

unlike the average male worker, it is pretty safe to say the saloons will not get any of this cash. Also, instead of being sent out of the country, as in the case of the Chinese coolie, all the money will remain in the province.

Each picker is supplied with a tray, holding eight boxes (or hallocks) to use the term of the initiate. Into perhaps two of these goes green berries; into the rest prime, firm ones; the over-ripe fruit is thrown into a pail which the picker also has beside her. The green berries later on in the sorting shed are rushed to the nearest depot to catch a fast express for the prairie provinces. Here, unloaded at the principal cities of Edmonton, Calgary, Saskatoon, Regina and Winnipeg, they satisfy the longing of thousands of fruit hungry people, having ripened on the way. The firm ripe berries go to the nearer markets of Vancouver, Victoria and other B.C. cities; while the over-ripe ones are rushed to the canneries, and months after some lonely homesteader will feast upon some of them.

This idea of supplying female labor to the fruit farmers has been so satisfactory and grown so largely that instead of being a temporary patriotically born experiment, it now promises to become a fixed industry. Canada has learned many lessons, economic and otherwise through war conditions; and of the many this is among the most important.

Hygienic Use of Water on the Skin

By Dr. Leonard Hirschberg, A.B., M.A., M.D. (Johns Hopkins University)

Of the many virtues claimed by a multitude of home remedies, domestic medicines, herbs, patent medicines, and advertised drugs, perhaps ninety per cent of the value is to be found in the water present.

Camomile tea, sassafras tea, sage tea, mullein tea, and a legion of popular country and grandmother potions believed in as implicitly as a religion, owe their supposed curative properties not to any power in the harmless roots and herbs, but to the water in them. Plain water, hot or cold, would do as well.

"Water," says a physiologist of true scientific attainments, "is the only agency to my knowledge, which may be even partially considered a panacea for ills of the human flesh."

Traverse the desert, and then you can tell What treasures exist in the cold deep well;

Sink in despair on the red parched earth And then you may reckon what water is worth.

Water exerts a large measure of its medication upon one of the most sensitive of human structures, notably the skin. Water on the skin is to health, what April showers are to the earth.

The versatility of the sweat glands, the waxy glands, and the epidermis to the touch and go of life and the outside world depend upon the shifting sands and the weathervane of the skin. The well skin, forsooth, is Harlequin, Proteus, Chamelon, and Cynthia—Of-The-Minute in its responses to vicissitudes within and without.

Water is absorbed as well as shed by the skin. Its influence upon the integument depends upon whether it blows hot or blows cold. Water is held to be very cold when it is below 55 degrees. A bath is cold from 55 to 65 degrees. It is cool from 65 to 80 degrees; tepid up to 92 degrees, and warm up to blood heat, that is 98.6 degrees. Above 98.6 degrees and up to 104 degrees, it is hot, and over 104 degrees it is very hot. These are the definite, technical measurements, and their physiological powers over man differ accordingly.

Baths, to be sure, depend also upon their duration, the method of application, their infinite variety, and the contents of the water.

A rough wash-cloth used with the hand in a bath is called an ablution. This, of course, differs from a foot bath, a sitz bath, a tub bath, a salt sponge, a wet sheet, a shower, a needle, a jet, a Turkish, a Roman, a Russian, or an electric light bath.

One of the abominations in the bath-rooms of some homes is the sponge. It matters not whether it is a natural sponge, a rubber sponge, or one for each individual of the household. Sponges are veritable hot beds of nesting germs. They are eternally soiled and ever a menace to the skin for which they afford hardly any friction.

The hand, a rough Turkish wash cloth, or a towel will supply the rub which should accompany the bath. Properly used it will whip up the flogged and fagged muscles. The absorption and excretion of the skin are assisted, and the heart and lungs are thereby given a tonic.

Warm baths and soaps are needed to clean the skin. Cool baths scarcely loosen or dissolve the fats, invisibly caked in the recesses of the dermal pavement. Once a warm or hot bath has picked and shoveled the dust and dirt of the previous hours from the skin, cold water may be used for a minute or two to restore the balance of tone to the dermal cover.

One of the most unhappy architectural defects of American houses and apartments, is the disregard of proper warmth in bath rooms. Almost every other chamber is better supplied with heat.

Yet a cold bath room is a hospitable invitation to pneumonia, tonsillitis, bronchitis and the like.

Never take a bath, however quickly, in a cool bath room. In summer it is inadvisable, at other seasons it is an R.S.V.P. to the vicious microbes of the diseases mentioned.

Miss Smith's Manners

Some time ago an Alabama lady kindly undertook to advise one of her colored maids as to certain rules of propriety that always should be observed by young women to whom attentions are paid by gentlemen friends. One evening the lady, wondering whether her seeds of advice had fallen upon rocky ground, stationed herself in a rocker near the kitchen door, where she was entertained by the following dialogue:

"Ah say, Mary, would yo' jes' 's soon change—"

"Look yere, Jim Jackson, don' yo' git fresh wif' me! Mah name's Miss Smith—not Mary. Ah don't 'low only mah best an' most pat'iclar friends to call me Mary."

"Ah beg yo' pahdon, Miss Smith. But say, Miss Smith, would yo' jes' 's soon shift to de oder knee? This yere one's tired."—Everybody's Magazine.

Dr. Price's CREAM BAKING POWDER Saves Eggs

In recipes for cake, muffins, corn bread, etc., fewer eggs may be used and excellent results and healthful, appetizing food obtained by using an additional quantity of Dr. Price's Cream Baking Powder, about a teaspoon, in place of each egg omitted.

EGGLESS MUFFINS

2 cups flour
1 cup milk
4 teaspoons Dr. Price's Cream Baking Powder
2 tablespoons sugar
1 teaspoon salt
2 tablespoons shortening

DIRECTIONS:—Mix and sift dry ingredients. Add milk, stirring until all lumps are out; add melted shortening. Beat well and bake in greased muffin tins in hot oven from 20 to 25 minutes.

The old method called for 2 eggs.
Makes 18 Muffins

Booklet of recipes which economize in eggs and other expensive ingredients mailed free. Address 8 St. Lawrence Boulevard, Montreal.

Dr. Price's Cream Baking Powder is made from Cream of Tartar derived from grapes, and makes wholesome food.

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The Canadian Farmer Faces Big Problem

A LONG with his American cousin the Canadian farmer faces the big problem of supplying foodstuffs to the Allied peoples. A goodly portion of this task is being shouldered by the farmers of Western Canada who are looking more and more to the farm newspapers to supply them, not only with news of the day—financial and market quotations, etc.—but with information and knowledge pertaining to labor-saving, production increasing Methods, Materials and Machines. Thousands of farmers in Western Canada have found in

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