

OF INTEREST TO WOMEN

FOLLOWING THE BEE.

Most of us eat honey as a sort of addition to our regular diet—much as we eat candy. Perhaps this is because honey in the comb is a rather unreliable food—it does not always appear in the local markets. So we buy a comb of honey when we can find it—and then forget to make a regular place for it in that day's menu, but have it as an "extra."

Now it is always possible to have strained honey, and we can use it in many delicious ways as a sweetening

agent. The following recipes will give some suggestions:

Graham Bread.

It is possible to use honey to sweeten bread, instead of sugar. Here is a recipe: 1 cup of graham flour, 1 cup of wheat flour, half a teaspoon of salt, 2 teaspoons of baking powder, all sifted together. Then add 1 cupful of milk mixed with half as much honey and beat thoroughly. Pour into a greased bread pan and bake for at least an hour in a regulation bread oven.

Nut and Honey Sauce.

Delicious either with vanilla ice-cream or with cottage pudding.

To 1 pint of strained honey add a dozen finely chopped and blanched Brazilian nuts, and serve hot. This can be used with any kind of nut, or with nuts and cherries. It is always good.

Honey Sponge Cake.

Mix half a cupful of sugar and half a cupful of honey and boil until the syrup will spin a thread when dropped from a spoon. Pour the sirup over the yolks of four eggs which have been beaten until light. Beat the mixture until cold; then add 1 cupful sifted

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is based, not on the price paid for a commodity, but on the benefit derived. That is why Zam-Buk is the cheapest skin healer on the market—because the benefit derived is 95% greater than can be got from ordinary ointments. This is due to the fact that Zam-Buk is *all medicine*—100%. Ordinary ointments are 5% medicine and the balance animal fat.

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Zam-Buk

flour and cut and fold the beaten whites of the eggs into a mixture.

Bake for 40 or 50 minutes in a pan lined with buttered paper, in a slow oven.

Bran Cookies.

Bran cookies made with honey are another economical concoction. To make them, mix together 3 cups of

Prepare for Winter

I wish to inform my friends and the public that after a busy season my services as a plasterer and brick mason are now available. Those who want cellar walls repaired, chimneys topped out, or odd mason jobs in general promptly attended to, please notify me at once. Cost estimates supplied and satisfaction guaranteed. Am prepared to go into the country if necessary.

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Cockerels For Sale

I have for sale a limited number of Barred Plymouth Rock cockerels from stock procured at the Ontario Agricultural College. The poultry department of this college is under the direction of Prof. W. R. Graham, who is recognized as America's foremost poultry expert. The egg record is 310 and the average 175. This is undoubtedly the class of bird for those who want egg production. Read what Mr. J. W. Clark of Cainsville, Ont., said in an address delivered before the Toronto Poultry Association on Oct. 11th of this year:

"At the Ontario Agricultural College they have Barred Rocks and several other breeds which are the best on this continent. That is saying a lot and I know from experience."

I also have for sale a number of White Leghorn cockerels from my prize winning stock. They belong to a splendid laying strain.

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bran and half a cup of sugar, half a teaspoonful of soda and quarter of a teaspoonful each of cinnamon and ginger. Add half a cup of honey, half a cup of milk and half a cup of cooking oil, butter or butter substitute. Drop from a spoon on a buttered baking sheet and bake until golden brown.

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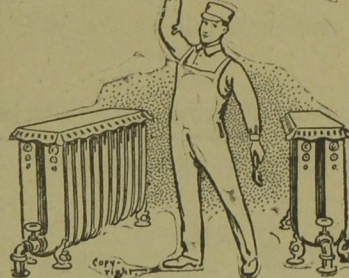
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TO-MORROW

The proclamation which issued on October 13th under the Military Service Act requires that each man who is a member of the First Class—bachelors and widowers without children (not otherwise excepted) who were 20 years old on the 13th October, 1917, and whose 34th birthday did not occur before January 1st, 1917, shall, on or before the

10th day of November, 1917

report himself for military service, unless application for his exemption shall then have been made by him or by any person entitled to apply in his behalf.

What is Required Immediately

Any man in Class One, if it has not already been done, must before the Post Office closes to-morrow night, obtain from the Postmaster a form for reporting for service or a form for claiming exemption, fill out the same, and hand it to the Postmaster for transmission to the proper quarters.

Penalty Provided

The Military Service Act provides that failure to fulfil the above obligation entails a penalty "on summary conviction to imprisonment for any term not exceeding five years with hard labour."

Issued by
The Military Service Council