

A Red Letter Year

\$100,000,000 in Mutual Policies



THE Mutual Life of Canada now ranks among the few nine-figure Canadian Life Companies.

After forty-six years of quiet but steady progress The Mutual has on its books over one hundred millions of strictly high class business.

This result is noteworthy because the Company has never for a moment failed to make increase in business secondary to quality of service.

Twenty-six years were required to reach the first twenty millions; only eight years for the second twenty, five for the third and three each for the fourth and fifth, making one hundred millions.

This record shows the rapidly growing popularity of our Company and its future will certainly be one of immense usefulness.

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The Mutual Life
Assurance Company of Canada
Waterloo, Ontario

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Big Money in Trapping skunk, coon, mink, muskrat, fox, etc. You can trap furs—we teach you how. **Funsten Animal Baits** guaranteed to increase your catch. \$1.00 a can postpaid. **The Funsten Perfect Smoker** "smokes 'em out." Price \$1.50; parcel post 30 cents extra. **Traps** at factory prices. **FREE** 3 books in one (trapper's guide—game laws—how to remove, prepare and ship skins. Will send you for market reports, shipping tags and big book **FREE**. Write: **FUNSTEN BROS. & CO., 855 Funsten Bldg., St. Louis, Mo.**

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You Share Our Confidence

When you mention "Farm and Dairy" in writing to Our Advertisers.

board that is always ready to use by turning down. It is fastened to the wood work in the kitchen by two hinges, and when not in use is turned up flat against the wall. It is close to the frame of the door and a small wooden button is fastened to the door frame with a screw so the button will turn and hold the ironing board in place when not in use. The board is shaped at the outer end to answer as a shirt board, and has a brace to put under it when in use. I find it far ahead of the bought boards as it is never in the way.

Our water system, I think, is our greatest convenience. Our cistern is outside, so we put pipes to run from the cistern under the kitchen floor and up into a sink, where we have a small pump that supplies us with soft water at all times of the year; this saves going outside and dipping it up as we used to do. We also have a sink and hard water tap in the pantry supplied from a large tank at the barn that is always kept full, being forced there by a hydraulic ram so we always have fresh water on tap. This also supplies water at the stables and pig pen. The men find this a great help, having running water at the barn.

Gasoline Does the Work

Mrs. J. A. Ogilvy, Victoria Co., N.B.

I WOULD like, if I may to let Our Folks know what I have found to be the greatest help in my work. It came about by accident and is a small gasoline engine. The engine was got for the purpose of turning the separator and pumping water for the stock, so you see it was not my convenience at all. By degrees, however, other machines were attached to the engine shaft and the churn, washing machine and ice-cream freezer each have their place now besides the pump and separator, and can be run separately, or all at once as I wish.

Can't you imagine how nice it would be on a warm summer morning to see your churn in one corner, and washing-machine in another, working away busily; while you rest, or as is more likely, do some of the numberless little jobs that are always needing doing, and that so often worry you while you try to wash or churn by hand. Besides, you have the comfort of knowing that no one is being tired in your place, and that the cost of running comes to a little more than five cents per hour. Try it.

Making Tough Meat Appetizing

MANY are the ideas of housekeepers regarding the various cuts of meat. Some people insist on always having the best cuts of meat, no matter how they may intend using it. This, we consider to be extravagant, especially nowadays when the price of meat has soared to such a height. Can we not economize in our meat bill as well as in other ways by studying the best way to which to use the cheaper cuts of meat, so that they may be made tender and appetizing. The following method of making an excellent roast from a very tough cut of beef, is recommended by the North Dakota Experiment Station:

Select a thick cut of the lower round or any other portion that is without bone (this should be three or four inches thick). Pound flour into the meat on both sides, (about one and one half cups of flour can be pounded into a three or four pound piece). The pounding breaks up the fibre and the flour retains the juices. Sear the meat all over and place in a roaster. Pour the contents of a can of tomatoes over the meat. Onions and other seasonings may be added, according to taste. Cook slowly. This makes a tender roast and excel-

lent gravy. It also is very good when sliced cold.

Cleaning the Silver

THOSE of us who are fortunate to have a number of pieces of silverware, sometimes find it rather difficult to secure a cleaner than we consider quite satisfactory. According to the Department of Home Economics at the Nebraska College of Agriculture, the principle of making a compound with sulphur. This compound may be broken up by an electrolytic current produced in the following manner:

In a vessel large enough to hold the silver to be cleaned, place a strip or piece of zinc about the size of a person's hand. Add sufficient hot water to cover the silver. To each quart of water add about a teaspoonful of salt. An equal amount of soda is sometimes added, but is not necessary. Cold or warm water may be used, but the action of the cold water is slower. Immerse the silver to be cleaned. It may be convenient to place it in a wire basket. Unless the silver is badly darkened, the stains will disappear in a minute or two, when the silver should be rinsed and dried.

Baltimore Oriole

BRILLIANCY of plumage, sweetness of song, and food habits to which no exception can be taken are some of the striking characteristics of the Baltimore oriole. In summer it is found throughout the northern half of the United States



east of the Great Plains. Its nest commands hardly less admiration than the beauty of its plumage or the excellence of its song. Hanging from the tip of the outermost bough of a stately elm, it is almost inaccessible to depredators and so securely fastened to bid defiance to the elements.

Observation both in the field and laboratory shows that caterpillars constitute the largest item of the spider of its diet. In 294 stomachs they formed 34 per cent of the food and they are eaten in varying quantities during all the months in which the bird remains in this country. The fewest are eaten in July, when a little fruit is taken. The other insects consist of beetles, bugs, ants, wasps, grasshoppers and some spiders. The beetles are principally click beetles, the larvae of which are among the most destructive insects known; and the bugs include plant and bark lice, both very harmful, but so small and obscure as to be passed over unnoticed by wasps and spiders with considerable regularity throughout the season.

During the stay of the oriole in the United States, vegetable matter amounts to only a little more than 16 per cent of its food, so that the possibility of its doing much damage to crops is very limited. The bird is accused of eating peas to a considerable extent, but remains of such were found in only two cases. One writer states that it damages grapes, but none were found in the stomachs.

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