

bor goes to the surrounding farms during the markets than in the stores. It should cost less in all cases, of course, horsepower. The volcano technically speak- this without question is true. The way to cropping season and narvesting, we have because the market dealers is free from the ex- ing, being what would be popularly called a break the habit is rice. Rice and potatoes are cropping season and harvesting. We have

are being cultivated.

cant lots. This year we have more than the stores, but as correctives. doubled the work done in any former year.

Auburn, Ind.:-We have committees of the cost of provisions to anybody who has factories. listing all vacant lots not already taken in enough gumption to patronize them, and when our city. Lots owned by those too unpatri-properly run do it at no expense whatever to our city. Lots owned by those too unpatri-otic to let them out will be confiscated by the them. city and rented. A carload of potatoes has without them. been purchased and is being shipped from

Chicago today. Marion, Iowa:-We have appointed a

committee to get signers for cards specifying youth? farms. This includes high school boys and though it brings up rare memories of steaming way with. Their place is taken by and ordiretired farmers. Our banks act as clearing plates and bowls served by fond mothers to nary electric light bulb, of size varying from 10 houses, and after the cards are signed they hungry youngsters, and more delicious in smell to 500 watts. The machine is built all in one Beside the quiet country road it stands, are placed in the banks, and when a farmer and taste than all the ambrosial concoctions of wants help he calls up his bankers who give French chefs partaken of in maturer days. and has a patent shutter which the manufac- Within is heard the sound of busy hands Soups and stews as mother used to make them turers claim will do away with all flickering. And the hum of many lessons just begun. him a list of men and boys.

Council Bluffs, Iowa:-Everybody here were practical as well as full of emotional aphas a garden. Our finest lawns are plowed peal.

to do farm work and are giving them credit one of the chief reasons for the present well the breakage of the egg of a bird by the use of According to a Pittsburgh dietary expert, for it in their high school work. Our people known cost of living is the disappearance of the arch. The fact is that no man, no matter the soup pot from the kitchen. are all alive and up and doing.

long ways toward reducing the amount of pean sister." She does not follow the example of the egg. A writer in the Scientific American Though, here and there, a laughing bright eyed food products that the town families will of her own mother and grandmother. She buys the "best cuts," and serves them roasted or have to buy.

Mason City, Iowa: -The school board is boiled or fried, making little use of the by-proallowing the boys to leave school to work on ducts of the cooking. She ignores the cheaper the farms or market gardens, and is giving and tougher meats which "contain more fibre, them credit the same as if they attended the more flavor and are more nutritious"-just the public schools until June. The Rotary Club, thing for soups and stews when handled with

civic societies, and country and city officials the culinary skill of our foremothers. are working in conjunction to see that all There is little virtue, however, as the exvaluable land is cropped.

of three consisting of the superintendent of possess food value are removed. Soups to be

harnessed to a generator, and produces 12,000 potato is a habit rather than a necessity, and News.

TWEED'S CHEAP BREAD the loaler with us, but I propose to make it pense of delivery, and the customer who does very warm for him if he does not hold a job big own delivering naturally gets the boroft Our bread eaters now have to pay 20 cents per three pound loaf for very warm for him if ne does not hold a job his own delivering naturally gets the benefit. in the earth at a high temperature. It is used by water which expands the starchy interior. their bread.

But various cities say specifically that the mar- to superheat ordinary steam, because it con- Rice has much starch in its composition with With wheat \$3 and over per bush being cultivated. South Bend, Ind.:—We have a perma-kets have forced dealers to lower their prices tains so much mineral that it destroys boilers little water and it contains two-thirds more el it is almost a miracle that we can south Bend, Ind. - we have a perma-when they were unjustifiably high. Thus the when used directly. This volcanic steam has flesh building properties that the tubers. Today get 20 cent bread.

nent gargen department, and nave for the markets operate not as unfair competitors of long been used for heating on a small scale. a pound of rice costs but little more than a We were discussing the situation the stores but as correctives Since the war began it generates immense pound of potatoes and a pound of rice will go and they demonstrated very plainly quantities of electricity for use in munition a long way. Buy rice then instead of notatoes When public markets thus save one-fifth quantities of electricity for use in munition a long way. Buy rice then instead of potatoes. that if everybody would come and

Many people say they do not like rice, but the get their bread and not require them reason for this in numerous cases is that they to keep delivery men and rigs, they Have you a little moving picture theater in are not provided with palatable rice dishes. could at least reduce the price per

By our demands we make our livcommon as a result of a newly patented in- If used with cheese, peas, beans, rice will give ing expenses high. If we were realvention, simplifying the moving picture ma- all the sustenance the body needs. It is up to ly anxious to reduce the 'H.C. or L' chine for home use. In this new machine 'the the housewife to experiment with rice and if and went about it as though we Where are the soups and stews of our hissing carbon pencils with their frequent in buying it she asks for broken rice she will meant it, we would be greatly surneed of adjustment, which are a part of the practice economy, for she will get just as good prised at the smallness of our food The inquiry isn't merely sentimental, type of machine used by lecturers, are done a- for about half the price of the whole article.

THE OLD RED SCHOOLHOUSE.

The teacher's voice comes through the open Few people are aware of the wonderful door.

provision made by nature to protect against Helping his willing class to work and win; Or gently, sternly, scolding three or four Who, loitering, late, come softly gliding in.

hen's egg by squeezing it between his hands, An air of rustic sense pervades the place. cultivation, and in my opinion this will go a pert, "does not follow the example of her Euro-

to be stronger than white ones and break under Makes known where fun and sportive spirit lies

a pressure averaging 155 pounds, the minimum Thus day by day, and year by year, the same, being 125 pounds and the maximum 175 pounds Though faces change and old ones disappear, White eggs break under an average pressure of The building stands, aspiring not to fame, 112 pounds. The egg, setting point upward, is Contented with its rural toned career. placed oh a platform scale and pressure applied

to it by a lever and jack; felt seats conventent- Oh; little building, standing there alone. ly disposed prevent the egg coming in contact Beside the road that oft my feet have trod with the wood. The shells, measured for thick- Your memory in my heart has deeply grown. Franklin, Ind.:-We have a committee clear soup nearly all the substances which ness, are found to be .013 of an inch to .014 of And e'er will flourish in its greenest sod! -Arthur C. Harte.

fer no dangerous physical effects. and in many cases our physical condition would be greatly improved .-The News.

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JAS. E. JACKSON DEAD

James Edward Jackson died a Plainfield yesterday at the age of 6? years. Death was due to heart-failure Mourning his loss are three sons--William and Charles, who are at the frant; James Wesley it home; Mrs Bates, Kingston; Mrs. Charles Gold rick. Woodlake, California and Mr-Hamilton, Three Rivers. Quebec.

CASUALTIES

killed in Action-C. H. Brownell, Whitby G. Eldridge, Port Hope N. M. Sullivan, Pembroke H. Leslie. Trenton E. I. Codd, Lindsay C. J. Dummitt, Peterboro O. R. Brant, Deseronto W. Puin, phannonville M. Wannamaker, Trenton G. P. Rorke, Wellington E R. Goodfellow, Corbyville J. G. Miller, Peterboro C. T. Robinson, Winchester H. W. Robson, Holloway. H. Darkins, Cobourg