



ON the outskirts of the city—
in a meadow—where the
sun shines brightly, the birds sing and the
air is pure and fresh—there stands a great
snow-white palace—the home of McCormick's Bis-
cuits—the finest biscuit plant in America. With
our unsurpassed facilities it is natural to expect McCormick's
Jersey Cream Sodas to be the finest in the land.

Sold fresh everywhere. In sealed packages.

McCormick's

Jersey Cream Sodas

Factory at LONDON, Canada. Branches at Montreal, Ottawa, Hamilton,
Kingston, Winnipeg, Calgary, Port Arthur, St. John, N.B.

Canada Food Board Licenses 11-003, 14-166

Now that sounds very business-like and commercial, doesn't it? And of course there is a substratum of commercialism in everything Boards of Trade do, but in the meetings held in the effort to organize this city Commerce has no* held the only chair. The aim of "organization" has been stated plainly to be to bring about *Everything* that can tend to improve the city and make it a better place for people to live.

Now, again, I tell you this because I hate to see the city get a start of the country. It is well—splendid—for the cities to go ahead, of course. The point is that the rural districts should keep pace—especially in these things that tend to promote greater intelligence and greater happiness. Progress always takes place in direct ratio with the efforts made, and if the city makes effort in various ways pertaining to public health, education, etc., and the country does not, then, in the long run, city people will get the start of country folk, and that must not be. We should all keep pace together.

After all there is much truth in that motto, "The Strength of the Dominion Lies in Well-Organized Communities." If the city communities find it well to organize to bring about results, why not the rural communities? . . . And the winter is the time for all such work. Think it over, won't you? and see what you can do in *your* community. One who loves the country wants it to have not only its own advantages but also all those that have been tried in the city and found good, as well.

JUNIA.



"We Make and Temper Our Own Steel"

SIMONDS

"The SawMakers."

Steel used in Simonds Crescent Ground Cross-Cut Saws is made from a special quality of steel manufactured in our crucible steel mill and tempered by our own secret process. This steel gives the teeth a toughness and hardness which enables them to hold their sharp, keen cutting edge under long and severe usage. Write for Booklet.

SIMONDS CANADA SAW COMPANY, LIMITED,
St. Remi St. and Acorn Ave.,
MONTREAL, Que.
VANCOUVER, B.C. ST. JOHN, N.B.

Needle Points of Thought.

"Life is not made up of great sacrifices, but of little things, of which smiles and small obligations, given habitually, are what win and preserve the heart."—Sir Humphrey Davy.

"Germany is the arch-enemy of internationalism."—John Spargo.

Cottage Cheese.

COTTAGE cheese", says an authority, "is a most palatable and nutritious milk product. Pound for pound it contains about 25 per cent. more protein than beef and costs half as much."

Every housewife knows how to make the plain "cheese". The method is quick and easy. Set a pan of "thick milk" on the stove and leave it there until the curd separates from the whey; drain off the whey, press the curd dry, mixing it with a little salt, and the cheese is ready.

But very few housewives know how many variations may be rung in on the plain cheese, or how very palatable it may be made by just a little fixing up. Perhaps the following recipes will be suggestive to some people who have never dreamed of the possibilities of this very nutritious food.

Cottage Cheese Loaf.—Mix with the cheese a small quantity of leftover ham or corned beef, put through the food-chopper, season with made mustard, press in a mould and serve in slices.

Cottage Cheese for Breakfast.—Serve crumbled with cream and sugar or fruit.

Cottage Cheese Sauce.—One cup milk, $\frac{1}{2}$ tablespoon butter, 1 tablespoon flour, $\frac{1}{2}$ teaspoon salt, dash of pepper, $\frac{1}{4}$ cup cottage cheese. A little catsup or finely chopped parsley may be added if liked. This sauce is nice to serve in place of the ordinary white sauce wherever it is used. When making it always mix the flour and butter together and cook, stirring constantly and adding the milk very gradually. When done add the seasonings and last of all the cottage cheese. It is nice on potatoes, fish, boiled onions, etc. When thinned with hot milk it makes a very nice supper soup to be eaten with hot toast or biscuits. If the sauce is liked thicker double the quantity of butter and flour.

Cottage Cheese Loaf.—One cup cottage cheese, $\frac{1}{4}$ teaspoon soda, 2 cups cooked beans, 1 cup boiled rice (dry), 1 cup bread crumbs, 2 tablespoons chopped onion, 2 tablespoons fat, seasoning of celery salt, catsup or mixed poultry seasoning. Mash the beans and mix all together into a very stiff roll. Bake in a moderate oven, basting occasionally with a well flavored fat. Serve with tomato sauce or well-seasoned white sauce.

Cottage Cheese and Potato Croquettes.—One cup cottage cheese, 2 tablespoons chopped parsley, $\frac{1}{4}$ teaspoon soda, $\frac{1}{2}$ teaspoon salt, dash of cayenne. Mix all together and form into small rolls, then cover each with mashed potatoes which have been seasoned with salt and pepper. Roll each in egg, then in bread crumbs, put a bit of butter on top of each and brown in a hot oven.

Cottage Cheese Salad.—Two cups cottage cheese, 1 cup pickled beets cut in cubes. Mix, add salad dressing and serve on celery leaves.

Salad With Vegetables.—One cup chopped cabbage, $\frac{1}{2}$ cup celery chopped fine, 1 cup chopped apple. Mix with cottage cheese salad dressing and serve on a small cabbage leaf.

Cottage Cheese Mayonnaise.—One cup cottage cheese, 1 tablespoon corn syrup, $\frac{1}{2}$ teaspoon mustard, $\frac{1}{2}$ teaspoon salt, dash of cayenne, $\frac{1}{2}$ cup olive oil or melted sweet butter. Mix and serve at once.

Why Children Should Have Milk.

EVERY child should have a quart of pure milk a day, if possible; every adult should have at least a third of a quart. So says an expert in foods.

Milk is rich in lime. Children need plenty of lime for it goes into forming bones and teeth, and also is needed in the blood in all parts of the body. Milk is also a protein food, and goes to build up muscle and tissue. Also in rich, pure milk there is a certain amount of fat