



Efficient Housekeeping

Laura A. Kirkman

- TOMORROW'S MENU**
- Breakfast**
Stewed Dried Peaches Cereal
Boiled Eggs Toast
Coffee
- Luncheon**
Baked Egg-Corn Dish
Wholewheat Bread
Lettuce Left-Over Prunes Tea
- Dinner**
Clear Soup Lamb Rissoles
Baked Potatoes Squash
Lettuce French Dressing
Cottage Pudding Coffee

Some Good Hot Breads.

Corn Rolls: Sift together one and one-fourth cups of bread flour, three-fourths of a cup of yellow cornmeal, four teaspoons of baking powder, one-half teaspoon of salt and one tablespoon of granulated sugar. Into this rub two tablespoons of butter, with the finger-tips. Add one beaten egg to one-half cup of sweet milk and turn this mixture into the dry ingredients. It will make a soft dough that can be easily handled. Turn the dough out onto a floured board and roll to one-half inch in thickness. Cut with a biscuit cutter, put a bit of butter in the centre of each round, and fold opposite edges to meet centre. Brush tops with sweet milk and bake in a hot oven for 20 minutes.

Wholewheat Muffins: Put into a bowl one-eighth of a cup of granulated sugar, one unbeaten egg-yolk and one cup of sweet milk; beat all together, then add one-half cup of white bread flour mixed and sifted with two teaspoons of baking powder. Also add one cup of wholewheat flour, two tablespoons of melted butter, and fold in one egg-white stiffly beaten. Turn all into a greased muffin pan and bake for 25 minutes in a hot oven.

Quick Raisin Bread: Sift together four cups of bread flour, four teaspoons of baking powder, one-half teaspoon of salt and one cup of granulated sugar; add two cups of sweet milk mixed with two beaten eggs. Then stir in one cup of seedless raisins (or one cup of walnut meats chopped, if preferred) and let stand for 20 minutes. Bake in a moderate oven for 35 minutes, in two greased loaf-cake pans. (Repeated at the request of Mrs. F. H.) Tomorrow: An "Oil Finish" On Wood.

Cream of Tartar Biscuits: Melt two tablespoons of butter and add it to one cup of sweet milk. Sift together two and one-half cups of bread flour, one teaspoon of soda, two teaspoons of cream of tartar and one-half teaspoon of salt. Add the liquid to this dry mixture, and a little more flour (if necessary) to

LETTERS To The Editor

Written by Major H. D. Skinner, Montreal, Feb. 23.—(To the Editor): It may interest you and your readers to know that the report of the Dyer incident at Amritsar, which appeared in the Montreal Gazette last week, was written by Major H. D. Skinner, D.S.O., late of the 29th Punjab, and formerly of Kingston, Ontario.

Since contributing the article to the Gazette, I have obtained from one of his relatives, permission to mention his name as the author. Major H. D. Skinner has been retired from the active list and is now in London, England.

Yours truly,
—JAMES FERRIS.

A New Hampshire View.
Gilesum, New Hampshire, Feb. 23.—(To the Editor): I should like a little space in your paper to ask a question. We take your paper and by it we see the legislative men are fighting for stronger beer. Why it? There is little or nothing said about the unemployed of our country? Perhaps they think if they get the stronger beer, the work will come. What are those men there for? For stronger beer or the betterment of the country? Donald Sutherland was right when he said: "Drifting without an objective, even in trade." I know of 25 or 30 Canadians here in the little village of Gilesum. Why are they here? Simply because of no work in Canada, and no wages, not because they have not the ability to work or because they won't work. The main object seems to be: cut the working man's wage and the farmer's supply.

Yours truly,
—MRS. R. WAGAR.

Pulpwood Embargo Question.
Ritz Carleton Hotel, Montreal, Feb. 19.—(To the Editor): There have been so many grossly inaccurate statements made recently by various correspondents who are advocating an embargo on the exportation of pulpwood from Canada which have so far gone unchallenged that for the sake of fair play I am going to ask that you publish the following memorandum, in the hope that it will catch the eye of many of your readers who may have seen the inaccuracies referred to, and possibly believed that they represented actual conditions:

In the first place let us take an article that appeared in a recent issue of the "Financial Post" referring to a company in North Sydney, known as the North Sydney Lumber and Pulpwood Company, in which it said that that company was exporting fifty thousand cords of wood for which it was getting \$5 per cord, and that it had just signed a contract for five thousand cords at that figure, and that the wood would be shipped to New York State to be turned into paper. This item apparently caught the fancy of the pro-embargoist press of the country, for it is being reprinted and commented on in practically every province of the Dominion. I am the purchaser of the five thousand cords referred to, so I happen to know something about it. It is not going to New York, the price is not \$5 it is \$11.50, and this company will not export fifty thousand cords of wood, in fact it is extremely unlikely that they will export more than five thousand cords.

Take another case: A gentleman, by the name of W. O. Seely, somewhere in Ontario writes, "We are exporting a million cords of pulpwood at \$10 a cord, which if manufactured in Canada would produce all the way from one hundred and fifty million to three hundred million dollars. The reply is best expressed by the following which is quoted from a letter which appeared in the Toronto Mail and Empire of Feb. 5th—I think it was signed "Digger":

"While there is much to be said pro and con on the important subject of embargoes any misleading figures such as presented by your correspondent—in their relation to pulpwood export—can serve no good purpose. This must be my apology for trespassing on your valuable space.

"Applying Mr. Seely's figures of 1,000,000 cords of pulpwood as being the annual export—though too low (actual figures around 1,200,000 cords)—1,000,000 cords converted into either commercial pulp or newsprint in Canada would, at current prices represent respective values as follows: In pulp approximately \$25,000,000, not \$150,000,000 as given by Mr. Seely for "sheepskin stock," a term unfamiliar to the writer, as applied. In newsprint approximately \$60,000,000 not \$300,000,000, and in which relation Mr. Seely's figure actually exceeds the aggregate value of the entire production (1923) of pulp and paper by all Canadian mills, consuming some 3,300,000 cords of wood with a converted value of about \$227,000,000.

In another recent issue the "Financial Post" in an article that was afterwards widely quoted in the Press of this country, referred to the Liberty Mill of the Chicago Tribune at North Tonawanda as operating on Canadian wood. An illustration which accompanied the article purported to show a steamer discharging Canadian wood at that point. The Quebec Telegraph took the trouble to investigate the actual facts in this particular case, and what was found to be the actual situation? I quote from a letter received by the Quebec Telegraph from the owners of the plant in question: "The mill at Tonawanda has



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You've probably heard of this well-known plan of making cough syrup at home. But have you ever used it? When you do, you will understand why thousands of families, the world over, feel that they could hardly keep house without it. It's simple and cheap, but the way it takes hold of a cough will quickly earn it a permanent place in your home.

Into a 16-oz. bottle, pour 2½ ounces of Pinex; then add plain crystallized sugar syrup to fill up the bottle. Or, if desired, use clarified molasses, honey, or corn syrup instead of sugar syrup. Either way, it tastes good, never spoils, and gives you 16 ounces of better cough remedy than you could buy ready-made for \$2.50.

It is really wonderful how quickly this home-made remedy conquers a cough—usually in 24 hours or less. It seems to penetrate through every air passage, loosens a dry, hoarse or tight cough, lifts the phlegm, heals the membranes, and gives almost immediate relief. Splendid for throat tickle, hoarseness, croup, bronchitis and bronchial asthma.

Pinex is a highly concentrated compound of genuine Norway pine extract, and has been used for generations for throat and chest ailments.

To avoid disappointment, ask your druggist for "2½ ounces of Pinex" with directions, and don't accept anything else. Guaranteed to give absolute satisfaction or money refunded. The Pinex Co., Toronto, Ont.

After freezing ice cream draw off all the salt water and repack with ice and salt, using four parts of ice to one part of salt. A wet, loose packing will mean soft cream.

FREED.



In a new form of unwritten law, Mile. Stanislawka Umanska, young Polish actress, appearing before a Paris court on a charge of murdering her fiance, was freed on the ground that her victim, suffering from an incurable disease, had begged her to kill him to end his sufferings.

AUNT HET



"It served Pa right. He stooped to pick up Widow Jones' handkerchief to-day and that weak place in his pants busted."

Bequest to Society.
Brockville Children's Aid Society is in receipt of a cheque for \$604.72, the residue of the estate of Mrs. James McKinney, who died some years ago. Mr. McKinney, who predeceased his wife, was for several years in Brockville the collector of mails from the local drop boxes. Both he and his wife were deeply interested in the welfare of the society.

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IN these days of keen competition in business and sport—success is to the healthy. In all parts of the globe tens of thousands of men and women look to ENO's to keep them fit and vigorous. For ENO's "Fruit Salt" is the world's greatest health-drink. ENO's is pleasant, effervescent, refreshing. It stimulates the digestive and other organs of the body to gentle natural action, toning up the whole system and imparting a vigorous sense of well-being.

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Weds Stableman



"I'll marry whom I please." Walter K. Linforth, 35, said when her wealthy San Francisco parents objected to her marriage to William Thaxfield, 24, a stableman, she did.

STOP THAT COUGH NOW!

With A Few Doses of Dr. Wood's Norway Pine Syrup

Mrs. Alex. Foster, R.R. No. 2, Proton, Ont., writes:—"I took a severe cold which settled on my lungs, and my cough was so bad, at times, it seemed as if it were tearing my lungs to pieces. I sent and got a bottle of Dr. Wood's Norway Pine Syrup and I got relief after the first few doses, and by the time I had finished the rest of the bottle I was completely relieved of both my cold and cough."

"Dr. Wood's" has been on the market for the past 35 years; you don't experiment with some new and untried remedy when you buy it; put up only by The T. Milburn Co., Limited, Toronto, Ont.

It is estimated that 360 gallons is the average annual consumption of gasoline for passenger autos in the United States.

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