

REGAL FLOUR
FIRST AID TO GOOD BAKING

Uniformly Pure
and Wholesome.
Never Disappoints.

THE FARM WELL

(Experimental Farms Note)
Good water is as essential as good food for the maintenance of health in the family and the thrift of the farm/live stock. An ample supply of pure, wholesome water is not only a blessing of inestimable value but one of the most valuable assets a farm can possess. There is no country in the world with a greater abundance of pure water in lakes, rivers, and springs than Canada and there is no insuperable difficulty in the larger number of our agricultural districts in obtaining a supply ample and pure.

A glance through the Annual Reports of the Experimental Farms shows that the Division of Chemistry is doing a valuable work towards the improvement of the farm water supplies throughout the Dominion. In the course of the past thirty years many hundreds of samples from farm wells have been analysed and reported on. A perusal of these reports shows that year in and year out only about one-third of the waters were pronounced as pure and wholesome, in other words, were free from excretal drainage matter. This is not as it should be and the reason is not hard to find. In too many instances convenience only has been considered in locating the well. For the most part we find these polluted wells under stables, in barn-yards or dangerously near the privy or where the slops from the farm house are thrown out. Wells in such locations can never be depended on to yield pure water. They must sooner or later become polluted by filth draining into them from the surrounding soil, which inevitably becomes saturated with manurial products. These wells indeed act as cess pits and the records show that a few instances in which the water of such wells possessed a distinct fertilizing value from the presence of excretal matter.

The lesson from these facts is: don't sacrifice health to convenience, locate the well at a safe distance—50 to 100 yards at least—from any possible source of contamination. A bored or drilled well tapping a deep seated source, tightly sealed off at the junction of the soil and rock, is likely to give the purest supply. If a dug well, line it to a depth of 10 or 12 feet with concrete or puddled clay, 4 to 6 inches in thickness, to ensure the exclusion of water from the surface layers of soil. Keep the surroundings of the well absolutely clear from the accumulation of filth and preferably in the grass. Make provision to carry off the waste water from the pump, so that it may not re-enter the well and so protect the mouth of the well that surface water cannot flow in and mice, frogs, snakes, etc., are excluded. With wells such as these pure water may be secured. A wind-mill, gasoline engine, or hand force pump will be found a paying investment, enabling the water to be piped to the house, stable, and barn, thus securing running water in the farm buildings—a convenience and blessing that needs only to be experienced to be appreciated.

CANADA FOOD BOARD COMMENTS

Those who are crying to the Government to provide feed for hogs and bitterly criticising officials for failure to supply sufficient bran and shorts, should take a look at the facts. Canada does not produce sufficient bran and shorts to feed hogs in normal times and recourse to other feeds has always been necessary. In the effort, however, to aid farmers, an export embargo was placed on mill offal and the price of bran and shorts was fixed in fair proportion to the price of wheat and several dollars a ton lower than in the United States. This, of course, was satisfactory as far as it went but the trouble was that it could not possibly go far enough. Not enough bran and shorts are produced in Canada to go around. Canadian mills from September 1st, 1915, to February 1st, 1918, ground at the rate of 18,000,000 bushels of wheat a month, which was a very high proportion as compared to normal. From this amount of wheat, however, under the new standard flour regulations, about two per cent. more of the wheat berry is retained in the flour. Only 120,000,000 bushels of feed can be produced in a month, or 2,000,000 pounds a day. There are 17,322,000 odd horses, milch cows, cattle sheep and swine in Canada, not taking poultry into consideration at all. The bran and shorts produced in Canada would thus give each animal one meal in two or three weeks. A cow would consume five pounds a day; a hog, according to its age, from one-half pound to three pounds—though little shorts, of course, is fed to the mature hogs. There were approximately 3,619,382 hogs in Canada last year, so that out of every five or six hogs, only one would be able to get a full three-pound ration of shorts per day or, if the shorts was divided equally among all the hogs, less than two-thirds of a pound would be the maximum allowance.

Nor is this all there is to the problem. The question of distributing this feed to the farmers throughout Canada arises. It has been suggested that farmers be allowed car-load lots. There are 714,646 farms in Canada. Giving each one its share would mean that each farm would get a carload once in twenty-four years. A car-load contains twenty-five tons and there are about eighty-four car-loads of bran and shorts produced in Canada per day. It takes a 100 barrel mill about fourteen days to produce a car-load of food. Sixty per cent. of Canadian mills have no greater capacity than 100 barrels a day or less, and could ship a car-load no oftener than once a fortnight. Nevertheless, despite this difficulty and all difficulties, Canada will have to produce more hogs. The European situation depends on it. The difficulties will have to be overcome. Farmers will have to grow the coarser grains and depend less upon mill offal. American corn will be coming more freely into Canada as the fine weather develops and transportation difficulties lessen. Every farmer should realize that we are at war, that Allied Europe is hard pressed, and determine to do the best he can, each under his own circumstances.

THE WHITE-MARKED TUSSOCK MOTH

A severe outbreak of this insect next summer is indicated by the large numbers of the white egg-masses spotted over the trunks and branches of shade trees in many of our eastern towns and cities. The habits of this injurious insect and the most effective methods for its control are discussed in Circular No. 11, recently issued by the Entomological Branch of the Department of Agriculture, written by Messrs. J. M. Swaine and G. E. Sanders. The species is native to this country and occurs periodically in extensive outbreaks, particularly in the regions bordering the Great Lakes, the St. Lawrence River and near the Atlantic Coast. It is notably a pest of cities and towns, but is injurious everywhere to shade trees in times of abundance; and it is also an important enemy of apple trees, since in addition to defoliating the trees, the caterpillars feed upon and destroy the young fruit.

The details of the control method as applied to both shade trees and apple trees are discussed in detail in the circular. Copies of this circular may be had free on application to the Publication Branch, Department of Agriculture, Ottawa, and requests for the circular may be mailed free. All inquiries regarding insect pests should be addressed to the Dominion Entomologist, Department of Agriculture, Ottawa, and no postage is required on such letters.

NOTS AND BUTS OF GOOD BUSINESS

Not long-face hard-luck stories but Red-blood Optimism.
Not surrender to conditions, but Greater Effort to Win.
Not graft, but Service.
Not bluff, but The Truth.
Not arrogance, but Courtesy.
Not cut-prices, but Better Values.
Not war, but Co-operation.
Not get-rich-quick returns, but a Fair Profit.
Not our advantage only, but Mutual Satisfaction.
Not some future time, but Right Now.—Service.

Economize
By Using
PURITY FLOUR
(Government Standard)
For all Your Baking
MANUFACTURED BY
Western Canada Flour Mills Co. Limited

EASTER CANDIES

WARTIME RECIPES

MOLASSES CANDY

3 cup corn syrup
1 1/2 cups molasses
1 tablespoon vinegar
1 teaspoon fat
Pinch of soda

Boil the first three ingredients together until the mixture becomes brittle when dropped into cold water. Add the fat and the soda. Remove from the fire, beat well and pour into greased pans. When cool pull until light in color, and cut into one-inch pieces.

HONEY CARAMELS

1 cup milk
1/2 cup honey
1/2 cup corn syrup
Pinch of salt
1 teaspoon fat

Heat the honey and corn syrup to the boiling point. Add the milk gradually, stirring constantly. Cook the mixture until it forms a firm, soft ball when dropped into cold water. Turn into a greased pan and cut into squares when cold. Chopped nuts may be added just before taking from the fire.

PEANUT BRITTLE

2 cups maple syrup
1/2 cup chopped peanuts
Pinch of salt

Boil the syrup until it becomes brittle when dropped into cold water. Scatter chopped nuts over a greased pan and pour over them the cooked syrup. Mark into squares before the candy is hard.

MAPLE FONDANT

5 cups brown or maple sugar
1 cup water

Place the ingredients over the fire and heat to the soft-ball stage, when the candy forms a soft ball when dropped into cold water. Pour on a greased platter and let the mixture cool, then stir with a wooden spoon until it becomes creamy; then knead in the hands. Form in balls and put between two halves of walnuts, or dip in melted chocolate and let harden on oiled paper.

Maple Cream Patties may be made by melting fondant over hot water. Drop the melted fondant from a teaspoon on oiled paper.

GUM DROPS

3 tablespoons granulated gelatin
1 1/2 cups cold water
2 teaspoons cornstarch
2 cups of light brown sugar
1 cup of hot water

To make Gum Drops, soak the gelatin in the cold water for three minutes. Then stir the cornstarch thoroughly through the soaked gelatin. Place the brown sugar and cup of hot water on the fire, and when the sugar is dissolved add the gelatin. Boil slowly for about twenty-five minutes. Remove from the fire, and when partially cool add the desired flavoring, and beat for about five minutes or until the mixture has a cloudy appearance. Pour into a bread pan which has been rinsed out with cold water. When firm, cut in cubes and roll in powdered sugar. Use for flavoring oil of cinnamon, peppermint, wintergreen, etc.

MAPLE DIVINITY

1 cup maple sugar
1/2 cup water
1 cup chopped nuts
1 egg white (stiffly beaten)
1/2 teaspoon vanilla extract

Boil the sugar and water until the mixture forms a soft ball when dropped into cold water. Pour the hot mixture over the stiffly-beaten white of egg, beating constantly. Add nuts and flavoring, and beat until candy stiffens. Drop from a spoon on a greased platter.

SUGARLESS SWEETS

1 cup stoned dates
1 cup seeded raisins
1 cup nut meats
Pinch of salt

Run all the ingredients through the meat chopper and form into balls. Dip the balls into dipping chocolate, and drop them on to a greased platter.

BUTTERSOOTCH

1 cup corn syrup
1 cup brown sugar
1 cup fat

Boil all together until the mixture will crack in cold water. Pour into a buttered plate.

HOME-MADE SYRUP FROM SUGAR BEETS

(Experimental Farms Note.)

As one of the consequences of the war the price of granulated sugar has very materially advanced during the past two years. This fact has prompted the inquiry, can a wholesome syrup be made in the home from sugar beets that can be used as a sugar substitute?

To ascertain the possibilities in this direction the Division of Chemistry of the Experimental Farms has been making a number of experiments, taking as a basis the simple process described in the U. S. Department of Agriculture, Farmer's bulletin No. 823. The results of this investigation have shown that a syrup may be prepared from sugar beets which though not palatable for direct use, as on pancakes, porridge, etc., can be successfully employed as the "sweetener" in the making of buns, muffins, cookies and gingerbread and possibly other cookery products in which a dark colour is not objectionable. The syrup—the method of making which is about to be described—is of a thick consistency, very dark, and contains from 50 to 60 per cent of sugar. It is intensely sweet but unfortunately leaves in the month a very distinct and unpleasant after-taste which is very persistent—due no doubt chiefly to the mineral salts extracted from the beet in the process of making the syrup. This disagreeable after-taste precludes, in our opinion, the possibility of using the syrup directly on articles of food. However, a number of trials with it as a sweetener in cooking has demonstrated that it can be satisfactorily employed in baking operations, as already stated, the product being free from any appreciable unpleasantness.

The process, which is exceedingly simple, is as follows:
1. The beets should be thoroughly washed, and the crowns cut off at the lowest leaf scar and rejected. The remainder of the beet is then sliced as thinly as possible, put into a tub, crock or other suitable receptacle and covered with boiling water at the rate of 1 1/2 gallons per 10 pounds sliced beets. The whole should be kept hot for an hour or so, with constant stirring, and then strained through two thicknesses of cotton. The juice so obtained is brown or brownish black in colour and was found to contain 5.75 per cent to 6.75 per cent sugar.

2. The juice, obtained as already described, is boiled down to a volume of approximately one tenth of that originally present, care being taken that the syrup as it thickens does not scorch or burn. During the boiling the scum which constantly rises should be removed.
To preserve the syrup for future use it should be bottled while still hot in self-sealers and the covers at once tightly screwed down.

VALUE OF CANADIAN FISHERIES

Ottawa, March 20.—Canada's production of fish for the last fiscal year, according to the annual report of the fisheries branch of the Department of Marine and Fisheries, just issued, was valued at \$39,208,378, an increase of \$3,347,670 as compared with the previous year. There was an increase in the value of the catch in all the Provinces with the exception of Ontario, where smaller catches of trout, white fish, pike, and pickerel resulted in a decrease of over half a million dollars. As usual, salmon heads the list in value with a total of \$10,882,431.

Bridget—"Here's a piece in th' paper tellin' how to get the best of mosquitoes." Pat—"Sure, who the divil wants thin, good or bad?"—*Boston Transcript.*

"You own a motor car of course?" "No," replied J. Fuller Gloom. "I am one of those quaint and curious creatures who feel that they can afford to walk."—*Judge.*

"Has prohibition made a difference in Crimmon Gulch?" "Some," admitted Broncho Bob. "The boys now go and put their money in the bank their own selves instead of lettin' th' barkeep do it for them."—*Washington Star.*

Governess—"Dorothy, won't you give your little brother part of your apple?" Little Dorothy—"No, Eve did that, and has been criticised ever since!"—*Judge.*

Minard's Liniment for sale everywhere

SOLDIERS RECEIVE CHRISTMAS CAKES

SEAFORD CAMP, SUSSEX,
February 25, 1918.
Mrs. R. L. Brewer,
Fredericton, N. B.
Dear Mrs. Brewer:

On January 25th there arrived in Seaford Camp, 1086 Christmas Cakes, which were intended for us on Christmas Day and which had been somewhat delayed in passage. There also came to hand a letter from the wives of the officers of the Battalion giving the list of names of the donors, and on behalf of the other donors and themselves wishing us all a Merry Christmas.

Christmas Day had come and gone, but the 25th of January fitted in just as well, for it was the Anniversary of our National Bard, Robert Burns, and we, as Scotsmen, were celebrating that day in true Scottish style. The assembly was blown and all 'The MacLean Highlanders' gathered on the Parade Ground, each to get his cake, and when the presentation was over I am sure you must have known about it for the cheers that went up must assuredly have reached across the Atlantic, and you couldn't have failed but to hear. The men passed a resolution asking me to thank each and every one for your great thoughtfulness and extreme kindness and to assure you that this little Christmas gift, representing as it did your good wishes and proving that you had not forgotten them, was worth more than words can tell. On their behalf, I therefore extend to you, our heartiest thanks and we wish you every happiness and success in the coming year.

Faithfully,
P. A. GUTHRIE, Lieut.-Col.
O. C. 236th Battalion, O. M. F. C.
(The MacLean Highlanders)

RESOLUTION OPPOSING HEREDITARY TITLES PASSED IN B. C. HOUSE

Victoria, B. C., March 22.—A resolution introduced by F. W. Anderson, Kamloops, praying the Dominion Government to do away with the practice of permitting the granting of hereditary titles in Canada, passed the British Columbia Legislature yesterday without debate.

FAMOUS OLD BOXER DICK BURCE IS DEAD

London, March 18.—Dick Burge, former lightweight champion of the world and one of Great Britain's foremost boxing promoters, died of pneumonia here last week. Burge was sick for only a short time. He rallied slightly once, but suffered a relapse and passed into the great beyond.

Burge was defeated by Kid Lavigne in a battle for the world's lightweight championship in 1897 in London. Lavigne's victory sent the lightweight title to America, where it remained until Freddie Welsh won it back for England against Willie Ritchie. Benny Leonard, an American, subsequently defeated Welsh.

We are not afraid to publish the PRICE of our CEDAR CHESTS

for they are well worth the price we ask, which is **FIFTEEN DOLLARS**

If you pay more than fifteen dollars for a Cedar Chest you have money to burn. If you pay less than fifteen dollars you have money to burn just the same, as you will be getting an inferior article and worthless for what you buy it.

Your Furs and Woollens should be packed away carefully every spring in one of Haley's Cedar Chests. That is all there is about it. We would like to hear from folks who are interested.

Haley & Son
St. Stephen, N. B.

The Safest Matches in the World!

Also The Cheapest ARE

Eddy's "Silent 500s"

Safest because they are impregnated with a chemical solution which renders the stick "dead" immediately the match is extinguished.

Cheapest because there are more perfect matches to the sized box than in any other box on the market.

War Time economy and your own good sense, will urge the necessity of buying none but **EDDY'S MATCHES.**

TROOPS SAFELY OVERSEAS

Ottawa, March 22.—It is officially announced, through the chief press censor's office, that the following troops have arrived safely in England:
Lord Strathcona's Horse Cavalry draft, 34th Fort Garry Horse Cavalry draft, Royal Canadian Dragoons Cavalry draft, Machine Gun Corps draft, Engineers, Central Ontario regiment infantry draft, naval draft and details.

REPUTATION

Two Canadian soldiers were talking. One said, "I hear the Australians were in Jerusalem on Christmas Day." To which the other replied, "Betcher the shepherds watched their flocks that night."—*London Chronicle.*

TO-DAY AND EVERYDAY

KING COLE TEA

You'll Like the Flavor

"You must never be too proud to admit that you are wrong." "My friend," replied Senator Sorghum, "some of my suspicions are getting so serious that I only hope I'll have a chance to admit I'm wrong."—*Washington Star.*

"Talk is cheap," remarked the ready-made philosopher. "So is dynamite," rejoined Senator Sorghum. "But look at the damage it can do!"—*Washington Star.*

"Have you a recommendation from your last employer?" "Yes, mum. Here it is." "Why, this seems to be a deed to a piece of property." "Yes, mum. He left me a house and lot when he died."—*Birmingham Age-Herald.*