

AN OLD WOMAN OF THE ROADS

O H, to have a little house!
To own the hearth and stool and all!
The heaped up sods upon the fire,
The pile of turf against the wall!

To have a clock with weights and chains
And pendulum swinging up and down!
A dresser filled with shining delphs,
Speckled and white and blue and brown!

I could be busy all the day
Clearing and sweeping hearth and floor,
And fixing on the shelf again
My white and blue and speckled store!

I could be quiet there at night
Beside the fire and by myself,
Sure of a bed and loath to leave
The ticking clock and the shining delph!

Och! But I'm weary of mist and dark,
And roads where there's never a house nor bush,
And tired I am of bog and road,
And the crying wind and the lonesome hush!

And I am praying to God on high,
And I am praying Him night and day,
For a little house—a house of my own—
Out of the wind and the rain's way

—From "Wild Earth and Other Poems," by Padriac Colum. New York: Holt, \$1.25 net.

RED CROSS SOCIETY

PRISONERS OF WAR WORK

SINCE December 1916 the Canadian Red Cross Society has, at the request of the British Government, undertaken to send to all Canadian Prisoners of War sufficient food and clothing to ensure their bodily health and comfort, and it also sends them as much in the way of games, reading and writing material, tobacco, etc., as its funds will permit. That, without outside care, the prisoners would literally starve to death can be fully realized when we learn that the prison camp fare for one day is:

4.30a.m.—Breakfast: Thin soup or porridge, slightly sweetened.
12.00 noon—Soup of coarse beans and potato peelings and Indian corn (often rancid).
5.00p.m.—Supper: Raw herring (generally high) and three potatoes only partially eatable.

Daily—A ration of about three slices of black bread.

One day a week—Rice and prunes (which is eatable).

The friends and relatives of prisoners have been inclined to resent the regulations which forbid private individuals to send parcels of food and clothing to prisoners, and they also complain that the prisoners do not always receive the Red Cross parcels. The regulations were made because it was discovered that parcels were being sent by spies to fictitious prisoners and were providing an easy means of getting important information to the enemy. Placing the care of prisoners in the hands of one organization, the Red Cross Society, has made it possible to systematize and arrange the sending of parcels to every prisoner. The work is enormous. \$500,000 annually is the approximate cost of articles now supplied to Canadian prisoners of war, and the work is done by voluntary helpers. That prisoners did not always receive parcels sent to them was due to an interruption of services between Great Britain and Holland; a break-down of the railways in Germany and the very general suspension of the postal services in Germany during a certain period. It must be remembered that Germany is beyond the control of British authorities. Everything possible is being done by the Society to ensure the dispatch of adequate supplies to every Canadian.

"Would any of us be selfish enough to insist that the Government withdraw regulations which we know had to be passed for the safety of our own troops? Would our men in German camps, any of them, be willing that this should be done? I think not." The quotation is taken from an article in the "Manitoba Free Press" which closes with the following paragraphs:

"For obvious reasons I have given a great deal of space to this phase of the Society's work. It is one we must keep up as we must all the others. Even when peace comes we still have enormous tasks in succoring the helpless millions of devastated Europe. This work we shall have to keep up for many years to come. We women will need all our resolution, all our sympathy, all our courage for the days that are before us. And we need every woman, be she of the city or of the country, and no matter in what walk of life. Manhood and womanhood of our time have accomplished tasks for which even the most optimistic of us dared not prophesy them capable. So, in increasing numbers, and with increasing power, we will carry on."

A full statement of what the Canadian Red Cross has done for Canadian prisoners of war will be found in the July number of the Society's leaflet, which can be obtained from any branch of the Society, and below is printed a copy of a special leaflet which explains itself.

PRISONERS OF WAR DEPARTMENT
The Canadian Red Cross Society sends every fortnight three 10lb. parcels of provisions, weighing 10lbs. each to every Prisoner of War in the Canadian Contingents, this under the New Regulations is the maximum amount which may be sent.

BE SPARING WITH THE WHEAT FLOUR

Canada's Food Controller has asked that wheat flour and all forms of wheat should be used as sparingly as possible and some other grain substituted where wheat was previously thought indispensable. Oatmeal, cornmeal, rye, and buckwheat flour, rice, tapioca, sago, and cornstarch are all available to replace wheat products in the home kitchen; and as an example of how a little planning will cut down the amount of wheat used in ordinary every-day cookery, the following recipes for oatmeal breads, cakes, etc., may be found useful:

Oatmeal Baking Powder Bread. The ingredients are half a pint oatmeal, one and a half pints flour, half a teaspoonful of salt, three teaspoonfuls of baking powder, and three quarters of a pint of milk. Boil the oatmeal for one hour in one and a half pints of salted water; add the milk and set aside to cool, when cold add flour, salt and baking powder sifted together; mix until smooth. Bake in a greased tin for about forty-five minutes, protected with paper for the first twenty minutes.

Oatmeal Macaroons. The ingredients are one tablespoonful butter, one cup in white sugar, two eggs, two cups rolled oats, half a teaspoonful salt, two teaspoonfuls baking powder, one teaspoonful vanilla. Rub together butter, sugar and rolled oats salt, and baking powder, then drop in the eggs unbeaten. Mix with a spatula. Add vanilla. Drop the mixture on buttered pans in pieces about the size of a hazel nut and bake in a moderate oven.

Oatmeal Cakes. The ingredients are half a cup of butter and lard mixed, one quarter of a cup of sugar, one and a half cups oatmeal, one and a half cups flour, half a teaspoonful of soda, and water enough to mix. Roll very thin and cut out with a biscuit cutter. Bake in a quick oven.

Oatmeal Gems. Mix together two cups of rolled oats and one and a half cups of sour milk and let it stand overnight for twelve hours, then add one egg, one cup of flour, one quarter cup of sugar, a pinch of salt and a teaspoonful of soda. Beat well and bake in hot buttered gem pans in a moderate oven.

5—Spirits or solidified spirits for cooking stoves, matches or other inflammable articles.
6—Money.
7—Stationery, stamps, playing cards and similar articles affording facilities for secret writing (except to officers if sent direct from approved trading firms or to civilians, non-commissioned officers and men if sent through the Central Prisoners of War Committee or its Associations.)

ENEMY COUNTRIES
8—Articles consisting of or containing leather, wool, cotton, rubber (except clothing and boots sent to officers or official issue of clothing and boots sent by the Central Prisoners of War Committee or its Associations).
9—Textiles other than personal clothing sent to officers or official issues through the Central Prisoners of War Committee or its Associations.
10—Blankets.
11—Medical Stores.
12—Drugs on prohibited list.
13—Photographic apparatus, field glasses, sextant, compasses and other instruments of use for naval or military purposes.

HOW TO MAKE COCONUT BUTTER

Henry D. Baker, U.S. Consul at Trinidad, has had many inquiries from the United States as to the way coconut butter is made. For the information of inquirers the following recipe of the usual mode of making this butter for domestic use in Trinidad is furnished to the Department of Commerce. Apparently the grater which will grind or grate the coconut as fine as possible will produce the best results.

For making one pound of the butter grate four large coconuts. Divide the grated nuts, for convenience, into two lots, putting each lot in a large square piece of cotton material, and then into a good-sized bowl. Pour boiling water over the grated coconuts in, each bowl and see that it is more than completely covered by the water. Take up the four corners of the material, moving it gently about in the boiling water, thoroughly washing the grated nuts. Do this about three minutes, then tie the four corners of the material together, and suspend the bag thus made over the bowl. As soon as it is cool enough to handle, wring hard until there is no liquid left in the grated nuts. After wringing, the coconut is not used again—it makes excellent fowl food.

Stand the bowls of liquid aside in a cool place for at least thirteen hours. A rich, thick cream will rise to the surface. Skim the cream and put it into a glass churn, or, in the absence of a churn, use a glass jar with a rubber and screw top. Before churning it is better to stand the churn or jar in the ice chest for about fifteen minutes, or a very small piece of ice may be put in with the cream while churning. If you have a churn, churn in the ordinary way; if not, and the jar is used, adjust the rubber and screw top on tightly. Shake the jar briskly until the butter forms a solid mass just as in ordinary butter making. Pour off the water gradually and turn the butter into a bowl. Work it gently with a fork to separate any remaining water or milk; pour this off and mould the butter, keeping it in a very cold place. The butter is of course pure white. A coloring matter may be used if desired. It should be worked in with the fork after churning.

The Allies, including Great Britain, France and Belgium need 460,000,000 bushels of imported wheat. North America will have to supply it.

NEUTRAL AND ENEMY COUNTRIES
1—Enclosures intended for any person other than the Prisoner of War Committee or War named in the address.
2—Written communications, printed matter, pictorial illustrations, photographs—except printed form of acknowledgment, instructions for playing games, opening tins, etc.
3—Food (except to Officers or by the Central Prisoners of War Committee or its Associations).
4—Clothing, including towels and handkerchiefs (except uniform clothing and boots, sent to officers or official issues through the Central Prisoners of War Committee or its Associations).

lukewarm water, a little flour. Mix the oatmeal, salt, and scalded milk together. When lukewarm add the molasses and the yeast cake dissolved in the warm water. Stir in enough flour to make a stiff batter; beat for five minutes. Allow to rise overnight. Beat and divide into buttered gem pans, let rise, and bake for half-an-hour in a moderate oven.

Oatmeal Pancakes. Pour the left-over oatmeal porridge into a round dish, cover, and let stand until required, not less than one hour or more than thirty-six hours. Have the frying pan well greased and very hot and put thin slices of the cold porridge and fry until brown and crisp. Serve with butter and syrup.

TRY "THE OVERLAND"

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

BUCHANAN & CO.
Water Street St. Stephen

HILL'S LINEN STORE

Fine Quality of Madeira Embroideries in the following sizes:—

LUNCHEON SETS in 13 and 19 Pieces.
ROUND SCALLOPED TABLE CLOTHS, sizes 35 inch, 44 inch, 54 inch, and 70 inch.
BUREAU SCARFS 19x45, and 19x54.
NAPKINS and HANDKERCHIEFS, HANDKERCHIEF CASES and GLOVE CASES, BABY PILLOWS.

Makeira Embroideries now the Most Popular Linens.

HILL'S LINEN STORE
PHONE 45 SAINT STEPHEN, N. B.

ALWAYS A PLEASURE

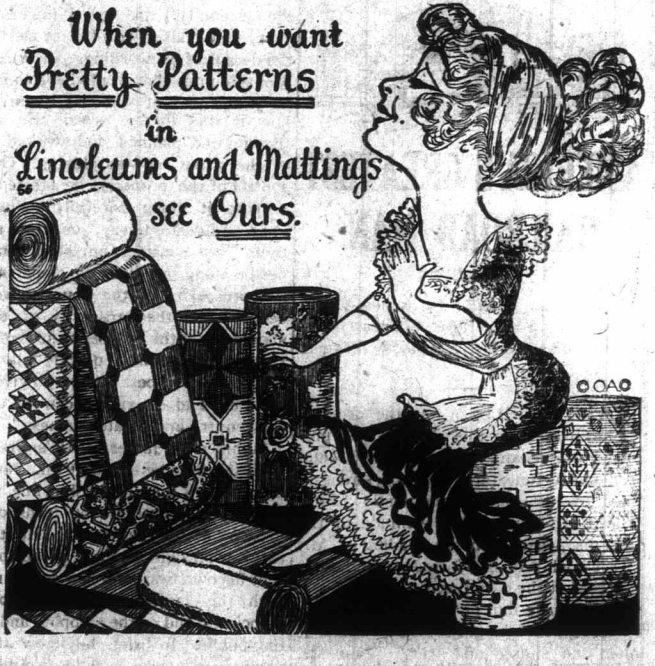
A baking-day success is keenly enjoyed by every woman. The quality, the purity, the wholesomeness of

REGAL FLOUR

insures bread and rolls which the whole family enjoys.

Try a Barrel

THE ST. LAWRENCE FLOUR MILLS CO., Ltd.
MONTREAL



Dear Mary—

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!

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PAYNE'S "THE OVERLAND"
THE NEW TEN CENT CIGAR FOR FIVE CENTS

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