

Grandmother's Pies are done

How luscious they look as she takes them from the oven. Here is a kind well worth your attention, made from dried apples, small raisins and brown sugar. "Spring mince pies" grandmother called them. She had many other delicious pies and pudding made from brown sugar.

In fact she hardly used any other sugar for cooking.

Lantic Old Fashioned Brown Sugar

Is just like the sugar that Grandmother used to use. It comes in Light, Brilliant and Dark Yellow, but the Brilliant Yellow is about right for most of the things Grandmother made and for your own favorite brown sugar dishes. You should keep brown sugar in your pantry and you should use it often. It has a delicious characteristic flavor essential to the success of many dishes. It is economical, too, costing less per pound than granulated.

If you don't know how to make Grandmother's good old-fashioned dishes, no matter. We have just printed a delightful new booklet called "Grandmother's Recipes." It is devoted entirely to brown sugar goodies. Send for it to-day enclosing 2 cent stamp to cover cost of mailing and please add the name of your grocer. Lantic Old-Fashioned Brown Sugars are made by the same firm that makes the famous Lantic "FINE" Granulated.

Atlantic Sugar Refineries, Limited - - Montreal, Que.



Income Tax Forms Are now available

Returns must be filed on or before 31st March

THE Dominion Income War Tax Act requires you to fill in one or more of the five special Forms provided before 31st March, 1918. In order to assist the public to understand just what is required of them, information on each Form is given below. Read carefully, then get three copies of the form that fits your case and fill them in. Answer all questions fully and accurately. For making false statements, a penalty of \$10,000 or six months' imprisonment, or both, is provided.

Individuals.—All persons unmarried, and all widows or widowers without dependent children, whose income is \$1500 a year or more, must fill in Form T1. All other persons whose income is \$3000 or more, use the same Form. Where any income is derived from dividends, list amounts received from Canadian and Foreign securities separately. Fill in pages 1, 2 and 3 only. Do not mark on page 4. Partnerships, as such need not file returns, but the individuals forming the partnerships must.

Corporations and Joint Stock Companies, no matter how created or organized, shall pay the normal tax on income exceeding \$3000. Use Form T2—giving particulars of income. Also attach a financial statement. Under Deductions, show in detail amounts paid to Patriotic Fund and Canadian Red Cross or other approved War Funds.

Trustees, Executors, Administrators of Estates and Assignees use Form T3. Full particulars of the distribution of income from all estates handled must be shown as well as details of amounts distributed. A separate Form must be filled in for each estate.

Employers must use Form T4 to give names and amounts of salaries, bonuses, commissions and other remuneration paid to all employees during 1917 where such remuneration amounted in the aggregate to \$1000 or over.

Corporation Lists of Shareholders.—On Form T5 corporations shall give a statement of all bonuses, and dividends paid to Shareholders residing in Canada during 1917 stating to whom paid, and the amounts.

Figures in every case are to cover 1917 income—all Forms must be filed by 31st March. For neglect, a fine of \$100 for each day of default may be imposed.

In the case of Forms T1 and T2, keep one copy of the filled in Form and file the other two with the Inspector of Taxation for your District. In the case of T3, T4 and T5, keep one copy and file the other two, with the Commissioner of Taxation, Dept. of Finance, Ottawa.

Forms may be obtained from the District Inspectors of Taxation and from the Post-masters at all leading centres.

Postage must be paid on all letters and documents forwarded by mail to Inspector of Taxation. Department of Finance, Ottawa, Canada

Inspector of Taxation, J.P. Edwards, 411 Dennis Building, Halifax, N. S.

OUT OF IT.

Up and down the village street walked old Tompkins, dressed all in his Sunday best and with a clean collar on. "Hello, old fellow" a friend

hailed him. "Aren't you working today?" "No," replied the old man proudly. "I'm celebrating my golden wedding." "Really? Then you've been married fifty years?" "Yes, I have."

"Then where's Mrs. Tompkins? Isn't she celebrating, too?" "The present Mrs Tompkins," the old man coldly, rebuked the idle questioner, "has nothing to do with it."

Every Little Helps.

Every available maple tree should be tapped this spring and every sap bucket, pail and pan pressed into service, whether it is the most up-to-date equipment or the old time sugar making outfit that has not been used for years. Every little helps. Every pound of maple sugar is wanted.

Herd on The Decrease.

Figures compiled some months ago by the French authorities show how the herds of livestock have been depleted since the outbreak of the war. Cattle have been reduced by 16.5 per cent, sheep by 36.6 per cent and hogs by 40.2 per cent. Canada has been supplying only the following percentage of the Allies import requirements: Beef—2.23 per cent, pork products 8.55 and butter 1.40.

Big Demand For Maple Products.

The Canadian market has hitherto readily absorbed 75 per cent of the Canadian sugar maple production. The United States takes all we can send and would gladly take more. The demand for the pure products has for years exceeded the supply.

Meat Consumption on Decline.

The consumption of beef and mutton in Britain during the last year of peace was 150,000 tons per month. During 1916-17 this amount had fallen to 120,000 tons per month. The total available supplies at present in sight for the current year are not more than 88,000 tons per month.

Clergy Promise Support.

The clergy of all denominations in Canada are promising to do everything in their power to promote the work of food consumption and production. In a number of cases the Bishops are sending out pastoral letters to their clergy. Archbishop Matheson, Primate of Canada, has promised his fullest support to the Canada Food Board.

Worth Thinking About.

Every little bite makes a muckle. The second helping is getting to be bad form. There's lots of money to go round but bacon, beef and wheat can't make the circuit. Fish may not be a brain food but brainy men are eating more fish. Waste and want are twin sisters and neither is beautiful. Learn to control your own appetite before you try to control your neighbor's. A good citizen is known by the

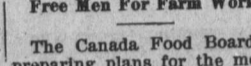
DON'T YOU KNOW

that you can soon get rid of the agony of chapped hands by using Zam-Buk. Mrs. William Elstone, of Haliburton, Ont., writes:—

"Last winter my hands were very badly chapped. I used a lot of different so-called remedies, but my hands only seemed to get worse. Finally I tried the great herbal healer—Zam-Buk—which completely healed them."

Mrs. M. A. Bateson, of Souris, Man., writes:—"I have used Zam-Buk for chapped hands, and know of nothing to equal its wonderful soothing and healing powers."

Zam-Buk is also unequalled for chafings, frost bites, cold cracks, and cold sores; as well as eczema, scap sores, old wounds, ulcers, blood-poisoning, piles, burns and scalds, cuts and all skin injuries. 50c. a box. All druggists and stores, or Zam-Buk Co., Toronto.



food he eats.

Free Men For Farm Work.

The Canada Food Board is preparing plans for the mobilization of labor for spring seeding operations. Men familiar with handling horses will be specially needed and it is essential that they be secured to work on the land. For this reason employers of such labor, in urban centres, will be well advised to consider the adoption of co-operation methods of delivery in order to free the men capable of driving horses and especially those with farm experience.

JOHN REDMOND'S SON WON D. S. O.

LONDON, Friday, March 8.—The circumstances under which Captain William Archer Redmond, son of the late John Redmond, and member of parliament for East Tyrone, won the Distinguished Service Order are announced in the London Gazette. Captain Redmond was decorated "for conspicuous gallantry and devotion to duty when in command of a company holding a line of posts."

"Following a heavy barrage," the statement continues, "the enemy attacked in strength and a bomb fell in his post knocking out half of the occupants. He immediately led the survivors out and drove the enemy back, which enabled him to establish a new defensive line and hold it against repeated attacks until day broke."

There were 34 persons killed and 79 injured in Paris as the result of Monday's air raid by the Germans. In addition to the bomb victims 66 persons suffocated in a panic.

Minard's Linctant Cures Colds, Etc.

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