

"Kindling Fires in Cold Rooms"

ONE of the finest eulogies ever uttered for the late Earl Grey, once Governor-General of Canada:—

"He lit many Fires in Cold Rooms."

This expression summed up a life of exceptional benevolence. Any citizen might justly exert himself to deserve such a commendation.

No other expression could more aptly describe the work of a life insurance company, because it is devoted to the kindling of fires in homes that would otherwise be comfortless.

Take the Mutual Life of Canada. Since its organization in 1869, nearly twenty-three millions of dollars have been distributed among policyholders or their beneficiaries.

The hearth-fires still burn in many homes that to-day would be desolate were it not for the protection afforded by a policy in our Company.

The Mutual Life Assurance Company of Canada Waterloo, Ontario

130-Egg Incubator and Brooder for \$15.75

If ordered together we send both machines for only \$15.75 and we pay all freight and duty charges to any R. R. station in Canada. We have branch warehouses in Winnipeg, Man. and Toronto, Ont. Orders shipped from nearest warehouse to your R. R. station. Hot water, double walls, dead-air space between, double glass doors, copper tanks and boilers, self-regulating. Nursery under egg tray. Incubator finished in natural enamel showing the birds grade California Henderson incubator used—not painted to cover inferior material! If you will compare our machine with others, you will find no other of this kind. Write for catalogue and price list. Return our price of \$15.75 for full particulars. Brooder and never-failing egg tray. Send for full catalogue today, or send in your order and save time.

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Maker of the original CLARK
Disk Harrows and Plows.



ing you apply let it be a thorough one. The fern ball and hanging baskets are hard things to water. This suggestion may help. Take a small can, make a pin hole opening in the bottom, and fill the can with water. Place it in the midst of the foliage in the top of the hanging basket or fern ball. The water slowly and constantly drips out of the hole in the can. If the foliage is dense, the can may be quite hidden from view.

COOK'S CORNER

The Potato, a Good Friend

DESPITE the increase in price since the war, potatoes are still among the cheapest of foods. One pound of roast beef costs 10 times as much as a pound of potatoes, and 20 per cent. of beef is bone. Three and a third pounds of potatoes supply 1,000 calories of energy, at a cost of less than 10 cents, while about 2,500 calories are required for full grown persons working indoors. That is to say, if all foods were as cheap as potatoes we could live on 25 cents a day. Healthy men have lived and worked for months on a diet of nothing else than potatoes, butter and a little fruit. Potatoes contain protein of the very best kind. They also contain mineral salts which neutralize harmful acids in the body. The food material in potatoes is 98 per cent. digestible.

Canadians have large supplies of potatoes, carrots, onions and turnips and by consuming these vegetables freely, they can economize with bread. More than 300 ways of cooking potatoes are known. They combine well with many flavors. They can be used to economical advantage with meat and fish, in stews, croquettes, hash, omelettes, meat pies, etc. One half a cup of mashed potatoes and two cups of flour make a bread mixture that helps the flour go farther.

Good cooks know the ways of using potatoes are various—baked, steamed, lyonnaised, baked, chipped, fried, hashed brown, creamed, scalloped, stuffed, au gratin, and scores of combinations.

Canada has plenty of potatoes and, although the price is high compared to normal times, it is not high in comparison with other foods in war time.

Finishing Touches for Breakfast

NOTHING seems to fill the bill so nicely for breakfast in many of our homes as porridge and toast. They are easily prepared and something which we do not tire of easily. To really add a finishing touch to breakfast, however, we need fruit of some kind to eat with toast and it is sometimes difficult to vary this part of the meal. Those of us who have a supply of honey or maple syrup on hand are fortunate indeed, as either one is very palatable for breakfast. Jam or marmalade is also acceptable. Nowadays when we are urged so strongly to save sugar it is a good idea to make use of fruits for marmalade which will supply the sugar themselves. Here are several recipes which do not call for any sugar. If too tart, a small portion of sugar might be added, although it is claimed that they will be found sweet enough if directions are followed as given here:—

Apple-Raisin Marmalade.

To one cup ground seeded raisins add one cup chopped apples and one cup water. Cook until thickened. A little orange and lemon juice and grated rind may be added if liked.

Date-Prune Jam.

Wash one pound prunes, soak over

night; cook in same water and remove stones. Remove stones from one pound dates and cut in small pieces. Cook with prunes until mixture is thick. Add small amount of lemon juice.

Prune-Apricot Butter.

Wash one pound prunes and one-half pound apricots and soak overnight; stew until very soft in same water; rub through colander. Return to sauce pan and cook slowly until thick like apple butter, being careful that it does not burn. Do not add sugar.

Cooked dried fruits such as apricots, pears, peaches or prunes may be used in combination with ground raisins also in any proportion desired and apples and raisins may also be combined.

Catsup added to some of these marmalades makes a simple fruit relish to serve with cold meat.

A jam which does not require any sugar is made by stoning two pounds of dates and putting them into a preserving pan with one and a half pints of water, one ounce preserved ginger and one pint lemon jelly squares. Simmer for half an hour. (Lemon juice and rind may be added if liked). This makes four and a half pounds of delicious, nutritious and cheap jam.

Other Folks' Clothes

With the Household Editor.

WHEN you can but remember how in our childhood days we wore clothes which had been made over from an old dress of mother's which was out of style or probably a suit of father's which was too badly worn for further use by him. Mother would rip them up, clean and press the material and by and by we would have a dress or probably a coat which would look "almost as good as new."

It is still a common practice for children in the home to wear "other folks' clothes" and it is a practice which no mother needs object to, especially in these days of dearth. How many children there are, however, who object most strenuously to wearing clothes which are not absolutely new. Why is this? We believe the difficulty is often due to the fact that these clothes have not been made becoming to the children.

An absolute essential in making over clothes for the kiddies is to see that they are attractive and becoming. For instance, a new bit of lace or ribbon added to the costume will make a wonderful difference in the appearance. At other times instead of using one material for the whole dress, two pieces of goods like a piece of blue chambray and a piece of checked material such as gingham, would make up very nicely. We should make a special point too of having these made-over clothes fit very nicely, as this improves the appearance to a large extent. If clothes of the older children are cut down for the younger ones, special attention should be given to having the sleeves, the collar, the length and the waist line properly adjusted. A new touch, such as a fresh yoke, will transform such a dress and please the wearer.

None of us should scorn the idea of making over cast-off clothing for the children, especially in wartime, but we should be very careful in seeing that such clothes present an attractive appearance. Just one more suggestion: Make it a point to get each child a new dress or some new article of clothing occasionally, as it will please them greatly, for children are quite as fond of new clothes as we are the grownups. By doing this we will not often hear some such remark as "I just hate wearing other folks' clothes."

"I have never met," he said, "more than two really lovely women."

"Ah!" she said, looking up innocently into his face, "who was the other?"

The Hea
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John DeWitt too
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DeWitt held o
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CHAP
Adrit in

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Rhoda. "Turn h
DeWitt gasped, a
him.

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denly had stoppe
It was only for t
paused. Her fac
excitement.

"Come!" she cr
"Take my arm
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"Huh!" sniffed
keep up with me,
DeWitt, despite
stopped and stare
mouthed. Then a
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line of face and b
"You are well!
Rhoda. "I never th
way!"

Rhoda squeaked
"I am so strong
Hurry!"

"Where are the
DeWitt, running
"What were those
"Billy Porter fou
shot Alchide and
Rhoda were
Then Rhoda hesitat
ought to go back an
But John pulled
"Leave you until I
Why, Billy himself
me if I thought of
ever there, a three
Witt pointed to a
we swing around
diana won't see us!"

Hand in hand the
swinging trot. The
pursuit was on them
merced their first jo
left them panic-str
minutes the girls
last, when well on
heat of the desert, th
the pace no longer
rapid walk. Still the
of pursuit.

"We Porter hurt
"Not when I left."
"I wonder what h
John. "He left the
to trail John Tom, V
him as quick as a
camp."

Rhoda looked up at
ly.

"You are very tr
John," she said.
"And you!" cried
down at the girl w
Utmost stride. "Wh
come to you!"

"I never dreamed th
be health like this!
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hear anything? What