#### Hopelessly Wrong

"Heckling" is often an entertaining, although sometimes a tiresome incident of English political meetings. The experienced public speaker is usually able to turn the laugh on the interrupter, but in the case reported by a writer in *Tit-Bits*, the man in the audience was victorious to the last.

A political speaker was attacking the government with more venom than reason. A man at the back of the hall at last cried out, "You're wrong, sir!"

A little nettled, the orator continued without heeding. Presently, in answer to another strong assertion, came again, "You're wrong, sir!"

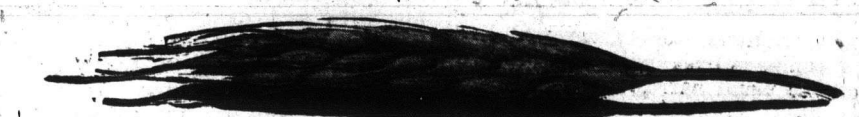
The speaker looked angry, but continued on the war-path. "You're wrong, sir!" again rang out.

Angrily addressing the persistent interrupter, the orator cried, "Look here, I could tell this man something about the government which would make his hair stand on end!"

"You're wrong again, sir!" came from the critic, as he stood up and removed his hat. His head was as bald as a billiard-ball.

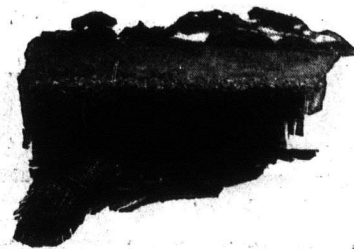
#### Recent Canadian Patents

The following is a list of western patents recently granted and submitted us by Fetherstonhaugh & Co., patent solicitors, Winnipeg:—G. R. Matheson and Jos. B. Shaw, automobile tail lights; M. Berfield, Frazee, Man., grinding machines; J. Fox, grain picklers; M. E. Sheridan, starters for gasoline engines or motors; H. M. Vincent, collar crimpers; Thos. Pennington, Sr., Thos. Pennington, Jr., and Jessie Truell, switch rail controlling devices; Arthur Crisfield Dennis, methods of ventilating tunnels; Russell George Kemp, cattle pump; Hector C. McMartin, oil drums; Wm. Duncan Grant and Engolf A. Jackson, means for punching holes under water; Stafford Beverley, safety horse shoe; Peter E. Sagmon, plows; P. R. Abel, form of resilient stretching devices; A. N. Conrad, grain shockers; Geo. L. Dodds, food products; J. H. Worsell, grain scoops.



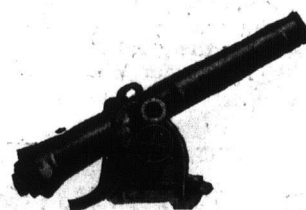
## A Head of Wheat

### Its History



It grew on a western prairie. Nature stored its every layer with the elements we need. Each grain, at the harvest, had 125 million food cells. It was a fine example of a major food.

The farmer found the grains hard, extra large and plump. He said, "That wheat is too good to grind. It is a wheat to serve whole." So he sent it to our buyer, who shipped it to our mill.



Huge guns awaited it. The kernels were sealed up in one of them. Then the gun was revolved for sixty minutes in a heat of 550 degrees.

The moisture in each food cell was converted into steam. Then the gun was shot; the cells exploded. And the whole grains came out, airy, crisp and porous, puffed to eight times normal size.



Then those grains came to a table. They came as thin, fragile bubbles, with a taste like toasted nuts. They were served with cream, or in bowls of milk. And someone tasted in them the most fascinating wheat food known.

Puffed Wheat Except in Far West 12c  
Puffed Rice 15c

That is how Puffed Wheat and Puffed Rice are created, under Prof. Anderson's process. The finest whole grains are made wholly digestible. Every food cell is blasted.

There are, of course, other whole-grain foods. But not with each food cell exploded. Not with every atom fitted to digest.

In Puffed Wheat you are serving an unrobbed wheat. Puffed Rice is unrobbed rice. In both of them every element feeds. And both are food confections.

Do you think you are serving such foods as these as often as you should?

The Quaker Oats Company

Sole Makers

Peterborough, Ont.

Saskatoon, Sask.  
(1314)