

WAR MENUS

HOW TO SAVE WHEAT, BEEF AND BACON FOR THE MEN AT THE FRONT

ISSUED FROM THE OFFICE OF THE FOOD CONTROLLER FOR CANADA

SUNDAY
Breakfast
Cornflakes Grapefruit Marmalade Toast
Tea or Coffee Milk SugarDinner
Cold Roast Beef Duchess Potatoes
Vegetable Marrow
Cornstarch Mould, Hot Chocolate Sauce
Cookies
TeaCelery and Beet Salad
Brown Bread and Butter
Peach Preserve Cake
Cocoa Milk Sugar

(Sunday's menu is planned so as to make the labor of cooking meals on Sunday as light as possible, thus giving the house mother and her helpers their fair share of rest.)

The recipes for Cornstarch Mould and Brown Bread, mentioned above, are as follows:—

Cornstarch Mould—
Cornstarch, 4 tablespoons.
Sugar, 6 tablespoons.
Milk, 2½ cups.
Vanilla, ½ teaspoon.

Scald milk; mix cornstarch, sugar, and salt (½ teaspoon) with a little cold water, and add to scalded milk. Cook over hot water 20 minutes, stirring part of the time. Add vanilla, and pour into a cold, wet bowl or tin. When cold, turn out and serve.

Brown Bread (Boston)—
Rye meal, 1 cup.
Granulated cornmeal, 1 cup.
Graham flour, 1 cup.
Soda, ½ teaspoon.
Salt, 1 teaspoon.
Molasses, ½ cup.
2 cups sour milk, or 1½ cups sweet milk or water.

Mix and sift dry ingredients, add molasses and milk, stir until well mixed, turn into a well-buttered mould, which should never be more than two-thirds full, put on cover and steam three and one-half hours.

MONDAY
BreakfastOatmeal Porridge
Liver and Bacon with Potato Cakes Toast
Tea or Coffee Milk SugarDinner
Mutton Stew Carrots Boiled Potatoes
Graham Bread
Cottage Pudding with Caramel SauceTea
Corn Soup Bread Potato Salad
Baked Apple Oatmeal Cookies
Tea Milk Sugar

The recipes for Potato Cakes, and Cottage Pudding, mentioned above, are as follows:—

Potato Cakes—
Into a cup of mashed potatoes, beat one egg. Season with salt and pepper. Shape into small cakes, and roll in finely sifted oatmeal or cornmeal. Put hot beef dripping into frying-pan. Brown on one side, turn and brown on the other.Cottage Pudding—
4 level tablespoons butter
½ cup sugar
1 egg
1 cup milk
2½ level cups sifted flour
4 tablespoons baking powder
½ teaspoon salt
Mix as for butter cake mixtureTUESDAY
BreakfastApples Cornmeal Porridge
Pork Sausages Toast
Tea or Coffee Milk SugarDinner
Baked Trout Creamed Onions
Mashed Potatoes
White Bread Raisin PieTea
Baked Beans Brown Bread
Scalloped Potatoes
Baked Pears Tea Milk Sugar

The recipes for Cornmeal Porridge and Baked Beans, mentioned above, are as follows:—

Cornmeal Porridge—
Into one quart boiling water add slowly one level cup of cornmeal, and stir rapidly. To avoid lumps cook vigorously over the fire for five minutes, then place in a double boiler and cook slowly for one hour.Baked Beans—
Soak one cup of white beans over night. In the morning, drain, cover with fresh water and cook slowly until partly tender. Into earthen bean pot put the rinsed and a few pieces of fat, salt pork. Add the

beans with a little pepper and dripping, salt and pepper to taste, and one tablespoon of molasses. Keep sufficient water on these to prevent burning. Cover the pot closely and put in the oven. Cook slowly for several hours.

WEDNESDAY
BreakfastOatmeal Porridge Milk Sugar
Omelette Toasted Graham Bread
Pear MarmaladeDinner
Pork Chops Cabbage Baked Potatoes
White Bread
Carrot PuddingTea
Potato Soup Bran Gems Butter
Cold TongueApple Sauce Tea Milk Sugar
The recipes for Carrot Pudding and Bran Gems, mentioned above, are as follows:—Carrot Pudding—
1 cup sugar
1 cup beef suet
1 cup raisin
1 cup grated apples
1 cup grated carrots
1 cup bread crumbs
1 cup flour
1 teaspoon cinnamon
1 teaspoon cloves
1 teaspoon salt
4 level tablespoons molasses
Steam three hours.Bran Gems—
1½ cup flour
½ cup bran
1 cup sour milk
½ cup molasses
½ teaspoon soda
1 teaspoon salt
2 tablespoons melted dripping
Mix and sift dry ingredients: add milk to molasses, and combine mixture; then add butter.THURSDAY
BreakfastOatmeal Porridge Milk Sugar
Toast Grapefruit Marmalade
Tea or CoffeeDinner
Irish Stew and dumplings Tomato Salad
Graham Rolls
Rice Pudding with Raisin Milk SugarTea
Creamed Codfish Baked Potatoes
Sliced Peaches Indian Bread
Tea Milk Sugar

The recipes for Irish Stew, and Indian Bread, mentioned above, are as follows:—

Irish Stew—
Cut stew meat (flank or shoulder) into 1½ inch cubes. Put these, and the bones into kettle. Cover with boiling water. Set on the stove. Bring to a boil and then set back where it will simmer slowly one hour before the stew is to be served.

Add salt, pepper, sliced onion, diced carrots and turnips or any vegetables preferred, and twenty minutes before taking from the fire, add some thinly sliced potato. If too thin thicken with a little flour; pour into a deep hot platter and serve.

For dumplings cook small tea biscuits in the oven. Before serving put these on the platter, and pour the stew over them.

Ingredients of Tea Biscuits—
2 cup flour
4 teaspoons baking flour
½ teaspoon salt
2 teaspoons beef dripping
1 cup of milk, or sufficient to wet until of the consistency to roll.Indian Bread—
1½ cups Graham flour
1 cup Indian meal
1½ teaspoons soda
1 teaspoon salt
½ cup molasses
1½ cups sour milk
Mix and steam same as Boston Brown Bread.FRIDAY
BreakfastPears Oatmeal Porridge
Soft Cooked Eggs Toast
Tea or Coffee Milk SugarDinner
Fried Flounders Turnips Boiled Potatoes
Graham Bread
Syrup Johnny CakeTea
Vegetable Soup White Bread
Lyonnaise Potatoes
Preserved Plums Oatmeal Cookies
Tea Sugar Milk

The recipe for Lyonnaise Potatoes and the method of cooking Soft Cooked Eggs, is as follows:—

Lyonnaise Potatoes—
Chop cold potatoes finely. Add a little grated onion, chopped parsley, pepper and salt, and some dripping. Serve hot.Soft Cooked Eggs—
1 quart of boiling water to 2 eggs. Put in a covered, granite saucepan; remove to the back of the range, where the water will not boil; leave 6 to 8 minutes for soft cooking. These will be of uniform consistency throughout.

SATURDAY

Breakfast
Cornmeal Porridge Milk Sugar
Liver and Bacon Brown Bread
Pear Marmalade Tea or CoffeeDinner
Roast Beef Cauliflower
Pared Roast Potatoes
White Bread Gingerbread HoneyTea
Cream of Corn Soup Bran Gems
Scalloped Potatoes
Coddled Apples Tea Milk Sugar

The recipes for Scalloped Potatoes and Coddled Apples, mentioned above, are as follows:—

Scalloped Potatoes—
Butter a baking dish well. Put in a layer of potatoes, slice thinly. Sprinkle with salt and pepper, and dredge with flour. Add milk until it may be seen through the top layer. Add bits of butter. Bake in the oven until the potato is soft.Coddled Apples—
Fare and cut in quarters any firm cooking apples. Make a syrup of one cup of sugar and one cup of water. Add a little cinnamon. Put the apple in the boiling syrup, and cook until the apples are clear but not broken. Remove from syrup, and boil the syrup down until thicker. Pour over the apples and serve.

COAL DEALERS FAIL TO GIVE INFORMATION

Ottawa, Sept. 28.—Acting as Cost-of-Living Commissioner W. F. O'Connor has been trying to find out the exact coal situation throughout the country, in order that the fuel controller may take action to assist dealers who are having difficulty in securing a supply for the winter. To this end a circular was sent to dealers throughout Canada last month asking them for exact particulars as to the tonnage required by them and also the names of those with whom they had placed orders for coal.

The circular particularly requests this specific information so that the fuel controller may act intelligently. It was stated at Mr. O'Connor's office to-day that seventy-five of the replies received in answer to the circular did not contain the information asked for. Although many of the dealers stated that they were unable to get their orders for coal filled, they failed to furnish specific information as to the amount required, etc. The fuel controller therefore finds himself handicapped in his effort to help them.

COAL SHORTAGE, INDEED!

In spite of a labor shortage of approximately 25,000 men, the production of anthracite during the first eight months of 1917, by reason of the steady operation of the collieries, has exceeded any previous record for the same period in the history of the Wilkesbarre region, the quantity shipped to market up to Sept. 1, this year, amounting to 51,405,341 tons, against the previous high record for the same period in 1903 of 45,709,608 tons.

Compared with 1916, the shipments of anthracite this year have shown an increase of more than 7,000,000 tons, and for the first eight months of 1917 were nearly 1,500,000 tons more than in the first nine months of last year. —New York Tribune.

CANADA GETS SETTLERS

LARGE MOVEMENT OF IMMIGRANTS TO THE WEST FROM U.S.

Ottawa, Sept. 27.—The movement of settlers from the United States to the Canadian West continues to be of considerable volume, according to the Immigration Department. The large majority of those who seek homes in Canada are well-to-do farmers above the military age with children too young to be affected by the conscription law. Since the United States came into the war, there has been an increased rather than a decreased movement in the direction of Canada. Previously there existed a natural disinclination on the part of many people to go to a country at war.

GOT A LINE ON THEM

Two English laborers who were on the road to Birmingham to get work happened to meet an old Irishman breaking stones on the roadside. They inquired of Pat how long it would take to get there. Pat simply looked at them and made no reply. Thinking he was deaf they walked on. When they had gone about 300 yards he called after them, so they came back.

"Ye asked me how long it would take to go to Birmingham?"
"Yes," they said.
"Well, said Pat, "it will take ye four hours.""Why didn't ye tell us that before?" they asked.
"Well, now," said Pat, "how could I tell ye until I saw how fast ye could walk first?" —Pittsburgh Chronicle-Telegraph.

SAVING SUBSTITUTES

CANADIAN FOOD CONTROLLER'S SUGGESTIONS OF WAR-TIME DISHES FOR TUESDAY

There are plenty of ways to save meat; here's a favorite.
Welsh Rarebit
To a cup of good white sauce add a teaspoon of mustard and one cup of grated cheese. Pour over toast and serve hot. Do not allow to boil after the cheese is added. Stir well, and as soon as the cheese is all melted remove at once from the fire. In making the white sauce, substitute corn-starch for flour, using proportions as follows:—
2 tablespoons butter
2 tablespoons corn starch
½ teaspoon salt
½ teaspoon mustard
1 cup grated cheese
Few grains cayenne
Serve white bread by occasionally using Entire Wheat Bread.Entire Wheat Bread
Sifted entire wheat flour, 5 cups.
Scalded milk, 2 cups.
Molasses, ½ cup.
Yeast, ½ cake dissolved in ½ cup lukewarm water.
Salt, 1½ teaspoon.
Mix milk, sugar or molasses and salt. When lukewarm add yeast cake dissolved in warm water, and flour. Beat well turn into greased bread pans, let rise until nearly double its bulk, and bake for about one hour in a moderately hot oven.DISHES FOR FRIDAY
Try "Scrapie" instead of beef for dinner next Friday.
Scrapie
Boil hog's-head and other lean pieces of meat such as shanks and liver. Cook very tender. Take out bones, grind whole, and put in water it was cooked in, and when boiling hot stir in gently 1-5 as much cornmeal as meat. Season to taste cook 2 hours. Pour into mould and serve fried.Buckwheat may be used many a baking day with flour-saving purposes.
Buckwheat Gems
Buckwheat flour, 1 cup
Milk, 1 cup
Sugar, ½ cup
White flour, ½ cup
Eggs, 1
Butter, 3 tablespoons
Baking Powder, 2 teaspoons
Salt, ¼ teaspoon
Beat the sugar into the egg and add the melted butter. Add alternately the milk and buckwheat flour, then the white flour into which the baking powder and salt have been sifted. Bake in greased gem pans.

NEW LORD MAYOR OF LONDON A CANADIAN

London, Oct. 1.—The new Lord Mayor of London, elected on Saturday, formerly belonged to Montreal. He is Charles Augustine Hanson, alderman of London and member of Parliament for the south-east division of Cornwall. He succeeds Sir William Henry Dunn and takes office on November 8.

London's new Lord Mayor is a brother of Edwin and William Hanson, members of the Montreal Stock Exchange. He went to England to reside about 25 years ago, and is a member of the firm of Coates, Son & Co., London; chairman of the Gresham Life Assurance Co., chairman of the Gresham Fire & Accident Co., and connected with other concerns. In 1907 he was appointed sheriff of the County of Cornwall by King George, then Prince of Wales; was elected a sheriff of the city of London in 1911. He declined the Conservative nomination to the Imperial Parliament in 1903. His wife, married in 1868, is a daughter of the late James Appelle, of Trafalgar, Halton County, Ontario, and was educated in Hamilton.

TRY "THE OVERLAND"

THE NEW TEN CENT CIGAR FOR FIVE CENTS

U. S. COAL PRICES

ANTHRACITE MUST BE LOWERED, BUT BITUMINOUS INCREASE IS ALLOWED

Washington, Oct. 1.—An order of the Fuel Administrator, Mr. H. A. Garfield, made effective to-day, defining the profits of retail coal and coke dealers throughout the country is expected to effect an immediate decrease in the prices now charged the consumer.

Gross margins over production cost are limited to the average of 1915 plus a maximum increase of 30 per cent., with a check provision that the average margin of July this year be not exceeded. Compliance with the order will be enforced by the fuel administrators in the several States.

In orders simultaneously issued, the fuel administrator directs a downward revision in the mine price of anthracite in the Pennsylvania district, and grants appeals for increases in the Government fixed bituminous price in the field.

The text of the order fixing the margin says: On and after October 1, 1917, in making price and sales to consumers, the retail gross margin added by any retail dealers to the average cost of any size or grade of coal or coke for each class of business shall not exceed the average gross margin added by such dealers for the same size or grade for each class of business during the calendar year 1915, plus 30 per cent. of the said retail gross margin for the calendar year 1915; provided however, that the retail gross margin added by any retail dealer shall in no case exceed the average added by such dealer for the same size, grade and class of business during July, 1917.

By this order retailers are requested to fix a retail gross margin which may be less than, but shall not in any instance exceed the margin added by them in 1915 plus 30 per cent. thereof.

THE PROUD CRIME

On my way to prison (writes a correspondent) for the purpose of visiting a conscientious objector I was joined by another woman. We began to exchange confidences. In reply to a question, I said, "I'm going to see a conscientious objector." Her nose turned up with ineffable scorn, and she said: "A conscientious objector? Thank God, my man's not one of them things!" and then she added, proudly, "He's in for forgery!" —Manchester Guardian.

LUMBER

We have on hand at the present time over a
MILLION FEET
of lumber of all kinds, but principally in Spruce, Pine, Hardwood and Hemlock, in various qualities and thicknesses, also

Shingles, Laths and Clapboards

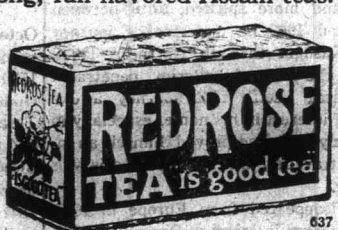
Send us your orders and enquiries
Haley & Son
St. Stephen, N. B.

Save that spoonful

Four and often five spoonfuls of ordinary tea do not go any further than three of Red Rose Tea. Less Red Rose is required because it consists chiefly of rich, strong, full-flavored Assam teas.

Use Red Rose Tea and save that extra spoonful.

Kept Good by the Sealed Package



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



Dear Mary:—

I've just finished "putting down" my new linoleums and matting. 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

3 PLY ROOFING

The famous Boco 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.

EDGAR HOLMES SHOE STORE
Where Good Dressers Buy Their Shoes
Open Evenings Telephone 42-3
131 Water Street, Beyond Post Office EASTPORT, ME.

TRY "THE OVERLAND" PAYNE'S

THE NEW TEN CENT CIGAR FOR FIVE CENTS