



Fry's Iced Cocoa.

RECIPE: Keep on hand a syrup made up of one half cup of FRY'S Cocoa, one cup of sugar, one cup of warm water. Stir until smooth. Then boil for 5 minutes—chill and add one-half teaspoonful of Vanilla Extract. To serve, allow two tablespoonfuls of this syrup to a glass with a little chopped ice and fill with cold milk. Stir well.

Try this cooling, delightful FRY drink. You'll want it often.



NOTICE TO SUBSCRIBERS.

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"GOD BE WITH OUR BOYS TO-NIGHT"

"WAITING"
Two nice new songs that have "caught on." 35 cents.

LUTHERAN BOOK ROOMS.
67-69 Frederick, Phone 446.

The handle of a new screw-driver is pivoted so that it can be turned at right angles to the shaft to give additional leverage or serve as a hammer.

Read Our Classified Ads

McCormick's Jersey Cream Sodas

are made from Government Standard Flour and in accordance with the regulations of the Canada Food Board.



Sold by
Leading
Merchants
Everywhere



The McCormick Manufacturing Co., Limited

GENERAL OFFICES AND FACTORY, LONDON, CANADA
BRANCH WAREHOUSES
Montreal, Ottawa, Hamilton, Kingston, Winnipeg, Calgary, Port Arthur, St. John, N.B.

CANADA FOOD BOARD LICENSES 11-003, 14-166.

SIDE TALKS

BY RUTH H. CAMERON

Asking for a Miracle.

Si, jeunesse savait.
Si vieillesse pouvait.
How much one knows when one is very young!

And how much of that much, one gradually finds one did not know quite so well, as one grows older.

I think there is never a year passes in one's adult life, that it does not open one's eyes to things one was blind to in youth.

One grows up, one undergoes the discipline of hard work, one marries, one experiences the unexpected difficulties of dealing tactfully with a husband or wife, one has a home of one's own, children enter one's life, and each new experience opens one's eyes to certain facts and complexities that one was consciously blind to in one's youth.

To take a very simple example.

Now I, too, have known.

Over and over again, as I walk about my house picking up and putting away the articles that some member of the household has left out of place, it seems to me as if I could actually hear my mother's voice across the years.

"If you children only would be more orderly," she is saying plaintively. "You don't know how much work it makes for you to be so careless. If you'd only learn to put things back where they belong, it

would help me more than anything you could do."

A Way Mothers Have of Talking. And then I (the girlhood I) who had perhaps just done the dishes or helped in some other positive way, would think, "That's just a way mothers have of talking. She does not realize how much the things I really do, help."

But to-day when that voice comes back to me, I am filled with a great shame. For to-day I know. I have been there myself, and I realize that even positive help cannot counter-balance the confusion and distraction that disorderly habits make. And I feel sometimes as if I simply must get back into the past and make up for my selfish carelessness.

Longing to get back into the past. It is not a happy feeling, this helpless passion of longing to get back and undo some of the selfishness and indifference, some of the harsh judgments, one's youthful coarseness made one guilty of.

If I could persuade even one young person that there might be many things on which he would change his mind as he grew older—that it would be worth his while to take certain of his parents' view points for granted and to be patient with some of their extraordinary ideas—how happy I should be. And how much happiness I should ultimately give that young person.

WAR GARDEN BULLETIN

Practical Daily Guide For
Vacant Lot and Backyard
Gardeners Enlisted in
Greater Production
Campaign.

Issued By The Canada
Food Board in collaboration
with experts on the
staff of the Dominion
Experimental
Farm.

100 PER CENT USE OF VEGETABLES

The more general use of vegetables as substitutes cannot be too often reiterated.

Their worth is not half appreciated and with the war gardens flourishing apace there is a tendency to be wasteful when such an abundance of garden truck is available.

As a matter of fact, their uses are not exhausted when they have been served as fresh greens, made into salads or boiled according to custom. Much of the sugar and mineral content so valuable and pleasant to the taste, is generally lost in cooking because women are not studying ways and means to conserve it. None of the elements should be wasted.

For instance, carrots, peas, beans, are rich in sugar and the water in which they are cooked should be saved for soup. Spinach should always be cooked in its own juice and every spoonful saved.

Onion water may be used for gravies and soups.

Delicious soup is made by simmering potatoes "diced" with skins left on, peas, onions and seasonings. A thick puree which is combined with a thin cream sauce is made of this composition.

Peas and the cobs from which uncooked corn has been cut may be used to advantage in making soup.

A MOTHER TALKS

By Edward A. Guest

"It is too bad," a neighbor said, "too bad that he must go." The gentle mother raised her head and proudly answered, "No. We do not think of it that way, at night when we're alone. We miss his smile of yesterday and all we used to own. And yet beneath the grief we know, and anguish and the care. We're glad we had a son to go to serve his country there."

"It would be bad, too bad, had he been ours for twenty years. And would not step aside to see what caused another's tears. If unto right our sons were blind and deaf to every plea. And thought not of his fellow kind; if he had learned from me that he must live for self alone, and fearing harm, must, how To tyranny, then we should own your deepest pity now."

"If we had failed to catch the gleam within the flag above; Had missed the splendor and the dream and pride of country love. If he had lived throughout his youth and had not come to see, That better far than life is truth then you could pity me. Don't say to us that it's too bad, although we miss him so."

A greater grief we should have had had he not wished to go.

"We told him how the Flag was born" we tried him to be true. We spoke of wrongs that he must scorn and deeds that he must do. And I the worst must come and he one Flanders' fields shall lie. Our consolation then shall be we taught him how to die. We never say that it's too bad beneath the grief we know. And all the loneliness we're glad he bravely dared to go."

THE FUTURE DAYS

We'll sing the love songs over when the fighting days are done. We'll tread once more the clover when the battles all are won. Every hand that's playing marches shall strike up an old time dance. And through Victory's sun-kissed arches we will lead the boys from France.

Oh we'll find the days of laughter and we'll dry the mothers' tears. Joy has always followed after trouble's long and dreary years. We will hum our songs of gladness and we'll claim the old delights. Of a homeland freed from sadness, when the family reunites.

Maid and man shall go a straying down the moonlit lanes of love. Dusk shall find the children praying old time prayers to God above. When we reach the long road's turning and the cannons cease to roar. By the home fires brightly burning we shall gather as before.

There'll be days when every mother happy lullabies shall hum. Little sister, little brother, here are glorious days to come.

From the great soul of our nation God shall lift this weight of care. And with victory's celebration lo! And shall set our hearts aglow.

And with victory's celebration love shall set our hearts aglow.

For card playing and luncheon purposes a table has been invented to which four chairs are attached the whole affair folding flat when not in use.

A three-wheeled cab that a London cabman invented more than a half century ago still is in use and it is claimed that it never has been overturned.



Gray Hair
Hays' Health
Hair Dressing

TIME TABLE.
THE B. & N. RY.
Bridgeport Line.

Leave Bridgeport.—A.M.: 6.20, 7.00, 7.35, 8.25, 9.20, 10.45, 11.40 P.M.: 12.45, 1.45, 2.45, 3.45, 4.45, 5.40, 6.20, 7.00, 7.45, 8.45, 9.45

Leave Kitchener.—A.M.: 6.40, 7.20, 8.05, 9.00, 10.00, 11.10, 12.00, P.M.: 1.00, 2.10, 3.10, 4.10, 5.10, 6.03, 6.40, 7.20, 8.10, 9.10, 10.10, 11.05

Sunday Cars.
Leave Bridgeport.—A.M.: 6.20, 7.00, 10.00, P.M.: 12.20, 1.45, 2.45, 3.45, 4.45, 6.20, 7.00, 8.00, 8.45.

Leave Kitchener.—A.M.: 6.40, 7.20, 10.20, P.M.: 12.40, 2.10, 3.10, 4.10, 5.10, 6.40, 7.20, 8.20, 9.05.

During Sugar Factory Campaign only.
During Summer Months only.

This Advertisement

may induce you to try the first packet of

"SALADA"

but we rely absolutely on the inimitable flavour and quality to make you a permanent customer. We will even offer to give this first trial free if you will drop us a postal to Toronto.

B113



A Message To The Home-Seeker.

Property values alike with wheat or anything merchantable are never stationary. On the contrary, controlled by the law of supply and demand the market is either a rising or falling one. The Home-seeker ordinarily figures on carrying his investment over a period of years during which time irrespective of when the purchase is made the values must inevitably fluctuate alternately high and low. Pre-eminently then the big thing to consider in buying Real Estate is the price you pay and not as many seem to consider the time at which the purchase is made.

The moment for buying your Home, is, therefore, NOW when values are at the low ebb and the few are buying. Look over the descriptions given herewith. The list is not large but the values undoubtedly are.

Beautifully situated home on Queen street, close in, built of solid brick. Has vestibule entrance, front and rear parlor, the former with beautiful mantel and fire place. Good sized dining room (with hardwood floors.) This kitchen is a marvel with its excellent arrangement of pantries, closets, dumb-waiter, etc. Front and rear stairs. Upstairs are four good bedrooms, hardwood trim of unusually fine design throughout. This home has every desired convenience and is of excellent construction. Hot Water Heating, fine lawn finished off with shrubs, ornamental and shade trees. Owner refused \$7,000.00 a year ago, will accept \$6000

Beautiful Bungalow on good street, close in, built of red pressed brick with every convenience. Has large reception hall, (with large cloak room and polished plate mirror fixture) front and rear parlor (with brick fire place) dining room, butler's pantry, china closet (built in) dumb-waiter, kitchen downstairs. Four good bedrooms and sun room upstairs. Fine large verandah facing east. Trimmed in solid oak throughout with polished oak floors, heating system with radiators in every room including sun room, cellar cemented, laundry tubs. This place is nicely situated in good section. Has fair sized lot and is a home anyone would be proud of. Buy of the man who really wants to sell. \$4100

Very fine home in North Ward has large reception hall, living room, dining room, all floored in polished oak, kitchen and pantry downstairs. Four good bedrooms and bath room upstairs. Front and rear stairway. Every modern convenience. Large verandah, garage, fine large lawn with beautiful shade trees, extra large garden with bearing fruit trees. For quick sale price reduced to. \$2900

Red pressed brick on King Street. Has reception hall, front and rear parlor and fine kitchen with dumb-waiter and cabinet downstairs. All good sized rooms. Three nice bedrooms, (complete with closets). Three piece bath, electric lights, hot water heating. Fine large front and rear verandahs, nice lawn and garden. A home good enough for anyone. Owner bound to sell offers it at. \$3050

Seven roomed red pressed brick, nearly new, in West Ward. Has reception hall, parlor, large dining room, fine large kitchen with large cupboard, hardwood trim. Four nice bed rooms and bath upstairs, three piece bath, electric lights and good Sunshine furnace. Large floored attic, fine large verandah, large garden and henry, cement walks and cellar. This place has recently been decorated and refurnished throughout. Price reduced from \$2900 to \$2500

Seven roomed red pressed brick, nearly new. Has square hall, parlor, dining room and kitchen downstairs, hardwood trim. Four good bedrooms and bath upstairs, large, attic floored. Three piece bath, furnace, electric lights, good verandah with brick piers on good lot with fair sized garden. This place must be sold and quickly and if you have \$800.00 cash you may have it at \$2250

Neat little red brick home, nearly new, has hall, parlor, dining room, kitchen and summer kitchen, hot air furnace, gas, very nice large verandah, large garden. Why should you go on paying rent when a place like this may be had for \$1800

For Sale or Exchange. Beautifully situated overlooking the Grand River, good little farm of 13 acres about four miles from Kitchener, seven roomed stone house, good bank barn and other outbuildings. Fair orchard. Spend a little money on this and you will have an ideal summer home within easy reach of the city. Owner would consider taking small home in city in exchange. Price including stock and crop. \$2200

W. B. BECHTEL

Real Estate and Insurance Money to Loan at lowest rates
255 King Street, West. Phone 925.

