

CHRISTMAS CANDIES WITHOUT WHITE SUGAR

The present scarcity of white sugar prohibits its use for any unnecessary fancy confectionery for Christmas. Candies cannot be called necessities, though the children would think a Christmas without candy a very mean twindle. A few recipes for some-made candies that do not require white sugar are given below:

Chocolate molasses Kisses. Ingredients: two cups brown sugar, one-third cup corn syrup, two thirds cup of water, one cup molasses, four ounces of chocolate, one tablespoon vanilla extract, one teaspoon essence of peppermint. Put all the ingredients save the salt, chocolate and flavoring over the fire and let them boil rapidly until brittle when tested in cold water. During the last of the cooking the candy must be stirred constantly. Pour onto a greased platter, have the chocolate melted in a double boiler and pour it over the candy, and as the candy cools turn the edges toward the centre, continue this until the candy is cool enough to pull. Put over a hook, adding the flavoring a little at a time during the pulling. Cut in short lengths and wrap in waxed paper.

Chocolate Divinity Fudge. Ingredients: one and a half cup brown sugar, one cup maple syrup, half a cup corn syrup, one-third cup water, quarter of a teaspoon salt, the whites of two eggs, one cup nut meats, two squares chocolate. Let the sugar, syrup, and water stand on the back of the stove, stirring constantly until the sugar is melted, then cover and let it boil five minutes. Remove the cover and let it boil until when tested in cold water it forms a ball that rattles in the cup. Add the chocolate, and beat over the fire until the chocolate is melted, then pour in a fine stream over the whites of eggs beaten dry, beating constantly meanwhile. Add the nuts and pour into a pan lined with waxed paper. In about fifteen minutes lift the candy from the pan (by the ends of the paper left for that purpose) and cut it into small oblongs or squares. The candy must be stirred constantly during the last of the cooking. If the candy has been removed from the fire too soon, return egg whites and all to the saucepan; set the saucepan into a dish of boiling water and stir constantly until the mixture thickens, then pour into the pan lined with paper. On no account let even a few drops of water boil into the candy.

Molasses Candy. Ingredients: three cups brown sugar, one cup molasses, one cup water, half a teaspoon cream of tartar, butter the size of a walnut.

Put all the ingredients into a saucepan and boil until brittle, then turn quickly out onto buttered plates, when cool pull out into squares.

Butter Taffey. Ingredients: three cups brown sugar, half a cup molasses, a quarter cup each water (hot) and vinegar, two tablespoons butter, one teaspoon vanilla. Put all the ingredients, except the butter and vanilla, into a saucepan and let boil until it crimps in water, then add butter and cook for three minutes; lastly stir in the vanilla and pour out onto buttered pans to cool.

Ping-Pong Caramels. Ingredients: one and a quarter cups of molasses, two heaping tablespoons of butter, one cup cream, one teaspoon vanilla, one and a quarter cup nut meats. Boil the molasses, butter, and cream together until it forms a soft ball in cold water; then add the vanilla and nuts. Pour onto a buttered pan, and when cool mark into squares.

THE CULTIVATION OF FLAX

In the report of the proceedings of the convention of Canadian Flax Growers held in the spring at London, Ont., just published, full information is furnished as to the present situation regarding the cultivation, preparation and the use of flax. Valuable papers by authorities on the subject, are given, as well as a full report of discussions that took place and at which much of valuable import was elicited. The publication which makes a work of 54 pages, can be had free on application to the Publications Branch, Department of Agriculture at Ottawa.

"What's the difference between a patriot and a hero?" "They're about the same thing," replied Senator Sorghum, "only a hero isn't popularly expected to be as much of a public speaker."—*Washington Star.*

"Is he successful?" "Very. He does all his theorizing after office hours."—*Detroit Free Press.*

"Your friend the political boss insists that he is a leader of men." "He is," replied Senator Sorghum; "the trouble is that he so frequently shoves out a deuce when he ought to take a trump."—*Washington Star.*

Teacher—Now, Robert, can you tell me how a bat hangs with his head downward? Bobby—"Please, Miss, do you mean a chimney, but of an acrobat?"—*Boston Transcript.*

THE MEAT SHORTAGE

QUICK ACTION NECESSARY. MORE BROOD SOWS WILL HELP SOLVE THE PROBLEM

Word comes from Europe to the department of Agriculture that the fat shortage among the allied nations is becoming acute. The situation is becoming critical—each month sees a still further depletion in the already limited supply. Mr. Hanna, Food Controller of Canada, says the speediest way to relieve the fat shortage is to greatly increase the production of hogs. This is sound logical advice. Swine are prolific and grow to marketable size more quickly than any other kind of livestock. One brood sow will produce from 1500 to 2000 pounds of dressed pork in one year. Hence one is justified in making the statement that we must need the brood sow to solve the meat and fat shortage.

New Brunswick always a big importer of feeds, has harvested a very small crop of grain this year. Weather conditions were unfavorable—hence the food shortage is worse than ever. Thus it may seem undesirable to advocate the keeping of more brood sows under existing circumstances. However the present scarcity of fats warrants us in making every effort to increase pork production in New Brunswick. Numbers of people could partly winter a sow on the garbage and kitchen refuse from the house. It is to those farmers and people who are not wintering a sow and to those farmers and people who could carry an extra sow that this appeal is directed. The monetary return, aside from the patriotic issue involved, may be large or small according to how much hog has to be purchased. With pork selling at 25 cents a pound it would seem that money invested in a brood sow should prove a fairly attractive proposition.

Regarding the feed shortage and importation of feed—no feed can be exported from Canada until Canadian buyers have had a chance to bid on it, e. g. the New Brunswick Department of Agriculture was given an option on a certain number of cars of feed at a fixed price. As many car loads as possible were placed by the Department and on December 8th the option went out of effect. Other options on other lots of feed will undoubtedly be offered to us. The Department takes orders in the straight car lot. Few farmers would require a whole lot but a group of farmers could unite and handle a car load.

The seriousness of the meat shortage has been placed before you, likewise a means of meeting the feed scarcity. Action is necessary. Winter a brood sow.

POETIZING FOOD CONSERVATION

The following verses were contributed to *The Living Church* by an English Dean:

Beef-steak and buttered eggs,
Well-dressed chicken legs,
Send to Gehenna.
Furnish for hungry throats
Nothing but Quaker Oats:
Action like this promotes
Peace, says McKenna.
Asquith and Edward Grey
Eat only once a day
For (as with democrats)
Merely a pound of grates
(Heads saved to feed the cats)
Balfour and Bonar Law
Eating tomatoes raw
Rather than pheasant.
Though Mr. Walter Long
Welcomes the dinner gong
Salmon would pain him,
For (as with democrats)
Merely a pound of grates
(Heads saved to feed the cats)
Serves to sustain him.
And when the luncheon bell
Calls Herbert Samuel
Up to the table,
Scorning the butler's grin
He wields a winkle-pin
And takes as many in
As he is able.
If then our rulers can
Vanquish their inner man
When food enters:
Follow their frugal lead,
Grapenuts are all you need:
Some critics hold, indeed,
Water suffices.

"THE FOOD CONTROLLER SAYS"

It cannot too earnestly be urged that Canada's supply of pork products for export to the Allied nations must be increased almost without limit. Patriotism and good business combine to make the effort commendable. The need for animal foods by the allied armies and civil populations is increasingly great; the need for bacon and pork products most of all, because they contain the largest quantity of weight for weight of animal fats needed for the soldiers. Bacon contains 2,000 calories compared with 1,180 in the same weight of beef, and of only 670 in lean beef. Shrinkage, too, in a dressed product is only 25 per cent. of the live weight of hog meat, while in beef, veal, mutton and lamb it is 50 per cent. Canada's hog products in 1916 totalled 125,000,000 pounds. The Allies require in the same year were 1,200,000,000 pounds. In other words, the Allied markets alone could have taken ten times the total Canadian supply. Yet it is not only during war-time that the market is great. The export from Canada in a five-year period, which naturally covers at least two years of peace, averaged only six per cent. of the British imports of hog products. The demand during the reconstruction period after the war may be assumed to be at least as great as it now is during the conflict.

If municipal by-laws were relaxed, as a war measure, so as to permit suburban dwellers to keep pigs near their dwellings, much might be accomplished. Mr. Hoover has stated that property-kept pigs are no more insanitary than are dogs. By backyard methods alone last year, Germany was able to raise 500,000 more pigs than Canada possessed from coast to coast.

If the imperative necessity of increased production of hogs is realized by the farmers of this country, and by others who could help, there is no doubt that the problem will be solved. But we cannot afford to delay, for the demand is very great and the situation regarding food is one of the utmost gravity.

WIFE WOULDN'T PAY

Excuses for the mouthful that tipped the scale in the favor of the policeman on his beat were prolific this morning. There were only 28 drinks, but at least 129 "reasons why I was drunk." A middle-aged gentleman, with a tiny whistle voice and a bleary eye, had been guzzling in the hallowed environs of his own home, sweet home, when he was seized with the profound idea that he would sleep sounder if he took a short stroll. That "stroll" lasted till 11:15 this morning. A muscular Russian jabbered fluently about the revolution, and left Magistrate Ellis wondering whether it was whisky or Keren-sky that had toppled him over. Another little man, so diminutive that it looked as if he had just broken away from the bottle, explained that he had succumbed to the juggernaut terrors of two per cent. beer. His proportions suggested that about half a glass of real liquor would have killed him. One gentleman's wife came to court to see what happened to "Pa," and refused point-blank to pay the fine. "Pa's" look was beyond description.—From the Police Court Report in the *Toronto Telegram*

If lifeless Tuesdays are followed by tipless Wednesdays, the result will be waterless Thursdays.—*Buffalo Express.*

"Father, what is a glutton?" A glutton is a grown man who can eat almost as much as a small boy.—*Life.*

Cholly (keeping an appointment)—I'm a bit too early, am I not? Ethel (sweetly)—Yes. We were just leaving without you.—*Life.*

Minard's Liniment Cures Colds, &c.

FINISHING LAMBS FOR THE BLOCK

By E. S. ARCHIBALD, Dominion Animal Husbandman.

No branch of farming offers better inducements than that of sheep raising, and no other class of live stock will make greater profits. Markets for lambs, mutton, and wool are high, and will remain so for many years. With lambs selling at \$9 to \$11 per cwt. live weight in the fall and from \$12 to \$15 in the late winter, a large profit is assured. Add to this wool (unwashed) selling at 58 cents to 68 cents per pound, and sheep raising becomes the most profitable farm industry. There is every possibility for the intelligent farmer to establish a flock even at present prices and make 50 to 75 per cent. net profit per annum on his investment. There are, however, many possible means of losses, such as light lamb crops, heavy mortality in lambs and ewes, feed waste, lamb stunting, intestinal parasites, and many similar troubles which, in the case of the careless or indifferent shepherd, will convert these large profits into an even greater loss. One of the most common losses to the farmer is due to improper marketing. Only well-finished lambs can top the markets and bring the maximum profit.

On the Dominion Experimental Farms some interesting results have been obtained from a number of experiments in lamb feeding conducted during the last few years.

The large percentage of Canadian lambs are marketed in the fall direct from the pastures, which is undoubtedly the most profitable practice, providing the lambs are well finished on grass alone or on an added grain ration. All the lambs from the farmer's flock are usually lifted at the same time, which means that the well-finished lambs of good weight must help to sell the light, thin lambs, which may be as well bred but, being late lambs or twin lambs, have not done as well as their flock mates. The need for uniform weight invariably commands a higher price than mixed lambs varying in size, weight, and finish; hence it is always more profitable to hold the lighter lambs and sell only those of uniform weight and finish. Again, the selling of the most of Canadian lambs during the fall months practically always causes a slump in price. Lambs not required for immediate consumption are held in cold storage to the profit of the wholesaler in view of the usual increase in price of from \$1 to \$3 per hundred pounds between the months of November and April.

When the farmer appreciates these two conditions, the lamb trade will be revolutionized and the farmer will finish his work and reap full profits for food-stuffs consumed by, and labour expended on, his sheep. Many farmers, with abundance of roughage, can well afford to finish from one to three carloads of lambs during the winter months, thereby making top market prices on the farm production period after the war in advance and a good margin of profit in addition. Realizing the existence of such conditions all over the Dominion, a large amount of investigational work along these lines has been conducted on the Dominion Experimental Farms throughout Canada. Details of this work may be seen in the annual reports and a brief summary of the work to date is published in Pamphlet 16 issued by the Experiment-Farms, Dept. of Agriculture, Ottawa.

THREE TEN DAYS' COURSE IN HOME ECONOMICS

NEW-BRUNSWICK DEPARTMENT OF AGRICULTURE

There are many girls and women in New Brunswick unable to leave home long enough to receive a college training in household science, but for a shorter period could set aside their household duties in order to reap the benefits of a short course training. The Department of Agriculture has engaged expert teachers and gives to the women of our province a free course in those matters pertaining to home life that stand for higher efficiency.

The three courses will be held at the Agriculture School, Sussex, January 8th to 18th, and Public School, Chatham, January 22nd to February 1st, and Agricultural School, Woodstock, February 5th to 15th. All railway fares will be returned, providing vouchers for the same are sent to the Supervisor, following each course. Applicants must take the course nearest their own homes in order to secure a refund on their railway fare. If by going to another place, however, board can be obtained free, the Department will grant permission providing a satisfactory reason accompanies the application.

Written examinations will take place the closing day of each course in Classes I, II, and III, (Home Nursing and First Aid, Miss Gertrude M. MacKinnon; Theoretical and Practical Cookery, Miss A. B. Saunders; Personal Talks to Mothers and Girls, Miss Gertrude MacKinnon) and a Five Dollar prize will be awarded in each class for highest marks. The written tests will be optional. A Five Dollar prize will also be awarded in Classes IV and V (Millinery, Miss Minnie McConaghy, assisted by Miss Jennie Alward; Dressmaking, Miss Jennie P. Alward, assisted by Miss M. McConaghy) for quality of work accomplished during each ten days period. The total amount to be distributed in prizes being \$75.00. No pupil will be allowed to take more than one prize, although she may compete in all classes.

Classes I, IV and V will be limited to twenty-four, although as many as care to may attend the lectures on the theory of cookery and observe the practical work in cooking. A pupil making application for cooking must take theory as well as practical work. Classes II and III being unlimited, as many as care to may attend and a special invitation to these classes is extended to the women of the towns in which they are held.

All material for cooking will be provided by the Department, but students will need to bring two large white aprons and half a dozen hand towels. In sewing and millinery classes students will need to be equipped with sewing aprons and work bags containing scissors, thimble, needles, thread, measuring tape, etc. Material to be made up in the sewing class may be brought by students or purchased in the town where the course is held. Any pupil wishing to make over a last year's garment in preference to making up new material may do so. Pupils are requested to bring "cast aside" hats that may be renovated for use again. The millinery teacher will have new shapes and trimmings on hand for sale. Applications must be made as early as possible to Miss Hazel Winter, Superintendent, Women's Institute Division, New Brunswick Department of Agriculture, Fredericton.



Memories of "the nicest cup of tea I ever tasted"

KING COLE ORANGE PEKOE The "Extra" in Choice Tea



Dear Mary:— I've just finished "putting down" my new linoleums and mattings. How neat and clean my kitchen looks! How cool my bedrooms are and how easy to sweep and keep tidy!

My "girl" just sings as she works. She was getting cross before. I don't blame her. I ought to have been considerate of her surroundings as well as my own. When you come over and see how refreshed my whole home is since I've fixed the floors, you too will get some new linoleum and matting.

Come over—HELEN.
P.S. You get yours where I got mine—from
BUCHANAN & CO.
Water Street St. Stephen