

Hominy Will Save Wheat

Hominy can play a brave and im-

the same as that of the whole corn, and in the pioneer days it was made at home by pounding the corn and if before the mother realizes he is ill. was eaten then, as we eat potatoes to-day. This is still true in the South to some extent and patriotic housewives should make a study of just how it may be prepared and served to the best advantage.

Hominy to be at its best requires a much coarser and the fireless cocker | The Dr. Williams' Medicine or the upper part of the double boiler | Brockville, Ont. are the ideal utensils for cooking it. When properly cooked, the grains should each be distinct in form-a summy mass is often the result of to much water and a hard grain is the result of too small an amout of water.

HOW TO DO IT. "Properly cooked," in the case of hominy means care and "know how." Put one cupful of cereal in the upper part of the double boiler with one teaspoonful cf salt and add three cupfuls of boiling water. Cook rapidly, directly over the fire eight or ten minutes, stirring frequently with a fork, so that it will not lump; then place over hot water and cook for 50 minutes. If the hominy becomes too dry, add a little hot skim mik. The addition of a little milk and a small piece of oleo gives a very rich flavor to the cereal, which it does not have when cooked with water only.

Minard's Liniment Co., Limited. Gentlemen-I have used MINARD'S and accidents of life I chnoider has no equal.

I would not start on a voyage without It if it cost a dollar a bottle. CAPT. F. R. DESJARDIN.

Schr. "Storke," St. Andre, Kamouraska.

WITH TOMATO SAUCE.

There are many ways of serving hominy and some of them are very attractive. Served as a vegetable with the addition of a little thick tomate sauce and a sprinkling of grated cheese it is excellent. Molded with chopped figs or dates, then sliced and fried, it gives a simple dessert, that is as good as it is inexpensive.

In the following tested formulas will be found recipes which will give variety to the summer menus and at the same time help to conserve the wheat supply. Remember that just now our slogan must be: "Every little bit helps." HOMINY CRUMPETS.

Scald and cool one pint of milk; add half a cake of compressed yeast, dissolved in two tablespoonfuls of tepid water, one tablespoonful of sugar, one scant cupful of cooked hominy, two cupfuls each of rice and barley flour, two tablespoonfuls of melted eleo and one teaspoonful of salt. Beat well and let rise over night. In the morning, add a quarter of a teaspoonful of baking coda dissolved half an hour longer and bake in there any more." greased muffin rings on a hot greased griddle.

HOMINY NUT SCRAPPLE. Soak one cupful of fine hominy in one quart of milk for several hours. then cook slowly in the upper part of a double boiler for one hour, stirring frequently. When cooked, season with half a teaspoonful of salt, add the lightly beaten yolks of two eggs and one cupful of chopped nut meats. Mix well, mold in a pan and when firm, cut in strips and fry in het fat. This furnishes a splendid meat substitute at small expense.

Minard's Liniment Cures Distemper.

There are more white lies in the

world than even the milkman wots of.



Corman Tyranny,

German tyranny does not con simply in an exorbitant application of the dogme of might. It has special mortifications, peculiar to the race, which makes it even more painful, if that is possible. It is not inspired sciely by the systematic depotism and immorality cynically adopted by Germany; it is not an unaduiterated application of any doctrine; it springs from genuine lack of morality, and from a well-spring of vicious animalism, which phychologists have often detected in the German blood Not that I am so foolish as to maintain that all Germans are low, malignant and brutal; but it can be said without hesitation that such is, generally speaking, their psychical type, more or less emphasized; that such are their racial characteristics, as appears from innumerable facts gathered from the lips of our repatriates

GUARD BABY'S MEALTH IN THE SUMMER

The summer months are the most sortant part in these days of wheat plaints of that season, which are cholera infantum, colic, diarrhoea and dysentery come on so quickly that often a little life is beyond aid The mother must be on her guard to prevert these troubles, or if they do come on suddenly to cure them. No other medicine is of such aid to mothers during hot weather as is Baby's Own Tablets. They regulate the stomach and boweis and are absolutelonger period of cooking than is ne- ly safe. Sold by all medicine dealcessary for corn meal, because it is ore or by mail at 25 cents a box from

The Harmonious Home.

Home may be a sacred refuge, or t may be a mere place to call for breaktast and dinner, and a shelter for the sleeping hours. It may be des titute of attractions-a tolerated spot, instead of a coveted haven. If this be the case, remarks a writer on home lfe, the fault is with those who by their own conduct make it uninviting. Whenever parents find that their offspring are beginning to prefer any other place before home, let them ask themselves these questions and they may discover the secret of their children's unfortunate preferences. Does the father strive to make home bright and happy, or is he silent. moody and unsociable? Are his children furnished with a proper supply of books, papers, magazines and such other means of unusement and improvement as their natures require? Does the mother make friends and confidantes of her daughters, or does she mere dole cut to them food and clothing? Do the parents, in short, sympathize in the joys and griefs, the hopes and fears, of their children, or LINIMENT on my vessel and in my do they ignore all that is most esfamily for years, and for the every-day sential to the happiness and social the reason that there is less danger

Minard's Liniment Cures Garget In

How Rain Bores Holes.

When rain falls it does not actually soak into the earth, but bores its way in. forming tiny tubes. These tubes are so small that it would be impossible to insert a hair in some of them without bursting its walls. Sometimes the tubes are bored down to a depth of four or five feet. When the surface dries the water evaporates from the tubes, just as it would from

a pipe. If the tube is twisted it takes longer for the water to evaporate. If one takes a rake and stirs the ground after each rain, he breaks the tops of the tubes and the water will stand in

them for months. In this way the farmers of the West, on the semi-arid lands, stere the rainfall one year, and raise a crop of wheat every other year—there being sufficient water in two years, but not enough in one, to raise a crop.

Chicken Mystery.

Pearl and Stanley, six and four, respectively, had buried a dead chicken in their garden. A week later out of curiosity they went to dig it up, in the wrong place, and did not find it. Excited, they ran together to mother and cried, "Ma, that chicken must in hot water. Let stand for have gone to heaven, because it isn't

> SPANKING DOESN'T CURE! Don't think children can be cured of bed-wetting by spanking them.
> The trouble is constitutional the child carnot help it. I will send
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> Address.

Windsor, Ontario BOX &

Fooled Wild Beasts.

Stanley, the explorer, found the native Africand knew that art of camouflage and had practiced it for hundreds of years. He adopted some of the methods of the blacks and his bags of big game were remarkable. The native Africans donne: the skins of animals with horns, head and all, when nunting. Denizens of the jungle often were fooled into standing their ground when the black hunters attired in skins approached.

Cleverness of Chinese. It is acknowledged that the Chinese are very skillful in making confectionery and possess the reputation of having many secrets. They are able to empty an orange of its pulp entirely, then fill it up with fruit jelly without one being able to find the emallest cut in the rind or even a tiny hole. Indeed, they even empty an egg in this manner and fill it with a sort of almond nougat without one being able to find the slightest break or incision in the shell.

You never can tell, Many a man is in line for promotion only to have the notion only to have the

Accept no Substitute

linsist upon the genuine

None other is so economical in use or so delicious in flavour.

Teach School Children Traffic Safety Rules

Fourteen common sense rules have been laid down in a traffic safety questionaire to be used as the basis of teaching school children traffic safety | hicks approaching what should you methods in Akron, Ohio. The plan is do? built around a course in a campaign arranged by the Akron Automobile club, the director of public safety and the Akron executive of the Boy Scouls The Boy Scouts are asked to study the rules and are given an examination before their scout master. A scout credential card signed by the scout master and countersigned by O. W. Baum, director of public safety; Secretary Grover Reese, of the Akron Automobile club, and Joseph W. Taylor, scout executive, is presented to the boys who pass. After their training, it becomes the duty of the Boy Scouts to watch for violation of these rules by other school children, and warn them of the necessity of public safety. After a scout has called the attention of eight children to violations of the rules he is entitled to a

medallion for public service. This is a plan that could be adopted everywhere with the best of results. It could be used by schools, motorists and pedestrians with excellent resuits as throughout the questionaire points toward traffic safety methods. The questionaire follows:

TRAFFIC SAFETY QUESTION: AND

ANSWERS 1-What should you de before crossing a street?

I should stop and look both ways first to the left, as danger will likely be nearer from that side, and then to the right. If the street is clear for at least half a block then I can go ahead and cross the street quickly. 2-Where is the proper place for

you or anyone else to cross the street? At a crossing; and I should never cross a street at any other point for at crossings than at any other point 3-What precautions should you ob-

serve in crossing a railroad? Look both ways cross with the watchman's signal, but never when the gates are down. Stop! Look! Lis-

-Why should you not play in a street frequently used by automobiles

or other vehicles? Because I am apt to bewilder the drivers, thus making them lese control of their vehicles, which would be dangerous not only to me, but also to others.

5-What would you do if you were standing in the middle of the street and should see automobiles or other vehicles coming both ways? I should stand perfectly still and

let the vehicles pass around me, because they are not likely to run over me if I de not move. 6-What danger is there in stealing ride on an automobile or other ve-

hicle? I am in danger of failing off and being injured, or I may be run over by another vehicle when I jump off

This is a very dangerous practice and I should avoid it. 7-in case a child or anyone is fujured by an automobile, what is the first thing to do?

I should secure assistance, notify the child's parents and stand ready to assist in getting the injured one to the nearest hospital as quickly as possible.

8-Should you ever throwst ones at an automobile or other vehicle, and why?

I should never throw a stone or other missile at any vehicle because I might hurt someone, or damage the vehicle, or cause the driver to lose control, which might result in an accident, and for the reason that it is against the law.

9-Should you look after younger children in crossing the streets, and why?

I should assist younger children in crossing the street because they cannot think as quickly as I can and may not realize the danger which

IN CANADA

10 What should you not do if you see an automobile or other vehicle unattended standing on the street? I should not touch it or move any of the levers or blow the horn, or even go near it. I might release a brake or start an engine or do something else that would do damage and for the reason that it is against the

11-When playing on a street and you see an automobile or other ve-

I should step to the side of the street or to the pavement until the vehicle has passed. 12 Should you stand on the side-

walk close to the street when vehicles are passing close to the curb, or should you ever stand close to any vehicle when it is passing you? No, because it is very dangerous. I should get as far away as possible

from any passing vehicle. 13 Should you ever use roller skates, coaster or other similar contrivances on the street?

Never, because they are always dangerous, particularly on the streets frequented by automobiles and other vehicles. 14-What should you do upon

alighting from a street car? Beat it for the nearest curb instead of cutting behind the street car.

Bullet Heles Still There.

The eld Buckman Tavern in Lexington has much the appearance it had when it was the rallying place of the Minute Men and the "shot heard round the world" was fired many years ago. One may to this day see in it bullet holes made by the British soldiers who were fired upon from this tay-

There is more Caterrh in this section of the country than all other diseases put together, and for years it was sup-posed to be incurable. Doctors prescribed posed 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. Hall's Catarrh Medicine, manufactured by F. J. Cheney & Co., Toledo, Ohio, is a constitutional remedy, is taken internally and acts through the Blood of the statement. through 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 testimenials.

F. J. CHENEY & CO., Toledo, Ohio. Sold by Druggists, 75c.
Hall's Family Pills for constipation.

Little Known Animal Facts

Whether or not animals see the world as we do is a question that has perplexed naturalists and scientists. It is usually answered in the negative But the answer really turns on what is meant by seeing.

The physics and chemistry of the light perceiving apparatus of man and the higher animals differ only in minor details, and even in the case of the lower seeing animals they eyes are affected by the same rays as those acting upon human eyes. Unless, therefore, we mean by seeing or perceiving, apperception, that is, translation of the seeing into ideas and thoughts, there is some excuse for say ing that animals do see the world as we do.

This is the conclusion reached by more than one authority. It is believed that even the insect has very much the same sort of picture of external because its eyes are susceptible to the same rays as the human eye. Chviously, however, this is an extremely narrow-and technical point of view. Seeing in the ordinary sense is more than the mere focusing of images on the retina; it is, in fact, apperceiving, and our ideas of the external world are the products of processes far more complex and wonderful than the mere passage of light into the eye.

Seeing in this sense is so much an individual thing that each man has a world of his own perhaps quite different from that of his next door neighbor. And this despite the fact the two

THE NINTH ANNUAL

TORONTO

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pairs of eyes couldn't be told egart.
If the idealist's belief that the only realities are our apperceptions in true the animal world must be a very crude and primitive affair. Despite the opinions of these scientists, therefore, the conclusion is justified, at least for ordinary purposes, that insects do not see the world at all as we do.

Pekingsee dogs, otherwise Chinese landage, have a curious history. On October 8, 1861, an English soldier helped to ransack the imperial palace at Pekin and took back to his captain a little dog that was supposed to have belonged to the Empress. At any rate, the Empress' attendants made frantic attempts to regain the little creature, and the English efficer finally struck a bargain, by which it was to be sent as a present from the Chin-

ese ruler to Queen Victoria. Good feeling was thus established all around, and the little dog, bearing the name of Looty, was domicifed at Buckingham Palace. He was a very lonesome little creature, the other dogs taking exception to his Oriental habits and appearance, and when the Prince and Princess of Wales returned from a continental trip, the latter pleaded with her mother-in-law to be allowed to take Looty to Sandring-

About six months later Locty's mate arrived from China, and the breeding of this species of dog became a diversion in fashionable society. Not many years ago a number of women got together material for a dog of the Dogs from the Palace of Pekin. Looty, who had long since passed to dog heaven, was represented by a very numerous progeny.

Minard's Liniment Cures Colds. &c.

Song of Songs.

There's a song that falls like the early breeze Where the white mists shroud the meadow.

And a song that crooms to the friendly trees

In the twilight's silver shadow; There's a song of storm and a song of shine

And it's each to its tune and meter-But the song that lives in this heart of mine Is a better song and sweeter.

There's a song that comes with the day's good wage, And a song to light its earning: There are songs that fall like the calm

of age And a song of youthful yearning; There's a cong that lilts when the day dreams go

And the glad years turn to many; But the blithest song is a song I And I love it more than any.

There's a song that springs from the

heart of things With the wondrous others round it, And I hear it still as it sings and sings. And I know that I have found it! But the song that's best in the wing-

When the rest trail silent after, Is the thrill and lilt of a welcome

Of love-and a baby's loughter. -Charles C. Jones, in the People's Home Journal.

Notes and Notions.

-Daisies and other field flowers trim mid-summer chapeaux. -Squirrel is the favorite pelt for

summer wear. -Weel jersey is being used for sevarate skirts for summer. -Cashes are frequently lined with a contrasting material.

-A touch of black makes the allwhite costume becoming. -Figure collars, cuffs and belts an-

pear on silk dresses. -Cape gloves show a new color called mahogany.

-The new currant reds are used to brighten dull gowns. -Smart dresses for children are made of silk gingham.

-Boleros in various forms appear on little girls' aresses.

Advice to Dyspeplics Well Worth Following

tite is variable. Sometimes it is ravenous, again it is often very poor. For this condition there is but one sure remedy-Dr. Hamilton's Pillswhich cure quickly and thoroughly. Sufferers find marked benefit in a day, and as time goes on improvement continues. No other medicine will etrengthen the stomach and digestive organs like Dr. Hamilton's Pills. They supply the materials and assistance necessary to convert everything eaten into nourishment, into muscle, fibre, and energy with which to build up the run-down system. Why not cure your dyspepsia now? Get Dr. Hamilton's Pills to-day, 25c. per box at all dealers.

How He Did It.

An old southern judge lost a mule, for which he offered a reward. For: days the whole neighborhood searched for that hybrid hawss without success The reward was in domand. After everybody else had given up the idea of ever finding the animal the town no-account came up the street one day, leading the long-lit "How in the name of the pink-toed

prophet, did you ever find him, Ben?" asked the astounded jurist. "Well, suh, jedge. Ah'll tell yeh," said the hookworm one. "Ah jees asked mase'f whur would Ah go ef Ah was er mewl. An Ah went. An' he had."--Exchange.

Russ Collapse Hits Japan.

A question asked throughout Japan is: "How will this country be affected if Russia repudiates her foreign loans?" The amount of Russian national bonds held by Japanese investors is about \$114,000,000. In addition. outstanding accounts with the Russian Government for munitions will approximate \$15,000,000, making a total of \$129,000,000. As most of the Russtan debt is held by the Japanese government, individual loss will not be great.-East and West News.

ISSUE" NO. 38. 1918

HELP WANTED FEMALE

EXPERIENCED WEAVERS WANTED,

MISCELLANEOUS.

Money Order. If lost or stolen you get your money back.

FARMS FOR SALE.

FARM PROPERTY FOR SALEcnoice Ontario stock and grain farm for sale; two hundred and sixteen acres; in high state of cultivation and fertility; soil clay loam; running water; first-class buildings, including brick house; large bank barn; basement equipped with waterworks throughout; puggey; cement block silo; implement buildings. Further particulars apply G. B. Johnston, Cannington. Out.

FARM, CROP, STOCK, IMPLEMENTS —two miles Woodstock; forty acres cats, ten corn, ten wheat; balance hay and pasture; twenty cows, four horses; county read. Apply F. A. Staples, R. R. No. I. Woodstock, Ont.

112 ACRES - MORE OR LESS-LOT 112 ACRES — MORE OR LESS—LOT
27. Concession 2. Eramesa, near
Speedside, for sale; on the premises a
good stene house, up-to-date bank barn;
good stables, with water; closed in shed,
silo, piggery; hennery, sheep pen, never
failing well, windmill, good orchard;
farm in good state of cultivation, well
femed, well watered; five miles from
Fergus, ten from Guelph; school-house
and two churches close by. Apply on
premisee, Mrs. Lena Leybourne, Rockwood, R. R. No. 3. Ont.

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BRICK HOUSE—ALL TOWN CONveniences—one and half acres of garden. For full particulars apply Box 942. Barrie.

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An Eater's Convenience.

South America can beast no more remarkable zoological product then the "great ant eater." This interesting main-mal has powerful front claws for tearing open anthills and decayed logs, a tongue that is a foot in length, and a long, bushy tail which, according to native observers, is used "to sweep up the ants." In reality the tail is not employed for any such purpose. It serves for something quite different, as one may see when the animals lie down. Then the hairs of the tail fall both ways over its body in such a manner as to form a sort of roof thatch, meeding rain and keeping the owner dry dry in stormy

Two Kinds of War Jobs.

youthful volunteer, stationed at one of the great military camps not far from New York, accosted bursquely a civilian carrying a tennis racket "Tennis, eh?" he said, scornfully. Why don't you get a rille?" The man with the racket looked at him The man with the rachet looked at him thoughtfully, without anger. I don't blame you for being a bit cocky," he replied at last. "If I were in your place I'd be the same way. How would you like to be staying at home? I have a wife and two little boys and a mother and sister—and my two brothess have some to France. I've got to stay at home. Got to—do you get that."—Exchange.

Minard's Liniment Cures Diphtheria

Will Purchase Foreign Hides. Il Sole, published at Milan, contains an article on the formation of an association for the purchase of foreign raw hides. The directing commit-

tee, it states, met at nome and nommated as president Commendatore Cennardo Maffetone of Naples. The seat of the association in house was fixed at the Hotel Splendid, where the wool association is installed. It has been possible to enable the office to begin without delay the admission of associates, and the organization of purchases, finances, insurance, freights. etc.

Consolation.

A young probationer was preaching his trial sermon in a church in one of the inland villages of Scotland. After finishing the "discourse." he leaned over the pulpit and engaged in silent prayer, an act which surprised the congregation, who were unaccustomed to such procedure. Suddenly the young preacher felt comeone alapping him gently on the shoulder, and on turning around he beliefd the dencon, who said: "Boot, mor. Jina tak, . sae mickle to heart; yo'll maybe the better next time."

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Cable.—The nsive which to-day between Rivers, was rahing's perso an officers an This was the ican operation of

ncy, France, Si hours Gen. Pe et army, assisted b risions, has smashed salient (oftentim cert of France") thousands of p erable stocks of mi including at le Thiscourt (fiv Ferman lines), St. more than a scor the hands of the ch infantry as th ive operation la ent between Les Ep sson, following mberdmetn begun morning. The tiermans were

ght. They ha

not had a character it. They for without spirit. Pershing himself di herated Nancy from Meuse Canal, wre ers' grasp many then have been sen since the first we Our troops attained objectives they greater time to hoved seven German the Hindenburg line ward from Verdur American mounted westward from ard toward the H rees advancing east parges. Despite f rain, hundreds of heluding all the A Tanks, including fo

manned by A machine-gun ne to stay PENETRATED F The built of our of wing broken into the defences for distant points, are within a the Hindenburg neighborhood of

Pershing's drive, wh at the St. Mil carried out withou The expeditionary here are wild with j actement of this schieved wholly under their own comman Commercing their to the enemy's territ de divisions, charged Musson, got into th hes within half an ho eceded by a creeping

BANDONED ADVA The foe had aban nce positions, and prosition was encoun rmediary line was little over an hour the ported to be on the Moines, north of L hting against machi the Rappe trench

This resistance over was pushed zing rapidity. Abo the villages of Regnie St. Braussant, I court were in our On our left the Fren in a pivoting n to protect our fla that redout hat has been the bane in our first sector last winter, and

On the right wing wooded lateau so of the town at 11.50. pty, safe for a fe ed machine guns. deanwhile on the ex American force top at 8 o'clock, st res heights and sei

Saint Remy. The French in the No. merely expected et with the enen St. Mihile on both LIMITED OBJECT Special Cable. correspondent at sends the followin the battle along th

First American personal command for the first t to-day at the St. before has the concentration for one operation the Americans b e control of the event had been Some people - objectives, bu