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Star of the

T FOR SERVICE IN ANADIAN COASTS. LIUS JARVIS,

THE COURIER BRANTFORD, CANADA, WEDNESDAY, SEPTEMBER, 19, 1917

Future of the World at Stake; Says Borden

Stirring Address by Premier to Delegates in Attendance at Trades and Labor Congress in Ottawa- Thirty Third Annual Convention Now On.

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Mayor 'Fisher welcomed the dele-been aware there was a representa-tive from the United States. In view

gates.The chairman then called upon
the Hon. W. T. Crothers, Minister of
Labor, to address the delegates. As
the minister wended his way through
the crowd from the rear of the hall,
erne of the delegates arose and re-
marked to the chairman; "I do not
see Mr. Crothers' name on the pro-
gram. I do not think that we should
waste time by listening to that hon-
crable gentleman."tive from the United States. In view
of the fact that the United States
user now comrades in arms and
allies, he would ask the delegates to
ioin in three cheers for the United
States. The premier led the checr-
ing, which was done most vecifer-
ously.President J. C. Watters of the
ovation that Mr. Watters received
was probably the greatest ever

crable gentleman." A storm of protest arose from the delegates, and a point of order had to be established. Upon one of the committee stating that the conven-tion was at present in the hands of the reception committee, it was rnanimously decided to hear the Minister of Labor, and the protest was vetoed.

Minister of Labor, and the protest was vetoed. Mr. Crothers stated that it was rot his intention to take up the time of the convention. He was glad to have the opportunity of greeting them, and particularly glad that the convention was being held in the cap thail city, as it would give an oppor-tunity perhaps to learn how things actually proceeded in narliament. He would like to see the people of Can-ada more familiar with parliament ary procedure, but unfortunately few

ada more familiar with parliament ary procedure, but unfortunately few had an opportunity of visiting the House in session. At these Labor conventions, questions of great im-portance were discussed and doubt-less at this convention the questions would be more important than ever owing to the war. The minister stated that he desir-ed to say that the wage-earners had played a most important part in the great struggle, about 150,000 of them being overseas fighting the great battle for the right. These men were entitled to the preatest consideration—the men who

These men were entitled to the preatest consideration—the men who had gone, the men who were going and the men who had returned. Can-ada and Canada's people could only have the greatest admiration and rride for these noble sons of Can-ada. The minister concluded by wish-ing the delegates every success. At this juncture Sir Robert Bor-den arrived. His entrance was the signal for the greatest enthusiasm and cheer after cheer resounded through the hall. President Cameron introduced the premier, who was again cheered as he arose to speak. "It gives me the greatest pleas. Through the hall. President Cameron introduced the premier, who wish again cheered as he arose to speak. "It gives me the greatest pleasure," said Sir Robert, "to have this oportunity of greeting you and of the great st pleasure," said Sir Robert, "to have this oportunity of greeting you and of the speak of this nature will not cause me to change my attitude and the working men of canada will continue to carry on iny work been sitting for eight months now, but I do not wish you to think that I will make the length of my address on a comparative basis with the session of the House.
"Parliament is a place for people to talk, for when men from all parts of the Dominion of Canada meel, with different view and ideals, it is good that they can get together' as it were."
Tontining, Sir Robert paid a high fribute to the great work accomplated by labor in the crisis of the satiments of the entire populate of mark and leaded that the workingmen had highed in the war. Speaking of the attitude of organized labor, he was finally carried that the movers of anada when he congratulated the send all other delegates in the magnificant had the de for to feat the entire populates of the men that they represent."
Speaking further the premier said When You Bar

Give thanks, please, to those valiant men who, on the fields of France and Flanders, hold back the Hordes of Destruction, and make possible the peaceful enjoyment of your meal.

Some of those men have not had a sight of a home meal for three years. Home to a hope a prayer. Will

Dinner Lo-day

potatoes, nuts, bananas, etc.

that we may have sufficient of these food for export

Instead of buying so much white flour (if you de your own baking), use one third oatmeal, com, barley or rye flour. If you so bread from a baker, order some brown bread each day. Second, substitute for beef and bacon and

equally nutritions foods as fish, peas, len

Third, prevent the waste of a single ounce of food in your household.

sented.

nd General

sented. Speaking furthere the premier said that he had come to welcome the de-legates. He referred in glowns, terms to the boys over at the front, lishting on the battlefields of France, and exhorted the delegates to remember the great sacrifice that These men know what they are lighting for," said Sir Robert, "and know that they know, for I have stood face to face with thousands of them. They realize the importance of the cause that they are laying down their lives for. The future of the world is at stake, and I do not know what the result will be unless we bring about some orderly system of dealing with international ques-to, with all these terrible devices of war and implements of destruction. -150

you let them suffer still further for want of food?

You cannot will not must not. Resolve then, to sign and live up to the letter of the Food Service Pledge. Eat less Beef, Bacon and White Bread so

For the honour of Canadian womanhood, Sign and Live up to the Food Service Pledge.

Woman's Auxiliary, Organization of Resources Committee, in Co-operation with the Hon, W. J. Hanns, Food Controller, Practical Housekeeping Hints

HOW BEST TO USE CEREALS

and the second second

Cereals rank first among vegetable foods. They Cereals rank first among vegetable foods. They contain in varying proportions all the elements necessary to support life. They contain a great deat of starch, which is needed to keep the body warm and to make it do its work. A bowl of oatmeal, eaten for breakfast, will furnish the average man with all the strength, heat and energy he will need. Cereals with cooked fruits are particularly, appe-tising

It is best not to buy cereals in very large guanti-

ties, because if they are kept too long insects are apt to develop in thema. Cereals should always be kept in glass-covered jurs.

• Cereals are in proved by long cooking. There-fore, catmeal, homainy and other cereals which are left over can be added next day to the fresh-cooked cereals

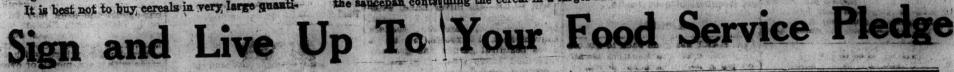
All cereals should be cooked at first for ten minutes directly over the fire, and then put into a double boiler. If you haven't a double boiler, place the saucepan containing the cereal in a larger sauce-

pan that contains hot water. By using a fireless cooker you can prepare your cereal at night, cool it on the stove for about ten minutes, put it in the fireless cooker, and when you get up in the morning you will find it all cooked and ready to be eaten. In this way you save both time and fuel.

24 m.

Cereals requiring more than one hour to cook should be cooked the day before they are to be eaten and reheated in the morning.

Coarse, flaky cereals should be stirred as little as possible. Fine granular cereals may be beaten



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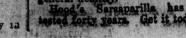
the tank through Ypres, in order to revisit that city of sacrifice. Imag-ination could not paint a more pois-mant emblem of ruin. The bleachcid and hattered fibs of the cathedral and the Cloth Hall shining against a very blue sky have conserved by some miracle of individuality the live beauty of old which the artists gave them, and one rese window in the cathedral keeps intact its delicat-tracery to assert the wickedness of destruction else complete. A little later a thundercloud set-

Andrew Carnegie, whose specialty is mental food for the public, has deflected his gaze to the mundary by leading his tohet to the army to train conscript cooks. An Indian cavalry regiment is to be recruited across the border in a cording to the Indian calendar, while then be "ripe with blood." The Nebraska Defence Council is demanding the resignation of Arma Haller, president of the Board at Regents of the University of Nebras-ta, on charges of disloyalty. The board of education of the Presbyterian Church in the University states has taken action asking min-isterial candidates to valve station it is neither wise not patriolic bo the advantage of the exemption provisions."

cine has been and still is the people's medicine because of its reliable character and its wonderful success in the treatment of the common dis-cases and ailments—scrofula, ca-tarrh, rheumatism, dyspepsia, loss of appetite, that tired feeling, general debility. Hood's Saraaparilla has been tested forty years. Get it today.

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Purify your blood by taking Hood's Sarasparilla. This medi-cine has been and still is the people's medicine because of its reliable



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