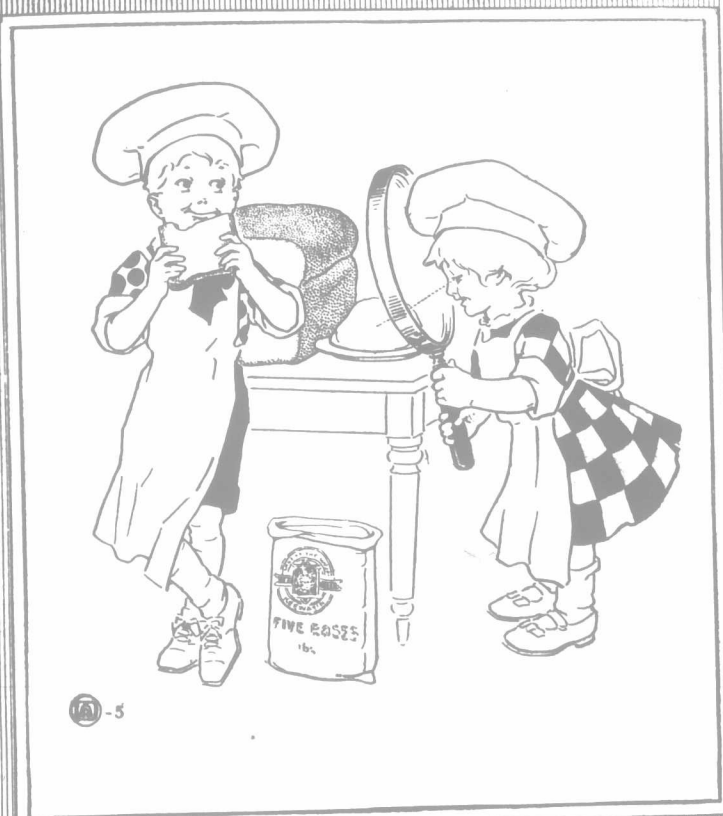




Note the Color of *your* flour—
And the Bread it makes for you.
Delicately *creamy* is FIVE ROSES flour.
Because it is *not bleached*, don't you see.

Clear—Immaculate—Desirable.

A *pure* Manitoba wheat flour—FIVE ROSES.

And the healthy sun-ripened spring wheat berries are *naturally* of a golden glow.

And the meaty heart of the polished kernels is *creamy*.

Milled from *this* cream, FIVE ROSES is delicately "creamy."

The only *natural* flour from Manitoba's prime wheat.

Which gets whiter and whiter as you knead it.

And your bread is most appetizing, *unusually* attractive in appearance.

Looks good.

And is good.

Bake this purest *unbleached* flour.

Five Roses Flour

Not Bleached



Not Blended

LAKE OF THE WOODS MILLING COMPANY, LIMITED, MONTREAL

perhaps some of you would like to make the trial instead. I have heard that rhubarb will grow tall and very crisp and delicate if each plant is covered with an inverted nail-keg or box, with a very small hole in the bottom to admit light enough to coax the stems up. I have heard also that very early lettuce may be hurried into crisp, delicate heads, by setting over each plant an inverted glass sealer. I should imagine these would have to be lifted occasionally to admit air, or else propped slightly upward at one side. If you try these, will you kindly report, so that we may know if the ideas are good? The same method, it is said, may be used successfully in starting tomato plants. I should judge that the sealers should be used only in April, the earlier part of May, and during all spells of cool weather. If the sun were extra hot, the glass might concentrate the heat too much, might it not? I don't know personally. You might experiment with a plant or two.

A Few Hints for the Flower Garden.

You haven't a flower-garden, not even the tiniest bit of one? But you want to have one this year? What will you plant? How begin?

In the very first place, general rules for the flower-garden are very similar to those for the vegetable-garden,—deep, rich soil, absolutely no fresh manure, although the ground may be enriched with very old black manure, such as the soil on the edge of the barnyard; plenty of surface cultivation, except for the very few plants, chiefly bulbs, which resent meddling. If the soil is very sandy, some heavier earth mixed with it will be found beneficial; if it is very heavy, just enough sand to make it loose and porous is advisable.

Now!—Of course, you know that the very easiest kind of flower-garden for a

EVERY WOMAN SHOULD READ THIS LETTER ABOUT

St. Lawrence Sugar

Laboratory of Provincial Government Analyst.

MONTREAL, 22nd February, 1909.

I HEREBY CERTIFY that I have drawn by my own hand ten samples of the St. Lawrence Sugar Refining Co's EXTRA STANDARD GRANULATED SUGAR, indiscriminately taken from four lots of about 150 barrels each and six lots of about 450 bags each. I have analyzed same and find them uniformly to contain 99.99/100 to 100 per cent of pure cane sugar, with no impurities whatever.

(Signed) MILTON L. HERSEY, M. Sc. L.L.D.
Provincial Government Analyst.

The St. Lawrence Sugar Refining Co. Limited
MONTREAL 38



very busy housewife is one made up of flowering shrubs and perennials, which need very little care. But it takes time to wait for these. The shrubs grow slowly, while perennials set this spring cannot be expected to bloom before next year.

You want quick results, and wish to see a fine, luxuriant garden right away this year; so it is well for you to know that you must depend upon annuals. Get your seed catalogue down and look them up, for there is still time during May to make out-of-doors plantings of the great

majority of annuals. Observe, in the catalogue, the height of the plants, and the time of blooming, and keep these in your mind's eye when making the plan of your garden.

One is taking it for granted, you see, that you will have a regular plan,—better draw it all out on paper to begin with. A mixture of beds of all shapes and sizes is very distracting. Have some sort of system or pattern, a simple pattern of easy geometrical figures is best (we are referring here to the formal and apart

flower-garden,—not to the lawns and "front," where borders and irregular clumps should rule), and plan to have balance and symmetry—not overdone, of course—in the planting.

Plan to have the tallest plants at the back of borders or center of beds; do not leave any room for freaky colored specimens, such as the coleus; and above all things guard against clash of color, scarlet and magenta, for instance, in juxtaposition; or, in fact, magenta with almost any color that you can imagine. It is one of the most impossible colors to blend with any other, and is equalled in this respect only by the peculiar orange-red of the Oriental poppy and torch-plant. Always remember that green and white are peacemakers, especially white, and use plenty of both to preserve harmony among the flowers.

Now, just a few hints that I have culled from various gardeners and garden magazines:

In any part of the garden in which the ground is unavoidably poor, plant Tom Thumb nasturtiums, California poppy, and coreopsis.

In sandy soil, plant poppies, nasturtiums, zinnias, rose moss. Heavy soil:—Petunias, alyssum, marigold, annual chrysanthemums.

A few annuals that resist drought well are petunias, zinnias, portulaca, nasturtiums. In very sunny places, balsam, gaillardia, asters, annual phlox, portulaca and nasturtiums, do well. In shady places,—musk, pansies, nemophila.

Satisfactory annual climbers are Japanese hops, morning-glory, canary vine, balloon vine.

Annuals especially useful for cut flowers are asters, baby's breath, coreopsis,