Black-Mixed-Natural Green.

# THROUGH THE DARK SHADOWS

Or The Sunlight of Love

THE roof
for your
barn is the first
part to feel the effects
of wear and weather.
Make your roof wearproof and you add
many years of better
service to your

many years of better service to your whole barn. Pedlar's "George" Shingles not only offer the safest protection against weather, wind, fire and lightning, but the way they lock together, tight on all four sides, makes them practically indestructible. Impossible for detructible. Impossible for detructible impossible for the process of the service of

THE PEDLAR PEOPLE LIMITED

CHAPTER XXI.—(Cont'd).

"I both can and will," was the quiet are retired spot."

He drew her almost forcibly out of he recess into the shadow of some alms, as Adrien Leroy, with a parter on his arm, approached the alcove.

"Oh! Mr. Leroy," said Lady Chet"Oh! Mr. Leroy," said Lady Chet"She drew his attention to a tall lady who was looking rather anxiously and constrainedly about her. Her dress certainly deserved the name of magnificent. It was made for the greater part of apricot-colored satin, with







Why do we not make a more general use of cornstarch? As a rule few cooks employ it for anything but an occasional pudding or for thickening sauces or soups, while it could with advantage take part in a thousand and one dishes and add its nourishment to the other ingredients. For example, you can substitute cornstarch for part of the flour in making cakes and biscuits, and you will be surprised to find how much lighter and more digestible they will become. In cold weather cornstarch is specially valuable because, being a pure starch food, it supplies the body with heat and energy. cause, being a pure starch food, it supplies the body with heat and energy. Of course, like every other starchy food, it requires careful cooking, for there is nothing more indigestible than insufficiently cooked starch, but with that proviso there can be nothing better in the way of food.

When mixing the flour and cornstarch for cake use not more than one-quarter of the starch unless of course, you are using a recipe which gives it as one of the ingredients, and then you have the benefit of the experience of others and the proper properties have others and the proper proportions have already been worked out.

The following recipes may give you come suggestions on the matter:

Sausage Rolls—Two ounces of cornstarch, six ounces of flour, eight ounces sausages, one-quarter teaspoonful salt, four ounces shortening, butter, oleomargarine or vegetable butter, cold water, a few drops of lemon juice. Blanch and skin the sausages. Mix the cornstarch, flour and salt together and rub in the

of the name "REDPATH".

2 and 5 lb. Cartons—
20, 20, 50 and 100 lb. Bags. Made in one grade only—the highest !

"Redpath" stands for sugar quality that is the result of modern equipment and methods, backed by 60 years experience and a determination to produce nothing unworthy

"Let Redpath Sweeten it."



ing put in the broiler under the gas jets for a second to set slightly, as this keeps it from falling flat. Serve at once on a very hot dish. If the cornstarch is omitted from this recipe it will require three eggs instead of two and so the addition is a very decided economy these times when eggs are such prohibited luxuries.

Cheese Pudding-Two vounces cornstarch, one pint of milk, one-half ounce of butter, four ounces of grated cheese, one-half teaspoonful of salt, pepper and made mustard. Mix the cornstarch with a little of the milk to Bring the rest of

### IS EXCELLENT FOR

If you are afflicted by Indigestion or other disorders of the tomach, liver and bowels take Mother Seigel's Syrup regularly for a few days; long enough to give it a fair chance to make its beneficial influence felt. Then note the improvement in your appetite, your strength, your general condition.

## HEADACHES, BILIOUSNESS CONSTIPATION INDIGESTION.

The 1.00bottle of Syrup contains three times as much as the 50c size.

How To Do Things. A few drops of oil of lavender poured into a glass of very hot water will purify the air of a room almost instantly from cooking odors, and is especially refreshing in a sick-room. If a little sausage is left over from

If you are fond of pumpkin pies and have no pumpkins, have you ever tried substituting carrots? Cook and pre-

substituting carrots? Cook and prepare them the same as you would the pumpkin, and you'll find it hard to tell which is the better.

Don't fret because you haven't the time to keep a variety of fancy things baked up. The health of your family will be far better if you give them plenty of well-prepared plain foods, such as vegetables, meats, ergs, bread and butter, and fresh fruit or sauce for dessert.

In many homes there is a great hunt when any pattern is wanted. Next time you are in town step into the time you are in town step into the stationery store and get a package to big manilla envelopes. Put one pattern in one of these and write on the outside what it is; and so on, till you have them all filed away. Then set these envelopes up on edge in some drawer. Ten cents, will cover the cost and save many hours of hunting and lots of vexation.

When one has only materials enough for a little stock, it still pays to make it. It is very easy to cover this findings from steak, chops or chicken, one or all three, with cold water, and allow this to simmer two or three hours. If the result is not more than a cupful

If the result is not more than a cupful of stock, even that will materially add in nourishment and flavor to a can of soup or in the preparation of stews, gravies and vegetables.

Cheese Sauce—One and a half ounces cornstarch, one pint of milk, one ounce butter, three ounces of grated cheese, one-half tablespoonful of salt and pepper and a few grains of cayenne pepper. Mix the cornstarch with a little of the milk to a smooth cream. Bring the rest of the milk to the boil and stir the cornstarch into it. Add the butter cheese. the milk to the boil and star the cornstarch into it. Add the butter, cheese, and seasonings, and boil for five minutes, stirring all the time.

Tomato Pudding—One and one-half ounce of cornstarch, one pint of milk, four or five tomatoes, one-half ounce of chestaring.

of shortening, one -teaspoonful or chopped parsley, one-quarter tea-spoonful of pepper, one-half teaspoon-ful of salt. Mix the cornstarch with a little of the milk to a smooth cream. of shortening, one -teaspoonful of Bring the rest of the milk to the and stir the cornstarch into it. and stir the cornstarch into it. Add the shortaning chopped parsley, salt and pepper. Boil for ten minutes, stirring all the time, put some canned tomatoes in the bottom of a well-buttered pie dish. Add a layer of the cornstarch and alternate layers of lomato and cornstarch until finished. Bake in a very slow oven for thirty. Bake in a very slow oven for thirty

How to Measure Recipe Accurately

Over the kitchen table of one house-wife there is a small shelf on which rest half a dozen cook books, a card cabinet with her tried recipes and oth-

"Why do you need an additional ooking recipe cabinet with all those ook books?" she was asked curiously. "Because there doesn't seem to be any one standard way of measuring that all the authors of cook books use," she explained. "One will give some measurements in pounds, another in cupfuls, another in pints, and I actually have one cook book that really has some fine old recipes—only really has some line old recipes—only it mixes measurements. In a single recipe I read about a cup of one thing, a dash of another, a pound of something else and a pint of still another ingredient. And, to cap the climax, I am asked to add seasoning to taste!"

More and more housewives are following the plan of kenging a personal.

lowing the plan of keeping a personally prepared card cabinet of recipes that have been tried and found pleas-And one of the great advantone standard way-the way you find best. If you prefer to measure some-thing by the cupful, half-cupful, and so on, it will save much fussing and possible confusion if you enter all your recipes in the standard way. Or if you like to weigh everything—which is the absolutely accurate method, although it takes more time than any other—enter all your recipes in this

Here is a standard table showing how you can transfer one measurement from another. Paste this on a card and hang it over your work-table in

Table of Corresponding Weights and

Measures

In one pound—Two cupfuls of any liquid, two cupfuls of butter, two cupfuls of sugar, four cupfuls of flour, three cupfuls of other meal, ten med-

three cuptuls of other mean, ten medium sized eggs.

In one ounce—One tablespoonful of liquid, one heaping tablespoonful of butter, one heaping tablespoonful of lard, one heaping tablespoonful of sugar, two heaping tablespoonfuls of coffee, two heaping tablespoonfuls of flour, two heaping tablespoonfuls of roundered sugar.

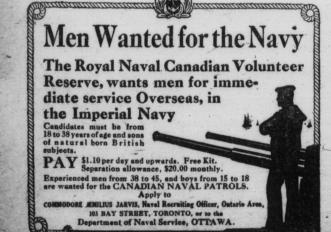
powdered sugar.

In one pint—One pound of any liquid, two cupfuls of any liquid, four gills of any liquid, sixteen tablespoonfuls of liquid.

An old-fashioned saying, "a pint's a pound," is easily remembered, and often helps one in quickly determining

breakfast, it will add flavor if broken up fine and mixed with the bread-crumbs to put on top of baked mac-aroni or scalloped potatoes or baked

for dessert.



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flavour, downy light-

ness and excellent

keeping qualities.

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