



# FARMERS



## IN COUNTY OF GLENGARRY

### ATTENTION PLEASE!!

You can Save and make Money by Reading this Advertisement.

A Co-operative Association has been organized under the name and style of Pure Food Supply Co., Limited with the object of supplying its Co-operators, at the lowest possible prices, with such goods as Groceries, Food Stuffs, Farm Produce, Household Commodities, Drugs, Drug Sundries, Etc.

The Company manufactures many of the lines it offers for sale and purchase nearly all the other lines in large quantities direct from the producers, thus eliminating the profits generally absorbed by middlemen (Wholesalers, Retailers and Commission Houses) in the regular course of trading.

Modern machinery has been installed for the purpose of manufacturing Baking Powder, Jelly Powder, Self-Raising Flour, Icings, Blending Tea, manufacturing Jams and Pickles, Flavoring Extracts, and the making of Cleansers, Toilet and other Soaps, Drugs, Medicines, Disinfectants, Etc. Also an up-to-date Printing Plant has been installed for the purpose of printing in Color and otherwise Labels, Cartons, Boxes, Advertising Matter, Etc.

Very satisfactory arrangements have been made with large Canneries, Pork Packers, and other Producers, to supply their various products direct to the Company—and where practical—fresh Daily.

By manufacturing most of the lines offered for sale and selling direct from the Factory to the Customers, various lines can be sold profitably from 10% to 35% cheaper than they can in the ordinary way of trading. This fact can be more readily appreciated when it is pointed out that by selling direct from the Factory in which goods are produced and received, not only are the middlemen's profits eliminated but all high rents for expensive street locations are entirely cut out.

The Factory and Show Rooms of The Pure Food Supply Company Limited are located for economy sake in an unpretentious locality at 848 Cathedral Street, Montreal. But nevertheless the position is particularly well adapted for the purpose for which it is being used. It being located nearly in the centre of the City, and within one minute walk from the

Grand Trunk, Canadian Pacific and Canadian Northern Railway proposed Station, thus making it an excellent distributing point.

You are invited to become a Customer Co-operator and Shareholder of the Company. Small families can save at least \$50.00 a year in this way, and large ones as high as \$250.00 per annum.

The invitation to become a Co-operator in this economical movement is particularly addressed to Farmers, Market Gardeners, Horticulturists, Poultrymen and Producers generally. By becoming Co-operators in this concern they will find a ready market and immediate cash returns at definite prices for Poultry, Eggs, Vegetables, Fruit, Butter, Maple Syrup, Fancy Cheese, and other minor products.

The Company will pay higher prices for these products than can be obtained by producers either locally or in this market. This fact can only be accomplished by reason of the produce purchased in this way not having to pass through the hands of middlemen such as Commission Houses, etc.; which act invariably leads to a decrease in the price paid to the Producer and an increase in the price paid by the Consumer. This decrease and increase cannot be entirely eliminated by the Co-operative plan, but can be remedied to a very large extent.

This Concern deals direct with hundreds of families in this City who are all Co-operators. These persons are all benefiting by direct dealing, and appreciate being able to purchase Farm Produce that is perfectly fresh and reliable.

More than one-third of the money you spend is spent in the articles made and handled by this concern. Why not become a member and effect the same savings as hundreds of economical people are now doing?

If not convenient to call at the Factory sign and return the coupon below. It will not put you under obligation in any way, and may be the means of both saving and increasing your income to a considerable extent.

#### PURE FOOD SUPPLY COMPANY LIMITED,

Offices and Factory: 848 Cathedral Street, Montreal,  
Authorized Capital \$100,000 Shares \$1.00 each.

##### Officers:

W. B. HOPE, Esq., President.  
W. DUFF, Esq., Vice-President.  
H. F. HOPE, Esq., Secretary-Treasurer.  
H. G. WILDMAN, Esq., Director.

##### Bankers:

BANK OF TORONTO,  
Board of Trade Branch, Montreal.

Advocates, Solicitors, Etc.:  
Messrs. LAFLUR, MacDOUGALL,  
MacFARLANE & POPE,  
Royal Trust Building, Montreal.

##### References:

THE COMMERCIAL AGENCIES, Montreal.

#### COUPON A.N

PURE FOOD SUPPLY CO., LIMITED,  
848 CATHEDRAL ST., MONTREAL.

Dear Sirs,

Please send farther particulars of Co-operative Farm and Factory to Family plan of Purchasing Household Supplies at first cost.

Yours truly,

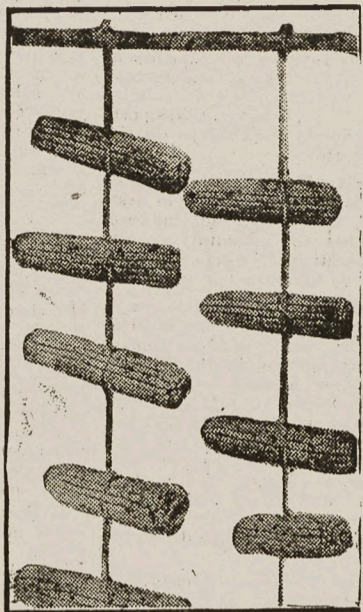
### Farm and Garden

#### TREATING SEED CORN.

Two Convenient Methods Suggested by Illustrations.

[Prepared by United States Department of Agriculture.]

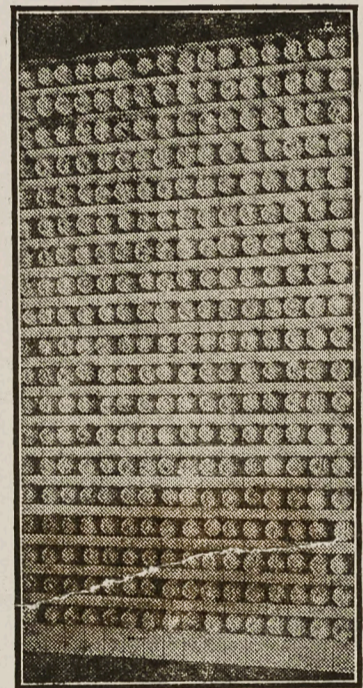
A good way to treat seed corn immediately after gathering so that it will keep dry and keep from mildewing until it is to be used in the spring is shown in the accompanying illustration. The husked ears are placed in a dry storehouse the same day the seed corn is gathered and are hung by binder twine from a pole or rafter.



METHOD OF TREATING SEED CORN.

As they must be placed in such a manner that they do not touch each other, they are attached to the string about four inches apart, as shown in the illustration. Fifteen or twenty ears can be arranged on one string. Ordinarily the best place to hang these strings is in an open shed or loft.

The ears of seed corn will also dry successfully on a permanent rack, such



PERMANENT SEED RACK.

as is shown in the second illustration. If possible this rack should be located where it is both dry and breezy.

Care must be taken if a fire is used to help dry out the seed ears. Heat employed in a poorly ventilated room will do the corn more harm than good. Only during unusually damp weather at seed gathering time should a fire be necessary, and then it should be slow, long continued and situated below the seed ears, with good ventilation above them.

#### Legumes For Nitrogen.

"The legumes as a source of nitrate are rather too slow in action to give real immediate profits when used to produce great money crops." This is the statement made by an advocate of the use of nitrate of soda on American soils.

Such a statement should not lead any one away from the main fact that legumes grown with other crops in a field benefit those other crops the first year. The second year the soil itself is much better from having grown the legumes than if nitrate of soda had been used and no legumes grown.

Legumes are our natural nitrate producers. The nitrogen is cheaper, too, when furnished us in this form. And yet we should remember sodium nitrate for its value in getting quick results. It is beneficial to almost every crop when applied in the right amounts and at the right time, for quick results when starting a pasture on poor land, as an application to orchard soil for hastening fruit, in market gardens, where crops demand much nitrogen, and in many other places sodium nitrate is indispensable. Such crops as potatoes, garden and truck crops grown in colder sections need quick acting nitrates in addition to legume nitrogen to push the crops before the organic source is ready. But on the average extensive farm let us depend largely upon the legume. —Farm and Fireside.

# JOHN ANGUS McMILLAN & CO.

Manufacturers Agents, Undertakers

ALEXANDRIA

ONTARIO

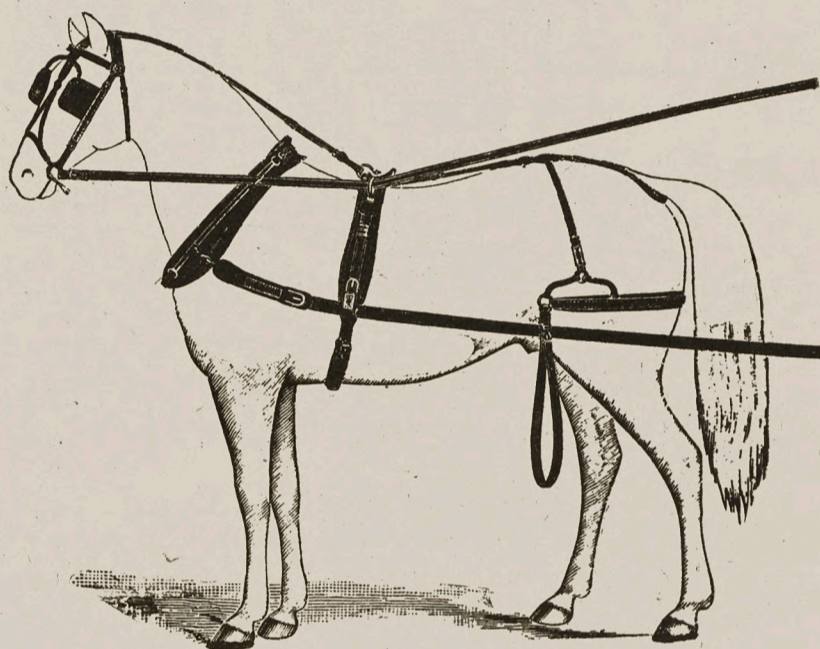
Logging Sloops \$26.00 While They Last

Only a few sets left. Note the price!

Cutters, Sleighs, Bob Sleighs

30 different styles to choose from. Come in and look them over.

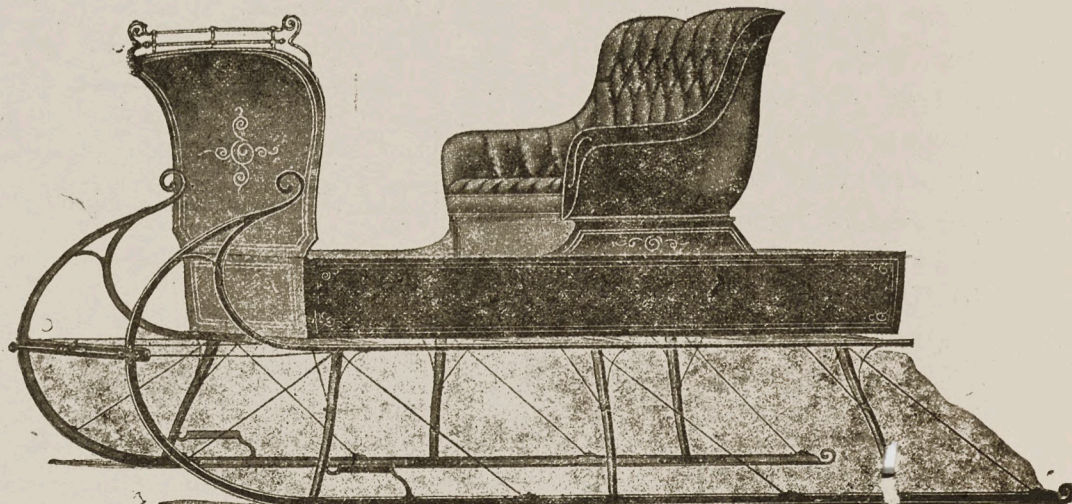
## Horses and Harness



### The Season's Greetings

With the hope that this Festive Season finds our friends and customers enjoying a full measure of satisfaction, as a result of their relations with us, we express our profound thanks for their valued patronage during the year, and at the same time offer our assurance that we will endeavor always to remain worthy of your highest confidence.

That the New Year has an abundance of happiness and prosperity for the people of Glengarry and all this eastern district is our earnest wish.



## Sleighs and Carriages

#### A Cup of Good Tea

Tea in itself is not injurious to the health; it is in the making of it that the mischief sometimes lies, or in excessive indulgence in it. A cup of good tea is looked upon with favor by the doctors now as rather an aid to digestion than otherwise. A cup of tea, with perhaps some thin bread and butter prepares one for the coming meal that can be better partaken of after the gentle stimulation and refreshment of the tea. A hearty meal, partaken of when one is fatigued, is a sure cause of indigestion.

An early morning cup of tea for one whose health is not most vigorous will sometimes procure a little more sleep and cause a better breakfast to be taken. Indeed, the average housekeeper who begins her day's work early would do well to take time enough to make and take a cup of tea, with a biscuit added. Fatigue later in the day would be saved in this way, and not more than five minutes need be spent in the matter, if a little spirit lamp or oil stove can be used where gas is not available.

The quality of the tea is a matter of importance, so is also the choice among the different varieties. There are people who like nothing but green tea, though black is considered the most wholesome. Where green is liked, a good blend is made by mixing green and black in the proportion of two ounces of green to one pound of black. The proper infusion of the tea has everything to do with making it a pleasing beverage or otherwise. In one household, where a cup of tea was far from being a pleasure, though the quality of tea used was of the best, a visitor who had puzzled over the matter found that the tea making or infusion was done in one room with a kettle of supposedly boiling water, carried from another room. Naturally, the water was far "off the boil" when it joined the tea leaves, with the result that the proper flavour was not extracted. To infuse properly, rinse the teapot, preferably an earthenware one, with boiling water, and put into the hot, emptied teapot one teaspoonful of tea for each person. Pour over this water that is boiling beyond doubt, in quantity about a large cup to each teaspoon

of tea. This may be found to make too strong an infusion, and more boiling water can be added afterward, or less tea used, half a teaspoonful being quite sufficient with some varieties of tea. Cover the teapot with a cosy, or let stand in a warm place for three minutes, then use. The ideal method is to pour the infusion off the leaves at the end of that time, to prevent the tannin from being drawn out of the leaves by longer infusion. This should always be done where the tea has to wait for a late comer, and it is not desired to make anew infusion. Under no circumstances must tea be boiled. A little kettle or a covered jug filled with boiling water should always accompany the tea service, that individual likings as to the strength of the tea may be considered. For this purpose, if the kitchen is not convenient for a fresh supply of boiling water one of the dainty little brass kettles with a spirit lamp underneath is the nicest thing possible. Such a little kettle and lamp make an excellent Christmas box for the tea-maker.

#### The Value of Soups

The soup course did not take its place as first at the dinner table without reason. The habit of commencing dinner with soup has with out doubt its origin in the fact that aliment in this fluid form—in fact, ready digested—soon enters the blood and rapidly refreshes the hungry man, who, after a considerable fast and much activity, sits down with a sense of exhaustion to commence his principal meal. In two or three minutes after having a plate of good, warm soup the feeling of exhaustion disappears.

This reasoning has its objectors, who regard soup as calculated to diminish digestive power, on the theory that so much fluid taken at first dilutes the gastric juices. But food experts consider that there appears to be no foundation for this belief. A clear soup, or the fluid constituents of a puree, disappear almost immediately after entering the stomach, being absorbed by the proper vessels, and in no way interferes with the gastric juices which is stored in its appropriate cells for action. The soup introduces at once into

the system a small instalment of ready-digested food, and leaves the short period of time which must be spent by the stomach in deriving some portion of nutriment from solid aliment, as well as indirectly strengthening the organ of digestion itself for its forthcoming duties.

If this applies to an adult, whose digestion is strong, as a rule, how much more should it apply to the feeding of children? It should explain clearly to every mother why the menus given for children are based so frequently upon a well-made soup, containing constituents of every food needed for the proper development of the child.

### OTTAWA WINTER FAIR

Howick Hall,  
Ottawa,

JAN. 19, 20, 21, 22

1915

Extensive and Complete Classification for all classes of Live Stock, Poultry and Seeds.

\$12,000 IN PRIZES

Most Complete Live Stock Show Buildings in Canada.

For Free Prize List apply to Secretary,

JOHN BRIGHT, W. D. JACKSON,  
President. Secretary,  
Ottawa Carp, Ont

The News will be sent to any new subscriber in Canada for 12 months for \$1.00.

**Of Interest \* \* \*  
\* \* \* to Women**

**GRAPE MARMALADE.**

Wash the grapes well, remove all stems and imperfect fruit and drain the grapes. Separate the pulp from the skins, heat the pulp to the boiling point and cook it slowly, until the seeds separate. Run it through a colander to remove the seeds. Put the pulp and skins into the preserving kettle, add an equal amount of sugar and cook the mixture slowly thirty minutes, stirring often to prevent burning. If liked, add a small quantity of spices. Seal the marmalade in glass jars.

**PUMPKIN PIE.**

To one cup stewed and sifted pumpkin add one tablespoonful melted butter, one teaspoonful flour, one-half teaspoonful each of ginger and salt, four tablespoonfuls sugar, one tablespoonful molasses, and beaten yolks of two eggs. In separate dish heat one and one-half cups milk, to which add little nutmeg and cinnamon and stir into the pumpkin mixture. Just before pouring into the pie tin add beaten whites of two eggs and sprinkle little brown sugar on top, with few bits of butter. Bake about fifteen minutes.

**CREAM OF TOMATO SOUP.**

Cream two tablespoonfuls of flour and butter and add gradually one quart of milk. Cook one-half a can of tomatoes ten minutes, then add a little soda, strain (be sure to remove from fire when adding soda, as it foams up and may boil over). Then stir tomatoes slowly into the thickened milk, taking care not to cook again. Serve at once.

**OMELET WITH HERRING.**

Cut off head and tail of a nice fat smoked herring. Split in two through back, remove spinal bone and skin, and finally cut into small, square pieces. Place on a plate with enough milk to cover. After allowing it to stand for an hour, remove from milk and drain pieces on a cloth. Heat one and a half teaspoonfuls of butter in a frying pan, add fish, and fry for five minutes, tossing once in a while. Crack eight fresh eggs in a bowl, add two tablespoonfuls of milk, half a teaspoonful of salt, three tablespoonfuls of pepper, and sharply beat with a fork for two minutes. Drop eggs in the

fish pan, mix with fork for two minutes, and allow to stand for half a minute. Fold up opposite sides to meet in center, allow to rest for a minute, and serve hot.

**ONIONS AND PARSNIPS.**

Fried parsnips are as appetizing as baked onions, and both combine well with turkey. To prepare parsnips in the southern style, scrape and par-boil straight, well shaped roots. Then boil them and when they are tender cut them in two or slice in three slices. Dip in molasses and fry them golden brown in butter in a skillet. They should be fried rather slowly and then drained on brown paper.

To make baked onions, first remove the outside skin of round, moderately large onions and boil them in slightly salted water until they are tender. Then drain them thoroughly and arrange them neatly in a buttered baking dish. Cover them with creamed sauce; that is to say, pour two or three tablespoonfuls of it over each onion, and then strain them with buttered bread-crumbs. Sprinkle a little grated dry Parmesan cheese over them and brown them in a hot oven.

**FOR THE BUSINESS WOMAN.**

One thing which the business woman must not neglect to do is to eat a good breakfast before starting out to work. Too many girls gulp down a hasty cup of coffee and snatch a bite of toast, calling this hasty apology for a meal breakfast. No woman can do her morning's work, no matter what the character of her work may be, on such a meal. She needs a well cooked breakfast, eaten slowly and digested properly, with which to start off the day. Fruit, a cereal, an egg, toast and coffee, or better still, cocoa, should make up the morning meal, for a good deal of nourishment is needed at this time of the day.

The luncheon hour should find the girl worker in a quiet restaurant. There she can partake of a substantial meal without being distracted by scores of other persons. If a light luncheon is wished take either a nourishing soup or a dairy dish of rice and milk, or a glass of buttermilk and a sandwich. A salad of meat or vege-

**Renovation of Millinery**

With the present day styles almost anyone can do considerable in the way of freshening and remodeling hats. Old velvets may be freshened by brushing and steaming. Sometimes it is desirable to pan the velvet. This is done by dampening the back and ironing evenly across the surface, always moving the iron in the same direction.

It is better to steam ribbon also, as the iron in pressing leaves a shiny surface.

Wings and feather bands may be mended by the use of the needle and thread, or a bit of glue, and then covered with a piece of illusion of the same shade. This gives a fresh look besides protecting the feathers.

If one wishes to cut down the brim of a beaver hat, she should mark the desired shape with a piece of chalk, remove the thread and bobbin from the sewing machine, make the smallest stitch possible, place the brim between the foot and the feeder, and sew around twice. Be sure the second stitching is over the first. Break the hat apart where it has been stitched. This leaves the edge soft and fuzzy as in the new hat.

Hats may be covered and even the simplest frames made by following the directions given in some of the magazines.

For the present season much of the trimming is extremely simple and any of the fashion magazines will furnish ideas for trimming.

Before copying a hat, be sure it is a style suited to you.

It is often well to try the style out in paper before working it up in the material.

**The Dreaqe an All the Year Dainty**

In this wonderful age the orange is an all-the-year-around dainty, and it is hard for us to believe the stories of our grandmothers about the days when oranges were a scarcity. But if we do not believe them, we have only to look at the books we ourselves used to read in our childhood to realize that the times of scarce oranges are not very far away. Don't you remember about the orange one good child was always taking to another good child when it was ill? It was the greatest mark of devotion and kindness.

Well, today oranges are as usual, almost, as potatoes. Virtually all of us have them all winter long. We can get them, too, in summer, although the summer oranges are not so good as those we get in winter. Moreover, summer is so overlaid with good things in the way of fresh fruits that we forget the orange, companion of our fruitless winter days, until the first frost makes its golden form and delicious flavor welcome.

**ORANGE CUSTARD.**

Cut sweet oranges into cubes and place them, with a little sugar, in a glass dish. Over them pour a very thick custard, made with milk, in which a shred of orange skin has been steeped. On top of the custard place meringues, browned on a board in the oven. Chill thoroughly and serve very cold.

**ORANGE PIE.**

Mix two heaping teaspoonfuls of cornstarch in a little water and pour a cupful of boiling milk over it, stirring constantly. Grate the rind of one orange and mix it, with the juice of a large orange, a beaten egg, and a pinch of salt, with the starch and milk. Then stir in a cupful of granulated sugar, or not so much if the orange is very sweet. Pour into an under crust and bake until the consistency of baked custard. Spread with a thick meringue, brown, cool, and serve cold.

**ORANGE AND PRUNE SALAD.**

Steam a dozen large prunes until they are soft, and remove the pits. Cut the prunes in two and mix with an equal quantity of orange pulp. Serve on lettuce leaves with French dressing.

**ORANGE SAUCE.**

Parboil the outer yellow rind of two large oranges, drain and cut in thin strips. Add the juice of the two oranges, a glassful of port wine, and half a cupful of white stock. Cook for ten minutes, strain, and serve very hot with meat. This may also be used with fish.

**COMPOSITE OF ORANGE AND APPLE.**

Slice four seedless oranges without removing skin in thin slices, and dust with sugar. Pare four large

**AFRAID SHE WAS DYING**

**Suffered Terribly Until She Took "Fruit-a-tives"**

**ST. JEAN DE MATHEA, JAN. 27th, 1914.**  
"After suffering for a long time with Dyspepsia, I have been cured by 'Fruit-a-tives'. I suffered so much that I would not dare eat for I was afraid of dying. Five years ago, I received samples of 'Fruit-a-tives'. I did not wish to try them for I had little confidence in them but, seeing my husband's anxiety, I decided to do so and at once I felt relief. Then I sent for three boxes and I kept improving until I was cured. While sick, I lost several pounds, but after taking 'Fruit-a-tives' I quickly regained what I had lost. Now I eat, sleep and digest well—in a word, I am completely cured, thanks to 'Fruit-a-tives'."

**MADAM M. CHARBONNEAU**

"Fruit-a-tives" is the greatest stomach tonic in the world and will always cure Indigestion, Sour Stomach, "Heartburn", Dyspepsia and other Stomach Troubles.

50c. a box, 6 for \$2.50, trial size, 25c. At all dealers or sent on receipt of price by Fruit-a-tives Limited, Ottawa.

apples, core with an apple cover, and slice in thin slices. Dust the apple slices with sugar and arrange the two fruits, first a slice of apple, then one of orange, in rings, one above the other, in a glass dish. Chill thoroughly, and just before serving pour over all a glassful of white wine. The dusting of sugar should keep the apples from turning black. As an added precaution, put a layer of orange on top, as this also helps keep the apple from the air. A little grated coconut may be sprinkled over the fruit.

**JELLIED ORANGES.**

Halve large oranges and take out the pulp; fill with lemon jelly, and place a meringue on the jelly when it has set. The meringue must be cooked in the oven on a board in little hours and placed on the jelly when cold.

**ORANGE FRITTERS.**

Peel two oranges and slice in thin pieces. Dip in a batter made from one cupful of flour, a rounding teaspoonful of butter, a tablespoonful of sugar, a pinch of salt, the yolk of one egg, and half a cupful of milk. Fry in hot fat and serve with powdered sugar or the following sauce: Beat the yolks of two

eggs with half a cupful of sugar. Add the grated rind and juice of half a lemon, two tablespoonfuls of sherry or two teaspoonfuls of vanilla, and cook over hot water. Stir vigorously until it thickens, and cover with the whites of eggs beaten stiff. Serve at once.

**ORANGE JELLY.**

Soak two tablespoonfuls of powdered gelatine in cold water until soft. Then add a cupful and a half of boiling water, the juice of one orange, and sugar to taste. Heat and strain and add a teaspoonful of sherry. Cool half of the jelly in a cup. When the other half begins to harden, add a stiffly beaten egg white and beat again. Pour this frothy, half-stiff mass into a mold and turn out the little cupful mold of jelly, which should be quite hard, into the centre of the other. Let all harden in the refrigerator and serve with custard and whipped cream.

**Candied Nuts and Fruits.** — Three cupfuls of granulated sugar, one cupful of water, one teaspoonful of lemon extract. Boil these ingredients until a little of it becomes brittle when dropped in cold water. Put a nut on the end of a knitting needle, dip in the candy, take out and turn on the needle until cool. Malaga grapes, oranges, sliced pineapples and other fruits may be candied in this way.

**Plum Pudding Bars.** — Chop very fine two ounces each of candied orange peel, currants, Sultana raisins, and dates. Beat the white of an egg slightly, add a tablespoonful of water, and mix all together until smooth, adding enough confectioners' sugar to form a stiff paste. Mold into a loaf, and brush over with melted chocolate. Let the mixture dry for at least two hours. When dry turn the sweet over on a greased paper, and brush the other side with chocolate. When set, cut up into neat bars with a knife.

**Holiday Sweets**

**Cream Candy.** — This is a pulling candy and very good for holiday use. One pound of sugar, one gill of hot water, butter size of a walnut, one-half teaspoon of cream tartar, one tablespoon of vinegar. Boil until brittle when dropped into cold water, pour on buttered tins and pull.

**Nut Brittle.** — Heat and melt in a frying pan one pound of sugar, stirring constantly until melted, then add the nuts, mix thoroughly and spread on a shallow buttered tin to cool. Just before it hardens cut into squares with a sharp knife. For variety instead of using nuts for all the candy use with different portions of the melted sugar pyflid rice or wheat, grated coconut, chopped raisins, figs or dates.

**GOOD MORNING We Are Introducing**

American Silk American Cashmere American Cotton-Lisle **HOSIERY**

They have stood the test. Give real foot comfort. No seams to rip. Never become loose or baggy. The shape is knit in—not pressed in. GUARANTEED for fitness, style, superiority of material and workmanship. Absolutely stainless. Will wear 6 months without holes, or new ones free. OUR SPECIAL OFFER to everyone sending us \$1.00 in currency or postal note, to cover advertising and shipping charges, we will send post-paid, with written guarantee, backed by a five million dollar company, either 3 Pairs of our 75c value American Silk Hosiery, or 4 Pairs of our 50c value American Cashmere Hosiery, or 4 pairs of our 50c value American Cotton-Lisle Hosiery or 6 Pairs of Children's Hosiery. Give the color, size and whether Ladies' or Gent's hosiery is desired. DON'T DELAY — Offer expires when a dealer in your locality is selected.

**THE INTERNATIONAL HOSIERY CO.**  
P. O. Box 244  
DAYTON, OHIO, U.S.A.

**Simon's Sixth Annual Sale**

**To Be Continued Until December 31st**

For the balance of our Sale we will sell all our Furs regardless of cost  
Men's Raccoon Coats, Ladies' Muskrat Coats  
Ladies' Marmot Coats, Men's Buffalo, Wal-laby and Dog Skin Coats, Ladies' Rat Lined Coats, Astrachan Coats, Men's Fur Lined Coats all to be sold at prices that will never be offered to you again. Don't miss this big Fur Week.



The store of Isaac Simon and Staff wishes you all a Prosperous New Year and thank you for your very kind patronage in the past

**ISAAC SIMON, OPPOSITE UNION BANK, ALEXANDRIA**









