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Makes muscle
for the
munition worker



The Great Food Drink

Most drinks are mere stimulants. FRY'S Cocoa, however, is a complete food in itself. It acts quickly too. Tired muscles are nourished—worn nerves are fed and toned—thinned blood is enriched by this delicious beverage much quicker than with ordinary foods, and at less cost. Of course,



Remember—nothing will do but FRY'S

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**Where You Cannot Prophecy —
PREPARE !**

NOT even the best-informed man in government or business circles dares to attempt a prophecy of conditions after the war. We hope for the best—meantime wise men are preparing now for anything.

How?

By regulating their expenditures according to their actual needs rather than by their prosperity—by husbanding the surplus—and by investing to the limit in Canadian War Loans that help so much to maintain present prosperity.

Money saved and loaned to Canada by Canadians is a two-fold safeguard for the future. The lenders will benefit directly from the excellent interest return and absolute security—and indirectly because the interest thus kept in Canada will help to keep business good after the war.



Canadian War Savings Certificates are issued in denominations of \$25, \$50 and \$100, repayable in three years. At the purchase prices of \$21.50, \$43 and \$86 respectively, they yield over 5% interest. Buy them at any Bank or Money Order Post Office.

The National Service Board of Canada.
OTTAWA.



In the Realm of Women

Matters of interest for Mother, Maid and Daughter—Items of Value to She who Presides over the Home and Rules the World—Pure Food and Home Economy.



UNDER THE HOME ROOF-TREE
by Emma Gary Wallace

VEGETABLE CANNING

Perhaps some of you have had the distressing experience of trying to can vegetables for winter use which kept beautifully—sometimes, while a others and for no apparent reason at all, they spoiled. Micro-organisms or spores are difficult to kill and if any of these remain active, they will set all your work at naught. If he happens to kill them with one cooking, the product keeps; if it does not spoilage follows. Some advocate a single cooking of vegetables but it seems very foolish not to take every precaution.

An approved method which has been eminently successful, is the "cold pack" intermittent method. This looks complicated but really is a very simple and does not take much time when planned with other work. Any vegetable may be prepared by this method with assurance that it will keep. For the sake of convenience I will talk about asparagus.

If you wish to can in talks, measure the length which will go into your can and tie in bundles, or if you prefer, cut in inch pieces and empty into a clean cheesecloth bag. Immerse the bundle five minutes or in bag three minutes in boiling

water, counting from the time that boiling begins. Lift out and plunge into cold water. This is blanching. Run the cold water on and off. Drain and pack the asparagus into clean hot cans. Put a level teaspoonful of salt into each pint can and a rounding teaspoonful into each quart can. Fill to overflowing with hot water. Put on new rubbers and the tops. If you use Lightning jars, fasten the top snap on top, or screw Mason jar tops loosely.

Have ready a boiler of hot water with a fitted cover and slats of wood or straw in the bottom. The water should come to within an inch or two of the can tops. Put on the boiler cover and cook one hour after the water begins to boil. Remove the cans and set on a table but not in a draught. Fasten tops or covers tightly.

Next morning the cans will be cold. Loosen the second snap or top but don't remove. Put into cold water and cook one hour after boiling commences. Remove and fasten tops. On the third morning do just what you did on the second morning finally fastening tops for the last time. Cool and put away. The reason for loosening the snap or cover is to permit expansion and prevent explosion. Blanch corn on the cob ten minutes, cut and pack in the cans.

SIDE TALKS
by RUTH CAMERON

THE PEACEMAKER

She's not an awfully pretty woman and she's not particularly clever, and yet everyone loves to have her about. Men and women alike.

And the reason is just this—she's a peacemaker. Her voice is well pitched and has a pleasantness and a restfulness threaded through it.

If you are fretting over something and she begins to speak, even before you sense what she is saying, the tones relax and you make you feel that very likely things are coming out all right and that, anyhow, fretting is foolish.

And of course the lines of her face all slant up and she's comfortably plump. But she isn't a Professional Optimist.

I never see her or hear her speak without having the words, "Oh heart of mine, I wouldn't worry so" come into the back of my mind.

And yet she's not one of these exasperating professional optimists who are always telling you not to worry and reminding you how much better off you are than someone who is miserably off.

In fact I never heard her tell anyone not to worry or fret.

She just enters into a situation and says the tactful, the kindly, the gracious thing, in that pleasant, restful way of hers, and makes you feel

One Of Those Disagreeable Players.

The first time I met her we were playing cards at a charity bridge. My partner was one of those clever disagreeable players who rag their partners if they don't play just so. Our opponent made it no trumps and won the game. My partner glared at me through his tortoise rimmed glasses. "We would have set them," he said, "if you had signalled me by discarding from your strongest suit the first time you had to discard. That's the rule you know."

I didn't know, and I felt like a small child who has been stood on the floor in school.

So you can imagine what healing it was to my spirit when the peacemaker said so pleasantly that not even he of the accusing tortoise rimmed eyes could take offense. Well, you know some people think it weakens your strongest suit to discard from it.

Not A Showy Talent But A Lovable One.

She's always like that, "one of her old friends told me when I mentioned the incident."

And I have found it true. It's not a showy talent this flair for making things go more smoothly, but it's certainly an awfully lovable and lovable one.

We need to wonder a bit why the Peacemakers in the Beauties in were to receive on of the highest rewards I begin to understand.

We love thee and always will. We'll fight for our homes and freedom. To the old and the young, be true. And the dear ones at home will be proud to think Of the Boys of the 122.

Pte. David Stewart,
C. Co., 122 Batt.

The sense of refreshing cleanliness that follows the use of a real scalp prophylactic, is comforting in the extreme

HERPICIDE

Applications at the better barber shops. Guaranteed by The Herpicide Co., Sold Everywhere

THE BOYS OF THE 122ND

Have you seen the lads from the Highlands, The boys from the valley and hill? Those who have seen them all praise them—

If ever you see them you will. They come from the lake and the river. They have roamed the wild woods through.

Now they've shouldered the rifle and laid down the axe. The Boys of the 122.

It's down on the wide plains you'll find them. With the rest of the Empire's brave men;

But their hearts still long for Muskoka. To be back in the Highlands again. But it's onward to Flanders and warfare.

To Berlin they'll smash right through. And the Hun will wish he had never met The Boys of the 122.

The ring of the axo now is silent. The pine stands stately and tall. For the boys who often laid him low Now answer the bugle call.

And the lasses back in Muskoka What will they ever do?

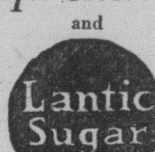
For they liked the lads that left the woods To follow the 122.

They go now to help out the Empire. In danger she stands to-day. We will lend a hand to each soldier friend On battlefields far away.

We'll never say die while life lasts. We'll stick to each other True Blue. For they're hardy and rough and gallant stuff. The Boys of the 122.

Farewell the canoe and the river, Farewell the valley and hill, Farewell the glens of Muskoka,

Ripe Cherries



"Pure and Uncolored" make delicious and economical preserves In 10, 20 and 100-lb. sacks, 2 and 5-pound cartons



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This is the music to dance to. Couple \$1.00. Extra lady, 25c.

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Meschedes Edwards, pianiste,
George Rasley, tenor

St. Mary's Hall, July 6th and 7th.

Change of program each concert.

Proceeds for the Cocoa and Soup Fund for the men on the firing line.

Tickets, — single concert, \$1.00; for season, \$1.50



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