



Hominy Will Save Wheat

Hominy can play a brave and important part in these days of wheat substitution. Its food value is almost the same as that of the whole corn...

Hominy to be at its best requires a longer period of cooking than is necessary for corn meal, because it is much coarser and the fireless cooker or the upper part of the double boiler are the ideal utensils for cooking it.

Hominy means care and "know how." Put one cupful of cereal in the upper part of the double boiler with one teaspoonful of salt and add three cupfuls of boiling water.

HOW TO DO IT

"Properly cooked," in the case of hominy means care and "know how."

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.

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 tomato sauce and a sprinkling of grated cheese it is excellent.

Scald and cool one pint of milk; add half a cake of compressed yeast, dissolved in two tablespoonsful of tepid water, one tablespoonful of sugar, one scant cupful of cooked hominy, two cupfuls of rice and barley flour, two tablespoonfuls of melted butter and one teaspoonful of salt.

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German Tyranny. German tyranny does not consist simply in an unrelenting application of the dogma of might. It has special characteristics, peculiar to race, which make it even more painful, if that is possible.

GUARD BABY'S HEALTH IN THE SUMMER

The summer months are the most dangerous to children. The commonest of that season, which are cholera, infantum, colic, diarrhoea and dysentery, come on so quickly that often a little life is beyond aid before the mother realizes he is ill.

The Harmonious Home.

Home may be a sacred refuge, or it may be a mere place to call for breakfast and dinner, and a shelter for the sleeping hours. It may be a den of vice, or a place of refuge, or a place of refuge, or a place of refuge.

How Rain Bore 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.

Chicken Mystery.

Pearl and Stanley, six and four, respectively, had buried 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.

SPANKING DOESN'T CURE!

Don't think children can be cured of bed-wetting by spanking them. The trouble is constitutional and the child cannot help it.

Fooled Wild Beasts.

Stanley, the explorer, found the native Africans 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.

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 smallest bit in the rind or even a tiny hole.

Accept no Substitute. Insist upon the genuine. "SALUDA" TEA. 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 questionnaire to be used as the basis of teaching school children traffic safety methods in Akron, Ohio. The plan is 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 Scouts.

Ballet Heels Still There.

The old 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 here in its bullet holes made by the British soldiers who were fired upon from this tavern.

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.

Advice to Dyspeptics Well Worth Following

In the case of dyspepsia, the appetite is variable. Sometimes it is ravenous, again it is often very poor. For this condition there is but one sure remedy—Dr. Hamilton's Pills, which cure quickly and thoroughly.

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 haw with-out success. The reward was in demand. 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-tail Alick.

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.

THE NINTH ANNUAL TORONTO FAT STOCK SHOW. Union Stock Yards, Toronto. December 5 and 6, 1918. EVERY STOCK RAISER AND EVERY LOVER OF GOOD CATTLE SHOULD ATTEND THIS SHOW. THE LARGEST AND BEST IN CANADA.

ISSUE NO. 38, 1918. HELP WANTED-FEMALE. EXPERIENCED WEAVERS WANTED. MISCELLANEOUS. PERMIT BY DOMINION EXPRESS. FARMS FOR SALE.

FARM PROPERTY FOR SALE. Large Ontario stock and grain farm for sale; two hundred and fifteen acres in high state of cultivation and fertility.

112 ACRES - MORE OR LESS LOT. 27 Concession 2, Eramosa, near Speedwell, for sale; on the premises is a good stone house, including brick house, good stables, with water; closed in shed.

TWO HUNDRED ACRES, CLOSE TO TOWN. Good building—some bush. Easy terms. D. L. Gilmore, Collingwood, Ontario.

FOR SALE GROCERY, BUT AND SHOES. Business, long established. D. L. Gilmore, Collingwood, Ont.

PROPERTIES FOR SALE. BRICK HOUSE—ALL TOWN CONVENIENCE. One and a half acres of ground. For full particulars apply Box 98, Barrie.

WOOLLEN MILL HELP WANTED. We have several good openings for experienced and inexperienced male and female help in a woolen mill.

An Amer's Convenience. South America can boast no more remarkable zoological product than the market eagle. This interesting mammal has been found in the Andes.

Two Kinds of War Jobs. A youthful volunteer, stationed at one of the great military camps not far from New York, accosted baraquely a civilian carrying a bundle.

Will Purchase Foreign Hides. I Sole, published at Milan, contains an article on the formation of an association for the purchase of foreign raw hides.

Consolation. A young probationer was preaching his final sermon in a church in one of the inland villages of Scotland.

MAKE YOUR OWN LAGER BEER. At home—no special equipment—from our pure and popular Hop-Malt Beer Extract.

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