The Control of the Control

LAYER CAKES

**AND FILLINGS** 

It should be remembered that in

mixing the batter for a layer cake it should not be made too rich, as most of the fillings impart a decided rich-

ness to the finished product, and if it is too rich in itself it is apt to be sickish from over-sweetness. from over-sweetness In flavoring layer cakes be guided somewhat by the filling to be used Half almond and half vanilla extrac

being recommended for a nut filling, grated nutmer for a mixture of rais-ins and currents, plain vanilla for

peel for all cream preparations.

As examples of new and narticularly delicious fillings, the following are

DATE FILLING.

Beat to a stiff froth the whites of two eggs and gradually stir in one cupful and a half of confectioners'

sugar and enough strong black coffee to flavor. Get large dates and after

to flavor. Get large dates and after opening them and removing the pits and as much of the scalv skin as possible, spread them open on the first layer of cake. Over these sprinkle a handful of chopped and blanched almonds and cover with a layer of the Mocha frosting. Treat the second cake in the same meaner and spread the frosting neath over the same meaner and spread the frosting neath over the same meaner and spread the frosting neath over the same meaner and spread the frosting neath over the same meaner and spread the frosting neath over the same meaner and spread the frosting neath over the same meaner and spread the frosting neath over the same meaner and spread the same meaner and

the frosting neatly over the top and sides. Smotth with a silver knife that has been dipped in ice water and

ornament with a few split almonds.

APPLE CREAM FILLING

whinped white of one egg, a table-spoonful of powdered sugar and the apples. Spread rather thinly between the cake layers with a thick covering

for the top and serve as soon as possible after the cake is filled.

MAPLE MARSHMALLOW FROST.

With a sharp knife cut half a pound

f marshmallow into bits and dissolve

over hot water (they need not be en-tirely dissolved). Have in readiness a thick boiled frosting made from one cupful of pulverized maple sugar and one-third of a cupful of water. Cook

and pour it boiling hot on the white of one egg that has been whipped to

a stiff froth. Beat the icing steadily, add the marshmallows and spread rather thickly between the layers and over the top of the cake. Set aside

until the frosting has slightly hard-

BANBURY FILLING.

one large tar torange and sufficie

thoroughly and use in the same man

PINEAPPLE AND COCOANUT FILL,

ING.

ing the frosting evenly. This applies to all varieties of frosting.

Minard's Liniment Relieves Diphtheria

EXPENSIVE BUSINESS.

(Boston Transcript.)

you said you were wealthy.

He—So I was, but you should re-

member that we were engaged for

IN ALL PROBABILITY.

(Philadelphia North American.)

A wife complains that her husband

robbed her silk stocking of \$162; the

poor man was probably only trying to find enough money to pay for it.

Minard's Liniment\_Relieves Garget in

nearly a year.

-But when you proposed to me

powdered sugar to right consistency to spread.

ner as the other frosting

without stirring until it spins a thr when touched with the tip of a spe

submitted:

colate and grated remon or orange

# GG LAYING --

The Dominion Experimental Farm will conduct a second series of egglaying centests, beginning Nov. 1, 1920, to continue for El consecutive weeks. The names and locations of the contests will be as follows:

Canadian contest

Canadian Lontest

Canadian Egg-Laying Contest—Experimental Farm, Ottawa, Ont.

Provincial Contests.

Prince Edward Isjand Egg-Laying Contest—Experimental Station, Charlottetown, P.E.I.

Nova Scotia Foueral Egg-Laying Contest—Experimental Farm, Nappan, N.S.

New Brunswick Egg-Laying Contest Experimental Station, Fredericton

N.B.

Quebec Egg-Laying Contest—Experimental Station, Cap stonge, Que.

Ontario Egg-Laying Contest—Experimental Farm, Ottawa, Ont.

Manitoba Egg-Laying Contest—Experimental Farm, Brandon, Man.

Saskatchewan Egg-Laying Contest—Experimental Farm, Indian Head, Bask.

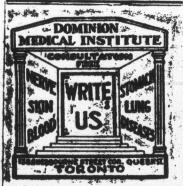
Sask.
Alberta Egg-Laying Contest—Experimental Station, Lethbridge, Alta.
British Columbia Egg-Laying Contest—Experimental Farm, Agassis,

Note.—The "Canadian" is open to entries from anywasre. The "Provincial" is confined to entries within the province in which it is situated.

Fees.—The entry fee for the Canadian Egg-Laying Contest at Ottawa is \$15. The entry fee for all Provincial Ontests is \$5. One-fifth of the entry fee must accompany the amplication. must accompany the application, ich must be received before Aug. which must be received before Aug. 115. The balance must be paid apon notification of acceptance of the entry, which will be by Sept. 30. Should the entry not be accepted, the first payment will be refunded, but should the balance of the entry fee not be received by Oct. 10, the application will be cancelled and the first payment forgeited. Failure to forward the pen when instructed autumatically forfeits. when instructed automatically forfeits

the fee, and the application is cancelled. All cheques or money orders must be made payable at par in Ottawa, and made out to the "Accountant, for Egg-Lying Contests."

Entries.—Entry forms and rules and acquisition will be supported. regulations will be supplied upon ap-plication to the Dominion Poultry Husbandman, Central Experimental



Ottawa, or the Superintendent the contest you wish to enter is con-ducted. (See names of contests above.) Entries must be made direct to the contest you wish to enter, along with the first payment, before Aug. 25, 1920. RECORD OF PERFORMANCE AA.

(Dominion Experimental Farms

Rules and Regulations. 1. Number—Each entry or pen shall consist of ten birds of a standard variety, and each bird must be typical of the breed and free from standard

disqualifications.

2. Substitution—Rech contestant will be allowed to keep his pen of 10 birds up to strength throughout the contest In the Canadian Contest two reserves intended as substitutes must accompany the original birds, and will be housed with them in the pen. The 10 birds for the original pen must be apecified before the contest begins.

Further substitution will be allowed as will be shipped, express college a bill In the Canadian Contest two reserves



sts substitutes will be accepted wh leaths occur

3. Acceptance of Entries as the accommodation at each contast is limited, the acceptance of the pens will

accommodation at each contest is limited, the acceptance of the pens will be influenced by—

(1) Whether the entrant breeds the pen entered or not.

(2) The number of birds of the same train kept by the owner.
('. The inspector's report of the

flock.

(4) The time of application.

4. Inspection—Pens for which applications have been received will be inpected between Aug. 15 and Sept. 30, and those that may be among discussed flocks or in unsanitary conditions will be rejected, and those that do not promise to be mature or those that may mature too early may have.

that may mature too early may be re ected.

6. Declaration of Health—Each entry of a pen, and each additional entry of a pen, and each additional entry of a male or female, must be accompanied by a declaration stating that the birds or bird come from a flock that has not been affected with chickenpox or tuberculosis for at least three months previous.

6. Banding—The birds may be bandd by the owner with his own bands before shipment, but will be rel before shipment, but will be rebanded with sealed contest bands upon arrival at the contest, and the original bands removed. The contest numbers comesponding to owner's number will be supplied him.

7. Delivery—The birds must be delivered at the contest when notified by the management, express prepaid. This will be from the 15th to the end of October. Address the shipping creater

r. Address the shipping crate with the address of the conest as given in the announcement and on each crate put your own address which must be the same as the address under which the application

8. Rejection—The management reo. Rejection—The management reserves the right to refuse any entries,
to reject and return to the owner, or
destroy birds suffering from contagious or infectious disease, or in any
way unsuitable for the contest, to
clip the wings of any bird that may
be troublesome to reject all birds that be troublesome, to reject all birds that show impurity of breeding or stand-

show impurity of breeding or standard disqualifications, and to return to the owner pens from which eggs have not been received by December 15.

9. Breeding—The owner will be allowed to send after February 15th, a suitable male to mate with his pen, and all eggs from a mated pen from March 1st to May 1st will be shipped to the owner or to any other single address which the owner may designate. The eggs will be shipped once nate. The eggs will be shipped once a week in bulk and only to the one address throughout the two months. All eggs vollected that are not cracked or broken will be included in these shipments. As the mating of the

mash in a hopper before them all the time. Gree afted, grit, shell and beefscrap or green bone will also be supplied. They will be kept in houses having glass and cotton fronts.

12. Eggs counted—The contest shall be decided by the total number of marketable eggs laid by each pen. Exceedingly had shaped eggs, soft shelled eggs, or eggs weighing less than 20 ounces to the dozen, will not be given official credit.

13. Disposal of eggs—All eggs laid during the coutest become the projerty of the Department of Agriculture, and those not, shipped as breeding eggs will be sold at market prices.

14. Reports—A report of the traphest weekly record of each bird and weekly and total record of each pen will be issued at the close of each week. Copies of this report along with a monthly summary will be sent to each contestant and to all papers that will publish them.

15. The Raturn of the Birds—If no

with a monthly summary will be sent to each contestant and to all papers that will publish them.

15. The Return of the Birds—If no notification as to the return of the birds has been received by October 1. 1921, the birds on the completion of the contest will be sent by express collect, to the owner's address from which the shipment was made. Should say of the pens not be laying towards the close of the contest, and not likely to lay before the end, they will be returned earlier, so as to make room for birds entering for the next contest.

test.

16 Sale of Transfer—No recognition of sale or transfer of birds during the contest will be made, nor shall any entry be withdrawn during the con-

entry be withdrawn during the con-test, except for reasons stated above.

17. Record of Performance—All birds in the contests not otherwise disqualified, and whose eggs average 24 ounces to the dozen that in 52 con-secutive weeks lay 150 eggs, will re-ceive vertificate of record of perform-ance AA, and those that lay 225 eggs will receive certificate of advanced records of performance AA. records of performance AA. 18. Responsibility-While every pre

caution will be taken, neither the man-agement nor any official of the cun-test will be held responsible should oss occur. 19. Final decision—In all cases, the

dsion of the management shall be

# THE MISERY OF

Removed by Lydia E. Pink-



I had to force myself to do my work, and was always tired. Saw a Pinkham advertisement which induced me to take the Vegetable Compound, and my back gradually stopped ching and I felt lighter in spirits. I m recommending the Vegetable Compound with pleasure to all I meet who omplain as I did."—MILDRED BROOK, leaford, Ont.

Woman's Precious Gift The one which she should most zeal-ously guard is her herith, but she often neglects to do so in season until some ailment peculiar to her sex has fastened itself upon her. When so affected women may rely upon Lydia E. Pink-ham's -Vegetable Compound, a remedy that has bera wonderfully successful in reatoring women.

restoring health to suffering women.

If you have the slightest doubt that Lydia E. Pinkham's Vegetable Compound will help you, write to Lydia E. Pinkham Medicine Co. (confidential), Lynn, Mass., for advice, Your letter will be opened, read and answered by a woman, and held in strict confidence.

# Chins.

Square chins, with little flesh, de-tote firmness and executive ability. Broad chins signify dignity, unless vertically thin, when, if with it there' be thin lips of the bloodless kind, you find cruelty.

you find cruelty.

Protruding chins characterize men and women of the forceful type. Successful people usually carry their chins thrust forward, with compressed lips.

Retreating chins show lack of force, and the morelly and physically are physically and physically and physically are physically and physically and physically are physically as a physical mentally, morally and physically, and denote that the possessor yields, is soon discouraged, and desires protection. The development of other facul-ties often makes up for this defect. Long chins are poetical, unstable. and delicate in constitution. People having them are said to be subject to internal derangements.

to internal derangements.

Medium chins, with small mounds of flesh on either side, characterize Short chins show a great love of order and detail—"a place for everything and everything in its place" type of person.—Answers.

Minard's Liniment Relieves Distemper

# Obtain Oil From Eggs.

The turtle living in the Orinoco lays eggs which are extraordinary rich in oil. The Indians in British Guiana collect 25,000,000 yearly for making oil. The eggs of many sea birds are oil. The eggs of many sea birds are excellent eating. The best of the lot is said to be that of the "murre." a bird which is very common on the Labra-

A New York lady, while visiting in the west has some experience with a cyclone. While asleep at a friend's, the house was blown down and the lady pinned to the earth by a rafter. It was supposed she was crushed, but when they dug her out she opened her eyes and sleepily murmured: "Jane, I feel a little uncomfortable; unfasten my corsets."

# CREOLE **COOKERY**

Creole cookery may still be fo Cookery that is governed by ec and simplicity—except on special oc asions, when the menu becomes elaborate, but prohibition will put an and to even that. The creois housewife to even that. The creois housewife can make an appetizing meal from what most people would throw away, and she is very proud of her art, too. She always saves bits of cold veal, chicken, game or ranbit, roasts them dry, beats them in a mortar, rubs them through a sieve, adds a quart of stock or so and lets the mixture simmer for half a day. The result is a very inexpensive white soup, over which the whole family pronounces the ultimatum, "delicious."

tum, "delicious."

Pumpkin and salt meat is a common dish. The pumpkin is sliced and sprinkled with brown sugar or good molasses, slices of smoked meat are laid over it and it is then baked until tender. As an old Creole cook book says: "It is better than many things with more reputation."

"LOST BREAD." "Lost bread" is made by stirring one pint of milk, two , ell-beaten eggs, adding a little salt and sugar if desired together. Cut six slices of white bread and soak them a few minutes in the custard, then fry in a generous amount of melted bacon fat.

MOLASSES PIE. Molasses pies are quickly made—and quickly eaten—'way down South. Take ore pint of molasses, neat into it three eggs and one large spoonful of butter. Pour the mixture into a plate lined with rich crust, and bake.

PORK AND APPLE PIE.

Pork and apple pies—good thick ones are made in this way Line a deep pan with crust, cut some nice fat pork very thin and slice some apples. Place a layer of apples in the plate, then a layer of pork. Sprinkle each layer with allspice, pepper and sugar. Have three or four layers, and let the last one be apples. Sprinkle sugar and spice over the whole, cover with a top crust and bake an hour.

The Great English Preparation,
Tones and invigorates the whole
necrous system, makes new Blood
in old Veins. Used for Nervous
Despondency, Loss of Energy. Palpitation of
the Heart, Failing Hemory. Frice \$2 per box, 3,
for \$5. Sold by all druggists, or mailed in plain
pkg. on receipt of price. New pamphlet mailed
free. THE WOOD MEDICINE CO., TOROMTO, ONT.

## Early Irish Culture.

The evidences of early and medieval culture in Ireland are a multitude of beautiful things, classics of literature, but likewise wonders of creative art. APPLE CREAM FILLING.

Core large tart apples, lay them in a baking pan and fill the cavities where the cores have been removed with a tablespoonful of sugar and a little grated nutmeg and ground cinnamon. Cook them until they froth through the skins, then remove from the oven and mash the apple pulp. Have in readiness half a pint of chilled double cream, beaten solid, add the stiffly-whinped white of one egg, a table-Thus at Cong abbey, where slee of Ireland's ancient dead, and among them Rory O'Connor, the last king, there is an exquisite cross with gold traceries and delicate beauty of silver and copper and enamel and bronze, a proof of the civilization built up within ireland long before the Normans crossed to her shores. Such instances might be multiplied.

> Silks and Satins. Of summer sliks the Oriental sliks are chiefest.

The pongees from China are sturdy, cool and practical—their uses go from underskirts to outerskirts, from men'a shirts to shirtwaists, and from moto

The cool, pretty white habutain launder beautifully, wear and wear and wear and are as practical as the es, almost

And for evening gowns there is quite a fashion just now for those lovely glace satins—with brilliant sheen and in exquisite colorings. They are soft enough to drape beautifully, come in changeable colors that are so variable it is difficult to tell exactly the shade they are, and are so lovely the gowns need little adorning.

# Wives and Mothers of Canada



Blend

Stratford, Ont.—"I am very enthusiastic in praise of Dr. Pierce's Favorite Prescription as a tonic for expectant mothers. I have had experience both soith the "Prescription" and without it, and am in a position to know that there is a vast difference. I was never nausested or sick at all with my "Prescription" babies but I was extremely uncomfortable with the others and my suffering was greater when I had not taken the "Favorite Prescription". I shall always take plessure in recommending it to expectant mothers."

MRS. LEOTA M. PEPPER, 114 Grange

recommending it to expectant mother—MRS. LEOTA M. PEPPER, 114 Gran

# COULD NOT SLEEP

Halifax, N. 8.:—"I was in a run-dowa; nervous condition for over two years, had been treated by several doctors and only found temporary relief. I could not sleep at night my heart palpitated so, and I was almost afraid to close my eyes. Being persuaded, I wrote and stated my symptoms to the Medical staff at Dr. Pierce's Invalids' Hotel in Buffalo, N. Y., I was advised to use Dr. Pierce's Golden Medical Discovery with the 'Favorite Prescription' and the 'Pleasant Pellets'. I did so with the very best results. I could sleep and became my natural self again. I certainly recommend Dr. Pierce's medicines to all sufferers, for they have done for me what doctors failed to do and they have saved me doctor bills, too."—MRS. JOHN HOMANS, Clam Harbor.

Toronto, Ont :- "For over thirty years I have been a user of Dr. Pierce's Pleasant Pellets. I have taken them for liver trouble, biliousness, constipation and sick-head-aches and they always gave me the relief have saved me many a sick spell. I can highly recommend them."—MRS. HAN-NAH BOWNESS, 60 Strange St.

# **ISSUE NO. 31. 1920**

HELP WANTED-PEMALE WOOLLEN MILL HELP WANTED our list MILL HELP WANTED belong and we now require female had for the following was reaving, wind mg. specking finishing. Frevious extends not be considered the service of the erience not lecessary. Every consideration shown to apprentices and go ages paid while hearning. Beardin Stommodation arranged. Several god sittons now open. For full particular poly to Slingsby Mrg. Co., Ltd., Braat rd., Ont.

#### FARMS FOR SALE.

for sale kindly furnish me with full particulars. No expense whatever to you unless I affect a sale. If you desire to buy such a property in Canada or New York State write me for particulars. I have some very attractive properties to offer. J. D. Biggar, 205 Clyde Block, Hamilton, Ont. (Regent at 1)

#### PROPERTIES FOR SALE.

GENTLEMAN'S HOME IN THE SUBurbs of a live town in Westera Ontario, population 1,500; is offered for the
sacrifice price of \$15,000, could not be
suilt to-day for \$90,000. Two acres
grounds, combination barn and garage,
house solid brick construction, three
stories, cut stone foundation, some hardwood discess, hot water heat, 6 ornamental mantels, electric light and gas, excellent decerations and fixtures, plats
glass windows. Avenue of Maples, numstoles ornamental ures and shruha.
Froperty in first class condition and repair. Owner will take city property
or fruit farm in exchange. J. D. Bigcar, 355 Clyde Block, Hamilton, Ont.
Regent 361,

\$6,500 WILL BUY THAT BEAUTI\$6,500 WILL BUY THAT BEAUTIand modern brick house, on
proposed Provincial Highway, at head of
turn on Main Street, Georgetown, as
miles from Toronto and Hamilton, 29
from Guelph, with reservations for life
of present owner and wife of part of
living room, sewing room with wing
built, making about 3-3 present size
and about 1-3 of the large productive
fruit, veretable and flower gerden.
About \$2,00 to remain on deposit to pay
rent, etc., remainder on easy, but safe,
live and let live payments. An ideal
home. R. L. Beasey, Box 3, Georgetown, Ont.

#### BUSINESS CHANCES.

PLOUR AND FEED MILL DWEIL, ING. stable, chattels and stock, at Shelburne, Dufferin County, Ont.; capacity 60 berrels; caulpment complete, including 2 motors, sifter, middlings mills, Alson process wetting outfit, etc.; 20-in. attrition mill and out roll; going concern; annual sales, 370,00; chopping revenue, 83,000; owner retiring; bargain for quick sale. J. W. Hamilton, Shelburne, Ont.

F OR SALE-BARBER SHOP; TWO chairs and tobacco business. D. Gilmour, Collingwood, Ont.

## MISCELLANEOUS WANTS

CANOE WANTED—SEND PARTICU-lars and price to R. M. Glenesk, P. O. Box 866, Sudbury, Ont.

## MISCELLANEOUS

K NITTING YARNS. SAMB AS BE-fore, Sample Skein and prices twenty five cents. Georgetown Woollen Mills, Georgetown, Ontaria,

DOMINION EXPRESS MONEY OR-der for five dollars costs three cents.



# A CHINESE IDEA

And It's Not Such a Bad One, At That.

It is, except in China, as far from A to B as it is from B to A. Many travelto B as it is from B to A. Many travel-lers have commented upon the appar-ent lack of the knowledge of distances across the country or between towns exhibited by the Cuinese. If at one town they inquired the distance to the next they were perhaps told twenty in—one-third of a mile; but upon ar-riving a: that town they were surprised to learn that the distance back to the to learn that the distance back to the to learn that the distance back to the starting point was estimated at twenty-four li, and that the cost of journeying back was correspondingly greater than the cost of the journey hither. This peculiarity extends also to travel This occuliarity extends also to travel by river, the distance upstream be-ing greater than that downstream. The confusion which has thus arisen been incomprehensible to foreigners.
Yet the Chinese method of measuring is not altogether illogical. The unit of

measurement is not with the Chinese a unit of length, but a unit of energy. He measures a distance not by the actual space passed over, but by the amount of physical energy required to cover the space.

amount of physical energy required to cover the space.

His wage is based on a unit of energy, which is the amount it would take to carry a given load—one picul (133 pounds) one li one level ground. If the road is down nill the distance is regarded as less than the actual is regarded as less than the actual linear distance, because it is supposed o take less energy to travel in that direction, or, as the Chinese puts it. 'The li are short "

It naturally follows that, travelling in the opposite direction, the road being an ascent, a greater expenditure of energy is necessary. "The li are of energy is necessary. "The li are long," and in order to get a fair compensation for their work the carriers must see that the distance and the corresponding charges are increased. This way of estimating the distance makes the Chinese system of measurement seem simple and even rational.

Minard's Liniment Relieves Colds, Etc.

Mrs. Benham—Where have you been? Benham—I have been to one of those afternoon tee-hees—Cartoons

# The Specialist DR. WARD 79 NIAGARA SQUARE, BUFFALO, NEW YORK.

# Men, Are You in Doubt

As to your trouble? Have you some skin eruption that is stubborn, has resisted treatment ? Is there a nervous condition which does not improve in spite of rest, diet and medicine? Are you going down hill steadily? ARE YOU NERVOUS and despondent, weak and debilitated; tired mornings; no ambition and debilitated; tired mornings; no ambition—lifeless; memory gone; easily fatigued; excitable and irritable; lack of energy and confidence? Is there failing power, a drain on the system? Consult the old reliable specialists.

SYMPTOMS OF VARIOUS AILMENTS.

weak and relaxed state of the body, nervousness, despondency, poor memory, lack of will power, timid, irritable disposition, diminished power of application, energy and concentration, fear of impending danger or misoriums, dirowainess and tendency to sleep, unrestful sleep, dark rings under weak, loss of weight, insommia. Dr. Ward gives you the benefit of 29 years' continuous practice in the treatment of all chronic, nervous, blood and akin diseases. The above symptome, and many others not mentloned, show plainly that something is wrong with your physical condition and that you need expert attention.

Men, why suffer longer? Let me make you a vigorous man. Let me restore your physical condition to full manhood. Don't be a weakling any onner. Make up, your mind to come to me and I will give the best treatment known to science—the one successful treatment based on the experiment of years in treating men and their aliments.

Dr. Ward's Methods Unrivailed, Thorough and Permanent,

Dr. Ward's Methods Unrivalled, Thorough and Permanent. Do you evalue that you have only one life to live-do you realize that you are missing most of that life by ill health? A life worth living is a sealthy life. Neglect of one's health has put many a man in his grave. I have been telling men these things for many years but still there are themsends of victims who, for various reasons, have not had the good sense to cause and get well, specialist in the treatment of nervous conditions, nervous exhaustion, businesse, lumbago, rheumatism, stomach and liver trouble, area, skin disease, caterrh, asthma, rectai troubles, piles, fistula and blood conditions.

FICE HOURS: 0 a.m. to 5 p.m. & Sundays-10 a.m. to 1 p.m.

FREE CONSULTATION EXAMINATION. fore beginning treatment you must make one visit to my office for sonal physical examination. Railroad fare will be considered as part at of Sec. Canadian money accepted at full value. 79 Niegara Square, Buffalo, N. Y.

Tight Lacing.