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less sweetness. These are the signs of quality.

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—99.99/100 to 100% of pure cane sugar with no  
impurities whatever. Insist on having "ST.  
LAWRENCE GRANULATED" at your grocer's.

ST. LAWRENCE SUGAR REFINING CO., LIMITED,  
MONTREAL.

### When Cutting Striped Material

One of the most difficult things for  
the home dressmaker to accomplish is  
the proper cutting of striped material.  
To be able to cut a striped dress  
well is a proof that you are by no  
means a novice at the art of dress-  
making.

Skirts are always cut first. Lay the  
material out flat on the cutting table,  
and if there is no "up-and-down" to  
the material, you will be able to fit  
the gores into each other, cutting the  
material in an economical way.

Remember to have the line of small  
perforations found in the centre of  
each gore of the pattern run straight  
with a stripe. This will cause each  
cut edge to be slightly bias, and when  
joined will look far better than if a  
bias edge was joined to the straight.

The centre of the front gore must,  
of course, be on a stripe. Double your  
material before cutting in order to  
have both sides exactly alike. When  
cutting sleeves be sure the material  
is doubled, and save yourself the  
trouble of having one sleeve different  
from the other, thus ruining the gar-  
ment.

Stripes should run straight from the  
shoulder to the waist in sleeves. Have  
the stripes run straight down the cen-  
tre of the front and straight down the  
centre of the back when cutting the  
bodies. Always allow plenty of material  
for seams when striped material is  
used, and be sure that the stripes  
match in the joining of seams.

### Making the First Preserves

By Hilda Richmond

When the supply of preserves put  
up last fall runs low and some sort of  
a "spread" is desired, one of the  
easiest and best things to use is rhubarb.  
It is cheap, healthful and deli-  
cious, and it combines well with many  
other things. Then there are the  
latest of the apples, though and  
wrinkled it may be, but still usable,  
and the pineapple of the market.  
With these few things for foundations  
very fair preserves may be evolved,  
and incidentally they may be so well  
liked that an extra supply will be put  
up for later in the year.

Always take the young, pink and  
tender stalks of the rhubarb, rejecting  
any that need peeling. Wash and cut  
in small pieces with the peeling on.  
Add an equal weight of sugar  
after the boiling has reduced the  
whole to a soft mass, using just  
enough water to keep from scorching.  
Putting the rhubarb on the back of  
the stove in a stone jar, or in the

oven, saves much watching. To eight  
tins of rhubarb add eight tins of  
sugar and one pound of eggs, washed  
and cut fine. Stir the mixture gently  
until rich and thick, but do not boil  
violently. Can in small jars or jelly  
glasses. This is particularly delicious  
for cake filling.

UTILIZING LEFT OVER APPLES  
If you have sound, medium tart  
apples use half apple and half rhubarb  
stewing until both are tender.  
If the apples are not "good cookers"  
stew them first and add the rhubarb  
when they are tender. Add an equal  
amount of sugar and cook until thick  
and rich. Half an hour before remov-  
ing from fire add the juice and grated  
rind of one lemon to each half gallon  
of the mixture.

Rhubarb and pineapple combine  
well, and may be used in any propor-



### Just Fine in Hot Weather

A refrigerator in which to keep milk,  
butter and other perishable food stuffs is  
a convenience worth while in the home of  
Isaac Holland, Oxford Co., Ont. Miss  
Holland appears the illustration.

—Photo by an editor of Farm and Dairy.

tion well liked, but about one-third  
pineapple is a good combination. Use  
pound for pound of sugar and cook  
until thick and rich. Pineapple also  
combines well with green gooseberry,  
the very last of the rich yellow apples  
blending with the pale green berries  
in a delicious confection. Use half  
and half, or one-third pineapple to  
two-thirds gooseberry, it makes a pale  
golden preserve that is especially liked  
for a company dish. Served in a cut  
glass dish this preserve is exceedingly  
beautiful, and with cold meat or game  
it is better even than with bread and  
butter.—Indiana Farmer.

### The Summer Meat Supply

With the advent of warm weather  
comes a resort in too many farm  
homes, to the pork-barrel as the only  
source of a meat supply which shall  
satisfy the demands of appetites whet-  
ted by the activities of "the busy sea-  
son." And let no one deny either the  
nutritive value or the appealing qual-  
ity of salt pork! But, as a steady  
diet, it falls upon desire, and the  
yearning comes for some good fresh  
meat.

To kill a steer, a sheep or a calf for  
the use of one or two families only, in  
warm weather, involves almost inevit-  
able waste, on account of the absence  
of available refrigerating apparatus.  
To avoid this, and to ensure to each  
cooperating household a regular sup-  
ply of fresh cuts, the "Beef Ring" or  
"Meat Club" has been devised. It has  
been put in operation in a num-  
ber of places in Ontario with very suc-  
cessful results—results which be-  
come more and more apparent as the

cooperators become habituated to the  
plan.

HOW IT WORKS

Twenty to 25 families will each  
"keep from spoiling" the carcass of  
a good-sized beef, when divided among  
the families. It is easy to arrange that each  
family shall in turn supply an animal  
for slaughter, and to employing a man  
to do the killing and apportioning the  
meat.

A schedule is made up, under which  
the carcass is divided into as many  
parts as there are members of the  
club, and each member is served, first  
with one, then with another part, so  
that when the rotation is completed  
each will have served him- or her-  
self an entire animal. The meat of  
each family can usually dispose of its  
plus meat to the large family require-  
ing more. The killing is generally  
done on Friday afternoon, so that the  
members of the club may call for the  
meat on Saturday.

### The Sudden Change

By M. B. McNutt

A great deal has been said these days  
about "the law of the sudden change."  
According to this new law things must  
suddenly take a turn upward and then  
proceed down to some several degrees  
higher than they were before.

For instance, a farmer and his wife  
back in Pennsylvania carried away  
up a steep bank from a spring into  
a family of nine children—40 years  
to manhood and womanhood—40 years  
—and had all left the old home except  
the "baby." This youngest son did a  
little digging one day, laid 815 worth  
of one-inch pipe between the spring  
and the house, set a small water  
pump on the sink at the upper end  
of the pipe, and his wife with a few  
strokes of the pump handle had a  
bucketful of pure, cool, spring wa-  
ter right by the side of her kitchen  
stove.

SIX MILES—TWO MINUTES

Another instance of this new "law  
of the sudden change" was the effort  
to lead six miles from town, knowing  
that if any member of his family was  
taken sick in the night he must have  
piped drive the six miles—what  
ever the weather—to call a doctor. He  
got a vision and by the time he sleep-  
again he could step to his telephone  
across the bedroom and call the doctor  
in two minutes.

The bathing in this home had been  
a task for three generations. In the  
summer the boys took to the river for  
this beautiful exercise—the fun of the  
plunge being the chief consideration. In  
the winter the bathing of these lad-  
depended upon the mother's tact, per-  
severance and sense of cleanliness. By  
an accident one of the boys spent  
Christmas with a doctor. When he  
on that visit he had the privilege of  
taking a wash in a bath tub in a well-  
heated bathroom. It was a novel ex-  
perience, a real joy and a satisfac-  
tion. He caught cold—not a bad cold,  
but the bath fever, and didn't get  
over it until there was a bathing place  
in his father's house. A little plas-  
tering, a little labor, and the price of  
the pig did the business when the  
lad caught the vision—rather than  
caught the bath fever.—In Successful  
Farming.

When pulling threads from hem-  
stitching or when working towels with  
cross-stitch embroidery, use a pair of  
tweezers. Tweezers are excellent for  
pulling bastings. Try them and you  
will always have a pair handy.

Place a piece of white blotting  
paper under a vase containing flowers.  
It will absorb any moisture  
which may run down the vase. This  
prevents stains from appearing upon  
the polished surface of the table.