



Pure Ice Cream

IS IDEAL for the growing child, especially in the summer.

But it must be pure and made in a sanitary plant, such as the City Dairy. We ship thousands of Ice Cream Bricks for consumption in the home and thousands of gallons of Bulk Ice Cream for consumption in the shops of discriminating dealers everywhere in Ontario.

City Dairy

Look for the Sign.

TORONTO.

We want an Agent in every town.

BIG DAILY OUTPUT OF GERMAN SHELLS

VERY NEARLY EIGHT MILLION PER MONTH.

Tremendous Output of Ammunition is Pointed Out by David Lloyd George.

That the Teutonic allies are turning out 250,000 shells a day was one of the startling statements made by David Lloyd George in his great speech in the British House of Commons a few days ago in moving the adoption of the munitions of war supply bill. The Minister of Munitions said in part:

Superiority of Men.

"We have an undoubted superiority in men—(cheers)—in numbers—and I am assured by all those who have been at the front that it is not merely a superiority in numbers, but in the quality of men—(cheers)—and, therefore, it is purely a question of equipping them with the necessary amount of material to support their valor in the attacks which they make on the lines of the enemy. I heard the other day on very good authority—and this will give the House an idea of the tremendous preparations made by the enemy for this war, and of the expansion which has taken place ever since the war—that the central European powers are turning out 250,000 shells per day.

Eight Million Shells a Month.

"That is very nearly eight million shells per month. The problem of victory for us is how to equal, how to surpass, that tremendous production. (Hear, hear.) The problem of speedy victory is the accomplishment of that aim with the least possible waste of time. (Cheers.) Any obstacle, any mismanagement, any slackness and indiscipline, any prejudice which prevent or delay mobilization of all our resources at the earliest possible moment postpone victory. The question which in the Ministry of Munitions we have set ourselves to achieve is: Can we achieve that purpose? I say that we can accomplish that object of not merely equalling the German and Austrian output of munitions, but if we are in earnest we can surpass it. (Cheers.) The central European powers have probably attained something like the limits of their possible output. We have only just

crossed the threshold of our possibilities.

Temporary Preponderance.

"Germany has achieved a temporary preponderance of material. She has done it in two ways. She accumulated great stores before the war. She has mobilized the whole of her industries after the war, having no doubt taken steps before the war to be ready for the mobilization of the workshops immediately after the war was declared. Her preponderance in two or three directions is very notable. I mention this because it is essential they should be understood in inviting the assistance of the community to enable us to compete with this formidable enemy. The superiority of the Germans in material was most marked in their heavy guns, their high explosive shells, their rifles, and perhaps most of all their machine guns. These have turned out to be about the most formidable weapons in the war. They have almost superseded the rifle and rendered it unnecessary.

Germany's Preparedness.

"The problem of victory is a problem of mobilizing our resources for the purpose of increasing the material of war. What was the condition of things with which we were confronted at the beginning of war? Germany had been preparing for years. (Hear, hear.) She had been preparing in a direction which we hardly suspected. We naturally were anxious lest she was making great secret preparations to strengthen her navy and to develop a sudden surprise attack upon us. I think on the whole there was nothing that she has done for her navy that we had not anticipated. There was nothing she had done for her navy that we were not prepared against. There has been no surprise in the turning out of any expedients of war which had not been foreseen so far as the navy was concerned. The strength developed by the submarines has been surprising; but the number and the fact that they possessed them was no surprise. That was not the case with her armies. I ventured to call attention in 1913 to the fact that in my judgment Germany was concentrating upon developing the strength of her armies and not of her navy, and I got rather a bad time. What was the fact? Germany had undoubtedly been preparing. She had been piling up material until she was ready. She was on the best of terms with everybody?"

The 12th Lancers are one of the very few cavalry regiments which have seen sea service, having served on board Lord Howe's fleet in the operations at Toulon.

NERVOUS CHILDREN

Hard Study and Too Little Exercise Leads to St. Vitus Dance.

There is much criticism of modern educational methods that require too much work of school children, allowing them too little time for play and preventing sufficient out-of-door exercise. When the study of music or any other accomplishment, with the necessary practice, is added the strain is increased. Under these conditions the blood becomes impoverished and fails to nourish the nerves. The child becomes restless, and twitching of the muscles follow. Sometimes the child stumbles in walking and drops what it tries to hold. Pallor, listlessness and irritability are symptoms that early show that the blood and nerves are failing to meet the demands made upon them, and that St. Vitus dance has fastened its hold upon the child.

In this condition there is no tonic can equal Dr. Williams' Pink Pills, which build up the blood, strengthen the nerves and safely help to meet the demands of the growing child. Out-of-door exercise, nourishing food, plenty of sleep with these tonic pills will cure even the most severe cases of St. Vitus dance. We offer the following proof: "Up to the age of ten years," says Mrs. Johnson, of Hemford, N.S., "my son Calvin was as healthy and rugged as any child could be. Then he began to complain that his eyes hurt him, and of pains in the head, and began to fall back in his studies at school. Then I noticed a twitching of the muscles of his face and arms, and later his whole body seemed to be in constant motion. Our family physician was called in and pronounced the trouble a severe attack of St. Vitus dance. He was under the doctor's treatment for some three months, but did not seem to improve. We had taken him from school, and were careful that nothing should excite him, but notwithstanding he grew worse, and the least start would bring on attacks of hysteria. This went on for some months until Dr. Williams' Pink Pills were brought to my attention, and we decided to give him this medicine. After using a few boxes there was a noticeable improvement, and by the time he had taken nine or ten boxes he had recovered his former good health. There has been no sign of a return of the trouble, and I can scarcely say how thankful we feel for the complete restoration of our son's health."

Parents who find their growing boys or girls becoming nervous should lose no time in giving them Dr. Williams' Pink Pills. You may ward off an attack of St. Vitus dance, or if the trouble has reached that stage the Pills will effect a cure. Sold by all medicine dealers or by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

The Whole Duty of a Soldier.

On the eve of the battle of the Marne the French officers gathered their men about the bivouacs, and in the summer night, broken by the roar of cannon, read to them the proclamation issued by Joffre. It thrilled every one with the thought that the fate of France lay in their hands. "Advance," read the order, "and when you can no longer advance, hold at all costs what you have gained. If you can no longer hold, die on the spot."

An official song-book is issued by the Lords of the Admiralty for the use of bluejackets.

Lord Tennyson, Darwin, Gladstone, and Oliver Wendell Holmes were all born in the same year.

ABOUT THE HOUSEHOLD

Dainty Dishes.

Blackberry Cottage Pudding.—One-third cup of butter, one cup of sugar, two cups of flour, three teaspoonfuls of baking powder, one-half cup of milk, one egg and one cup of blackberries. Cream the butter; add the sugar and egg well beaten. Sift flour, baking powder and salt together and add to the other mixture. Beat well; add the berries. Bake in a buttered shallow cake pan thirty minutes. Serve with blackberry sauce.

Blackberry Sauce.—Beat three-quarters of a cup of heavy cream and one-third cup of powdered sugar until stiff; add one cup of crushed blackberries and one-half teaspoonful of vanilla.

Cabbage Salad.—Take half a head of cabbage, shred very fine, and plunge into cold water until crisp. Drain well and put in a bowl. Make a good salad dressing of half a cupful of cream. Add a tablespoonful of sugar and one teaspoonful of salt. If you like a sour flavor, put in a teaspoonful of vinegar.

Rice Croquettes with Cheese Sauce.—Boil a cupful of rice in two and a half cupfuls of milk. If not tender, add more milk. Season with two tablespoonfuls of butter, a pinch of salt, a dash of paprika, and mix with two beaten egg yolks, and chill. When cold and stiffened mold into cones, balls or cylinder forms. Dip in crumbs, then in egg whites and in crumbs again. Cook the sauce well before adding the cheese. Serve as soon as it is melted.

Carrots.—Peel and cut in rounds, in cubes or long strips. Cook in boiling salted water until tender. Serve with cream sauce or toss the carrots in the following mixture: For two cupfuls of the cut carrots take one tablespoonful of sugar, lemon juice, a little salt and pepper. Pour into a saucepan and shake till the mixture is absorbed. Carrots and peas served together are appetizing.

Browned Chicken in Cream Gravy.—This is an excellent way to cook an old fowl. Clean and disjoint a two-year-old hen, and put to cook in a kettle containing at first only one pint of boiling water. Let simmer at least three hours over the low burner or on the back of the range, watching rather closely. As the water boils away, add more, but only enough to keep the chicken from browning. When half done season with one teaspoonful of salt and one-fourth teaspoonful of pepper. Half an hour before dinner bring to greater heat and brown on all sides, sprinkling with flour lightly as it browns. Just before serving add one teacupful of cream and let boil up once.

Gelatin Dishes.

Tomato Aspic.—Two tablespoonfuls of granulated gelatin, half a cup of cold water, three and a half cups of tomato pulp, celery stalk, bay leaf, whole clove, two tablespoonfuls of Tarragon vinegar, paprika and salt. Dissolve gelatin in cold water. Mix other ingredients, heat and add gelatin, stirring until perfectly dissolved. Strain into ring molds, place on ice and unmold on lettuce leaves, filling centre with mayonnaise to which whipped cream has been added. Or fill with cucumber, cabbage or other salad.

Beef Tongue Molded in Aspic.—Make aspic as follows: Four tablespoonfuls of granulated gelatin, one quart of highly seasoned stock, one and a half cupfuls of cold water, juice of one lemon. Dissolve gelatin in cold water. Add hot stock and allow to dissolve perfectly. Strain and use as desired. Have a beef tongue



trimmed and partly sliced. Arrange in deep pan, with garnish of egg-whites, capers, etc. Fill in with aspic and allow to chill. Unmold and serve with boiled mayonnaise.

Stuffed Tomatoes in Aspic.—Have as many peeled and chilled small perfect tomatoes as desired. Chop cucumbers and radish, add mayonnaise, and stuff tomatoes with mixture. Partly fill small custard molds with aspic. Lay in a stuffed tomato, top side down. Finish filling with aspic, and set away on individual lettuce leaves, and garnish with star of mayonnaise.

Grape Sherbet.—One tablespoon of granulated gelatin, one pint of grape juice, one pint of water, one cup of sugar, two lemons, one orange. Soak gelatin in half a cup of cold water. Boil sugar and water to syrup and add dissolved gelatin. When partly cooled add juice of lemons, orange and grape juice. Freeze and serve in sherbet cups with mint leaf garnish.

Household Hints.

If peas are a trifle old, try boiling them with a lettuce leaf and a tablespoonful of sugar in the water.

Summer bed spreads should be made of material that is easily washed. There is nothing prettier than the inexpensive dimity.

Tin is an undesirable material for a coffee pot. Tannic acid acts on such metal and is apt to form a poisonous compound.

To iron raised lace, place it between blankets. Or do not iron it at all. If not ironed it should be stretched, while wet, with a pin at each point.

A very satisfactory way to mend shirts that are worn around the collar band is to sew a narrow yoke to fit the neck and to come just below the worn place.

If the fire is running low and a quick oven is needed, try opening the oven door, filling it with cool fresh air. Then close the oven door, and it will heat much more quickly.

To remove water spots from a dress dampen it in lukewarm water. Place a piece of cloth over water spots on right side and press until both pieces of material are dry.

When making baked or boiled custard, the milk to be used should be scalded and set aside to cool. Then make the custard in the ordinary way, and it will be perfectly smooth.

To fry bacon so as to have it straight, light brown and crisp, invert a perforated pie tin over a larger pie tin, lay slices of bacon smoothly over the perforated tin and place in oven. An even brown color is obtained as the grease trickles into the plate below. This method prevents any splattering of the stove. The bacon is evenly cooked and the grease is perfectly clear for frying eggs. This method is a great advantage when one uses oil or gasoline, especially as the cooking of the bacon can be combined with the baking of muffins or other things.

Zinc is often the hardest thing in the house to clean, especially under kitchen stoves, where it becomes badly discolored. One of the simplest and surest methods is to dry thoroughly the zinc and then go over it with kerosene oil, which must be allowed to stand over night. In the morning this should be wiped with a soft cloth, and more kerosene applied. The oil eats out all the grease and dirt which adheres to the zinc and makes it white and spotless. Zinc-lined sinks or bathtubs can be treated the same way, but must be thoroughly dried afterward.

Few products in household use to-day have bridged the gap from the primitive things of sixty years ago as has

Redpath Sugar

Canada's first refined sugar, "Ye Olde Sugar Loafe" of 1854, was REDPATH; so was the first Canadian granulated sugar, in 1880, and the first Sugar Cartons in 1912.

The leader in every advance, Redpath Sugar stands to-day first in the estimation of tens of thousands of Canadian families. 131

Ask for "REDPATH" in Individual Packages. 2 and 5 lb. Cartons. 10, 20, 50 and 100 lb. Bags. CANADA SUGAR REFINING CO., LIMITED, MONTREAL.