

Another Royal Suggestion DOUGHNUTS and CRULLERS

From the NEW ROYAL COOK BOOK

DOUGHNUTS made the doughboy happy during the war and no wonder. There is nothing more wholesome and delightful than doughnuts or crullers rightly made. Their rich, golden color and appetizing aroma will create an appetite quicker than anything else in the world.

Here are the famous doughnut and cruller recipes from the New Royal Cook Book.

Doughnuts
3 tablespoons shortening
1 cup sugar
1 egg
1 cup milk
1 teaspoon nutmeg
1 teaspoon salt
2 cups flour
1 teaspoon Royal Baking Powder

Cream shortening; add sugar and well-beaten egg; stir in milk; add nutmeg, salt, flour and baking powder which have been sifted together and enough additional flour to make dough stiff enough to roll. Roll out on floured board to about 1/4 inch thick; cut out. Fry in deep fat hot enough to brown a piece of bread in 40 seconds. Drain on unglazed paper and sprinkle with powdered sugar.

Afternoon Tea Doughnuts
2 eggs
1/2 cup sugar
1/2 cup milk
1/2 cup flour
1/2 cup grated nutmeg

ROYAL BAKING POWDER

Absolutely Pure

MADE IN CANADA

"Bake with Royal and be Sure"

2 tablespoons shortening
1 cup sugar
1 cup milk
1 teaspoon Royal Baking Powder

Beat eggs until very light; add sugar, salt, nutmeg and melted shortening; add milk and flour and baking powder which have been sifted together; mix well. Drop by teaspoons into deep hot fat and fry until brown. Drain well on unglazed paper and sprinkle lightly with powdered sugar.

Crullers
4 tablespoons shortening
1 cup sugar
2 eggs
1 cup milk
1 teaspoon cinnamon
1/2 teaspoon salt
2 cups flour
1 teaspoon Royal Baking Powder

Cream shortening; add sugar gradually and beaten eggs; sift together flour, cinnamon, salt and baking powder; add milk and mix well; add milk and remainder of dry ingredients to make soft dough. Roll out on floured board to about 1/4 inch thick and cut into strips about 1/4 inch long and 1/4 inch wide; roll in hands and twist each strip and bring ends together. Fry in deep hot fat. Drain and roll in powdered sugar.

FREE

New Royal Cook Book containing these and scores of other delightful recipes. Write for it TODAY. ROYAL BAKING POWDER CO. 25 St. Lawrence Blvd., Montreal

satisfactory last year may be too expensive to use this year or one that was too expensive last season may be cheapest this. The successful poultry keeper will not only vary the rations according to the prices of feeds, but also according to the condition of his flock. A hen that is not laying cannot stand as heavy a ration as one that is producing heavily, neither can a flock of old hens stand as heavy a ration as a flock of pullets.

THE LAYERS' FEED IS IMPORTANT: Grit, oyster shell, charcoal, and dry mash are kept in a hopper constantly before the flock. Fresh water, and when possible a dish of sour milk is also supplied. In the morning a light feed, and in the evening a full feed, of mixed grain, is given in the 12 hr; at noon, green feed and, if desired, a feed of moist mash. When sour milk is not available, green cut bone may be fed alternately, with the moist mash, or coarse beef scrap may be supplied in the hoppers.

The mixed grain usually consists of corn and wheat, equal parts, and oats one half part, but if any other grains are cheaper or more easily obtained, they are used. In cold weather, the proportion of corn is increased, and in hot weather decreased.

The green food consists of roots, mangels preferred, or sprouted oats. Chopped clover is sometimes steamed and mixed with the mash.

The mash mixtures are equal parts, corn, bran, and middlings, one half part gluten and one half part fine beef scrap or blood flour. For old hens, either the percentage of bran is increased in the mash or the hopper is kept closed except at certain times of the day.

MARITIME AND MAINE CIRCUIT
The meeting of the members of the Maritime and Maine Circuit which was called for next week at Chatham is expected to be postponed.

Thursday, December 9th, is the new date that has been suggested and it is expected that Fred M. Tweedie, the secretary, will send out new notices asking the representatives of the various tracks to assemble at that time. It is also said that President S. D. Robertson, of Chatham, is insistent upon the North Shore town as the place of meeting.

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Mrs. J. Randall, of Silver Stream, Sask., writes: "Here is an incident which proves conclusively Zam-Buk's wonderful healing power. One day my daughter when using the washing machine, tore the top of her finger. As we live eighteen miles from a doctor, I got out the Zam-Buk (which we always keep handy) put on a liberal dressing, and bound up the finger carefully. The injury gave no further trouble. The use of Zam-Buk made it unnecessary for us to trouble the doctor, for it was wonderfully short time, the wound healed completely."

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Zam-Buk

Man's Worst Foo


Except a snake, a rat is probably the most repulsive creature in the world, and against both rats and snakes the aversion seems to be so natural, so deep-rooted, so general, that it is almost instinctive. Our language and our literature are full of phrases that express it. The destructiveness of the poisonous snake has been known from a time beyond the gray dawn of history. Perhaps some dim intuition of the destructiveness of the rat, too, may have filtered down through the ages and, being associated with his secret and filthy ways, his scavenger life and ghastly character, may have helped to fix his place in the minds of men; but it is only of late years that science has proved the case against him.

"Man's chief foe," "the cause of more deaths than all the wars of history," "the most destructive animal in the world," are some of the phrases that the Bureau of Biological Survey applies to the common house

rat. If they seem to be exaggerated, it is only because we do not know the facts on which they rest. Here in the Western Hemisphere we are accustomed to reckon the destructiveness of rats in terms of money or other material things, but in the East they reckon it in terms of human life. It is the house rat that harbors the flea that transmits the bubonic plague that causes the "black death," which in the fourteenth century destroyed twenty-five million people in Europe, and which under the name of plague is always epidemic in Asia, Africa, Australasia and South America. Since 1896 it has killed nine million of the people of India alone.


The economic loss owing to rats no one can reckon, for there are no accurate statistics; but investigations among the older cities of the Atlantic seaboard show that it is in very close ratio to the population. If we figure, as the Biological Survey figures, that every rat destroys at least two dollars' worth of property a year, the bill for the whole country is two hundred million dollars. That does not include the cost of traps, of poison, of maintaining cats, or any other item of the expense of combating the evil; nor does it cover the cost of the work of the Public Health Service, through which alone the plague is kept out of New York, Boston, San Francisco, Seattle, Hawaii, New Orleans and Porto Rico.

As with so many other evils, the remedy is preventive rather than curative. Buildings must be so constructed as to be rat-proof, which is not at all difficult; and then streets, neighborhoods and communities must be rid of rats and kept free of them by cooperative work under intelligent and ample authority. One half the money that now goes to feed and fight rats would do it in a few years. But until such cooperative work begins, let every farmer and every household look after his own premises with traps, shotgun, rifle, poison and the assistance of Thomas H. Cat.



Hot OXO, or better still an OXO Cube in a cupful of warm milk, is an ideal food for children. Milk with OXO can be assimilated more readily, and is a most nutritious and wholesome diet.

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Carvell Will Not Preside at Phone Hearing by Board

Ottawa, Nov. 18.—P. B. Carvell, Chairman of the Board of Railway Commissioners, it was learned today, has decided not to sit as chairman of the commission when hearing is resumed of the application of the Bell Telephone Company for an increase in rates. Some exception has been taken to the chief commissioner sitting on the case because of his connection as a director and shareholder with the New Brunswick Telephone Company.

Mr. Carvell, however, was of the opinion that there was no reason why he should stay out of the matter because the New Brunswick Company is operating under a provincial charter and does not come within the jurisdiction of the railway board. It is understood that in view of the unavoidable absence from hearings in Toronto, Hamilton and Montreal recently, and the objections which have been raised, Mr. Carvell has decided not to sit as chairman of the board during the further hearing of this party's application.

Feeding The Layers

In feeding for eggs the same as for anything else regularity is essential no matter what method is followed.

There are many methods that satisfactory results. What suits one feeder may not suit another, so that it is necessary for individual poultry keepers to decide for themselves just what system of feeding they will adopt. It will be found that the best results are obtained where a certain amount of the grain fed is ground. This may be fed either as a moist mash or dry in hoppers according to the personal of the feeder.

The Hopper System
For some years the feeling of a dry mash in hoppers has been very popular, especially on large plans where labour has to be considered. This system has some advantage and some disadvantages, but the former greatly overbalance the latter.

The principal disadvantage is the waste of feed by the scattering of it out of the hoppers. This can be largely avoided by the use of properly constructed hoppers or by the closing of the hoppers except at certain regular periods. Dependence need not necessarily be placed on any given feed. So long as it is borne in mind that the various forms of food, cereal, vegetable, animal and mineral, must be supplied, rations may differ widely in make-up. Farmers should depend largely on home-grown feeds, and when it is necessary to buy, those feeds most readily and cheaply obtainable in the various localities are the ones that should be used. A ration that proved



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