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which you receive the benefit.

You are sure of satisfaction when buying by mail from Hallam—because of Hallam's guarantee "to satisfy you or your money back."

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## HALLAM'S FUR STYLE BOOK FREE

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Exercise Culinary Gray Matter

"Aunt Fanny," Peterboro Co., Ont.

PROBABLY never since pioneer days has the Canadian house wife been called upon to exerwife been called upon to exer-cise her culinary grey matter to such an extent as at present. One of the big problems which confront us each day is: "What shall we have for din-ner or tea?" Breakfast does not require so much planning. (I may be mistaken, but just in this connection it is my opinion that oftentimes the men folks are not as appreciative as they might be of the difficulties un-der which we labor in preparing meals to tickle their palates and at the same time to prepare them economically. We all realize that it is a fine thing to have men around to cook for, but, at the same time, it is only natural that we occasionally long ony factural that we occasionally long for a few words of appreciation of our efforts. Of course we know the men do appreciate our cooking, but they simply forget to mention the

We are continually hearing and reading nowadays that "we must pro-duce all we can, waste nothing, and shift our consumption, as much as shift our consumption, as much as practicable, from wheat, floor, beef and bacon to other foods." The other foods, we are told, are just as whole-some for us, and we can well understand there are many of these other foods which are not suitable for shipment overseas is war time. A friend of mine sent me a builetin the other day on "War Meals." which has been day on "War Meals." which has been suggestions, and it occurred to me that some of them might be of value to other readers of Farn and Dairy. to other readers of Farm and Dairy.

It is pointed out that a well-bal-nced meal contains body-building, heat and energy supplying and regu-lating substances in the right proporlating substances in the right propor-tion, and in sufficient quantity, and that simple meals can fulfill all requirements. Some farm women seem to be of the opinion that it is very well to talk of conserving food and serving simple meals in the city, where the men folk are not doing bard manual labor, but that a hard working man on the farm must have working man on the farm must have rich foods, blenty of variety and lots of food. The "War Meals" bulletin states that it is wiser to spread the variety of food over several days than to provide many kinds of food in each to provide many kinds of food in each meal every day. Several examples of simple, but well-balanced, meals are eiven, which might be tried out to advantage by all of us. They are: 1. Penil, oatmeal and whole milk. 2. Pen. bread, butter, fruit or vege-

tables. Bread, cheese, tart fruit, Raked beans, brown bread, apple of.

games. Mutton, potatoes, second vege-table, fruit batter pudding.

Milk soun, corn bread and syrun. Whole wheat bread, whole milk, prunes.

These meals may seem very simple to some of us, but they meet the needs of healthy, active adults.

A list of supplies of food for a family of five for a week is given,

## You may be deceived

some day by an imitation of

and possibly you will not detect this imitation until the tea-pot reveals it. Demand always the genuine "Salada" in the sealed aluminum packet, and see that you get it, if you want that unique flavour of fresh, clean leaves properly prepared and packed.

pounds, and a child of three, about 35 pounds.

Ten pounds of meat or meat substitutes comes first on the list, including moderately fat meat, poultry, fish, eggs, cheese, dried peas, beans and peanuts; 20 pounds of cereal proand peanuts; 20 pounds of cereal products comes next, and under this heading are flours, wheat, rye, corn, barley, oats, breakfast foods, soda biscuits, etc.; 20 pounds of potatoes; 28 pounds of other vegetables and fruits; three pounds of fat, such as butter, dripping, cooking fats or oils, and 14 quarts of milk. Thea and coffee, also flavorings -and seasonings are not included in the list, but will, no doubt, be used in every family. The quantity of cereal products may reem high, but they form a good foun-dation of wholesome and economical food, and a smaller proportion of cereal products means a larger pro-portion of more costly foods.

Another point brought out, and which the majority of us too often forget, is that thorough mastication of food is a measure of conservation as well as of health. The persons who chew their food properly, nour-ish their bodies, and are satisfied with a smaller quantity of food than those who bolt their meals.

## HOME CLUB

Pass Along Economy Hints EAR Homeclubbers.—Suppose we have a little discussion on ways and means of economizing. You practice little economies, and I pracpractice little economies, and I prac-tice others. I was told recently of the way in which a German family in Muskoka became comfortably well off. They purchased a far., on waich thistles and weeds flouristed plent-fully. They dug up the thisties by the roots, boiled and fed them to the pigs, cut the weeds up finely and fed them to the turkeys. The farm became clean, but there was a broken down woman, who at a comparatively early. woman, who at a comparatively early age, lay crushed under the burden of care. Speaking of starving out the Germans, she said she didn't think they could be starved out, for they practiced economies we never think

Well, I am not thinking of cooking thistles, nor chopping up weeds, but here are a few items which might suggest to your mind some others to return to me. I make a vegetable stew which is rich, nourishing and appetizing and will assist in making a meatless meal. The foundation is made by boiling bones that have been A list of sumplies of road for a made by bolling bones that have been and the form of the form and the form a



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> Stopping an advertisement to save money is like stopping a clock to save time. Advertising is an insurance policy against forgetfulness - it compels people to think of you