War-Time Cookery" FREE

Send name and address for new "War-time Cookery" This book contains recipes chosele by the indees as the hest and most practical recipes submitted in our recent cash prize competition. It is intended to assist in the conservation of food and to effect savings in home cooking and baking.

approved by Canada Food Board

ADDRESS

E. W. Gillett Co. Ltd. TORONTO, CANADA

TATE OF THE PARTY OF THE PARTY OF THE

ERROR AT SEA.

Whales and Porpoises Taken for U-Boats, Torpedoes.

There is peril in beging a whale or a porpoise in the North Atlantic these days. If you are a whale, particularly a spouting whale, you are apt to be mistaken for a submarine; and if you are a porpoise you are apt to be taken for a torpedo. There is many a shattered carcases and abashed gun crew. In the phosphorescence of even winter nights, a porpoise just under the surface can make an experienced lookout have a moment's suspense. The line of white is a little narrow and a little high for a torpedo, but in the first moment a lookout isn't given to exact measurements. The white at bow and stern on a phosphorescent night is a conspicuous evidence of a ship, though it is a question how plain it would be through a periscope at about its own level. From the decks of the ship itself of from the dock of an emerged submarine it flashes plain. If it could only be camouflaged along with the smoke! And on such a night in the zone there is the serie sense of more than one submarine that has worked her way along in the white wake of a slow ship, keeping tab so thorough the night and waiting for dawn to sheer off and strike. That is why, as dark comes on, a destroyer is apt to drop back from the side of the ship and lurk along the wake, seeking its prey also. I remember one velvety black night. Suddenly a great white trail shot and just a few yards dead ahead. If a porpoise is too narrow and too high to make a torpedo trail, this lins, in the Century.

Minard's Liniment Cures Dandruff.

SOME UNSUNG HEROES (New York Sun.)

So many are the men in all trades, the callings deserving high place among the world's benefactors to-day that many will be everlooked. The followers of the sea flust not pass unobserved in the throng of heroes. The men of the world's merchant marine, of belligerent and neutral nations, have won for themselves and their profession honor that will be

To the ever present hazards of their work, to tempest, fog, collision, the German added new terrors artfully designed to drive sailormen from the seas. Not merely peril of torpedoed ships and exposure to the elements in small boats and on rafts were they called upon to face, but deliberate murder carried on systematically by U-Doat commanders in the hope that men might be frightened from the ocean. Navigators and engine room men, deck hands and cadets alike were the victims of inhuman outrages the world had thought mankind incapable of; and yet the argosies of the free nations moved on their essential tasks. Against the fishermen the campaign

of frightfulness was conducted with supreme savagery. For them the ultimate resources of barbarism were utilized. Not even the stately liner with her company of women and children proved more alluring to the undersea murderers than the wallowing fishing boat at its hard and peaceful work.

For the crews who manned the merchantmen and the fishing fleets other occupations were open. There

being able to ans being able to answer in they stuck to their trade. returned to the sea to es work, undaunted by the ced all who travel waters. Bonuses, extra pay, adva as they had not known in

—all these count for little. Some be found among the survivors of tunsung band. But the world line unsung band. But the worse that most of them did their cuty manfully, went out to meet their fate courageously, and kept the cargo carriers going when the future of the world depended on the unine passage of the free world's merchant

Pitting Expiring Senting To Vespasian is attributed as an expiring sentiment. "An conneror should die standing!" which seems to have appealed to two sixteenth-century English bishops—Woolton, whose last utterance is recorded as, "A hishop. ought to die on his legs," and Sewell, who declared, "A bishop should die preaching."

In Tropical Countries Liver Chili Very Comm

In Northern latitudes also the live is a very unruly organ and requires gars have horrowed from the Tur careful watching. The concentrated vegetable juices in Dr. Hamilton's Pills act directly upon the liver and stimulate its action to a normal basis The blood is purified, the skin grows clear, headaches disappear and robust health is firmly established. No medicine for the stomach, liver or kidneys can compare with Dr. Hamilton's Pills, 25c box at all dealers.

A HORRIBLE CRIME.

Teuton Conqueror Tried to Destroy Siberian Race.

Prof. Voyslav M. Yovanovitch, of the University of Belgrade and a representative of the Serbian Government in Washington has made public a memorandum presented to the International Socialist Bureau in Stockholm by the Serbian Parliamentary Depois T. Katslerovitch, and the General secretary of the Serbian Labor, Dusham Popovitch, treating of Serbia's martyrdom and the enemy's efforts to destroy across our bow from port to starboard the Serbian race. The memorandum says, in part:

"The greatest crime of the Austro-Hungarian and Bulgarian authorities semed too broad, but deep enough. It in occupation consists in the internwas the wake of a destroyer that has ment of the most inoffensive and peaceful people, among them a great number of women and children These internments are wholesale massacres. In the territory occupied by Austria-Hungary more than 150,000 Serbian citizens, among them several thousand men over sixty years of age, several thousand women, and even children of from eight to fifteen years

old, have been interned.
"This appailing number does not include 150,000 Serbian prisoners of war, who share the fate of their interned brothers in Austria-Hungary "Being interned in Austria-Hungary or in Bulgaria is in reality equivalent to being indirectly sentenced to death. About 30 per cent. of these unfortunate people have already died. Those who are left lead a wretched existence. a prey to atrocious sufferings and to

illusage baffling description, while waiting for certain death. "In the numerous concentration camps, which contain on an average several thousand persons, the occurrence of ten, twenty and thirty deaths a day is the rule, but there are some especially in Hungary, where the death

For Spanish Influenza

THE LINIMENT THAT CURES ALL AILMENTS-

MINARD'S

THE OLD RELIABLE TRY IT MINARD'S LINIMENT CO. LTD. Yarmouth, N. S.

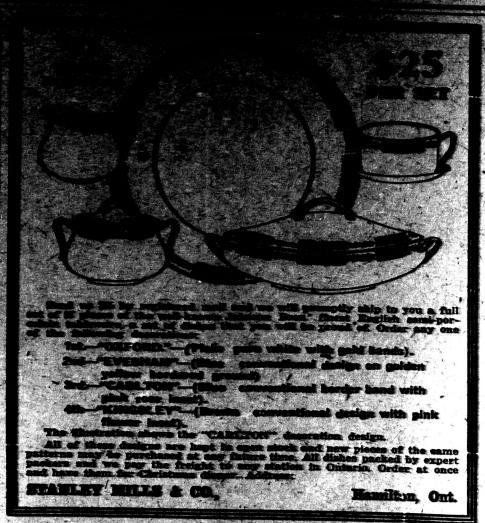
rate is from two hundred to three hundred a day. There are concentra tion camps where half of immates have died. This is not a case of an enidemic, which has claimed coun victims. They died of cold and hun-

"Most of those who see! must be looked upon as dead. Only a small number of persons with extra ordinary powers will be able to live on and work after the war.

"All that has been said of the Austro-Hungarian administration applies equally to the Bulgarian. The latter is even far worse.

"Cross the Moravia, and you find yourself in Asia. The Bulgarian part of occupied Serbia has no such thing as a court. Only recently a court was established at Nish, which has to suffice for the whole occupied terribory of Serbin, and the people, which is re-cruited from the dregs of the popula-tion, is all powerful there. The pernal liberty and life of every St differ depend exclusively upon the ar-drary power of some Belgachic po-

forthe in this region are con-d to a vertibile state of play-all as they endured 200 years also the Barks. Such Serbs as the



can have but one result, the heri-extermination of the innocent. extermination of the innocent, and defenceless Strhian population."

The authors of the memorandum have both been eye-witnesses for two

The Four Winds

Pree of murder in the dark, Of cowardee and shame, Of cowardice and shame, Of deeds without a name.

Free for Yankee sailors.
Free for British taus.
Free for the gallant ships of Fran Clean for God's sun and stars!

Down from the "Baffis" of "George Come the wild wind of the north, Now all you sailors ship your nets, Men of the sea go forth.

And the tender breeze southest, south-

O fast, fast flies the foam.

And unseen angels sail with the ships.

That are bringing the boys back home.

H. B. Thayer, in N. Y. Sun.

VEGETABLE SOUPS

Some Good Pointers for the

Vegetable soups may be made tasteful by a little care in the preparation. The wise woman will have a store of helpful accessories, in her pantry, from which she can draw to get varlety of flavor, in her soups. When rooms are to be used, she should take care to wash and thoroughly dry the stalks and skins, for she can

add a pinely of these to the soup.

When celery is pientiful she should dry and rais to a powder some of the leaves, which are just as full of flavor as the stalks ; and this, took will help when celery is anobtainable. Kitchen bouquet and the various table sauces are to be used with discretion, to give added flavor. As the old Southirn mammies would say, "just a spicion" will help where a great deal would be objectionable. With flavorings and seasonings it is rarely the amount which is added that counts, but the little cubic flavors blended but the little cubic flavors blended together and combined to form a per-

Among the more substantial of the soups made without stock may be lighter than copper, such as the tan classed those having dried vegetables of the American zulatto are called as a base. One rule can be given for the making of these which, with slight variations, can be made to serve for different vegetables such as peas, beans, lima beans or lentils, which latter are not in nearly as common use as they should be when we consider their great food value and low

Let un take per soup as an example. The ingredients is necessary are one cup of dried peas, one onion, one if carrot a sprig of thyme or marbram, six cups of cold water, one bablespoonful of drippings or butter, and and pepper to taste, dried mint, one level tempoonful of flour or corn-starch and a ham bone or slice of bacon. Wash the peas in cold water and put them into a bowl with enough cold water to cover them thoroughly. Let them soak over night. In the morning pour off the water which has not been absorbed and put the peas, onion, carrot, thyme or marjoram into a cancepan with the drippings and the six cups of water. Cook very gently, until the vegetables are tender. Then pess all through a sieve, keeping back only the tough, fibrous pertions which will not pass the mesh.

Season to taste and thicken with the flour or cornstarch, which must be moistened with a little cold water before adding to the soup. Send a plate of dry powdered mint to the table with the soup, so that those who like the flavor may add it for themseives. When a ham or knuckle is Obtainable it is a valuable addition to a soup of this kind, and of course should be cooked with the vegetables. This direction applies whether ness. beans or leutile are being used. Fail-

ing the ham, a slice of bacon cut into

dice can be cooked in the soup.

SPANKING DOESN'T CURE! Don't think children can be cur-ed of bed-wetting by spanking them. The trouble is constitutional the child country help it. I will send child counct help it. I will send to any mother my successful home treatment, with full instructions. If your children trouble you in this way, send no money, but write me to-day. My treatment is highly recommended to adults troubled with usine difficulties by day or night.

BOX & Windsor, Ontario

HANDSOMEST .. MEN

"To speak of the pure old Egyptian type is as incorrect as to assert that the old type of the Pharaohs is extinct to day," said Prof. W. Max Muller, of Harvard, in an address on "The Origin of the Ancient Egyptians" in the University of Pennsylvania Archadmixture of negro intermarrying seological Museum recently. "The blood due to slaves, was just as popular in Bible times as now.

The speaker corrected many popular misconceptions about the historic lands, "You soply the term Hamitie to all blacks," he continued, "Sons of Ham to the discriminating scholar of African conditions means white people, not black. African residents do not begin to call a man black until he is chocolate or copper colored.

"The degrees range all the way down to dull coal black. All shades white. The yellow girl is the complimentary way to address or paint a lady ever on the Nile."

"The handsomest people in world are the Abyssinians, slender. high-browed, copper-hued-these people who have reduced stealing to a science and begging to a fine art. The color of the healthy man is

shade often seen in statutes, but generally believed not to be found in

"These men, by the way, have the most auxuriant hair in the world, and yet they never can grow more than the scantiest, scrawniest bear."-Philadelphia Record.

Worth Knowing.

Try roasting the morning egg (in the oven, of course) rastead of boiling it, and you will like the change.

If a pinch of baking powder is addto the meringue for lemon pie it will not fall when done. For spreading the butter on top of

your fresh-baked bread which makes it such a pretty brown, buy a 10-cent paint brush and it will be found much nicer than paper or cloth.

To make receiving blanket for baby's bath, buy two yards Turkish towalter out in two saw together the small family. Apply to Mrs. Davis, 184 Hess Street, South, Hamilton. toweling, cut in two, sew together lengthwise, then bind with pieco of muslin two inches wide. In making beef soup or lamb broth

add the onions as soon as the ment begins to boil, and there will not be any scum rise. In cooking macaroni, rice, oyster stew or milk for a custard, by greasing the kettle with a little butter it

will never stick. After washing the small silver, stand it for a couple of minutes in a kettleful of very hot, clean, soapy water containing a few drops of ammonia and you will always have bright spoons, forks and knives.

PEELS OFF A CORN WITHOUT ANY PAIN

Is it magic, no, scientific—a wonderful combination discovered that will shrivel up the toughest old corn you ever saw. The name of this remedy is Putnam's Corn Extractor. It's a corker the way it loosens a corn; makes it peel right off in a solid lump without the slightest pain. Results talk. Putnam's gives results and costs but a quarter. Sold everywhere.

Bit of Finnish History.

Finland, which has deslared its independence from Russia, has long been a buffer state between the latter and Sweden. After Peter the Great conquered Finland in 1721 and annexed its easternmost province, Viborg. Sweden made repeated but unsuccessfu efforts to regain this province. Finally Alexander I., in 1809, brought all the Finnish territory under the Muscovite yeke. Since about 1890, however, Finnish liberties have been greatly curtailed. The powers of the Finnish diet were canceled and its constitution practically abrogated. In 1903 a Russian distator was appointed and the country fleoded with Russian spies: arbitrary arrests and banishments became daily eccurrences; no means of Russification was left untried. The Finns are of Mongolian extraction and number about 3,009,000.

He Got Even.

He lived just over the Tweed border, and naturally hated spending money. Therefore, when a friend in the south sent him an unstamped ister he was much annoyed at havng to pay two peace postage, says Tit-Bits. He was still more annoyed on epening the letter to find nothing in it save a single sheet, saving-" am well-George." In return he procured a large flat strue, and, af-Palm Given to the ter having packed it in a wooden box, with many wrappings, despatched it. carriage forward. When his friend had paid more than three shillings carriage he sought for an explanation, and found it in a letter at the ten of the package: "Dear George: When I heard that you were well this great load rolled off my

BABY'S BATTLES FOR HEALTH

Mothers you can win the battle for the health of your little ones if you will fight it with Baby's Own Tablets the ideal childhood medicine. The Tablets are a mild but thorough laxative which never fails to banish constipation, indigestion, worms, colds or simple of simple fevers or any other of the minor ills of little ones. Conserving them Mrs. J. P. Hypell, Causapscal, Que., writes: -"Baby's Own Tablets are a great medicine for baby of constipation and I can highly recommend them to other mothers." The Tablets are sold by medicine dealers or by mail at 25 cents a box Brockville, Cnt.

Grandpa's Movement.

The small grandson was sent to the enough. sarden to call his grandfather to dinner, but, intent upon his work, the man paid little attention to the child. who returned to the house and when asked by his grandmother, "What did grandpa say?" replied: "He didn't say anything. He just went around in a think."

The Duckbill Platypus.

The female duckbill lays two to three eggs about three-quarters of an inea long, inclosed in strong, flexible, white shells. The young are suckled by the mother. Duckbills have been kept in the zoological gardens at Melbourne, but attempts to carry them alive to Europe and America have met with failure.

Suit Chic.

Vari-colored fringe. Melon-shaped sieeves with pleated

Now and then a bit of Persian print triuming. Sieeves with sieeves outlined in satin pipings to match linings. Paisley scarfe pulled through standine colfar-tabe.

Navy blue lines with Paistey printed bullesehed muslin.

Amando Linflwent Cures Russe Ste

and greenish bronze hue, of a ISSUE NO. 50, 1918

WANTED.

WOOLLEN MILL HELP WANTED fuller on blankets, this is a first-class steady position at high wages. For particulars, apply to Slingsby Mrg. Ca., Ltd., Brantford, Ont.

WOOLLEN MILL HELP WANTED-Experienced napper operator on woollen and urion blankets and heavy cloths. Steady position, highest wages paid. Apply to Slingsby Mfg, Company. Ltd., Brantford, Ont.

HELP WANTED-MALE

MEN WANTED-TEAMSTERS. MEN WANTED - TEAMSTEIN heading mill men, and men to work in the bush. Apply to the Wallaceburg Cooperage Co., Limited, Wallaceburg Ont

HELP WANTED-FEMALE

MISCELLANEOUS.

I IS ALWAYS SAFE TO SEND A
Dominion Money Order. Five dollars costs three cents.

FOR SALE-BEAGLE AND FOX hounds, cross, eleven months, Males twelve, females ten, Wood, Woodlawn, Islington, Ont.

FOR SALE.

OR SALE-BUSH LOT 81/4-LOT 3 concession 10, Tecumseh: 100 acres near Beeton. Apply John McCoy, 46 Kina Street East, Hamilton.

FARMS FOR SALE.

TOWNSHIP OF MARKHAM—CLOSE to Elgin Mills postoffice; one mile from Metropolitan car line; containing) 100 acres; good buildings and barns; price \$12,000.00; must be sold to close an estate; terms manuscript. price \$12,000.00; must be s an estate; terms ar:anged. COUNTY OF NORFOLK-CLOSE TO town of Waterford; we offer to close an estate, three farms, two of 100 acres each and one of 400 acres; fair buildings and houses; price \$59.00 per acre; terms arranged; immediate cossession can be given.

UNION TRUST COMPANY, LIMITED, Richmond and Bay streets, Toronto.

Napoleon's First Love.

The little French town of Auxonne is not associated in the popular mind with Napoleon; but, as Miss Betham-Edwards reminds us in "Unfrequented France," he spent some years of his cadetship there. IIn the Saone he twice narrowly escaped drowning, and here, too, as narrowly, so the story runs, marriage with a bourgeoise maiden called Manesca. Two ivory counters bearing this romantic name in Napoleon's hand writing senrich the little museum."

There is more Catarrh in this section of the country than all other diseases put together, and for years it was supposed to be incurable. Doctors prescribed local remedies, and by constantly failing to cure with local treatment, pronounced it incurable. Catarrh is a local disease, greatly influenced by constitutional conditions and therefore requires constitutional treatment atarrh Medicine, manufactured by F. Cheney & co., Toledo, Ohio, is a con-J. Cheney & co., Toledo, Ohio, is a constitutional remedy, is taken internally and acts thru the Blood on the Mucous Surfaces of the System. One Hundred Dollars reward is offered for any case that Hall's Catarrh Medicine fails to cure. Send for circulars and testimonicia. J, CHENEY & CO., Toledo, Ohio.

Sold by Druggists, Se. Hall's Family Pills for constipation.

To Prevent Petato Rot.

Pick over your potatoes about three or four weeks after you have stored them away. The wet weather this season increases the tendency to rot and unless the diseased potatoes are at once separated from the healthy. there will be a heavy loss. Many potatoes that look good when harvested will decay after being in storage a

Potatoes should be stored in a cool dry place. The cooler the atmosphere. providing, of course, freezing is not permitted, the better they will keep. Minard's Liniment Relieves Neuralgia

No Detriment.

Yeast-I see that blond typewriter

of yours chews gum. Crimsonbeak-Yes, I've noticed that. 'And don't you think it interferes with her work? "By no means. I had one before her

who didn't chew gum, and her spelling was quite as bad."

Getting Past Dundee.

A Highland farmer handed a rather frail looking box to a porter at a small railway station in Scotland. "Dae ye think it is strong enough to trust in the van?" he asked. it's noo," replied the porter, "but we He lifted the box high in children. They quickly cured my the air and let it fall with a crash. "It'll get that here," he said. it'll get that"-giving it another bang -"at the junction. An' at Dundee it will get that!" The third "that" from The Dr. Williams' Medicine Co., burst the box, and its contents were scattered over the platform. The porter shook his head. "Na," he said, "I think it winna get past Dundee. If it's goin' farther, it's no strong

Best Persian Camels.

The best Persian came are the powerful one-hump kind, which are bred in the Province of Knorassan. This animal can carry a burden of 600 pounds at the rate of 20 miles a day. The ordinary Persian camel, however, will carry 400 pounds at the rate of 15 miles a day.



LOOK FOR . EDDY'S NAME ON THE BOX Whenever you buy

matches, see that the name "EDDY" is on the box. It is your best guarantee of safety and entisfaction. More than sixty years of manufacturing experience is back of it.

EDDY'S MATCHES heep the fires burning in millions of Camdian homes. There is a match of every purpose among the 30 to 40 different Eddy brands. Now that the tax on matcher practically doubles their cost, it is more than

The E. R. Eddy Co. Limited Hull, Canada

Over 100,000,000 People in Europe Face Starvation

Station tests show that ed yields of grain, pota-

part of the Board of Agriculture, rds the fact that he a galeral repor-formers who embertook to grow more to per cent of the farmers make SPECIAL of the great service pendered by fart lights.

POROKTO, Ont.

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