

NEW HYMN OF HATE

The wit and humor of the soldier in the trenches has had the testimony of cartoonists and bards and newspaper writers, so that the public has wondered at the spirit manifested under hardships and dangers. English women at home seem to have caught something of the same spirit of looking for the humorous side of their difficulties and hardships, which include a shortage of food to an extent which we fail to realize. The writer of these verses in the London *Queen* calls them her "Hymn of Hate." It is a "hated" tempered by a sense of humor, and the lines give us some idea of the food problems in the Mother Country, compared with which our call to "conservation" is a mere thing:

I HATE Food Controllers;
They play cards—sugar cards—
Which give me a headache but no sugar.
They commend me not to eat bacon,
Then raise the price to make sure I don't.
Even in their sleep they murmur 'Eat less bread.'

And every time I taste it I wish I could.
I hate Food Controllers;
They make long speeches
About butter;
And it worries me trying to remember
where I saw it last.
They tell me the eggs that I buy ought to
go to the wounded.
But I don't send them
Because
I cannot afford the gas masks that should
accompany them.

I hate Food Controllers;
They are too wise;
They say 'tea-drinking is a habit that must
be broken,
And when I have stood in a queue from
Monday morning—
And some one has stood on me—
Until Saturday night,
When I get two ounces that the grocer
has found when he swept the shop.
I know they are right.

I hate Food Controllers;
They are too gallant.
They are always saying 'Ladies first,'
And then they smile when they are being
photographed.

—*Montreal Herald.*

BRITAIN'S FOOD SUPPLY

London, Jan. 24.—Great Britain calls upon the United States for 75,000,000 bushels more wheat. This was one of the statements which Lord Rhondda, the British Food Controller, made in an interview with the Associated Press. He described the food shortage in Great Britain as most serious, but not such as would be detrimental to the health of the population with proper management of supplies and willingness to accept equally nourishing substitutes for some foods.

He drew a sharp distinction between the conditions in Germany, where the public health, particularly that of women and children, had been dangerously undermined by lack of nutrition and semi-starvation, and where the working effectiveness of the men had been decreased 30 per cent. In Britain, he said, the self-denial thus far practised had actually improved the physical condition of the nation.

"With the help of the United States we shall pull through," he declared. "I would feel very dependent over the position if the United States had not come into the war. Our situation would have been a happy one but for the shortage of crops in Italy and France. The war will be won by England. It is a test of endurance between England and Germany. We are to-day where Germany was two years ago. I have no fear of failure on the fighting line."

Despite the saving of some 1,400,000 tons in the consumption of all cereals during the four months ending Dec. 31, as compared with the same period in 1916, the possibility of a shortage is so threatening that wheat will now be milled in the United Kingdom up to ninety per cent. extraction, increasing the use of dilutents ten per cent. The restriction of the use of potatoes in bread to 12 1/2 per cent. has been removed, and the use of potatoes in bread-making will become compulsory. Twenty per cent. of potatoes may be used.

"It is vital that shipments for the allies from America in January, February and March shall be accelerated to the utmost. They must not be below the average of 1,000,000 tons per month. The supply of bacon, hams and lard is so short that the January shipments now in sight are scarcely likely to be enough to fill the army's requirements for this month. Civilians will probably have to go without. The shortage in home meat supplies is likely to continue until feeding on the pastures becomes possible in the spring. In the meantime we must rely on Mr. Hoover's meatless days to increase our imports."

With sugar compulsory rationing seems to be working well, but tonnage difficulties make it doubtful if we shall be able to maintain the weekly ration at half a pound per capita. The supplies of butter, margarine and cheese are all very short. Rationing and schemes are being formulated for providing for compulsory rationing of butter and margarine and many other commodities, including meat, bacon, cheese, lard and tea."

WARTIME RECIPES FOR BISCUITS, GEMS, AND MUFFINS

WHOLE WHEAT, BRAN OR RYE BISCUITS, No. I.

- (With sour milk or buttermilk.)
- 1 cup white flour
- 1 cup bran, rye or whole wheat flour
- 1/2 teaspoon baking soda
- 1 teaspoon baking powder
- 1 teaspoon salt
- 2 tablespoons butter, lard, or dripping
- About 1/2 cup sour milk or buttermilk

Sift together the dry ingredients two or three times, and lightly rub in the shortening. Gradually work in the milk, using a broad-bladed knife. Toss lightly on a floured board and roll out to about one-half inch in thickness. Cut or shape into biscuits and bake immediately in a quick oven.

WHOLE WHEAT, BRAN OR RYE BISCUITS, No. II.

- (With sour cream.)
- 1 cup white flour
- 1 cup bran, rye or whole wheat flour
- 1/2 teaspoon soda
- 1 teaspoon baking powder
- 1 teaspoon salt
- 1 cup thick sour cream

Mix and bake the same as in Recipe No. I.

WHOLE WHEAT, BRAN OR RYE BISCUITS, No. III.

- (With sweet milk, skim milk, or water)
- 1 cup white flour
- 1 cup bran, rye, or whole wheat flour
- 3 teaspoons baking powder
- 1 teaspoon salt
- 2 tablespoons butter, lard, or dripping
- About 1/2 cup sweet milk, skim milk, or water.

Mix and bake as in Recipe No. I.

POTATO BISCUIT

- 1/2 yeast cake
- 1 cup milk
- 2 cups flour
- 1 egg
- 1/2 teaspoon granulated sugar
- 2 cups mashed potatoes
- 1/2 teaspoon salt
- 1 level tablespoon butter

Bake and mash three or four large potatoes, enough to make one quart. Place in bowl, add salt, sugar, and butter. Take a cupful of the milk, heat till lukewarm, dissolve yeast cake in it, and add enough flour to make a sponge—about half a cup. Set sponge aside in warm place, free from draught, to rise. Bring the balance of the milk to boiling point and then add it to the potatoes, salt, sugar, and butter. When sponge has risen and dropped back add it to the potato mixture. Then add the egg well beaten, the remainder of the flour, and mix all together thoroughly. Let rise in a warm place. Butter a baking dish and drop the mixture in spoonfuls, as the dough should not be handled. Let rise again and bake from fifteen to twenty minutes.

GRAHAM MUFFINS, No. I.

- 1 1/4 cups graham flour
- 1 cup white flour
- 1 cup sour milk
- 1/2 cup molasses
- 1/2 teaspoon soda
- 1 teaspoon salt

Mix and sift dry ingredients; add milk to molasses; combine mixtures and bake.

GRAHAM MUFFINS, No. II.

- 1 cup graham or entire wheat flour
- 1 cup white flour
- 4 teaspoons baking powder
- 1/2 cup sugar
- 1 teaspoon salt
- 1 cup milk
- 1 egg
- 1 tablespoon melted butter

Mix and sift dry ingredients; add milk gradually, egg well beaten, and melted butter. Bake in hot oven in buttered gem pans for about twenty minutes.

WHOLE WHEAT MUFFINS

- 2 cups whole wheat flour
- 2 teaspoons baking powder
- 1 teaspoon salt
- 2 tablespoons shortening
- 2 tablespoons sugar
- 1 cup milk
- 1 egg

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.

BRAN GEMS

- 1 cup bran
- 1 cup white flour
- 1/2 cup sugar
- 1 teaspoon salt
- 4 teaspoons baking powder
- 1 cup milk
- 1 egg
- 1 tablespoon melted butter

Mix and bake the same as Whole Wheat Muffins.

CORN MEAL GEMS

- 1/2 cup corn meal
- 1 cup flour
- 3 teaspoons baking powder
- 1 tablespoon sugar
- 1 tablespoon melted butter
- 1/2 teaspoon salt
- 1/2 cup milk
- 1 egg

Mix and bake the same as Whole Wheat Muffins.

Mixard's Liniment Cures Distemper.

THE DESERTERS

WHERE are the maids that used to lay my table
And cook my meals and (sometimes) scrub the floor?
Florie and Maud and Emily and Mabel,
All, all are gone to prosecute the War;

In reeking vaults and mountain dells
They tend their sheep and fill their shells,
While my wife answers all the bells
And no one shines my Sam Brownie any more.

Where is Elizabeth, whose eyes were argent?
How like a home her hospital must be,
Winnie's a "Waac," and bound to be a Sergeant,
Judging from how she dominated me
(Only I hope she never stoops
To talk like that to lady troops);
And Maud, who dropped so many soups—
What does she do with bombs and T. N. T.?

Our car stands starving in the dusty garage.
But Mabel drives a whacking Limousine;
And when they sprinkle us with bits of barrage
We know that much of it was made by Jean;
Our income slowly disappears,
While they get more than Brigadiers—
No wonder now the agent sneers,
"You can't get girls to come to Turnham Green."

Do they look back and hope that we are happy,
With no one left to fuss about our food;
And when some foreman is extremely snappy
Recall with tears my courtier attitude?
Rather, I ween, with mirthful hoots
They think of Master cleaning boots,
And thank their stars, the little brutes,
They bear no more the yoke of housemaid-hood.

And what will happen when the Bosch goes under,
And all these women fling their swords away?
Will the dear maids come back to us, I wonder?
Shall I be able to afford their pay?
And will they want Muniton rates?
Ah, who can read the ruthless Fates?
Meanwhile we was the dirty plates
And do our whack as willingly as they.

A. P. HERBERT, in *Punch*.

OATMEAL MUFFINS

- 1 cup cooked oatmeal
- 1 1/2 cups flour
- 4 teaspoons baking powder
- 2 tablespoons sugar
- 1/2 teaspoon salt
- 1/2 cup milk
- 1 egg
- 2 tablespoons melted butter

Mix and sift flour, sugar, salt, and baking powder. Add half the milk and the egg well beaten. Mix the remainder of the milk with the cooked oatmeal and add to the dry ingredients. Beat thoroughly, then add melted butter. Bake in greased gem pans.

RICHE MUFFINS

- 2 1/2 cups flour
- 1/2 cup hot cooked rice
- 5 teaspoons baking powder
- 2 tablespoons sugar
- 1 cup milk
- 1 egg
- 2 tablespoons melted butter
- 1/2 teaspoon salt

Mix and sift flour, sugar, salt, and baking powder. Add half the milk, egg well beaten, the remainder of the milk mixed with the rice, and beat thoroughly. Add the melted butter. Bake in greased gem pans.

BUCKWHEAT GEMS

- 1/2 cup sugar
- 1 egg
- 3 tablespoons butter
- 1 cup milk
- 1 cup buckwheat flour
- 1/2 cup white flour
- 2 teaspoons baking powder
- 1/2 teaspoon salt

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.

She—"I'm afraid that our friendship must cease." He—"Then you do intend to marry me, do you?"—*Buffalo Express.*

"Do you have meatless days at your house?" "Yes," replied Mr. Meekton. "Everybody except the dog." "Why the exception?" "Well, Henrietta is right complimentary about it. She says my superior intelligence enables me to be philosophical about a situation which would grieve Fido because he couldn't understand it."—*Washington Star.*

"Flabby always boasted that when he married he would never live with his wife's people, and that is exactly what he is doing." "Not exactly; he isn't living with them—he is living on them."—*Baltimore American.*

SMALL BOYS OF AMERICA IN A SERIOUS QUANDARY

THE United States is facing a serious shortage of castor oil, the same smooth, mucilaginous, euphorbiaceous, nauseous castor oil, and the Government has made arrangements with Southern farmers to plant 100,000 acres of castor-oil beans this summer, so that there will be a plentiful supply, not only for domestic punishment, but particularly for aeroplanes.

Army officers have found that castor oil is the best lubricant for aeroplane motors, because it is not soluble in gasoline. It is the aviator's delight. The proper reminder of home and the old days when it came en surprise in lukewarm coffee, in sarsaparilla, in orange juice, in lemon in lemon jelly, on hot spoons, with lemon, with peppermint, in ice-cream soda in gelatinous capsules, and "absolutely tasteless" plain.

There has been more camouflage—the word is used advisedly—with castor oil than with any other domestic substance, not excepting present-day "butter." But the consensus of opinion seems to be that nearly all attempts have failed. Sweet, sour, aromatic, and alkaline things underlying and superimposing the oil of *Ricinus communis* are not what they seem when gulped down. The oil stands alone.

The child who lives next door said, when told of the new castor-oil crop this summer, that the best use for it seemed to him to be to make infant's hair curly. Applying the commodity on the bald pate of a baby who had not developed a real sense of smell and taste, he thought, always should be substituted for forceful feeding of it to the young and adolescent, which was so likely to inculcate a disgust that clung tenaciously all through life. He may be right.

He called attention to the fact that many residents of New Jersey planted the castor beans in their yards because the ornamental plants kept the mosquitoes away. "Is it possible that mothers will continue feeding children what mosquitoes refuse?" he asked.

When the question came up about the propagation of the castor bean, Government officials first invited the Southern farmers patriotically to plant castor-oil beans instead of roses. The Government found the better way to administer the dose was to offer inducements for generous acreage. Thirty cents used to be the inducement in old days of King Colic. At one time, in midsummer, the price was thirty cents, one circus, and two desserts, plus a definite agreement between the party with the bottle and apron and the

party backed up in the corner with tight-shut mouth that the spoon was to be "very" hot, the nose held tight, and the spoon not tipped until King Colic's victim distinctly said, "One, two, three, go!"

The Government already has said "Go!" to the Texas farmers, who have laid out 100,000 acres, and the fall crop is expected on the basis of five gallons of pure oil for every yield of 100 pounds of good castor beans—by which time every Liberty motor will be ready for a generous dose, so that John Doe, Aviation Corps, U. S. A. can hold their nose and say "Go!"—*New York Evening Post.*



MENTHOLATUM

The Irritation

caused by shaving or chapped skin is Quickly Relieved by applying Mentholatum

A Healing Salve

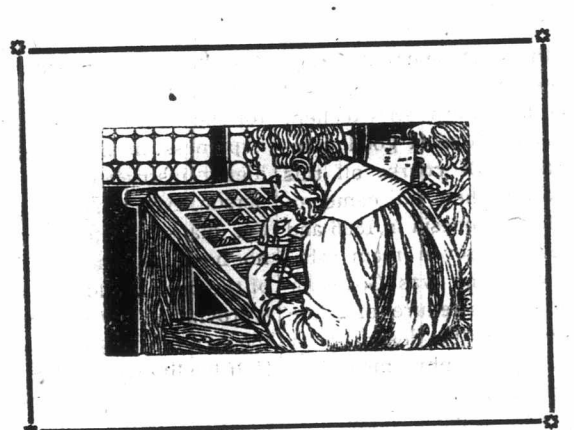
which is sold and recommended by the leading druggists throughout the Maritime Provinces.

2 sizes—25c and 50c

Always keep a jar handy

Send 3c in stamps for a generous size sample.

The Mentholatum Co.
Bridgeburg, Ont.
15-6-17.



JOB PRINTING TO SUIT YOU

WEDDING INVITATIONS,
DANCE PROGRAMMES
VISITING CARDS AND ALL
KINDS OF SOCIETY, COMMERCIAL, LODGE AND LEGAL PRINTING

Done by OUR JOB PRINTING DEPARTMENT. :: :: ::

Beacon Press Co.

SEND ALL ORDERS TO THE BUSINESS OFFICE
Stevenson Block
Next Door to Custom House

Makes Baking a Success

Always the promise of the dough is fulfilled in the golden brown product of the oven when the housewife uses

PURITY FLOUR

More Bread and Better Bread---and Better Pastry, too.