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A Provision for Old Age

OLD AGE involving dependence is a thing justly to be dreaded, and self-respecting men naturally shrink from it, even though relatives might support them with pleasure.

It is only reasonable, therefore, that a great effort should be made by every man and woman to provide for the later years of life that in all probability will not be productive.

To assist in making this provision, The Mutual Life of Canada has introduced its Guaranteed Pension Policy, under which the assured will begin to receive a monthly income from the Company upon reaching the age 55, 60 or 65.

If the pensioner dies before having attained the age at which the pension begins, the Company will refund to the beneficiary named in the contract the premiums paid, with compound interest at 3% per annum.

The earlier in life the policy is taken the less will be the cost to you of the annual premium. Let us quote you rates! These we will furnish for pensioners falling due at different ages if you will write giving date of birth.

Send for folder entitled "The Guaranteed Pension Policy".

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THE UPWARD LOOK

Advancement

DO we know enough of the joy of doing our best, in the accomplishment of the daily duties and tasks?

Do we often enough have the deep satisfaction of working and studying to fit ourselves for whatever afterwards we may be called to do? Do we always have the inspiration within us of the ideal, towards which we ever hope to strive?

Do we often feel as if there are so many difficulties and hindrances in the way, that it is no use trying?

Never, never must we give way to this feeling, because there is nothing in God's universe that can hinder our soul development.

This summer we had a wonderful illustration of the struggling from one's dead self into a higher life. One morning, while we were out on the water, suddenly we noticed its surface like dead minnows. A Wisconsin woman explained that there had probably been a disease, that had attacked the baby fishes, and their lifeless bodies had risen to the top. Next evening at sunset we were again on the water. That time we suddenly noticed that there was life in the thought-to-be dead little bodies. The surface was fairly quivering with motion. Out of those bodies shadows were struggling to emerge. Some came out partly after a few convulsive efforts. Others had to try again and again, each time sinking back into the water, but at last they arose triumphant. It seemed as if they rose higher than the others.

As one looked at the gauzy wings quivering and sparkling in the sun-rays and then down at the old, forlorn, shrivelled-up cases we marvelled again over the wonder of God's creation.—
I. H. N.

An Old-Time Method Revived

NOW that we are so enthused with the idea of canning as much fruit and vegetables this year as possible, the natural result is a greater demand for cans and glass jars. This increased demand is shown by the soaring prices of these containers. Those of us therefore, who are faced with the necessity of purchasing more containers for our canned goods, may solve the difficulty to some extent by drying some of our vegetable and fruit products instead of canning them.

Drying offers one of the most economical methods of preserving food and recent investigations conducted by the University of Missouri College of Agriculture suggest that a wider application of drying might well be adopted. The old-time method of drying was by the sun, but on account of the uncertainty of the weather there is great danger of the product that is going through the drying process becoming sour.

It is not necessary to purchase an expensive drying apparatus, as the handy man around the home can construct one to fill the bill quite nicely. Or if he finds it impossible to spare the time just at present, many of us women-folk are handy with hammer and nails and need not be stuck. A series of trays may be made, about two inches deep and as large as desired, with sides of wood and bottoms of screen wire. These trays may be made to fit tightly upon one another and thus conserve heat, or may be tacked to a frame several inches apart and thus allow the air to circulate more freely and carry away moisture. They should be raised a number of inches

from the stove on a metal base of some kind or on a wooden frame set on bricks. If tacked to a frame, the device may be suspended from the ceiling over the kitchen stove and in this way utilize all the hot air which rises while meals are being prepared.

During the next week or two, corn will be ready for canning or drying. Probably many of our Western folk will be trying out the cold pack method of canning and would also like to dry some corn. If one dries a small portion only, it can be done in the oven, although it is hard to keep the heat low and even enough. If a drier such as either of the styles mentioned above is used, however, the following process may be followed.

Select young, tender corn of a good variety, if field corn is used, select as if for cooking. Boll on cob from eight to 10 minutes, using a teaspoonful of salt to a gallon of water. Drain, and with a sharp knife cut from the cob. The grains can then be spread in a thin layer on the trays of the drier. If one has a thermometer it may come in useful here in assisting to keep the proper temperature. If the thermometer is placed in the trays, the drying should commence at 110 degrees and raise the temperature gradually to about 145 degrees. The corn should be dried from three to four hours to get a uniform product. After a day or two if the corn appears moist, it should be turned into drying trays again for a short time.

After the corn is dried it may be stored in paper bags, boxes, tin pails, crackling boxes, etc., and should be kept in a dry place where insects or mice cannot gain access.

To prepare dried corn for cooking, soak two to four hours, allowing two cups of water to one cup of corn and use as fresh corn.

WHO WILL BE FIRST?

WE are now planning for the future which is of most importance in the whole year to our Women Folks—our Annual Household Number. Naturally, it is our aim that this year our Household Annual will be "higher, better, than ever." As one means of attaining this end, we would like many of our women readers who are trying out new methods of doing work, or some special type of labor saving device, to assist us by sending along their experiences, in order that others may profit thereby.

We would also like to conduct a lively discussion in this Household Number on the subject, "How May the Farm Woman Help?" What we desire is a discussion of how the farm woman may be helped during the present situation. In the face of high prices and actual shortage of food and other necessary commodities, what may the farm woman do during the coming winter to help her situation? Measures of real economy of food and clothing, which will not be detrimental to health might be discussed. For the best article on this subject we will present the contributor with a splendid cook book and extend their subscription to Farm and Dairy for one year. The second best contribution will also be worthy of a year's annual and for all other articles published, we will extend subscriptions for six months. Articles should reach us not later than Sept. 22. Address: Household Editor, Farm and Dairy, Peterboro, Ont.

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The two illustrations here tell about some very attractive and low priced fur bargains.

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1601—No wind that blows can disturb my baby comfort. Also protected by the beautiful full fur cape. Price \$125.00 delivered to you.

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It is now ready for mailing and will be mailed to you as soon as you receive the book. Address, using number as below.

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