



Peep again in your oven.
 See those loaves, those pleasing
 loaves you've made.
 How fat—rounded—substantial.
 No, they won't fall when colder.
 Because the Manitoba strength that
 is in FIVE ROSES will hold them up
 till eaten.
 This sturdy elastic gluten has kept them
 from dropping flat in the oven.
 No unsightly holes 'twixt crust and crumb
 —never.
 All risen evenly—to stay risen.
 Never heavy—sodden—soggy—indigestible.
 Yours are the FIVE ROSES loaves—
 Crinkly and appetising of crust.
 Golden brown and tender.
 Snowy of crumb—light as thistledown.
 FIVE ROSES helps a lot.
 Try it soon.

Five Roses Flour

Not Bleached



Not Blended

LAKE OF THE WOODS MILLING COMPANY, LIMITED, MONTREAL

grow the most possible from every square foot of land. Every trained farmer will realize that this can only be done by sufficient fertilizer and tillage. Here are the paragraphs:

"Another difficulty ahead of these boys is that the whole drift of American education has been toward doing big things. It will not be easy for them to come down to the farming of twenty or thirty acres, but that is just about where they will land. Intensive farming has the day, and it looks now as if it were going to hold the future. The big ranches have been cut up into small farms, and there are left in the West not more than half a dozen monster establishments tilling thousands of acres. The planting of huge orchards of tens of thousands of trees has not proved permanently attractive or economical. These young fellows have got to meet the speculative spirit also which has sent capitalists all through the better farming sections to buy up as many farms as possible, and run them on the tenant principle. There does not seem to be any permanent settlement of tenantry on American agriculture. These capitalists have not bought on that understanding, but with the intention of selling to any one who will become a genuine farmer. Land prices, however, have been forced up in the passage.

"The small farm, run intensively, means that the question of market must be secondary, and the building of a home and the creation of a complete home life must become the leading thought with the countryman. This means that the planting of the small homestead will be in the first place with the intent of growing food, and in all ways supplying home wants, while only the surplus is sold. The distinction is very complete, and the American people must learn to see it.

"There is the farmer who studies only

those crops that he conceives will bring a high price in market, while another farmer grows a much wider range of fruits and vegetables and cereals, not considering what they will sell for, but rather their need in his own store room or dining room. This latter farmer cuts off expenses, and aims to have a wide range of delicious table products from one end of the year to the other. If he have berries or currants or grapes beyond his household needs they are sold. His bees work for him and the honey supply is first of all for home. The man who plants for market puts all his labor on one or two crops, and has no time for those upon which home comforts depend; they must be bought, if had at all.

This principle of home building must become thoroughly understood in order to put sanity into the "back to the land" movement. Not one in twenty of those who quit town life to make a home in the country is in any way adapted to meet market demands. As a consequence, they put their capital and their force into crops that must be sold according to anticipated prices, or bankruptcy soon follows. We know of bankrupts in almost every branch of horticulture, from potatoes to apples and oranges; we do not know of a single failure where home building has been the central thought of the planter, provided he be industrious and healthy. Rid agriculture of the speculative, as it easily may be. Be satisfied with a home of comfort, and with the glorious fact that you can keep yourself almost entirely independent in matters of food and clothing. It may not be wise to carry this independence to the extent of our Connecticut forefathers, who made their own shoes, after tanning their own leather, after killing their own sheep and calves; but the country home may still have, for its main characteristic, independence.

"The professions are overcrowded; agriculture is not overcrowded. There is less and less that can be done with brainless help, mere "hands," as they were well called, since the engine has undertaken to do so much of our mechanical work. At the same time there is an increased demand for leadership combined with industry, and efficiency in the highest sense of the word. The young fellow will not be any the worse gardener for having read Virgil's "Georgics." What is wanted is a full understanding between soul and soil. To the sincere scholar Nature is always calling, "Come and read the poems that have never been translated; solve the problems that determine red-cheeked apples and one hundred bushels of corn to the acre."

What has all this to do with the subject with which we started out? Simply this: that the man who will do the best with a comparatively small tract of land is the one who applies the most scientific methods. You have heard of the marvellous results—have you not?—that Mr. Dietrich, of Pennsylvania, secures from his sixteen acres of land—results so wonderful that agricultural investigators from all over the world have visited him to hear exactly what his methods have been. He is a scientific, intensive farmer.

And the paragraphs quoted bring out another point—that we should think more of a perfect home than of a lot of money; that we should "live" as we go, really enjoying life, and estimating at its full value just a comfortable living. What is the use of breaking ourselves down by over-work during our best years, in the hope of having a big bank account or a mass of property when we are old? Life is too short not to get as much contentment and pleasure out of it as we can, as we go along. Is not that so? Perhaps we will not live to cool

be very old; and perhaps, if we do, we will have lost the faculty, or the opportunity, for enjoying Friends, and Nature, and Art, and Books, and Gardens, and Doing a Bit of Good Along the Way—the best things in life after all.

Work is not drudgery—overwork is. Work—enough work—is a blessing; but for its sake, as well as for ours, there must be breathing spaces, time to rest, and read, and talk, and visit. We must learn to "live"; we must not let ourselves drift into being mere machines, very likely narrow, crochety, irritable ones. Our work itself will be done all the better for a few breathing-spaces. Yes, often—Don't you think so?

JUNIA.

Canning Blueberries.

Dear Junia,—Can you give us the recipe for King George Cake, also a recipe for canning blueberries. Thanking you in advance.

FARMER'S WIFE.

Canning Blueberries.—Wash the jars well, then put them with tops and tin rims in a boiler or kettle of cold water. Let all come to a boil and boil twenty minutes, then leave on the stove until ready to fill. Meanwhile put the blueberries in a kettle, with a little water, and stew until quite soft, then add sugar to taste and boil a while longer. Take the first scum out of the boiler and set it on a clean cloth wet in hot water. Put on the rubber ring, which should be new and dipped in boiling water; then fill up the jar immediately to overflowing with the hot fruit. Put on the hot glass top and press down, then screw down the tin rim. After a little, try the top to see if more tightening is required, in the meantime filling all the jars in the same way. When all are cool, store in a dry, dark place. If jars