



Oh! My! That Smells Good!

And, madam, you should just smell the fragrance of crushed coffee after it is brewed. And the flavor of it! Well, you never tasted ground coffee with a flavor just like Red Rose Coffee. Coffee critics, those who have travelled far and wide and tasted coffees in various climes, tell us they have never tasted more delicious coffee. Some have even said—but we will refrain from printing such high praise. We prefer you to try Red Rose Crushed Coffee without revealing anything further as to its quality. We don't want to take all the edge off the surprise in store for you when you try it. And the same price it was three years ago.

Red Rose Coffee

QUANTITIES AND VALUES OF CANADIAN SEA FISHERIES FOR AUGUST, 1917

Quantity	Value
Salmon Cwt. 424,346	\$ 1,950,424
Lobsters " 44,919	213,553
Cod " 293,476	735,239
Black Cod " 8,042	42,284
Haddock " 52,380	153,403
Hake and Cusk " 81,739	128,623
Pollock " 37,965	66,671
Herring " 96,409	137,034
Mackerel " 9,035	48,595
Shad " 268	3,154
Alewives " 36	78
Haddock " 31,361	309,167
Soles " 80	322
Sardines Bbl. 67,140	288,171

SAVING SUBSTITUTES

CANADIAN FOOD CONTROLLER'S SUGGESTIONS OF WAR-TIME DISHES

Tuesday
Instead of Beef serve Fish Omelet

FISH OMELET
(For four people)
2 heaped tablespoons cooked fish, 2 eggs, 1 tablespoon grated cheese, pinch of cayenne and salt.
Beat the yolks of the eggs and add the cheese and seasoning. Fold in the whites of the eggs, whipped to a stiff froth, and put the mixture quickly into a frying-pan or omelet pan, in which the butter has been melted. When the eggs begin to set, stir in the fish, and cook until the omelet is done.
Save white Bread by mixing rye flour with white wheat flour sometimes.

CLASSING MEN FOR SERVICES

THOSE IN FIRST CLASS UNDER MILITARY SERVICE ACT ARE PLACED IN GRADES

Ottawa, Oct. 23.—Only those men found physically fit for combatant service over seas by the medical boards will be included in the first quotas called to the colors under the Military Service Act. All such men are now being placed by the examiners in Category A.
Men not in flawless physical condition are being classed as to their fitness for war services in non-combatant units, either in Canada or overseas according to the shape they are in. Such men may be called up later and re-examined or they may be called for non-combatant services. The immediate need, of course, is for men fit for active service.
Experience shows that the physical condition of men varies greatly; that is, a man may improve greatly in a few weeks or months. Some of those passed as fit by the medical boards recently had been rejected by the doctors when they had applied for enlistment in the volunteer forces.
"Where is Cholly?" "Somewhere in the mountains. He writes of beautiful flora and fauna." "Eh? In love with two girls at once?"—*Louisville Courier Journal*.

Try BOSTON BROWN BREAD

Rye meal, 1 cup Sour milk, 2 cups
Granulated cornmeal, Soda, 1 level teaspoon
1 cup. Fill to two-thirds well greased baking powder cans; grease the lids, and put them on. Place in a steamer, and steam three and a half hours.

Friday
Eat more Fish and save Beef and Bacon
Fish dishes are legion
SALMON CROQUETTES
1 1/2 cups cold flaked salmon
1 cup thick white sauce
Few grains cayenne
1 teaspoon lemon juice
Salt

Try Molasses Corn Cake. It is delicious, and saves white flour

Lantic Sugar

Grapes
green or ripe, in jelly, speed conversion of simple preserved in light syrup, make a delicious and inexpensive addition to your winter supplies.

"Pure and Unmixed" is the ideal sugar for all preserving, because of its FINE Granulation.
10, 20 and 100-pound Sacks.
These new Cook Books are free for Red Bull Trade-mark.
ATLANTIC SUGAR REFINERS Limited, Montreal 133

CANADIAN CROP REPORTS

Ottawa, October 18, 1917.—The Census and Statistics Office published to-day the second or provision estimate of the yield of the principal grain crops of Canada in 1917, a statement of the quality of these crops at the time of harvesting and the condition of root crops on September 30. The report is compiled from the returns of crop correspondents made at the end of September.

YIELD OF PRINCIPAL GRAIN CROPS
The estimates of the yield per acre of wheat, oats, barley and flax are somewhat lower than these reported at the end of August, and the reduction applies to all the provinces. The later returns being based to a larger extent upon threshing results appear to indicate that the first estimates, based upon the appearance of the crops in the field, were too high. The total yield of wheat for Canada is now provisionally estimated at 231,730,000 bushels, the average yield per acre being 15 1/2 bushels, as compared with 16 1/2 bushels reported a month ago and with 17 bushels the yield 1916. Of oats the total yield is 393,570,000 bushels, as compared with 410,211,000 bushels in 1916, the average yield per acre being 29 1/2 bushels in 1917 as compared with 37.50 bushels in 1916. Barley yields 51,684,000 bushels, as compared with 42,770,000 bushels in 1916, the average per acre being 21 1/2 bushels as compared with 23.72 bushels in 1916. The yield of rye is 5,239,800 bushels, which is slightly more than the quantity returned a month ago; the yield per acre is 28 bushels as against 19.33 bushels in 1916. For the three prairie provinces the yields are as follows: Wheat 209,794,200 bushels, oats 237,925,000 rye 2,534,000 bushels, barley 36,727,000 bushels, flaxseed 6,747,000 bushels. The total yields of the remaining grain crops, now reported for the first time this year, are as follows: peas 2,786,900 bushels from 151,030 acres, an average of 18 1/2 bushels per acre; beans 635,700 bushels from 43,000 acres, average 14 1/2 bushels per acre; buckwheat 7,188,000 bushels from 338,400 acres, or 12 1/2 bushels per acre; mixed grains 15,741,000 bushels from 469,140 acres, 33 1/2 bushels per acre and corn for husking 6,193,000 bushels from 173,600 acres, an average of 35 1/2 bushels per acre.

QUALITY OF GRAIN CROPS
Correspondents were asked to report on the quality of the grain crops at the time of harvest, as measured against a standard of 100, representing grain well headed, well filled, well saved and unaffected to any appreciable extent by frost, rust, smut, etc. The average results for the whole of Canada are as follows: Fall wheat 76, spring wheat 75, all wheat 75, oats 74, barley 73, rye 79, peas 69, beans 71, buckwheat 63, mixed grains 79, flax 67, corn for husking 67. The figures are generally high for Ontario, wheat being 80, oats 92 and barley 80. In Quebec wheat is 67 and oats are 74. In the Prairie Provinces wheat is 75 in Manitoba, 70 in Saskatchewan and 75 in Alberta. Oats are 62 in Manitoba, 57 in Saskatchewan and 56 in Alberta.

CONDITION OF ROOT AND FODDER CROPS
The condition of root and fodder crops, measured against a standard of 100 as representing a full crop, on September 30 was: beets 76, corn for fodder 72 and alfalfa 81. The condition of potato crop by provinces was on September 30 as follows: Prince Edward Island 81, Manitoba 69, Saskatchewan 71, Alberta 89 and British Columbia 70.

BIG GAME SCARCE
Fredericton, Oct. 18.—An American hunting party, composed of Dr. J. S. Ungar, E. J. Hamilton, C. E. Dinkey and Thomas Morrison, of Pittsburg, Pa., returned last night from the Miramichi, where they had been with Guide Henry Braithwaite. They did not kill any moose, although in one of the best hunting grounds of New Brunswick. They saw many cow moose and young bulls, but no grown bulls and very few calves. They think New Brunswick is played out as a big game country.

A PRECIOUS BRIAR
Lord Loreburn is a great smoker, and this fact was once the cause of an amusing incident in Parliament. In the course of a most important speech he was pulling out of his pocket a bundle of notes when a much-smoked briar pipe rolled onto the floor. Flinging his memoranda on the seat behind him, he made a dart for the pipe, and amid the breathless interest of the House examined it carefully to see if it had been damaged. With an air of relief, which told the onlookers that there was no cause for anxiety, he restored the precious object to his pocket, and the House cheered sympathetically.

SIXTH TIME WOUNDED
A cable received by Prof. Major, of Toronto University, that his son, Major Wilfred Major, has been wounded in the leg. This is the sixth time Major Major has been in the casualty list. He enlisted in August, 1914, at the very outbreak of the war, and has been wounded at Langemarck, Festubert, Thiepval, and Courcellette. For his splendid work at the front he has been granted the Military Cross. The D. S. O., and was sent home on furlough, but he did not remain long. He won promotion from lieutenant to Major.

BREATH OF THE HEATHER

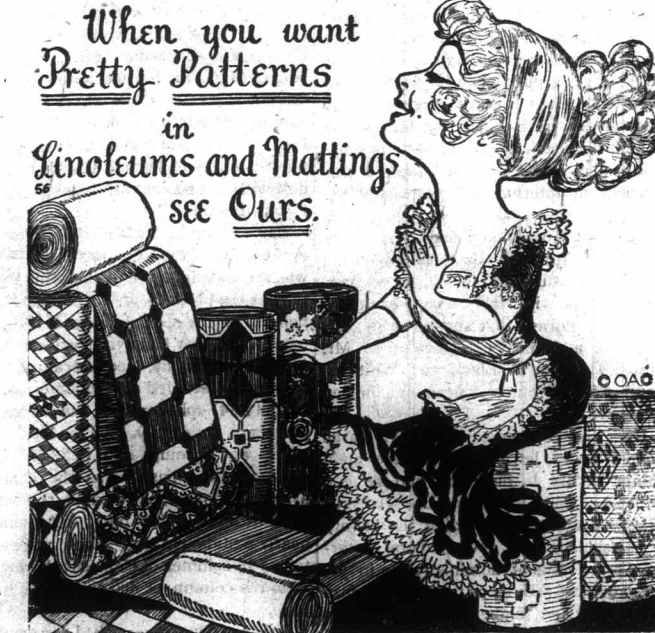
Now we know why the Kilties wear feathers in their bonnets; it is surely because they are birds of passage. The regimental monthly publication comes to us from Quebec this time, but wherever it comes from it is always welcome. This issue has much in it that is of interest to the people of St. Andrews. An account of the presentation of a set of pipes by Mrs. E. A. Smith on the Kiltie's first anniversary, a fine introductory article on Quebec, written by Sergt. T. J. Wren, and an appreciation of Sergt. Wren, are among these. We quote in full the paragraph which refers to Sergt. Wren.
"When the Overseas Draft of the 1st Hussars sailed from Quebec for England on September 30th, they took with them as Orderly Room Sergeant, a Kiltie to whom this magazine owes a debt of gratitude. From his gifted pen came a large number of the articles which have appeared in these columns. Sergt. Wren was a student at Mount Allison University at the beginning of the war. He was granted a commission in the Canada Militia but relinquished his commission to enlist with the Kilties as a private, as he was anxious to go overseas, a desire which was the reason of his transfer to the 1st Hussars. Sergt. Wren was the literary Editor of this magazine from its inception."
Postmaster—"Give that man a job." Assistant—"But he can't even read addresses." Postmaster—"Then put him to work sorting newspapers."—*Buffalo Express*.
Wife—"I think the cook is improving, don't you?" Husband—"Why, at dinner to-night everything was bad but the coffee."—"I know, but usually that's bad, too."—*Boston Transcript*.

COMMERCIAL USES FOR MILK
Casein of milk, or that portion of milk which is coagulated by the addition of rennet and forms a curd, has many little-known uses in the commercial world. The curd formed by casein, which in the act of coagulation entangles the fat globules and watery solution of the milk, is used for the manufacture of the various kinds of cheese. In former years the manufacture of cheese was the only industry which used casein as its raw material; recently chemists have discovered a variety of ways for utilizing casein profitably. It has been found that the action of formaldehyde on casein renders the latter an insoluble mass and a large number of new uses have been found for this new substance. Its usefulness as a food has not been overlooked, and it now forms a basis for a number of proprietary commodities, such as Sanatogen which contains 65 per cent of casein; Plasmon, containing 75-80 per cent of casein; and Dr. Reigel's milk albumen. The technical uses to which casein is put are many. From it we get paints and washes; casein enamel paint, cold water paint in powder form, "marble line" color, catomine wash, formalin, and casein cement paint. In the way of adhesives, casein is used in the preparation of casein glue, solid casein adhesive, Lehner's casein putty, Wenk's casein cement, "pitch bars," etc.; in the preparation of imitation ivory, leather, linoleum, and bones; fire-proof cellulose substitute, insulating material, galalith, and Dickman's covering for floors and walls; in the textile industry; for finishing color printing, casein is used; casein for mercerized crepe, casein is used as a medium for calico printing, and so on.
Other articles in the manufacture of which casein is used are—billiard balls, shoe polish, ointments, wood cement, waterproofing paper, washable drawing paper, photographic plates, and casein alumose soap. Casein phosphate is used for baking purposes. From this list it will be seen what a variety of things into whose composition casein enters, and enormous quantities of skim milk must needs be diverted from the pig-sty to the manufacturers to supply this useful article of commerce.

REGAL FLOUR

Best for Bread
Best for Cakes
Best for Pies
Best for all Household Baking

When you want Pretty Patterns in Linoleums and Mattings see Ours



Dear Mary:—
I've just finished "putting down" my new linoleum and mattings. How neat and clean my kitchen looks! How cool my bedrooms are and how easy to sweep and keep tidy!
My "girl" just sings as she works. She was getting cross before. I don't blame her. I ought to have been considerate of her surroundings as well as my own.
When you come over and see how refreshed my whole home is since I've fixed the floors, you too will get some new linoleum and matting.
Come over—HELEN.
P.S. You get yours where I got mine—from

BUCHANAN & CO.
Water Street St. Stephen

TRY "THE OVERLAND"
PAYNE'S THE NEW TEN CENT CIGAR FOR FIVE CENTS

The Body-Building Power of BOVRIL

In feeding experiments on human beings carried out by a well-known independent British Physiologist, when BOVRIL was added to the normal diet it produced an increase in flesh, bone and muscle equal to 40 to 50 times the amount of BOVRIL taken.



No increase in price since the War.

COMMERCIAL USES FOR MILK

Casein of milk, or that portion of milk which is coagulated by the addition of rennet and forms a curd, has many little-known uses in the commercial world. The curd formed by casein, which in the act of coagulation entangles the fat globules and watery solution of the milk, is used for the manufacture of the various kinds of cheese. In former years the manufacture of cheese was the only industry which used casein as its raw material; recently chemists have discovered a variety of ways for utilizing casein profitably. It has been found that the action of formaldehyde on casein renders the latter an insoluble mass and a large number of new uses have been found for this new substance. Its usefulness as a food has not been overlooked, and it now forms a basis for a number of proprietary commodities, such as Sanatogen which contains 65 per cent of casein; Plasmon, containing 75-80 per cent of casein; and Dr. Reigel's milk albumen. The technical uses to which casein is put are many. From it we get paints and washes; casein enamel paint, cold water paint in powder form, "marble line" color, catomine wash, formalin, and casein cement paint. In the way of adhesives, casein is used in the preparation of casein glue, solid casein adhesive, Lehner's casein putty, Wenk's casein cement, "pitch bars," etc.; in the preparation of imitation ivory, leather, linoleum, and bones; fire-proof cellulose substitute, insulating material, galalith, and Dickman's covering for floors and walls; in the textile industry; for finishing color printing, casein is used; casein for mercerized crepe, casein is used as a medium for calico printing, and so on.
Other articles in the manufacture of which casein is used are—billiard balls, shoe polish, ointments, wood cement, waterproofing paper, washable drawing paper, photographic plates, and casein alumose soap. Casein phosphate is used for baking purposes. From this list it will be seen what a variety of things into whose composition casein enters, and enormous quantities of skim milk must needs be diverted from the pig-sty to the manufacturers to supply this useful article of commerce.

RECORD OUTPUT OF COINS.
Washington, October 17.—Demand for silver coins is so great that every mint in the country has been placed on a twenty-four-hour-a-day basis to meet it. This has never been necessary before.
Raymond T. Baker, Director of the Mint, announced to-day that the subsidiary silver coinage thus far this year totaled \$16,551,000, or an increase of more than 800 per cent over the corresponding period last year—in itself a new record—when the total of such coinage was \$1,769,000.

"A bird in the hand is worth two in the bush." "Trouble is to make the bird believe it."—*Louisville Courier-Journal*.
He—"You women have a mania for getting cheap things." She—"Yes, I suppose that is how I came to marry you."—*Baltimore American*.
Casey—"When ye're licked in a foight ye ought to sitchel ye had enough." Dolan "Shure if Oi can speak at all Oi'm not licked yet."—*Boston Transcript*.

3 PLY ROOFING
The famous Bosco Roofing can be bought at Edgar Holmes Shoe Store, in Eastport, Me., for \$3.00 per roll, and in 15 roll lots the price is \$2.75 per roll on lots of 5 rolls or more I will deliver at boat or train. 2 Ply Roofing only \$2.40 per roll. Nails and cement with each roll. I have just covered 6 houses with this roofing, and I have a good stock on hand now. Buy now as price is advancing.

EDGAR HOLMES SHOE STORE
Where Good Dressers Buy Their Shoes
Open Evenings Telephone 42-3
131 Water Street, Beyond Post Office EASTPORT, ME.