

Five Good Reasons for Buying this Good White Lead



1. It is absolutely pure, ensuring the brilliancy of any paint in which it is used.
2. It has great covering capacity and long life.
3. It is of unequalled, uniform "fineness"—is never crystalline.
4. It works easily under the brush.
5. It need not be scraped or burned off when, after several years, the building requires another paint.

Its high reputation has been gained by nearly 200 years continuous manufacture. Used and recommended by experienced architects, builders, painters, owners.

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GENERAL STORES THROUGHOUT CANADA**

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Belgian Children must be fed. They need **YOUR** help.

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Belgian Relief Committee,
Calgary, Alta.

Dr. F. T. Fisher, Treasurer,
Belgian Relief Committee,
Edmonton, Alta.



Making and Spending Money

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she makes over a good lot too. But she gives away all clothing which the children have outgrown. Real good clothes too, and she always has something for the missionary barrel."

Marion jumped up and looked out of the window, "I thought I heard bells," she said.

A few minutes later, Mrs. Tompkins entered the sewing circle. They all seemed glad to see her.

BLUEBELL.

PURCHASE IN QUANTITY

With a family of three I saved \$25 last year by purchasing in large quantities, a year's supply. Below are cited a few examples:

By purchasing tea and coffee in 10 pound lots you can save 50 cents; on 20 lb. lots, a dollar. The latter quantity would meet the requirements of a good sized family.

While the average farm wife keeps all grease and scraps of fat, making her own laundry soap, there is need of a toilet soap. A box of 100 bars—enough for a year or more—means a saving of 50 or 75 cents.

Salt, purchased in two 85 lb. sacks, for table use and butter making, lasting an average family a year, effects a saving of 200 per cent. Extracts and spices, purchased in large bottles and by the pound save the customer one third. Prunes (dried) in 25 pound box, save 75 cents. Baking powder may be made at home at one third less than cost, with an absolute guarantee of purity.

Meats—pork, beef, fish and game. Pork may be dried cured or it may be fried and packed in crocks, covering with hot fat. This insures fresh pork all summer. Sausages may be fried and canned or packed as fresh pork in jars or crocks. Liver may be canned. There are the home cured hams and bacon, also head-cheese for winter use.

If a farmer has not beef to kill a pig may be exchanged for a quarter or more of beef. This may be canned or corned for use through the summer months. Fish may be either salted in kegs or canned. There would be some outlay for this, but a few eggs, a piece of pork or bacon, might be exchanged, eliminating the actual expenditure of cash. Chicken is delicious canned or fried and packed in butter or lard. Rabbit's hind legs, prairie chicken and grouse may be treated as chicken.

I have found eggs keep best packed in salt or water glass; thus you have a winter supply of this much desired article in case your hens do not lay.

With a little judicious management relative to meat, poultry, game and eggs the housewife may have a remarkable variety from which to select for a meal. Any surplus of meat or eggs may be exchanged for some canned delicacy, such as crab or lobster.

With a good garden spot, the initial cost of vegetable seeds need be the only outlay. The majority of vegetables are easily grown. A supply of beets, carrots and parsnips may be packed in sand and kept until the following June. Young and tender beets, carrots, beet greens and turnips may be also canned, for those preferring them in the tender stage. Peas, beans, and cauliflower are delicious canned and peas planted for about four plantings ten days apart, ensure this vegetable for all summer's usage.

For pickles and relishes, onions (small), horseradish, cauliflower, cabbage, beets and green tomatoes all grow well in Alberta and may be put up in bottles for the winter larder. This last summer, in a small hot bed, I raised cucumbers very successfully.

Buying of cloth—Sheeting, towel-ing and night gown cloth show quite an appreciable saving if purchased by the quantity.

Crepe, always shrunk before making, makes good house dresses and economizes in labor, as no ironing is necessary. It also makes little dresses and bloomers which withstand quite a bit of wear. Crash and ducks are also practical for wear. Though costing a bit more than the gingham and prints