

BOVRIL

Aids the Digestion of Food

HOW TO USE SUBSTITUTES FOR WHEAT FLOUR IN RAISED BREADS

New recipes for war breads are being experimented with constantly, and every housekeeper has her own favorite one; but it is not necessary to find new war-time recipes. Good recipes for bread of any kind can be made to conform to food conservation aims by using at least one fourth wheat substitute, and by omitting some of the sugar and fat. Many people think milk is necessary for good bread, but it is not, although it of course adds to the food value. Water, milk and water, whey, potato water, or rice water may be used for the liquid. In using part other grains than wheat, the loaf will be as nourishing, but usually not so large or light.

BUCKWHEAT BREAD

- 1 cup liquid (milk, water, or half each)
- 1 teaspoon salt
- 2 teaspoons fat
- 1 tablespoon sugar
- 2 cups buckwheat flour
- 1 cup bread flour
- ½ yeast cake dissolved in ½ cup of water (additional)

Scald the milk or boil the water. Add the sugar, salt, and fat. When lukewarm add the yeast. Add the flour, beat well, and set in a warm place to rise until double in bulk. Beat well and pour into a greased pan. When again doubled in bulk bake in a moderate oven for about fifty minutes.

OATMEAL BREAD

- ½ cup liquid
- 2 teaspoons salt
- 1 tablespoon sugar
- 1 tablespoon fat
- ½ yeast cake dissolved in ½ cup lukewarm water
- 1 cup uncooked oatmeal
- 2 cups flour

Heat the liquid to boiling and pour it over the oatmeal, salt, sugar, and fat which have been mixed in a bowl. When this mixture has cooled to lukewarm stir in the dissolved yeast. Then add the flour in portions, kneading it with the hand when too stiff to stir. This dough must be stiffer than when all white flour is used, or the baked loaf will be very moist and of a coarse texture. Allow the dough to rise in a covered bowl until it is a little more than doubled in size, then knead it and shape it into loaves; place in greased pans and allow to rise again until a light touch with the finger makes a slight dent. A hard, dry crust should not be allowed to form over the top of the loaf while it is rising. This may be prevented by rubbing the surface with a little fat.

CORNMEAL BREAD

- ½ cups liquid
- ½ teaspoons salt
- 1 tablespoon sugar
- 1 tablespoon fat
- ½ yeast cake softened in ½ cup liquid
- ½ cup corn meal
- 2 cups flour

Pour the ½ cups of liquid over the salt, sugar, fat, and corn meal, which have been mixed together, and heat the mixture gradually until near the boiling point. Cook for twenty minutes. This can be done best in a double boiler. Then allow the meal to cool to lukewarm, add the softened yeast and the flour in portions. Knead thoroughly. This dough also must be very stiff or the interior of the baked loaf will be too moist and have a coarse texture. Allow it to rise until double in bulk, then knead and shape into loaves. Allow it to rise again until at least double in bulk. This bread does

not expand after it has been put into the oven, so it must rise as much as desired before baking. It should be baked in a moderate oven for 45 minutes to one hour.

RICE BREAD

- 1 cup liquid
- ½ teaspoon salt
- 1 tablespoon sugar
- 1 tablespoon fat
- ½ cup uncooked rice
- ½ cups flour
- ½ cake yeast softened in ½ cup lukewarm water

Pour the cup of liquid boiling, over the uncooked rice which has been thoroughly washed, and cook in a double boiler until the rice is soft and dry. Add the sugar, salt, and fat. Let this cool until lukewarm, then add the softened yeast. Work in the flour gradually and knead for about ten minutes. The dough should be considerably stiffer than when all white flour is used. Allow it to rise to twice its original bulk. Then knead it again, mixing in more flour if the dough has softened much in rising. If the dough is too soft the baked loaf will be very moist and of a coarse texture. Any flour added at this stage must be worked in thoroughly, however, to prevent getting an uneven texture in the finished bread. Shape the dough into a loaf and let it rise again until it has doubled in bulk. Bake for three-quarters to one hour in a moderate oven.

GARFIELD REDUCES SPRING COAL PRICES

Washington, March 9.—Regulations designed to prevent coal hoarding, and at the same time insure the filling of household needs for next winter during the summer months, were published by the Fuel Administration to-day, in announcing an average reduction of thirty cents a ton in the retail price of anthracite coal for domestic use. The reduced price will apply for the six months' period from April 1 to September 1.

Although no reduction in bituminous coal was made to consumers, the Fuel Administration began a revision of soft-coal prices at the mines, with the idea of applying a new scale before the beginning of the coal year April 1. Mine revisions already announced show sharp reductions in Colorado, Utah, Wyoming and Montana.

The Administration also ordered a penalty reduction of fifty cents a ton in the price of coal which is found to contain a large percentage of impurities. The announcement states that the penalty is part of a plan for organizing an inspection system to enforce the mining of clean coal.

Under the inspection system, coal condemned by the Fuel Administration for lacking preparation or because it contains a high percentage of slate or other impurities, will be sold below the fixed Government price for the mine. This order becomes effective March 11. The inspection system will be operated through the district representatives of the Fuel Administration.

Fuel officials say that during the past winter much of the output of bituminous coal reached the market containing a large percentage of impurities.

"Your husband has been talking to those pretty young girls for almost an hour, and you don't seem to mind it at all." "Not a bit. So long as they are willing to listen to his nonsense, I don't have to."—*Detroit Free Press.*

Belle—"George proposed to me last night." Nell—"His friends bet him that he couldn't stay sober long enough to avoid doing anything rash."—*Baltimore American.*

GRADUATED WAR TAX ON INCOMES

THOSE ENJOYING HIGHEST INCOMES WILL PAY LARGEST AMOUNT

If the income war tax law, about to be applied, did nothing more than cause a national stock-taking, it would serve a most useful purpose.

The taking of an inventory of one's resources invariably induces a desire to save and a desire to save when translated, as it very frequently is, into a determination to save, means getting on with the war, as well as happiness all around. This process, first an inventory of one's resources, then a desire to save, applied to every unmarried person, or widow and widower without dependent children, receiving an income of \$1,500 and over, and to all other persons receiving an income of \$3,000 and over, will unquestionably result in a large proportion of cases, in a determination to save. And that means more general prosperity and renewed national strength.

But a national stock-taking is only incidental, of course, to the chief purpose of the income war tax, which is to provide revenue for the prosecution of the war in as equitable a manner as possible. The tax is to be graduated, according to one's ability to pay. Those who are in receipt of only a living wage or salary will not be called upon to pay; those enjoying the highest incomes will be called upon to pay the greatest amounts, and the great body of income receivers between, will be called upon to pay in their due proportion.

Moreover, the purpose of the act is to distribute the burden equitably among all classes. By way of illustration, the farmer will be required to add to the value of the home-grown products which his own family consumes. This places the farmer on a plane with the salaried man, the value of whose services is wholly represented in the income received and against which he must charge all his living expenses.

Canada has established a war record that is the envy of all the World. It is certain that the Canadian people will run true to form in answer to this latest call of their war government.

FOOD VALUE OF POTATOES

CANADIANS WHO EAT THEM FREELY CAN HELP TO SAVE WHEAT FLOUR

People who wish to help in food conservation should consider potatoes as a partial substitute for wheat flour. Potatoes are the chief staple of the semi-perishable foods. Canadians do not eat their fair share of potatoes even in normal times. We have been largely a wheat, beef, and pork consuming people. These staples are now required for overseas and it behooves us to substitute other foods for them whenever possible. We consume, perhaps, two and one-half bushels of potatoes per capita, per year, or about one-third of a pound per day—equal to one fair-sized potato. In some European countries one pound per day per capita is consumed, and in some districts four pounds per day, and nearly twenty-five bushels per year.

Despite the increase in price since the war, potatoes are still among the cheapest of foods. One pound of roast beef costs ten times as much as a pound of potatoes, and twenty per cent. of beef is bone. Three and a third pounds of potatoes supply 1,000 calories of energy, at a cost of less than 10 cents, while about 2,500 calories are required for full grown persons working indoors. That is to say, if all foods were as cheap as potatoes we could live on 25 cents a day. Healthy men have lived and worked for months on a diet of nothing else than potatoes, oleomargarine and a little fruit. Potatoes contain protein of the very best kind. They also contain mineral salts which neutralize harmful acids in the body. The food material in potatoes is 98 per cent. digestible.

Canadians have large supplies of potatoes, carrots, onions, and turnips and by consuming these vegetables freely, they can economize with bread.

More than 300 ways of cooking are known. They combine well with many flavors. They can be used to economical advantage with meat and fish, in stews, croquettes, hash, chowders, meat pies, etc. One half a cup of mashed potatoes and two cups of flour make a bread mixture that helps the flour go farther.

Good cooks know the ways of using potatoes are various—boiled, steamed, lyonnaise, baked, chipped, fried, hashed brown, creamed, escaloped, stuffed, au gratin, and scores of combinations.

Canada has plenty of potatoes and, although the price is high compared to normal times, it is not high in comparison with other foods in war time.

Esau purchased the mess of pottage. "I thought I could get a pound of sugar with it," he explained.—*Life.*

"Send me a ton of coal." "What size?" "Well, a two-thousand-pound ton would suit me, if that's not asking too much."—*Life.*

Bessie—"You don't believe every bit of scandal you hear, do you?" Helen—"Oh dear, no; but if one keeps repeating it, it seems to help a lot."—*Judge.*

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THE CANADA FOOD BOARD SAYS

Maple sugar and maple syrup production come as the first attack in the greatest production campaign for 1918. The call for food of all kinds comes to Canada, and all Canada, east and west, to save the situation must produce this year as never before.

The first crop of the year, in Eastern Canada at least, and in parts of Manitoba and British Columbia as well, is secured by tapping the sugar maples. The season is due to open in Essex County, Ontario, the most southerly point in Canada, about March 20, and gradually the spring will creep north and east, spreading across the older part of Ontario into the Eastern Townships of Quebec and on to New Brunswick and Nova Scotia. The sap running season will last in each section until the leaves bud—about three or four weeks. The greatest use a farmer can make of that sap-running period, if he has a sugar bush on his farm, is to turn in with all the help he can command or persuade and make a couple of hundred dollars worth of sugar. It will cost him some firewood, it is true, and in some districts of Canada cordwood is getting mighty scarce, but the farmer has to consider that this is an exceptional year. We have had a great world shortage of cane and beet sugars. Canada has not suffered as some countries, but the demand for sugar is greater than ever known. Britain is on a sugar ration of two pounds per month, France one and one-tenth pounds per month, and Italy one pound per month.

The Canadian Market has hitherto absorbed 75 per cent. of the Canadian sugar maple production. The United States takes all we can send and would gladly take more. Western Canada is a growing market where the pure maple sugar and maple syrup of the East are highly esteemed. In the big cities of Canada it has been hard to get pure maple sugar and syrup, and the demand for the pure products has for years exceeded the supply. The United States offers an unlimited market. And, further, the American people have been asked to conserve cane and beet sugars and reduce the consumption of sugar candies. The greatest consumers of candies in the world are forced to find substitutes. Maple sugar is a wholesome substitute and popular wherever introduced.

The people of Britain and France have lately been made acquainted with the Canadian sugar. The Canadian soldiers have introduced it. Thousands of pounds have been sent to the front by the Red Cross, and the knowledge of maple flavor

has spread by now into the various countries of Europe where Canadian troops have been stationed. This has created the foundation for a permanent export trade, and Canadian maple producers have now a market opportunity practically without a limit.

Maple sugar and syrup have been protected from adulteration by the pure Maple Sugar amendment to the Adulteration Act, passed in 1915, and the word "maple" may not be used in branding or offering for sale any—but the pure products. Dealers in the Ottawa Valley and the Eastern Townships of Quebec are offering prices netting 16 cents a pound to the farmers for sugar and \$1.75 per gallon for syrup. These prices are easily double those received five or six years ago. Every available maple tree should be tapped this spring and every sap bucket, pail, and pan pressed into service, whether it is the most up-to-date equipment or the old-time sugar making outfit that has not been used for years. Every little helps. Every pound of maple sugar is wanted.

"These crowded street cars are spoiling my oratorical style." "How can that be?" "Every time I put my arm into the air to make a gesture, I paw around as if I were reaching for a strap."—*Washington Star.*

MARK PACKING DATE ON TINS

Ottawa, March 7.—Mr. A. McGill, Chief Dominion Analyst, has reported on 275 samples of canned fish collected in all parts of Canada. Of these samples, 166 were salmon, the most generally used canned fish. Of the salmon samples, 110 were found to be good and sound; seven showed softened flesh, but nothing to indicate decomposition. These samples, the report says, were probably several years old. Three samples were spoiled by decay. In eighteen samples the tin was slightly corroded, and the contents stained with iron. These, too, were presumably several years old. In this connection the report remarks that it is much to be desired that the date of packing should be marked on the tin.

Of thirty-nine samples of sardines reported on, in only one were the contents spoiled by decay. Of 20 samples of herrings, fourteen were found to be in good condition. In six samples the tin containers were more or less blackened, but the contents were sound. Of nine samples of lobsters examined, all were found to be in good condition.

"Waiter, how can I tell if this is a ham sandwich?" "There's a label pasted on the rice paper, sir."—*Buffalo Express.*

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