

FLAVOR

COOKING

THIS LEGEND ON THE TIN
IS A GOVERNMENT GUARANTEE
OF PURITY.



W. CLARK
LIMITED
MONTREAL
Importers and Exporters

in as a Food.
food furnished the human
animal is mother's milk, and now,
owing to extensive research work on
the part of scientists, we are given
to know the reason why.
The scientists have discovered the
fact that any young growing animal
will eventually starve to death with-
out some of the vitamines found so
abundantly in natural fat which comes
in milk.

Ice cream is made of cream from
milk, sugar, either cane, corn sugar
or glucose, or all three as the case
may be, a flavor and some other ingre-
dients. Those mentioned are the
principal ones.

Cream is composed of butter fat,
having present the necessary vita-
mines.

Minard's Liniment Cures Diphtheria.



FLEET FOOT

for all work about
the farm

Fleet Foot Shoes are much cheaper than leather.
That is why **Fleet Foot** is so economical for farm
work in the summer.

The strong canvas uppers and springy rubber soles
make "WORKMAN" and "EVERY-DAY"
shoes easy, restful and comfortable—and sturdy
enough to stand up to rough work.

As it is, **Fleet Foot** Shoes mean money in your pocket, for you
can have several pairs of **Fleet Foot** for the price of one pair
of leather shoes.

There are **Fleet Foot** styles for men, women and children—
for work and play—for every-day and
Sunday wear.

Ask your dealer for **Fleet Foot** Shoes.
The name is stamped on each pair.



The following day he led her to the altar; and within an hour of putting a wedding ring on her finger, was waving his farewell from the boat that was taking him back to France. He had actually met, wooed, won, and wedded his bride within forty hours.

Even this amazing feat of hustling was eclipsed by another young soldier I know, whose leave had come to its last complete day, when, as Fate would have it, he was persuaded to accompany a friend to a tango-tea in a London hotel. Here he was introduced to a girl, whose fresh young beauty, sweetness, and charm made such a speedy conquest of him that, before he left her, he had secured her consent to be his wife.

The very next morning saw the young couple at the altar, and an hour later he was bidding his bride goodbye on a Charing Cross platform on his way back to the Front—a happily married man, well within twenty-four

THE QUAIN LITTLE PRAIRIE DOG

The prairie dog is a curious and entertaining little fellow. His color is a reddish gray, the under side of the neck and belly being lighter than the other parts. The legs are short and the breast and shoulders wide. The ears, too, are short, as if they had been cropped, and the jaw is furnished with a pouch to contain feed, but this pouch is not so large as that of the common squirrel. The two inner toes of the prairie dogs forefeet are long, sharp, and well adapted to digging.

From the tip of his nose to the root of his shaggy little tail the prairie dog measures about one foot, but his tail itself measures nearly four inches. While clumsy of form, the prairie dog is, nevertheless, most active and digs with great rapidity. Colonies of these creatures live in the ground, generally six or eight, and their holes are sometimes quite deep.

When at rest they sit upright on their haunches, seemingly with great confidence, barking with a fretful and harmless intrepidity at every intruder that may appear. The noise they make resembles that of a pet dog and is both shrill and sharp. When alarmed they turn back to their holes and in an instant disappear into their holes. When they have mustered sufficient courage they raise the tops of their heads just above the ground surrounding their burrows and curiously peer out to see what is doing.

Black-footed ferrets, rattlesnakes, prairie owls, and skunks sometimes find their way into the holes with the

prairie dogs, and naturally enough the latter find them very unpleasant neighbors.

It is an amusing sight to observe the prairie dogs come out of their holes and sit with their tiny forefeet dangling upon their breasts, a posture that gives them the appearance of little old men taking their ease with folded arms. These nimble busybodies run from hole to hole like gossips making their rounds and hurrying as if the news they conveyed could on no account be delayed.

They chatter with one another and seem to brush their gray whiskers in a knowing sort of way while exchanging comments. The young ones are easily trained, are quite intelligent, and most affectionate when once their confidence has been gained.

People who live in the sections where prairie dogs flourish aver that if any animals can talk to one another, these are surely the ones, for it really seems as if one could hear them carrying on a conversation. Then proceed from hole to hole stopping for a short time to say a few words to an acquaintance and then, with two or three shakes of their tails, away they go to the next hole.

Sometimes a whole family of prairie dogs will emerge to observe the passage of a stranger, and on such occasions they look for all the world like a well-to-do family of country folk. The mother is, of course, the central figure, surrounded by her promising offspring, while the father appears somewhere in the background.

King soda) salt have been added, that being the amount required for each gallon of water. If the green vegetables are dipped into the boiling water which contains the salt and soda, they must be quickly dipped for a moment only into cold water, and the surface moisture removed by patting lightly between two towels. Place at once in the drying frame. When finished in this way the green vegetables will remain green and crisp and not turn brown like hay.

Spread the vegetables in thin layers on the trays. Subject to a very moderate heat and watch carefully. If perfectly dry, they should be brittle. It is well to allow them to stand an hour or two after removing them from the heat before putting into bags. If not put into bags then, but kept open several days, they should be well heated to at least 165 deg. F. before bagging.

Moisture-proof containers are essential for storing dried products. These can be tin boxes, boxes lined with parchment paper, or even paper bags. A small amount, just enough for one meal, should be placed in each bag, so as to prevent the opening of products which will not be used at once. Bags which have been coated with wax, thus protecting the contents from moisture, should be used in damp climates. Dried products can also be placed in glass jars and the paper bottles and jars now made, and covered with a thin coating of paraffin.

Some of the most common vegetables grown on our farms are given in the list below for methods of drying:

Cauliflower—Clean, divide into small bundles, and blanch in steam four to six minutes or in boiling water three to six minutes. Cauliflower may also be blanched in half milk and half water to which salt and soda have been added. In that case dip in cold water, drain well, and dry at from 110 deg. to 140 deg. F. It turns rather dark in drying, but will regain part of color in soaking and cooking. It is sufficiently dried when no moisture can be crushed out of the pieces with the fingers. When soaking, pour boiling water over cauliflower and soak in that. Dried cauliflower is especially good in soups and omelets.

Cabbage—Wash and trim off all dead, diseased, or discolored leaves. Shred or cut into strips a few inches long. The core and coarse ribs should be removed, as they dry slower than the thinner parts of the leaves and may be dried separately. Blanch in steam for six to twelve minutes or in boiling water five to ten minutes. Add salt and soda to blanching water and plunge into cold water if cabbage is green and it is desired to keep the green color. Dry at from 110 deg. to 140 deg. F.

Green String Beans—All varieties