

FOOD CONTROL REGULATIONS

Heavy Penalties Attached To Infringements of New Order-in-Council

Meatless days are no win force in earnest, and hotel and restaurant proprietors must observe the regulations of the Food Controller in this respect or suffer the heavy penalties provided for infringement. There was a special edition of the Canada Gazette at Ottawa on Wednesday of this week containing the provisions of the new order-in-council. It was first proposed to publish the new order on Saturday, but as the providers of food in many cities were interested only apparently in the penalties, it was decided to hurry along the "fast day" by publishing a special edition of the Gazette.

Beef and bacon must not be served on Tuesdays or Fridays, and the serving of meat at more than one meal on any day by keepers of public eating houses is discouraged by heavy fines. The same order-in-council forbids the use of wheat in the distillation or manufacture of alcohol except for munitions or manufacturing purposes. Substitutes of oat cakes and corn meal bread may also be served to assist in conserving the supply of white wheat bread.

Summary conviction for violation of the provisions of the act will bring down a fine on the offender not exceeding \$100 and not less than \$25 for the first offense.

CATHCART

(From Our Own Correspondent.) Dr. and Mrs. Knaggs and children of Detroit, are visiting at the home of Mr. and Mrs. Ernest Reads.

Mrs. Taylor has returned home after spending a few days with friends at Ingersoll.

Mrs. Jackson of Detroit, is visiting her sister Mrs. J. E. Chant.

Mrs. John Thomas and little daughter are the guests of Mr. Clement of Harley.

Mr. John and Miss Clara Francis, spent Sunday with Mr. and Mrs. Robt. Thompson.

Mr. and Mrs. Nyburg, spent Sunday with friends of Scotland.

Mrs. Courtnage of Northfield, is visiting her parents Mr. and Mrs. Henry Thomas.

Mr. and Mrs. Taugher and Mr. and Mrs. Hitchmough and children, of Burford spent Sunday the guests of Mr. and Mrs. Spicer.

The W. A. of St. John's church met at the home of Mrs. Alex Weir on Thursday last.

Mrs. Arthur Stephenson and children left on Wednesday to spend a couple of months with her parents in the West.

Nurse Valentine of Toronto, is the guest of Mrs. J. E. Chant.

Miss Weir of California, is spending a couple of months with her uncle Mr. John G. Weir.

Mrs. Fairchild of Mt. Vernon, spent Sunday with her sister, Mrs. Aulsebrook.

Miss Chant is visiting her brothers here.

Mr. Will Corbet received the sad news of the death of his brother who was killed in battle. Much sympathy is extended.

RHEUMATISM WAS MOST SEVERE

Dreadful Pains All The Time Until He Took "FRUIT-A-TIVES".



MR. LAMPSON Verona, Ont., Nov. 11th, 1915. "I suffered for a number of years with Rheumatism and severe Pains in Side and Back, from strains and heavy lifting.

When I had given up hope of ever being well again, a friend recommended "Fruit-a-tives" to me and after using the first box I felt so much better that I continued to take them, and now I am enjoying the best of health, thanks to your remedy."

W. M. LAMPSON. If you—who are reading this—have any Kidney or Bladder Trouble, or suffer with Rheumatism or Pain In The Back or Stomach Trouble—give "Fruit-a-tives" a fair trial. This wonderful fruit medicine will do you a world of good, as it cures when everything else fails.

At dealers or sent postpaid on receipt of price by Fruit-a-tives Limited, Ottawa.

CAINSVILLE

(From Our Own Correspondent.) Mr. and Mrs. A. Yule are holidaying at Port Dover.

Mr. Major Foulger, Rainy River, is visiting in the village.

Miss Cora Hanley is spending a few weeks in Hamilton.

Mr. James Blunt, Hamilton spent a few days this week with his mother.

The Misses Richardson of Superior, Ohio, are the guests of their sister, Mrs. (Dr.) McCaul.

Mr. and Mrs. Harry Foulger motored to Port Dover.

Miss Dorothy Pyley is spending a few of her holidays here.

Mrs. J. Deverux, Langford was the guest of Mrs. A. Taylor the first of the week.

Mrs. R. Lezacy, city, was the guest of Mrs. D. Campbell, Wednesday.

Mrs. A. J. McCann is leaving Saturday for a trip up the Great Lakes to Port William and points west.

Mrs. J. Blunt and her Mrs. Pollock and family, Hamilton spent a few days this week with Mrs. B. Blunt.

Mr. and Mrs. Art Short and family are visiting Mrs. J. Vansickle, Mr. Short recently underwent an operation.

Mrs. Ballantyne, Galt has been visiting her sister, Mrs. J. Bawthin-helm.

Miss M. Sullivan who has been visiting at her old home here has returned to Toronto accompanied by her niece Miss Lorraine Sullivan.

It isn't "silent" policemen we need in our village. It's a real live one. The motorists seem to think that the Hamilton road is a speedway also a slaughter house. Wednesday afternoon the collic pup belonging to Stanley Hanley was killed. The pup was at one side of the road when the driver of a big touring car tried to see how close he could come to it.

NO THEY'RE JUST MEN DRESSED UP



Sports were held and prizes given at St. Mary Cray, Kent, in aid of the hospital for wounded soldiers. Our photo shows characters in the revue "Dazzle Zagger." All are discharged soldiers.

SIDE TALKS BY RUTH CAMERON THE "YAP MIND"

"The condition of all development is not to be content with the present but to have the courage to ask how everything can be made better and the good fortune to find a right answer to this question in thought or in action."—Elton Key.

In a newspaper discussion on the justice of women wearing wedding rings while men do not, occurred the following:

"I am one of those who believe that 'whatever is, is right,' and the fact that the wisest men of the world for thousands of years have thought it best for women to wear rings, and for men not to, is sufficient for me."

I am not so egotistical and vain as to imagine that I am wiser in such matters than the wisest men of the last hundred centuries."

Not Conceded That is a perfect example of what the Authorman calls the yap mind—the Mind That Lives On Formulas.

What he means by the yap mind is the mind that is never used to think things out but merely accepts formulas and repeats them.

Reading those sentences over makes me feel like a war horse smelling powder.

For there is no sentiment in this world that exasperates me like that, one "whatever is, is right."

How far would we ever have advanced in civilization if everyone had held that theory?

Result—The pup was instantly killed. The driver never even stopped to see what damage he had done.

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ECHO PLACE

(From our own Correspondent.) Mr. G. Blathway and Miss Marjory Davidson spent last Monday at Niagara.

Mr. and Mrs. Oswald Wallace, Miss Irene Wallace and Miss Marion Wallace motored from Burgessville last Sunday and spent the day with Mr. and Mrs. Murray Smith, Locke Road.

Miss Violet Hoonan is visiting Miss Jean Caton.

Miss Francis Styles is entertaining friends for the holidays.

Mrs. Spicer and Miss Blanche Holland spent Sunday with Mrs. M. W. Smith.

Mrs. McLeod, Mrs. Callan, Miss Olive and Miss Grace Smith are camping at Whitman's Creek.

Mrs. C. Bennett, city, spent Thursday with Mrs. G. Smith.

Miss Francis Caton of Owen Sound, is visiting her parents, Hamilton Road.

Mrs. Murray Smith returned on Thursday from Burgessville.

Mrs. Mowat is holidaying in Toronto.

Mrs. Langford and Miss Madeline Langford of London are the guests of Mrs. H. Harding.

Good Night Stories

By Blanche Silcott

THE THREE SISTERS

Once in the long ago there was an old woman who had three daughters. They were very poor and when the mother was taken ill and could work no more she began to wonder what would become of her children.

Now, in the town nearby, there lived a wealthy couple who had no children, so the old woman thought what a wonderful thing it would be if her little girls could find a home with the rich family when she was gone.

One day she called Gretchen, the oldest, to her side, and said: "Take this basket of fresh eggs to the rich couple as a gift from your poor mother. Be nice, for they may take a liking to you and ask you to live with them. And if they ask to remain, stay with them."

Gretchen had not gone far when an old man stopped her and asked what she had in her basket.

"None of your business," snapped Gretchen.

"Eggs," said the old man, "and I'm very hungry."

"Eggs, nothing, it's stones I carry," replied Gretchen, and she went on, leaving the old man mumbling to himself.

When she reached the wealthy man's home instead of eggs she found stones in her basket. The man and his wife were very angry, and commanded Gretchen sent to the kitchen, where she was made to cook and wash dishes.

When Gretchen failed to return home the mother thought her plan had worked so next day Hilda was sent with more eggs. When she reached the cross roads the old man asked what she carried in her basket, and Hilda became indignant.

"Rats for all the good they'll do you," cried Hilda, and she walked on.

When she reached the wealthy home and uncovered her basket a hundred rats and mice scampered out and ran about everywhere. Hilda was put to work scrubbing floors as punishment for what the couple thought was a joke some mother was playing on them.

Next day Rita started out. "If they are as kind to me as they must have been to my sisters, I'll send for you, mother," promised Rita, and with her basket on her arm she hurried down the road.

At the cross roads the old man asked the same question of Rita he had asked of Gretchen and Hilda.

"Oh! the loveliest eggs one could wish," replied Rita.

"Could you give me just one?" begged the old fellow. "I'm very hungry."

Rita gave him a sandwich which she had brought along with her. "That is better than a raw egg," said Rita, "and take these two eggs home to cook for your supper."

When the wealthy man saw Rita coming, with her basket he ordered her through the door. Rita begged that he look into her basket first, and she smiled so sweetly that the wife peeked under the lid. She gave a happy cry. The basket instead of having white eggs in it, was filled with beautiful golden eggs.

The wealthy couple were so pleased with Rita's gift and with her appearance that they begged her to remain with them.

The mother was sent for, and with careful attention she grew well again and she and Rita were quite happy in their new home.

The three sisters had received their just rewards, for the old man was none other than Good Fairy in disguise.

Courier Daily Recipe Column

Delicious Way of Preparing Chicken

First take a kettle sufficiently large to place 2 chickens in; then take a tablespoonful of sugar and brown in the bottom of the kettle; prevent from burning by stirring; when brown pour in about a cupful of water; have your chickens ready; rub them inside with a little salt and put them in the kettle; let cook slowly for an hour; put more water in if needed; when they are nicely browned and feel tender take them up from the kettle and make a gravy; cream a tablespoonful of flour in a little water and pour into kettle; then pour in a cup of cream and let all come to a boil; season with white pepper and salt to suit taste, strain and serve.

Meat Croquettes

Chop cold roast beef fine, season with salt and pepper, add bread crumbs and moisten with milk; rub the meat into balls, dip it into beaten egg, then in fine cracker crumbs and fry in butter.

Fried Tripe

Cut in bits for serving, roll them in seasoned flour, then in egg, and last in very fine bread crumbs, fry a nice brown in deep fat and serve with parsley. Tripe is usually better if allowed to simmer gently in clean water until perfectly tender. If it has strong smell add a little vinegar to water and change several times. Dry perfectly before frying.

SEPTEMBER IN ALGONQUIN PARK

September in Algonquin Park, Ontario, is one of the most delightful months of the year. A beneficial holiday can be enjoyed with all the comforts of home at "The Highland Inn," situated in the midst of a charming wilderness on Cache Lake. It is also a good month for the camper and canoeist. Splendid fishing is found in the innumerable lakes (over 1500) that nestle in the forests of pine and balsam. Don't leave it until the last minute to make your reservation at the Inn and write Miss Jean Lindsay, Manager, Algonquin Park Station, Ontario, for rates, etc., or to any Grand Trunk Railway agent for handsome illustrated booklet telling you all about the district.

A heavy electric and rainstorm in the Port Hope district leveled hay and grain crops to the ground, and did much damage.

Courier Daily: Valuable Suggestions for the Handy Home-maker—Order any Pattern Through The Courier. Be sure to State Size

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MISSES' DRESS. By Anabel Worthington.



A frock that is "different" is sure to appeal to the modern young miss who is always in search of variety. This one has several novel features to give it distinction. There are short panels of the material at front and back which extend down as far as the hip line to meet the pockets. The pockets are very large and hang loose. Underneath these panels the two piece skirt is gathered to the slightly raised waist line. Narrow belts of the material cover the seams at the sides. The square collar harmonizes well with the pockets. One may choose either the long tight-fitting sleeves or the short ones with cuffs.

The dress pattern, No. 8394, is cut in sizes 16, 18 and 20 years. Width at the lower edge is 2 1/4 yards. As on the figure, the 16 year size requires 4 1/2 yards of 36 inch material, with 3/8 yard 36 inch contrasting goods. To obtain this pattern send 10 cents to the office of this publication.

YES! MAGICALLY! CORNS LIFT OUT WITH FINGERS

You simply say to the drug store man, "Give me a quarter of an ounce of Frezono." This will cost very little but is sufficient to remove every hard or soft corn from one's feet. A few drops of this new ether compound applied directly upon a tender itching corn should relieve the soreness instantly, and soon the entire corn, root and all, dries up and can be lifted out with the fingers. This new way to rid one's feet of corns was introduced by a Cincinnati man, who says that while frezono is sticky, it dries in a moment, and simply shrivels up the corn without inflaming or even irritating the surrounding tissue or skin. Don't let father die of infection or lockjaw from whittling at his corns, but clip this out and make him try it.

ALERT and active little folks are quick to respond when Dominion Toasted Corn Flakes are served. No hesitating on the part of the grown folks either, for the Dominion flavor and crispness appeal to young and old. Always Packed WAXTITE. Made by KELLOGG TOASTED CORN FLAKE COMPANY Toronto and Battle Creek.

Anne's House of Dreams (By L. M. Montgomery) This new "Anne" book by Miss Montgomery is now on sale. It is the most pleasing story she has written and will be immensely popular. \$1.50 LIMITED 160Phone 569 Colborne St

Cooks, Stewards and Boy Stewards are wanted for the term of the war, for service on the ships of the Canadian Naval Patrols Guarding Canadian Coasts. The service is most useful and is well paid. Stewards and Cooks get \$1.50 per day with \$25.00 separation monthly and free food and kit. Boy Stewards get 50c. a day and free messing and kit. Apply to COMMODORE EMILIUS LARVIS Naval Recruiting Officer, Ontario Area 103 Bay Street, TORONTO, or People of the Naval Service OTTAWA

SUTHERLAND'S Seasonable Goods Tennis Balls Tennis Racquets Tennis Nets Golf Balls Golf Clubs Hammocks Jas. L. Sutherland SPALDING'S AGENCY

Every 10 Packets of WILSON'S FLY PADS WILL KILL MORE FLIES THAN 250 WORTH OF ANY STICKY FLY CATCHER. Clean to handle. Sold by all Drugists, Grocers and General Stores.