

GOOD SOUP FOR HEALTH, WEALTH

Turn Your Daily Waste Into Nourishment.

Some Good Recipes That Will Help.

There are three obvious ways to reduce the cost of living. We can so increase the production of the necessaries of life as to bring supply into nearer balance with demand, thus insuring normal prices; or we can cut

down consumption of what we can cut down consumption of what we cat and war by the practice of simple economy; or we can shuttaate waste.

To increase production takes time, but there is instant relief to be obtained through the practice of economy and the stappage of waste.

Our housewives thave no adequate

omy and the stappage of waste. Our housewives have no adequate dea of how greath they may contribute to the general welfare by the stoppage of waste. What we throw into the garbage can or feed to the pigs the French viman puts in her some kettle. In that depository the fluds it possible by judicious admixture and progres seasoning and similar ture and proper sessoning and sim-mering to extend the full measure of remaining nutritive substance and place it upon her dinner table in vari ons and entiting forms of relishing some. If meater are not always avail-able there are bindereds of ways of preparing meatless somes of fine flavor, It is not an exaggeration to say that the horsewies of the country might do much to float it back into

Minard's Linimeat Co., Limited. Dear Sirs,-This tall I got thrown

on a fence and hart my chest very bad, so I could not work, and it hurt work, and it hurt tried all kinds of me to breathe Liniments and freezedld me no good. MINARD'S LINI-One bottle of MENT, warmed the Hannels and apgiled on my brist, cured me com rietely.

OSSABOOM Hossway, Digh. O. N. S.

as haven of chesper living by a gen cone outpour of salary soups.
The following sone suggestions are made by Elizabeta like, a practiced writer on the subject of domestic econ-

only:
in these date of light cost of living meatless soups will be a means of saving and really better than the heavier

GRIEN PEA SOUP. ireen pea soon is made by cooking quarter of specied peas in three mass water, we cabbing them

farough a see The peak are water in which one tablespoo back into ave been beiled. flour is beaten into two tables; then addition to per to taken naxt, and pep-next, and finally not milk is grad-mixture should minutes. If the per to take . he cooked about flavor of union boiled with the d one should be

l'arloa's recipes This is one and is a most deoris soup. CORN

aga quite an Inex-Corn chowder. : pensive dist to appetizing. A meantime en a vo ounces preced and from a sport four large scald one quart pork fat strait into cubes and ing into a systeman and bring

enter "rito i great boon to ie far from a lenian Sidents find then Seace, teo. They on, and the pro-was tore. In fact ome in compa

DRS. SOPER & WHITE

freeh



SPECIALISTS Dies, Ectema, "Asthma, Catarrh Pimp Dyspensia, Epilegsy Rheumatism, Skin, I rey, Diood, Nerze and Bladder Diseases. s ... to 1 p.m. attack to 6 p.n.

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Please Meation This Paper.

superior to them. They are an economy, also. One tablespoonful of powdered mixed herbs is equal to a handful of soup greens

ONION SOUP.

ONION SOUP.

A good onion soup is made by boiling onions gently until cooked through. They should then be chopped and put into a saucepan containing one quart or more of water. A large cupful of potatoes cut 2.3 is added with salt and pepper to taste, also a level dessertspoonful of dried herts. The soup can be thickened with the butter and flour rubbed together, as before directed. before directed.

VEGETABLE SOUP.

A good substantial soup can be made from any soup bone and vege-tables. Almost any kind of the latter

tables. Almost any kind of the latter will do except tomatoes.

Meat bone and vegetables are boiled together and then, when thoroughly cooked, are strained. One quart of potatoes finely mashed are added to the liquid, and lastiy a cupful of boiling milk. Seasoning should be added and, if liked, a tablespoonful of butter rubed we with a little flour, but the pobed up with a little flour, but the po-tatoes will serve to thicken. Serve with chopped parsley.

CREAM OF CORN.

Cream of corn soup makes a nour-ishing dish and a soup of this kind may be very inexpensive as well as quickly prepared.

The corn should be cooked and then scraped from the cob. One cup of the scraped corn is rubbed through a sleve

and put into a saucepan.

To this is added one cup of boiling water, a little onlon juice and salt and

water a little onion juice and said and pepper to taste.

In a double boiler heat one cup of milk, and, when boiling, sir into it a tablespoonful or so of cornstarch and the same quantity of butter. When thickened put in the corn and boil together for about five minutes.

A couple of tablespoonfuls of whipped cream stirred in just before serving is an improvement to the soup.

ing is an improvement to the soup but is not a necessity.



Mining, Chemical, Civil, Mechanic Electrical Engineering. HOME STUDY

Arts Course by correspondence. Degre with one year's attendance. School Navigation School

July and August GEO. Y. CHOWN, Registra 15

Why Lightning Rods Are Pointed.

The reason a lightning rod has a sharp point is because a fine point offers no resistance to the discharge of electricity and in order that a cloud may be emptied of it noiselessly harmlessly. The degree of resistance is in proportion to the surface of the object. If the rod were surmounted by a knob, for instance, the discharge would be violent. But many a light-If the rod were surmounted would be violent. But hady a light-ning rod has received an electrical dis-charge when the people in the build-ing below were caimly unconscious of the fact. Noncorrosive metal is used for the point of the red, for corrosion makes resistance. The difference be-tween a point and a ball is shown in discharging a battery. The full charge from a large battery would be re-ceived quietly on a metal point, while ceived quietty on a metal point, winds a moderate charge from a small one would explode violently on a ball. It is said that a full charge may be passed harmlessly through a person's body if received on the point of a needle, whereas the same charge resigned on a disclarator with a ball or ceived on a discharger, with a ball or knob on the end, would mean instant death.

Minard's Liniment Cures Garget Cows.

STRAITS OF OTRANTO.

Sailed by Many Great History-Making Expeditions.

"Across the Straits of Otranto "Across the Straits of Otranto, where an Austrian cruiser is reported to have sunk several agracies. British patrol boats recently, have sailed some of the greatest history-making expeditions of ancient and medieval times," says the National Geographic Society. "This fifty-mile expense of water, which joins the Adriatic and Jonian says separates the south-castern donian scas, separates the southeastern extremity or need of the italica pentisula from that part of Albania which was known in ancient times as Holrus.

"It is sixty miles from Otranto, the beautifully situated Italian fishing villages which is the control of lage, which gives its name to the Straits, to Aviona, the nearest port in Car and add to car are Venice and Trieste, at the head of the Adriatic, while 350 miles to the southwest, beyond the miles to the southwest, beyond the lonian sea, is the British possession,

"At the beginning of the war Otranto "At the beginning of the war Otranto was a town of scarcely more than 2,000 inhabitants, but of some importance as an Italian terminus of the cable and telegraph line to Constantinople, via Aviena. It also had cable connection with the Island of Corfu. The town's historical a sociations date back to Grace-Roman times, for it occupies the site of the ancient Hydrus. capies the site of the ancient Hydrus, and was one of Rame's ports of embarkation for Apo'lonia, the famous centre of culture and city in which the future emperor. Augustus, was hat he was summoned to the capital following the assassination of Julius

"Otranio was che of the Calabrian towns captured in 1968 by Robert Guls-card (the sly), that resourceful Nor-man adventurer who, at the high tide of his career, gave promise of duplicat-ing in Southern Italy and in Greece the triumphs won by his fellow-country-man, William the Conqueror, who dur-ing the same decade was subduing England. Four hundred years later the seaport was again raided, and this time



destroyed by the completely Turks. From this setback it never re-covered. Among the points of interest in the village to-day are the castle, built by Alphonso of Aragon, and the cathedral, which dates back to the eleventh century and in which are to be found some of the columns that once graced the temple of Minerva at

San Nicola, near by.
South of Otranto is an extremely

fertile and populous section of the Apulian peninsula, which terminates thirty miles below the town in the promontory of Maria di Leuca, with its white limestone cliffs marking the southeastern extremity of Italy. To the northwest of Otranto, fifty-three miles by rail, is Briadisi, the famous Brun-dusium of the ancients, which has taken life in recent years owing to its dvantageous position as a gateway for the freight coming from beyond the Alps through the St. Gothard and the Mount Cenis tynnels, destined for the Far East through Suez.

"Aylona, also called Valona, on the

eastern shores of the Otranto Straits, has the best harbor on the Albanian coast, being protected by the Island of Saseno and the lofty Cape Glossa. Like Otranto, it suffered pillage at the hands of the Turks in the fifteenth century, but it recovered from this misfortune more readily than its Italian sister city, for it is now a town o lan sister city, for its how a town of 6,000 people, and enjoys a considerable trade in hides, olives. cottons, cattle and bitumen, while it is famous for valonia, made from the acorn cups gathered in adjacent oak groves. This flour,' which derives its name from the town, is used extensively in the

tanning industry.
"It was across the Stratts of Otranto
that the valiant Pyrrhus, cousin of
Alexander the Great, and professed deseendant of Pyrrius, son of Achilles, sailed in the third century before the Christian era. Espousing the cause of the people of Tarantum, he fought. the people of Taratum, he rough, those desperate battles against Rome which gave rise to the familiar phrase, "a pyrrhic victory," used to-day to describe a conflict the successful issue of which is so costly to the victory as ultimately to prove disastrous. It was after Heraclea, where for the first time in history Greeks and Romans were the opposing forces, that Pyrrhus, surveying the field where thousands of his bravest troops lay dead, exclaimed: Another such victory and I must return to Epirus alone.' It was on the same eccasion that, observing the wounds of all the Rounans killed in action to be in front, he mused. 'Had I such soldiers I should soon be master of the world.' ter of the world'

Minard's Liniment Cures Distemper. Wigwag-Dashaway, I'm afraid you

know all flesh is grass.

Absolutely

Pure Cane

THE WALRUS.

Grotesque Creature Has Strongly Developed Maternal Instincts.

The walruses or "sea horses" of the old navigators are the strangest and most grotesque of all sea animals, says Nationgrotesque of all sea animals, says Nathonal Georgraphic Magazine. Their large, rugged heads, armed with two long ivery tusks, and their huge swollen bodies, covered with hairless, wrinkled, and warry skin, give them a formidable appearance unlike that of any other animal. They are much larger than most seals, the old males weighing from 2000 to 3000 pounds and the females about two-thirds as much.

and the females about two-thirds as much the females about two-thirds as much material instinct and show great devotion and disregard of their own safety in defending the young. The Festimos at Cape Vancouver-Bearing Sea, hunthem in frail skinleovered kyaks, using ivory or bone-pointed spears and seal-skin floats. Several hunters told me of exciting and dangerous encounters they had experienced with mother walrass. If the young are attacked, or even approached, mother does not hesitate to charge furiously. The hunters confess that on such occasion there is no option but to paddle for one's life. Occasionally an old walrus is unusually vindictive and, after forcing a hunter to take refuge on the ice, wil remain patrolling the vicinity for a long time, roaring and menacing the object of her anger.

Minard's Liniment Cures Diphtheria

SCIENTIFIC JOTTINGS. The United States Covernment pur

chases 1,250,000 electric lamps e year.

Cholera kills \$50,000,000 worth of hogs per year in the United States.

The corncob pipe manufacturing in dustry represents a valuation of \$500,-

000 a year. New York State consumes 370,550, 000 feet of lumber annually in making packing boxes and crates.

A special form of electric fan made use of in markets to keep the flies from goods on display.
Since the beginning of the war about 32,000 trucks have been shipped

from the United States to countries of Europe. It is sometimes curious that places of the highest and the lowest numidity in the United States are both

in Texas. There are two and one half millions There are two and one-nair millions of freight cars in the United States, and their average life is somewhere about 20 years.

Fresno County, Can, tried to get

along without speed cops by putting the automobilists on their honor, but was not workable.

Motor trucks to the value of \$90, 000,000 have been exported by American manufacturers since the outbreak

biaway. Fra afraid you A sanitary engineer of Pasadena, Cal., made a tour of inspection of the city sewers, recently, seated on the

of the European war.

Guaranteed

Full

Weight

rear of a motorcycle. rear or a motorcycte.

A railroad gateman at San Bernardino, Cal, makes use of a periscope mounted on top of his cabin to get a clear view of the curved roadway at

that point.

If the hills and mountains of the carth were suddenly leveled and the earth take the shape of a billiard ball that have a envening of water 8. it would have a covering of water 8,

532 feet deep.
About 75 per cent. of the population of New York State is urban. The State has 49 cities in which live over 6,803,000 of the total population of some 3,100,000.

Cottage homes for married teachers are being provided by the school au-thorities of Washington State, with the hope of making the life of the rur-

at teacher more attractive.

Prunes stored in a California warehouse after a few months become welded into a solid mass, which is attacked with pick and shovel when it tacked with pick and shovel when it is desired to remove them for ship-

Minard's Liniment Cures Colds, Etc.

Liberator of Roumania.

"Michael the Brave," before whose statue of Bucharest the Roumanians are displaying their war trophies, is the national hero of our brave allies. Born in 1558, the son of a Wallachian chieftain, he became Divañ of the province in 1593, partly through the influence of the English ambassador at Constantinople, Edward Barton, but quickly rebeiled against the Sultan, and, after two overwhelming victories in 1595 and 1597, freed the Roumanian people for a while from the Turkish yoke. His ambitton led to assaults on neighboring provinces, which brought the whole Roumanian race under one rule for the first and only time in modern history, but his career was ended by an assassin's blade in September, 1601. "Michael the Brave," before whose tember, 1601.

A Celebrated Suicide.

A Celebrated Suicide.

Haydon, the celebrated historical painter and writer, at a time in his life when he was overcome by debt, disappointment and ingratitude, laid down the brush with which he was at work upon his last great effort, "Alert and the Trial By Jury," wrote with a steady hand, "Stretch me no longer upon this rough world," and then with a pistor shot put an end to his unhappy existence.

There is a Message In This Lady's Story Radioactive Evidence

SHE TELLS WHAT DODD'S KIDNEY PILLS DO FOR WOMEN.

She Was Troubled With Weakness And Her Daughter Had Nervous Trouble. Dodd's Kidney Pills Prov-

ed the Remedy They Both Needed

ed the Remedy They Both Needed.

Hamilton, Ont., May 17.—(Special.)

The story told by Mrs. H. Dickens, of 79 Tom street, this city, carries a message of hope to every suffering woman in Canada.

After my baby was born," Mrs. Dickens states, "I used to suffer with my back and had no heart to do my work around the home. But I read about Dodd's Kidney Pilis and what they have done for others, so I thought I would get a box and see what they would do for me.

I am pleased to say that after taking two boxes I found such great relief I would not be without them in the house.

the house.

"My daughter, too, had been very sick on and off for a long time. Her nerves got so bad we were afraid we world see her in the ho-pital. But I am pleased to say she is better through taking Dodd's Kidney Pills.

"I never thought Dodd's Kidney Pills could have done such good work and I am teiling all my friends about and I am telling all my friends about

Women's troubles, or nearly all of them, come from sick kidneys. The cure for them is the old established remedy for sick kidneys, Dodd's Kid. ney Pills.

ANTICS OF PURE GLYCERIN.

This Queer Substance is Endowed With Peculiar Properties.

orates under any ordinary tempera-

No perceptible loss by evaporation has been detected at a temperature less than 2,000 degrees F. but if heated intensely it decomposed with a off that few perhaps find thems lives able to endure. It burns with a flame, similar to that from alcoho heated to about 300 degrees and then

Its non-evaporative qualities make the compound of much use as a vehicle for holding pigments and colors, as in stamping and typewriter ribbons, car-

bon papers and the like.

If the pure glycerin be exposed for a long time to a freezing temperature in ery stallizes with the appearance of sugar candy, but these crystals begin once melted it is almost an impossi-

bility to get them again into the con-genied state. If a little water be added to the glycerin no crystalization will take piace though under a sufficient degree cold the water will scoarate and form crystals, amid which the glycerin will remain in its natural state of fluidity if suddenly subjected to intense colo are glycerin will form a gummy mah cannot be entirely hardened or

Altogether it is quite a peculiar sub

Big Telephone Pole.

The highest telephone or telegraph pole in the world has recently been installed to earry wireso over a river in the state of Washington. The old pole at this point was 30 feet high, but the Increasing size of the steamers using the river made it necessary to raise the wires. The new pole is 130 feet high, a single stick of Oregon fir. took a crew of 12 men and a donkey engine to set it, and it is further secured by a double set of guys and braces, running from a point half way to the top to nearby trees.

ISSUE NO. 20, 1917

HELP WANTED

WANTED - PROBATIONERS TO train for nurses. Apply, Wellandra Hospital, St. Catharines.

L ADIES WANTED TO DO PLAIN light sewing at home; whole or spare time; good pay; work sent any distance; charge prepaid. Send stamp for particulars. National Manufacturing Co., Montreal, Que.

WANTED-CARD ROOM HELP FOR Woolen Mill Cleaners and Tenders for day and night work. For particulars, apply to the Slingsby Mfg. Company, Limited, Brantford, Ont.

WANTED-WOOLLEN MILL HELP.
Napper tender, one accustomed to
Gessuer Nappers on White and Grey
Riankets and heavy Cloths. For full
particulars, apply to Slingsby Mfg. Co.,
Ltd., Brantford, Ont.

MONEY ORDERS.

REMIT BY DOMINION EXPRESS Money Order. If lost or stolen, you get your money back.

Bother With Brake Bands

Bother With Brake Bands.

Many cars are fitted with rear wheet metal emergency brake bands and quite often the bands rub against the wheel druins and cause a characteristic scraping sound. The scraping is not only annoying, but it wears brake band and consumes power. To cure the drag and remove the trouble remove the wheel and examine the band. Very often it will be found that there is a bright spot at the point of friction. This point is out of true and should be removed. Where the brake band is mallacable it may be struck with a hammer enough to spring the band slightly and remove the ingh spot. Replace the wheel and spin it to determine whether the trouble has been eliminated; if not continue the operation until the band assumes the proper shape.

THANKFUL MOTHERS

Mothers who have once used Baby's Own Tablets for their little oned are always strong in their praise of this medicine. Among them is Mrs. Marcelle Boudreau, Mizonette, N. B., who writes: "Baby's Own Tablets are the best medicine I know of for little ones. I am very thankful for what they have done for my children." The Tablets regulate the bowe's and stomach; have done for my children." The Tableis regulate the bowels and stomach; cure constipation and indigestion; break up colds and simple fevers; in fact they cure all the minor ills of little ones. They are sold by medicine dealers or by mall at 25 cents a box from The Dr. Will'ams Medicine Co., Brockville Out. Brockville, Ont.

THE AGE OF THE EARTH.

Now Brought Forward.

Detimates of the age of the earth based on radioactive and ordinary geological phenomena differ greatly from each other. In a differ greatly from each subject Arthur Holmes points out that each of the former category have all been based on the assumption that the radioactive constants of uranium and its daughter dements have not varied with time. On this assumption it is calculated that something like 1,500,000,000 years represent the time that has either the crystalization of the oldest function of the content 40,000,000 years. Professor Joly has agasted that the discrepancy between a radioactive and geological estimates ould disappear in favor of the former it could be shown that the rate of devy of uranium has decreased with the passe of time. Readers of the novels H. d. Wells, who is rapidly attaining the reputation of a Mother Shipton the strength of the things in 12 period half its initial substances for that aling "atomic bomb" he introduced a morent similar to this—that of a distegrating element which in any period a certain fixed length dissipates exactly half its initial substance for that aling "atomic bomb" he introduced a certain fixed length dissipates exactly half its initial substance for that the substance for the radioactive origin, and this would be prolonged or even reversed the security of the crust, against including an excessively great age for earth. The escape from the disputation of the crust, against including an excessively great age for earth. The escape from the disputation of the crust, against including an excessively great age for earth. The escape from the disputation of the crust, against including an excessively great age for earth. The escape from the disputation of the crust, against including the second the earth's surface was formerly in a niter condition. The whole subject, of course, largely speculative in the second state of schence. It will, hower, help greatly to clucidate the probability of the earth's are if it can be determined whether the rate of decay of uraning is dependent upon time, pressure and apparature.—"Scientific American."

By Special Delivery.

The burglar had just begun his term One of the great advantages of glyc-erin in its chemical employment is the fact that it neither freezes nor eval-orates under any ordinary tempera. something. It was while the overseer was at the ice tank. How long are you in for?" he whis-

Twilve years," replied the newveteran looked around nervous

iy and thrust a letter in the burglar's m in for life," he said. "Mail this when you get out?

Whole Wheat and Mills—the two most perfect

foods given to man. Dietetic experts may quarrel about everything else, but they are agreed on this. The proper combination is Shredded Wheat Biscuit with milk -the greatest amount of protein (the element that builds muscular tissue) for the least money. Two or three of these Biscuits with milk make a nourishing breakfast on which to start the day's work and they cost only a few cents. A boon to the housewife because they are ready-cooked

and ready-to-cat. Delicious

with berries or other fruits.

Made in Canada.

St. Lawrence Sugar Refineries Limited, Montreal.

Sugar You NEED for Preserves St. Lawrence Red Diamond Extra Granulated which owing to absolute freedom from organic impurities never causes those distressing failures which semetimes worry the best of cooks. Warranted pure cane sugar, the St. Lawrence Red Diamond Sugar does its full share to prevent fermentation. Your dealer can supply Red Diamond Sugar in coarse grain, or medium, or fine as you may select. Order the big bag-100 lbs. full weight of the best sugar made and avoid frequent trips to the store. Sold also in many other sizes and styles of packages.

Coarse

Medium

or Fine

Grain