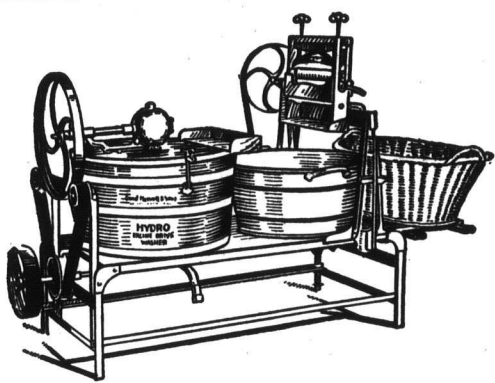


# RENNIE'S NEW HIGH GRADE SEEDS

**Asterum**, the new big Comet Aster, pink, white or mixed. Pkg. 15c.  
**Mammoth Cosmos**, crimson, white, pink or mixed. Pkg. 10c, 3 for 25c.  
**New Red Sunflower**, beautiful and showy. Pkg. 25c.  
**Scarlet Runners**, popular climber. Pkg. 10c, 4 oz. 15c, lb. 50c.  
**Spencer Sweet Peas**, good mixed colors. Pkg. 10c, oz. 25c, 4 oz. 80c, lb. \$2.40.  
**XXX Imperial Japanese Morning Glory**, all colors. Pkg. 10c, oz. 35c.  
**Triple Curled Parsley**, dwarf dark green. Pkg. 5c, oz. 20c, 4 oz. 50c.  
**Ninety-Day Tomato**, smooth and firm. Pkg. 10c, 1/2 oz. 30c, oz. 50c.  
**Rennie's Mammoth Green Squash**, 403-lb. specimen. Pkg. 25c.  
**Crimson Giant Radish**, early crisp. Pkg. 5c, oz. 15c, 4 oz. 40c, lb. \$1.20.  
**Senator Peas**, large, luscious Dwarf. 4 ozs. 15c, lb. 40c, 5 lbs. \$1.75.  
**Yellow Globe Danvers Onion** (black seed). Pkg. 5c, oz. 25c, lb. \$2.10.  
**Rennie's Prize Swede Turnips**, best for table or stock. 4 ozs. 20c, lb. 65c.  
**Nonpareil Lettuce**, Canada's best for open air. Pkg. 5c, oz. 20c, 4 ozs. 60c.  
**XXX Guernsey Parsnip**, smooth high grade. Pkg. 10c, oz. 25c, 4 ozs. 75c.  
**Stringless Refugee Wax Beans**, 4 ozs. 15c, lb. 50c, 5 lbs. \$2.25.  
**Rennie's Fireball Beets**. Pkg. 10c, oz. 20c, 4 ozs. 50c, lb. \$1.60.  
**All-Head Early Cabbage** (solid heads). Pkg. 5c, oz. 30c, 1/4 lb. 90c.  
**Golden Bantam Sugar Corn** (for table). Pkg. 15c, lb. 40c, 5 lbs. \$1.90.  
**XXX Table Cucumber** (for slicing). Pkg. 10c, oz. 25c, 4 ozs. 60c.  
**Yellow Dutch Onion Sets**. Lb. 35c, 5 lbs. \$1.70.  
**Sudan Grass**, new annual hay crop or feed green. Lb. 40c.

Delivered Free in Canada. Rennie's Seed Annual Free to All.

ORDER THROUGH YOUR LOCAL DEALER OR DIRECT FROM  
**Rennie's Seeds** 394 Portage Avenue  
 Also at TORONTO MONTREAL WINNIPEG VANCOUVER



Let your Gas Engine or Electric Power  
 Lighten the Labor of Wash Day

**THE Maxwell Power Bench Washer**  
 is a wonderful boon to your wife when washday comes round. It can be operated equally as well by gas engine or electric power. It is made in one, two or three tub machines. Easy to operate. Simple but strong in construction and the mechanism is as perfect as science can invent.

*Maxwell*

POWER BENCH WASHER

MADE IN CANADA BY MAXWELLS LIMITED, ST. MARY'S, ONT.  
 Write to-day for further particulars. Dept. N 25

necessary demand for some energy-producing food, is a perfectly natural condition. Sugar is a necessity in producing energy and should be used wisely, as it is one hundred per cent carbohydrate. The abuse of sugar is in giving too much of it, or in connection with foods that are too rich in food value to be easily digested with it.

The cereals, all of which are desirable, go through the process of digestion to produce energy supply. Corn, and corn products, have been proved to be of great food value, as the digestibility of properly prepared corn indicates that the carbohydrates are almost completely utilized by the body, there being no waste. Rice, rich in carbon, should form a staple article of diet for all healthy boys and girls and as it easily lends itself to variety in cooking, it is one of the most desirable of all foods.

Fish, another nitrogenous food, as well as all kinds of nuts, usually appeals to children. The latter, being especially rich in protein, are not desirable at the end of a hearty meal.

The various flours which are used in the making of breads go toward the development of bone and sinew, but do not fill the requirement of perfect nutrition without the oil which is necessary and which is supplied by the use of butter.

Milk for the infant is a food, capable of sustaining life. Its value consists in its nitrogenous compounds, casein and albumin. But as the child matures, milk becomes less and less sufficient as a complete medium of nutrition, although at all ages it should be considered a substantial food. Eggs, also in the class of nitrogenous foods, are rich in potassium, phosphoric and sulphuric acid so necessary for the formation of both bone and blood.

In the food of growing children the place of fruits is recognized as essential for their acid qualities. Fruits not only whet the appetite but bring into the system a certain amount of water. But it should be remembered that fruits which are not ripe are not fit to put into a child's stomach. The idea of making sour and unripe fruit more digestible by adding sugar is wrong, both the fruit and the sugar remain the same chemical consistency when they reach the digestive organs, and the sugar only causes fermentation and consequent distress.

Although fresh vegetables cannot be considered as among the chief foods for nourishment, yet the part they play in the process of digestion is very desirable. From them we also get sugars and minerals in small quantities.

The following groups of menus illustrate a simple, yet nutritious, diet planned from the standpoint of food values, variety and economy for the proper nutrition of the active boys and girls at school age.

Breakfast: Fruit, oatmeal, cocoa, baked beans, corn muffins.

Luncheon: Peanut butter sandwiches, milk, stewed fruit, lady fingers.

Dinner: Vegetable soup, baked round steak with dressing, boiled potatoes, creamed carrots, fruit jelly.

Breakfast: Small glass of lemon and orange juice, cracked wheat, codfish creamed, cambric tea, toast.

Luncheon: Hot chocolate, stuffed eggs, brown bread sandwiches, jam-cookies.

Dinner: Tomato bisque, boiled lamb, mashed potato, spinach, apple snow.

Breakfast: Stewed apples, corn mush, boiled eggs, postum, French bread.

Luncheon: Hot malted milk, hot rice with butter, sugar and cinnamon, ice cream.

Dinner: Barley soup, boiled halibut with brown sauce, scalloped potatoes, beets, buttered farina pudding.

## Come In, My Dear

This is the unique greeting on the cover of a Cook Book which we received to-day from the packers of Gingerbread and Domolco Molasses, made in the British West Indies.

When the reader "comes in" he finds a typical Grandma with her checked apron on explaining to a charming matron of the present generation just how good "real, genuine Lasses" is for cooking and table use.

Under various headings of Gingerbread, Cookies, Puddings, Breads, Home Made Candy, etc., this Cook Book gives the best recipes procurable. In Gingerbreads alone there are nine ways of making given.

Western Home Monthly readers are invited to write for a free copy to the Dominion Co. Ltd., Halifax, N.S.

## Cream Pie

One pint sweet cream, three table-spoonfuls of sugar, pinch of salt; heat to a boiling point; thicken with one tablespoonful of corn starch; take from the fire, add the yolks of three eggs, well beaten; flavor with lemon; bake in one crust. When done, frost the top with the whites of three eggs, one heaping teaspoonful sugar beaten well. Set in the oven one minute.

## Orange Marmalade

Select 12 Seville oranges of good quality. Squeeze out the juice, setting it aside, and put the rinds in a jelly pan with a plentiful supply of water. Boil them until soft, adding more water as it boils down, if necessary. When thoroughly cooked, turn the mixture into a bag, pressing and squeezing the mass as hard as possible to secure all the juice. Mix this juice with the juice that was taken from the fruit before boiling; then measure, and to every pint of it add one and a half pounds of lump sugar. Boil it for half an hour, then test by putting a teaspoonful on a saucer to become cool. If when cool the jelly curls when twisted or pushed by the finger it is ready. Remove the syrup from the stove and fill marmalade jars with it, sealing as usual with papers, or paraffin wax.

## Cambridge Cheese

Cambridge or York cheese is an English variety, but one which can be made equally well under American conditions. It is a soft cheese which requires no ripening or curing, but is eaten while fresh. Fresh milk is used for its manufacture, a little cream being added if the milk is poor in fat.

The milk is taken sweet and heated to 95 degrees. The addition of one or two per cent of soured milk is advisable. Then rennet extract is diluted a few times with cold water and added—one cubic centimeter to each gallon of milk. It should be stirred in thoroughly, but not for more than three or four minutes. The milk is then covered and allowed to curdle.

In about an hour the curd will become firm enough. Meanwhile the molds should be prepared. These may be square or oblong, usually about seven by five inches and six inches deep, without top or bottom, and made of wood or of tinware. Straw mats or coarse cloths, like burlap in texture, are cut to fit the bottoms of the molds, which are placed on a wide board having several rows of small holes bored in it.

The curd is then dipped with a sharp-edged ladle into the molds. It should not be broken more than is necessary, for to do so increases the loss of fat in draining. The molds should be filled to the tops and if any curd is left over it may be dipped into the molds after the other curd has shrunk. The molds are then covered and the curd allowed to drain. Care should be taken to keep the room warm—about 68 to 70 degrees—and free from drafts.

The cheese will shrink to about one-third its original volume in from 24 to 30 hours. Drainage is continued up to 48 hours from dipping, when the cheese will have a somewhat shrunken appearance, with the edges slightly curled in. The cheeses are not turned during the draining process. Salt is not added; if desired it can be applied by the consumer. The cheese is ready for consumption as soon as taken from the molds—the mats being allowed to stick. For marketing the cheeses are often wrapped in parchment paper, sometimes with tinfoil placed over this.

For making English cream cheese very thick cream is poured carefully into a linen bag and this is hung up, with a basin underneath to catch the whey, in a cool room or cellar. The air in the room must be pure, as the cream easily absorbs odors. When the whey is partly drained off, the bag is twisted tight and bound so as to dry the curd more; then, after twenty-four to forty-eight hours, according to the temperature and the consistency of the cream, the "cheese" is ready to eat, and may be molded. This is hardly cheese, as no rennet is used; perhaps it should be called a "sour cream curd."—W. H. C.