

COWAN'S ACTIVE SERVICE CHOCOLATE

Little
Miss
MAIDEN
CANADA

For our Heroes—

At times during heavy bombardment the army commissariat becomes so disorganized that ordinary food is unobtainable for days.

During such times as this the value of a convenient and concentrated food that may be carried and handled easily, cannot be over-estimated.

Active Service Chocolate answers all the requirements of such a food. It is the most nourishing and wholesome chocolate manufactured. If you are unable to obtain this chocolate in your locality, write us, we will see that you get it.

Sold in 5c. and 25c. sizes.



A-101

RENNIE'S SEEDS For Better Gardens

"EVERY back yard should be used for the cultivation of fruits and vegetables"—says the Food Controller's Bulletin. Market Gardens must be worked to capacity. But all this effort is wasted unless the seeds sown are capable of producing sturdy, vigorous plants. Plant Rennie's War Garden Seeds and insure a full crop!

For
Spring
Planting
Order
NOW!

	pkt.	1/4 oz.	1/2 oz.	oz.	1 lb.
Cabbage					
Danish Summer Roundhead	.10			0.90	2.75
Caulliflower					
Rennie's Danish Dronth-Resisting	15 & .25	1.00	1.85	3.50	10.00
Celery					
Paris Golden Yellow (Extra Select)	15	.60	1.10	2.00	
Onion		pkt.	oz.	1/4 lb.	lb.
Rennie's Extra Early Red	.05		.35	1.00	3.75
Radish—Cooper's Sparkler	.05		.20	.65	2.20
Tomato —Market King	.10		.60	1.75	
Rennie's Improved Beefsteak	.10		.75	2.50	
Pansy —Rennie's XXX Exhibition Mixture					.25
Sweet Peas —Rennie's XXX Spencer Mixture					.15
Nasturtium —Rennie's XXX Chameleon Mixture					.10
Stocks —Rennie's XXX Large Flowering Globe Mixture					.20

LOOK FOR THE STARS

Our 1918 Catalogue should be in your hand by now. It is your patriotic duty to consult it at every opportunity. Our Government insists we must produce more. Start right, then, and be sure and sow good seed—RENNIE'S SEEDS. Look for the special star border bargains in our Catalogue—it will pay you to do so.

THE WILLIAM RENNIE COMPANY LIMITED.
KING & MARKET STS TORONTO
ALSO AT MONTREAL WINNIPEG VANCOUVER

When writing advertisers, please mention The W.

Monthly

Household Suggestions

Egg Recommendation

Addressed by Dairy Commissioner Barney to the Farmer, Buyer and Retailer

State Dairy and Food Commissioner Barney, of Iowa, in his bulletin No. 20, gives a series of recommendations regarding various food products and among them we find the following relating to eggs:

To the Farmer

Produce only infertile eggs for market because they do not spoil as quickly as fertile eggs during the heated season.

Dispose of the roosters as soon as all eggs needed for hatching are obtained. The eggs keep better and the hens will lay just as many of them.

Provide plenty of clean nests with clean straw in them.

Gather eggs twice daily in hot weather and store them in a cool, sweet, well-ventilated place, but do not store where damp.

Do not wash eggs. Market eggs as often as possible and carry them gently.

Do not sell from stolen nests. Use them at home.

Protect eggs from the sun when taking them to market. Eggs exposed to hot sunshine for one hour will start to spoil; this applies to infertile as well as fertile eggs.

Candle your eggs and insist upon having them candled by the purchaser so that he may know that he is buying good eggs and pay accordingly. You will thus reap the advantage for the care you have given them. Send a postal card to the Secretary of Agriculture, Washington, D.C., and ask for a copy of Year Book Separate No. 552, which explains the operation of candling and grading of eggs, and the Iowa State College, Ames, for a copy of Extension Bulletin No. 25.

Water-Glass Method

"Water glass" is known to the chemist as sodium silicate. It can be purchased by the quart from druggists or poultry supply men. It is a pale yellow, odorless, sirupy liquid. It is diluted in the proportion of one part of silicate to nine parts of distilled water, rain water, or other water. In any case, the water should be boiled and then allowed to cool. Half fill the vessel with this solution, and place the eggs in it, being careful not to crack them. The eggs can be added a few at a time until the container is filled. Be sure to keep about two inches of water glass above the eggs. Cover the crock and place it in the coolest place available from which the crock will not have to be moved. Inspect the crock from time to time and replace any water that has evaporated with cool boiled water.

Preserved Eggs

When the eggs are to be used, remove them as desired, rinse in clean, cold water, and use immediately.

Eggs preserved in water glass can be used for soft boiling or poaching up to November. Before boiling such eggs prick a tiny hole in the large end of the shell with a needle to keep them from cracking. They are satisfactory for frying until about December. From that time until the end of the usual storage period—that is until March—they can be used for omelettes, scrambled eggs, custards, cakes and general cookery. As the eggs age, the white becomes thinner and is harder to beat. The yolk membrane becomes more delicate and it is correspondingly difficult to separate the whites from the yolks. Sometimes the white of the egg is tinged pink after very long keeping in water glass. This is due, probably, to a little iron which is in the sodium silicate, but which apparently does not injure the egg for food purposes.

A Simple and Cheap Medicine. A simple, cheap and effective medicine is sometimes desired. This is the case with many people who are suffering from indigestion. A regulator of the digestive system is Parmentier's Vegetable Food. It is a simple, cheap and effective medicine. It is a simple, cheap and effective medicine. It is a simple, cheap and effective medicine.

Egg Substitutes

While eggs do not have so high a fuel value as some suppose, their value as a food material is not to be measured by that standard.

The ease with which they are digested, their richness in iron and organic phosphorus make them more nearly interchangeable with milk in nutritive value than any other food. Eggs, like milk, are particularly adapted to the needs of growing children and exceedingly valuable for adults who need to be "built up."

With milk they constitute the major portion of the diet for under-nourished, anemic people and especially those who are inclined to be subject to tuberculosis. Many products of a yellow color have been put on the market as substitutes for eggs. During the present high prices they are being extensively advertised. These products possess little or none of the nutritive properties of eggs and generally are mixtures of such substances as gelatine, dextrin and other starch products, skim-milk powder and dried whites of eggs of questionable character. Some are, in fact, but baking powders.

These so-called egg substitutes are to be regarded as adulterated when sold under the name of egg powder or egg substitutes, and while, for some purposes, they possess value, as a binder in baking, they should be avoided by those who are using eggs for their nutritive value.

Cereals and Fruits

Cereals and fruits should form the base of breakfast foods. They will support muscular action, preserve the heat of the body, and strengthen the brain in its nervous activity. Whole or steel-cut oats, and whole wheat, from which our nineteenth century bread should be made, contain the essential elements for the perfect nourishment of the human body.

The great objection to cereal foods is their difficulty of digestion, not from any fault of the foods, but first, from lack of time and cooking, and second, from lack of proper mastication. Raw starches are indigestible. The first step, then, toward the digestion of starches is over the fire. Each little cell must be ruptured, and for this long and careful cooking is required. The second step to the digestion of starches is in the mouth. They are there converted from the insoluble starch to soluble sugar. If they are swallowed quickly, without mastication, they miss this digestion, entering the stomach as strangers. This organ not being prepared to receive them, they are cast out into the small intestines to be entirely, instead of partly, digested. This organ, now compelled to do, in addition to its own duties, the work of the mouth, soon becomes overtaxed, and we have, as a result, the disease most common in this country—intestinal indigestion.

We might class under this heading cornmeal breads in their various forms, and all the materials from which we make porridge—oats, barley, the various wheat preparations, and those of corn and rice. Rice is the most easily digested of all vegetable substances, only requiring one hour for perfect digestion. This is due to its lack of woody fibre. The covering of the starch cells being exceedingly thin, they are easily ruptured, allowing the digestive secretions to more easily attack the starch. In wheat, as well as in oats, the little starch cells are covered with a tough membrane of gluten, which, being a little more difficult of digestion, frequently prevents the perfect digestion of all the starch. All these foods, however, must be thoroughly cooked, and eaten without sugar, and with milk rather than with cream, as is our habit.

Of the breakfast cereals, steel-cut oats heads the list. Any of the wheat-germ preparations are good. After these come the rolled wheat, and barley, and rice preparations. While rice is easily digested, and is good for young children, it must be served with milk to give it the proper amount of nitrogen to make it a perfect food, either for children or adults.

Where hard coal is used for cooking purposes, oatmeal may be put over the fire at six o'clock in the evening, brought