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CASTORIA

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THE CENTAUR COMPANY, NEW YORK CITY.

OF INTEREST TO WOMEN

A VOGUE FOR POPCORN.

You would really be surprised—wouldn't you—if at a formal reception given at the home of one of the women of your acquaintance whom you regard as social leaders, a crisply capped waitress or charming young "floater" handed you quite as a matter of course, instead of salted or candied nuts, dainty bonbons or frosted French cake, a dish of popcorn—nice, hot buttered popcorn—or one of those confections dear to the heart of childhood made of flakes of freshly popped corn held together with molasses?

Perhaps you wouldn't be surprised, because nowadays every thing that is patriotic is stamped with society's approval—it is doomed to social oblivion if it is not.

Of course, until recently no one took popcorn seriously. Some five years ago when some one in the Department of Agriculture wrote a pamphlet on popcorn, recommending it to more wide usage and suggesting that well popped corn had advantages over some of the breakfast foods.

It was suggested in this little pamphlet that "if every home would keep a supply of popcorn and a proper convenient, fewer nickles would be spent away from the family health." And now that we are actually discouraging our children and ourselves in the purchase of any sugar made confections there is all the more reason why we should institute the family corn popper.

Honey and popcorn make a delicious confection that surely passes muster as a war time candy. To make it put a pint of strained honey into a perfectly clean frying pan and boil it until very thick. Then stir into the pan as much freshly popped corn as the honey will hold and let it cool. Then mould into balls and let dry.

THE APPLE AS A FOOD.

In Eden, at the dawn of time,
To all the world's regret,
The apple tempted Mother Eve,
And lo! it tempts us yet.
As mellow King of Tompkins red,
And pippins smooth, invite
The apple-lover passing by
To stop and take a bite.

Thus says Miss Minna Irving in a short poem quoted in a booklet issued by the Fruit Branch at Ottawa giving 160 recipes for the use of the apple. Everybody will agree that the apple is the King of fruits whether fresh, dried, evaporated or canned, but everybody does not know to how many uses the king of fruits can be put as an article for food,—an article moreover that can be made to conserve other foods for shipment overseas. The booklet issued by the Dominion Fruit Branch and which can be had free on application to the Publications Branch, Department of Agriculture, Ottawa, fulfills this useful purpose.

DAILY FISH BULLETIN.

(Issued by the Canada Food Board.)

The Common Goal.

Since the Canada Food Board started its "Eat More Fish" campaign last year the general consumption of this meat substitute has increased 100 per cent, while in some districts it has gone up by 700 per cent. Even this increase does not bring us to the level of the pre-war per capita consumption of Great Britain and other European countries, however. Our goal must be a pound of fish a week for every one.

FOOD BOARD FLASHES FOR FEMININE FOLK

"It has been estimated by the Millinery Chamber of Commerce that the expenditure for women's headgear in the United States is more than \$250,000,000 a year. This would average \$5 per capita for women and girls of all ages."

This huge amount spent on hats would pay for nearly thirty times the quantities of beef, bacon, butter, eggs, condensed milk and cheese shipped from Canada to the Allies last year. Thrift could be made to pay for the war.

Will someone please teach the Spanish "flu" to fly?

England Expects Every Man To Do His Duty

Nelson at Trafalgar

Canada Expects Every Man To Buy Victory Bonds

The Boys at the Front Are
Doing Their Duty

So Must We

They are asked to risk their lives. We are asked to loan our money without risk, at large interest and with other inducements unequalled.

Invest your all in Victory Bonds, then Save and Borrow to your limit and Buy more Victory Bonds. Each individual must realize his own personal responsibility and

BUY TILL IT HURTS when the SUBSCRIPTION LIST OPENS

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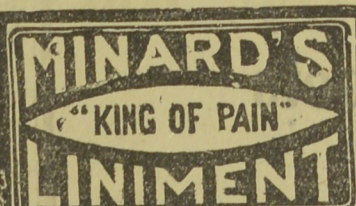
Shrubs for Cemetery

Planting at

BEBBINGTON GARDENS

Sir Louis Davies, the new Chief Justice of the Supreme Court of Canada, is seventy-three years of age. In the ordinary course of events he will not long occupy his new position, but in the meantime he can keep it warm for some member of the Dominion government.

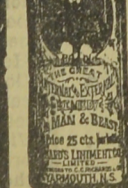
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