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and
Lantic Sugar

"Pure and Uncolored"
make delicious and
economical preserves
In 10, 20 and 100-lb. sacks,
2 and 5-pound cartons

Atlantic Sugar Refineries Limited
Power Bldg., Montreal 145

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ball trade-mark for book of 54 printed
gummed labels to

Your Problems
Conducted by Mrs. Helen Law

Mothers and daughters of all ages are cordially invited to write to this department. Initials only will be published with each question and answer as a means of identification, but full names and address must be given in each letter. Write on one side of paper only. Answers will be mailed direct if stamped and addressed envelope is enclosed. Address all correspondence for this department to Mrs. Helen Law, 235 Woodbine Ave., Toronto.

Grateful:—1. It is always the privilege of a bride to wear white with a wedding veil no matter how simple the ceremony or how early the hour, so you have your choice of white or a pretty silk going-away gown. Such things must really be decided by what best suits your own plans. 2. The bride provides the household linen and you would require six sheets, six pillow-cases, three spreads, three table-cloths, one dozen napkins, one dozen lunch napkins, several centrepieces, two sets of six doilies, also kitchen towels and pantry towels, six each; three dishcloths, one or two pairs of blankets and a table pad. I do not think you could manage well with less. 3. A letter of appreciation should be written to one's hostess after returning from a visit.

Anxious:—1. To remove spots on broadcloth try the following: Grind one and one-half ounces of pipe clay fine, mix with eighteen drops of alcohol and the same quantity of spirits of turpentine. Moisten a little of the mixture with more alcohol and rub on the stains. When dry remove with a woolen cloth. 2. Small swabs of antiseptic absorbent cotton should be used to wash an infant's eyes. 3. The covers can be kept on a small child at night by the use of garter fastenings; one end should be fastened to the side of the crib and the other end clasped to the corner of the covers. In this way they can be kept firmly on, yet the rubber allows the child freedom enough to turn. 4. Cotton stockings are better for children's wear than lisle.

P. H.:—1. The best remedy I know for black ants is to fill a saucer with sweetened water, add one teaspoon of tartar emetic and set it where the ants come. 2. For filling cracks in floors, make a thick paste of linseed oil and wheat flour. Use after first coat of paint and before the second has been applied.

Student:—1. The phrase "wearing the white flower of a blameless life" is in the "Dedication" to Tennyson's "Idylls of the King" and occurs in a

Order Fertilizer Early.
As a result of labor shortage and the heavy demand on transportation for the shipments of munitions and other war supplies, to say nothing of the increase of ordinary business there has developed a very large shortage of freight cars and one of the great problems of the immediate future is the increasing of transportation facilities. Investigation has shown that the trouble can be to a certain extent remedied by shippers and consignees arranging to utilize the full capacity of each car. If this is done the carrying capacity of the railroads will be increased by at least one-third. In the shipment of no other commodity has there been a greater wastage of car space than in shipments of fertilizer. The average order placed by the fertilizer agent has been for a car of 21 tons. The standard box car is built to carry 50 tons. It may be loaded with a full 600 bags of fertilizer instead of the customary 250 bags, and one car made to do the work of two.

If farmers will give their orders early enough, it will allow agents to make up full cars. This will automatically cut down by a half the number of freight cars needed to move the full tonnage. Since fertilizers are classed as preferred freight, it means freeing for other uses one half of the cars normally used for shipping full fertilizer—and helping conditions by just that much.

Full cars cannot be ordered out unless the farmer is in sympathy with the movement. The fertilizer trade has grown up around the minimum car. The dealer's storage is frequently limited to 15 or 20 tons. If full cars are used by the dealer, he must have the help of the farmers who must haul goods away without delay.

It is very important that the agent and the farmer realize that if this national emergency full cars must be used. Farmers, order early even though it be inconvenient to unload cars during the harvest season.

Poultry

When chicks appear stupid, do not remain with the flock, wings droop, whitish discharge, they are troubled with white diarrhoea.

Medicinal treatment is of little avail. To prevent: Breed from strong healthy birds; proper care and feeding of chicks; keep chicks vigorous; disinfect incubator and brooder; feed sour milk.

A good poultryman is not very easily discouraged.

Boiled oats, after draining off the water, can be mixed with bran and corn-meal to make a valuable egg food. Clover hay, cooked or steeped and mixed with bran and corn-meal, makes a grand breakfast for hens. Green stuff intended for mixing with the soft food should be cut in half-inch lengths.

Cow-peas are relished by poultry, and should be added to the diet at least twice a week. Squash or pumpkins, cooked and mixed in the mash, are good for growth, production and health. All kinds of roots can be fed raw or cooked.

Common field peas are egg food. Peas contain a large amount of nitrogenous substances.

The trouble with so many farm hens is that they do not get enough grain during the summer months to make them produce a profitable number of eggs to pay for their keep.

Molting season is near at hand. This means a decrease in the egg crop. It is necessary at that time to have the fowls properly fed and cared for, that they may pass through the ordeal safely.

No two things about a farm go together better than fruit trees and chickens. Make them acquainted early. Put the newly-hatched brood in a coop under a tree and surround the whole with a circle of two-foot inch mesh poultry netting. It will stand alone in the form of a circle. The shade is good for the baby chicks. The chickens are good for the tree. As they grow, they will scratch the soil and thus cultivate and enrich it, besides destroying many insect enemies.

The Dairy

Economy in feeding is efficiency in production.

True worth in a bull is vindicated by the performance of his daughters at the pail and the showing of his sons on the block.

A large milk flow is not natural for a cow, but is an acquired character. For that reason it is only by constantly selecting the best and rejecting the poorest that the characteristic can be retained. Selection without testing is merely guessing.

No matter how good a showing a milkmaid makes, she can not be registered unless she is the off-spring of a registered sire and dam.

Many feeding experiments last winter, in which silage was made a major part of the ration while grain was used in limited amounts, show that a full feed of grain is not necessary to put a good finish on beef cattle.

The use of caustic potash when the calves are a few days old makes the use of dehorning clippers unnecessary later on. Before applying the potash, clip the hair away from the buttons on the calves' heads; moisten the stick of potash and rub it on the spots until the places bleed slightly. If too much water is used, it may run down over the head, taking the hair off, or getting into the eyes where it causes serious trouble.

Epitaph.

Lying in No Man's Land, he sleeps,
Sleeps as well as they who rest
In the grave-yards of the west.

In the grave-yards of the west.
Sleeping in No Man's Land he dreams,
Dreams of those in other lands;
Friends he left with pensive lips,
Those he left with waiting hands.

Dreaming beneath a foreign sky,
Death was but the Evening Star,
Setting now to rise again
Past the Paradisal bar.

Lying in No Man's Land, he sleeps,
Sleeps as well as they who rest
In the grave-yards of the west.
—From the Canadian Magazine for July.

Keep trees free from suckers.

Bread-Making Contests

1917 At Rural School Fairs in Ontario

**PRIZES: Five Large Phonographs
Five Sets of Dickens' Works
Girl's Own Annuals
Attractive List of Books
Canuck Bread Mixers**

More than \$2,000 worth of prizes for bread making will be offered at the rural school fairs this fall. Among the prizes are five large cabinet phonographs, fifteen Canuck bread mixers and many attractive books. These splendid prizes will make the contest the most stirring ever held at rural school fairs. Every girl between the ages of 12 and 18 should read all about this fine opportunity, and should begin now to prepare for it. The prizes, under the conditions explained below, will be awarded for the best loaves baked with

THE PATHEPHONE

Five of these large cabinet phonographs, each with twelve records, were the first prizes in the District Contests. Value, \$150. Size, 20 in. x 20 1/2 in. x 44 in. high.

—the flour that you will want to use always, once you have given it a good trial. We want you to know for yourself that it makes splendid big loaves of the lightest, most wholesome bread that good flour can bake. That is why we make it well worth your while to try it, by offering these attractive and costly prizes.

For this contest we have divided the Province into five districts, each with several counties. In each district we will give a large cabinet phonograph, a set of Dickens' Works and three bread mixers. These are called the District prizes and they are to be given in addition to the prizes offered at the local rural school fairs. (See list of districts below.) Be sure to compete at your local rural school fair. If you win first prize there, you will then automatically become a competitor for the phonograph and other district prizes.

The prizes, remember, are offered for the best loaf of bread baked with Cream of the West Flour. No other flour will do. For local prizes we offer a number of valuable books. By local prizes we mean those given at the fair.

Local Prize.—"Girl's Own Annual," a great big beautifully bound, illustrated book with 600 pages of stories and articles about people, art, animals, gardens, sewing, crocheting—everything that particularly interests young girls, older girls and their mothers. This is a wonderful prize that you can treasure for years.

2nd Local Prize.—"Stories of Famous Men and Women," heavily cloth bound with gold titles, many beautiful pictures in color, containing the lives of Florence Nightingale, Grace Darling, Flora MacDonald, Jenny Lind, the late Queen Victoria and others.

3rd Local Prize.—"British Overseas," a big handsomely bound book with many colored pictures, interesting stories and descriptions of the countries and the peoples of Britain's world-wide Empire.

4th Local Prize.—"The Queen's Gift Book," a book of stories, pictures and special articles by Britain's best writers as first prizes in the District Contests. The sale of this book is for the benefit of disabled soldiers in England.

Note.—Unless the entries number six or more only first and second prizes will be awarded. Unless the entries number ten or more no fourth prize will be awarded.

The District Prizes.—The winner of the first prize at each local fair automatically becomes a competitor for the following District prizes. One-half of the first prize loaf will be sent to the Ontario Agricultural College at Guelph, to compete in the District Contests. (See conditions below.)

1st District Prize.—"The Pathephone" is the name given to the fine big mahogany phonograph we offer as first prize. It will give you endless pleasure and entertainment for a lifetime. It has special reproducer attachments and needles, enabling you to play all kinds of music, from the latest popular songs to the old-time favorites. It has music, orchestra music, songs and funny pieces perfectly, with it goes a dozen of the famous Pathe records. Total value, \$150.00.

2nd District Prize.—"Set of Dickens' Works," 15 splendidly bound volumes with many illustrations. Among the books in the set are "Oliver Twist" and "Old Curiosity Shop." These are two of the most entrancing stories ever written.

3rd, 4th and 5th Prizes.—"Canuck" Bread Mixers. This simple, yet well-made, machine takes the hard work out of bread making. Instead of laborious kneading of the old method, you just put in the ingredients, turn the handle and the dough is thoroughly and more evenly mixed.

CONDITIONS OF THE CONTEST

Every girl may compete at the rural school fair in her district, whether or not she attends school, providing that her 12th birthday does not occur before November 1st, 1917, or her 18th birthday does not occur before Nov. 1, 1917. One loaf of bread must be submitted to the fair, and it must be baked with Cream of the West Flour. One-half will be judged at the fair. The other half of the prize loaf will be sent to Ontario Agricultural College, Guelph, to compete in the District Contests. The judging will be done by Miss M. A. Purdy, of the Department of Agriculture and Food. The local contest at the fair will be conducted under the same rules as all the other regular contests at your fairs.

The Standard by which bread will be judged will be as follows:

1. Appearance of Loaf	15 marks
(a) Color	5 marks
(b) Texture of crust	5 marks
(c) Shape of loaf	5 marks
2. Texture of Crumb	40 marks
(a) Evenness	15 marks
(b) Silkeness	20 marks
(c) Color	5 marks
3. Flavor of Bread	45 marks
(a) Taste	25 marks
(b) Odor	20 marks

Important.—Each loaf must be accompanied by the part of the flour bag containing the face of the Old Miller, and an entry form must be signed by the girl and parents or guardians stating date of birth, P.O. address, and giving name of dealer from whom Cream of the West Flour was purchased. The form will state that the girl actually baked the loaf entered in the competition. The flour will be provided at the time of the fair. The decision of the judges is final. Not more than one entry may be made by each girl and not more than one local prize will be awarded to the same family.

Which District is yours? This list shows you which counties you compete against if you become a competitor for the District prizes.

The Campbell Flour Mills Co., Limited
(West) Toronto, Ontario
(Keep this announcement for reference)

To Dealers: The above preliminary advertisement is inserted to inform the Public about our Bread-making Competition. We will shortly advertise in the home print pages of local weeklies the names of dealers handling Cream of the West Flour.

Health

Save The Children From Head Injuries

It is impossible to say too much about the necessity of adequately protecting against head injuries of all kinds. I know of no more thoughtless or careless action than to "cuff" a child on the side of his head, for it is not at all uncommon for injury to result to the hearing apparatus of the child. There is nothing more disastrous than to allow a child to rock back and forth in his high chair, to play about an unguarded staircase or to frequent an open window.

I know that there are some people in this world who think that if they feed the children, clothe them and send them to school that that is the sum total of their responsibility.

Accidents are going to continue to come. Most of us break an arm or a leg and half the world are carrying some sort of a scar of childhood adventure; but let us avoid all that can be avoided by securing the right kind of high chairs, by protecting open windows and low porch rails and by teaching our youngsters to climb trees thoughtfully and painstakingly.

Hot Fomentations.

Fomentation is the name given to the process of applying flannel wrung out in hot water to some part of the body for the sake of relieving irritation or congestion.

Many virtues are claimed for this. Profits are often without honor in one's own country.

It is a poor heart and a poorer age that cannot accept the conditions of life with some heroic readiness.

A simple hygienic measure—especially for fomentations of the abdomen—among them the relief of sleeplessness, correction of constipation, easing of headache, relief of indigestion, of sciatica and other nervous maladies.

In whatever measure it may fall short of the many extravagant claims made for it, there is no doubt that the application of a fomentation in the above and in other conditions does produce soothing and beneficial effects.

The method is to take a piece of flannel, about one-quarter of the size of a sheet, and fold it several times. Then lay it in a basin and pour over it all of the piping hot water it will soak up. Wring it out in a towel until no water drips from the flannel. It is simply damp. Take it out of the towel, lay it over the abdomen of the person to be relieved. Cover the flannel with another piece of dry flannel, several layers thick.

The person being treated should be warmly covered up and allowed to rest until the flannel begins to cool, when it should be taken off and the same process repeated. Care should be taken not to allow the person to catch cold.

Furthermore, he should not be talked to violently. The fomentation should be an opportunity for rest, as well as for other relief. It is well to take the treatment before going to bed, or else at a time when complete relaxation lying down may be indulged in for some period following the treatment.

Thus the kinks get smoothed out, not only of the abdomen and of the nerves, but of the mind and of the disposition.

A BATTLE HYMN.

Men of high faith and bold,
Under one cause enrolled,
Fearless of death,
On your great purpose bent
Hold to its high intent
With latest breath.

Men who have thought with us,
Men who have fought with us,
Near us remain.
Working still, side by side,
Though the dim veil divide,
Right to maintain.

Father, we bow the knee
Low now in prayer to Thee,
Keep us aright,
Let no mean thirst for power
Rule in this solemn hour.
Grant us, Thy light.

—E. E. F.

EQUALS THREE BROADSIDES.

Average Lightning Flash Thrice as Powerful as Warship's Guns.

The extraordinary fact about thunderstorms is that while the forces at work in them are so terrific they do such exceedingly small damage. It is only quite recently that an attempt has been made to measure the power expended in a single lightning flash. There is danger in such experiments, for two or three of those engaged in earlier days in scientifically observing lightning were killed in their laboratories.

The measurements made by Mr. C. S. Wilson at Cambridge show that the energy expended in a discharge of lightning is 600,000 ton-meters—a force sufficient, that is to say, to lift 1,000 tons 2,000 feet in the air. By way of comparison it may be said that the broadside of the Queen Elizabeth's eight fifteen-inch guns would, according to German figures, exert a power at the muzzle of 210,000 ton-meters. The average lightning flash, therefore, exceeds the power of three broadsides from a Queen Elizabeth.

HEY, WAITER!
I CAN'T EAT THIS SOUP!

I'M VERY SORRY SIR—I'LL CHANGE IT FOR YOU

I'M SURE YOU WILL FIND THIS ALL RIGHT SIR

HEY, WAITER, COME BACK HERE—I CAN'T EAT THIS SOUP EITHER!

WHAT'S THE TROUBLE SIR, YOU CAN'T EAT ANY OF OUR SOUPS?

I HAVE NO SPOON!