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HOUSEHOLD

APPLES EN CASSEROLE

Quarter peck apples, 1 1/2 cups brown sugar, pinch salt.

Wash and quarter, pare and core the apples. Lay in casserole dish, cut side down; cover with brown sugar and salt. Bake in hot oven until tender. Serve in casserole dish.

CREAMED TURNIPS

One quart turnips, 1 tablespoon butter, 1 tablespoon flour, 1 cup milk, 1 teaspoon salt, dash pepper.

Wash, pare and cut the turnips into 1/2-inch dice. Put on in boiling water, enough to cover, and boil until tender. Drain and pour over the cream sauce; mix well.

Cream Sauce: Put the butter into saucepan and when melted add the flour, mix well and add the cold milk slowly; stir until smooth and creamy; add the salt and pepper; boil 2 minutes.

FRUIT SALAD

Pare 2 oranges and remove the pulp without any of the skin. Wash 1/2 pound green grapes, cut in half and remove the seeds. Slice 2 bananas. Mix all together. Serve cold on lettuce leaves, with French dressing or mayonnaise.

PUMPKIN PUDDING

One quart of cut pumpkin, 2 cups milk, 2 eggs, 1 cup sugar, 1 teaspoon salt, 1 teaspoon ground ginger, 1/2 teaspoon grated nutmeg, 1-2 teaspoon cinnamon, 1 teaspoon butter.

Put the pumpkin on in boiling water, boil in uncovered vessel until tender, drain; when cold, mash thru colander, add well-beaten egg, sugar, salt, ginger and nutmeg; beat until light. Brush bakedish with melted butter, pour in mixture, dust top with cinnamon, bake in moderate oven 1 hour. This is served warm; milk or cream may be served with it.

DELICATE STEW.

Grease a baking dish or casserole and spread in a layer of lean meat, which may be either raw or cooked, cut in small pieces, then add a layer of thinly sliced raw potatoes. Sprinkle with flour and salt and add bits of butter. Continue with the layers until the dish is full. Almost cover with boiling water and bake an hour and a half in a moderate oven in the dish, covered. Onions may be included if desired.

Notice to Water Takers

Notice is hereby given that all persons owing Water Rates must settle the same on or before 18th day of November next or the Water will be turned off.

Per Order Chairman
Water Committee,

H. W. Bourne, A. G. Fields,
Collector. Supt.
Woodstock, N. B., Oct. 28, 1916.

**TOURING THE WEST
BEAUTY AND DANGER**

Fraser River Canyon—Niagara Gorge
Multiplied in Marvellous Scenery
—A Racy Description

An easterner, touring British Columbia, writes: Greenhorns going west and not familiar with the infinite capacity of British Columbia to tilt itself on end, think that Sicamous is the beginning of normal country. It ought to be, for at that placid junction both the Rockies and the Selkirks have been passed. The geography text books say merely that the rest of the Province is diversified by hills. It is an understatement. Sicamous lies on an arm of Shuswap Lake—a name not to be pronounced safely except by prohibitionists. For 30 or 40 miles onward there are reaches of level land, but always on the opposite side of the lake there are bold and arrogant hills which in any other land would be called mountains.

Like the Old Country
The guide book says the scenery is reminiscent of Scotland and Scottish poets have intimated that Caledonia is wild and impressive. You can draw your own conclusions. Soon the most westerly arm of Shuswap narrows and becomes the Thompson River, blue clear and in a continuous hurry. The hills rise higher and higher still until they form the Thompson River canyon—perhaps 2,000 feet deep, and shaped like a huge V. There are really two sorts of hills on each side of the V. Close to the river and upwards for perhaps 600 feet are immense deposits of gravel and white clay, much of it reminiscent of the clay formations at Scarborough Heights, Ontario. Above that again are rock hills, some naked, some covered sparsely with spruce and all of a reddish tint much more rarely in appearance than the peaks of the ranges we have passed. The task of building a railway on the slanting side of a gravel pit 100 miles long is not as easy as picking potato bugs. The danger of disastrous slides may be understood, but by cribwork and artificial aids of this sort, the engineers have triumphed.

Niagara Gorge Multiplied
Then comes the high moment when the Thompson joins the Fraser River. The hills are mountains now, stark precipices sweeping to an incredible height and clothed, where there is footing, with an infinity of spruces. Multiply the Niagara gorge by ten—perhaps sometimes, by 20, and you may have a dim notion of this stupendous chasm. The river is not clear. Glacial mud makes it a dull pea green and it boils so constantly in its narrow path that it has no time to clarify itself. In the train, perhaps 200 feet above the river, one frequently must lean closely towards the window to see the top of the opposite bank. Not infrequently this bank lifts itself into a peak with traces of snow in the upmost crevices. For 130 miles this canyon yawns before the traveller, and, if he be timid, gives him nervous prostration. If he be wise he merely admires and looks, looks and admires until the hinder hinges of the neck grow rusty and give warning by ominous creaks. Even when the track leaves the margin of the Fraser and strikes across country to Vancouver the mountains do not cease. In the city when one looks about, it is plain that these same mountains have chased one into town and now wait languidly across the bay until the time shall come for chasing one eastward again.

FEEDING THE BEES.

Syrup made from the best grade of white granulated sugar is a safe substitute for honey in spring and summer and a desirable supplementary food for winter. For autumn feeding use two parts of sugar to one of water, in the interior of Canada, and two and a half parts sugar to one of water at the coast. To get the sugar to dissolve completely, the water must be hot, and if the syrup is made over the fire, the sugar must be added to the water in small quantities at a time and stirred constantly until dissolved, to prevent it from settling to the bottom of the vessel and burning. Burned sugar is very unwholesome for bees and would cause their death during winter. To prevent the syrup from granulating, a teaspoonful of tartaric acid may be added to every twenty pounds of sugar.

TWO "BRAINS" FOR ALL

The Right or Left Hand Decides Choice of Brain
Nature, according to a new theory, has given us two brains just as she has given us a pair of eyes, hands, and ears, which help each other to do the work of the body. Everyone has two brains, but he only uses one for intellectual purposes. If a man is right-handed he uses the left brain. The left-handed one uses the right brain. Which brain we are going to use is therefore decided by which hand we make use of first when we begin to do the work. The brain which is not used for the intellect helps the other to minister to the body. It also serves as an emergency brain in case of disease or accident. Sometimes memory or speech is destroyed by accident, and if the second brain is damaged it may do the work of the other which has been destroyed. It is easier to train the brain in this way if the patient is under thirty years of age.

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**New Phase of War
Will Be Begun**

New York, Jan. 6.—A New York Times despatch from Rome says: Strictest secrecy is maintained about the discussions and decisions of the meeting of Allied premiers and ministers which is now in session here, but all agree that their object in coming to Rome is to co-ordinate their efforts for more decisive action, aiming to bring the war to a speedy and successful termination. The present exchange of views in person was rendered necessary by the many changes which lately have occurred in the different cabinets of the Allies.

An Italian statesman remarked that from to day a new phase of the war would begin. At the same time, it is felt that the meeting in Rome contributes to give greater importance to the answer of the Allies to President Wilson's note.

London, Jan. 6.—The Entente reply to the peace offer of the Central Powers was presented to the German Foreign Office by the American Ambassador on Friday afternoon, according to a Berlin despatch to Reuter's by way of Amsterdam.

Rome, Jan. 6, via Paris—At the war council of representatives of Entente

Powers in Rome, there will be neither fetes nor banquets. Premier Boselli will give a luncheon tomorrow to the visiting statesmen. The menu will be drawn up in conformity with the food restrictions now applicable to hotels and restaurants.

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