



The Hot Cup For a Cold Day

A cup of hot OXO on a cold day helps to keep up the circulation, and carries warmth even to the ears and fingertips. The rich nourishment of this concentrated beef relieves fatigue, and creates vitality.

Hot OXO can be made in a minute with an OXO Cube.

Try a cup of hot OXO between meals, and after the theatre or hockey game, and always the last thing at night. Any time is OXO time, and it keeps you always in trim. Use them in your cooking too.



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4 - 15c
10 - 30c

OXO CUBES

Try this recipe—
OXO SCRAMBLED EGGS—Scramble one or more eggs as usual and
put them on toast, over which has been spread a layer of chopped OXO,
mixed with a little butter. (Chopped eggs may be served in the same way.)



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Of interest to Women

W. C. T. U.
ONTARIO MUST HOLD THE LINE
By Blanche Read Johnston, Hon. Sec.
World's W. C. T. U.

One might quote reasons sufficient to occupy columns in the public press as to why the Ontario Temperance Act should be maintained upon our Provincial Statute books until it is possible to enact a federal measure that will give Canada nation-wide Prohibition laws. Only two or three reasons are here briefly outlined.

National Responsibility
Our politicians are ever on the alert to guard against any possibility of Canada falling to receive the recognition of nationhood status. Canada must ever be considered and treated in diplomatic circles as "A nation in the commonwealth of nations," as our Prince of Wales so cleverly expressed it.

While it is, of course, quite legitimate to show all honor to one's own country, it may be overlooked that there is one characteristic that sheds the truest glory upon any country. It is, "Righteousness exalteth a nation." Eulogisms have been poured out in unstinted measure to this Dominion for the gallant sacrifice of her sons in the Great War. There is a national responsibility that is linked very closely with a nation's greatness. It has peculiar application in this crisis hour of Ontario's history. The Temperance people, who are seeking the highest interests internationally, have focused attention upon our land. Many leaders from other countries write one, "We are watching with intense interest and anxiety Canada's attitude towards Prohibition." We are looking to Canada for leadership. "A new land, without the handicap of traditions and customs such as hinder forward movements in older lands."

While travelling in England and Scotland some time ago, the writer often heard the inquiry, "Tell us about Canada." We are interested in Canada's decision about the drink trade. Of course, the United States is quite all right, you know, but you, Canada are over it, and we are looking to you for leadership. If you tolerate Prohibition, we shall consider its adoption. You have tremendous influence with us." Now, Ontario's decision in the October campaign is one that will greatly influence other parts of this great empire and the countries of the world who are bravely struggling through the problems and usage of the ages to free themselves from the thralldom of this curse. The reason for striving to accomplish this in other lands are just as those actuating the leadership of this fair land. Of course, it is utter nonsense to try to minimize the quality of that leadership by stigmatising it as fanatical, extremist and narrow-minded. Every citizen of honest purpose is aware that one has only to consider the motives of the advocates of a freer and more general traffic in strong drink to recognize the fact that the great majority are absolutely controlled by love of gain, greed, and by selfishness at all unbending appetite is selfish, caring not for the liberty of others.

Individual Responsibility.
It is the proud boast of educationists and others that Canada is a children's earthly paradise. Probably no other country offers greater facilities for the health, happiness and development of childhood and youth than this land of wonderful spaces and golden open-doors. There are doubtless many contributing reasons, but one great factor in developing this condition has been the comparative freedom from drinking habits in recent years, owing to the measure of restriction the prevailing laws have made possible. A Christian leader said: "The tear of a little child is a blood spot upon the earth." The plea which I beg to urge with all the vehemence of a knowledge of the bitter suffering of childhood, through this 'hydra-headed' monster, as witnessed in one's work in the homes of the people, prison cells, police courts, and among the victims of inebriety is: Oh, may we keep a white, clean path in this splendid Ontario for the feet of the little ones who are following in the future days. For the sake of beautiful childhood and sturdy boyhood, let us wake up to the realization of what the consequences of the free traffic in this evil would be. The depths of anguish it has caused have never been sounded; the hearts it has broken have never been counted; the homes it has wrecked have never been numbered; the lives it has blighted are beyond computation. It has poisoned the sacred springs of the home life. Strong drink has driven from families the color from the lips, the strength from the parent's arm; the love from his breast; it has brutalized the baby's tender form; smothered the hopes of its tiny feet. Strong drink has filled the prisons, asylums, the poor-houses and hospitals with its victims.

Strong drink! There is no crime of which it has not been guilty; no cruelty of which it has been the cause; no wickedness which it has not practised; no dishonor of which it is not capable; no wreck and ruin to which it has not led. It is the cause of the most terrible suffering and the most terrible death.

Ontario must hold the line for her own sake and the world's. "God give us men a time like this," demand strong minds, great hearts, true faith, and courage.

One might write of economic consequences. While Christians tolerate this black curse, vote for, or neglect to vote for, the politicians who will invariably follow the train of its indulgence. Christian leaders have been prophesying ever since this land.

Make The Dean Family Serve You

Beans are always staple whether green, canned or dried, and they lend themselves to many excellent dishes concocted in homey fashion. The seasonings are regulated usually with regard to family taste and preference.

DRIED BEAN SOUP
Take one cupful of small navy beans and soak them over night. In the morning put them on to boil in three pints of water, add a sliced onion, a few stalks of celery cut fine, a few sprays of parsley, a half-pint of garlic, a half teaspoonful of curry powder, and a minced pepper. Boil gently until the beans are soft, then add a teaspoonful of salt, a half-teaspoonful of pepper, a half-teaspoonful of sugar and a half-teaspoonful of bicarbonate of soda. Strain through a pure sieve, return to the fire and reheat. Have ready a cupful of hot cream, thicken the soup with white roux, stirring until smooth, then add the hot cream and serve. Toasted croutons are nice with the soup.

BAKED DRIED LIMA BEANS
Soak a pint of dried lima beans over night and in the morning cover them with fresh water and boil until tender. Butter a deep pudding dish well, drain the beans and put a layer in the bottom of the dish, dust with salt and pepper and dot with little lumps of butter, sprinkle with a tablespoonful of sugar, and continue until all the beans are used making the last layer of seasoning and crumbs, dot with butter, and a half-cupful of clove and the same of cream, dust with little grated cheese and bake in a slow oven about one hour, taking care not to let them get too dry.

DRIED LIME BEAN SALAD

This is a favorite Syrian salad. Soak the beans, three quarters of a pint of them, over night, and in the morning boil them until very tender, then drain. Mash the beans through a fine sieve and add to the pulp a large lump of butter, pepper, salt, juice of an onion, a tablespoonful of sugar, and a quarter cupful of heavy cream. Put into individual moulds and set to cool. Unmould on lettuce leaves and garnish with good heavy French dressing or Russian dressing.

SWEET PICKLED STRING BEANS

This is a pickle for immediate use. Wash and string four quarts of string beans put them in half, then boil until tender and drain thoroughly. Put a quart of vinegar into the preserve kettle with a pound of brown sugar, a thinly sliced lemon, with pipe removed two good sized pieces of green ginger root washed and thinly sliced, a level tablespoonful of whole cloves and a tablespoonful of broken cinnamon sticks, a little piece of mace and a tablespoonful of allspice. Boil gently, skin, and in seven minutes from the time it starts boiling add the beans. Cook gently until the syrup thickens to the right consistency, then turn into a crock to cool. Let stand two or three days for the seasoning to take effect, then the pickle is ready for use.

WAX BEAN FRITTERS

Wash, string and break into small pieces a pint of wax beans. Put the beans on to boil and when tender drain and chop them fine. Make a fritter batter of a level cupful of flour two level tablespoonfuls of cornstarch one and a half teaspoonfuls of baking powder, a beaten egg, a quarter cupful of milk, a tablespoonful of melted butter and a saltspoonful of salt. Beat well and if it seems too thick after adding the chopped beans, add a very little more milk or cream. Drop by spoonfuls into hot fat and fry delicate brown. Serve the fritters in a napkin with hot melted butter, to which a few green french onions may be added. Half the quantity of sugar may be used if the family is not fond of sweet things.

MOTOR VEHICLE

REVENUE LARGER

The motor vehicle fees for the Province of New Brunswick collected in 1923 up to October 31st, were \$374,228.85, of which \$46,196.77 was for the patrol fund. This year, up to the same date, the collections amounted to \$452,489.32, or nearly sixty thousand more than the estimate. The new license plates, which will be necessary after December 31, of this year, are on hand at the provincial capital and will be black embossed letters on a green background. The plates of next year will have a dash in them, probably separating the thousands and the hundreds.

the termination of the war a great awakening of religion must come to this country and the world. There are certain inflexible immutable laws governing the operation of the Holy Spirit upon human lives. One of these is the necessity for the eliminating of sin: "When ye spread forth your hands, I will hide mine eyes from you, yea, when ye make many prayers, I will not hear; your hands are full of blood. Wash you make you clean; put away the evil of your doings from before mine eyes; cease to do evil."

Woe to him that buildeth a town with blood and establisheth a city by iniquity. Woe unto him that saith: "I am righteous, I have not sinned." Woe unto him that saith: "I have not sinned, I have not sinned."

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Give your family home-made bread, pastry and cakes made with Quaker Flour.

A product of The Quaker Mills, Peterborough and St. Catharines.

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PERCE
Mrs. W.E. Turner and Mrs. A.R. Turner, (nee Olga MacNeill) and little daughter Orla were the guests of Mr. and Mrs. A. MacNeill, Matapedia during Thanksgiving holidays. Misses Leonie and Jessie MacNeill were the guests of their parents Mr. and Mrs. A. MacNeill over Thanksgiving.

MORE EGGS from Each Hen

The use of hens is to lay eggs, and hens will positively lay more eggs—GUARANTEED—if you put a dose of Pratt's Poultry Regulator in the feed every day. Your dealer is authorized to give back your money if it fails.

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Your Grocer Has Pure, Safe Milk

AT the nearest grocer's is ready for you a safe and convenient milk supply—Carnation Milk.

Just order with your groceries. Carnation keeps. None is wasted. You never run out.

Use Carnation in its full richness in place of cream for coffee. Use it diluted if you prefer on cereals, fruits, etc. Add a little more than an equal part of water and you will have pure milk for all cooking purposes.

Carnation is just pure fresh milk, evaporated to double richness, kept safe by sterilization. Order several tall (16 oz.) cans or a case of 48 cans from your grocer.

Try this recipe and write for a free copy of the Carnation Recipe Book. It contains 100 tested recipes.

NUT BREAD: 1 teaspoon salt, 4 cups flour, 1/2 cup sugar, 6 teaspoons baking powder, 2 eggs, 1 1/2 cups water, 1/2 cup Carnation Milk, 1 cup English walnuts. Mix and sift dry ingredients. Beat eggs well, add milk diluted with water and mix with dry ingredients. Beat well, add nuts, put into two greased bread pans and bake in a moderate oven thirty to forty-five minutes. This recipe makes two loaves.

Produced in Canada by
CARNATION MILK PRODUCTS CO., LIMITED
Aylmer - Ontario

