sauce (butter and sugar beaten together) flavored with a little almond extract.

Peach Mangoes. - One-half peck peaches, 1 gal. vinegar, cloves, cinnamon and allspice to taste, 2 lbs. sugar; horseradish, celery seed, mustard seed; brine to float an egg. Select large, firm, free-stone peaches, remove fuzz, and let soak over night in brine. Prepare a mixture of grated horseradish, celery seed and mustard seed. Remove the peaches from the brine and stone. Fill with the mixture and wrap cord about to hold together. Boil the vinegar, sugar and spice for 10 minutes and pour over. Cut cord off just before serving. Serve with cold

Canned Peaches .- Halve, remove stones and pare the peaches. They may be easily halved by twisting in opposite directions. As each is done drop it into a pail with enough water to cover; this will prevent discoloring. Have a syrup made with 5 lbs. sugar and 6 cups water, bring to a boil and cook 5 minutes. Pack the peaches in jars, fill with syrup and sterilize as usual for 45 minutes (see directions for canning, June 17th issue). Instead of the above syrup one can be made with corn syrup. To one 3-lb. can of white corn syrup add 3 lbs. sugar and 2 cups water. Bring to a boil and cook 5 minutes:

Peach Jelly.—Place in a preserving kettle 1 quart peeled and thinly-sliced rhubarb, 3 quarts peeled and sliced peaches, 3 cups water. Cook very slowly until the fruit is soft, then drain. Measure the juice and put in a kettle, bring to a boil and cook 10 minutes, then add 3/4 cup sugar to each cup of juice. Bring to a boil again and cook 10 minutes. Pour into sterilized glasses, then cool and cover

with melted paraffin. Seal as usual.
Use the pulp for peach marmalade.

Spiced Peaches.—Place in a piece of cheesecloth, 1 tablesp, cinnamon, 1 teasp. ginger, ½ teasp. nutmeg, ¼ teasp. all-spice, ½ teasp. cloves. Tie loosely, place in a kettle and add 3 pints water. Bring

"How Delicious"

is the opinion of all who have once tried

If YOU have not tried it, send us a post card for a free sample, stating the price you now pay and if you use Black, Green or Mixed Tea. Address Salada, Toronto

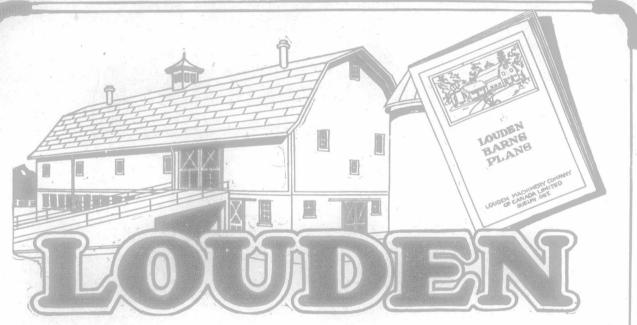
Low-Priced Life Insurance

SOME people do not yet know that from a Canadian Company—with all its funds invested in Canada and making for the country's development—they may obtain Life Insurance at lower cost than in any other Company.

Many, on the other hand, DO know-and that is the reason for the remarkable growth of

The Great-West Life Assurance Company Dept. "Z" Head Office, WINNIPEG

Ask for personal rates—stating age.



Barn Planning Service Will Save You Money

Here is just the assistance you have been looking for. In the building of your new barn or the remodelling of your old one, you wish to have the most convenient arrangement possible of your stalls, pens, passageways, feed-rooms, etc. The possibilities of saving labor by having a compact logical arrangement of the important features of the stable are very great.

If you go to a regular architect for plans his charges will be much higher than you will wish to pay. If you attempt to work out plans yourself you will make some costly mistakes.

The Louden Architectural Department was organized to save you this trouble and expense.

The Architect in charge of this Department has planned so many Canadian barns that he knows the kind best suited to this country. Send in a rough sketch of your old barn showing location of windows, doors, beams, posts, etc., and your suggestions for plan. His experience is at your service in preparing blue prints of floor plans embracing such special features as you may wish to embrace therein.

This Service is Free to You.

If you are not yet ready to go into particulars and wish to gather information and suggestions, send for our Barn Plan Book.

The Louden Machinery Co. of Canada, Limited

No. 670 Crimea Street, Guelph, Ontario

Branches at Vancouver. B.C., Winnipeg, Man. Quebec, Que., St. John, N.B.

This big 112-page book is not our Catalogue. It is a book of 74 barn plans carefully selected from hundreds of Louden Planned Barns which are now giving lasting satisfaction. It also do for with different hinds of building received. rears with different kinds of building materials ventilation, drainage, lighting, mixing and laying of concrete. It is worth many dollars to he intendige building by ing of concrete. It is worth many dollars to the intending builder, yet we send it to you FREE.

And when ordering equipment remember that you are buying goods which should last a life-time. This is what you get if you buy Louden's. We have specialized in the planning of barns and the manufacture of barn and stable equipment for over fifty years.

"Service" is our Motto.

Louden's illustrated Catalogue fully describes ouden Equipment. It is free together with the Louden Equipment. Book of Barn Plans.

Fill in and mail the coupon for them to-day.

The Louden Machinery Co. of Canada, Limited

No.670 Crimea Street, Guelph, Ont.

Please send me, post paid, the Louden Book of Barn Plans and the Catalogue.

I expect to build (or remodel) a barn about

Name .. P.O....

Prov.

to a boil and cook 10 minutes, then add 5

lbs. sugar and cook again for 10 minutes. Put halved or quartered peaches into jars, cover with the spiced syrup, and finish as for canned peaches.

Pickled Peaches.—Three lbs. sugar, 1 cup vinegar, 1½ cups water. Place together with a spice-bag in a kettle. Bring to a boil, cook for 10 minutes, then finish as for canned peaches. as for canned peaches.

Cornstarch in Different Guises.

Yellow Cornstarch Pudding. - Four cups scalded milk, 8 tablespoons cornstarch 1/2 cup sugar, 1/2 teaspoon salt, 1/2 cup cold milk, 1 teaspoon flavoring, 3 eggs, beaten separately. Mix the dry ingredients, moisten with cold milk, add to the scalding milk, stir until thick and afterwards occasionally, and cook at least 20 minutes; then pour into the beaten yolks beating until mixed. Next pour the mixture into the beaten whites, beating again. Flavor, mould, chill, and serve with sugar

and cream.

White Cornstarch Pudding.—Four cups white cornstant Putating.—Four cups scalded milk, 9 tablespoons cornstarch, 14 cup sugar, 12 teaspoon salt, 12 cup cold milk, 1 teaspoon flavoring. Mix the dry ingredients, moisten with the cold milk, add to the scalding milk, stir until thick and afterward occasionally, and the scale of th and cook at least 20 minutes. Add flavoring, pour in mould, cool, and serve with sweetened cream. This serves 8 persons. A more fluffy dish is made by adding 3 stiffly beaten egg-whites just before flavoring. The yolks may be used in a boiled custard to serve with the

pudding in place of cream.

Caramel Cornstarch Pudding.—Four cups scalded milk, 9 tablespoons cornstarch, 1 cup sugar, ½ teaspoon salt, ½ cup cold milk, 2 eggs beaten separately, 1 teaspoon vanilla. Melt the sugar in a frying pan, stirring constantly until golden brown and liquified, then add gradually to the scalded milk. Proceed

gradually to the scalded milk, Proceed as for Yellow Cornstarch Pudding.

Chocolate Cornstarch Pudding.—Four cups scalded milk, 9 tablespoons cornstarch, 1 cup sugar, ½ teaspoon salt, ½ cup cold milk, 3 squares chocolate, 6 tablespoons hot water, 1 teaspoon vanilla extract. Proceed as for White Cornstarch Pudding, meantime melting the chocolate over hot water. When the pudding is cooked and the chocolate melted add the 6 tablespoons of hot water to the chocolate and stir until water to the chocolate and stir until smooth, then combine the two mixtures, flavor, mould, chill and serve with cream. If you like add 2 or 3 eggs as in Yellow Cornstarch Pudding, or the whites only as in the White Pudding. Take care to pour the hot pudding slowly into the beston whites and to continue heating. beaten whites, and to continue beating, rather than to try to stir the whites into unsightly flakes.

Seasonable Cookery.

Baked Stuffed Tomatoes.-Wipe and remove stem end from 6 small tomatoes. Take out seeds and most of pulp. Sprinkle inside with a little salt, invert and let stand 20 minutes. Cook 3 tablespoons butter with 6 tablespoons chopped green pepper (from which seeds have been removed) for 5 minutes. Add 34 cup soft crumbs, 1/2 cup removed omato pulp, 1/4 teaspoon salt, 1/8 teaspoon pepper, and a few drops of onion juice. Fill tomatoes with mixture, put in buttered pan, sprinkle top with buttered crumbs and bake 15 minutes in a hot oven.

Caramel Bread Pudding.—Scald 1 quart of milk, add ½ cup sugar browned in a pan. When dissolved pour the milk over 2 cups stale bread crumbs. Add 2 eggs slightly beaten, 1/4 cup sugar, 1/2 teaspoon salt, 1 teaspoon vanilla. into a buttered pudding dish and bake slowly for 1 hour. Serve with cream, plain or beaten.

Spiced Plums.—Take 4 lbs. sugar to 7 lbs. fruit. Add 1 qt. vinegar to the sugar and boil with equal parts cloves, allspice and cinnamon tied in a bag. Drop in the plums and when they crack open put them in hot sealers. Then boil the syrup till thick and pour over More vinegar and sugar may be added

as the liquid boils down if necessary.

Vegetable Salad—Dissolve 2 tabespoons gelatin in 4 cups hot vegetable stock or water. Cool, add 3 cups chopped cooked vegetables, 1 teaspoon salt, 1/4 teaspoon pepper, 1/8 teaspoon celery salt. Pour into a wet mould, and when firm turn