

OATMEAL AS FOOD.

Says an Irish paper:—Oatmeal is a food of real strength and nutrition, having claims to be better known and more widely used than it is at present. Of much service as a brain food, it contains phosphorus enough to keep a man doing an ordinary amount of brain work in good health and vigor. All medical authorities unite in the opinion that eaten with milk, it is a perfect food, and having all the requisites for the development of the system, it is a pre-eminently a useful food for growing children and the young generally. Oatmeal requires much cooking to effectually break its starch cells, but when it is well cooked it will thicken liquid much more than any other grain. The oat of this country are superior to those grown on the Continent and in the southern part of England, but certainly inferior to the Scotch, where considerable pains are taken to cultivate them, and it is needless to point out that the Scotch are an example of a strong and thoroughly robust nation, which result is partly set down as being derived from the plentiful use of oatmeal. Dr. Guthrie has asserted that his countrymen have the largest load of any nation in the world, not even the English having such large loads—which he attributes to the universal use of oatmeal, as universal it is, being found alike on the tables of the rich and the tables of the poor—in the morning they have the porridge and in the evening the traditional cake. The two principal ways of cooking porridge and cake (bran) which I will describe, and also some other modes of cooking to afford an agreeable variety of diet. First, then, we will commence with the porridge for porridge. To three parts of boiling water add a level teaspoonful of salt and a pint of coarse meal, stirring the meal as it is added through the water about eight or ten minutes. Cover it closely then and place it where it will simmer for an hour; avoid stirring during the whole of that time. Serve hot and with a little cream as possible, accompanied with milk, maple syrup or sugar and cream. For an oatmeal cake, place in a bowl a quart of meal, add to it as much cold water as will form into a soft dough, cover it with a cloth and allow it to stand in a cool place for an hour. Then roll it into a flat cake, about an inch thick, and cook it on a griddle, then fry it in butter, beating the butter into it.

THE TRUTH ABOUT IT.

Says a contemporary:—A short time ago we called upon a certain party in this city and asked him why he did not advertise. "Oh," he answered, "what's the use? Nobody will ever see it." "You're mistaken," said we, "every page of our paper is read." "Nonsense," he replied; "even if people did read my advertisement, they would never think of it again. I don't want to advertise." "No buts at all. I don't want to advertise, and don't bother me any more; I'm busy." And he walked back into his store and strangled a poor little fly that was helping itself from a barrel of sugar. "And we never again intended advertising to him though meeting him daily. The other day the gentleman called at our station, looking a little uncertain as to how he would be received. We cherished no ill feeling and motioned him to a chair. "I suppose you heard of that little affair of mine below?" "Oh, yes," said we, "that little escapade on King street the night before last. Yes, we've got the particulars." "I wish you'd please," said he, "of course you're going to say nothing in the papers about it?" "And why not? It is a matter of interest to your friends and the public generally." "I've never thought of it," he said. "You'll see it." "You're right; and it will ruin me as sure as I am sitting here. I'll be the laughing stock of the town. They will see it." "We rose and touched him in a sly way on the shoulder. "Well, we admit, the people will see it; but then, you know, they will never think of it again." His words came back to him in a flash and he trembled so violently that his eye-balls fairly jingled, and he was such an object for commiseration that we promised to keep mum. This little rascal is drawn from the above, which is applicable to the world over; ask a man to advertise, and he will immediately say, in the majority of cases, that "Nobody will ever see it;" but advertise gratis some little indiscretion he may commit, and he immediately grows indignant over the certainty that the whole world will know it.

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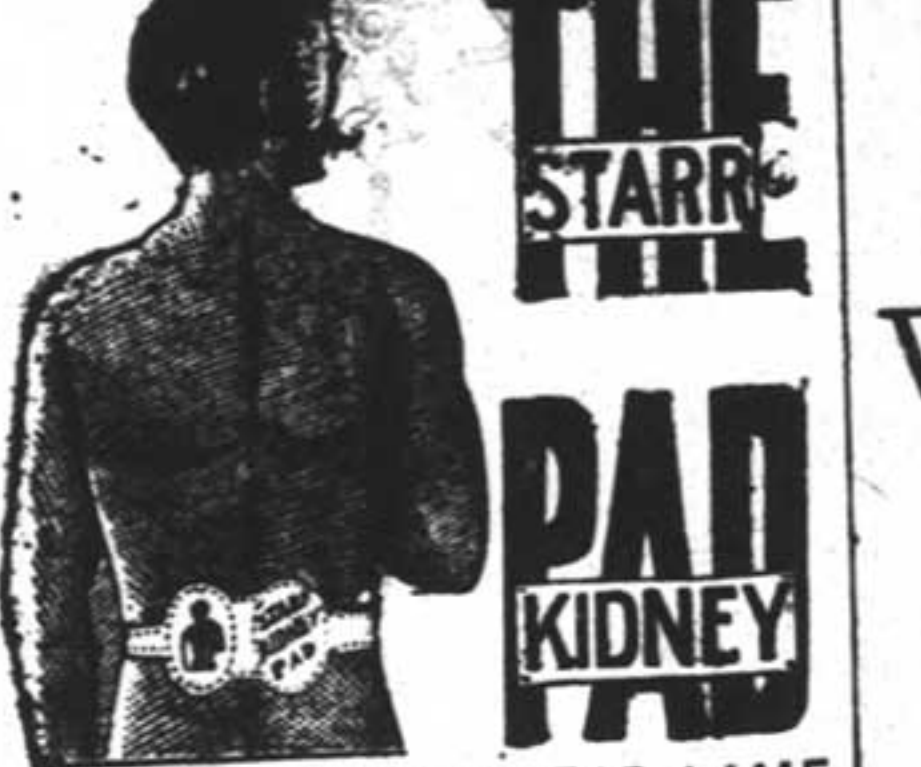
C. W. RUTLEDGE, Editor and Proprietor, Markdale, Ont.

Dissolution of Partnership.

Notice is hereby given that the Partnership formerly subsisting between the undersigned as Partners in the business of the Victoria Hotel, Markdale, Ontario, was dissolved by mutual consent on the 5th day of December, 1881, and that the said business will in future be carried on by George Wilson, who will receive and pay the debts of the firm.

Witness this 5th day of December, A.D. 1881.

Witness: C. W. Rutledge.



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OH, HEAR OH, HEAR OH, HEAR.

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