Lemons Beautify!

Strain lemon juice well before

mixing and massage face,

Mrs. Houser; superintendhe Outlook, Mrs. F. Waldon, TIC FUND.

nittee of the Patriotic held on Tuesday evening. instructions as to how to



a New

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ow is an investcontinually adnat our present ver figure than ou this advanrly visit to our

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TREET.

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antee is positively orkmanshin ntee because ctrician tests factory, ne leaves ound

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STILL DEMAND AN INVESTIGATION IN CRUTHERS CASE Trades and Labor Council Intend to Take Further Steps in Matter Trades And Labor Council Intend to Take Further Trades And Labor Council Intend to Take Further Trades And Labor Council Intend to Take Intended Intended Intended Intended Intended In

CIVIC MILK SCHEME

ed Out of Its Rooms by Local Unions

usual" progaganda. Special meetings of the Moulders and the Electrical Workers' Unions were billed for last night in Labor Haill, notwithstanding the fact that on Wadnesday the weekly meeting of the Union special meeting of the Union special with the weekly meeting of the Union special and that which is pasteurized.

Again, fresh milk is better for babies. This statement was reinforced by information given by another delegate.

Wm. Brittain of the Dairymen's present and that which is pasteurized.

the moulders agreeing to adjourn and the T. and L. Council commenced business an hour latter also believed that the tests made commenced business an hour latter than usual. The Cruthers case was again brought forward and proceeds ings in this regard will certain dealers being omitted which was labor body. Reports were given from members of the Milk Pasteurization Committee and a delegation of local milk vendors given a hearing. The mechanics of Brantford as represented last night are decidedly against the pasteurization of milk but if this is really found necessary the against the pasteurization of milk but if this is really found necessary the T. and L men will not stand for the granting of a monopoly of the supply to any one firm

Proceedings of the recently appointed committee in the Isaacs case were

Constipation HOOD'S PILLS will wait on the City Council next Monday with the purpose of urging

CABS

low you will find a few necessities:

STEP LADDERS, 75c up.

CURTAIN STRETCHER.

CARPET BEATERS.

CLOTHES BARS.

MOP WRINGERS.

MOPS,

120 MARKET ST.

GARBAGE CANS, 75c UP.

FOLDING IRON BOARDS,

O'CEDAR MOPS, 75c AND \$1.25.

W.S. STERNE

OPEN EVENINGS

MITCHELL'S

Cleaning Time is Here!

There are so many

useful things you need, in housecleaning time. that we stock. We have

not space to enumerate them, but in the list be-

from the committee acting on this matter. Delegate Neill was appointed Council Was Nearly Crowddid not favor the movement as they Delegate James gave a report of

could not afford to adopt the method. Anyway it would be unprofitable for the workingman to Last night the Trades and Labor formation on the subject was given council came near adjourning their by Delegate McGrattan who contended them with a "business untart than that which is pasteurized.

Special most life scheme. Considerable in formation on the subject was given by Delegate McGrattan who contended that pure milk was much better than that which is pasteurized.

Again, fresh milk is better for dorse the scheme. Considerable in

nesday the weekly meeting of the Union spoke on the subject. Mr. T. and L. Council is held.

Brittain believed that milk handled Adjustments were finally made, and peddled under sanitary condi-

ed committee in the Isaacs case were the Brantford City Dairy corroborated Mr. Brittain's statements. Brittain suggested that the City Council be urged by the T. and L. Council to not push the movement for pasteurization,

The committee on this question will wait on the City Council next was really found necessary to paspure milk for this city. And if it



Neill, the workingmen of the city would strongly oppose the granting of a monopoly to one dealer. The Isaacs murder case was next discussed, a report being given by Delegates Neill and Balshott. After having interviewed persons con-nected with the matter, alleged de-

ceptions of the relatives of the victim were disclosed. the matter will be taken until the investigation is completed. Trades and Labor Councils of Ontario was intimated in a communi-cation received by the secretary from Toronto headquarters. A meet-

ing of the local I.L.P. and T. and LIBEL ACTION HAS L. Council will be held in May.

Delegate Noble reported proceedings at the Board of Trade meeting held last Friday, details of which have already appeared in the press, Delegate Noble moved that a letter to City Council requesting the council requesti to City Council requesting that body to look into the T. L. H. C. of L. ommittee report and act in the

Organizer Flett of the American ederation of Labor spoke shortly in labor conditions. He believed that politics and trade unionism could not be mixed with any sets faction. Better results will ensue in T, and L. Councils where political pounced when the case came up for 1 day.

in T. and L. Councils where political and religious matters are not brought in. The American Federation of Labor is fast becoming the great industrial body of the world and had not the great world war occurred the movement would have met with even greater success. Delegate Flett invited the body to join the Federation. Much comment has been made as to the difference in the labor movement in Canada and the U. S. A. The present Government has promised consideration of labor matters in Canada.

Mr. Flett solicited co-operation with the American Federation of Labor and the Brantford Trades and Labor Council. Affiliation with that organization will be considered shority.

A motion was passed calling at-

A motion was passed calling attention to the action of Police Chief Ross of Ottawa, who is attempting to break up a union among the policemen of that city, the T. and L. Council disapproving this action. The meeting was then conducted in camera, immediately after which an adjournment was made.

AMERICAN LEAGUE. Philadelphia . . . 0 3

Wednesday's Scores

New York 8, Washington 7.

Boston 5, Philadelphia 4.

Detroit at Cleveland—Rain.

St. Louis at Chicago—Rain.

Games To-day.

Detroit at Cleveland. St. Louis at Chicago. New York at Washington. Philadelphia at Boston. NATIONAL LEAGUE Won. Lost

Wednesday's Scores Boston 14. Philadelphia 2.

Pittsburg 8, Cincinnati, 1, New York 2, Breklyn 0. Chicago at St. Louis—Rain. Games To-day. Boston at Philadelphia. Brooklyn at New York Cnicago at St. Louis.

Pittsburg at Cinnati. BEEN WITHDAWN

Clergyman and School Principal Were Involved in Ottawa Suit

By Courier Leased Wire
Ottawa, April 18.—That the libel
action of Rev. Isaac Couch, former
pastor of McLeod Street Methodist

Minister.

As a result of the letter, Mr. Couch was deprived of the pastorate of the Owen Sound church. The defense was to be made solely on a charge that Rev. Mr. Couch had been the writer or author of a series of anonymous letters, but on Mr. Couch giving him his word that he had not written the letters, Mr. Spence agreed to withdraw entirely.

PORTUGAL STIRRED.

By Courier Leased Wire

Lisbon, Tuesday, April 16.—

Events on the western front and the words of praise sent by the British Government to Portugal on the bravery of the Portuguese troops in the first days of the fighting south of Armentieres have greatly stirred the patriotic feeling in Portugal, All officers of the Lisbon garrison have offered to go to France immediately to replace and revenge their comrades. All the officers who took part in the December revolution have tendered their services, as has the Minister of the Interior.

WARTIME COOKING DXHIBIT

Educative Demonstration at Collegiate Institute Yes-

terday Afternoon

These proportions yield light well risen loaves. If the process used takes more than six hours, set a sponge with white flour only and add the substitute flour with the rest of the white flour at the dough of the Collegiate Institute. Though well advertised the affair was not so largely attended as was expected As it was, between one and two hundred ladies made up the enthusiastic audience.

Stifute one-third of wheat flour.

These proportions yield light well give used to bring back to any skin the expensive lemon lotion which can be used to bring back to any skin the sweet freshness of which it has been sweet freshness of which it has been saded to the white flour at the dough of the Collegiate Institute. Though of induced for proportions yield light well give the process used takes more than six hours, set a sponge with white flour with the rest of the white flour at the dough of the Collegiate Institute. Though of liquid required for bread. Use most of the liquid to scald the meal. Cool to lukewarm temperature, add the yeast and mix to a dough with white flour.

Left-over porridge or mush may about the cost one must pay for a should be taken for the collegiate light well ight well gight well ight well gight well ight well ig

age, eggs or some protein dish if

Luncheon or supper-One stantial dish usually accompanied y a vegetable, bread and butter, or other simple dessert. Dinner-Meat or a suitable subtitute, potatoes or a suitable substitute, a green vegetable, bread and butter and a dessert. The following suggestions are made as to the use of cereals, bread-

stuffs and meats at the present Cereals-Otameals, 3 or 4 day per week; Corn Flakes, 1 day per week; Puffed Rice, 1 day per week; Corn Meal, 1 or 2 days per week. Breadstuffs — White or whole

Muffins occasionally, instead of cream soup or escalloped lish, 2

days per week.

Breadstuffs—White or Graham bread, 2 days per week; Rye Bread, 2 days per week; Boston Brown Bread, 1 day per week; Cornmeal Bread, 1 day per week; Catmeal Bread, 1 day per week. Dinner

Main Disl:—Meat, not more than 5 days; Fish at least 1 day; Dried beans, peas, a cheese or egg dish.

plan mean:

1. The use of home grown products and thus allow the railroads to be transporting supplies for the army instead of for my family.

2. The exchange of milk, cheese, fish, eggs, game, poultry, beans and peas for beef and bacon?

3. The use of corn, oats, rye, barley and rice instead of wheat?

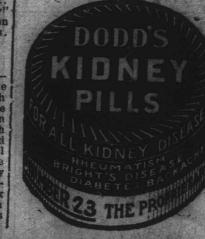
4. Plenty of whole milk for the children?

5. Twelve ounges of fat no paint.

children?

5. Twelve ounces of fat per adult and six ounces per child per week, but the substitution of other fats for butter wherever possible?

6. The substitution of honey, molasses, corn syrup, maple syrup, etc., for sugar whenever, possible.



7. Meals which include at least one food form each of the follow-

Wheat Substitutes.

In yeast breads:
Rye flour may be used to substitute half of wheat flour.

Buckwheat may be used to substitute one-quarter of wheat flour.

Barley flour may be used to substitute one-third of wheat flour.

Miss Carlyle, convenor of the conservation committee of the league, occupied the chair. The following schedules, among others, were submitted:

""" there will be no great in texture. It meal or rolled cereals are used scalding first, will yield to a softer texture. Use part of liquid called for in recipe to scald this meal.

""" make up a quarter pint of this sweet-ly fragrant lemon lotion and massage it daily into the face, neck, arms and hands and see for yourself.

replaces white flour for making flaky or puff pastry.

Rye flour for making plain pastry may be used up to the one-half with one-half of the wheat flour. The greater the amount the shorter the crust will be when using rye flour. It does not hold together well, thus is better as a top crust than a bottom crust. Lessening the amount of fat makes an easier crust to handle and also conserves fat.

Barley flour replaces wheat flour up to one-third. Rice flour replaces wheat flour up

week; Puffed Rice, I day per week; Corn Meal, 1 or 2 days per week; Breadstuf's — White or whole wheat bread, 2 days per week; Corn Bread or muffins, 2 days per week; Corn Rye Bread, 3 days per week; Ontmeal Muffins, 1 day per week; Rice Muffins occasionally instead of

are especially good. Macdonald Institute's Favorite Rule

neck, arms, hands.

thusiastic audience.

A number of palatable dishes were displayed. These were made mainly from substitutes for those foods, the supplies of which are limited.

Miss McNally, domestic science instructive talk outlinging a schedule of food requirements for average families.

Miss Carlyle, convenor of the Convenor of the mixing stage or mush may be used up to two cups for each talk outlinging a schedule of food requirements for average families.

White flour.

Left-over porridge or mush may be used about the cost one must pay for a small jar of the ordinary cold creams. Care should be taken to strain the lemon juice through a fine cloth so no lemon pulp gets in, then this lotion will keep fresh for months. Every woman knows that lemon juice is used to bleach and remove such blemishes as freckles, sallowness and tan, and is the ideal skin softener, smoothener and beautifier at about the cost one must pay for a small jar of the ordinary cold strain the lemon juice through a fine cloth so no lemon pulp gets in, then this lotion will keep fresh for months. Every woman knows that lemon juice is used to bleach and remove such blemishes as freckles, sallowness and tan, and is the ideal skin softener, smoothener and skin beautifier at about the cost one must pay for a small jar of the ordinary cold about the cost one must pay for a small jar of the ordinary cold about the cost one must pay for a strain the lemon juice through a fine cloth so no lemon pulp gets in, then this lotion will keep fresh for months. Every woman knows that substitute flours or meals.

centage of the substitute and in-

crease it to the limit the mixture will stand. Canadian Standard Flour. Canadian standard of to-day (74

per cent. extraction) is a white flour. There is so little difference between it and the white flour of pre-war days that the home baker will not need to change her goo practise of former days.

SPANISH VESSEL SUNK

Madrid, April 18 .- The owners of the Spanish vessel, Louisa, have in-formed the government that the ship has been torpedoed. Three of crew were lost.

Luncheon

Main Dish—Eggs, 2 days per week; cheese dish, 2 days per week; cheese dish, 2 days per week; daked Beans, 1 day per week; ream soup or escalloped dish, 2 lays per week.

Readespare White and Carban.

Macdonald Institute's Favorite Rule for Wheat Substitution.

Lay in a stock of the different flours and meals and keep them in a cold dry place. Use your own favorite recipes and replace part of the flour called for with one of the increases to be given.

LOOSE LEAF BOOKS

Have become a necessity. This is the expected verdict of all business men. Whether it is for personal memorandum or for Ledger Accounts, Cash Books, Cash Registers, it is the same—they increase efficiency in your office. Sold by

PHONE 569.

160 COLBORNE ST.



Beautifully striped and finished in a variety of colors, motorcycle equip-ment. A bicycle for any boy to be proud of. Vacuum groove tires, sole agency: Guaranteed to stand up.

MCCUBBIN BICYCLE & SPORTING GOODS 332 COLBORNE ST. **BELL PHONE 1884**

The car didn't fit the chauffeur

BELL 1857.

THAT SON-IN-LAW OF PA'S

--- By Wellington

