

Cheese Puffs:—Soak a cupful of dry bread crumbs in two cupfuls of milk; add the well-beaten yolks of three eggs, one tablespoonful of melted butter substitute and pepper and salt; add the beaten whites of the eggs and a cupful of dry grated cheese; pour into a pudding dish, cover with dry bread crumbs and bake in a quick oven until brown. Serve at once.

Cheese Sandwiches:—Cut slices of stale bread into rounds with a biscuit cutter. Put a thick layer of grated American cheese, mixed with cream cheese seasoned with paprika pepper, between two rounds; press them well together and fry a delicate brown in hot fat.

Bread Meringue:—Boil half a pound of stale bread in a pint of milk until smooth; then beat up with a fork. Then add sugar to taste, the juice of a lemon, a tablespoonful of butter substitute and the well-beaten yolks of two eggs. Beat thoroughly; then pour into a well-greased pudding dish and bake until brown. Take out of the oven and spread the top of the pudding with jam. Have the whites of the eggs beaten very stiff, pile on top of the jam and then return the pudding to the oven for a few minutes so as to brown the meringue lightly.

Bread Omelet Souffle:—Soak three cupfuls of stale bread crumbs in three cupfuls of hot milk; add one cupful of grated cheese and beat thoroughly. Add three well-beaten eggs and seasoning to taste. Put a tablespoonful of butter substitute in a pan, put in the mixture and cook more slowly than for a plain omelet. When it is set it will be as light as a soufflé; fold over the edges and serve at once.

Peach Bread Pudding:—Line a china pudding dish with slices of stale bread about half an inch thick and pour into it some boiling stewed dried peaches; put some slices of bread on the top, press them down well and let it soak thoroughly. When cold, serve with a custard sauce.

Recipes

India Relish

For those who like a fairly hot pickle, India relish will appeal. It can assure you it is well worth trying.

16 small onions, 1 1/2 peck tomatoes, 1 cup salt, 1 tablespoon celery seed, 1 1/4 cup tumeric, 1 tablespoon curry powder, 3 red peppers, 6 large cucumbers, vinegar to cover, 3 lbs. brown sugar, 1 1/4 cup black pepper, 1 1/4 lb. mustard.

Slice the onions, cut the peppers and cucumbers in cubes, sprinkle with salt and let stand over night. In the morning drain and rinse, add enough vinegar to cover, add the spices with the exception of the mustard, cook slowly until tender, and when cold add the mustard.

Chili Sauce

Chili sauce is nice used as pickles and a bit added to a stew or hash improves the flavor.

30 ripe tomatoes, 6 green peppers, 4 level tablespoons salt, 16 tablespoons sugar, 1 pint vinegar, 2 bunches celery, 10 small onions. Peel tomatoes, chop onions and celery. Add to vinegar and boil one and a half hours.

Chili Sauce No. 2

Peel tomatoes and slice, put in preserving kettle with remaining ingredients. Heat gradually to boiling point and cook two and a half hours.

12 medium sized ripe tomatoes, 1 onion finely chopped, 3 tablespoons sugar, 2 teaspoons cloves, 1 teaspoonful allspice, 2 cups vinegar, 1 tablespoon salt, 2 teaspoons cinnamon, 1 teaspoon grated nutmeg, 1 pepper finely chopped.

Codfish Croquettes, Tomato Sauce

4 cupfuls cold boiled fresh codfish; 1 cupful of thick cream sauce; 1 tablespoonful of finely chopped onion; 2 tablespoonfuls of table sauce; 1 teaspoonful of salt; 1 1/4 teaspoonful of paprika; 1 egg; Bread crumbs.

Break the fish into small pieces; add the sauce and seasonings; spread on a plate until cold and firm. Take up one tablespoonful in floured hands, mold into cone shape, or oblong, and dip in egg which has been beaten with a tablespoonful of milk. Be sure the croquette is covered with the egg; then roll in bread crumbs or corn meal and fry in very hot drippings.

For Our Little Ones

Being a Bird.

Alice J. Cleator

O what a splendid thing it must be To be a bird and live in a tree! To own a thousand of leafy swings, A glorious song and a pair of wings.

To take long trips o'er the fields of air, To pack no trunk and to pay no fare. Joy of sunlight, no fear of rain, Sailing along in an "aeroplane," Looking far down from the ether's height At curving rivers like ribbons bright, Far from mad traffic's roar and shout

And see the earth like a map spread out. No dread of tomorrows like phantoms gray, No bitter memories of yesterday! O, there never was printed or spoken word That tells the joy of being a bird!

A Thanksgiving Picture.

By Georgene Paulknee

Wake up, my little Francois. You don't know how long the birds have already been singing the glory of God," said the old grandmother, and the boy Jean Francois Millet jumped from his bed and, dressing rapidly, went out into the garden with the birds and flowers.

His father was a poor peasant and the family lived in a humble little home in the village of Gruchy. All about were pleasant pastures and fertile fields where the peasants drove their cows and sheep and, as he watched these men and women working in the field, plowing the ground and sowing the seed and reaping the harvest, the scenes he saw made such an impression upon him that they lasted all through his life.

Although little Francois loved nature he did not develop any ability as a farmer. He was always drawing; sometimes, with a stick in the dusty road, he would sketch pictures of horses and dogs and cows. Sometimes, with a burned charcoal from the fire, he would draw on a piece of paper or would make rude sketches on the fence boards, and often he would pick up moist bits of clay from the roadside and model small figures of animals and men.

At last his father took the boy to the near-by city of Cherbourg and showed some of the sketches to an artist there. "Your boy could not have drawn these alone without any instruction," said the astonished artist.

"Yes," he did," replied the father. "Then you should have let him study before this," said the artist. "Do you not know that your child has in him the making of a great artist?"

And so the young Millet was sent to Paris to study, and there he worked faithfully for a long time. But Millet did not care to paint pictures of the things he saw in Paris, and he filled his canvas with the pictures of the poor peasant people he had seen in his own boyhood home. Finally he grew so tired of the large city that he said: "I must go back to the country and paint the people out in the fields, doing God's work."

And so the artist moved away from Paris to the little village of Barbison, and there he lived in a humble home, such as he had had when he was a boy. His studio was at the end of his garden, and when he was tired of painting he would go out and dig in the soft earth, for he loved his flowers.

He loved little children and he often took them with him for long walks through the fields, and he would draw for them picture stories of the things that they saw about them; and, because he loved nature and little children and the peasant people who were his neighbors, he was able to give to the world his wonderful pictures, which tell us so sincerely of the simple life and the great outdoor world.

In many of his pictures Millet shows how much we depend upon the animals that serve us and which are dependent on us. And he also teaches us how dependent we are upon our fellow man who works

hard in the field for our daily bread. And so we see "The Sower" walking rapidly across the field, his hat shielding his eyes from the warm rays of the sun as he scatters the seed from a sack which he carries on his arm.

Then we see pictures of "The Harvesters" working in the fields and, in one story, he tells us of "The Gleaners." Here we see a group of poor peasant women bending over and picking up the wheat which has been left in the field for them.

The farmer and his helpers are apiling their wagon with golden grain, but on the ground they have left some wheat for these poor peasants; and so "The Gleaners" toil on and, like hungry birds, they search for every stalk of grain, for it means food for their little ones, and they are grateful to the generous farmer and to the good God above for their harvest.

The most wonderful picture which Millet gave to the world was the picture of "The Angelus," or "Evening Bells."

As Millet walked across the fields one evening, just at sunset, he saw a poor peasant and his wife digging their potato harvest. A basket of potatoes stood on the ground and near by was a wheelbarrow filled with sacks of potatoes. The western sky was all rosy and purple with the light of the setting sun; the birds were flying to their nests; and far away, across the fields, could be seen the spire of the village church.

Suddenly the evening bells rang out "Bim — bam — Bim — bam — Bam!" upon the still air. It was the call to evening prayers and the bell in the church rang every night at sunset.

As soon as the sound reached these peasant people they stopped their work. The man put his pitchfork into the earth and, taking his hat from his head, he bowed his head in prayer. And the woman folded her hands upon her breast, bowed her head and thanked the Heavenly Father.

The great artist Millet watched them reverently and then he took off his hat and prayed also, and he asked God to give him the power to put this picture on the canvas, so that all the world might know of the faith, gratitude and love of these peasant people.

We all know this world-famous picture, for a copy of "The Angelus" is in almost every home. And as we look upon these grateful people we feel that Millet has given us a true Thanksgiving story—not for one day only, but for every day; and we can almost hear those evening bells ringing out and calling us to thank the Heavenly Father.

Exanthematic-Remedy (also called Bananohidimiasis) Pamphlet in which everything concerning this cure is explained will be sent free. Only one Remedy to be had from JOHN LINDEN Specialist and only Manufacturer of the genuine and pure Exanthematic Remedy. Office and Res. 3804 Prospect Ave., S. E. Letter Drawer 396 Cleveland, Ohio. Beware of imitations and false recommendations.

IMPORTANT FOR BOARDING-HOUSE KEEPERS

Boarding-house keepers are reminded that they must get a license from the Canada Food Board if they serve fifteen meals a day outside their families. It is illegal to get the license, and the penalties to be heavy.

How are those who omit to get a license to be discovered? Very easily. The grocer must knowingly serve boarding-house keepers who have no license. He risks having his own license taken away, which would put him out of business. Boarding-house keepers must also obtain sugar certificates to get their supplies of sugar, and the retailer must endorse these at each purchase. Order 46 of the Food Board—which, it must be emphasized, is the law of the land today—specifically includes among Public Eating Places private families keeping boarders and boarding-houses, provided, of course, they serve fifteen meals. Retail grocers have been warned individually by the Food Board against breaking these regulations.

LANGUAGE PROBLEM IS ONE FOR THE G. G. A. TO GRAPPLE WITH NOW.

No Body Save the Government Has Greater Opportunity to Help Solve it.

CHILDREN CRY FOR FLETCHER'S CASTORIA

The large paint warehouse of the Frank Reardon & Company, Halifax, caught fire and the buildings and contents, valued at nearly \$200,000 was a total loss.

OUR ORGANISED GRAIN GROWERS

Articles and items under this heading are edited by officials at the Central office of the "Sask. Grain Growers' Ass'n." "The Courier" gladly gives publicity to these articles, as this paper always has been and still is a strong believer in the cause of the organized farmers of the west.

ALBERTA FOLLOWS SASK. KATCHEWAN IN DEVELOPMENT OF G. G. A.

District Association Idea is Taking Hold in Sister Province.

There is no standing still in the Grain Growers' movement. It is not only true that "Whatever a man soweth that shall he also reap"; but it is equally true that others shall reap. The phenomenal development of the Saskatchewan Grain Growers' association is having a far-reaching and desirable effect of arousing interest away from the home methods employed, says a member of the Saskatchewan Grain Growers.

A few days ago a communication was received by H. H. McKinney, superintendent of organization, from H. Higginbotham, secretary-treasurer of the United Farmers of Alberta, soliciting information regarding "District Associations."

In his communication Mr. Higginbotham says in part: "The district association idea is only just beginning to develop in this province and I think that your experience along this line would be of considerable assistance to us. Exactly what relation do the locals bear to the district associations and what the district associations to the locals? Do your district associations usually employ a paid secretary? I understand that the district associations elect their own directors. Is there a set time for the meetings of the district associations and how are the district associations applicable to the decisions of the annual convention?"

In view of the near approach of the district conventions it might be interesting and apropos to record the following excerpts from Mr. McKinney's reply:

We have Saskatchewan divided into sixteen districts, and a district director is nominated at each district convention. There are between seventy-five and one hundred locals in each of these districts and each local appoints one delegate for every ten of its members to attend the annual convention.

These district conventions have no authority, except in the matter of nominating their district directors. The actual appointment or election of the district director is made at our provincial convention. However, it is the practice of the provincial convention to appoint the directors who are nominated at the district conventions.

Any important resolutions which are passed at the district conventions always have favorable consideration with the resolution committee, when the schedule of the resolution is being made up for the provincial convention. We also see that any important resolutions passed by any of the district conventions is given considerable publicity. They serve the purpose of giving fuller information and a fuller opportunity of discussion than is possible in the large provincial convention and also serve to bring out the important subjects which are before the people.

The district directors decide where the district conventions will be held; and our central executive fixes the time for the sixteen district conventions, so that they may be held in a series. While the directors are encouraged to make the most economical arrangements possible, for their conventions, the actual expenses are paid by the Central office.

All life members secured since January 1, except those taken at the convention, will be credited to the local to which the life members belong. The only condition is that there should be no argument with any local that any part of the \$50 prize shall be rebated to the members as payment in whole or in part for the life membership fees.

The value of life members is very well understood. Not only does it help to increase the capital which the association has to work with, but there is no better way to insure the permanent interest of the members. Anyone becomes very much interested in anything in which he makes some investment. In order to insure a permanent member who will stand by the association loyally through thick and thin, a very large number of life members is needed. Several locals are putting on a special campaign as soon as the busy season is over. Some of

Radical Cure for Nervousness Weak and nervous persons, who consider their cases hopeless, suffering with headache, pain in the chest and back, bad dreams, weakening discharges, premature loss of hair, hearing and eyesight, catarrh, stomach trouble, constipation, fatigue, palpitation of the heart and melancholy will learn to their advantage, in the booklet "JUGENDFREUND" how the evil consequences of youthful errors, pollution, stricture, phthisis, hydrocele, varicocele can be cured absolutely within the shortest possible time. This interesting book (latest edition in English or German) from which young and old will profit, is sent upon receipt of only 25 Cents in stamps by the PRIVATE CLINIC, 137 East 27. St., NEW YORK, N. Y.

By ordering it will be appreciated if you mention "The Courier".

Hearer to the Goal

At last we have made another Step in the right Direction. On account of the establishing of a third store at Kendal, Sask., we have been put into the position to buy goods in greater quantities and to buy them cheap. The new store at Kendal is modern in every respect and keeps a first class assortment of goods of every description. In connection with this business we have opened a complete Lumber Yard.

All our customers who know the business methods adopted by us, no doubt are aware of the fact, that the advantages reaped by us are also to their best interests.

Our stock is really too numerous to be mentioned in detail. We assure our customers that we hold for sale in every one of our stores only the best of goods.

PLENTY OF STOCK TO SELECT FROM REASONABLE PRICES AND COURTEOUS SERVICE.

Huck & Kleckner, Vibank, Sask. Kleckner, Huck & Gartner, Kendal, Sask. Kleckner & Huck, Odessa, Sask.

these expect to have every member become a life member.

Kindly let us know what you are doing about this in your local. Are you out for the \$50 which is going to be paid to one of our 1,200 locals? There is still a splendid opportunity for any local to get busy.

More Life Members Needed.

One of the reasons for urging that members of the G.G.A. should become life members is because more capital is needed for the trading department. Two dollars of the \$12 membership fee goes into the organization account and the balance into the trading capital. The latter pays fifty cents per year interest on each \$10 to the organization department, which makes the fees to the same as if paid by each member of the annual basis. At the end of last year there was \$9,000 in the life membership fund and since January 1 an additional sum of \$5,395 has been received for the same fund. Nearly two hundred applications were received during the last convention and two hundred and forty-five have been received since that time. It is not necessary to have the full cash payment with the application; part payment can be made at the time and the balance any time before the end of the year.

"The majority of the population here are Roumanian; many of whom cannot read either English or Roumanian. To enlist their support will be a big problem. But being right on the ground I may be able to cope with it. But I am not indulging in any rash boasting." "I was impressed with a desire expressed by two or three for a night school. If that desire is a serious one I intend to comply with it. In that case I shall aim to make that and the G.G.A., mutually support each other. I shall consider the art of intelligent reading the "Open Sesame" to all useful knowledge.

"At this critical period of the nation's reformation much depends upon the sincerity and fidelity of those who are placed in charge of the public schools and no more onerous duty, at this time, devolves upon any citizen. That Mr. Atkinson will measure up to this responsibility those who know him best have no doubt."

WEYBURN DISTRICT G. G. TO HOLD THEIR MEETING NOVEMBER 24

District No. 3 Convention at Weyburn.

Mr. Nelson Spencer, director of District No. 3, advises that it has been decided to hold their district convention at Weyburn this year.

KEEN INTEREST IS BEING SHOWN IN PRIZE OFFER.

Life Membership Campaign Among Locals Going With Swing.

The contest for the \$50 prize which has been offered to the local securing the most life members during 1918 is now waxing quite warm. Already a large number of life members have been secured, and it is evident that very many more will be secured during the closing months of this year. This prize was offered by Mr. W. J. Newman, president of the Bell-Plain local.

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The Courier's Mail Bag

Brooks, Alta., Sept. 25, 1918. The Courier:—

Enclosed you will, please, find \$5 being payment of my account with the Courier. Kindly change my address on your mailing-list, as I have removed from Winnifred, Alta., to Brooks, Alta. I bought a piece of land in the irrigation district, with which I am entirely satisfied. The piece of land I was able to put in crop yielded a good crop. I have made preparations to water my land next week. Some of our country men have lately bought land in this district, and I understand more are to come. Land which can be acquired around here is situated not far from town and is lying alongside of the main line running to Calgary. In the district where I removed from, the crop was a very poor one.

I am eager to read the "Courier" every week, therefore, please, continue sending same.

Yours truly Fred Beetholt. COLCHESTER, Alta., Oct. 2, 1918. The Courier:— We are sorry not to be able to read "Der Courier" in our mother

tongue again, but we all have duties to fulfill, duties to the country of our adoption, of which one of the first and foremost is compliance with law and order as adopted by the authorities. Hence we can't do anything else but respect the law as bitter as it may seem to many of us. If I am voicing the opinion of the majority of our people, which I earnestly hope I do, then the "Courier" in his new dress shall not have to suffer through loss of subscribers. If we have a duty to our country to fulfill, we should not forget that we have a duty also to the "Courier", who in former days always has advised us in a true and brotherly spirit in our own mother-tongue about all the happenings around the globe. Therefore let us try and make out the best of the reading matter presented to us now in English. Some day it may be to our benefit, that we have really and earnestly started to read English. A great many of us took it too easy so far. But there is yet time to make good.

Yours truly, Wilhelm Rentz, sr.