

## Rooms that induce Repose



AFTER the bustling grind of the day and you come home to seek repose, why deprive yourself of the quiet restfulness of rooms beautifully furnished with

### PEDLAR'S PERFECT METAL CEILINGS AND WALLS

Start first with your own room. Transform its dreary drabness to walls whose pleasant restfulness call you to leave more and the world behind. You will become even more attracted to us years so by Pedlar's Ceilings and Walls easily put on over plaster or wood; the joints cannot show. Can be painted any tint; always clean and sanitary. Over 1000 styles and period designs. Write for our new Catalogue **P.D.**

#### THE PEDLAR PEOPLE LIMITED

(Established 1841)  
Executive Offices and Factories  
OSHLAWA, ONT.  
Branches: Montreal, Ottawa,  
Toronto, London, Winnipeg,  
Vancouver

**SAVE YOUR MONEY**  
**BUILDING OR REPAIRING**  
THE LARGEST COMPANY OF THE WORLD  
FACTORY DISTRICTS

**Reck, Kerr & McElderry**  
Barriers, Solicitors, etc.  
415 Water St., Peterborough  
E. A. Reck F. D. Kerr V. J. McElderry

## Deafness

Perfect hearing is now being restored in every case of deafness or defective hearing from causes such as Catarrh of the Ears, Relaxed or Stenched Drums, Thickened Drums, Ruptured or Inflamed Ears, Perforated, Wholly or Partially Destroyed Drums, Discharge from Ears, etc.

**Wilson Common-Sense Ear Drums**  
"Little Wireless Phones for the Ears" require no medicine but effectively replace what is lacking or defective in the natural ear drums. They are simple devices, which the wearer easily fits into the ears where they are invisible. Soft, safe and comfortable. Write today for our 166 page FREE book on DEAFNESS, giving you full particulars and testimonials.  
**WILSON EAR DRUM CO., Incorporated**  
303 East Southern Bldg. LOUISVILLE, K.E.

## A Review of the Work Done\*

Food Controller Hanna.

It is entirely beyond me to cover all the points which might be taken up. I will run over in brief outline just what it is that we have done. It's a fairly long list; there are things which have certainly come to the notice of all of you, but there are certain other things which may not have come to all and some not to the notice of any.

The first general proposition that came up on assuming the duty of Food Controller was the fixing of the prices. Man after man and woman after woman, either came or wrote to our department and said "fix the prices." We got busy the question of fixing prices with regard to specific problems that were before us. When we first took up this work there was a general complaint over the Dominion that we were paying too much for bread and wheat and should therefore fix the price of flour. Until such time as the price of wheat was fixed it was impossible for us to fix the price of flour. After consultation with those whose advice we considered would familiarize us with the problem, which meant advice from experts of various kinds, we passed an order that the millers of Canada should not hereafter make more than 25 cts. on any barrel of flour; that is, that no barrel of flour should be sold at more than 25 cts. of the actual cost of that barrel to the miller. Arrangements further provide that no profit whatever shall be made on the by-products from that flour, but that it shall go back to those who require it for foodstuffs. This arrangement is an improvement over the United States plan, as millers there can make a profit of 50 cts. on by-products. Paying \$2.21 for wheat means that a loaf can be produced that is somewhere in the neighborhood of the price that is being paid in Canada today. The United States Food Administration says that if they can arrange to sell bread over there at the price now being paid in Canada they will be doing great things.

In connection with the milk problem, this had phases concerning which the people of this country knew nothing. Before the war the milk went to the cheese factories, butter factories or to supply our cities. Now, however, condensed milk and powdered milk is being put up in large quantities, as this is the only way in which it can be sent overseas. With the submarine menace and the food shortage in the countries of Europe growing less and less, the milk supply was shortened up. The idea then was to get as much milk as possible on this side of the Atlantic. French and Italian buyers came across and offered to pay \$2 for milk. This reckless and ruinous way of bargaining presented us with problems not of our making, but problems with which we had to deal. We went to Washington to consult with Food Controller Hoover, with the result that we put those allied buyers practically out of business so far as the excess supply was concerned, so that now you are paying \$2.50 for your milk instead of \$2.

What is the sugar situation? The sugar situation as presented down to last August was not acute and a shortage was not threatened until summer was well on. Great Britain refused to buy a large supply of sugar from us. Early last summer the British government placed an order with Java for 100,000 tons of raw sugar. This meant 200,000,000 lbs. of sugar—upward of five lbs. for every

man, woman and child in the United Kingdom. Every pound of this left Java, but not a pound reached England on account of submarines. This meant that the supply which had been counted on for the United States and Canada had to be drawn on for Great Britain and other allies. While there is a shortage of sugar, there is no valid excuse why any man should charge more for sugar than if there were no shortage, because we have made arrangements with refiners that there should not be an increase. There will be a shortage until the new crop comes in, probably in early January.

We will have to speed up in the fields of production so as to contribute to the support of the armies at the front and the men and women behind those armies. The thing that meets the needs more than any other at the front is bacon. The United States supply of hogs during the past year has been depleted 10 per cent. below normal. They have started out to overtake that 10 per cent. within the next 12 months, and also 15 per cent. of Canada's production, which is 25 per cent. of the normal production of the United States. We have a hog production campaign on here. The women of the Institutes can do much in helping this campaign, and I am sure they will go back determined that in the far as possible they will do their share.

You have heard cooperation until you are tired, but we still want your cooperation—even at times when our ideas and yours do not entirely agree.

## COOK'S CORNER

In the war menu which come from the Food Controller's Office, recipes are given for making various war dishes, and the following are some which we have received:

### Baked Heart of Beef.

Wash a beef heart, remove veins, arteries and clotted blood. Stuff with a dressing made as for fowl. Sprinkle with salt and pepper. Put in a covered baker with two cups boiling water and bake slowly two hours, basting every 15 minutes.

### Fish Chowder.

Two cups potatoes (sliced), one cup onion (sliced), one cup fish. Cook potatoes, onion and fish separately. Combine, season and reheat with white sauce.

### Oatcakes With Date Filling.

Three cups flour, three cups oatmeal, one cup beef dripping, one cup sugar, one cup sweet milk, one teaspoon salt, one level teaspoon soda, two level teaspoons cream of tartar. Roll thin and cook.

Date filling: One pound dates, one-half cup sugar, juice of a lemon.

### Bran Gems.

One and one-half cups flour, three-quarters of a cup bran, one cup sugar, one-third cup molasses, three-quarters of a teaspoon soda, one teaspoon salt, two tablespoons melted butter.

### Brown Bread.

One cup rye meal, one cup granulated cornmeal, one cup Graham flour, one and one-half teaspoons soda, one teaspoon salt, one cup molasses or corn syrup, one and three-quarters cups sweet milk. Cover closely and steam.

### War Cake.

Four tablespoons dripping; one-half cup sugar, one-half cup milk, one cup flour, one-half cup Graham flour,

two and one-half teaspoons baking powder, one teaspoon cinnamon, one teaspoon cloves, one tablespoon molasses, one egg. Mix sugar, dripping, beaten egg and molasses. Add to the flour the baking powder and spices. Add the milk and flour alternately to the first mixture. Bake 30 minutes in a shallow pan.

## Realize Purpose in Life

"Aunt Fanny," Peterboro Co., Ont. I HAVE read the article by our household editor on "Mending Bags and Carpet Bags," which appeared in a recent issue, and his suggestions are requested, it occurred to me that I might devote some of my "spare time" in the evenings to jotting down a few of my ideas.

I am heartily in accord with the ideas voiced in the article in regard to spending our evenings in resting and recreation, rather than laying out more work for ourselves after tea which will keep us up late into the night with the old mountaineer, who said: "There's a whole day to-morrow that ain't teched yet," and it is not done one day can wait till the next. There is a purpose, and to that purpose creation question also. People who take the evening off for rest and recreation, come to their tasks next day refreshed and full of enthusiasm, and are therefore able to do a reasonable number of hours than those who plod along wearily after the tea hour.

Here is a mistake which many of us make, at least it seems a mistake to me. It is to sit down and spend our evening in the kitchen after we have resolved to take it easy. We see enough of the kitchen throughout the day, and if we spend the evening there, unfinished tasks, if there are any, will be more apt to loom up and claim our attention, thus spoiling to a certain extent our peace of mind. On the other hand we go into the living room, shut the door on the kitchen and all the duties which await us on the morrow, we will find it restful. We will be in a position to do our work as we to think of higher things and to realize that life is for the purpose of soul growth as well as for physical living, and the work which it entails. There will be time to talk over current events with "hubby," and to help him plan ways and means of making the farm pay. The children too will enjoy having mother spend a play hour with them before they retire. It is my opinion that the happiness of the children in the home depends very largely on the cheerfulness of the mother.

By spending many evenings together in a comfortable living room, the family will really have a chance to become acquainted, there will be an opportunity of enjoying music together, reading and games. And all these will lead to more interest in outside social life and recreation which is a desirable adjunct to life.

## Candy Without Sugar

SHUT down on candy eating" is the advice given by the health board nowadays on account of the scarcity of sugar. There are times, however, when we crave a small quantity of candy at least. The economic division of the Department of Agriculture of the University of Minnesota, has solved this problem to some extent by suggesting that corn syrup be used in making taffy, instead of sugar. Their recipe is as follows: Two cups corn syrup, one teaspoon grated or scraped lemon-rind, three tablespoons lemon juice, one teaspoon vanilla. Boil syrup to the hard-crack stage, as for taffy. Remove from the fire and in a speed lemon-rind, lemon juice and vanilla. Pour on to well buttered plates, and when cool enough to handle, pull until light and break into pieces.

\* A synopsis of an address delivered by Food Controller Hanna before the delegates at the Women's Institute Convention, Toronto.