



# The best paint for your house

Paint-making is more than mixing some pigmen 3 and liquid with a paddle. This explains why you can give best protection to your house if you use scientifically prepared paint.

Real paint—the kind you want—is made scientifically, in a way that calls for expert paint-makers, scientific selection of materials, accurate proportions, immense grinding and mixing machinery and other factory equipment. No hand-mixed paint can begin to compare with



Careful tests have shown that good wear-Careful tests have shown that good wear-ing and protecting qualities of paint depend upon the fineness of the grinding as well as upon the accurate proportions of the mate-rials, and their high quality. "High Standard" is made of the choicest materials and in the exact proportion that years of ex-posure tests have proved to give best results, No one can approach this in home-made paint.

For interior walls and ceilings use Lowe Brothers Mellotone—the beautiful finish that is washable, fadeless and does not easily scratch or mar. Adapted to every room in

Have the best looking house in your neigh-borhood. Ask your local "High Standard" dealer-agent to give you paint information and color combinations for exteriors, interior walls, floors, woodwork, etc.

Valuable Books—Free Experts have prepare some valuable books—Whomes distractive from Gate to Garren, and Mellosses Your W. alle. These with special color cards showing how to secure good results with your barrs, implements, vehicles, Ste., set five upon request. With today,

LOWE BROS., Ltd. 248 to 255 SORAUREN AVENUE TORONTO, CAN.

#### Are We Slaves to our Work

With the Household Editor

"Hello, Mrs. Smith! A few of the ladies in the neighborhood are com-ing over to our house next Thursday afternoon. I would like to have you

afternoon. I would like to have you come along and bring your sewing."
"Well, I would like to go, Mrs. Jones, but really, on Thursday afternoons I always do my weekly mending, so couldn't possibly get away"; and Mrs. Smith hung up the telephone receiver with a sign of Mrs. Smith's attle who mean well and be smith's attle who mean well and be smith's attle who mean well and be

Smith's style who mean well and believe they are doing their duty their families and to themselves becoming slaves to their household duties. There is such a thing as duties. There is such a thing as being over-zealous about our work. And then, too, it is a very easy matter to get into a rut in the way we perform our household duties, we perform our household duties, neglecting to stop to think if there is not some easier way in which they may be done more quickly and with less expenditure of labor. If by a little planning and forethought we could save a few minutes on every task that we do in a day we would soon find time for the rest and recreation that is every woman's right.

In the farm home especially, where there are never-ending duties to be there are hever-ending duties to be performed, there is great need for system, for we are all aware that system is a wonderful labor-saver. While it is well and good to read of how others plan their work and then try to follow out their suggestions when doing our work, we really must use our own brains, for what proves to be a labor-saver in one home may be of much benefit in another.

Some one may argue that they are not slaves to their work, and endeato systematize their work as much as possible, and ye duties are cropping up that prevent their getting the work done on sche-duled time. We realize that this is their getting tue, we realize that this is duled time. We realize that this not quite true, but still we must not quite true, but still we must not give true, but still we must perfect the still we will be the still the still we want to the still the still we want to the still we w sistent pressure wins. It wins! Violence is transient. Hate, wrath, vengeance, are all forms of fear and do not endure. Silent, persistent effort. Silent, persistent effort them. Be strong!" will dissipate them. . . .

#### Spring in the Garden

With the coming of the first warm days of spring—who is not attacked with the Wanderlust? We yearn to get out of the house, indeed this is one of the first symptoms of spring one of the first symptoms of spring fever, and is only natural after a long season of winter's cold and bluster, during which we must be an unwilling prisoner from our outdoor pleasures

To dig in the soil and plant something—that sums up our main desires on these first warm days. Spring is the one time in the year when hope smiles strongest into tired eyes and brains from every peeping bud and blossom. Make this your garden motto for this spring, and see how much pleasure you derive from it

### Cloth that wears like Leather

Remarkable discovery by English Firm

A remarkable holeproof cloth that will not lear or wear out and yet looks ex-actly as the finest weeds and serges has been discovered by the Holeproof Cloth-ing Co., 54 Theobalds Road, London, W.C., ing Co., 54 Theobalds Road, London, W.C., Eng. They make from these wonderful cloths a well-cut Man's Suit for only \$5.50. cloths a well cut Man's Suit for only \$4.50. Rreeches for cycling, riding or waiting, for two dollars, or a pair of well-fitting, smartly-cut Trousers for \$1.80, and if a hole appears within 6 months, another zarment is given absolutely free. See advertisement on page 2 and write for patterns, etc., to the firm's Toronto Branch, 173 Huron Street, Toronto, Ont.

Now, therefore, I will plant a plant "Now, therefore, I will plant a plant just to see it grow. I will plant at least one kind that I have never grown before. At least a part of the garden I will prepare and till with any own hands. I will see that every tree and bush and herb on my place is given the very best opportunity to make the most of itself."

WITHIN REACH OF ALL

If you haven't a garden into which you can go and forget the little kitchen worries—then you know, way down in your heart you wish for one—own up—don't you? Then start a garden right away, it may be just a little plot, but get out and

commence and a second

When Ordering Patterns

When Ordering Patterns
Farm and Dairy would especially
call to the attention of our readers the fact that coin of any deers the fact that coin of any degraph of the state of the state of the state
through the mails, earlier of the state
to contain currency will be sent
to contain currency will be
to state of the state of the state
will enclose stamps or postal note.
Instead of coin, to ensure safe delucy of hiter orders. Surveyeveres

ub in it, start with a few simple flowers and your return in pleasure and rested nerves will be so great that your garden will grow larger — never smaller. Every woman loves flowers and wants some of her own, and flowers are something that are not placed out of reach by price every woman can have them. Some women have said, "I'd love

to have flowers in my garden, but it's a rented place—and what's the use-for some one else to enjoy?" What the use to surround yourself with something you love to look at—because some one else might also enjoy them some day? Isn't this a poor them some day? Isn't this a poor argument? I would rather have my argument? I would rather have my garden running over with flowers, even though the place be a rented one, it is my home while I'm there and their bloom will brighten my life —be enjoyed by every passer-by and be a source of much pleasure to the owner. Plan this spring to dig in the soil and drop a few seeds that will the soil and grop a rew seems that was show others you loved the beautiful though it is on rented ground. Naturally one takes more enthusiastic interest in dressing up the grounds of a permanent home.

Providing the microbe of spring

fever has got into your system, the only real remedy is to get out and plant things, watch them and study them if this year you would live the fullest life. You can start the first fullest life. fullest life. You can start the first real outdoor work of the year—por-haps you are fortunate enough to have a hot-bed to delve. But if nothing else is possible, a few flats or seed boxes in the kitchen is de-cidedly better than nothing. Whatever it is, get at it right away.-The Gleaner. . . .

## Home

He had been around from church to church trying to find a congenial congregation, and finally he stopped in a little church just as the congre-gation read with the minister:

We have left undone those things we have left undone those things which we ought to have done, and we have done those things which we ought not to have done."

The man dropped into a pew with a sigh of relief.

"Thank goodness," he said, "I've found my crowd at last."—Ladies' Home Journal.

When you cook green vegetables and wish to have them green when served, let them cook with the cover

## THIS WASHER MUST PAY FOR ITSELF.

MAN tried to sell me a horse once. He said it was a fine horse and had nothing the matter with it. I wanted a fine horse, but, I didn't know anything about horses much. And I didn't know the man very well

know the man very well either. In waste the solid of the

of the control of the

wearing or tearing them. In less than half the time they can be waished by hand of by any other.

I know it will wash a tub full of very dirty clothes in Sig Minutea. I know nother machine to clothes in Sig Minutea. I know nother machine clothes. Our "19th Gravity" Washer does the work so easy that a child can run it almost as wear and the signal of the control of the clothes. Our "19th Gravity" Washer does the work so easy that a child can run it almost as way all other machines do.

So, and I to myself, I will do with my "19th So, and I to myself, the side of the country of the clothes like a force pump might.

So, and I to myself, I will do with my "19th So, and I to myself, the side of the clothes are not sent to the clothes like a force pump might.

So, and I to myself, I will do with my "19th So, and I to myself, the side of the clothes are in the clothes alone. And then wash woman's wages. If you keep the machine after the month's trial, l'lifte by may for It our week, send me to centra week 'till paid for. I'll take that the cheffly, and I'll was to my Drop me aline to-day, and let me send you a book about the "700 Gravity" Washer that so book about the "700 Gravity" Washer.

K. O. MORRIS, Manager 1900 Washer Co., 357 Yonge St., Toronto.





Fleming's Vest-Pocket Veterinary Advisor mplete reterinary book ever print ven away. Durably bound, index strated. Write us for a free copy. FLEMING BROS., Chemists, Church Street, Toronto, Oct. Fresh M

Meat, when used alatable and desira alted or cured. On there is no ice or cold ind, it is very difficu resh during the summ It may, he or a few days, or evo cool cellar, where their ulation of dry air, an ents cannot get at the very convenient me upply of fresh mea or sheep every week or carcase. After th convenient-sized sprinkled with sa atly add to its keep During the winter n

sually no difficulty in lest. It can be froze and kept in goo convenient way rarcase into desirable p se, and then put them Lay each piece out sepa will freeze thorough may be packed in a nd kept frozen. To freeze a quarter

hang it in some place remain frozen solid, is factory as cutting it into ecause it is more diffi hen a piece of mea Avoid alternate freezing of meat, as that mal bby and also make . . .

Opinions on Referen Aunt Fanny," Peterb Here I am again! Yo believe in letting the ly to remind Farm and epartment readers tha sted in what is going

artment. I was quite pleased esults of Farm and I ed that 360 of my si important question It seems to me fairly good representa omen folk, considerin ere only 510 ballots cas is just the begin arm and Dairy make intend doing, we umbers next year.

Before leaving the fa would like to leave an i and it struck me as bein abor-saver. It was thi shallow market basket of splints, and having a rel o be used when setting way the table. Line the papers from day t re cleanliness.

By means of the basi the cellar or store root n getting and in putting ood. The basket is m an a tray for this purp can be hung on the a e hands free to open ors or to hold other ne After the mea asket can again be put a carrying the soiled d itchen sink and can be r washed in the san Of course, the dinner w more convenient those of us wh wagon, we-can ma market basket idea

I would also call to t