


What's in a name?
Ask the cooks
who use

PURITY FLOUR



"MORE BREAD AND BETTER BREAD"

Thomas Jefferson's Ten Rules

- Willis P. Knight.
- Thomas Jefferson is said to have had ten rules of living that he followed very carefully. They are so good that it would not hurt us any to try them.
1. Never put off till to-morrow what you can do to day.
 2. Never spend your money before you have it.
 3. Never trouble others for what you can do yourself.
 4. Never buy what you do not want because it is cheap.
 5. Remember that pride costs us more than hunger, thirst or cold.
 6. One never repents of having eaten too little.
 7. Nothing is ever troublesome that we do willingly.
 8. The most pain comes from those evils that never happened except in our imaginations.
 9. Take things always by their smooth handles.
 10. When angry count ten before you speak; when very angry count a hundred.

He Can't Make Good

(The New York Herald)

If nobody in Europe gives evidence of taking seriously Mr. Wilson's assumption that whether the United States shall become party to a league of nations in the future depends upon whether the present belligerent nations accept his declaration of peace terms, it is because it is known of all men that Mr. Wilson does not have it within his power to "make good" either the expressed threat or the implied promise.

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TORONTO— — — ONTARIO

The Limit in Politeness

A certain professor is usually courteous, both in and out of the classroom. One day he made a bonfire in his back garden. The flames, creeping rapidly through the dry stubble, frightened him, and he believed his house was in imminent danger. So he ran wildly down the street, crying at the top of his voice:

"Help! Fire! Fire! Help!"

And then, as if thinking himself too abrupt and urgent, he politely added, to his neighbors say:

"That is, all those who can conveniently do so."

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A Prayer for Today

(Elihu Root)

God knows, we [the United States] need men now! We need men whose trust is not in words in rhetoric, in fine phrase, or noble expressions of sentiment, but men, genuine, sincere, devoted men who do not so much talk about their love of country or the passion for liberty or humanity as men that do love their country and do love their liberty so much that they are willing to give liberty to others as well as claim it for themselves, men who think not merely of what they can get out of their country, but what they can give to their country, men, who, upon the basis of plain, practical, and sensible hard work in the ordinary affairs of life carry ever noble idealism and a sincere capacity for self-devotion.

"Well, George," said the president of the company to old George "how goes it?"

"Fair to middlin', sir," George answered. And he continued carry-comb a bay horse.

"Me an' this here horse," George said, suddenly, "has worked to your firm six'n years."

"Well, well," said the president thinking a little gently George's salary. "And I suppose you are both pretty highly valued here, eh?"

"H'm," said George "he lot of us was took sick last week, an they got a doctor for the horse, but they just docked my pay." — Home Companion.

FOR DUCK HUNTERS

How to Successfully Deceive the Elusive Bird

Every duck hunter requires a blind so that he can go out into the open and wait for the elusive bird. The man who hasn't a blind can easily construct one by using a flat bottomed boat or punt as a basis for his structure. The one shown in the illustration is an excellent shape to follow. It is 15 feet long, 4 feet wide and about 20 inches deep in the centre and can be rowed from either end with the additional advantage of having plenty of room for the hunter to lie down. The sides are made with boards held together with battens on the inside of the boat near the ends and at the middle. Two pins are driven in the top of each side board to be used as row locks. The bottom is made of matched boards 5 inches wide nailed to the side pieces and to a keel strip which runs the length of the boat inside, with galvanized nails. These boards should be placed as closely together as possible, with white lead liberally applied to the joints. Before



smiling, place strips of lamp wick between them and the side boards.

On the inside of the boat along the tops of the side boards nail a narrow strip of wood, lathing will do, held away from the side with small cleats. A similar strip should be placed near the bottom.

When ready to be placed in commission as a blind, reeds or weeds similar to those growing in the river or pond frequented by the ducks should be stuck under these strips all around the boat so as to form a complete screen. It is well to anchor the blind out in the river and keep it there for some time during the duck season so that the ducks can become accustomed to seeing it.

Roll the Ladder

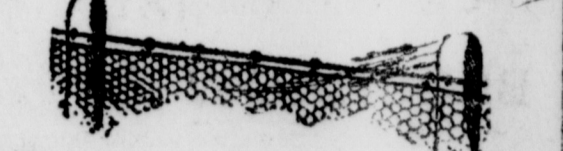


A step ladder is an awkward thing to trail about from place to place. Let's not trail it any longer. Put casters on each of its four legs and push it around. You'll find it a whole lot easier.

Wire Netting Fence

The wire netting on the chicken yard fence gives a lot of trouble very often. It sags and is difficult to fasten to the board frame. A new way of putting it up has been found. Don't use a board frame.

When your fence posts are up good and firm, instead of nailing rails on



them, string them, top and bottom, with heavy wire. Then stretch your netting and fasten it to this wire frame with hooks made of the same wire.

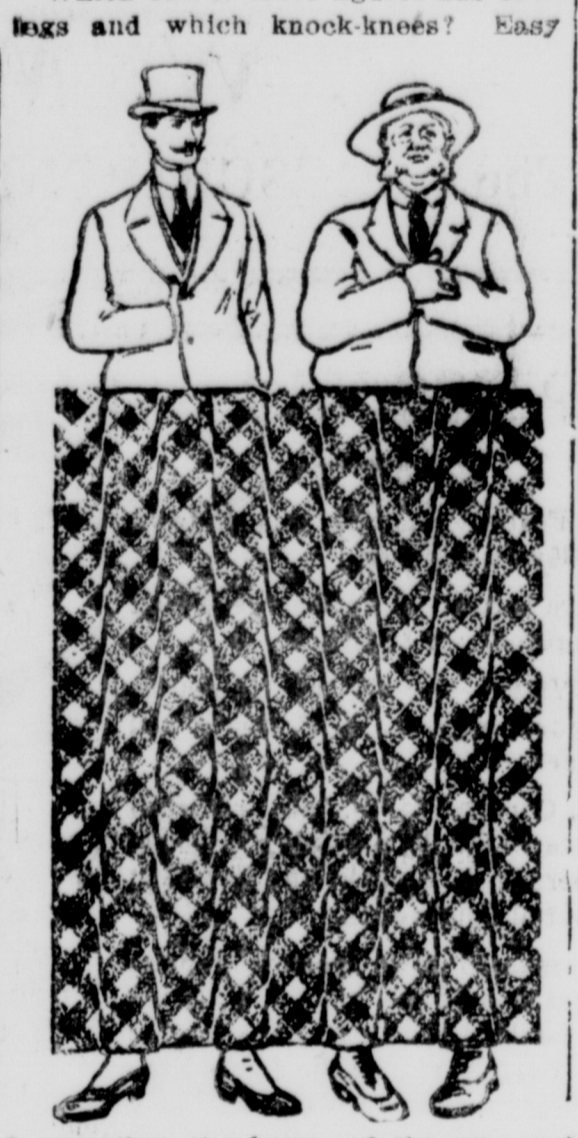
It's the simplest and easiest way to put up a wire netting fence, and if it is properly stretched when put on there will be no sagging.

DO YOU BELIEVE ALL THAT YOU SEE

You May Not Always See What You Think You See

Did you ever think a person lied because they told something about a thing, you both saw—but which you didn't see as he told it? Be careful about doing that sort of thing. You might not have seen what you thought you saw.

Which one of these figures has bow-legs and which knock-knees? Easy



to see that the knees of the one on the right incline toward each other, while the other gentleman carries his legs on a gentle outward curve?

Easy, is it? Well, it so happens that neither of them is knock-kneed or bow-legged. In fact, the legs of both of them are perfectly straight. Take a ruler and prove it. It's just simply a case of the eyes being deceived. An optical illusion and a very common one.

There are a lot of things like that. No two persons see the same thing alike when a thing is made with intent to deceive, as this was, it would take an expert to discover the deception.

Actors take advantage of this fact in their makeup on the stage and dressmakers are known to use it. For instance, a short, stout woman wearing a dress with horizontal stripes will look still shorter and fatter and a tall thin woman wearing a dress with perpendicular stripes will look taller and thinner.

FOR SLEEPLESSNESS

Treat sleeplessness calmly; recognize that it means nothing to the man who is sound. Also, return to simple meals. For breakfast, at eight, and supper, two small ripe apples, grated with the skins and mixed with oatmeal, a dessertspoonful of sweet condensed milk, and some ground nuts, to form a substantial plate of porridge. In addition, wholemeal bread and butter, or salt bacon, and a cup of all-milk coffee free from caffeine. Oranges, bananas, plums, and other fruits can be substituted for apples. For dinner, at one o'clock, daintily cooked vegetables, two or more kinds, or a savory made of vegetables and cereals; fruit, milk, or any nourishing and agreeable pudding, followed by lettuce (always lettuce) and salad oil, fresh fruit, and nuts. No alcohol, no tea. This diet—no further drink will be needed—will mean health, sleep, and something to live for.—Tit-Bits.



BARON SHAUGHNESSY
President of the C.P.R., wearing his Peer's robes. From a photograph taken in England.

EGG TESTER

Experts Say You Cannot Improve This Variety

If you're going to set any hens this spring or put eggs in an incubator you ought to have an egg tester. Don't buy one. The Department of Agriculture experts admit they cannot improve on this home-made contrivance.



It consists simply of a pasteboard shoe box and an ordinary kerosene lamp. The box is provided with a hole at the top and one on the side, the latter being just a bit smaller than an egg. The lamp is lighted, put in the box and the eggs are held against the hole in the side.

After the eggs have been under the hen, or in the incubator, 7 days a fertile egg will show a dark spot in the center with a lot of little veins running out in all directions from it. An infertile egg will be clear.

BAT FOR BUNTING

Big League Players May Soon Carry Their Own Bats

If the present tendency of specialization in baseball continues it will soon be customary for the average big league player to carry a bag of bats as varied in shape, size and purpose as a golf player. There are a dozen or more different kinds of bats now in use, though usually the great hitters use but one kind.

Now, however, there has been developed a bat made solely for bunting and the patent office recently issued a patent on the device.

The bat is of ordinary shape and



size, but it has two deep slots on either side extending from the butt end about one-third of the way toward the handle or grip end. Slips of a non-resilient material, such as cardboard are placed in these slots.

The result is that when the ball is struck with the side presenting the cardboard strips the force of the rebound is deadened and a slow bunt is made. When the other side of the bat is turned the effect is the same as with an ordinary bat.

Mud Guard For Shoes

There are numerous devices for avoiding mud. One of the most unique is a mud guard for shoes. This guard only protects the heel of the shoe, but it is said to afford the most ample protection to the heel. It is a properly shaped piece of leather or rubberized



fabric permanently attached to the shoe between the heel and the upper. It is so made that it juts out from the heel and keeps the mud from being fastened on the shoe. In fine weather the guard may be turned up and it is provided with a snap like a glove fastener to hold it in place when not in use.