

THE LATEST ECONOMICAL RECIPES CONTAINED IN THE PURITY FLOUR COOK BOOK

have been reviewed and approved by the
DOMESTIC SCIENCE DEPARTMENT
of the famous McDONALD INSTITUTE

Mailed post paid for 20 cents
Western Canada Flour Mills Co. Limited
TORONTO.

AUTOMOBILE HINTS

In drying a car after washing it, or after it has been rained upon, use only clean chamois skins or very soft cloths. Some kinds of cloth would scratch and dull the finish in a short time.

A very handy tool is a portable vulcanizer. With it the tube may be patched and thus is expense saved. It may also be used to close up small cuts in the tread of the outer shoe, thus prolonging its life. The method of using it may be easily mastered after a few attempts. Use an old tube to practice on and you will be surprised at the good work you can do.

The use of the self-starter prevents wear from keeping in as close touch with his motor as he should. Where we used to crank the motor to start it we found out if it was properly lubricated and if the compression was good or not. Whenever there is any sign of loss of power the starting handle should be used to see if the crankshaft turns freely and the compression is good. Do it now, while the engine is in proper condition, and then you will have a basis for comparison when something goes wrong.

Be sure to change the water in the cooling system at least once a week. This will carry off most of the rust and assist in preventing a clogged radiator.

Do not neglect to put a wrench on every nut and bolt on the car at least once a month, and on the steering mechanism once a week. No other mechanism receives the racking that the automobile gets, and it is impossible to keep the motor together if the nuts and bolts are not attended to frequently.

Be careful in the use of the air hose. Do not so easy to connect to your tire. It is so easy to be blown up that one gets too much pressure. There is but little danger of the tire bursting. The harm is in making the tire too hard and so losing the benefit of the air cushion.

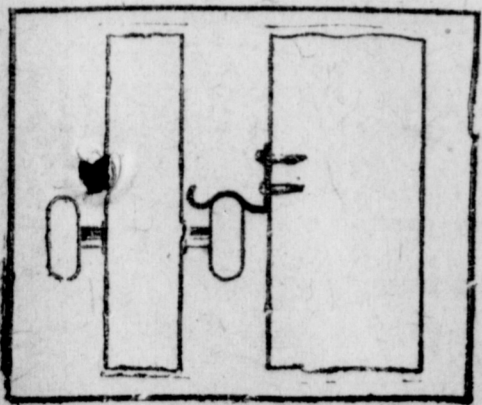
When an automobile motor is hot care should be taken not to pour cold water into the cooling system too rapidly. When the cold water strikes the overheated cylinders it is very apt to crack same, due to the rapid contraction which takes place.

When the proper oil level in the crank case is determined the installation of a drain cock in each compartment will enable the operator to keep his oil at a fixed level. This is an inexpensive installation and may obviate considerable trouble for the auto operator.

The gasket under the spark plug of the auto often causes a slight leak by holding a piece of dirt against the counter-sink. The dirt, even though it is very small, may cause the gasket to permit gas to leak out around the plug. When replacing the plug it is well to clean the gasket and its seat thoroughly.

To Hold Door Open

An excellent door stop can be made with a piece of metal bent as shown in the sketch. The metal is fastened



to the wall against which the door swings, and the end bent so that the knob fits it and prevents it from striking the wall.

WHAT TWO CENTS' WORTH OF ELECTRICITY WILL DO

- Saw 500 feet of timber (deal) 3/4 inch thick.
- Clean 5,000 knives.
- Keep you, feet warm for four hours.
- Clean seventy-five pairs of boots.
- Clip five horses.
- Warm your curling tongs every day in the year for three minutes and twice on Sundays.
- Warm your shaving water every morning for a month.
- Run an electrical clock for ten years.
- Run a mechanical sieve for two hours.
- Iron 300 silk hats.
- Light 3,000 cigars.
- Knead eight sacks of flour into dough.
- Fill and cork 250 dozen pint bottles.
- Supply all the air required for an ordinary church organ for one service.
- Pump 100 gallons of water, or other liquid, to a height of 25 feet.
- Run a plate polishing machine for twenty-one hours.
- Run an electrical piano for ten hours.
- Lift 3 1/2 tons 75 feet in four minutes.
- Give you three light baths.
- Give you a fire in your bedroom for an hour.
- Boil nine kettles, each holding two quarts.
- Cook fifteen chops in fifteen minutes.
- Run a small ventilating fan for twenty-one hours.
- Run a large ventilating fan for six hours.
- Keep your breakfast warm for five hours.
- Run a sewing machine for sixteen hours.
- Cook your dinner upstairs every day in the week.
- Keep your coffee pot warm at the breakfast table for a week.

POINTED PARAG.

Pawnbrokers may possibly see silver lining of your cloud.

Necessity is the mother of invention; promotion is the step-sister.

When ambition crawls in at the window contentment flies out at the door.

Many a man on the road to fortune doesn't know at what station to get off.

A Quaker's advice to his son on his wedding day: "When, then, they were a-courting I told thee to keep thy eyes wide open. Now that thee is married, I tell thee to keep them fast shut."

The "Sneeze-Wood" Tree

Among its many other peculiarities South Africa includes the "sneeze-wood" tree, which takes its name from the fact that one cannot cut it with a saw without sneezing. Even in burning the wood it will sometimes have the same effect. No insect or worm will touch it; it is very bitter to the taste, and its specific gravity is heavier than water. The color is light brown, the grain running very close and hard; it is, too, a nice looking wood, and takes a good polish. For deck work, piers, or jetties it is a most useful timber, keeping sound a long while under water.

Get a New Valve

It is not advisable to attempt to straighten a valve stem on an automobile. While the stem may be straightened and used temporarily to good advantage, nevertheless it is best to replace the valve with a new one. If this is not done a leaky valve is bound to result. It is more economical and more satisfactory to install a new valve as soon as possible.

Tumblers for cold drinks that are made of ice and provided with paper holders have been invented by a German.

Hinged ribs that permit it to be folded to half its length feature a new hat that can be carried in a hand bag.

TREE THAT OWNS ITSELF

Love of Tree Causes Extraordinary Bequest

At Athens, Georgia, there is a glim white oak tree which no one may buy or sell or cut down; nobody owns the land in which this tree stands. The tree owns itself. It stands on top of one of the hills of the city, and is said to be between 400 and 500 years old. Early in the nineteenth century the owner of the plantation on which the tree stood often used to sit in the shade of the huge oaks. Finally, he became so attached to the tree that he made a will which deeded the tree to himself. He wrote: "For, and in consideration of the great love I bear this tree, and the great desire I have for its protection for all time, I convey to it entire possession of itself, and all land on 8 feet of the tree on all sides. And so the tree came to own itself and 8 feet of ground surrounding it."

Eastern Nations' Discovery

The Eastern nations, which are far less pestered with flies than we are, have discovered how much flies dislike blue. The Arabs treat their houses with a kind of light blue wash, and the Japanese hang curtains of blue glass beads and bamboo at the entrance of their baker and butcher shops. These curtains let the air in, and the flies, should there be any in the room, pass out between the blue beads towards the light, but they do not re-enter.

Grand Total of C.P.R.

The Canadian Pacific Railway has a grand total of 1,500 miles of double track. Ontario district has a double-tracked mileage of 195. Manitoba district is laid with no less than 643 miles of double tracks. British Columbia district is equipped with 143.90 miles. Alberta district has 12 miles and Saskatchewan district has 210 miles of double track.

The First Letter Box

The first letter box seems to have been installed in Paris, as a useful part of the first penny post established in any country. But, strangely enough, the people of Paris do not like the boxes for their letters, and the system was for some years given up.

RAIN COMES THE LAST

Why the Rain Follows the Thunder and Lightning

Why does a heavy downpour of rain often follow a clap of thunder? Not, as is popularly believed, because the thunder jostles the cloud particles together into raindrops. In the violent turmoil between the positive and negative electricity in a thundercloud there will be places where the production of drops, by condensation, and their subsequent breaking up proceeds more rapidly than elsewhere. Hence in these places there will be more drops to fall as rain, and also more electrification, the rainfall occurring about the same time as the flash. We have, then, starting toward the earth at the same time, light, sound, and raindrops. The light, travelling at a speed of about 186,000 miles per second, reaches us almost instantly. The sound travels far more slowly—about 1,090 feet per second—but the rain falls much slower still. Thus we observe, first, the lightning, then the thunder, and then rain.

Potatoes For Rotation

One great advantage in growing potatoes is that the crop fits in admirably with the regular farm rotation. "For a three-year rotation," says Harry Broughton of Sarnia, Ontario, "you can have potatoes, fall wheat, clover and then potatoes again. A potato crop leaves the land in excellent condition for fall wheat. My brother, who lives near Whitby, had sixty-four bushels of fall wheat to the acre following potatoes. In a four-year rotation potatoes will work in as well as peas, fall wheat, oats or barley and then clover."

On any well regulated dairy farm the milking of the cows at a stated period is never neglected. Don't neglect the source of income.

WEARIN' O' THE GREEN

Trig. Shamrock Wearing in Honor St. Patrick

Few who put a sprig of shamrock in their buttonhole on the sixteenth of March realize that these little green leaves were once kept the men from death in dire famine times. In 1596 the poet Spenser declares that war has brought the miserable inhabitants of Munster to a point where they flock to a plot of water-cresses or shamrocks as to a feast. In his "View of Ireland" he describes this as the depth of ruin to which a land formerly having abundant corn and cattle had been plunged. The troubles times continued and the shamrock is mentioned as an article of food again and again. Fynes Morrison in 1598 writes that the herb is still being "snatched out of the ditches for food."

Not until later was the shamrock used as the national emblem of Erin. Nathaniel Colgan, member of the Royal Irish Academy says the earliest record of the wearing "of the green" is contained in the diary of Thomas Dinohy who wrote in 1687: "17th day of March yearly is St. Patrick, an innumerable feast, when the Irish of all stations and conditions wear crosses in their hats, some of pins, some of green ribbon, and the vulgar superstitiously wear shamrocks. I have seen grass which they likewise eat they say to cause a sweet breath."

WOULD YOU risk a postage stamp to learn more about coffee?

SEAL BRAND COFFEE

and how to make it? How to equal America's most famous chefs?

Our booklet "Perfect Coffee—Perfectly Made", tells you. It's free. Write for it.

CHASE & SANBORN

MONTREAL.

CLASSIFYING LANDS

Some of Canada's Greatest Tragedies Could be Prevented

The opening up of non-agricultural lands to settlement has produced some of the most far-reaching and pitiful tragedies in the Dominion's history. Every province has communities which have been permitted to make the fatal error of a bad location. Their subsequent history as an unbroken line of bad crops, poverty, suffering and human demoralization. Too poor to move away, the farmer and his family resign themselves to a pitiful standard of living, giving their time and efforts for practically no return. Every province and the federal authorities have made such blunders in times past, nor is there satisfactory evidence that a general and complete reform has been brought about. Farmers still are allowed of Federal and Provincial "homesteads," which are impossible for the farmer to work.

The policy was, of course, more the result of laxity in classification and not a deliberate effort to send settlers to useless lands. The laxness, however, is growing in public disfavor and the tendency of all governments now is to protect the settler and to conserve rocky, sandy areas for their natural purpose of growing trees. Several survey parties are at last on soil examinations and such work is bound to achieve higher importance in the eyes of governments. One party, composed of Messrs. F. C. Nunnick of the Commission of Conservation and Walter Graham of the Experimental Farm, Ottawa, went to New Brunswick, co-operating with the provincial government in a scheme of land classification.

KNEW HIS RAILWAY AND ALSO HIS MEN

Two Interesting Incidents Show the Grasp J. J. Hill Had of His Own Business

J. J. Hill's close acquaintance with the detail of his railway and the personnel of his men is illustrated by a story told by a New Yorker who once accompanied him on a supervisory trip over the line. The train stopped on a Dakota siding, and Mr. Hill and his friend got out and walked forward to the engine. Hill observed the number and said: "Number 94—let me see, I believe it's Roberts. Hello, Roberts, how is 94 running now? You had her in the shop last month, I remember. What was the matter? Cylinders, wasn't it?"

He shook hands with the engineer and walked on. The man said to the New Yorker who had watched the incident with the utmost amazement: "Did you ever see the like? I was four years on the Rock Island and I didn't know the name of the president, and certainly never saw him—here is Mr. Hill, who not only remembers my name and that I'm running 94, but has kept track of her and recollects when she was in the shop and why. That's the kind of a man to work for."

On that same trip they ran across a Northern Pacific train flying down a grade with hot-boxes blazing. As the crew began to carry water, Hill drew up and said to a brakeman:

Cross-examined; Fired

"What is the number of this train?" When told that it was Number 40, he thought a minute, and then concluded:

"Let me see Norris—he's conductor, isn't he?"

Norris appeared on the scene with the words:

"Here I am—who the devil are you?" Mr. Hill ignored the question and asked bruskiy, "How fast were you running down that grade?"

"About twenty-five miles an hour—what business is it of yours?"

Again passing over the inquiry, Hill continued his catechism:

"Doesn't this road have some rules governing the speed of freights?"

Very Saucy

"Well, I don't know what business is of yours, but we are supposed to run twelve miles ordinarily and twenty-four miles in emergencies, if we carry live stock."

"Have you any live stock on board?"

"No."

Then the blow fell:

"Norris, my name is Hill. I am president of this road. You have shown that you know the rules and at the same time have violated them. Take the train into Chinook, turn over your papers, and consider yourself discharged."

WHY PRODUCE GOES BAD

Dead Products Commence Decaying Quickly and Naturally

Professor C. H. Lee of Manitoba Agricultural College writes as follows: The practice of preserving food for future use is as old as the human race itself. In fact, the lower animals in many cases still instinctively set aside their surplus against a day of scarcity. The honey bee is a marvel in this respect. Their system of concentrating, canning and capping is so perfect that they seldom lose their summer's pack. The dog, too, instinctively buries his surplus bone and hopes to return to find it mellow and appetizing, and this in much the same way as our pioneer Western master may have buried his pemmican or his Eastern mistress her jars of maple syrup.

There is a science underneath this form of preservation and the enormous advance which man has made in methods of saving good food for future use has been made by bridging the process on a scientific basis. Science itself is useless in this respect if not applied. The art of doing what science demands in all important work is the day when a dairy pantry shows that the meat has spoiled, the milk goes sour, the butter rancid, the eggs rotten and the fruit which was so faithfully "put down" refuses to stay down, while the peas which you "put up" likewise refuse to remain in the condition in which you think you put them. In a word, they have all "gone bad."

This going bad is simply going in the way that nature intended. Just so soon as any agency interferes with the life cycle of either plant or animal matter to the extent that it dies, immediately that material becomes defenceless and in the natural process it forms the food for other living things, or in other words it decays. "Dust thou art to dust thou shalt," was certainly spoken of all dead animal and vegetable matter. If the peas above had been allowed to ripen nature would have preserved them in her own way by keeping them alive and that for 10 years or more. The potato likewise fights off the foe of decay so long as it remains alive, but freeze it to death and it soon becomes a putrid mass.

FIRST RULE FOR TIRES

Keep Pressure at Proper Point in Automobiles

The matter of proper tire care is perhaps about the most important consideration of the average motorist, for it is more vital to his pocket-book than anything else in connection with his car. The views of authorities vary so widely that the car owner often is at sea as to just what is the best for his tires. In some places he reads that inflation to tire makers' recommended pressure is not advisable; he has it hinted to him that the manufacturers are swayed by commercialism and hence they favor abnormal pressures to further sales of tires through more rapid wearing out. This actually was told to a motorist by a garageman who had had enough experience to know better. Such a statement is foolish on the face of it. The tire makers want to have their tires last as long as they can, for it means satisfied customers and more business. They, therefore, are the logical and best source from which to gain valuable information on proper care of tires. The first and most important rule is to pay strict attention to the recommended inflation pressure for the particular size and make of tire you are using, and maintain that pressure to the best of your ability.