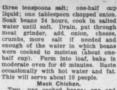


MADE IN CANADA Bread is the cheapest food known. Home bread baking reduces the high cost of living by lessen-ing the amount of expensive meats required to supply the necessary nourishment to the body.

REFUSE SUBSTITUTES.

E.W. GILLETT COMPANY LIMITED



Two .ups cooked beans; one and one-half cups stale bread crumbs; two tablespoons butter or butter substi-tute; three-quarters cup milk; three-quarters teaspoon salt. Press the beans through a fine strainer. Add the milk and arrange alternate layers of bean pulp and buttered crumbs is a buttered baking dish. Cover with buttered crumbs and bake in a moder Cover with ate oven 45 minutes. To butter the crumbs, melt butter and stir crumbs into it, thoroughly mixing them. This may be served with tomato sauce, made as follows: Tomato Sauce.

Two tablespoons butter; two tablespoons flour; one cup tomato juice; one-half teaspoon sait; one-quarter teaspoon pepper. Cook tomatoes un-til soft, and press through strainer, or use canned tomatoes. Melt butter, add flour, mixing thoroughly, then add the hot tomato and bring to boil, stirring constantly. Add seasoning and serve. A little chopped parsley, a few cloves or bay leaves may be added to the tomato while cooking the first time

M R. W. H. Stevens, Public School letter to the teachers in the district of Victoria Co., Ont., urges that an effort be made by them and their pupils to raise foodstuffs during the current year. Mr. Stevens advised the teachers to organize a club in the school for the purpose of raising food stuffs, either on part of the school grounds or on a plot near by. He adds

"Act as Honorary President, and elect the other officers from among the pupils. Work up all the enthusithe pupils. Work up all the enthusi-asm possible. Beans, carrots, pars-nips, tomatoes, potatoes can easily be raised. There should be no trouble to secure the ground and the seed. This plan should work in cooperation with the school fairs and Mr. A. A. Knight, the Agricultural Representa-tive, will offer school prizes for collections from these plots, in connection with the School Fairs. This work is not intended to interfere with home plots nor with any other activity

"All extra food that can be raised will be needed and every little that can be raised and used at home will release something that can be sent to Europe to supply our own brave boys who are doing such noble work in fighting for us at the front."

M ONDAY—we'll say is our "Heat-One cinder, one flicker, one coal

One oyster, one herring, one sole.

Wednesday—oh, this is our "Wheatless Day,"

One corn cake, one dodger, one

One cheerful and glorious fast. Saturday—call it a "Treatless Day," For all reciprocities past.

we pray,
If we should all happen to feel
little more hungry than usual to-

Get Schools to Take a Hand

Tuesday—well—this is our "Meatless Day."

scone.

scone.
Thursday—we must have a "Sweet-less Day,"
One pickle, one lemon, one bone.
Friday—will make a good "Eatless Day,

But Sunday-may Hoover forgive us,

day, And once again eat a square meal. The Heart of the Desert

(Continued from page 14.)

said Jack, "I guess it will about save our lives. I'de-like a chance to write a letter to my wife." "You ought to go back to the ditch,

Jack," said DeWitt. "Porter and I will manage somehow." Jack gave DeWitt a strange look

"Rhoda's a lifelong friend of mine. She was stolen from my home by my friend whom I told her she could trust. Katherine and the foreman can run the ranch."

By the time that the four had wash-ed themselves. Kelly had his men dotted over the surrounding desert. For the first time in weeks, the searchers sat down at a table. De-Witt, Porter and Newman were in as-tonishing contrast to the three who had dined at the Newman ranch the night of Cartwell's introduction to Porter. Their khaki clothes had grad-ually been replaced by nondescript garments picked up at various ranches. DeWitt and Porter boasted of corduroy trousers, while Jack wore overalls. On the other hand, Jack wore a good blue flannel shirt, while the other two displayed only faded gingham garments that might have answered to almost any name. All of them were a deep mahogany color, with chapped, split lips and bleached hair, while DeWitt's eyes were badly inflamed from sun-glare and sand

They ate silently, Dick Kelly, sit-ting at the head of the table, piled them with food and asked fetions. DeWitt's shaking hands told him that questions were torture to the poor fellow. After the meal Kelly led them to hed at once, and they slept without stirring until four o'clock in the morning, when the Chinaman called them. Breakfast was steaming on the table.

"Now," said Kelly, as his guests ate, "the boys didn't get a smell for ye, but we've a suggestion. Have you been through the Pueblo country yet?" "No," sadd Porter. "Well," the host went on, "Chira is

the only place round here except my ranch where he could get a new outfit. He's part Pueblo, you know, too. I'd start for there if I was you." Carlos entered to hear this sugges

"I've got a friend at Chira," he said who might help us. He's a half-

The thed men took eagerly to this forlorn hope. With all the population of the ranch, including the cook, gathered to wish them Godspeed, the four started off before the sun had more than tinted the east. Kelly had offered them anything on the ranch, from himself, his cook and his cowboys, to the choice of his horses. His guests left as much heartened by his cheer fulness and good will as they were by the actual physical comforts he had

The trail to Chira was long and hard. They reached the little town at dusk and Carlos set out at once in search of his friend, Philip. He found him easily. He was half Mexican, half Pueblo. He and Carlos chatted brisk-ly in hybrid Spanish while the Amerians watched the horses wade in the little river. Visitors were so com-mon in Chira that the newcomers attracted little or no attention.

Carlos finally turned from his

friend. "Philip does not know anything about it. He says for us to come to

his house while he finds out any-thing. His wife is a good cook." (To be continued.)

The lake John Campbell, of Wood-ville, used to fatten export steers without feeding any grain at all," re-marked Prof. Geo. E. Day, in a recent address. "He used first class clover-hay and turnips and his steers went to market in good condition."



## DOES IT PAY TO SOW GOOD SEED?

Possibly not one farmer in a thousand would deny but what it pays te sow the finest plumpest grain we can secure. But do we actually do it. Must of ut think it amoust a crime to use a serub buill on a good herd, or an inferior get the best some good poultryman has in his.

But when it comes to salecting seed grains (the very foundation for a good crop), we are often quite earsiess. This years with the scarcity of labor deavoring to make this easily possible for every farm hou we are produced advancing to make this easily possible for every farm hou we are preduced to the next few weeks,

## "The Farmers' Grain Exchange"

Refer to this column each week. It will give the names and addresses many of our best saed growers in Ontario. If you need choice seed of e best varieties, write these men? Do it early as this year the supply of st seed grain—Oats, c@m, clover, potatocs, etc., will be limited.

Farm and Dairy

Peterboro, Ont.