

Water

dairymen
Woodward
guarantee-
all times.
produces
se, regu-
the water,
or.
catalogue.

GINE &
ed
CALGARY

LINE

RTMENT

ers' Clubs

rmers from

ritish Isles.

filled up.

Average

about six

only regular

y.

ut "Help"

nd require-

P CO.,

Toronto

ENGINE

n Sta-

engines

y use.

rk and

Boats.

strated.

iculars.

ment

EW BRANCH

ONTO



Why don't some flours behave?
Why don't they keep good?
Because they contain too much of the
branny particles, too much of the
inferior portions of the wheat—may
be little pieces of the oily germ.
Which act on one another—that's
why some flours "work" in the sack.
FIVE ROSES is the purest extract of
Manitoba spring wheat berries.
Free from branny particles and such like.
'Twill keep sound, and sweet longer than
necessary.
Keep it in a dry place, and when needed
you find it even healthier, sounder, fresher,
drier than the day you bought it.
Buy lots of FIVE ROSES.
It KEEPS.

Five Roses Flour

Not Bleached



Not Blended

LAKE OF THE WOODS MILLING COMPANY, LIMITED, MONTREAL

the heavy labor of emptying tubs, be-
sides protecting the worker from ex-
posure to winter cold.

Soft water is preferable for use in all
laundry work, but if not available, hard
water should be softened on the day
previous to washing and allowed to set-
tle.—Juniata L. Shepperd, Domestic Sci-
ence, University Farm, St. Paul.

DON'TS FOR THE KITCHEN.

Don't throw away the small ends of
candles. They are excellent to add to
boiled starch; or shaved, they will wax
a floor.

Don't throw away the water in which
unsalted rice has been boiled. It makes
the best starch for lingerie waists.

Don't throw away the paraffin from
jelly and marmalades. Wash each piece,
and save it. Boil the accumulation,
and there will be clean paraffin for next
jelly-time.

Don't throw away the coarse, green
leaves of celery. Dry them in the oven
for flavoring soups and sauces.

Don't throw away lemon and orange
peels. Dry and powder for flavoring, or
cut into shreds and boil in a white
syrup for a sweetmeat.

Don't throw away the water in which
potatoes, peas, beans, and so forth, have
been boiled. This water contains the
valuable vegetable salts, and added to
the soup-kettle is a healthful economy.

Don't throw away broken or dry pieces
of bread. The larger pieces can be made
into toast for poached eggs, or toast
points for creamed meats and fish.
Smaller pieces may be buttered, cut into
cubes, and browned in the oven as crou-
tons to serve with soups. They may be
made into a bread or chocolate pudding,
or used for excellent poultry stuffing. If
too dry for this, roll them, and set away
in a glass jar for cutlets and croquettes.

Don't throw away the few spoonfuls of



If you circled the world on the
tail of a comet, you couldn't
pass 'em—there'd always be
another Ford ahead. More than
325,000 Fords are everywhere
giving unequalled service and
completest satisfaction. Any-
where, you can "Watch the
Fords go by."

Six hundred dollars is the new price of the
Ford runabout; the touring car is six fifty;
the town car nine hundred—all f.o.b. Ford
Ontario, (formerly Walkerville Post Office)
complete with equipment. Get catalogue
and particulars. Ford Motor Company
of Canada, Limited, Ford, (formerly Walker-
ville,) Ont.

When Writing Mention "The Advocate"

various vegetables. There are few vege-
tables that do not mix well. They may
be blended into an appetizing salad.

Don't throw away cold, baked pota-
toes. Peel and slice them, and make
into a German potato salad.

Don't neglect your refrigerator. Clean
it daily, and twice a week place in it a
saucer containing charcoal. This is a
great aid in keeping it sweet.

Don't fail to keep your pantry clean.
Food lasts longer when kept in a clean
place. This also applies to your cellar.

Don't let the inside of your teakettle
become incrustated with lime. A clean
clam or oyster shell kept in it collects
this lime, and may be thrown away.

Don't fail to wrap cheese in a cloth
wrung out of vinegar. This keeps it
fresh for a long time.—Pictorial Review.

The Women's Institute.

Music in the Home.

[A paper read by Mrs. F. E. Dunn, at
a meeting of the Luton Branch of the
Women's Institute.]

The mother's problem nowadays is to
keep the boys and girls at home. The
only way is to make the intellectual,
physical and artistic life on the farm
more stimulating and more attractive.
That music is destined to play a most
important part in doing this can readily
be seen. Let us have more music in the
home. Nothing worth while can be
grafted on or pushed in from the out-
side; so much more can be accomplished
by growth from within. What cannot
music be made to do by way of home
evening entertainment. Where there is
an instrument, let one go informally and
commence singing something everyone