

Pears
For clear, white delicately flavored preserved pears, use



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Atlantic Sugar Refineries Limited, Montreal

SAVING SUBSTITUTES

CANADIAN FOOD CONTROLLER'S SUGGESTIONS OF WAR-TIME DISHES

Tuesday
Instead of Beef or Bacon serve Creamed Finnan Haddie

CREAMED FINNAN HADDIE
Pour boiling water on the Finnan Haddie. Leave a few minutes, and pour off. This takes away the strong smoky taste. Lay the fish in a baking pan and cover with milk. Cook gently in the oven until done. Make a white sauce, using the milk that is on the fish. To one cup of this milk use two tablespoons of flour, two tablespoons of butter and one-eighth teaspoon of pepper. Carefully remove the bones from the fish, breaking the fish as little as possible. Add this flaked fish to the white sauce. Re-heat and serve at once.

Save Wheat Flour by making more use of

Try CORNMEAL GEMS
Cornmeal, 1/2 cup. Eggs, 1.
Flour, 1 cup. Sugar, 1 tablespoon.
Milk, 1/2 cup. Melted dripping 1
Baking powder, 3 tea- tablespoon.
spoons. Salt, 1/2 teaspoon.

Mix and sift flour, baking powder and salt; add sugar, milk, egg, well beaten, and melted shortening. Bake in greased gem pans in a hot oven.

Friday
To save Beef try Tomato Rarebit.

TOMATO RAREBIT
2 tablespoons butter 2 tablespoons flour
1 cup milk 1/2 cup stewed and
1 teaspoon soda strained tomatoes
1 cup finely rolled 1 cup grated cheese
bread crumbs 1/2 teaspoon mustard
1 teaspoon salt Cayenne to taste

Heat the tomatoes in a saucepan, and add the soda. Make a sauce of butter, flour, milk, and add the tomatoes. To the cheese add the salt, mustard and cayenne and bread crumbs. Just before serving combine these with the sauce, and when thoroughly heated, serve. Do not allow to boil or the cheese will become leathery.

Save Bread and Flour by mixing Graham flour with White occasionally.

Try GRAHAM MUFFINS
Graham flour, 1 1/2 cups Molasses, 1/2 cup
White flour, 1 cup Soda, 1/2 teaspoon
Sour milk, 1 cup Salt, 1/2 teaspoon

Mix and sift dry ingredients; add milk and molasses; beat well and bake in muffin tins.

(Recipes by Domestic Science Expert, Food Controller's Office.)

FOOD CONTROLLER'S WEEKLY LETTER

Canada and the United States probably will be able to provide for the Allies' requirements of cereals other than wheat, during the next twelve months.

The Allied peoples themselves have been economizing with wheat and wheat flour. As Lord Northcliffe said in Montreal, "There is no such thing as white bread in the Old Country, from the King's table downwards." Other cereals are being used but they cannot be used alone for bread. The Allies must add them to wheat flour to make the war bread now in universal use in European countries. Except in Italy, where the people normally consume much corn, there are few corn mills in Europe. Cornmeal not being a durable commodity, cannot be shipped across the ocean in great quantities. The Allies must have a wheat flour for their war loaf. Unless the people of Canada and the United States are willing to substitute other cereals for part of the wheat flour which they normally consume they will be denying even war bread to thousands of people. Substitution of at least one pound of other cereals for one pound of wheat flour weekly, per person, would save a very large quantity of wheat for export. It would still be far short of meeting the normal consumption requirements of the Allies but it would save the situation.

D. M. FORBES'S WILL

Frank Hills and Maurice A. Edwards, of London, have applied for ancillary probate of the will of Daniel Mackintosh Forbes, governing director of Forbes, Munn and Co., of London, who died at Milton, Maybole, Ayrshire, Scotland, December 13th last, leaving property valued at \$764,758. The Ontario estate, inventoried at \$12,074, consists of: \$1,835 in debenture stock of the Toronto Power Co.; 25 shares J. H. Sherrad Co., \$1,250; 25 Cocksack Flow Co., \$1,225; 50 Tuxett Tobacco Co., \$3,900; 50 Brazilian, \$3,000; 20 C. P. K., \$3,280; 24 Northern Ontario Light and Power Co., \$864. After providing for his relatives and a year's wages for his servants in Scotland, \$1,000 for the Homes for Little Boys at Farringham, England, and \$15,000 for his kinsman, Dr. John R. Mackintosh, of St. John, N. B., the testator bequeathed the remainder of his estate to Edinburgh University, of which he was a graduate. The deceased asked that he be buried beside his sisters in Kilkerran Cemetery, Campbelltown, Argyshire, and that his executors pay the railway expenses of any of his London friends who may attend the funeral, and if necessary charter a steamer to take his body from Glasgow to Campbelltown. His dogs, he directed, should not be sold, but should be placed in good homes, and his executors are authorized to provide funds for their maintenance.—Toronto Telegram.

O DEAR BRITAIN!

BUT, O dear Britain! O my Mother dear! Needs must thou prove a name most dear and holy To me, a son, a brother, and a friend. A husband, and a father! who reverse All bonds of natural love, and find them all Within the limits of thy rock shores. O native Britain! O my Mother dear! How shouldst thou prove aught else but dear and holy To me, who from thy lakes and mountain-hills, Thy clouds, thy quiet dales, thy rocks and seas, Have drunk in all my intellectual life, All sweet sensations, all ennobling thoughts, All adoration of the God in nature, All lovely and all honorable things, Whatever makes this mortal spirit feel The joy and greatness of its future being? There lives nor form nor feeling in my soul Unborrowed from my country! O divine And beautiful island! thou hast been my sole And most magnificent temple, in the which I walk with awe, and sing my stately songs, Loving the God that made me!

—From "Fears in Solitude," by Samuel Taylor Coleridge (Born October 21, 1772; died July 25, 1834.)

SERIOUS SHORTAGE OF FATS

HOME SOAP MAKING

It is not necessary for the food controller to announce the fact that there is a great shortage of fats in the world to-day; the prices for butter, lard, salt pork, and soap all give the purchaser a pretty clear idea that something is not quite as he could wish it to be. It is therefore "up to us" to guard carefully all the fats that are obtainable, to make sure that the utmost good is got out of them, and that nothing is wasted. In a large family the care of fat and drippings is an important item, and every housekeeper should give it special consideration. When meat of superior quality there is usually some fat that should be trimmed off before it is cooked, and more will then roast out than can be properly used for the gravy; therefore about three-quarters of an hour before the meat is done, pour off all the drippings from the roast, into a dish, and set them away to cool. Save all the nice pieces of fat and put those that are not so good into the soap-grease. In warm weather the good pieces should be clarified once in three or four days; in winter once a week. If you have boiled lamb or boiled beef which has been slightly salted, take the fat that cools off on the top of the liquor, and add to that poured off from the roast, first scraping off any specks that may be on the underside of it. To clarify, cut small all the pieces saved, and put them into a small kettle; cover it and put it on the stove where it will not burn. It should be heated slowly and occasionally stirred. When it looks clear the cakes of drippings and any other pieces of fat should be added. As soon as it again becomes clear, pour it through a little sieve or colander with very small holes.

Fat thus saved will save butter. It makes very good plain gingerbread and common pie-crust, or if preferred can be used in each of these with half butter; it is as good as lard to fry doughnuts or biscuits, and much more wholesome, and for frying fish this clarified fat is excellent. It is well to keep a small stone jar for such fat. A brown earthenware one soon becomes saturated with it and smells disagreeable. The fat of mutton should not be put with other kinds, as it is very hard and tallow-like, and the taste is not good. It however does very well on the griddle, or to grease pans. Any of these is not good enough for the fat that is used should be kept for soap-making. It should be put in a dry place where it will not mould, and it should be kept covered. For making soap with lye the only successful way is to follow exactly the instructions on the can of the lye which is being used; the old-fashioned manner of making soap with ashes is a great deal slower but gives a fine hard white soap. The following method of making soap with ashes has been tried and proved good.

TO MAKE SOAP WITH ASHES

Provide a leach cask, that is, one that is large at the top, and small at the bottom. If this is not readily obtained, procure a hoghead that will not leak, have the head taken out at one end, and set it propped forward a little, upon logs placed right and left, and high enough from the ground to set a pole under the front side. There should be a hole in the bottom, close to the front, with a tight plug in it. Lay in two or three bricks around the plug hole, and across them, some bits of board, so as to reserve a space, and keep the ashes from packing close against the plug hole; also place several bricks here and there over the bottom with straw or brush laid on them. Then have the ashes put in and pressed down, till the hoghead is very full. Scoop a hollow in the centre in which to pour the water, and then fill it with cold soft water, until it will absorb no more. The next day see if the water has settled any, if so, add more. When it is full cover it up. After three weeks, draw off the lye, and put it into the soap barrel, then pour into it twenty pounds of grease, of all kinds, tried and rough, ham skins and scraps, boiling hot. Stir it very thoroughly and every day. Have the hoghead filled again, and after three or four weeks draw off the lye, which will be a fine hard white soap. —Minard's Liniment Cures Colds, Etc.

"What is your son going to be in life?" "Too early to tell. Just now he is going through the usual preliminary stages of clerking in a drug store, writing life insurance, and selling real estate."—Louisville Courier—Journal.

"Thirteen is bad luck. I proposed thirteen times to as many girls." "And got turned down? That was bad luck." No the thirteenth took me."—Baltimore American.

"I'll never ask Jibway to lend me another cent!" "Did he hurt your feelings?" "I should say so! I asked him to lend me a dollar until Monday, and he asked me, 'What Monday?'"—Birmingham Age-Herald.

"De man dat wants to do all de talking," said Uncle Eben, "is mighty likely to leave other people do most of the thinkin'."—Washington Star.

"Before that colleague of yours gets through he'll say something he'll be sorry for." "I have my doubts," said Senator Sorghum. "It takes a considerable degree of intellectual preception to enable a man to know when it's time to be sorry."—Washington Star.

"Why did your cook leave?" "I never asked her. I didn't know a cook was supposed to have any special reason for leaving."—Louisville Courier—Journal.

The Optimist—"We won't worry this winter about the high cost of living. My wife has canned one thousand five hundred jars of fruits and vegetables." The Pessimist—"Bah! I bet you fifty dollars most of it spoils."—Life.

3 PLY ROOFING

The famous Bosco Roofing can be bought at Edgar Holmes Shoe Store, in Eastport, Me., for \$3.00 per roll, and in 15 roll lots the price is \$2.75 per roll; on lots of 5 rolls or more I will deliver at boat or train. 2 Ply Roofing only \$2.40 per roll. Nails and cement with each roll. I have just covered 6 houses with this roofing, and I have a good stock on hand now. Buy now as price is advancing.

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WAR DUTIES MADE EASIER

WHEN TASKS ARE UNIVERSALLY PERFORMED, SAYS CELEBRATED CANADIAN BUSINESS MAN

Ottawa, Oct. 15—It is easier to perform a patriotic duty when the duty is universally recognized and performed. This is the opinion of many keen observers who have recently come into contact with wartime life in Great Britain and France.

A celebrated Canadian business man whose services have been availed of several times in recent years by the British Government said recently: "I was greatly impressed both in France and in Great Britain with the cheerful endurance of conditions such as we Canadians will not have to live under to the end of the war. It seemed to me that the public mind had become made up and set with the concentrated will of millions of people, so that war duties did not produce the reactions one might have expected from a naturally peace-loving people."

To explain the popular war service which, in Great Britain and France, has astonished the world, this gentleman quotes the familiar phrase, "Everybody's doing it."

MONTREAL EATS 3,000,000 POUNDS OF FISH ANNUALLY

Several interesting sidelights on the fish industry in Canada and its relation to the present food situation were revealed during an interview to-day with Mr. J. A. Paulhus, one of the largest fish dealers in Canada.

According to Mr. Paulhus, altogether too little attention has up to the present been given to the food-value of fish in supplementing meat which is becoming more and more scarce through abnormal conditions brought about by the war and which should be conserved as much as possible for the use of the men at the front.

"The immense value of Canada's fisheries are very little appreciated," said Mr. Paulhus, "we hear much about our mines and our forests, but very little about our fisheries, whereas they are one of Canada's foremost assets." So far this year, the Grand Banks of Newfoundland have produced over two million quintals (1-cwt.) of codfish alone, representing a total value of \$20,000,000. At least 3,000,000 pounds of fish are consumed in Montreal every year and it is estimated that over 300,000,000 pounds, worth \$40,000,000 are disposed of every year in Canada.

Referring to the Government's proposed control of the fish supply, Mr. Paulhus did not seem very optimistic as to the result.

The Government cannot reverse the order of things in a day's time and in the end the consumer will have to pay as much as before.

October 30 will be observed as a National fish day. This annual celebration was originated by Mr. Paulhus three years ago as a means of encouraging the use of fish throughout the Dominion.

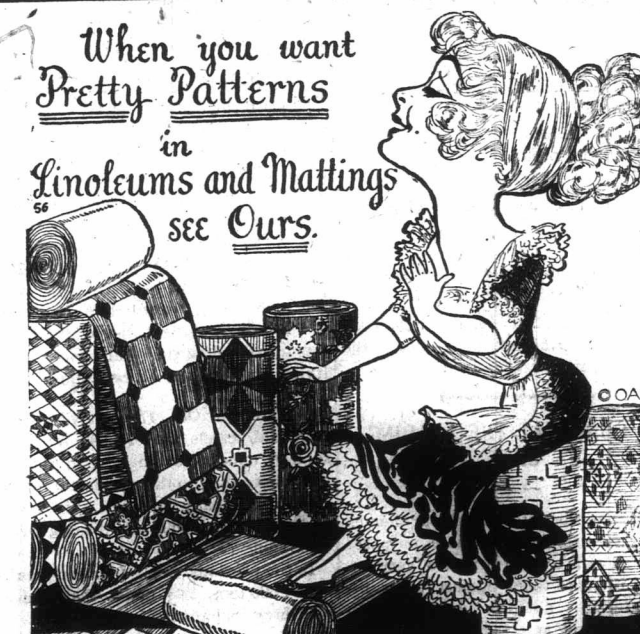
A committee has been formed to arrange this year's celebration. It is expected that the publicity will give an added impetus to Food Controller Hanna's campaign for a more extensive consumption of fish.—Montreal Herald Oct. 15.

THE loaf that never varies. The same yesterday, today and tomorrow—the "REGAL" loaf.



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When you want Pretty Patterns in Linoleums and Mattings see Ours.



Dear Mary:—

I've just finished "putting down" my new linoleums and mattings. How neat and clean my kitchen looks! How cool my bedrooms are and how easy to sweep and keep tidy!

My "girl" just sings as she works. She was getting cross before. I don't blame her. I ought to have been considerate of her surroundings as well as my own.

When you come over and see how refreshed my whole home is since I've fixed the floors, you too will get some new linoleum and matting.

Come over—HELEN.

P.S. You get yours where I got mine—from

BUCHANAN & CO.
Water Street St. Stephen

TRY "THE OVERLAND"
PAYNE'S THE NEW TEN CENT CIGAR FOR FIVE CENTS

No Advance in 3 Years



With war-time prices so terribly high for nearly every article of food, it must be a particular satisfaction to those who love good coffee to know that there has been no advance in the price of Red Rose Coffee for three years—and the great increase in the sale of Red Rose Coffee this year shows that the price is appreciated.

People everywhere seem to be using much more coffee than they did before.

Red Rose Tea is economical on account of its superior quality—but Red Rose Coffee is economical both on account of its quality and price, a combination hard to maintain in war-time.

Red Rose Coffee