

YEASTLESS BREADS FOR WARTIME FARE

BOSTON BROWN BREAD

1 cup rye meal
1 cup granulated corn meal
1 cup graham flour
1 1/2 teaspoons soda
1 teaspoon salt
1/2 cup molasses
2 cups sour milk or 1 1/2 cups sweet milk or water

Mix and sift dry ingredients, add molasses and milk, stir until well mixed, turn into a greased mould (a one-pound baking-powder can makes an attractive shaped loaf) and steam three and a half hours. The cover should be buttered before being placed on mould, and then tied down with string; otherwise the bread in rising might force off the cover. The mould should never be filled more than two-thirds full. For steaming, place mould on a trivet or saucer in a kettle of boiling water, allowing the water to come half-way up around mould. Cover closely and steam, adding more boiling water as needed.

SWEET MILK BROWN BREAD

1 cup white flour
2 cups graham flour
1/2 teaspoon soda
1 1/2 teaspoons salt
1/2 cup molasses
1 1/2 cups sweet milk

Sift the soda and salt with the flour, add the molasses and milk, and beat well. Pour into a greased mould and steam three hours.

NEW ENGLAND BROWN BREAD

1 1/2 cups stale bread
3/4 cups cold water
1/2 cup molasses
1 1/2 teaspoons salt
1 1/2 cups rye meal
1 1/2 cups corn meal
1 1/2 cups graham flour
3 teaspoons soda

Soak bread in two cups of water. Rub through a colander, add molasses, dry ingredients mixed and sifted and remaining water. Stir until well mixed, fill buttered one-pound baking-powder tins two-thirds full, cover and steam two hours.

HEALTH BREAD

3 cups bran
1 1/2 cups graham flour
1 cup white flour
1/2 cup molasses
1 teaspoon baking powder
2 cups milk

Sift together the dry ingredients. Beat in the milk and molasses, pour into greased pans, and let stand in the pans for about one-half hour before baking. Bake about one and one-quarter hours in a slow oven.

BRAN BREAD

2 cups bran
2 cups white flour
1 cup brown sugar
1 cup sour milk
1 teaspoon soda
1 teaspoon salt

Sift the salt and soda with the white flour. Add the bran and sift again. Add sugar and beat in sour milk. Bake in greased pans.

POTATO BREAD

3 pounds potatoes
1 cup lukewarm water
5 to 6 cups whole wheat flour
1 1/2 tablespoons salt
3 tablespoons sugar
2 cakes compressed or dry yeast, softened in 1/2 cup lukewarm water

Boil the potatoes in their skins until very soft. Pour off the water, and peel and mash the potatoes while they are still hot. When the Potatoes are lukewarm add the dissolved yeast cake, then the other cupfuls of water and the salt and sugar. Mix into this one scant cupful of flour, and allow the sponge to rise for about two hours. Add the remainder of the flour and knead thoroughly until the dough is smooth and elastic. Let rise until nearly double in volume, then knead and shape into loaves. Let these rise to double their volume and bake.

RICE BREAD

1/2 cup lukewarm milk and water
1/2 cup uncooked rice
2 teaspoons salt
1 tablespoon sugar
1 tablespoon butter, lard or dripping (if desired).
1 cake compressed or dry yeast
6 to 8 cups whole wheat flour

Cook rice until tender in boiling water to which one teaspoonful of salt has been added. Put the sugar, salt and fat (if used) into the mixing bowl and pour over them a half cupful of the liquid. Add the yeast cake softened, in one-quarter cup of the lukewarm water. Add two cupfuls of flour and the boiled rice which has been cooled until lukewarm. Allow this sponge to rise until very light, then add the rest of the flour. This dough is so stiff that some pressure is necessary to work in the last of the flour. Allow the dough to rise until double in bulk, knead and shape into loaves; let these rise until double in bulk, and bake.

JOHNNY CAKE

1 cup yellow corn meal
1 cup bread flour
1/2 cup sugar
1 1/2 cups sour milk
1/2 teaspoon soda
1/2 teaspoon baking powder
1 teaspoon salt

Mix and sift the dry ingredients twice, and gradually add the sour milk. Beat well, and bake in a shallow greased pan, in a moderate oven.

VIRGINIA CORN BREAD

1 cup corn meal
1/2 cup boiling water
1/2 cup bread flour
1 egg
1 teaspoon baking powder
1/2 teaspoon salt
1/2 cup grated cheese (optional)

Stir the boiling water into the corn meal, add the beaten egg and stir in flour, salt and baking powder, sifted together. Stir in the grated cheese. Mix quickly, and drop by tablespoonfuls in a hot frying-pan greased with bacon fat.

BARLEY BREAD

2 cups barley meal
1 cup graham flour
1 cup white flour
2 tablespoons sugar
1 teaspoon salt
6 teaspoons baking powder
2 cups milk

Sift the dry ingredients together, mix well with the milk, turn into a greased pan, let stand fifteen minutes and bake in a moderate oven for about fifty minutes. Raisins, dates, or nuts may be added.

THOSE CLAMS

Dr. Keirstead's report of the Food Controller's work in New Brunswick: During the past month our Pledge Card Campaign has been pushed in the rural districts through the medium of the public schools. Teachers have given hearty co-operation in instructing their pupils, and in circulating the pledges in their localities. In some cases the teachers visited the parents and secured signatures. The work of the local committees has been gratifying. In Fredericton public meetings have been held at which Miss Peacock, of the Normal School, gave addresses on food values. War recipes have been tested out by lady members of the Committee, and the results obtained were published in the newspapers. In Moncton the Daughters of the Empire are living up to their pledge, not only individually but in their patriotic tea room, and Chapters in other places are rendering excellent service. In Campbellton, the Committee has secured the exclusion of foods from public schools or gatherings, and in St. John and elsewhere considerable is being done to reduce the consumption of sweets and other foods. The local Committee of Chatham has carried on organization work and held public meetings in centres near that town. The Women's Institutes are doing good educational work in food values, and a strong public sentiment in the province in favor of food conservation is being created. A loyal group of Red Cross workers is undertaking our work in Rothesay, and this organization is helping in many places. Mr. Schofield and myself recently addressed a public meeting at Rothesay. Other addresses have been given at teacher's associations and conventions. The local committee at St. Andrews has circulated the following pledge in addition to securing signature to the household pledge card:—

SAVE BEEF AND BACON EAT FISH AND CLAMS

I agree to take a pint of shelled clams every Thursday from now until the end of March, 1918, for which I will pay in cash at the rate of 20 cents per quart, delivered at my house.

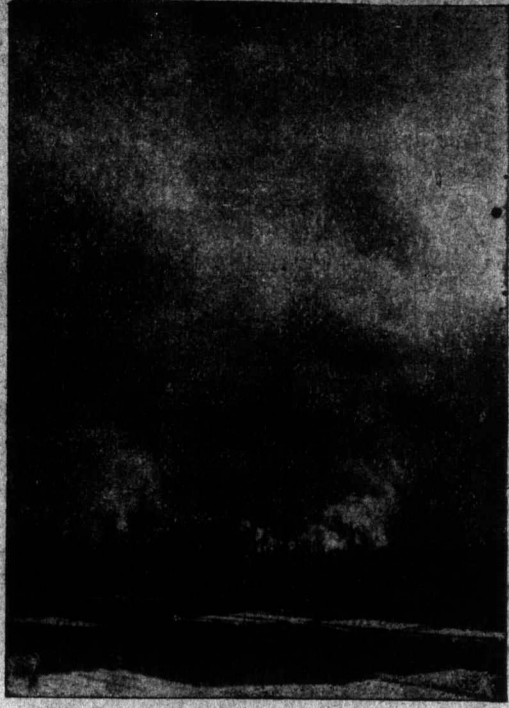
Our Committee is co-operating with the Department of Agriculture for increased production. Arrangements are being made for our members to visit County Council sessions in January in order to enlist their co-operation in a campaign for increased production in wheat and live stock. The Agricultural Department is securing fertilizer and seed grains for the farmers, and efforts are being made for increased production another year.

CONFISCATE HOARDED COAL

Hamilton, Jan. 10.—Major Bocker, discussing the local fuel situation to-day, said he would apply to Provincial Fuel Controller R. C. Harris, of Toronto, for the power to search the cellars of all citizens, and where evidence of hoarding is found, to confiscate all over three tons. His Worship said there are 500 families in the city who have not a pound of fuel. When one local dealer resumed taking orders this morning there was such a rush of applicants that four policemen were necessary to keep the crowd back.

"Has Crimson Gulch quit drinking?" "Yes," replied Broncho Bob. And playing faro bank?" "Quit entirely." "What do you do for amusement?" "Go to moving-pictures and laugh at the reckless way they think us Wild West fellows behave."—Washington Star.

"Are all your family observing the meatless day now?" "Yes all except Carlo. We can't make him realize that he musn't bite strangers on Tuesdays."—Baltimore American.



A RAGING FOREST FIRE IN EASTERN QUEBEC

Canada has to foot enormous losses each year because of ineffective forest ranging systems. To cut down New Brunswick's share of that loss, it is expected that the Forest Service will be given authority this winter to completely reorganize the fire ranging system.

TO COMBAT FOREST DESTRUCTION BY MODERN FOREST SERVICE

By Robson Black, Sec'y, Canadian Forestry Association, Ottawa.

Forest protection has made greater advances in Canada during the past five years than in the previous fifty. Those acquainted with the growing scarcity of timber and the highest prices constantly being offered feel convinced that the next two or three years will witness tremendous further advances in Government forestry policies.

New Brunswick has more than 7,500,000 acres of public owned forest lands under lease, for the greater part, to scores of wood using industries. While the industries are providing the chief source of employment in the province, paying more wages and attracting more capital than any other industry New Brunswick possesses, nevertheless the responsibility for maintaining the raw materials—the growing timber—rests mainly with the public administrators. Contrary to common belief, forest supplies in New Brunswick are not great enough to admit of the slightest extravagance in their use. Destructive fires are, of course, the first great extravagance and after them comes careless cutting by jobbers. In order to rule out forest fires and supervise the cutting methods on the public timber areas, it is understood that the Government will introduce at the coming session a special bill giving the Chief Forester and his staff such powers as will enable them to apply business like management to the licensed Crown lands.



THE TRAGEDY OF FOREST FIRES.

Canada still permits enormous annual losses in the forest areas, although modern protective systems are capable of greatly reducing losses.

"Have you economized?" "I don't know. I have tried, but when I go without things I like I find that all the articles that can be substituted for them cost just as much."—Washington Star.

"THE RUN OF THE BIG YEAR"

British Columbia salmon is a staple product of the world over. The superior quality of the sockeye salmon, especially, has created a market for them wherever there is a demand for canned fish. This world-wide reputation has naturally led to an extensive exploitation of the fishery, and in spite of a measure of restrictive legislation and artificial propagation, there has been a steady decline in the catch during the past twenty years. This is especially true of the Fraser River fishery. The international character of the stream has made it impossible, up to the present, to secure adequate restrictions and regulations.

As is well known, the life history of the sockeye salmon extends over a period of four years and, each year the fish that were spawned in the upper waters of the Pacific Coast rivers four years before, come in from the sea to deposit their spawn in turn and then die. It is during these seasons of inward migration that the fishermen gather their harvests. One of the strange and romantic features of these migrations is that every fourth year the run of fish is many times larger than during any of the three years preceding or following it. This phenomenon has occurred so regularly that it is commonly spoken of as 'the run of the big year.' The explanation most generally accepted is that, at some period, before the advent of the white man, the fish were overtaken by some disease, or other calamity, which either prevented spawning or destroyed much of the spawn during a period of three years. As if to confirm this theory, the enormous rock slide in the Fraser in 1913—a big year—which prevented the salmon getting up the river to spawn, caused a tremendous falling off in the catch of 1917. Thus, in 1913, 2,401,488 cases were packed by Fraser river canners, while a close estimate of the total pack of 1917 is only 429,600 cases, or only about 18 per cent. of the pack of 1913. Such a decline is a calamitous one and only the most carefully-enforced restrictions over a period of years can restore, or even save, the fishery.

At the Ninth Annual Meeting of the Commission of Conservation, Mr. J. P. Babcock, Assistant Commissioner of Fisheries, British Columbia, said:

"The history of the fishing in the Fraser River district in the past fourteen years is a record of failure on the part of the authorities of the state of Washington to realize the necessity of conserving a great fishery, notwithstanding the convincing evidence submitted to them by agents of their own creation that disaster was impending to one of their great industries. The Canadian authorities, on the other hand, have, by their representation of acts, evinced, in unmistakable manner, their willingness to deal squarely and adequately with conditions that foretold depletion, and to join with the state of Washington or the United States Government in legislation to prevent it."

If this can be done there should be no reason why in the course of time every year should not be a big year. On the other hand, a continuance of the present wasteful methods of fishing, especially by American fishermen, can only result in the complete depletion of this valuable fishery.—A. D., January Conservation.

FOOD CONSERVATION IN LOGGING CAMPS

At the Pacific Logging Congress held recently, Mr. W. B. W. Armstrong, of British Columbia Loggers' Association, made some very pointed remarks in connexion with the present wastage of foodstuffs in logging and lumber camps. Something like a competition has developed in providing luxurious food for their employees, with the definite object of attracting men to their employ. It was stated that: "now the food served in our logging camps are more expensive and more varied than those in our own homes or in the average hotel!" Mr. Armstrong attributed the present 'great waste of food' in the camps to the general and lavish use of canned fruits and vegetables. This waste he classified as follows:

- (1) The labor cost of canning fruits and vegetables is greater than that of drying or evaporating.
- (2) The heavy syrup in which fruits are put up is very expensive—and this class of fruits is used almost exclusively in the camps.
- (3) The material of which the containers is made is expensive and scarce, and is, moreover, very necessary for the conduct of the war.
- (4) It has been demonstrated that the food values of evaporated fruits are equal if not superior, to those of the same material put up in a heavy syrup.

No class of men, he pointed out, requires better food than the logger if he is to be efficient, but, of late years, the selection of his food has been wrong in theory and wasteful in practice. As a remedy, Mr. Armstrong urged that this mistaken competition should be stopped by the companies co-operating and working out a standard diet of palatable, body-building foods for their employees. He urged that legislation be had enforcing such standardization, at least for the period of the war.

It is most desirable that men should be given plenty of wholesome food prepared in sanitary kitchens and served in clean, bright dining rooms, but this may be done without 'the tremendous waste that now prevails.'—Conservation.

CUBA'S CAPITAL WITHOUT BREAD

Havana, Jan. 9.—Beginning to-morrow, Havana will be a breadless city. The last of the available supply of flour has been divided among the hospitals and asylums, and by order of the defence board no wheat bread is to be placed on sale. This condition must continue, it is stated, until the United States food administration permits the exportation of flour to this city.

WHAT THE FOOD CONTROLLER SAYS

THE food situation in the Allied countries of western Europe is graver than it has been at any time since the beginning of the war. Information has been received by the Food Controller which shows that the utmost effort must be made to increase spring acreage and to secure a much larger production of bread grains in 1918 than was done in 1917. Mr. Hoover has already pointed out that if ships have to be sent to more distant countries to carry food stuff to Europe fewer ships will be available to carry soldiers and supplies from this continent, with a result that the continued participation of the United States and Canada in the war will be greatly hampered.

The situation has been thoroughly canvassed, and among those who have studied it, there is unanimous agreement that the only solution of the food problem is greater production in North America. In this connexion it is especially important that the spring acreage sown in bread grains should be as large as it can possibly be made. Every person who can possibly produce food must do so, no matter how small his or her contribution may be. Those who cannot produce food, can at least conserve it. The utmost economy is imperative. The situation to-day is critical and the world is rapidly approaching that condition when price will not be the most important question, but when even the people of Canada may be glad to eat any food which they can obtain.

The successful prosecution of the war by the Allies will depend to a very large extent upon the extent of food production and food conservation this year by the people of North America.

Baron Rhonda in a recent message says "The food position in this country and I understand in France also, can without exaggeration be described as critical and anxious. I am now unable to avoid compulsory regulation. I fear it will have to come with long queues of people awaiting in the severe weather in practically every town in England for the daily necessities of life."

"Pa, what causes heat and cold?" "The janitor, my son."—Boston Transcript.

Between Nurses—"Oh, Alice, my patient has just proposed to me." "Had another delirious spell, did he?"—Boston Transcript.

"My dear, the doctor says I'm in need of a little change." "Then ask him to give it to you. He's got the last of mine."—Baltimore American.

JOB PRINTING TO SUIT YOU

WEDDING INVITATIONS,
DANCE PROGRAMMES
VISITING CARDS AND ALL
KINDS OF SOCIETY, COM-
MERCIAL, 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

In the finest households in the land where baking results alone are the thing that counts, and also in the poorest families where economy is an absolute necessity,



"REGAL" FLOUR
Stands First