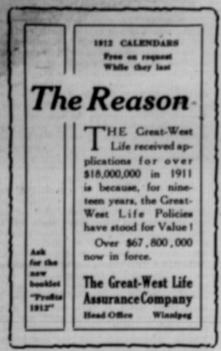
Page 24



and only continued cooking at a high temperature will rupture this case, and fit the potato for human food. One cannot then be surprised to see the result of the tremendous strain on the digestive organs, which manifests itself outwardly in that loss of the "Bloom of childhood" so pretty to see and alas how rarely viewed in these days of promiscuous feeding. The theory that raw potatoes keep intestinal worms from children is open to argument, else, why is this continent so well advertised with worm powders, candies and remedies labelled as "at-tractive for children to take." Of course, excess of sweets will work as much and only continued cooking at a high <text><text><text>

I remain and all. ROSE TURRELL

Wilson River, Dauphin.

Dear Mrs. Turrell:-Many thanks for your letter containing the hints on child

THE GRAIN GROWERS' GUIDE

diet. I feel sure that it will be of assist-ance to many of my readers. I am very glad to have your paper on votes for women. I only wish a few more would follow your example and write in on any subject of interest. Yes, I think Lochnivar's letter was very fine, and a few men like Lochnivar among the powers that be would materially help Lochnivar's letter waa very fine, and a few men like Lochnivar among the powers that be would materially help the fight for the freedom of our women. I intend to write up several papers on the care of infants, as I find there are so many young mothers out on the prairie who have no means of learning what is the best method of caring for their children. I hope that the year 1918 will see great progress in many matters affecting the women and children. I would prefer seeing the men come forward and take up the fight for women's freedom, but there is not the slightest doubt that the time is drawing nigh when women will have a voice and take a share in the making of our laws. Write again, dear friend. Many thanks for the high tribute to the page. I am glad it is of use to you, and hope indeed that it will prove more useful in the coming months. MARY FORD.

MARY FORD.

USEFUL RECIPES

Tasty Meat Pie.-Cold meat is not very appetizing in the winter, so this is how I finish up part of my Sunday joint. The bones I make soup of. Cut the meat in pieces and lay in a pie dish, is how I finish up part of my Sunday joint. The bones I make soup of. Cut hut in an egg cup and pour some gravy over the meat. Next boil some six small onions, and when soft make them into a layer in the dish and cover with a nice short crust. Be sure and leave a hole in the top. My ingredients are four ounces of flour, one tablespoonful level of baking powder, a pinch of salt, one ounce of butter, one ounce of shredded sufficient to brown the crust nicely. Tameal Currant Biscuits.—Take half a pound of flour, a quarter pound of four ounces of currants, and one gill of milk. Mix the flour, oatmeal and sugar, warm the butter in the milk, add sugar, warm the butter in the milk, add sugar, warm the butter in the milk, add sugar, warm the butter in the sheet in a moderate oven for about whole into rounds or other shape, place them on a baking tin, and bake them in a moderate oven for about ward, one egg, three ounces of ground rice. Beat butter, two ounces of ground rice. If too stiff add a little mik. Bake about half an hour in a moderate oven. A delicious tart. A Delicious Cake.—Mix one pound of fingers. If a pound of fine white sugar, half a pound of sultana raisins, four ounces of candied peel in strips, three ounces of andied cherries cut in half, a pinch of ground cloves, a dessertspoonful of good baking powder, a pinch of salt and half a pound of butter. The latter is to be rubbed in lightly with the tips of the fugers. Three eggs and a wineglasful of milk are next to be added. Pour two buttered) and bake in a moderate of candied cherries cut in half, a pinch of ground cloves, a dessertspoonful of good baking powder, a pinch of salt and half a pound of butter. The latter is to be rubbed in lightly with the tips of the fugers. Three eggs and a wineglasful of milk are next to be added. Pour two baking powder, a pinch of salt and half a pound of butter. The latter is to be rubbed in lightly with the tips of the fugers. Three eggs and a wineglasful of milk are next to be added. Pour

(well buttered) and bake in a moderate oven for two hours. Beef Roll.—One pound of beefsteak and half a pound of bacon fat. Mince fine and chop together, adding two tca-cupfuls of breadcrumbs and a little seasoning sauce. If liked, add salt and pepper. Unite together with a beaten egg. Form into a thick roll and place in a floured cloth tied at both ends. Boil for two hours, then turn out, and while hot cover the roll with crisp brown breadcrumbs. To be eaten cold.

MOTHER EVE'S PUDDING

If you want a good pudding, to teach you I'm willing.

Take two pennyworth of eggs (when twelve for a shilling), And of the same fruit that Eve had once chosen

Well pared and chopped, at least half a dozen.

Six ounces of bread (let your dog eat the crust). The crumbs must be grated as fine as the

dust. Six ounces of currants from the stones

you must sort Lest they break all your teeth, and spoil all your sport.



Dear Miss Ford :-- I am unexpectedly

called upon to make a trip either to Ontario or British Columbia with a young

girl suffering from overstrained nerves due to too heavy work on the farm, means are limited, and I have not travelled

by train since I settled on a Northwest

farm eighteen years ago, so that I feel decidedly nervous about the undertaking. Will you kindly give me some advice as to suitable dress and cheapest mode

of travel. Also could you suggest some place where board would not be too

expensive, as we have no relatives whom we could visit. I enjoy very much the

Dear Friend:—If you could let me know whether you have decided on going east or west I could then give you full information. If you are going to B.C. you will not require the warm clothing that would be necessary if you are coming east. It would save considerable time for me as I am very anxious to give you every assistance, if you will write as soon as you have decided which journey to take. Are you aware that there is a hydropathic establishment to be opened in the outskirts of Winnipeg which might, of course, saw which might, of course, save you con-siderable expense. Many thanks for your kind tribute to the page. I trust, indeed, to be able to help you in many useful suggestions.

MARY FORD

January 24, 1912

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