WAR MENUS

How to Save Wheat, Beef and Bacon for the men at the front. Issued from the Office of the Food Controller for Canada.

WAR MENUS

Breakfast.
Oatmeal Porridge
Sausages War Bread
Tea or Coffee
Dinner
Hamburg Steak
Boiled Potatoes Turnips
Suet Pudding
Supper
Tomato Scallop
Bran Gems Preserved Plums
Tea

The recipes for Suet Pudding and Tomato Scallop, mentioned above, are as follows:—

Suet Pudding—
1 cup finely chopped suet
1-2 cup molasses
1 cup sour milk
2 cups graham flour
1 cup white flour
1 cup raisins
1 teaspoon soda
1 1-2 teaspoons salt
1-2 teaspoon each—
Ginger, Clove Nutmeg
1 teaspoon cinnamon.

Mix and sift dry ingredients. Add molasses and milk to suet, combine mixtures. Turn into buttered mould, cover and steam three hours.

Tomato Scallop—
2 cups buttered and seasoned bread crumbs
1 cup tomatoes cooked and strained.

Put in alternate layers of crumbs and tomatoes with crumbs on top. Put in the oven until brown.

(Wheat and meat saving recipes by Domestic Science Experts of the Canadian Food Controller's Office.)

MENU FOR SUNDAY

Breakfast
Oranges
Cornmeal Porridge
Toast Coffee
Dinner
Roast Mutton Mashed Potatoes
Turnips Lemon Jelly
Tea
Celery Cheese
Bread
Cake Tea Jam

Breakfast
Oatmeal Porridge
Buckwheat Pancakes Syrup
Tea or Coffee
Dinner
Cream of Vegetable Soup
Baked Hominy and Cheese
Potatoes Cabbage
Baked Apples
Supper
Tomato Scallop
Oatmeal Muffins Jam
Tea

The recipes for Baked Hominy and Cheese and Oatmeal Muffins, mentioned above, are as follows:—

Baked Hominy and Cheese—
1 tablespoon of oleomargarine or drippings.
1 tablespoon cornstarch or 2 tablespoons flour
1 cup milk
1-2 teaspoon paprika
1-2 cup grated cheese
2 cups cooked hominy
1-4 cup breadcrumbs

Make a white sauce of the fat, cornstarch or flour, salt and milk. Add the cheese and paprika to the sauce, arrange the hominy in baking dish and pour the sauce over it. Cover with crumbs and bake 20 minutes in a moderate oven.

Oatmeal Muffins.—
1 cup cooked powder
1 1-2 cups flour.
4 teaspoons baking powder
2 tablespoons sugar
1-2 teaspoon salt.
1-2 cup milk
1 egg.
2 tablespoons melted butter

Mix and sift flour, sugar, salt and baking powder. Add half the milk and egg well beaten. Mix the remainder of the milk with the cooked oatmeal and add to the dry ingredients Beat thoroughly, then add melted butter. Bake in greased gem pans.

(Wheat and meat saving recipes by Domestic Science Experts on staff of the Food Controller's Office.)

ANNUAL MEETING
OF THE
South Brant Agricultural Society

Will be held in the Court Room, Village of Burford, on

Thursday, Jan. 17th., 1918.
AT 1.30 P. M.

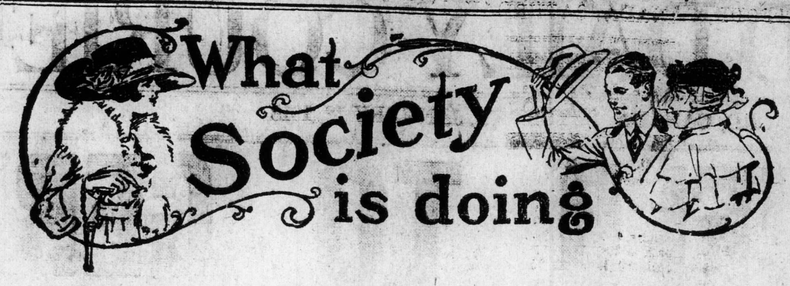
For the purpose of receiving the Directors' and Audifors' Reports, and disposing of the same, and to elect officers for the ensuing year, and other business.

The Board will meet at 10 a.m.

W. F. MILES, Sec'y-Treas.
Burford, January 4th, 1918.

DYEING
BLACK COLORS
OUR SPECIALTY
CAHILL'S

Wood's Phosphodine.
The Great English Remedy. Tones and invigorates the whole nervous system, makes new Blood in old Veins. *Cures Nervous Debility, Mental and Brain Worry, Despondency, Loss of Energy, Palpitations of the Heart, Failing Memory.* Price $1 per box, six for $5. One will please, six will cure. Sold by all druggists or mailed in plain pkg. on receipt of price. *New pamphlet mailed free.* THE WOOD MEDICINE CO., TORONTO, ONT. (Formerly Windsor)



AFTERGLOW

After the clangor of battle
There comes a moment of rest,
And the simple thoughts are best.
joys
After the thunder of gun,
There comes a lull that must come to all
Before the set of sun.

Then what is the happiest memory?
Is it the foe's defeat?
Is it the splendid praise of a world
That thunders by at your feet?

Nay, nay, to the life-worn spirit
The happiest thoughts are those
That carry us back to the simple joys
And the sweetness of life's repose.

A simple love and a simple trust.
And a simple duty done,
Are truer torches to light to death
Than a whole world's victories won.

—Wilfred Campbell.

The Messrs. Norman Andrews, Richmond Sutherland and Reg. Jeakins left on Tuesday to resume their course at Ridley College.

Miss Mollie Cahill, of Hamilton, spent the week-end in the city, the guest of Miss Gwyn. Wilkes.

Miss Helen Ballantyne and Miss Marian Brewster returned on Wednesday to Branksome Hall, Toronto.

Dr. Gordon Hanna left early in the week for New York where he has accepted a position on the United States Army Medical Corps stationed in New York. Mrs. Gordon Hanna will join Dr. Hanna there shortly.

Miss Enid Hately has returned to Trinity University, Toronto.

Mr. and Mrs. George Heyd and Miss Constance Heyd are leaving shortly for Los Angeles, California, where they will join Mr. Wm. Puck and party.

Miss Edna Hanna returned to Hamilton this week to resume her course at Normal School.

The Misses Florence and Grace Verity, who have been spending the Christmas vacation in the city the guests of Mrs W. J. Young and Mrs W. J. Verity left on Wednesday for Toronto to resume their studies at Branksome Hall.

Miss Helen Ballantyne was the hostess at a very jolly dance on Monday evening at her home, Charlotte street, given in honor of her guest, Miss Gwendolyn Scandrett, of London.

Wireless Operator James Matthews of "The Niobe" is spending a week or so with his parents, Mr. and Mrs. Matthews, Lorne Crescent.

Miss Gwendolyn Scandrett, who has been the guest of Miss Helen Ballantyne, returned to her home in London on Tuesday.

Miss Mayden Stratford of Toronto is spending a few days in the city, the guest of Miss Kathleen Reville, Church street.

Col. and Mrs. A. J. Wilkes accompanied their daughter, Mrs. Logie Armstrong and little son, to St. Johns, N.B., the first of the week.

Miss Marjorie Gibson was the hostess at a very enjoyable little dance this week.

The North Ward Kith and Kin held a very successful meeting at the home of the President, Mrs. Underwood, William street, on Thursday afternoon. There was a large attendance, and Red Cross work for the coming months was discussed. Mrs. Underwood served tea at five o'clock.

Mrs. Ferguson of Hamilton spent Thursday in the city, the guest of her sister, Mrs. C. Ramsay, St. Paul's Avenue.

Lieut. Wm. Bartlett of London, is spending the week-end in the city, the guest of Judge and Mrs. Hardy, Hazelbrook Farm.

The Misses Margaret Bishon, Gwen Wilkes and Phyllis Cockshutt return on Monday to resume their studies at The Bishop Strachan School.

A number of tobogganing parties out at the Golf links have been much enjoyed this week by the young people. Mr. Frank Whitaker entertaining on Tuesday evening, the guests returning to his home later in the evening where Miss Muriel Whitaker served refreshments.

Miss Elspeth Duncan, who has been spending the Christmas vacation in the city, the guest of Mrs. M. H. Robertson, returns on Monday to Moulton College, Toronto.

Mr. F. Schram, of Medicine Hat, Alberta, is visiting his neice, Mrs. J. Bond, 73 Northumberland St.

Cadet Beverley Fairchild left the first of the week for the Aviation training school in Texas.

Mr. and Mrs. C. C. Fairchild, spent the week-end in Toronto, saying farewell to their son, Cadet Beverley Fairchild who left on Monday for Texas.

Mr. Ormonde Harris was a vistor in Hamilton, on Wednesday, attending the wedding of his uncle, Mr. R. R. Harris.

A cablegram received from one of the officers of the 125th announces that Lieut. J. R. Gundy is now in France. The remainder of the officers of the 125th expect to remain in England.

The engagement of Miss Esther Cleveland, daughter of former President Grover Cleveland to Captain Bosanquet, D.S.O., Coldstream Guards, son of Sir Albert Bosanquet, has been announced in London. Miss Cleveland is working at St. Dunstan's Home for Blinded Soldiers, as a nurse and instructor.

Col. Logie Armstrong son-in-law of Col. A. J. Wilkes was among a long list of those receiving New Year's honors. Col. Armstrong has received the "Order of the British Empire" an honor, conferred upon civilians, or on those doing work of a civilian nature.

"What are you knitting, my pretty maid?"
She purled, then dropt a stitch
"A sock or a sweater, sir" she said,
"And darned if I know which!"

—Kansas City Star

Mr. Edward Weaver and Mr. Ed. Baker were visitors last Saturday for the city from Hespeler the guests of Mr. Gordon Paterson.

Miss Kathleen Digby, and Miss Mary Domville left on Friday for Hamilton where they will attend a dance at The Royal Connaught on Saturday.

Miss Margaret Bishop is spending a few days in Hamilton.

Miss Gwen Wilkes returned this week to Hamilton with Miss Mollie Cahill where she is spending a few days.

The executive of The Brant Chapter I. O. D. E. are holding a meeting this afternoon in reference to the Garden Concert which promises to be a great success.

The Messrs. Ken and Tom Ruddy, Frank Whitaker and Jack Howard, left this week for The Royal Military College, Kingston.

Mrs. W. F. Cockshutt and Major Ashton Cockshutt left on Thursday for the South, where they will spend the winter.

Miss Grace Leeming returns next week to New York City to resume her studies at Greenridge.

The Woman's Patriotic League assisted by The I. O. D. E. Brant Chapter will start their house to house collecting system next week for the Red Cross Contributions which heretofore have been deposited in the Red Cross Boxes each month. This system has not proved satisfactory and so the new system will be given a trial.

Mr. S. K. Bartlett of Sarnia, is epected to-day to spend the week-end with Judge and Mrs. Hardy, Hazelbrook Farm.

Mrs. Stuart Henry arrived in the city from Windsor, this week. Mr. and Mrs. Stuart Henry are residing for the present at the Kerby House.

Miss Katharine Harris returns on Monday to Chatham to resume her studies at Loretto.

GIRLS WHO GET ON.

The girl who puts her employer's interest before her own pleasures.

The girl who does a thing when it needs doing and so gives the stitch in time that saves nine.

The girl who realizes that "a still tongue makes a wise head." You learn more by listening than talking in this world.

The girl who never puts off till to-morrow what can be done to-day. Procrastination is the thief of more things than time.

The girl who always puts her best work into everything she undertakes. She earns trust and gets it. People rely on her.

The girl who makes herself concentrate on anything she has in hand. Having too many irons in the fire at once is never a wise policy.

The girl who doesn't wait for other people to push her, but uses her own initiative about things. She "gets there" while another girl is thinking about it.

The girl who, if she fails at one job finds another and lets the other be the niche, she was sent into the world to fill. She makes herself a square peg in a square hole and she goes on.

HARRIS—BOWLBY

The marriage was quietly solemnized at the Christ Church Cathedral Hamilton on Wednesday afternoon, of Miss Christina Isabel Bowlby, daughter of Mr. J. W. Bowlby, K.C., of Brantford and Mr. Richard Rowe Harris of Pittsburg formerly a well known resident of this city. Rev. Cannon Howlett officiated at the ceremony,the bride who looked very charming in brown broadcloth with seal trimmings, was given away by her father while her sister, Mrs. James Swinton acted as matron of honor, while Mr. James Swinton, supported the groom. The bridal party reppaired to the home of Mr. and Mrs. Swinton, Charlton Avenue immediately after the cermony where the wedding dejeuner was served. Mr. and Mrs. Harris left Wednesday evening for New York and on their return will reside at Mr. Harris' home in Pittsburg.

COSSACKS LEADERS SPLIT IN POLICY

Kaledines Does Not Agree With Alexieff, Korniloff and Others

By Courier Leased Wire

London, Jan. 12.—Reports from southern Russia, received in Petrograd, according to a Reuter despatch from the Russian capital, say there are two opposing policies among the leaders of the Don Cossacks. General Kaledines, the military leader of the Don Cossacks, who is supported by a majority of the troops and the educated classes, is described as being averse to intervening in Russian internal affairs, while determined to oppose to the utmost any Maximalist aggression against the Don territory.

On the other hand Generals Alexieff, Korniloff, Denikine and Erdelli favor making the Don the centre of a campaign against Bolshevikism generally.

STUMPS FOR FIREWOOD

Heaps of stumps now piled up in Mohawk Park will be split up into firewood for the use of Brantfordites in need of fuel. This solution of the present fuel shortage situation was agreed upon at a joint meeting of the Parks Board and a tentative committee of the city council held at the city hall yesterday afternoon. It was thought advisable not to remove any trees from the park, as it would be impossible to tell at this time of the year whether the wood was green or dry. The stumps, therefore, of which there is a considerable quantity, will be utilized.

POLICE COURT.

Police court was postponed from this morning until three o'clock this afternoon.

TOWNSHIP COUNCIL.

Township assessors, tax collectors, auditors, fenceviewers, pathmaters and a poundkeeper will be elected at the inaugural meeting of the township council to be held Monday morning at the Court House.

LAW ASSOCIATION.

The annual meeting of the Brant County Law Library Association was held at the Court House. Election of officers resulted as follows: President S. Alfred Jones, K. C., Vice-president F. Smoke. Secretary W. A. Hollinrake, K. C., Treasurer, A. L. Baird, K. C., Book Committee, James Harley, K. C., W. S. Brewster K. C. and A. L. Baird K. C.

Be Clean—and Safe.
Think of the germ-laden things your skin and clothes, must come into contact with every day. Then remember that there is a splendid antiseptic soap

LIFEBUOY HEALTH SOAP

Use Lifebuoy for the hands, the bath, the clothes, and the home. Its rich, abundant lather means safety. The mild, antiseptic odor vanishes quickly after use.

LEVER BROTHERS Limited TORONTO
At all good Grocers
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JANUARY SALE | J. M. YOUNG & CO. *Quality First* | JANUARY SALE

January Sale of Sales

January Sale of Cottons, Sheetings and Linens Now Continues for the Next 5 Days

PILLOW COTTON
A big stock of Circular Pillow Cottons that have been carried for more than a year, therefore giving the old values at special prices.
40 in. heavy Circular Cotton, January sale price yd., *35c* and **40c**
42 in heavy Circular Cotton; January sale per yard, *40c* and.. **45c**
40 and 42 in. Circular Pillow Cotton. January sale; per yard **33c**
44 and 46 inch Circular Pillow Cotton, at yd; 45c, 50c and .. **55c**

BEST PRINTS AT 20c YD.
A clearance lot of colored Prints in light and medium shades. Worth up to 30c; January sale price, yard **20c**

DRESS GINGHAM 20c YD.
Dress Ginghams, old stock, for house dresses and children's wear; January sale price, yd. **20c**

SHEETINGS

Of exceptional value, at prices less than to-day's wholesale cost.

150 yards of heavy white Twilled Sheeting, 2 1-4 yards wide; a nice fine English twill; to-day's value 75c yard; January sale price, yard **50c**

Plain White Sheeting, 2 yards wide, free from dressing; January sale price, yard **45c**

100 yards only, of a special 68 inch White Sheeting, English manufacture, nice round even thread linen finish. January sale price, yard **50c**

BATH TOWELS AT SALE PRICES
Heavy White Turkish Towels; January sale price, pair .. **40c**
Large White Turkish Bath Towels; January sale, pair 75c and .. **$1**

HUCK BEDROOM TOWELS AT SALE PRICES
10 dozen white fine Huck Towels; January sale; pr. **40c**
Heavy White Huck Towels with pink and blue fancy borders; January sale price, pair .. **45c**

Finest Makes of Nainsooks, Cottons Madapollams and Longcloths at January Sale Prices

36 inch White Cotton, nice fine even cottons; Special at, yard .. **15c**
Extra Fine White Longcloth, 36 inches wide, free from dressing; Special at, yard **22c**
Horrockse's Oriental Longcloth, a fine soft finished cotton for women's and children's wear; January sale price, yard **27c**

Horrockse's 40 inch Madapollam January sale price, yard **40c**
8 pieces of fine Underwear Nainsook, 36 in. wide; Jan. sale; yard **25c**
Horrockse's extra sheer Nainsook, 40 in. wide; January sale price; per yard **37½c**

JANUARY SALE OF TOWELLING
Heavy White Huck Towelling, in plain or with satin stripe; January sale price, yard .. **20c**
5 pieces of good heavy roller Towelling, 17 inches wide; January sale price, per yard .. **18c**
Pure Linen Towelling, white with red border, 17 inches wide; January sale price, yd. **20c**
5 pieces of Pure Linen Roller Towelling, in white only; January sale price per yard.... **25c**

John S. Brown's Linens That Cannot be Replaced

PURE LINEN CLOTHS $4.50 EACH
10 dozen 22 inch size Napkins. January sale, dozen .. **$3.29**
A Pure Linen Napkin, ready hemmed, January sale price, dozen **$3.75**

EXTRA VALUE IN TABLE NAPKINS
15 only Pure Linen Table Cloths, 2x2 yard size; January sale price each **$4.50**
5 only, Pure Linen Satin Damask Cloths, 2x3 yds. January sale price, each ... **$5.75**

J. M. YOUNG & CO.

OBEYED ORDERS OF GEN. LUDENDORFF

Germany Cancelled No Annexation Principle and Gained Free Hand

By Courier Leased Wire

Berlin, Jan. 12.—The Rhenische Westfalische Zeitung of Essen, in an article dealing with the Brest-Litovsk peace conference, says Dr. Richard von Kuehlmann, the German foreign secretary, evidently decided to obey the orders of General von Ludendorff, the first quarter master general in delivering his address.

His speech at Brest-Litovsk," says the newspaper, "was heard with relief by the whole German nation, for it means Germany has cancelled her no-annexation principle and thereby gained a free hand regarding Belgium, Longwy and Briey."

Bowling

The Brandon Shoe Co., got away with three games in their match with the Printers last night at the Assembly Alleys. Brill of the Shoe makers was high with 563.

The following is the line up for to-night:

Hamilton:— McFadden, Whitby, Shaw, Slater, Smith.

Brantford:— Mathews, Crowley, Steves, Kellett, Hilborn. The Hamilton team is one of the best teams in Western Ont., and a good game is expected.

The score:

Brandon Shoe Co.				
Brill	192	195	176	563
Sheppard	157	151	159	467
Warning	171	163	148	482
Pennell	126	147	166	439
King	149	186	146	481
	795	842	795	2432
Printers.				
J. Steves	172	159	163	494
Johnston	156	148	156	460
Ryan	145	146	138	429
E. Steves	156	135	139	430
Hilborn	146	135	182	463
	775	723	778	2276

Games Monday night, Jan. 14. Brandon Shoe Co., vs. Dominion Steel Products.

MAYBE BUYING MATCHES
Never Struck You As Being An Important Job. But It Is.
It Is Important That You Buy None But
EDDY'S
CHEMICALLY SELF-EXTINGUISHING
Silent 500's
The Matches with "No After Glow"
EDDY is the only Canadian Maker of these matches, every stick of which has been dipped in a chemical solution which positively ensures the match becoming DEAD wood once it has been lighted and blown out.
LOOK FOR THE WORDS "CHEMICALLY SELF-EXTINGUISHING" ON THE BOX

Don't Forget—
that when constipation, biliousness or indigestion is neglected, it may cause a serious illness. Act upon the first symptom—keep your digestive organs in good order by the timely use of
BEECHAM'S PILLS
Largest Sale of Any Medicine in the World. Sold everywhere. In boxes, 25 cents.