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Shock Absorber For Ford Cars

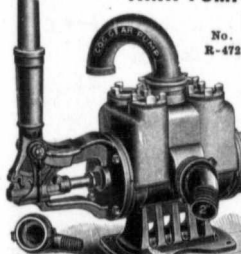
Hassler Shock Absorbers save tires because they support the weight of the car. When the car strikes a rut, they gently compress and absorb the jolt instead of forcing the tires to lift the car. The increased mileage from one set of casings pays for them. Hassler Shock Absorbers make your Ford ride as easily as a \$2,000 limousine. They save gasoline, reduce up-keep cost one-third, and increase the resale value of your car. 300,000 Ford Owners recognize their economic necessity.

10-Day Free Trial Offer

Phone, write or call for FREE TRIAL. BLANK and we will have a set of Hasslers put on your Ford without a cent of expense to you. Try them 10 days. Then, if you are willing to do without them, they will be taken off without charge. Don't ride without Hasslers simply because someone discourages you from trying them. Accept this offer and see for yourself. Over 200,000 sets in use. Do it now.

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Lock Driver H.C. 13 HAMILTON, ONT., CAN.

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the corner has been turned. The use of substitutes, therefore, becomes an imperative necessity in this country and our people should familiarize themselves with methods successfully used in baking these substitute flours.

On the 1st of July the Canada Food Board Order became effective requiring all public bakeries, and private households also, to use 10 per cent substitute flour. On the 15th of July this percentage is to be increased to 20 per cent, in all of Canada east of Port Arthur. The question then will arise in each housekeeper's mind, what are substitutes for wheat flour, where can they be had and how are they to be used. Substitutes as defined by the new law, include bran, shorts, corn flour, corn meal, edible cornstarch, hominy, corn grits, barley flour, rolled oats, oat meal, rice, rice flour, buckwheat flour, potato flour, tapioca flour, rye flour and rye meal. Potatoes are also classed as a substitute for wheat flour, in proportion of four pounds of potatoes to one of the other substitutes mentioned, on account of the higher percentage of water in potatoes. A large number of millers are ready with these different flours and as soon as the public demand calls for them they will be distributed throughout the trade, and are now procurable by dealers.

There has been some talk about the price of substitutes being high in proportion to flour but it is expected that this condition will remedy itself as the new flours get into general circulation throughout the trade. In the case of corn meal, the price has advanced for corn in Chicago on account of market conditions. Canadian millers were depending on American corn and advanced the price of corn meal accordingly on all new contracts. It is not expected that this market condition will continue, however, as there has been plenty of corn in the United States since last harvest, although difficulty of distribution arose through lack of sufficient transportation facilities and similar cause. With the 1918 crop in prospect, it is expected that there will be a still more plentiful supply for the coming season.

It may be necessary to experiment with these substitute flours a few times before succeeding in producing a satisfactory loaf and opportunity should be taken to study the effect of these substitutes and the different methods of mixing, handling, fermenting and "proofing" of the doughs. As most of the wheat flour substitutes accelerate the fermentation, it will be better not to work the dough as long as usual. About four hours for fermentation will be sufficient in a room of moderate temperature, divided as follows:—

2 hours 45 minutes for the first punch,
45 minutes for the second punch.

30 minutes is allowed before the dough is finally taken out, kneaded and cut into loaves. After being set in the pan, 45 minutes is enough for "proofing," when it is ready for the oven.

When corn meal, oat meal or other



IN THE AR RAID ZONE

Client. "None o' them two last sittings I bought from you have hatched out."

Dealer. "Have you tried the 'All Clear' on the bugle, Mum?"



Spinach Loaf

1 cupful spinach, 1 cupful cheese, cut fine, $\frac{1}{2}$ teaspoonful cayenne, $\frac{1}{2}$ cupful

bread crumbs, 1 tablespoonful fat, $\frac{1}{4}$ teaspoonful salt. Mix and bake in greased dish twenty minutes.

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A SUPERB Beverage

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Winnipeg Canada

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