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WEST TORONTO CANADA

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VETERINARY SUPPLY HOUSE
750 Cooper Street, Ottawa, Ont.

FREE

ABOUT THE HOUSEHOLD

Soups Minus Meats.

Soups made with milk furnish a wholesome nutrient food rich in food value since they contain all the nutritive value of the milk in addition to the vegetables and other ingredients used. The food is in easily digested form and when served with bread and butter furnishes all the necessary food elements for a balanced meal.

There is no better way to utilize the left overs of the dinner, the tough parts of vegetables, the water in which vegetables are cooked, and they provide a food of such high value at so low a cost.

Soups made from split peas, green peas, beans, lentils or fish are richer than those made from celery, carrots, turnips, potatoes or asparagus, and a chowder makes a good substantial meal. Either canned or salt fish may be used in fish chowder when fresh fish is not available.

The housewife whose shelves are supplied with cold-pack vegetables has first-class material for nourishing, delicious and inexpensive soups.

The proportions for cream soups or soups made without meat are: About one-half as much vegetable pulp as milk or white sauce with the addition of seasoning. If the vegetables used contain a large amount of starch, milk may be used without thickening and where there is water in which the vegetables were cooked an equal amount of vegetable water and pulp is used with the same amount of white sauce.

The general directions for making cream soups are:

Cook the vegetables in water until they are soft, then press through a coarse strainer and add the water in which they are cooked to the pulp that comes through the strainer.

Make the white sauce just before serving time and combine the vegetable pulp with the white sauce after the sauce has cooked up. Do not let the soup stand long before serving as it is likely to thicken too much. Serve very hot with crackers or bread cut in half-inch cubes and toasted a delicate brown. To make a richer soup an egg, slightly beaten, or a few teaspoonfuls of whipped cream may

be added to the soup just before serving.

To make the white sauce use two tablespoonfuls of fat, one tablespoonful of flour to each cup of milk and season to taste. Mix the flour with an equal quantity of cold water or milk and stir until smooth, then add enough more milk to make it pour easily. Heat the rest of the milk in a double boiler (never boil the milk) and when hot all through add the flour mixture gradually and stir constantly as the mixture thickens. Add the butter and seasoning and let cook ten or fifteen minutes.

Cream of Pea Soup.—1 pint can peas, 1 pint cold water, 1 teaspoonful sugar, 1 quart thin white sauce. Method same as stated above.

Cream of Corn Soup.—1 pint can of corn, 1 pint cold water, 1 small slice onion, 1 quart thin white sauce. Method same as stated above.

Cream of celery, turnip, potato, bean soups all made same as above.

Corn Chowder.—1 can corn, 2-inch cube fat salt pork, 1 slice onion, 4 potatoes, 1 quart milk, 8 crackers, salt to taste pepper. Try out the fat or use drippings in place of the salt-pork fat. Add the onion to the melted fat and cook until brown. Strain the fat into a large saucepan, add the potatoes cut into half-inch cubes and the boiling water. Cook until the potatoes are soft, then add the milk and corn. Heat to the boiling point, season, moisten the crackers with cold milk and serve them on the top of the chowder.

Fish Chowder.—2 cupfuls flaked codfish or soaked salt codfish, 8 potatoes, 1 pint boiling water, 1 slice onion, 2-inch square fat salt pork, 1 tablespoonful salt, 1 quart milk, dash pepper, 8 crackers. Try out the fat or use drippings in its place, add the onion and brown. Turn the fat into the saucepan, add potatoes, boiling water and cook ten minutes. Add the fish and simmer ten minutes, then add the milk, seasoning and heat to the boiling point. Serve with the crackers moistened in cold milk on the top of the chowder.

Vegetable Soup (without Meat).—½ small onion, 1-3 cupful turnips, 1-3 cupful carrots, ½ cupful celery, salt, 1 quart water, 4 tablespoonfuls drippings, 1½ cupful potato, ½ tablespoonful minced parsley, dash pepper. Wash, scrape or pare and cut the vegetables into slices and prepare them before measuring. Mix the vegetables together omitting the potatoes. Melt the drippings in a stew pan, add the vegetables and cook about ten minutes stirring constantly so that all brown evenly. Add the potatoes and cook five minutes more, then add the water and simmer slowly two hours, covered. Season with salt and pepper, add the minced parsley and serve very hot. The vegetables may be mashed finer with a fork or chopped very fine.

Sunday-School Scholars.

The clock strikes two, and through the whole wide land

Go little children walking hand in hand,

In shining shoes, that have a Sabbath squeak,

With ev'ry truant curl brushed smooth and sleek,

And thought intent upon a verse to speak.

Each stiff skirt hangs demure, as if it knew

A week-day titt on Sunday would not do;

And each white collar, tied with Windsor plaid,

Borne in grim patience by a solemn lad,

Spotless, proclaims that boys are never bad.

'Neath hood and bonnet, cap and hat, they smile,

Those cloudless eyes that have not looked on guile;

While snowy kerchiefs bind the penny tight

Which goes to teach the heathen what is right—

Could but the heathen see the gracious sight!

They troop by hundreds through the dusty town,

They stamp their footprints on the road-side brown.

Though deepest snow the roses have concealed,

They nod like blossoms o'er the stubbly field,

These darling buds which wintry by-ways yield.

But, best of all, the babies suck their thumbs,

Waiting at home until their own turn comes,

It doesn't seem as though this old world could

Grow half as bad as people said it would

With children always learning to be good.

—Marion Ames Taggart.

Cheese is one of the best substitutes because it is an animal food and furnishes muscle building substances.

It retains many of the valuable elements of milk.

Gunns Shur-Gain Fertilizer

Future for Water-Power.

Many authorities believe that the use of cheap hydro-electric power in making iron will eventually bring about a commercial revolution in the leading nations, and that all industries which consume large amounts of mechanical energy will be forced to emigrate to countries where water-power is abundant. What a future there is for Canada when this comes about!

MUSKRATS WANTED

I will pay highest market prices for Rats, Ginseng Root and all other raw furs.

20 years of reliable trading Reference—Union Bk. of Canada

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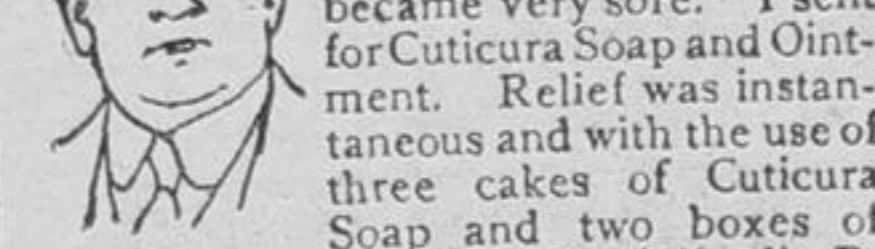
CUTICURA HEALS BAD CASE ECZEMA

Relief Instantaneous. Healed With 3 Cakes of Soap and 2 Boxes of Ointment.

"I was very much annoyed by an irritation on my back. I found out I had a bad case of eczema. My back was in a very bad shape, and my clothing irritated so that the skin became very sore. I sent for Cuticura Soap and Ointment. Relief was instantaneous and with the use of three cakes of Cuticura Soap and two boxes of Ointment I was healed." (Signed) B. F. Grosch, Y. M. C. A., St. Catharines, Ont., July 4, 1917.

For hair and skin health Cuticura Soap and Ointment are supreme.

For Free Sample Each by Mail address post-card: "Cuticura, Dept. A, Boston, U. S. A." Sold everywhere.



Ointment I was healed." (Signed) B. F. Grosch, Y. M. C. A., St. Catharines, Ont., July 4, 1917.

For hair and skin health Cuticura Soap and Ointment are supreme.

For Free Sample Each by Mail address post-card: "Cuticura, Dept. A, Boston, U. S. A." Sold everywhere.

RENNIE'S Big Crop SEEDS

FOOD production—that is the big cry for 1918. Everyone must produce as much as possible—which means every available square yard under cultivation, and the widespread use of Rennie's seeds.

LOOK FOR THE STARS

Every item in the Rennie 1918 catalogue represents unexcelled value, but the items in star borders are simply wonderful.

	Pkt.	oz.	¼ lb.	lb.	5 lbs.
BEANS—Rennie's Stringless Green Pod	.10	.18	.55	2.50	
BEET—Rennie's Spinach Beet	.10	.35	1.00	3.00	
CABBAGE—Rennie's Worldbeater	.10	.75	2.25		
CARROT—Rennie's Market Garden	.10	.40	1.20	3.50	
CORN—Rennie's Golden Bantam	.10	.25	.65		
CUCUMBER—White Wonder	.10	.30	.90	3.00	
LETTUCE—Rennie's Selected Nonpareil	.05	.30	.90	2.75	
MUSKMELON—Delicious Gold Lined	.10	.40	1.20	3.50	
PARSLEY—Champion Moss Curled	.05	.25	.75	2.25	
PEAS—Little Marvel	.10	.15	.45	2.00	
Improved Stratagem	.10	.15	.45	2.00	
RADISH—Cooper's Sparkler	.05	.20	.65	2.20	
TOMATO—Bonny Best	.10	.60	1.75		
Early Detroit	.10	.60	1.75		
TURNIP—Golden Ball (Orange Jelly)	.05	.25	.75	2.50	

Prepaid Not Prepaid
lb. 5 lbs. lb. 5 lbs.
ONION SETS—Yellow Sets—Selected. .35 1.70 .25 1.20

FLOWER SEEDS

	Pkt.
Lavender Gem Aster	.15
Early Blooming Cosmos—Mixed	.10
Giant Yellow Tulip Poppy—California	.10
New Red Sunflower	.25
Rennie's XXX Mammoth Flowering Hollyhock—Mixture	.20
Mastodon Pansy—Mixture	.25
Rennie's XXX Select Shirley Mixture—Single	.10

When buying from dealers, insist on Rennie's. If your dealer hasn't them, we will ship direct.

THE WILLIAM RENNIE COMPANY LIMITED.
KING & MARKET STS TORONTO
ALSO AT MONTREAL WINNIPEG VANCOUVER

Very fat fish should not be given to young children. non-combatants—men, women, and children—have been murdered by the Kaiser's command. More than fourteen thousand British

CANADA MUSTERS HER MANHOOD



FOR the war against hunger as well as for the war against the Hun. For every Canadian fighting overseas, at least two on farms at home are serving none the less effectively because they wear neither uniforms nor marks of rank or valour.

Long and strenuous days are theirs, without leave or furlough! a steady drive through the daylight hours to keep the work abreast of the season, and save the crops so sorely needed to feed our fighting men.

Only those who spend such days can realize how good it feels to have a "wash-up" and a clean Gillette shave at night—or how it fits a man to enjoy the evening's rest or pleasure of the trip to town.

The busier you are going to be this

summer, the more you'll need a Gillette Safety Razor, with its clean, comfortable, five-minute shave. And the better you know and like good tools, the more you'll appreciate the simple mechanical perfection that gives the Gillette such a lead over every other razor.

The Gillette Safety Razor is made in several different styles, civilian and military. Choose one of the former for yourself and delight some soldier friend with a new Military Set. Your dealer can supply you at \$5.00 up.

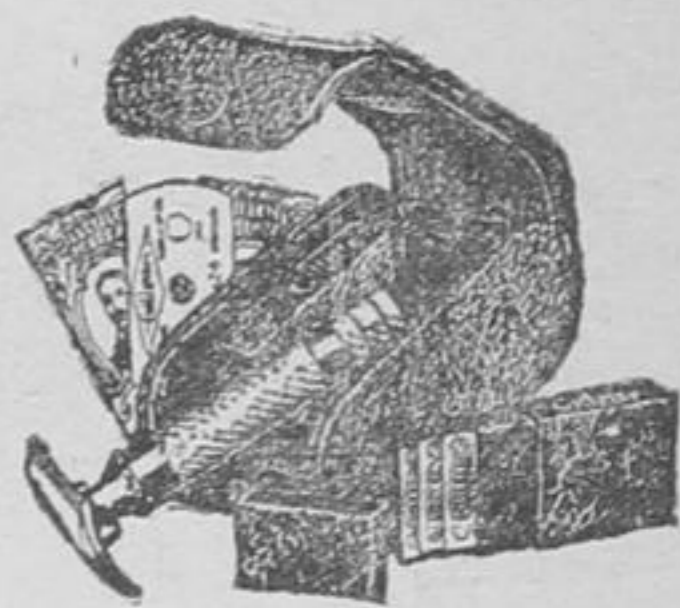


STANDARD \$5.00

Gillette Safety Razor Co., of Canada, Limited

Office and Factory:

GILLETTE BLDG., MONTREAL.



BULL DOG \$5.00



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a delightful & economical beverage.

Made instantly in the cup, no boiling. Delicious flavor.

A cheering hot drink for people of every age.