



Hominy Will Save Wheat

Hominy can play a brave and important part in these days of wheat substitution. Its food value is almost the same as that of the whole corn, and in the pioneer days it was made at home by pounding the corn and it was eaten then, as we eat potatoes to-day. This is still true in the South to some extent and patriotic housewives should make a study of just how it may be prepared and served to the best advantage.

Hominy to be at its best requires a longer period of cooking than is necessary for corn meal, because it is much coarser and the fireless cooker or the upper part of the double boiler are the ideal utensils for cooking it. When properly cooked, the grains should each be distinct in form—a gummy mass is often the result of too much water and a hard grain is the result of too small an amount of water.

HOW TO DO IT.

"Properly cooked," in the case of hominy means care and "know how." Put one cupful of cereal in the upper part of the double boiler with one teaspoonful of salt and add three cupfuls of boiling water. Cook rapidly, directly over the fire eight or ten min-

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Gentlemen—I have used MINARD'S LINIMENT on my vessel and in my family for years, and for the every-day ills and accidents of life I consider it has no equal.

I would not start on a voyage without it if it cost a dollar a bottle.

CAPT. F. R. DESJARDIN,
Schr. "Storke," St. Andre, Kamouraska.

utes, stirring frequently with a fork, so that it will not lump; then place over hot water and cook for 50 minutes. If the hominy becomes too dry, add a little hot skim milk. The addition of a little milk and a small piece of oleo gives a very rich flavor to the cereal, which it does not have when cooked with water only.

WITH TOMATO SAUCE.

There are many ways of serving hominy and some of them are very attractive. Served as a vegetable with the addition of a little thick tomato sauce and a sprinkling of grated cheese it is excellent. Molded with chopped figs or dates, then sliced and fried, it gives a simple dessert, that is as good as it is inexpensive.

In the following tested formulas will be found recipes which will give variety to the summer menus and at the same time help to conserve the wheat supply. Remember that just now our slogan must be: "Every little bit helps."

HOMINY CRUMPETS.

Scald and cool one pint of milk; add half a cake of compressed yeast, dissolved in two tablespoonfuls of tepid water, one tablespoonful of sugar, one scant cupful of cooked hominy, two cupfuls each of rice and barley flour, two tablespoonfuls of melted oleo and one teaspoonful of salt. Beat well and let rise over night. In the morning, add a quarter of a teaspoonful of baking soda dissolved in hot water. Let stand for half an hour longer and bake in greased muffin rings on a hot greased griddle.



HOMINY NUT SCRAPPLE.

Soak one cupful of fine hominy in one quart of milk for several hours, then cook slowly in the upper part of a double boiler for one hour, stirring frequently. When cooked, season with half a teaspoonful of salt, add the lightly beaten yolks of two eggs and one cupful of chopped nut meats. Mix well, mold in a pan and when firm, cut in strips and fry in hot fat. This furnishes a splendid meat substitute at small expense.

Bullet Holes Still There.

The old Buckman Tavern in Lexington has much the appearance it had when it was the rallying place of the Minute Men and the "shot heard round the world" was fired many years ago. One may to this day see in it bullet holes made by the British soldiers who were fired upon from this tavern.

GUARD BABY'S HEALTH IN THE SUMMER

The summer months are the most dangerous to children. The complaints of that season, which are cholera infantum, colic, diarrhoea and dysentery come on so quickly that often a little life is beyond aid before the mother realizes he is ill. The mother must be on her guard to prevent these troubles, or if they do come on suddenly to cure them. No other medicine is of such aid to mothers during hot weather as is Baby's Own Tablets. They regulate the stomach and bowels and are absolutely safe. Sold by all medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Song of Songs.

There's a song that falls like the early breeze
Where the white mists shroud the meadow,
And a song that croons to the friendly trees
In the twilight's silver shadow;
There's a song of storm and a song of shine—
And it's each to its tune and meter—
But the song that lives in this heart of mine
Is a better song and sweeter.

There's a song that comes with the day's good wage,
And a song to light its earning;
There are songs that fall like the calm of age
And a song of youthful yearning;
There's a song that lulls when the day dreams go
And the glad years turn to many;
But the blithest song is a song I know—
And I love it more than any.

There's a song that springs from the heart of things
With the wondrous others round it,
And I hear it still as it sings and sings,
And I know that I have found it!
But the song that's best in the winging gloam
When the rest trail silent after,
Is the thrill and lilt of a welcome home
Of love—and a baby's laughter.
—Charles C. Jones, in the People's Home Journal.

Advice to Dyspeptics Well Worth Following

In the case of dyspepsia, the appetite is variable. Sometimes it is ravenous, again it is often very poor. For this condition there is but one sure remedy—Dr. Hamilton's Pills—which cure quickly and thoroughly.

Sufferers find marked benefit in a day, and as time goes on improvement continues. No other medicine will strengthen the stomach and digestive organs like Dr. Hamilton's Pills. They supply the materials and assistance necessary to convert everything eaten into nourishment, into muscle, fibre, and energy with which to build up the run-down system.

Why not cure your dyspepsia now? Get Dr. Hamilton's Pills to-day, 25c. per box at all dealers.

The Harmonious Home.

Home may be a sacred refuge, or it may be a mere place to call for breakfast and dinner, and a shelter for the sleeping hours. It may be destitute of attractions—a tolerated spot, instead of a coveted haven. If this be the case, remarks a writer on home life, the fault is with those who by their own conduct make it uninviting. Whenever parents find that their offspring are beginning to prefer any other place before home, let them ask themselves these questions and they may discover the secret of their children's unfortunate preferences. Does the father strive to make home bright and happy, or is he silent, moody and unsocial? Are his children furnished with a proper supply of books, papers, magazines and such other means of amusement and improvement as their natures require? Does the mother make friends and confidantes of her daughters, or does she mere dote out to them food and clothing? Do the parents, in short, sympathize in the joys and griefs, the hopes and fears, of their children, or do they ignore all that is most essential to the happiness and social culture of childhood?—East Suffolk "Gazette."

Minard's Liniment Cures Garget in cows.

Accept no Substitute

Insist upon the genuine

"SALADA" TEA

None other is so economical in use or so delicious in flavour.

How Rain Bore Holes.

When rain falls it does not actually soak into the earth, but bores its way in, forming tiny tubes. These tubes are so small that it would be impossible to insert a hair in some of them without bursting its walls. Sometimes the tubes are bored down to a depth of four or five feet. When the surface dries the water evaporates from the tubes, just as it would from a pipe.

If the tube is twisted it takes longer for the water to evaporate. If one takes a rake and stirs the ground after each rain, he breaks the tops of the tubes and the water will stand in them for months.

In this way the farmers of the West, on the semi-arid lands, store the rainfall one year, and raise a crop of wheat every other year—there being sufficient water in two years, but not enough in one, to raise a crop.

Minard's Liniment Cures Diphtheria.

German Tyranny.

German tyranny does not consist simply in an exorbitant application of the dogma of might. It has special mortifications, peculiar to the race, which makes it even more painful, if that is possible.

In this way the systematic dejection and immorality cynically adopted by Germany; it is not an unadmitted application of any doctrine; it springs from genuine lack of morality, and from a well-spring of vicious animalism, which psychologists have often detected in the German blood. Not that I am so foolish as to maintain that all Germans are low, malignant and brutal; but it can be said without hesitation that such is, generally speaking, their psychological type, more or less emphasized; that such are their racial characteristics, as appears from innumerable facts gathered from the lips of our repatriates.

SPANKING DOESN'T CURE!

Don't think children can be cured of bed-wetting by spanking them. The trouble is constitutional and the child cannot help it. I will send you some treatment, with full instructions. If your children trouble you in this way, send no money, but write me to-day. My treatment is highly recommended to adults troubled with urine difficulties by day or night. Address: Mrs. M. Summers, Windsor, Ontario.

Fooled Wild Beasts.

Stanley, the explorer, found the native Africans knew that art of camouflage and had practiced it for hundreds of years. He adopted some of the methods of the blacks and his bags of big game were remarkable. The native Africans donned the skins of animals with horns, head and all, when hunting. Denizens of the jungle often were fooled into standing their ground when the black hunters attired in skins approached.

Cleverness of Chinese.

It is acknowledged that the Chinese are very skillful in making confectionery and possess the reputation of having many secrets. They are able to empty an orange of its pulp entirely, then fill it up with fruit jelly without one being able to find the smallest cut in the rind or even a tiny hole. Indeed, they even empty an egg in this manner and fill it with a sort of almond nougat without one being able to find the slightest break or incision in the shell.

Notes and Notions.

—Daisies and other field flowers trim mid-summer chapeaux.
—Squirrel is the favorite pelt for summer wear.

—Wool jersey is being used for separate skirts for summer.

—Sashes are frequently lined with a contrasting material.

—A touch of black makes the all-white costume becoming.

—Pique collars, cuffs and belts appear on silk dresses.

—Cape gloves show a new color called mahogany.

—The new currant reds are used to brighten dull gowns.

—Smart dresses for children are made of silk gingham.

—Boleros in various forms appear on little girls' dresses.

Chicken Mystery.

Pearl and Stanley, six and four, respectively, had buried a dead chicken in their garden. A week later out of curiosity they went to dig it up, in the wrong place, and did not find it. Excited, they ran together to mother and cried, "Ma, that chicken must have gone to heaven, because it isn't there any more."

There is more Catarrh in this section of the country than all other diseases put together, and for years it was supposed to be incurable. Doctors prescribed local remedies, and by constantly failing to cure with local treatment, pronounced it incurable. Catarrh is a local disease, greatly influenced by constitutional conditions and therefore requires constitutional treatment. Hall's Catarrh Medicine, manufactured by F. J. Cheney & Co., Toledo, Ohio, is a constitutional remedy, is taken internally and acts through the blood on the mucous surfaces of the system. One Hundred Dollars reward is offered for any case that Hall's Catarrh Medicine fails to cure. Send for circulars and testimonials. F. J. CHENEY & CO., Toledo, Ohio. Sold by Druggists, 7c.

Hall's Family Pills for constipation.

An Eater's Convenience.

South America can boast no more remarkable zoological product than the "great ant eater." This interesting mammal has powerful front claws for tearing open anthills and decayed logs, a tongue that is a foot in length, and a long, bushy tail which, according to native observers, is used to sweep up the ants. In reality the tail is not employed for any such purpose. It serves for something quite different, as one may see when the animals lie down. Then the hairs of the tail fall both ways over its body in such a manner as to form a sort of roof that, shedding rain and keeping the owner dry dry in stormy weather.

Two Kinds of War Jobs.

A youthful volunteer, stationed at one of the great military camps not far from New York, accosted burlesquely a civilian carrying a tennis racket. "Tennis, eh?" he said scornfully. "Why don't you get a rifle?" "The man with the racket looked at him thoughtfully, without anger. "I don't blame you for being a bit cocky," he replied at last. "If I were in your place I'd be the same way. How would you like to be staying at home? I have a wife and two little boys and a mother and sister—and my two brothers have gone to France. I've got to stay at home—Got to—do you get that?" Exchange.

Russ Collapse Hits Japan.

A question asked throughout Japan is: "How will this country be affected if Russia repudiates her foreign loans?" The amount of Russian national bonds held by Japanese investors is about \$114,000,000. In addition, outstanding accounts with the Russian Government for munitions will approximate \$15,000,000, making a total of \$129,000,000. As most of the Russian debt is held by the Japanese government, individual loss will not be great.—East and West News.

THE NINTH ANNUAL TORONTO FAT STOCK SHOW

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EVERY STOCK RAISER AND EVERY LOVER OF GOOD CATTLE SHOULD ATTEND THIS SHOW. THE LARGEST AND BEST IN CANADA.

ISSUE NO. 38, 1918

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EXPERIENCED WEAVERS WANTED, also apprentices. Steady work. Highest wages paid. Apply: Kingsley Mfg. Co. Ltd. Brantford, Ont.

MISCELLANEOUS.

REMIT BY DOMINION EXPRESS Money Order. If lost or stolen you get your money back.

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FARM PROPERTY FOR SALE—choice Ontario stock and grain farm for sale; two hundred and sixteen acres in high state of cultivation and fertility; soil clay loam; running water; first class buildings, including brick house; large bank barn; basement equipped with water works throughout; boiler, cement block also; improved buildings. Further particulars apply G. B. Johnston, Cannington, Ont.

FARM, CROP, STOCK, IMPLEMENTS—two miles Woodstock; forty acres oats, ten corn, ten wheat; balance hay and pasture; twenty cows, four horses; county road. Apply E. A. Staples, R. R. No. 1, Woodstock, Ont.

112 ACRES—MORE OR LESS—LOT 27, Concession 2, Bramosa, near Speedside, for sale; on the premises is a good stone house, up-to-date bank barn; good stables, with water; closed shed; silo, pigery, henry, sheep pen, never failing well, windmill, good orchard; farm in good state of cultivation, well fenced, well watered, five miles from Fergus, ten from Guelph; school-house and two churches close by. Apply on premises, Mrs. Lena Leybourne, Rockwood, R. R. No. 3, Ont.

TWO HUNDRED ACRES, CLOSE TO town. Good building—some bush. Easy terms. D. L. Gilmour, Collingwood, Ontario.

BUSINESS CHANGES.

FOR SALE GROCERY, BOAT AND Shoe Business, long established. D. L. Gilmour, Collingwood, Ont.

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BRICK HOUSE—ALL TOWN CONVENIENCES—one and half acres of garden. For full particulars apply Box 98, Barrie.

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Will Purchase Foreign Hides.

11 Sole, published at Milan, contains an article on the formation of an association for the purchase of foreign raw hides. The directing committee, it states, met at Rome and nominated as president Commendatore Genarado Maffettone of Naples. The seat of the association in Rome was fixed at the Hotel Splendid, where the wool association is installed. It has been possible to enable the office to begin without delay the admission of associates, and the organization of purchases, finances, insurance, freights, etc.

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Consolation.

A young probationer was preaching his trial sermon in a church in one of the inland villages of Scotland. After finishing the "discourse," he leaned over the pulpit and engaged in silent prayer, an act which surprised the congregation, who were unaccustomed to such procedure. Suddenly the young preacher felt someone elapping him gently on the shoulder, and on turning around he beheld the deacon, who said: "Hoot, mon, dinna tak, it'sae mickle to heart; ye'll maybe jae better next time."

Minard's Liniment Cures Distemper.

Tips to Poets.

It might not be idle to observe that "khaki" does not lend itself to poetry as well as some more euphonious words, notes the Indianapolis News. Its uses are more utilitarian than decorative. In a uniform it is inspiring, but in a type it conveys no such impression. War poets, before setting out to win the muses, should consider the difficulties of "khaki." If by so doing the overflowing current of war poetry could be somewhat stemmed, a great service would be done a troubled nation.

Minard's Liniment Cures Colds, etc.