GOOD SOUP FOR HEALTH, WEALTH

Turn Your Daily Waste Into Nourishment.

Some Good Recipes That Will Help.

There are three obvious ways to reduce the cost of living. We can so increase the production of the necessaries of life as to bring supply into nearer balance with demand, thus insuring normal prices; or we can cut down consumption of what we eat and wear by the practice of simple economy; or we can eliminate waste.

To increase production takes time, but there is instant relief to be obtained through the practice of economy and the stoppage of waste.

Our housewives have no adequate idea of how greatly they may contribute to the general welfare by the stoppage of waste. What we throw into the garbage can or feed to the pigs the French woman puts in her soup kettle. In that depository she finds it possible by judicious admixture and proper seasoning and simmering to extract the full measure of remaining nutritive substance and place it upon her dinner table in various and enticing forms of relishing soup. If meats are not always available there are hundreds of ways of preparing meatless soups of fine flavor. It is not an exaggeration to say that the housewives of the country might do much to float it back into the haven of cheaper living by a generous outpour of savory soups.

The following soup suggestions are made by Elizabeth Lee, a practiced writer on the subject of domestic economy:

In these days of high cost of living meatless soups will be a means of saving and really better than the heavier kinds.

GREEN PEA SOUP.

Green pea soup is made by cooking a quarter of shelled peas in three pints of water, then rubbing them through a sieve.

The peas are put back into the water in which they have been boiled. One tablespoonful of flour is beaten into two tablespoonfuls of butter and then added to the peas. Salt and pepper to taste come next, and finally one quart of boiling hot milk is gradually stirred in. The mixture should be cooked about 10 minutes. If the flavor of onion is liked one should be boiled with the peas.

This is one of Mrs. Parloa's recipes and is a most delicious soup.

CORN CHOWDER.

Corn chowder, though quite an inexpensive dish, is very appetizing. A cupful of corn is boiled soft and then rubbed smooth. In the meantime cut two ounces of fat pork into small pieces and fry with a sliced onion. Cut up four large potatoes into cubes and scald one quart of milk. Put corn, pork fat strained, potatoes, milk and seasoning into a saucepan and bring to a boil.

Rub a couple of tablespoonfuls of butter into a little flour and add to the chowder to thicken.

Dried herbs are a great boon to housekeepers who live far from a store. In fact, city residents find them a very great convenience, too. They come in compact form, and the process of drying is so complete, even the fresh herbs are not found to be superior to them. They are an economy, also. One tablespoonful of powdered mixed herbs is equal to a handful of soup greens.

ONION SOUP.

A good onion soup is made by boiling onions gently until cooked through. They should then be chopped and put into a saucepan containing one quart or more of water. A large cupful of potatoes cut up is added with salt and pepper to taste, also a level dessertspoonful of dried herbs. The soup can be thickened with the butter and flour rubbed together, as before directed.

VEGETABLE SOUP.

A good substantial soup can be made from any soup bone and vegetables. Almost any kind of the latter will do except tomatoes.

Meat bone and vegetables are boiled together and then, when thoroughly cooked, are strained. One quart of potatoes finely mashed are added to the liquid, and lastly a cupful of boiling milk. Seasoning should be added and, if liked, a tablespoonful of butter rubbed up with a little flour, but the potatoes will serve to thicken. Serve with chopped parsley.

CREAM OF CORN.

Cream of corn soup makes a nourishing dish and a soup of this kind may be very inexpensive as well as quickly prepared.

The corn should be cooked and then scraped from the cob. One cup of the scraped corn is rubbed through a sieve and put into a saucepan.

To this is added one cup of boiling water, a little onion juice and salt and pepper to taste.

In a double boiler heat one cup of milk, and, when boiling, stir into it a tablespoonful or so of cornstarch and the same quantity of butter. When thickened put in the corn and boil together for about five minutes.

A couple of tablespoonfuls of whipped cream stirred in just before serving is an improvement to the soup, but is not a necessity.

Minard's Liniment Co., Limited.

Dear Sirs,—This fall I got thrown on a fence and hurt my chest very bad, so I could not work, and it hurt me to breathe. I tried all kinds of Liniments and they did me no good.

One bottle of MINARD'S LINIMENT, warmed on flannels and applied on my breast, cured me completely.

C. H. COSSABOOM.

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Why Lightning Rods Are Pointed.

The reason a lightning rod has a sharp point is because a fine point offers no resistance to the discharge of electricity and in order that a cloud may be emptied of it noiselessly and harmlessly. The degree of resistance is in proportion to the surface of the object. If the rod were surmounted by a knob, for instance, the discharge would be violent. But many a lightning rod has received an electrical discharge when the people in the building below were calmly unconscious of the fact. Noncorrosive metal is used for the point of the rod, for corrosion makes resistance. The difference between a point and a ball is shown in discharging a battery. The full charge from a large battery would be received quietly on a metal point, while a moderate charge from a small one would explode violently on a ball. It is said that a full charge may be passed harmlessly through a person's body if received on the point of a needle, whereas the same charge received on a discharger with a ball or knob on the end, would mean instant death.

Minard's Liniment Cures Garget in Cows.

STRAITS OF OTRANTO.

Sailed by Many Great History-Making Expeditions.

"Across the Straits of Otranto, where an Austrian cruiser is reported to have sunk several armored British patrol boats recently, have sailed some of the greatest history-making expeditions of ancient and medieval times," says the National Geographic Society. "This fifty mile expense of water, which joins the Adriatic and Ionian seas, separates the southeastern extremity or heel of the Italian peninsula from that part of Albania which was known in ancient times as Epirus.

"It is sixty miles from Otranto, the beautifully situated Italian fishing village, which gives its name to the Straits, to Avlona, the nearest port in Albania. Four hundred miles to the northwest are Venice and Trieste, at the head of the Adriatic, while 350 miles to the southwest, beyond the Ionian sea, is the British possession, Malta.

"At the beginning of the war Otranto was a town of scarcely more than 2,000 inhabitants, but of some importance as an Italian terminus of the cable and telegraph line to Constantinople, via Avlona. It also had cable connection with the Island of Corfu. The town's historical associations date back to Graeco-Roman times, for it occupies the site of the ancient Hydrus, and was one of Rome's ports of embarkation for Apollonia, the famous centre of culture and city in which the future emperor, Augustus, was completing his education at the time that he was summoned to the capital following the assassination of Julius Caesar.

"Otranto was one of the Calabrian towns captured in 1068 by Robert Guiscard (the sly), that resourceful Norman adventurer who, at the high tide of his career, gave evidence of duplicating in Southern Italy and in Greece the triumphs won by his fellow-countryman, William the Conqueror, who during the same decade was subduing England. Four hundred years later the seaport was again raided, and this time was completely destroyed by the Turks. From this setback it never recovered. Among the points of interest in the village to-day are the castle, built by Alphonso of Aragon, and the cathedral, which dates back to the eleventh century and in which are to be found some of the columns that once graced the temple of Minerva at San Nicola, near by.

'South of Otranto is an extremely fertile and populous section of the Apulian peninsula, which terminates thirty miles below the town in the promontory of Maria di Leuca, with its white limestone cliffs marking the southeastern extremity of Italy. To the northwest of Otranto, fifty three miles by rail, is Brindisi, the famous Brundusium of the ancients, which has taken life in recent years owing to its advantageous position as a gateway for the freight coming from beyond the Alps through the St. Gothard and the Mount Cenis tunnels, destined for the Far East through Suez.

"Avlona, also called Valona, on the eastern shores of the Otranto Straits, has the best harbor on the Albanian coast, being protected by the Island of Saseno and the lofty Cape Glossa. Like Otranto, it suffered pillage at the hands of the Turks in the fifteenth century, but it recovered from this misfortune more readily than its Italian sister city, for it is now a town of 6,000 people, and enjoys a considerable trade in hides, olives, cottons, cattle and bitumen, while it is famous for valonia, made from the acorn cups gathered in adjacent oak groves. This 'flour,' which derives its name from the town, is used extensively in the tanning industry.

"It was across the Straits of Otranto that the valiant Pyrrhus, cousin of Alexander the Great, and professed descendant of Pyrrhus, son of Achilles, sailed in the third century before the Christian era. Espousing the cause of the people of Tarantum, he fought those desperate battles against Rome which gave rise to the familiar phrase, "a pyrrhic victory," used to-day to describe a conflict the successful issue of which is so costly to the victory as ultimately to prove disastrous. It was after Heraclea, where for the first time in history Greeks and Romans were the opposing forces, that Pyrrhus, surveying the field where thousands of his bravest troops lay dead, exclaimed: 'Another such victory and I must return to Epirus alone.' It was on the same occasion that, observing the wounds of all the Roumans killed in action to be in front, he mused, 'Had I such soldiers I should soon be master of the world'."

Minard's Liniment Cures Distemper.

Wigwag—Dashaway, I'm afraid you are a rake. Dashaway—Well, you know all flesh is grass.

THE WALRUS.

Grotesque Creature Has Strongly Developed Maternal Instincts.

The walruses or "sea horses" of the old navigators are the strangest and most grotesque of all sea animals, says National Georgraphic Magazine. Their large, rugged heads, armed with two long ivory tusks, and their huge swollen bodies, covered with hairless, wrinkled, and warty skin, give them a formidable appearance unlike that of any other animal. They are much larger than most seals, the old males weighing from 2000 to 3000 pounds and the females about two-thirds as much.

Walruses have a strongly developed maternal instinct and show great devotion and disregard of their own safety in defending the young. The Eskimos at Cape Vancouver-Bearing Sea, hunt them in frail skin-covered kyaks, using ivory or bone-pointed spears and seal-skin floats. Several hunters told me of exciting and dangerous encounters they had experienced with mother walruses. If the young are attacked, or even approached, mother does not hesitate to charge furiously. The hunters confess that on such occasion there is no option but to paddle for one's life. Occasionally an old walrus is unusually vindictive and, after forcing a hunter to take refuge on the ice, wil remain patrolling the vicinity for a long time, roaring and menacing the object of her anger.

Minard's Liniment Cures Diphtheria.

SCIENTIFIC JOTTINGS.

The United States Government purchases 1,250,000 electric lamps every year.

Cholera kills $50,000,000 worth of hogs per year in the United States.

The corncob pipe manufacturing industry represents a valuation of $500,000 a year.

New York State consumes 370,550,000 feet of lumber annually in making packing boxes and crates.

A special form of electric fan is made use of in markets to keep the flies from goods on display.

Since the beginning of the war about 32,000 trucks have been shipped from the United States to countries of Europe.

It is sometimes curious that the places of the highest and the lowest humidity in the United States are both in Texas.

There are two and one half millions of freight cars in the United States, and their average life is somewhere about 20 years.

Fresno County, Cal., tried to get along without speed cops by putting the automobilists on their honor, but it was not workable.

Motor trucks to the value of $90,000,000 have been exported by American manufacturers since the outbreak of the European war.

A sanitary engineer of Pasadena, Cal., made a tour of inspection of the city sewers recently, seated on the rear of a motorcycle.

A railroad gateman at San Bernardino, Cal., makes use of a periscope mounted on top of his cabin to get a clear view of the curved roadway at that point.

If the hills and mountains of the earth were suddenly leveled and the earth take the shape of a billiard ball it would have a covering of water 8,532 feet deep.

About 75 per cent. of the population of New York State is urban. The State has 49 cities in which live over 6,800,000 of the total population of some 9,500,000.

Cottage homes for married teachers are being provided by the school authorities of Washington State, with the hope of making the life of the rural teacher more attractive.

Prunes stored in a California warehouse after a few months become welded into a solid mass, which is attacked with pick and shovel when it is desired to remove them for shipment.

Minard's Liniment Cures Colds, Etc.

Liberator of Roumania.

"Michael the Brave," before whose statue of Bucharest the Roumanians are displaying their war trophies, is the national hero of our brave allies. Born in 1558, the son of a Wallachian chieftain, he became Divan of the province in 1593, partly through the influence of the English ambassador at Constantinople, Edward Barton, but quickly rebelled against the Sultan, and, after two overwhelming victories in 1595 and 1597, freed the Roumanian people for a while from the Turkish yoke. His ambition led to assaults on neighboring provinces, which brought the whole Roumanian race under one rule for the first and only time in modern history, but his career was ended by an assassin's blade in September, 1601.

A Celebrated Suicide.

Haydon, the celebrated historical painter and writer, at a time in his life when he was overcome by debt, disappointment and ingratitude, laid down the brush with which he was at work upon his last great effort, "Al-" "Albert and the Trial By Jury," wrote with a steady hand, "Stretch me no longer upon this rough world," and then with a pistol shot put an end to his unhappy existence.

There is a Message In This Lady's Story

SHE TELLS WHAT DODD'S KIDNEY PILLS DO FOR WOMEN.

She Was Troubled With Weakness And Her Daughter Had Nervous Trouble. Dodd's Kidney Pills Proved the Remedy They Both Needed.

Hamilton, Ont., May 17.—(Special.)—The story told by Mrs. H. Dickens, of 70 Tom street, this city, carries a message of hope to every suffering woman in Canada.

"After my baby was born," Mrs. Dickens states, "I used to suffer with my back and had no heart to do my work around the home. But I read about Dodd's Kidney Pills and what they have done for others, so I thought I would get a box and see what they would do for me.

"I am glad to say that after taking two boxes I found such great relief I could not be without them in the house.

"My daughter, too, had been very sick on and off for a long time. Her nerves got so bad we were afraid we would see her in the hospital. But I am pleased to say she is better through taking Dodd's Kidney Pills.

"I never thought Dodd's Kidney Pills could have done such good work and I am telling all my friends about them."

Women's troubles, or nearly all of them, come from sick kidneys. The cure for them is the old established remedy, Dodd's Kidney Pills.

ANTICS OF PURE GLYCERIN.

This Queer Substance is Endowed With Peculiar Properties.

One of the great advantages of glycerin in its chemical employment is the fact that it neither freezes nor evaporates under any ordinary temperature.

No perceptible loss by evaporation has been detected at a temperature less than 2,000 degrees F., but if heated intensely it decomposed with a smell that few perhaps find themselves able to endure. It burns with a pale flame, similar to that from alcohol, of heated to about 399 degrees and then ignited.

Its non-evaporative qualities make the compound of much use as a vehicle for holding pigments and colors, as in stamping and typewriter ribbons, carbon papers and the like.

If the pure glycerin be exposed for a long time to a freezing temperature it crystallizes with the appearance of sugar candy, but these crystals begin once melted it is almost an impossibility to get them again into the congealed state.

If a little water be added to the glycerin no crystallization will take place, though under a sufficient degree of cold the water will separate and form crystals, amid which the glycerin will remain in its natural state of fluidity. If suddenly subjected to intense cold, pure glycerin will form a gummy mass which cannot be entirely hardened or crystallized.

Altogether it is quite a peculiar substance.

Big Telephone Pole.

The highest telephone or telegraph pole in the world has recently been installed to carry wires over a river in the state of Washington. The old pole at this point was 96 feet high, but the increasing size of the steamers using the river made it necessary to raise the wires. The new pole is 120 feet high, a single stick of Oregon fir. It took a crew of 12 men and a donkey engine to set it, and it is further secured by a double set of guys and braces, running from a point half way to the top to nearby trees.

ISSUE NO. 20, 1917

HELP WANTED.

WANTED — PROBATIONERS TO train for nurses. Apply, Wellandra Hospital, St. Catharines.

LADIES WANTED TO DO PLAIN light sewing at home; whole or spare time; good pay; work sent any distance; charge prepaid. Send stamp for particulars. National Manufacturing Co., Montreal, Que.

WANTED—CARD ROOM HELP FOR Woolen Mill Cleaners and Tenders for day and night work. For particulars, apply to the Slingsby Mfg. Company, Limited, Brantford, Ont.

WANTED—WOOLLEN MILL HELP. Napper tender, one accustomed to Gessner Nappers on White and Grey Blankets and heavy cloths. For full particulars, apply to Slingsby Mfg. Co., Ltd., Brantford, Ont.

MONEY ORDERS.

REMIT BY DOMINION EXPRESS Money Order. If lost or stolen, you get your money back.

Bother With Brake Bands.

Many cars are fitted with rear wheel metal emergency brake bands and quite often the bands rub against the wheel drums and cause a characteristic scraping sound. The scraping is not only annoying, but it wears brake band and consumes power. To cure the drag and remove the trouble remove the wheel and examine the band. Very often it will be found that there is a bright spot at the point of friction. This point is out of true and should be removed. Where the brake band is malleable it may be struck with a hammer enough to spring the band slightly and remove the high spot. Replace the wheel and spin it to determine whether the trouble has been eliminated; if not continue the operation until the band assumes the proper shape.

THANKFUL MOTHERS

Mothers who have once used Baby's Own Tablets for their little ones are always strong in their praise of this medicine. Among them is Mrs. Marcelle Boudreau, Mizonette, N. B., who writes: "Baby's Own Tablets are the best medicine I know of for little ones. I am very thankful for what they have done for my children." The Tablets regulate the bowels and stomach; cure constipation and indigestion; break up colds and simple fevers; in fact they cure all the minor ills of little ones. They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams Medicine Co., Brockville, Ont.

THE AGE OF THE EARTH.

Radioactive Evidence Now Brought Forward.

Estimates of the age of the earth based on radioactive and ordinary geological phenomena differ greatly from each other. In a recent discussion of this subject Arthur Holmes points out that estimates of the former category have all been based on the assumption that the radioactive "constants" of uranium and its daughter elements have not varied with time. On this assumption it is calculated that something like 1,500,000,000 years represent the time that has elapsed since the crystalization of the oldest plutonic rocks of the earth's crust. Since there is geological evidence that these rocks are intrusive into a pre-existing sedimentary or volcanic series, the actual age of the earth would be much greater than this. On the other hand, geological estimates, founded on sedimentation and salt accumulation, point to decidedly lower figures; say 100,000,000 to 400,000,000 years. Professor Joly has suggested that the discrepancy between the radioactive and geological estimates would disappear in favor of the former if it could be shown that the rate of decay of uranium has decreased with the lapse of time. Readers of the novels of H. G. Wells, who is rapidly attaining the reputation of a Mother Shipton on the strength of the things in his stories which have later come to pass, will recall that in describing the death-period half its initial substances for that coming "atomic bomb" he introduced a concept similar to that of a disintegrating element which in any period of a certain fixed length dissipates exactly half its initial substance for that period. More rapid decay would, however, have been attended by a more rapid generation of heat of radioactive origin, and this would have prolonged or even reversed the secular cooling of the crust, against indicating an excessively great age for the earth. The escape from the dilemma would appear to be to deny that the earth's surface was formerly in a molten condition. The whole subject, of course, largely speculative in the present state of science, it will, however, help greatly to elucidate the problem of the earth's age if it can be determined whether the rate of decay of uranium is dependent upon time, pressure and temperature. "Scientific American."

By Special Delivery.

The burglar had just begun his term and was assigned to work in the broom factory. Near him was an oldish man who studied him intently and seemed to be awaiting an opportunity to say something. It was while the overseer was at the ice tank.

"How long are you in for?" he whispered.

"Twelve years," replied the newcomer.

The veteran looked around nervously and thrust a letter in the burglar's hand.

"I'm in for life," he said. "Mail this when you get out."

Whole Wheat and Milk—the two most perfect foods given to man. Dietetic experts may quarrel about everything else, but they are agreed on this. The proper combination is **Shredded Wheat Biscuit** with milk—the greatest amount of protein (the element that builds muscular tissue) for the least money. Two or three of these Biscuits with milk make a nourishing breakfast on which to start the day's work and they cost only a few cents. A boon to the housewife because they are ready-cooked and ready-to-eat. **Delicious with berries or other fruits. Made in Canada.**