



BY ROYAL WARRANT, MILLERS TO H.R.H. THE PRINCE OF WALES

What Flour Granulation Means in Bread-Making

Flour is composed of myriads of tiny granules.

To make good bread these granules must be uniform in size.

In poorly milled flour some granules are large, some small.

The small ones absorb yeast, "rise" and "ripen" before the large ones—the result is bread of coarse, poor texture.

The large granules are not developed into "sponge," they bake into heavy hard particles, spoil the texture of the bread and make it harder to digest.

ROYAL HOUSEHOLD FLOUR is perfectly milled—all the flour granules are uniform in size—the sponge rises uniformly—the bread is even in texture—perfect in flavor—good-looking, appetising bread—easily digested.

Ogilvie's back it with their reputation by branding it

Ogilvie's Royal Household Flour.



Such well known horsemen as Graham Bros., of Claremont, Ont., Robt. Brith, M.P., of Bowmanville, Ont., and a host of others recommend its use.

Drop a card to the CARNEFAC STOCK FOOD CO., for particulars—

THE CARNEFAC STOCK FOOD CO.,
WINNIPEG, MAN.

A Gentle Hint—

like that is not to be disregarded. If horses don't get plenty of good fodder they'll kick with something more than their heels. A poorly kept animal runs down and decreases in value. Carnefac Stock Food is in general use from one end of Canada to the other, and in no case has it failed to give satisfaction to both horse and its owner.

HINTS FOR THE HOUSEWIFE

Specially written for Western Home Monthly Readers.

"What woman wants is scrubless floors, Spendless incomes 'n bakeless loaves, Smokeless husbands 'n slamless doors, Peekless curtains 'n scorchless stoves!

Washless dishes 'n poundless steaks, Pinless wrappers 'n darnless socks, Pryless neighbours 'n backless aches, Spankless children 'n spotless frocks!

A bit of alum dissolved in the starch will brighten the colors in gingham and muslins.

Tomatoes picked before they are quite ripe will turn in the shade, as well as the sun, if the place where they are put is not damp.

A paper pail or tub can be mended by putting a piece of cloth over the hole and pasting it down with putty. Let it fully harden before using.

Belts made of white or colored canvas, when bound with silk of the same shade are far more attractive than if allowed to remain plain.

Pour milk that has been burned into a jar and stand the jar in cold water. After the milk is entirely cool the scorched taste will be gone.

Napkin rings made of birch bark, fastened with a tiny length of ribbon, pleases the children and helps them to remember to fold their napkins.

If the cellar becomes moldy and bad smelling, put some sulphur on a pan of hot coals and place in the cellar and it will be soon sweet and wholesome again.

Put the covers to your fruit jars in boiling water, pressing out all the air from the porcelain lining, then seal the jars quickly while the covers are hot and the fruit will not ferment.

Wet a cloth in kerosene and go over the zinc underneath your stove. It will shine like new, unless it has been neglected too long; in that event wash first with ammonia and water, and then after it is quite dry use the kerosene.

Don't leave your groceries in paper bags. Keep rice, oatmeal, tapioca and supplies of this kind in covered glass jars. Coffee and tea in tin, tightly covered. Meal and flour should be in covered wooden buckets.

Wrap meats of all kinds, fish particularly, before putting it in the ice box. Take off the papers that are round it when it comes from the shop and replace them with a damp cloth. This will keep the article wrapped fresh and tasty, besides it will not taint the box.

Wood ashes sprinkled round the roots of young trees will help their growth and strength. It is usual to do this in the spring, but trees demand much potash, and the second sprinkling in the fall has proved in all cases where it has been tried very beneficial.

Save your tin tomato cans for steaming brown bread and puddings in. You can clean them so that they will be untarnished by filling them with water in which Pearlina, or some of the powders in use, has been placed. Let the water boil a few minutes and you will have clean tins.

Cracks in a floor may be filled up before painting in the following manner. Take plenty of bits of paper, old envelopes, letters, etc., which have been saved and cut up, or torn, very fine. To every quart of paper and water add a handful of gum arabic and cook in an old pot until it becomes a thick cream. Put into the cracks while it is boiling hot; when it is cool it will be as hard as the floor, and when the floor is painted it will be almost impossible to tell where the cracks are.

Add a few apples when making either peach or pear jellies, if you wish to have the jelly come out clear and solid.

Often busy wives and mothers say that it is impossible to keep tidy and do their work. One of the busiest housekeepers we have ever known always looked so clean and wholesome in the morning, when there was so much to be done, that it was joy to see her, while another housewife, who had time to give away, gave one an uncomfortable feeling if one happened upon her at any hour of the day when she was at home, for fear she would part company with one-half her clothing. Another woman; to whom an afternoon nap was a necessity, though nations fell, compelled her callers to wait until she had time to bathe and dress before coming down, if by chance the caller arrived before four or five o'clock. She did her own housework—that is, what she didn't leave for her husband to do on his return from business.

An easy and palatable way to make fresh fruit pies of any kind is the one used by English cooks—that is, without an under crust.

In the Nursery.—Little Folks—

If brought up on plain, wholesome foods, will be their own best guides as to their bills of fare. A child that is well is hungry at the proper time, and if he refuses food there is a reason for it. Eating between meals is a frequent cause for lack of appetite at mealtime, and the producer of many cases of indigestion. Nothing is more important than that meals should be regular. Dainties in the way of fruit, candy, and nuts should be eaten then, and not at intervals during the day. In this, as well as in many other matters, the victim is literally killed with kindness.

A hungry child will eat bread and butter, and this alone should be offered when the plea of hunger is offered before a regular meal. Once regular habits are gained there will be no warfare and little thought given to the subject of eating. Many a wilful disposition, obstinate trait, and naughty spell result directly from unwise parental management, and, if the truth were known, the consequent upbraidings and disciplinings should by right be bestowed upon the mothers.

Little meat is required by the young child, and, until all the teeth have come, only meat soups should be allowed. Beef, mutton, and poultry are the best meats for children, and there should always be an abundance of milk and eggs. The menu should include fruit and vegetables in season, and these should appear at every meal. Pie should be rarely if ever used in a family of children. Dried prunes and apricots are both delicious if cooked properly, and they are healthful. Thorough soaking and long stewing are necessary for both. Dried apples, too, if care be taken, may be made appetizing, and any of these served with whipped cream, will satisfy a child's longings for goodies. Dates and figs are desirable, and will always be hailed with pleasure. Either may be cut up and served with cereals and served with cream. Raisins may be added to apple sauce, cereals, rice, or almost anything suitable for desert, with good results. Tapioca with fruit, baked apples, fruit sherbets, and ice cream, gelatines, rice, chocolate puddings, are all relished by the little people of the house.

It is most important that the cereals be thoroughly cooked; fifteen and twenty minutes are insufficient. It is well to vary these, and not give the children an opportunity to weary of any one. Breakfast should be at an hour when the school-boys can have plenty of time for their morning meal without undue haste to reach school in season. The hearty meal should be in the middle of the day, and only simple food allowed at night. Tea and coffee should never be given to a growing child. Made dishes, such as croquettes, and all fried foods, including doughnuts, are hard to digest, and ought to be absent from a bill of fare prepared for children. Whole wheat bread is far and away better than fine white breads, not only for the children, but for all the adult members of the family.