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ISSUED FROM THE OFFICE OF THE FOOD CONTROLLER FOR CANADA

SUNDAY Fresh Fruit Oatmeal Porridge Marmalade Tea or Coffee Milk Sugar

Dinner Cold Roast Veal Tomato Catsup Mashed Potatoes Green Beans Bread and Butter

Supper Bread and Butt Fruit in Season Cake Milk Sugar 0

MONDAY Breakfast Milk Eggs (soft Cooked) Marmalade

Baked Apples Milk

Supper (or Luncheon) Apple Sauce Oatcakes Milk The recipes for Graham Biscuits and

Cream of Tomato Soup, mentioned above, are as follows: Graham Biscuits-Make as tea biscuits only substitute one half Graham flour for white flour.

Cream of Tomato Soup-

sieve). 1 teaspoon of soda. 2 tablespoons of flour. 2 tablespoons of butter. Salt and pepper to taste, and a little

Make the milk flour, butter and seas ings into a thin white sauce. To the tomato add one quarter of a teaspoon of vesce combine the milk with the tomato and serve at once.

0 TUESDAY

Breakfast Fresh Fruit Cornmeal Porridge Graham Bread Coffee or Tea Sugar

Dinner Potatoes Apple and Bread-Crumb Pudding (Brown Betty)

Sugar Supper (or Luncheon) Creamed Fish Warmed over Potatoes Baked Pears

The recipes for Graham Bread, Creamed Fish and Brown Betty Pudding, mentioned above, are as follows: Creamed Fish-

Any left-over boiled or baked fish may be served as cream fish by flaking carefully and adding a good, well seasoned white sauce.

Graham Bread-3½ cups of Graham flour 2 cups of sour milk. d cups of molasses (New Orleans) teaspoon of soda

teaspoon of salt Bake in a slow oven one hour. Brown Betty Pudding-2 cups of apples sliced thin

1 cup of bread crumbs

cover and brown.

-(0)

tablespoon of butter. Cinnamon to season Butter the pudding dish well. Put alternate layers of apple and crumb with apples in bottom, and finish with crumb on top, and dot with bits of butter. Sprinkle with cinnamon. Cover closely

and bake forty minutes, then remove the

0 WEDNESDAY Breakfast Fresh Fruit (Berries in Season)

Toast Coffee or Tea Roast Beef Potatoes Creamed Onions

Cottage Pudding with Sauce Supper (or Luncheon)

Potato Soup Crackers tewed Fruit Corns The recipes for Potato Soup and Corn- Escalloped Potat

Potato Soup-

Salt, pepper and grated onion to taste. 1½ cups mashed potato. Add the potato to the heated milk and sonings, reheat and serve yery hot. If skim milk is used the soup is improve ed by the addition of a little butter. Cornmeal Muffins-

2 tablespoons dripping 6 tablespoons brown sugar cup of milk de cup of cornmeal 2 tablespoons of Baking Powder

teaspoon of salt 0 THURSDAY Breakfast Fresh Fruit

Tea or Coffee Milk Pork Chops Mashed Potatoes Vegetable Marrow Johnny Cake

> Supper (or Luncheon) Cream of Corn Soup Whole Wheat Muffins Milk

The recipes for Whole Wheat Muffin and Cream of Corn Soup, mentione above are as follows:-Whole Wheat Muffins-12 cups of whole wheat flour 1 cup of white flour 1 cup of sour milk cup of molasses.

teaspoon of soda 1 teaspoon of salt 2 tablespoons of melted dripping. Mix and sift dry ingredients; add th milk to the molasses and mix with the Sugar dry ingredients. Last of all add the melted dripping.

Cream of Corn Soup-1 quart of skimmed milk 2 cups corn 2 tablespoons of butter 2 tablespoons of flour Season to taste with salt, pepper and grated onion. Make a thin white sauce of the milk, butter, flour and seasonings.

cob and cook, and add to the

Reheat and serve very hot.

0 FRIDAY Breakfast mbled Eggs Coffee

Baked Fish Mashed Potatoes Corn on the Cob Cornmeal Gems

Supper (or Luncheon) Apple Sauce Oatmeal Cookies

The recipes for Cornmeal Gems and Cornmeal Gems-½ cup cornmeal

1 cup flour 3 teaspoons baking powder 1 tablespoon sugar 1 tablespoon melted dripping 3 cup milk 1 egg Datmeal Cookies-

3 cups flour 3 cups oatmeal 1 cup sugar / 1 cup of shortening 3 teaspoons baking powde 1 cup milk

SATURDAY Breakfast Cornmeal Porridge Milk Ham Omelet Brow. Sugar Brown Bread Toast

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Roast Veal Cooked Temat Baked Potatoes Apple Tapioca Pudding

Supper (or Luncheon)

Bran Geme Butter Honey The recips for Apple Tapioca Pudding, Escalloped Potatoes and Bran Gems, men-

tioned above, are as follows:-Apple Tapioca Pudding -₹ cup pearl or ½ cup minute tapioca ½ teaspoon salt 7 sour apples

d cup sugar Soak the tapioca an hour, and cook i in a double boiler. Pare and slice the apples and arrange in a buttered pudding dish. Add the sugar, pour over the tapioca, and bake in a moderate oven until the apples are soft. Serve with THE VOYAGE

HE ship set sail through the Sunset Gate, Laden with wonderful, precious freight: As the sun went down and the sea went red, Steadily, steadily, on she sped, Into the teeth of a howling gale That tore at timbers and and mast and sail. Gallantly, doggedly, fought she through (As it might be me—or it might be you!) And the night had passed and the sun was bright, And she drifted home in the morning light.

The ship made straight for the friendly land, Steered by the tiniest, clutching hand; The breeze was gentle, the sunlight glowed, And the single passenger kicked and crowed As she journeyed back to her starting place With the smile of God on her skipper face. Battered a bit by a heavy sea (As it might be you-or it might be me) Out of the fog and the mist of pain, Proudly she came into port again!

-BEATRICE BERRY.

with salt, and pepper, and dredge with GRAIN YIELDS OF THE PRAIRIE PROVINCES flour. Repeat. Add milk until it may be seen through the top layer. Add bits of wheat in the three Prairie Provinces butter. Bake in the oven until the potato (Manitoba. Saskatchewan and Alberta) is soft.

Bran Gems-12 cup of flower 3 cup of bran l cup sour milk cup molasses teaspoon soda

2 tablessoons melted dripping Mix and sift dry ingredients; add milk to molasses, and combine mixtures; then

CROPS IN CANADA

Ottawa September 19 1917. The Census and Statistics Office issued to-day a preliminary estimate of the production field crops for Canada, expressed in perin Canada of the principal grain crops For Quebec Saskatchewan, Alberta and crops in 1917, used as a basis for the 1 quart of skim milk.

2 pint tomato juice (made by stewing in tomato juice tomatos).

3 pint tomato juice (made by stewing in though a juice tomatos) and pressing through a juice tomatos and pressing through a juice tomatos. out jointly by the Census and Statistics Office and the Provincial Departments of slowly. Threshing had commenced, and

TOTAL YIELDS OF GRAIN CROPS 1917 29 bushels in 1915. The estimated yield less damage to vegetables but that all of wheat in 1916 is 229,313,000 bushels grain except late barley and oats had from 13,448,250 acres, so that the estimated total for 1917 represents an increase of 19,851,700 bushels, or 8 p. c. The total yield of oats in 1917 is estimated at 399, 843,000 bushels from 12,052,000 acres harvested, as compared with 365,553,000 Potato Salad with Parsley Tea Biscuits bushels from 10,178,000 acres harvested in 1915. For the prairie provinces it has Milk been necessary to deduct from the sown areas percentages of 20 in Manitoba and 17 in Saskatchewan and Alberta for crops not ripened into grain. The yield per acre on the harvested area is therefore for all Canada 33.18 bushels, as compared with 35.91 bushels in 1916 and 45.84 bushels in 1915. For rye the estimate is 4 194 950 bushels from 211,870 acres, as compared with 2,967,400 bushels from 148,620 acres in 1916, the yields per acre being nearly 20 bushels in both years. Barley yields 59,318,400 bushess from 2. 392,200 acres, as against 42,647,000 bush els from 1,703,700 acres in 1916, the yields per acre being 24.80 and 25 bushels respectively. The total yield of flaxseed is

placed at 10,067,500 bushels from 1,242,-

000 acres, as compared with 7,316,300

The estimated total production of is 225,778,700 bushels from 13,619,370 acres, as compared with 208,846,000 bushels from 12,441 350 acres in 1916, In Manitoba the total yield of wheat for 1917 is 41,642,2000 bushels as compared with 27,943,000 bushels in 1916, in Saskatche wan 130,356,000 bushels as against 131,-765,000 bushels and in Alberta 53,780,500 bushels against 49,138,000 bushels. Oats yield 224,199,000 bushels in the three prairie provinces as compared with 269, 258,000 bushels in 1916, barley 43,168,400 bushels against 33,296,000 bushels, rye

2,498,850 bushels against 1,636,000 bushel5 and flaxseed 9,951,500 bushels as against 7,269,000 bushels, CONDITION OF FIRED CROPS At the end of August the condition of

(wheat, oats, rye, barley and flaxseed), crop was as follows: Spring wheat 73, centage of a standard representing a full for 1917, as well as a statement of the oats 76, b rley 75, rye 82, peas 76, beans condition of all field crops as reported by 81, Buckwheat 85, mixed grains 88, flax crops correspondents at the end of August. 63, corn for husking 73, potatoes 77, British Columbia the areas under field corn for fodder 82, sugar beets 89 turnips 84, mangolds etc., 83, alfalfa 87, pastures 87 and hav and clover 95- The estimates of production, have been comwheat was turning out a good sample, with the yield higher than was expected. The preliminary estimate of this year's Labour was scarce and prices were high. wheat crop in Canada is for a total of Frost in some parts would injure late 249,164,700 bushels from 14,755,800 acres, crops. Potatoes were a fair crop. The an average yield per acre of 16.88 bushels Alberta Department telegraphed Sepas compared with 17 bushels in 1915 and tember 8 that frosts had done more or

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bushels from 622,000 harvested acres in 1916, the average yields per acre being 8.11 bushels in 1917 and 11.3 bushels in

STABROOMS

RLD ROSE

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Is naturally a broad and radiant one, because he who wears it has discovered a fine, rich coffee which has none of that bitter "after taste" so

common to ground coffees. That is because the bitter chaff and dust have all been removed from Red Rose Coffee, which is crushed-not ground. It is hard to believe that there could be so much difference in coffees until you taste Red Rose Coffee.

The same price as it was three years ago. Red Rose Coffee



Put Less Tea in the Pot

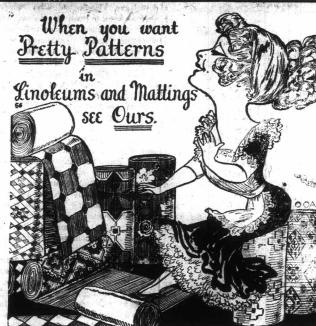
Because it chiefly consists of the Assam teas of Northern India, the strongest and richest in the world, less Red

Rose is required in the tea pot. Where four or five spoonfuls of ordinary tea are

three of Red Rose. And Red Rose tastes better.

Kept Good by the Sealed Package





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

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