

What is Crushed Coffee?

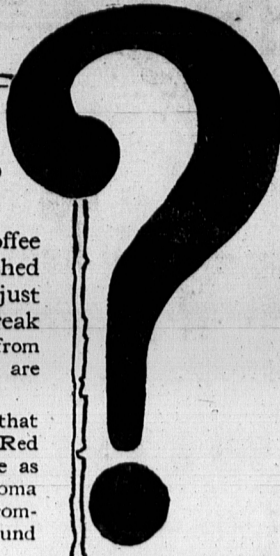
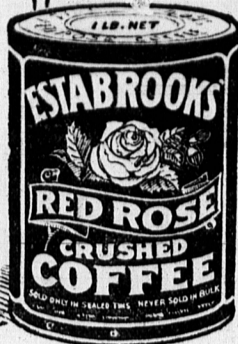
Briefly, Crushed Coffee is coffee that has had the beans crushed between steel rollers with just enough pressure exerted to break the beans into clean, even grains from which the bitter chaff and dust are easily separated by air suction—

Resulting in a coffee so pure that no egg is needed to settle it. Red Rose Coffee is as easy to make as Red Rose Tea, and its flavor, aroma and smoothness are a delight as compared with the ordinary ground coffees.

Sold only in double-sealed air-tight cans to keep it good.

The same price as it was three years ago.

Red Rose Coffee



THE XMAS FESTIVITIES

Christmas—the season of mirth and jollity with holly and evergreen in our homes, with a table that in its festive air bespeaks the season, with the happiness of youth even in homes that have known the ravages of war—now will it be this year?

A little less exuberance, holly and evergreens as before, a table with the lavishness of other years somewhat modified, but still the same joy abounding among the boys and girls in Canadian homes in city and country.

With the people of France, Italy, Belgium and Serbia on rations, with the boys and girls in Great Britain knowing less and less of confectionery and more and more of plain and restricted diet, it is not likely that there will be such a lavish supply of sweetmeats in Canada this Christmas as in other years.

Does it mean that there will be no Christmas candy? May we not send any to the men at the front? Must the boys and girls at home have a candy-less Christmas? We are asked only to use a little ingenuity in the combination of fruits and nuts, and of sweetmeats made from honey, molasses, maple sugar and raisins. We can eat all the candies we want with a clear conscience if we eat those made from other things than cane or beet sugar. Chocolate is quite permissible and the varieties of candies which can be made, without the use of cane or beet sugar, are numerous. Human beings need sweets. Candies are wholesome when eaten in moderation. There is a movement on foot in the United States to display in the shops only such varieties of candies as are made entirely or largely from other ingredients than cane or beet sugar. People who are unpatriotic enough to want the latter may have them by asking for them but it is anticipated that the demand for those varieties will be greatly reduced.

There never were any confections half as delicious, or half as wholesome as those made in the home kitchen. They are simple and nourishing. They satisfy the child's normal craving for sweetmeats without creating a false taste. It should be a pleasant occupation for housewives to devise new and pretty Christmas bonbons for their boys and girls. They can picture some of the following at the children's party or on the dinner table—dates split open, pitted, a little marshmallow icing placed within and bright cherries on top; others filled with cherries or nuts or with marshmallow and nuts. Figs form the basis for another confection when sliced and topped with marshmallows and raisins. Other fig slices might have maple sugar and nuts on top, while maple sugar bonbons could be nicely finished off with raisins.

A pretty idea for anyone wanting a particularly decorative effect is that of a light yellow basket, with a bow of fluffy gauze ribbon on the handle and in the middle of the rows of prunes from which the pits have been removed and the openings filled with whipped cream piled high. The finishing touch is given when chopped green pistachio nuts are sprinkled over the cream.

The following are some tried and proved candy recipes which every housekeeper may be assured are nourishing and are proper war-time confections:

POP-CORN CANDY.—For making pop-corn candy either honey, maple syrup, molasses, white cane syrup or corn syrup may be used instead of sugar. To one cup of syrup allow one tablespoon of vinegar. Boil together until syrup hardens when dropped in cold water. Pour over freshly popped corn and mold into balls or fancy shapes for the Christmas tree. Little pop-corn men will please the children. Mark in the features and outlines with melted chocolate.

CRYSTALLIZED FRUITS.—Use your own preserves. Peach, pear, apple, quince or watermelon find will do. Drain from the fruit all syrup possible. Cut any size desired, sprinkle with sugar and dry in the warmer or a very slow oven. It may be necessary to sprinkle the fruit again with sugar during the drying. When dry enough not to be at all sticky, sprinkle with sugar and pack in layers with wax paper between. This fruit may be used for dipping in bitter chocolate for bitter-sweets.

BITTER-SWEETS.—An attractive variety of candies may be made by dipping sweet fruits in bitter chocolate. Use for this purpose dates, citron candied orange peel or crystallized fruit. Melt unsweetened chocolate in a double boiler. Keep the chocolate just warm enough to prevent solidifying. With a silver fork drop pieces of fruit in chocolate. See that each piece is completely coated, then remove to waxed paper to harden.

FRUIT PASTE.—Put through the meat chopper enough cherry, peach or quince preserves to make a half-pint with the juice. Heat fruit and add two tablespoons of gelatine, previously softened in a very little cold water, stir well, and continue stirring until it begins to cool and thicken, then pour into oiled dish to make a layer one inch thick. Let dry slowly, sprinkle with sugar and place in box with waxed paper between the layers. A mixture of dried apricots and dates may be used for this paste. Wash apricots and soak overnight in enough water to cover. Pour off water, bring it to boil, pour over apricots and let stand until cool. Put apricots and dates through meat chopper, and proceed with the proportions as given.

CHOCOLATE DANTIES.—Put through the meat chopper one-half cup each of dates, figs and nut meats. Add one tablespoon orange juice, a little grated orange peel and one square of melted unsweetened chocolate. Mould into balls and roll in chopped nuts or granulated sugar. This mixture may be packed in an oiled tin, put under a weight until firm, then cut in any shape desired.

MAPLE CREAMS.—Boil one cup maple sugar with one cup water until it forms a soft ball when dropped in cold water. Remove from the fire and stir rapidly until it becomes creamy. Form into balls the size of marbles, and put nut meats on either side. Lay on wax paper to cool.



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Fine for homemade Candy.

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On Last Lap FOR Xmas Campaign

The great race for the Charlottetown Guardian's Christmas Circulation Prizes is now on its last lap.

Candidates and their friends must rally for the Great Final efforts to secure the coveted awards.

1st. GRAND PRIZE

\$1135. McLaughlin Touring Car

Summerside Dealers R. T. Holman Ltd.

Ch'town Dealer J. Stanley Wedlock

2nd. GRAND PRIZE

\$400.00 Willis Louis XV. Piano

Piano

Agent A. E. Toombs, Charlottetown

3rd. GRAND PRIZE

\$255.00 Victrola

Agent R. T. Holman Ltd.

4th. GRAND PRIZE

\$135. Sleigh, Harness and Robe

Agents Grant & Kennedy, Charlottetown

DISTRICT PRIZES

\$100.00 Diamond Ring

\$ 75.00 Diamond Ring

\$ 50.00 Diamond Ring

3 Handsome Wrist Watches

Supplied by W. W. Wellner, Charlottetown

The total value of these magnificent prizes is over \$2,100.00

Something worth striving for surely.

Charlottetown Guardian Circulation Campaign Dept.

HARD ON THE SERGEANT

An imperative drill Sergeant called a recruit aside and, in a gracious mood, talked to him paternally. "You're awkward," he said, "either because you were born so, or because you've been taught so. Tell me, now, what was your occupation before you joined up?"

It appeared that the recruit had been in the toy trade—a packer of toys. His job was to pack toy soldiers into cardboard boxes. He had been dismissed by the firm.

"Why, exactly, did they fire you, my man?" asked the other. "They fired me," answered the recruit deliberately. "For a good, and, as I see now, a very sufficient reason. I put too many bloomin' sergeants in the boxes."

The Hearts of Aeroplanes

To-day the most carefully manufactured metal in the whole world goes to the making of the aeroplane. Chemists have had to give the steel-makers new metals, capable of enduring changes of temperature which are almost unthinkable, and strains and shocks of every kind. Though the temperature of the interior of the cylinders of an aeroplane engine may be over 1,400 degrees Fahrenheit, yet the air through which the engine is forcing the plane, is at 12,000 feet up, always below zero. The engine is like a red-hot heart, flying through an atmosphere as cold as the North Pole. The piston is always a most important part of any machine, and it is at the making of these pistons that women work. The following description of a factory in England, by a writer in an English paper, shows how the women work, and the important part they take in the manufacture of these wonderful machines:

At tables ranged on either side of a long light room some twenty women were modeling the cores of pistons from a sand and sawdust preparation. This mixture is built up tightly and firmly into wooden boxes, in which it is necessary to "plant" several small bits of metal. These act as chills to the molten metal (an alloy of aluminium) when it is poured into the steel moulds at a later stage.

The workers have quaint and affectionate nicknames for these metal fragments; they allude to the various shapes as "noses," "sofas," and the like. In order to bind these chills more firmly into the mould a kind of mud from the river bottom is used, and is known throughout the workshops as "body."

The sand must be tightly packed into the boxes. Various tools are pushed down into the core in order to make ventilation spaces; and then, when the sand is level with the top of the box, the piston core must be turned out—a ticklish job for the beginner. The centre framework—a somewhat spidery arrangement, whose points are apt to break the delicate edges of the mould, although they have been previously damped with a small brush—must be picked out, and the piston core stands erect, its queer protuberances corresponding to the indentations required on the finished piston.

Having got so far the worker moves across to a centre table, where she paints her core, discussing many little things meanwhile, with the other workers who are at the same stage of the work as herself. Thus the centre table, where the paint liquids dwell, forms a sociable kind of club, which every worker must of necessity

visit several times in the course of an 8-hour shift. As many as 46 cores have been made by one worker in a day. When the cores have been painted over with the hardening liquid they resemble rather, solid blancmanges in appearance. That is the end of the women's work in this department; thereafter on the men's side of the works, where are the immense furnaces, the molten metal is poured into steel moulds containing the cores; and after certain processes the finished piston emerges, owing its creation in the earlier stages entirely to women.

In this particular branch the educated women invariably do the best work; since if eye and hand are to act in harmony a certain amount of intellectual training is desirable.

Diary of French Lieutenant

Along the roadside lie yesterday's wounded, overtaken by dawn and its shrapnel before they could get to

cover. Here and there a soldier helps himself along with his rifle, the stock under his arm, the muzzle to earth. Groups of three, their arms entwined, struggle ahead, the most severely wounded man in the middle. They turn very slowly when some one calls to them; like Laocoon and his sons, they are hampered and tormented by an invisible serpent. We pass a mere boy of a corporal who seems to have strange ideas as to the fate of wounded men, for he tries to give us a letter for his family. Over yonder lies a thread of blood which, instead of coming away from the fighting, leads toward it. Here are two soldiers of my regiment, greatly amused because the same bullet wounded them both—one in the head, the other in the foot. Mourlin sends them into convulsions of mirth by asking what the device they were doing together. We pass a bearded fellow, in agony, who drops to his knees like a stricken beast when he reaches the end of his

strength, and falls full length on the ground. A big blond trooper comes along, walking slowly and evenly amid all his limping comrades, and taking infinite care, for he has a bullet in his lungs. In spite of this he flings himself down when a shell lands near-by; then, inch by inch, he rises again, as slowly as a child grows. Here is a lieutenant with his skull laid open, whose hand, groping for his eyeglasses, flutters near his brain. Behind the haystacks which have been found out by the enemy's artillery lie heaps of terribly wounded men, who, for fear of offering a better mark, drive away newcomers, as from a raft at sea. Some have stripped off their tunics and march along in their shirt sleeves, hoping that the Germans will not fire on them. Above all the groans a loud cry rings out; a wounded man has been hit a second time, and so there is a jet of fresh blood, a fresh vivid scream amid all this dull whimpering.—Atlantic Monthly.



Brain Power!—

"Burning the Midnight Oil," is a dangerous occupation unless the body and brain are suitably tuned up for the occasion. Over-work frequently results in break-down, breakdown means lost business, lost time—disorganization. These who put extra burdens upon the brain through the necessity of continuous concentration of the mind need a food that has a large percentage of Carbo-Hydrates, Proteins and Fats. COCOA—when mixed with milk, contains these essential ingredients in abundance. It is the ideal food drink for such occasions and for the best and surest results use only,

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