

of Thought.

le up of great
little things, of
small obligations,
what win and
— Sir Humphrey

arch-enemy of
John Spargo.

cheese.

, says an auth-
st palatable and
product. Pound
out 25 per cent.
of and costs half

ows how to make
The method is
a pan of "thick
and leave it there
s from the whey;
ess the curd dry,
it, and the cheese

wives know how
e rung in on the
very palatable it
a little fixing up.
recipes will be
people who have
possibilities of this

—Mix with the
of leftover ham or
the food-chopper,
stard, press in a
s.

Breakfast.—Serve
and sugar or fruit.

—One cup milk,
tablespoon flour
of pepper, ¼ cup
catsup or finely
e added if liked.
serve in place of
rice wherever it is
always mix the
cher and cook,
adding the milk
done add the
all the cottage
potatoes, fish,
on thinned with
nice supper soup
oast or biscuits.
icker double the
flour.

—One cup cottage
a, 2 cups cooked
dry), 1 cup bread
chopped onion,
soning of celery
oultry seasoning.
all together into
e in a moderate
ally with a well
h tomato sauce
sauce.

ato Croquettes.—
e, 2 tablespoons
aspoon soda, ¼
ayenne. Mix all
small rolls, then
l potatoes which
salt and pepper.
in bread crumbs,
top of each and

Two cups cottage
ets cut in cubes,
g and serve on

—One cup chop-
ery chopped fine,
Mix with cottage
serve on a small

naise.—One cup
poon corn syrup,
½ teaspoon salt,
olive oil or melted
serve at once.

n Should
lk.

have a quart of
ay, if possible;
ld have at least
ays an expert in

Children need
es into forming
is needed in the
e body. Milk is
d goes to build
Also in rich, pure
amount of fat

and milk sugar, which go to make heat
in the body and create energy.

Even skim milk is good food. Use it
but use whole milk too. There are many
ways in which both whole and skim
milk may be used besides drinking it.
Porridge is delicious when made by
cooking oatmeal or cornmeal in as little
water as possible, in a double boiler,
and then diluting with milk and cooking
again for a few minutes; you may add
chopped nuts and raisins if you like, and
serve with sugar. Rice, tapioca and
sago call for milk; so do hominy and
cracker pudding. Bread pudding is good
if made with sufficient milk and flavored
with raisins, dates or grated lemon rind;
serve it with cream. Scalloped potatoes
require milk; so does cooked salsify, and
the whole tribe of things that require
white sauce. Milk soups are delicious
as well as nutritious, and should find
their way very frequently to the supper
table from now until spring.

Nor should cream be forgotten. Don't
give all the good milk to the little
calf or pig. If it is good for the calf or
pig, it is good for your child, and he is
the more important. And don't sell all
the cream to make some city man's
child strong, healthy and capable at the
expense of yours. Of course the city
man's child should have all of both milk
and cream that he needs; the point is
that you should not let your child go
without these most necessary foods in
order that you may sell all you have to
the city man for his child. Share up,
but see to it that your own child has his
rightful share. You might only spend
the money in an automobile, and an
automobile "isn't in it" with your child
for importance.

And now let us quote again from
the food expert with whose words this
plea opened: "Milk helps your children
to keep well. It will help you to keep
well, too. Look at children who do not
get milk, but get tea and coffee instead.
Aren't most of them pale and sickly?
There are always very many sick children
in cities and countries where milk is
scarce. When milk prices go up and
mothers begin to economize on milk more
children become sick. Do not let your
children run this risk. Give them clean,
pure milk and help them to grow up
strong and well and win in the fight
against disease. Save on other things
if you must, but not on milk, your child's
best food."

Last of all, it is most important that
the milk be clean. The cows must be
healthy. The milk's hands and
clothes must be clean. The vessels
must all be scalded, to leave no germs
of putrefaction. The milk, too, must
be cooled as quickly as possible; this
prevents bacteria from working, as they
work most rapidly in warm substances.
And after it is cooled it must be closely
covered and kept in a cold place. Only
when all these precautions are observed
is it sure to be fit for human food.

Potatoes With New Faces.

Potato Soup.—One pint sliced raw
potatoes, 1 to 4 small onions sliced thin,
1 quart water, 1 pint rich milk, salt
and pepper to season. Boil the potatoes
and onions in the water. Put through a
sieve or ricer. Add the milk, reheat,
season and serve very hot with toast or
biscuits for supper.

Potatoes With Onions.—Six potatoes, 1
onion, 2 tablespoons butter, 2 tablespoons
sour cream, water, pepper and salt. Pare
and slice the potatoes and cook in just
enough water to make them tender.
Season and add the chopped onion.
Simmer all until tender. Add butter
and cream and shake the pan until
mixed but not mushy. When very hot
serve for supper.

Stuffed Potatoes.—Take medium-sized,
smooth potatoes. Bake in a moderate
oven until soft. Cut in halves and scrape
out pulp. Mash with a little butter,
½ cup milk, 1 cup grated cheese, salt
and pepper to taste. Beat with a fork
until creamy, then heap back in the half
skins. Sprinkle a little grated cheese
over the top and brown in the oven.

Potato Pancakes.—Two cups boiled
riced potato, 1 cup milk, 2 teaspoons
baking powder, 1 cup flour, 3 eggs, 1
tablespoon butter, 1 teaspoon salt.
Beat eggs until light, add the ricd pota-
toes, butter, salt and milk, then the
flour sifted with the baking powder.
Bake as usual on a greased pan and serve
with syrup.

Dutch Potatoes.—Six potatoes, 9 apples,
3 tablespoons syrup, salt to flavor, ¼ lb.
sliced bacon. Pare and quarter the
potatoes. Quarter and core the apples
but do not peel. Put in a stewpan
with the bacon, syrup and a very light
sprinkle of salt. Cover with cold water
and cook very slowly for 3 hours. Cook
until done but not broken. Serve very
hot.

Potatoes in Bacon.—Peel good-sized
potatoes and cook in boiling water until
a little tender. Remove from the water
to a shallow pan. Add 2 tablespoons
sugar and one of butter. Pour ½ cup
water over, place in the oven and bake
20 minutes. Remove from the oven
and put a slice of bacon over each potato.
Return to the oven and cook 10 minutes
longer. For this time keep in the top of
the oven.

The Scrap Bag.

Darning.

A piece of washed mosquito netting
basted over a bad hole in a sock will be
found a great aid in darning.

Wringing Out Flannels.

A fork and a potato-ricer will be
found very helpful when wringing out
flannels for application in time of sickness.
Put the flannel in the water then remove
with the fork and press out in the ricer.
Be sure to keep a piece of flannel between
the hot-pack and the patient, if the water
is very hot. You must not scald him.

To Make Bread Rise.

To make bread rise in cold weather
line a packing-case with several thick-
nesses of paper. Have a door made for
the open side and put a shelf inside,
near the bottom. Place the pans of
bread on the shelf and slip a hot iron or
two, on their stands, underneath.

To Improve Cranberries.

Cook the cranberries in water, then,
while still warm, put them through the
potato ricer. The pulp may then be
cooked with the sugar or corn-syrup.

Watch Dried Products.

If you have on hand dried fruit or
vegetables look through them occasion-
ally to see if there is any sign of mould or
insect life. If either is discovered take
the product out and dry again in the
oven, but be careful not to permit
scorching.

Hanging Dish Towels.

If you have not a regular rack on which
to hang dish towels to dry, fasten to each
a loop of heavy white twine such as comes
around large bundles. This remains
stiff and open when washed, and may be
quickly slipped over the nail. Hanging
the towels without a loop always means
risk of tearing them.

The "Allied Loaf."

Don't forget that every loaf of bread
you make should now contain one-fifth
of some substitute for wheat flour.

Are You Eating Your Share of Fish?

Canada is one of the great fish pro-
ducers of the world, but Canadians are
not eating their share even yet. The
catch in 1917 was 856,000,000 lbs., or
an equivalent of 94 lbs. per head of
population, while our consumption has
been only about 29 lbs. per head of
population. Eat more fish, and spare
more beef for overseas.

Old Tablecloths.

Make over old tablecloths, in which
holes are appearing into table napkins,
covers for asbestos table mats, and dish
towels.

Potato Starch.

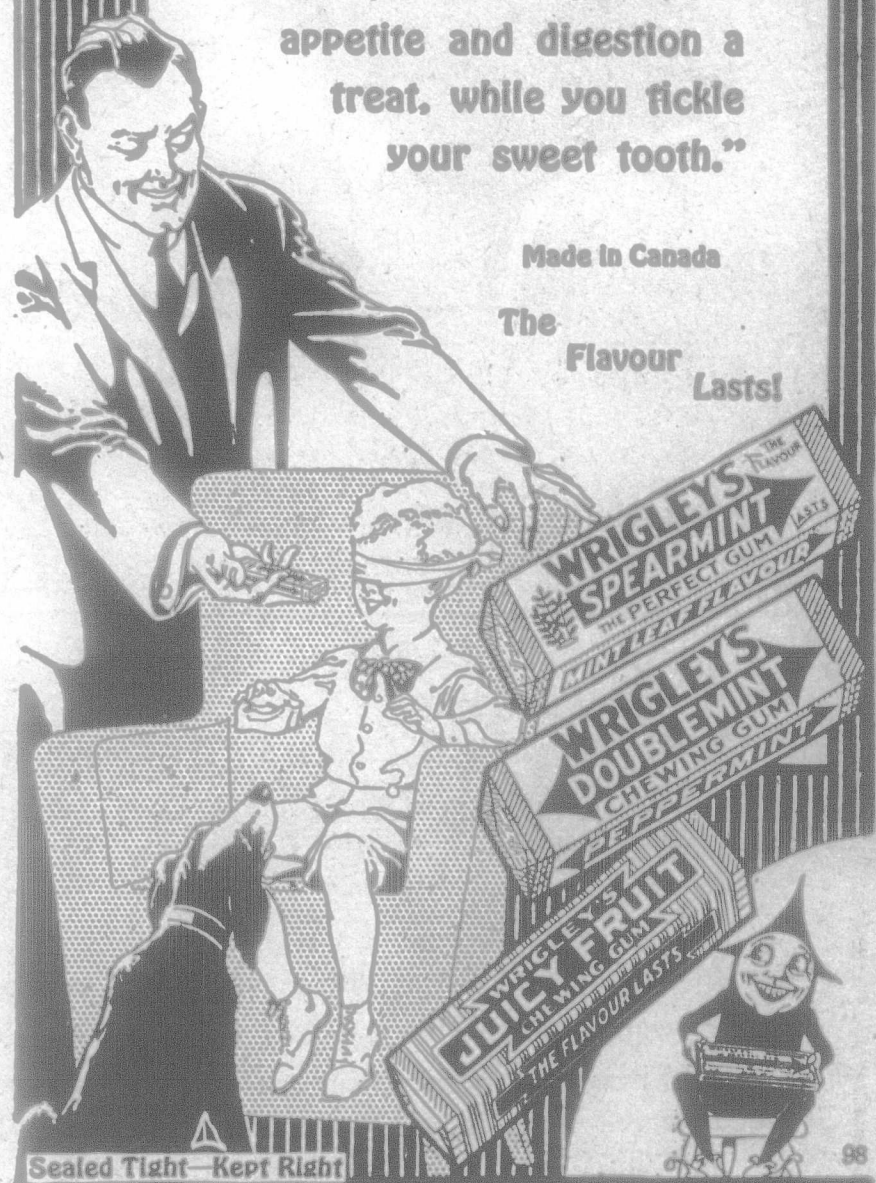
Wash, pare and grate the potatoes into
a crock of cold water, having just enough
water to cover the potato. Set in a cool
place, stirring often. Let stand over night.
In the morning stir well and drain off the
water. Let the water stand until the
starch settles at the bottom then drain off
carefully, and dry the starch, keeping
covered with cheese-cloth to keep off the
dust. The resulting starch can be used
in all the ways in which ordinary starch
and cornstarch are used. The drained-off
water may be used in making soup or
for cleaning white enameled woodwork.

WRIGLEY'S

"O, I know what it is, daddy!
You held it too close and I
smell it—it's WRIGLEY'S!"

"Righto, sonny—give your
appetite and digestion a
treat, while you tickle
your sweet tooth."

Made in Canada

The
Flavour
Lasts!

Sealed Tight—Kept Right



More Money and Higher Grading for CANADIAN FURS

Positively the highest prices paid to Canadian trappers
by American house. Here no commissions or grading
fees come out of your check. **YOU GET IT ALL.** There-
fore we can guarantee you **MORE MONEY.** Don't miss
this. Here is another reason why

We Pay More for Furs

The Judd Standard System of Grading insures you higher grading—
MORE MONEY IN YOUR POCKET. Besides getting more money
for your furs you have the satisfaction of getting your check by
RETURN MAIL. Very important to you—
a larger check and quicker returns.

Ship TODAY Sure
Send us a trial shipment NOW and
let the size of the check we send
you determine where you will
ship all your skins. Address

JUDD FUR CO.
1127 West 35th St.
Chicago, Ill.

We are located
in CHICAGO—
the BEST FUR
HOUSE in the
GREAT MAR-
KET. Over
\$1,000,000
Capital.

When writing advertisers will you kindly mention The Farmer's Advocate.