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"You'll Like Home-Made, Whole-Wheat Bread"

Food experts assert that whole-wheat is more nutritious than ordinary white flour. Try this easy Whole-Wheat Bread.

Recipe by Mrs. Ida C. B. Allen
Domestic Science Expert and
Author of Mrs. Allen's Cook Book

For Three Whole-Wheat Loaves

Two cupsfuls scalded milk, two cupsfuls tepid water, one compressed yeast cake, one and one-half teaspoonfuls salt, one tablespoonful molasses, twelve cupsful whole-wheat flour, bread flour to knead. Combine milk and one cupful water, add salt and molasses. When tepid, stir in the yeast dissolved in the remaining water. Beat in whole-wheat flour and add bread flour to knead. Knead until elastic, turn into well-oiled bowl, rub over top with warm water, cover and let stand over night in warm place. Cut down, shape, put in "Wear-Ever" bread pans and let stand till double in bulk. Bake fifty minutes in moderate oven. Let stand with oven door open and gas turned out ten minutes.

To secure best results and save fuel, use

"Wear-Ever" Aluminum Bread Pans

"Wear-Ever" bread pans take the heat evenly with the result that the bread is baked thoroughly all the way through. They require no grease. To remove bread, simply invert pan.

The enormous pressure of rolling mills and stamping machines makes the metal in "Wear-Ever" dense, hard and smooth.

Replace utensils that wear out with utensils that "Wear-Ever"



Northern Aluminum Co., Ltd., Dept. 48, Toronto, Ont.

Send prepaid, 1 qt. (wine-measure) "Wear-Ever" stewpan. Enclosed is 30c in stamps—to be refunded if not satisfied. Offer good until Jan. 20th, 1918 only.

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The Hanna Family and Patriotism

An Incident That Reveals Home Application of the Food Controller's Doctrines

FOOD Controller, W. J. Hanna has carried his doctrine of greater production even at the expense of limited profits right down to the farmers themselves. At a convention in Toronto he urged upon the producers of Ontario the urgent necessity for greater individual effort, greater thrift and closer conservation right in the home. In some subtle way, however, his audience seemed at first unable to strike the keynote of his doctrine. Throughout the early session there was remarkable a faint, almost intangible atmosphere of antagonism. There was an unbridged gap evident between speaker and audience. Each seemed to stay on his own side of the fence rather than venture upon common ground.

One farmer arose, just as a speaker took his feet upon the platform, and interrupting, asked "What is being done in Mr. Hanna's own home, or by Mr. Hanna's own family to win the war?"

The audience applauded the heckler.

National Opinion

As Expressed by the Individual

A FEW letters picked at random out of the thousand or more that have accumulated, in eulogy of our new magazine "Rural Canada," tell a tale of appreciation and satisfaction better than any effort to do so on our part. It is noteworthy that these are post-marked at all points from Vancouver to Halifax. Some of these we reproduced in previous issues. They all make interesting reading!

"I am very much pleased with your magazine and think it is the very best for its price that I have ever seen. It is a paper that farm women need. On the farm the mother very seldom has much time for general reading, and she needs something that gives her the most information and pleasure in the few spare moments she has.

Your magazine has something interesting and helpful for each member of the family, and I am sure it will create in each one a desire for the better things in all the avenues of occupation and leisure of farm life; and the fulfilment of the ideas suggested in it will do much to make farm life both more remunerative and more attractive. Where can the attractions of either town or city compare with the real pleasure and joy in the hearts of the boys and girls trained as in your article, "How the Children Are Leading Them?"

Your magazine also contains much of splendid educational value, bringing the farm homes in the isolated districts of Canada into touch with the educated minds and experts in the various departments. It gives also many useful suggestions for carrying out the economy that is so much needed now, and also for the economy of the mother's time, that she may have more time to give to social and intellectual duties and to be her children's best companion. Wishing you every success with your new magazine, Yours respectfully,

Mrs. W. J. DOOLEY, Wawota, Sask."

"A Magazine that will bring joy and happiness; that will make life easier and better and will give that uplifting power and brightening influence to everyday life, especially in the rural communities, by treating so successfully problems of such industrial, social, moral, domestic, religi-

ous, and national value, is sure to be a beacon light to lead the people of Canada to brighter, nobler and higher standards of living and thinking, and better fit and prepare us to do our part in the great struggle to "Win the War."

Only the magazine "Rural Canada," full of articles of human interest, between its attractive covers, could measure up to these requirements.

My very best wishes, therefore, are for the successful launching of the first one hundred thousand subscribers for Rural Canada.

Yours very truly,
ALLAN G. PEIRSON, Weston, Ont."

The Passing of the Christmas Ghost

(CONTINUED FROM PAGE 5)

phosphorescence, emanating on a dark night from the rotting wood of the wainscoting.

Or worse still, if it were decided that there really was something in it, then the society of Spookical Research or some such body would take the matter up. A delegation would "sit" on Sir Everard and reduce him to cold evidence. A talented lady-medium, at ten shillings an hour, would "call up" Sir Everard and make him explain himself. It would be reported in the proceedings of the society that the presence and under the inspection of Professor Piffle, F.R.S., of whose honesty there can not be the faintest astigmatism of a doubt, had been in communication with Sir E—D— Baronet, who passed over to the other side about the year 1660; that Sir E—D— had said that he was very happy and that where he was it was all bright and beautiful; asked if it was true that he stabbed his cousin Ronald Digby with a poignard, Sir E—D— was silent for a while, but on being pressed said that he might have, but was not sure it was a poignard; but that over where he was it was all so bright and beautiful that a little thing like that didn't matter.

With which the whole legend would have vanished and been transformed into the plainest of plain prose without a shadow of romance about it.

So the old-fashioned Ghost Story, like the Ghost itself, has gone up the chimney.

We must wait in patience till our writers invent some new kind of cheerful terror for Christmas time.

An International Daily Newspaper

"It would be a fine thing if this excellent daily newspaper could go into every home in the country, for it is not only a daily newspaper but in fact a daily magazine of tremendous value. The most striking feature of the Monitor at this time is its wonderful foreign news, giving exclusive information and articles in regard to the situation in Europe."

(The Dayton, Ohio, Journal)

Published daily in Boston, U.S.A., The Christian Science Monitor circulates the world over.

The Monitor conducts its own news gathering bureaus in all parts of the world, and because its news of the world war and of all great diplomatic affairs of the nations is said by other newspapers to be the most complete in the world, its news is "news" whenever received by the subscriber.

It omits entirely from its columns the sensationalism which makes up so large a part of the news of the day usually seen by the public.

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A single article is devoted each day to a discussion of Christian Science for those who are interested.

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The Christian Science Monitor is on general sale throughout the world at news stands, hotels and Christian Science reading-rooms at 3c a copy. A monthly trial subscription by mail anywhere in the world for 75c, a sample copy on request.

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