nything

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Bread.

N. B.

Flesh and All of the rial. Prices

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oney. It would be interesting to hear tion of winter wheat was bad to average, a turnip, a small stick of celery, half an ounce of tapioca, one ounce of butter, one conomy." Some appear to define it as doing without things in order to save money; others, as buying things that are was developing well. In Switzerland winter crops were below, average and the outcome. economical expedidents, or they may not. It indicated production of wheat in that it is country is 678,000,000 bushels compared with 639,886,000 in 1916. The preliminal leave anything to be wasted." To eat things simply to keep them from being wasted is not exactly economy. The last year; potatoes 452,000,000 against cost of living has tended to cut down the 28,000,000 corn 3,124,000,000 against 2. disappeased yet. Often some member of the family takes another sandwich or another piece of bread simply because there is one left on the plate. To be sure, we make a point of using the left overs, when there are any, and this, of course, is quite the right thing to do. course, is quite the right thing to do, winter crop is fair, and spring moderate. Interior movement of grain light, and provided the left-over can be served up again without the addition of various expensive ingredients. Housekeepers can France.—Weather fine, being mostly

Most of the water and substitute milk. Interior motion and substitute milk. Interior most of the water and substitute milk. Interior most of pensive ingredients. Housekeepers can recall with amusement the old-time thrift ingrazines' recipes for "economy" of stale bread, for example making a pudchief object of food is nourishment. small as winter was bad and spring cool Corn Oysters: Grate young, swe Nourishment and bulk are both necessary, and wet. Scarcity of supplies is probut in attaining the latter at the smallest expense the power may be in danger of very high. it is well to remember that a dish which has too many ingredients "less" in its concection is likely to be rather a foodless dish, in point of nutritive value. A Balkan States.—Harvesting is progress-

some household food economists seem to proceed on the "feast or famine" plan. They cut down on the bill of fare so ruthlessly for several meals that the family appetite rebels and cannot be satisfied without a meal whose "squareness" more than balances what was saved through the meagreness of the preceding rations, and that without such good results. It is better economy to provide enough food of a nourishing kind and variety, while guarding against waste in any form, and watching the markets so as to buy with the some some hour and a moderate and other vegetation excellent. India.—Weather favorable with recent monsoon generous. Native food grain aboundant Moyement of wheat goods and shipment/liberal.

Australia.—Crop outlook fair and weather more favorable. Wheat movement liberal and stocks large.

North Africa.—Havesting Prospects fair.

Spain.—Crops benefited by recent rains. Harvesting is progressing in the spain and needs are urgent.

United Kingdom.—Weather fine; some reports of dryness. Outlook for wheat in charge to the size of the onions, and change the water two or three times, adding milk to the last water.

String Beans—Boil for about one hour, according to the size of the onions, and change the water two or three times, adding milk to the last water.

String Beans—Boil for one hour and a half.

Shell Beans—Boil for two or three times, add-ing milk to the last water.

String Beans—Boil for one hour and a half.

Shell Beans—Boil for two or three times, add-ing milk to the last water.

String Beans—Boil for two or three times, add-ing milk to the last water.

String Beans—Boil for two or three times, and change the water two or three times, and that without a meal watching the markets so as to buy with reference to season, supply, and relative cost.

As to cutting down expenses by going without certain things one needs, that is a form of economy which may be true or false, according to the things and the degree of need. It is poor economy to go, without rubbers in wet weather and catch

practice of the thing itself is not unknown. And yet, as a nation, it must be
owned that we have been wasteful in
many ways little and big. In the kitchen many ways, little and big. In the kitchen and get the best value for your money. ed, and for winter use when fresh vegewe have pared the potatoes with too Contrariwise, a good deal of money can tables are not to be had. There are many unsparing a knife—at least, we did in the days before potatoes became classed with other precious things dug out of the ground, gold and rubies and the like—

be spent to small advantage in accumulating "bargains" on the off chance that the main dish for luncheons and breakthey may be useful some time. A good fasts and suppers. The ever-faithful ground, gold and rubies and the like—
rule for guidance in economical dress salad is one of the best. In a salad any benefit of those desiring further copies of expenditure is to buy what you really kind of vegetable has its place, with a thearticle we would say that by writing to spoon to shorten dishes which might themselves have been "shortened" with themselves have been "shortened" with tion of the countless alluring things that, while not out of reach individually, corn, etc., all mix together excellently; free of charge a pamphlet containing all mount up to a rather staggering collec- and to them can be added radishes, toma-

millions of dollars, but the extravagant paid out in undue proportion. The moral use of material that is sorely needed for attached to the story was. She saved at attached to the story was. The saved at attached to the story was as follows:

Mix together one portation facilities will be undertaken. war purposes." O Statistics! what wild the spigot and let out at the bung." The tablespoonful of salad oil (or butter, one the spigot and let out at the bung." The tablespoonful of salad oil (or butter, one tablespoonful of salad oil (or butter, or butter) of tablespoonful of salad oil (or butter, or butter) of tablespoonful oil (or butter, or butter) of tablespoonful oil (or butter, or b generalities are quoted in thy name! the spigot and let out at the bung. In the spigot and let o pumps as you do for boots of the same the best advantage." That definition ent is added in the order mentioned and thoroughly mixed before the next is added.

part of the costume. But inasmuch as woollen goods are at a premium, the of crop conditions on the first of June. following receipes:

| decorated three times, once by the French and twice by the British. He is a former pockets are to be dis- during May and vegetation had almost peas, shell them and use the peas for a Stellarton boy and is returning home, pensed with in our fall skirts, so the made up for lost time which had during vegetable and the pods for a soup. After having lost an arm and a leg in the fight the earlier months rendered it so back- washing the pods put them into a kettle, He is wearing the Military Cross, the now compute how many millions of dol- warmth and rains of the latter half of any left over meat bones. Cover the pods for long service. lars might be saved by eliminating the May in Great Britian and Ireland greatly and bones with plenty of water and let futile belts from the coat effects worn by improved the prospects of all crops. The simmer for an hour and a half, or until it were without being conscious of the beam in their own organ of sight.

But to get back to our subject of econ
May and on the first of June the conditions of green peas, an onion, a carrot,

half a pound of raisins, a little candied citron, etc." On the other hand, the food economist sometimes forgets that the chief object of food is nourishment.

expense the power may be in danger of very high.

Germany.—All neutral advices and good deal about "substitute" dishes, or egg-less, or butter-less, but outlook for wheat and oats, owing to

the substitution of less expensive things instead of the high priced. The problem is less difficult in the summer when its less di nature has provided vegetables in plenty and variety, and the proud possessor of a ble and labor scarce. Estimates point

garden or the successful cultivator of a to a moderate yield of fair quality. Im-

UTILIZE THE FRESH **VEGETABLES**

Without rubbers in wet weather and catch a cold, or to put off buying a rain-coat until you have to go out some time in a storm which ruins your frock. It is usually poor economy to postpone the varieties of the thing itself is not un-

have been made to look amaist as weel's tive total. This modern generation had toes, cucumbers, celery, nut meats, hard-our August 4 issue. more material in our skirt pockets and grown to regard as needs what a stern boiled eggs, cold fish, or cold meats. A war-time economy shows to be luxuries, new version of cucumber salad which is more leather in our shoe-tops than was Another good rule is to buy things of very well liked is made by paring and cutabsolutely necessary. I see a Toronto paper suggests editorially that the authorities—whoever could be got daring enough to pose as such—should regulate the fashions, because "the voluminous of the fashions, because the fashions, because the fashions of the f nut meats-pecan or walnuts. Serve on Kenneth Fowler, of New York, to direct I remember once reading a story of a crisp lettuce and garnish with mayonnaise the movement. Betterment of market

ed, and the whole is then heated until it MARY MALVERN, thickens, and while heating is stirred conleft in the dish in which it was cooked it abbreviated. I do not imagine our silk FOREIGN CROP CONDITIONS left in the dish in which it was cooked it may curdle in cooling. If properly sealed this dressing will keep for several months.

Agricultural Statistics gives details cooking vegetables will be found in the talion. Lieut. Gillingwater has been

outlook for wheat, however, could only reduces, then strain and salt and pepper brought 196 officers and 994 Canadia is called the "pinched back" fashion, and how many thousands of yards of perfectly good material might be thereby saved for war purposes. It is funny how prone that under oats is about 9 per cent great this and then put it in the broth with Richard McBride, who up to a short men are to see the mote in their sisters er. In Italy the weather in May was some chopped parsley and cook for about while before his death in England was

cheap in price; others, as using up what you have on hand before you get anything more, and so on. All these may be dish and cover with a crust as for a deep economical expedidients, or they may not. the indicated production of wheat in that be used in this pie, and a few mushrooms

cost of living has tended to cut down the too-full plate, but it hasn't altogether 583,241,000, and flaxseed 17,000,000 than beans and cut the control of the cob using about one-third more corn than beans. Put the beans into a sauce

careful study of food values and combinations is necessary to a wise economy in the substitution of least confirmed crops are turning out well.

place in cold water for one minute an

twenty to forty minutes in a small quantity of water. When done press out the water, mash smooth, and season with butter, pepper, sugar and salt.

Cabbage-Boil from one to two hours in plenty of water; salt while boiling. Cauliflower-Boil from twenty minutes

An article with the above heading sue is now out of print; and for the Institute, Fredericton, they can obtain

EAT FISH AND SAVE MEAT!

this year and the high uppers of ladies' footwear not only represent a waste of millions of dollars but the autrawant of the strayagant of

Halifax, N. S., Aug. 25.-Over 1,200 soldiers returned to Canada to-day. Among the distinguished passengers or the steamer which brought them were Lady Drummond, head of the Canadian stantly. Immediately it has thickened Red Cross Information Bureau, London pour the dressing into a different dish. If and Col. Chown, superintendent, of the Methodist Church.

The most conspicuous soldier landing decorations considered, was Lieut. Fred THE June number of the Bulletin of Some suggestions as to novel ways of C. Gillingwater, M. C., of the 42nd Bat

> army men of other ranks, besides 200 the representative of British Columbia in turned with her six daughters and i on her way to her home.

Among the returning Canadian soldi of Ottawa, the first Canadian in the volunteer force for overseas after war was declared. Regimental Sergt. Major Marsden was wounded at Vimy Ridge and awarded the Military Cross for some exploits he mostly refused to speak about when approached shortly after the Distinguished Conduct medal. In South African war this warrior won the King's and Queen's medals, with the seven

ABYSSINIAN CIVIL WAR

London, August 22-A Reuter dispatch and boil the cobs for half an hour then after a flight in which he and his followers defeated 300 of the Government forces. The Prime Minister has been arrested and put in chains. It is rumored that he is implicated in a conspiracy to overthrow the Government. Lidj Jeassu is a grandson of the late

King Menelik. He succeeded to the throne in 1912 on the death of Menelik, but in 1916 was dethroned, owing to his

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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.

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