

How many tasty dishes can you make with Rolled Oats?

IN some homes this best of foods is used for only one dish—porridge. In others, it is also used for making delicious oatmeal bread, or those tasty oatmeal cookies that the children are so fond of.

In these advertisements we are going to print from time to time recipes for old dishes and new dishes made from rolled oats.

Most of them have been worked out and all of them officially approved by Miss Helen Graham Johnston, who understands the appetizing and dietetic qualities of rolled oats better than any other woman we know. Try these recipes and don't forget that each recipe was built with Tillson's Oats as the basis.

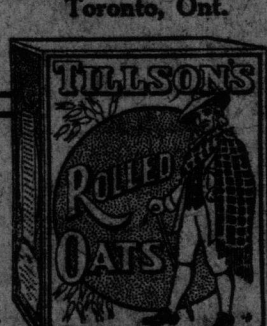
As Tillson's are prepared differently from any other rolled oats, both in the rolling process and the pan drying process, do not expect to get the most satisfactory results unless you are using

Tillson's Oats

Roller Thinnest — Cook Quickest

Your grocer has Tillson's. Two sizes—10c and 25c. Each 25c package contains a handsome piece of English Porcelain Tableware.

CANADIAN CEREAL & MILLING CO. Ltd.
Toronto, Ont.



The HONOR of the BIG SNOWS

By James Oliver Curwood
Author of THE DANGER TRAIL



(Synopsis of Previous Chapters)

As Melrose, with the far Canadian north, saw her cabin home in the distance, she knew that she was home. She had been away for a long time, and she was tired. She had been through a lot of trouble, and she was glad to be home. She had been through a lot of trouble, and she was glad to be home. She had been through a lot of trouble, and she was glad to be home.

CHAPTER XIII.—(Continued)

Cummins and Jan sat at their last supper together, with Melrose sitting between them and wondering at their silence. When it was over, the two went outside. When it was over, the two went outside. When it was over, the two went outside.

"The flag is up now," he whispered huskily. "Go back to Melrose. There is food in the house for a month, and you can bring the wood in tonight. Bar the door. Open only the back window for air. Stay inside—when—until it is all over. Go!"

"To the red flag, that is where I will go," cried Jan fiercely, wrenching his arm free. "It is your place to stay with Melrose!"

"My place is with the men."

"And mine?" Jan drew himself up rigid. "One of us must shut himself up with her," pleaded Cummins. "It must be you. His face gleamed white in the darkness. 'You came that night—because Melrose was here. Something sent you—something—don't you understand? And since then she has never been near to death until now. You must stay with Melrose—until your violin!'"

"Melrose herself shall choose," replied Jan. "We will go into the cabin, and the one to whom she comes first goes among the red flag. The other stays here, in the cabin until the plague is gone." He turned swiftly back to the door. As

he is proud, she loves me a great deal, Jan. Thelma! Though I don't believe she meant to hit me. It was a woman's hand."

Jan left him beside a good fire, and turned into the kitchen. The red flag still floated where he had seen it weeks before. The windows were thicker with frost. He should, beat upon the door with the butt of his rifle and broke in the window. The silence of the night was broken by the sound of his heart beating in his chest. There was no doubt that Melrose had died in his little cabin.

Jan brought dry brushwood from the forest, and piled it high against the door. Upon his sled he had a small stove, and he had a small stove, and he had a small stove. He had a small stove, and he had a small stove, and he had a small stove. He had a small stove, and he had a small stove, and he had a small stove.

CHAPTER XIV.—A Long Waiting.

The next morning Jan struck out over his old trail to the Hanabala. The snow was deep. He spent a day swinging east and west, and found old trails leading into the north.

"They have gone up among the Eskimos," he said to himself. "Ah, Kanan, what is the name of the Eskimo? That's the name of the Eskimo. That's the name of the Eskimo. That's the name of the Eskimo. That's the name of the Eskimo. That's the name of the Eskimo."

"I am going down among the sick Crees in Cummins' place," said Jan to Williams, half an hour later. "Now was the plague has come to Lac Bain, he must stay with Melrose."

"Up, Jan, up—way up!" cried Melrose. "Up, Jan, up—way up!" cried Melrose. "Up, Jan, up—way up!" cried Melrose. "Up, Jan, up—way up!" cried Melrose. "Up, Jan, up—way up!" cried Melrose.

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The Evening Chit-Chat

by RUTH CAMERON

"To be truly happy is a question of how we begin and not of how we end. OF WHAT WE WANT AND NOT OF WHAT WE HAVE. An aspirational piece of advice, a pleasant one as well as a landed estate, a fortune which we can have, and which we can, year by year, a revenue of pleasurable activity."

THE daughter of the wealthiest man in our town has recently been married. Her father's wedding gift to her was a house completely furnished. The house stands on the edge of a fine lawn. It is a beautiful big building with wide veranda, open fireplace, and a splendid view. It is finished in rich natural wood and is furnished complete, even to the minutest detail. Hangings, rugs, ornaments, all the little minutiae of utility and service that make a home a home, are all there. The house is a masterpiece of architecture and interior decoration.

And how can she experience the excitement and elation which possessed you, when you found the particular Oriental rug you had admired for years, in the house of a friend? The house is lavishly appointed with rare costly rugs, but what of that? They bring her half the excitement of the acquisition of that one brought to you. Indeed no. What chance will it ever get to feel as happy as you did the Christmas day, when you bought that beautiful rug? You bought that rug for a good reason, and made it possible for you to get rid of the cheap and ugly makeshift you had used so long.

Now, planning and saving and contriving are equally good sauces for the meal of acquisition. In my mind, the young people who start out with the necessities and a few of the luxuries, are far better off than the young folks who have almost everything. Every little thing they acquire will be treasured and gloried in long and waiting, and perhaps the sacrifices made to obtain it. Every humble piece of household furniture will have a meaning and a history. Thought and love will be put into the interior decorations of each house, and will gradually make it that wonderful thing which is as different from a mere house as from a city hall or a home.

he is therefore looked upon as a kinsman. Only a few weeks ago the newspapers announced the arrival of a prince in Egypt from Constantinople. As soon as this was known on the shores of the Nile, the Khedive and the Egyptian government about the matter until it was finally brought to light by means of investigation. The grand vizier thereupon availed himself of the opportunity to renege very seriously with the Khedive and with the Egyptian government about the matter until it was finally brought to light by means of investigation.

La MARQUISE de FONTENAY
An Actress, Married
Son of Egyptian Prince—
Barrister Law's Course

(Copyright, 1912, by the Brentwood Company)
As there is a report in the United States an American press who figured on the stage as On Humphrey, but who now styles herself "Princess Ibrahim Hassan," of Egypt, in view of the fact that her marriage to the Egyptian prince was not recognized in Egypt, it is timely to refer to the edict lately issued by the Khedive of Egypt, which rigorously restricts the inheritance of the title of prince to the sons of a prince, and to the sons of a prince.

More Ibrahim Hassan, who married On Humphrey at a registry in London, is not the daughter of a prince, but the daughter of a prince. The daughter of a prince, but the daughter of a prince. The daughter of a prince, but the daughter of a prince. The daughter of a prince, but the daughter of a prince. The daughter of a prince, but the daughter of a prince.

Moreover, it is just as well that it should be known that the title of prince is a title of honor, and not a title of power. The title of prince is a title of honor, and not a title of power. The title of prince is a title of honor, and not a title of power. The title of prince is a title of honor, and not a title of power. The title of prince is a title of honor, and not a title of power.

The Khedive is regarded in Constantinople, and in fact everywhere else, as a prince, and in fact everywhere else, as a prince. The Khedive is regarded in Constantinople, and in fact everywhere else, as a prince. The Khedive is regarded in Constantinople, and in fact everywhere else, as a prince. The Khedive is regarded in Constantinople, and in fact everywhere else, as a prince.

TO CURE A COLD IN ONE DAY
Take LAXATIVE BROMO QUININE Tablets. Druggists refund money if it fails to cure. E. W. GROVE'S signature is on each box. 2c.

NA-DROU-CO Headache Wafers
You cannot afford brain-befogging headaches. NA-DROU-CO Headache Wafers. They stop them in quick time and clear your head. They stop them in quick time and clear your head. They stop them in quick time and clear your head. They stop them in quick time and clear your head.

NATIONAL DRUG AND CHEMICAL CO. OF CANADA, LIMITED.

CASTORIA

The Kind You Have Always Bought, and which has been in use for over 30 years, has borne the signature of Dr. J. C. Watson, and has been made under his personal supervision since its infancy. Allow no one to deceive you in this. All Counterfeits, Imitations and "Just-as-good" are but experiments that trifle with and endanger the health of Infants and Children—Experience against Experiment.

What is CASTORIA
Castoria is a harmless substitute for Castor Oil, Purgative, Drops and Soothing Syrup. It is Pleasant. It contains neither Opium, Morphine nor other Narcotic substance. Its age is its guarantee. It destroys Worms and allays Feverishness. It cures Diarrhoea and Wind Colic. It relieves Teething Troubles, cures Croup and Whooping Cough, gives Sleep and regulates the Stomach and Bowels, giving healthy and natural sleep. The Children's Panacea—The Mother's Friend.

GENUINE CASTORIA ALWAYS
Bears the Signature of
J. C. Watson
The Kind You Have Always Bought
In Use For Over 30 Years

Daily Hints
For the Cook

CHOCOLATE PUDDING.
One quart of milk, add 2 squares of chocolate, 2 tablespoons of cornstarch, 1 cup of sugar, flavor with vanilla, chill and serve with whipped cream.

MACARONI WITH CHEESE SAUCE
Break 1 1/2 packages of small macaroni into boiling water and cook until tender, then drain and run cold water over it, then put into sauce which has been made while macaroni is cooking.

SAUCE—Put a half-tablespoon of butter in the upper half of the double boiler (water boiling in lower half) and after it has melted blend in a tablespoon of flour, then add a cupful of hot milk, making a rather thin white sauce. Season with salt and paprika to taste.

During his long term in prison Gabel became an expert cabinet maker. With the pitance he saved—German prisoners' money, and was working last year at the age of sixty-four, announces his earnings to a woman thirty years his junior.

German Celebrates Release From Prison by Getting Married
Berlin, Jan. 22.—Heinrich Gabel, who served thirty-four years in solitary confinement in the Berlin prison, and was released last year at the age of sixty-four, announces his earnings to a woman thirty years his junior.

THE ALLEN LINER GRAMPHAN
(By Harry Leitch of Quincy, Ill.)
(One of the contented passengers on the Allen liner Gramphan, a gentleman who left Greenock for America 45 years ago and recently paid a visit to his native town.)

Although I'm past three-score and ten, I'll just take down my ink and pen, And let the folk in Scotland ken Of pleasures on the Gramphan.

To tell a lie would be a sin, I'm neither deaf nor yet an idiot. The lassies dance soles off their shins On board the steam Gramphan.

They feed ye up six times a day, And illa body has their way— They need na doctors on the way On board the steam Gramphan.

So never scruple or repine, Jump ye aboard the Allen liner. Ye'll mind o' days o' auld lang syne On board the steam Gramphan.

Her praises we will loudly cry, As lang o' our auld Scotch horns will blaw; Come give three cheers, Hurrah! For the bonnie boat, the Gramphan.

BE GOT A RAISE.
"I notice," said the young man's employer, "that you are always about the first at the office in the morning."
"Thank you, sir."
"Why do you thank me?"
"For noticing it!"—New York World.

SHIPPING

ALMANAC FOR ST. JOHN, JAN. 22.
A.M. P.M.
High Tide . . . 1:19 Low Tide . . . 7:43
Sun Rises . . . 8:00 Sun Sets . . . 5:10
The time used is Atlantic standard.

PORT OF ST. JOHN.
Arrived Yesterday.
Str. Montclair, 3:08, Hodge, Liverpool.
C.P.B.
Str. Astoria, Young, Fairbairn.
Sailed Yesterday.
Str. Manchester Importer, 2:58, Haworth, Manchester.

BRITISH PORTS.
Liverpool, Jan. 20.—Arr. Str. Empress of Ireland, St. John.
FOREIGN PORTS.
New York, Jan. 21.—Arr. Str. Carmania, Liverpool.
Vladivostok, Jan. 21.—Arr. Str. Carmania, Liverpool.

WAS THIRTY-FOUR YEARS IN SOLITARY CONFINEMENT
German Celebrates Release From Prison by Getting Married

During his long term in prison Gabel became an expert cabinet maker. With the pitance he saved—German prisoners' money, and was working last year at the age of sixty-four, announces his earnings to a woman thirty years his junior.

PARDON FOR McNAMARAS?
Galt, Ont., Jan. 22.—Rev. W. Madison Hicks, of Bradford, president of the I. O. O. F. of this town, has written an address to the McNamara case that he holds absolute proof that the McNamara brothers were innocent.

MEDICINE Versus NATURE

Why turn yourself into a medicine-chest, filling it with every new concoction that comes along? Nature does the curing, not medicine. Ask your Doctor if

SUNSHINE AND Scott's Emulsion
is not 'The Treatment for Coughs and Colds, Gripes, and many other ills.'
ALL DRUGGISTS 11-12

Stoves Lined Fire Clay
Lined Put in and Grates Supplied For All Stoves
"Don't let the fire burn thru to the oven"
Make appointment by mail or telephone Main 1638-21.

Fenwick D. Foley