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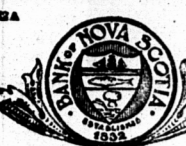
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Reserve Fund - 12,000,000
Resources - 150,000,000

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Manager, Charlottetown Branch



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THE PREPARATION OF CEREALS

For families where economy is essential, cereals furnish a solution of the food problem. It is possible to use them freely without making the diet monotonous—if cereals are carefully prepared and thoroughly cooked. Under the general heading of cereal foods are the grains; corn, oats, rice, rye, wheat, barley and buckwheat. From these grains we have various flours, and prepared breakfast foods. We may also include macaroni and spaghetti.

Bread, crackers, pastry and cake, we make from the flours and meals manufactured from the original grains. So, we see what a large part cereals play in the foodstuffs of our diet.

We are apt to pay too little attention to the preparation of such simple things as oatmeal porridge. Oatmeal—properly cooked, is very palatable, as well as possessing a high percentage of food value.

Dieticians estimate that cereals supply more than half the protein required for a normal diet. The daily rations for a family of four could consist of four pounds of bread or its equal in another cereal food, two quarts of milk, one pound of fat meat, ten ounces of butter, one-half pound of sugar and five pounds of fruit or vegetables. This amount of food contains the necessary caloric food value.

Always use a double boiler when cooking porridge, rice, macaroni, or any starch food, cooked in milk.

Milk scorchers very easily. It, too, should always be heated in a double boiler.

Cereals can scarcely ever be cooked too long. Insufficient cooking is often the cause of tasteless food. Always salt the water in which you make porridge. A level teaspoonful of salt to each quart of water is a general rule.

The naturally high food value of cereals is greatly increased by cooking them in milk.

One cupful of rice, cooked slowly, will absorb six cupfuls of milk, thus containing four times as much nourishment as rice could in water.

Cook cereals thoroughly, serve them hot—and avoid the use of too much sugar on an article already containing a high percentage of food value.

The whole rule for the economical and healthful use of cereals is, that they should be used freely, cooked carefully and without waste.

WILLIAM, 1587 1/2

By W. H. Gocher.

Four of the eleven pacers in the two-minute list were bred in Indiana. Prince Alert was the second to cross the line. He was preceded by Dan Patch, 1:55 1/4, the champion, although the latter showed nothing in his career to stamp him as good a race horse as William or Single G., the other members of the Hoosier quartet. For three years, William was a wonder horse, as in addition to reducing the three, four and five year old records of the world, he was unbeaten except by Directum I, while the returns show that he also finished in front of him in four out of six engagements.

William became famous over night in 1913, when as a three year old he defeated Single G., who was brought out by Howard Vickery, and the California filly, Little Bernice, at Terre Haute, in 2:11 1/4. This was only a starter, however, as three weeks later Marvin won with him again at Peoria, where he paced the first heat in 2:05 1/4, equalling the three year old record of the world which was at that time held jointly by Impetuous Palmer and Miss DeForest, and cut it to 2:05 on the next trip. William also had another bout with Single G. at the Illinois State Fair, where he was again victorious in 2:07 1/4, while during the season Marvin won six races, all of his engagements, in twelve heats.

In his four year old form, William dropped into the Grand Circuit. He won at the first three meetings in straight heats, and in his race at Grand Rapids he reduced the four year old record to two minutes. This was followed by an easy race at Madison, Wis., and an exhibition at Milwaukee, where he equalled his record. The balance of the season was given over to three specials with Directum I. In the first at Grand Rapids, William won. The following week Harry Shepard brought the pair together at Columbus during the Grand Circuit meeting in what proved the fastest two-heat race on record, Directum I. winning it in 1:58, 2:00. A return match at Grand Rapids also resulted in another victory for the latter in slower time.

William was better than ever in his five year old form. In his first race at Detroit he defeated his old rival Directum I, Flower Direct and Anna Bradford in 2:02 1/4. This was followed by two races with Directum I. In the first at North Randall, William won in 1:58 1/4, 2:00, the time being only half a second slower than the race at Columbus the preceding year. William also won at Montreal in 2:00 1/4. After this event, William passed into

the matinee stable of C. K. G. Billings. He drove him in 1:59 1/4 to wagon at Syracuse during the New York State Fair and in October at Lexington in 1:59 1/4, the last quarter of the mile being paced in 28 1/2 seconds, a 1:54 gallop.

After this performance, William did not hear the bell ring again until September 6, 1917, when he won a race at the Minnesota State Fair in 2:00 1/4. Many thought that he had recovered the form which had carried him to the front in 1915, but they were sadly disappointed a few weeks later, when he was unplaced to Miss Harris M. in two races at Columbus, while she also defeated him at Lexington and Atlanta. Last year William made his first start in the record breaking free-for-all that Single G. won at Toledo, while he also defeated the son of Anderson Wilkes at Columbus, where he paced a heat in 1:59 1/4. Single G., however, defeated him at Indianapolis and Springfield, and while he secured another win at Milwaukee, Miss Harris M. experienced very little difficulty in winning the free-for-all from him and Peter Nash at Columbus.

In appearance William is, with the possible exception of John R. Gentry, the handsomest pacing stallion that ever took the world in public. He is larger than the smoothly turned son of Ashland Wilkes, which in his day measured strides with Star Pointer Robert J. and Joe Patchen, and has in all of his races exhibited the perfect manners which goes with a high class race horse.

His inheritance is rather peculiar for a pacer, as aside from the Blue Bull and Tom Hat crosses in Roger Hanson, who got the sire of his granddam, he is trotting bred while his dam and granddam had pacing records. Abe J., the sire of William, was got by Sam Meto, a son of Simmons, out of Sugar Lumps, while his dam Lizzie C., 2:20 1/2, was got by Jaywood, a son of Nutwood, out of Lady Blanche, the dam of Alcyon, 2:15, the winner of the Charter Oak Purse in 1889. Kitty Van, his granddam, had a pacing record of 2:13 1/4. She was got by Penny packer, a son of Roger Hanson, out of Mayflower by Caliph.

"F"

With "Daylight" apologies to Kipling: If you can keep your time when all about you

Are changing theirs according to the day,

If you can rise at dawn without a murmur,

And get your husband ready for the fray—

If you can stand the children round the kitchen,

Because the schools are still an hour behind,

Yet not forget to order dinner early,

As half the family go by "Daylight Time,"—

If you can see the meals you've cooked so nicely,

Get dry and tasteless, waiting for an hour,

And listen patiently to all the grumbling,

And know the remedy is beyond your power,

If you can clear away when all are finished,

And leave your kitchen in a spotless state,

Then dress yourself and reach the Woman's Meeting,

Which goes on "Daylight Time"—and not be late—

If you have a friend asked in to supper,

And hurry home to get your biscuits "riz"

Then wait and wait, and when at last he does come,

You find your time is not the same as his—

Or if you choose to call upon a neighbor

When all your supper things are washed and done,

Yet not aware that they're an hour behind you,

And consequently only just begun.

If you can go with "Hubby" to the pictures,

And not get home 'till nearly midnight chime,

Then find there isn't milk enough for breakfast,

And know the milkmen hasn't changed HIS time,

Can go to bed and snatch a few hours slumber,

Then wake upon a world with clocks awry,

If you can do all this and keep your temper,

My friend you'll get to Heaven bye and bye.

ELIZABETH GOOD.

OVER AND OVER AGAIN.

Over and over again,

I always find in the Book of life

Some lesson I have to learn.

I must take my turn at the mill.

I must grind out the golden grain.

I must work at my task with a resolute will.

No matter which way I turn,

We cannot measure the need

Of even the tiniest flower,



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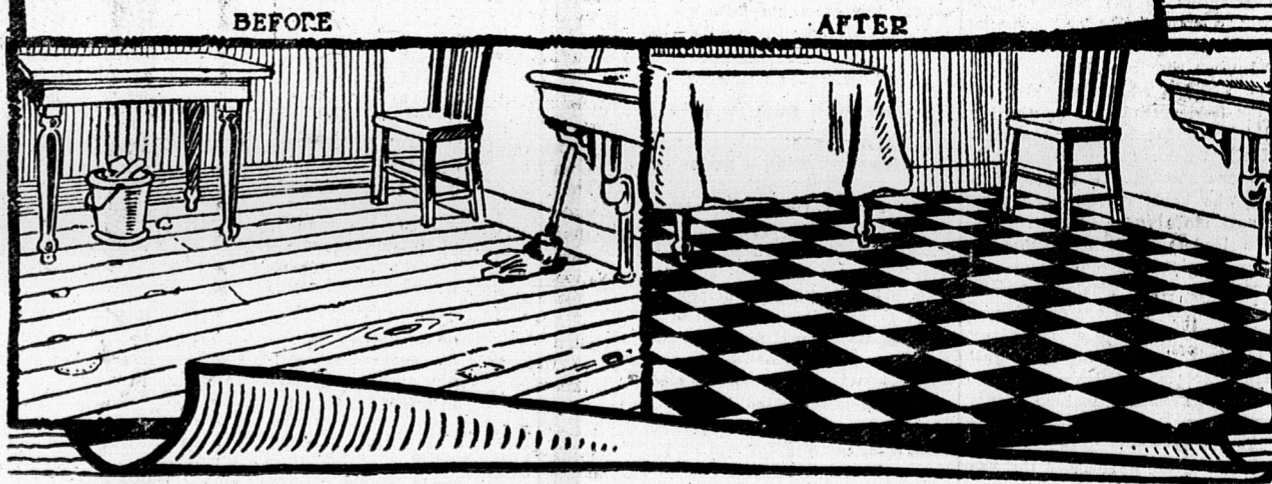
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Nor check the flow of the golden sands.

That run through a single hour;

But the morning dew must fall,

And the sun and the summer rain

Must do their part and perform it all.

Over and over again.

Over and over again.

The brook through the meadow flows.

And over and over again

The ponderous mill wheel goes.

Once doing will not suffice.

Though doing be not in vain.

And a blessing falling us once or twice

May come if we cry again.

The path that has once been trod

Is never so rough to our feet;

And a lesson we once have learned

Is never so hard to repeat.

Though sorrowful tears may fall,

And the heart to its depths be riven

With storm and tempest we need them all

To ponder us meet for Heaven.

SCOTS' GUARDS' COWS.

(From the Westminster Gazette.)

Of course, the two big wolf-hounds that marched with the Irish Guards received their usual generous measure of admiration, and looked as though they felt it to be nothing more

than their due; but the presence of

two cows, well fed, placid, and entirely unconcerned at the noise of

the marching bands, was a sight that

the cheering crowds, was as much

appreciated, although it was clear

that it left the majority of people

wondering. A stalwart soldier led

them, by two spotless halters, be-

tween two companies of Scots

Guards, near the tail of the proces-

sion. I saw them there for a time on

my way to a window near the end of

the route, and when I saw the march

again from the window in question

they were missing—"fallen out for a

milking fatigue," someone suggested;

and argument at once began as to

whether a march of five or six miles

between two companies of Scots

over paved roads was too much for

noon.

cows to make in comfort or not. It

is explained, I see, that they were

cows "won" by the Scots Guards after

Neuve Chapelle, and brought

home by them in triumph, but there

must be some thousands of London-

ers today who want to know more

of their history and to be told what

became of them on Saturday after-

noon.

Over There— Over Here



STAG Chewing Tobacco is appreciated by both of Canada's war units—those who fought in Flanders and those who served at home.

It is also enjoyed by civilians of all classes throughout Canada and is recognized as being

"Ever-tastingly Good"