

**SOME ECONOMICAL RECIPES**

**REQUIRING ORANGES AND LEMONS**

Though oranges and lemons are at their best, and most beneficial, when uncooked, they should also be kept on hand to add to the variety of the household diet by using them in made dishes, to which they will be found to be a very decided improvement.

**ORANGE ROLY-POLY**

- 2 cups flour
- 4 teaspoons baking-powder
- 1 teaspoon salt
- 4 tablespoons butter
- 1/2 cup milk
- 1/2 cup sugar
- 4 oranges
- Grated rind of one orange
- 1/2 cup water

Mix and sift flour, baking-powder and salt. With tips of the fingers rub in two tablespoons of butter, and mix to a dough with milk. Roll out one half inch thick, and cover with small pieces of orange-pulp. Mix sugar, orange-rind, and remaining butter, and sprinkle two-thirds of it over the orange. Roll up; pinch ends together; sprinkle with remaining sugar, surround with water, and bake about thirty minutes. Serve with an orange or lemon sauce.

**ORANGE SYRUP SAUCE**

- 1 cup orange juice
- 1 teaspoon grated orange-rind
- 1 cup sugar
- Juice and half the grated rind of one lemon

Put the ingredients into a saucepan, and boil for fifteen minutes. Skim and strain. This sauce when sealed in a sterilized glass jar, will keep well, and will be found convenient to have on hand for an emergency.

**ECONOMY PUDDING SAUCE**

- 1 tablespoon corn starch
- Few gratings of lemon-rind
- 1/2 cup sugar
- 1 cup boiling water
- 2 tablespoons butter
- 2 tablespoons lemon juice
- Few gratings of nutmeg
- Few grains salt

Mix corn starch, lemon-rind, and sugar, add water gradually, stirring constantly, and boil for five minutes. Remove from the fire; add lemon juice, butter, and seasonings.

**ROLLED ORANGE WAFERS**

- 2 cups butter
- 1 cup sugar
- Grated rind of one orange
- 1 teaspoon soda
- 1 tablespoon cold water
- 1/2 cup orange juice
- 2 cups flour

Cream butter; gradually add the sugar and orange-rind, beating until light; dissolve the soda in cold water and add it to the orange juice, add this alternately with the flour to the first mixture. Spread the mixture in the thinnest possible layer on a well buttered sheet and bake in a moderate oven. When baked, cut in squares, quickly roll each square, while hot, over the handle of a wooden spoon.

**LEMON DROP COOKIES**

- 1/2 cup butter
- 1/2 cup sugar
- 1 egg
- 1/2 teaspoon soda
- 2 tablespoons hot water
- 1/2 tablespoon lemon juice
- Grated rind of one lemon
- 3/4 cup flour

Cream the butter add sugar gradually, and the egg, beaten until light, soda dissolved in hot water, lemon juice, and grated rind, and the flour. Mix well, drop from a teaspoon onto a buttered baking-sheet, and bake in a quick oven.

To make crisp cookies, use one and a half cups flour when mixing, chill thoroughly, roll very thin, sprinkle with sugar, cut out and bake.

**FILLED COOKIES**

- 1/2 cup butter
- 1 cup sugar
- 1 egg
- 1/2 cup milk
- 2 1/2 cups flour
- 2 teaspoons baking-powder

Cream the butter, add sugar gradually, and well-beaten egg. Mix and sift flour and baking-powder, and add, alternately with the milk, to the first mixture. Chill, roll out, put a tablespoon of filling in the centre of one cookie, place another on the top, and press the edges together. Bake on a buttered tin sheet in a quick oven. For the filling put one cup each of chopped raisins, chopped walnuts, and sugar into a saucepan, add two tablespoons flour and one fourth cup of boiling water. Bring to the boiling point; add one and a half tablespoons lemon juice; cool and use as directed.

**LEMON CRUMB PUDDING**

- 2 cups scalded milk
- 2 cups bread crumbs
- 1/2 teaspoon salt
- 1/2 cup sugar
- 1 egg
- Grated rind of one lemon
- 3 tablespoons lemon juice
- 1 tablespoon melted butter

Pour the scalded milk over the fine dry bread crumbs; add salt and sugar, egg well beaten, grated lemon-rind and lemon juice and melted butter. Pour into a buttered pudding-dish, and bake in a slow oven forty minutes. Serve with a lemon sauce.

**ORANGE PUFFS**

- 1 1/2 cups flour
- 2 teaspoons baking-powder
- 1/2 cup sugar
- 1/2 teaspoon salt
- 1/2 cup milk
- 1 egg
- 1 tablespoon butter
- 1/2 teaspoon grated orange-rind

Sift flour, baking powder, sugar, and salt into a mixing bowl; add milk, gradually, well beaten egg, melted butter, and orange-rind. Beat two minutes; pour into greased muffin pans, and bake twenty to thirty minutes in a moderate oven. Serve with orange sauce.

**THE WORLD'S WHEAT HARVEST**

Chicago, December 27.—A world's wheat crop of around 3,000,000,000 bushels, estimated for the season of 1917, is the smallest since sixteen years ago, when it was 2,956,000,000 bushels. In estimating, however, the world's wheat production under existing conditions, with the leading Powers in Europe at war, the result is little more than a wild guess. In fact, an estimate of the world's wheat crop is a guess at all times. Those who specialize in making up these statistics have never agreed to any extent. This is shown in the wide variation in the figures issued by different interests, and called "final."

In the past three years all returns have been difficult to secure, especially from the Central Powers, as those Powers have not cared to give the correct returns, and will not during the war's duration. Last year's crop is given by one statistician as 3,153,000,000 bushels, and by another 3,648,000,000 bushels. In 1915 it was placed at 4,595,000,000 bushels by one, while another estimated it 500,000,000 bushels less. In 1914, the year the war started, the crop was 2,572,000,000 bushels, according to one report, and 3,585,000,000 bushels by another. Returns from Russia never have been regarded as dependable at any time, as that country's system is too crude, and the country too large, for the methods employed in gathering data to bring even a fair approximation. Going back to 1913, there were 4,002,000,000 bushels, the difference in the two sets of figures being only 125,000,000 bushels.

Outlook in Europe for the harvest next year is most uncertain. Weather conditions in most countries, with but few exceptions, have been unfavorable. Labor and seed grain have been scarce, and acreage in most countries is reduced. France's acreage is off 15 per cent. from last year, when a similar reduction was made. Italy has a shorter acreage for the same reason. Russia is an unknown quantity. Its harvest this year was unfavorable, owing to severe weather, and the loss of grain since harvest is said to have been enormous.

Latest estimates on the Argentine harvest, now about completed, is 132,000,000 bushels, compared with 113,000,000 bushels last year. Australian acreage is estimated 25 per cent. short. Recent rains there have impeded harvest, and great quantities of the stock there have been lost through operations of rats and mice, which destroyed enough of the high-priced grain and caused a sufficient loss to have constructed an elevator system there with sufficient capacity to have stored all the wheat and made the loss negligible. Latest reports give stocks there at 114,000,000 bushels. India has a good promise, and fair stocks are held.

In the United States the estimated winter wheat crop is 540,000,000 bushels compared with 418,000,000 bushels harvested this year. Condition at the beginning of December was the lowest on record, but average is the largest. Irrespective of the low condition of 79.3 per cent., the acreage in winter wheat is large enough to admit of the average loss of the past ten years, 4,470,000 acres, or 10.6 per cent., and still leave 34,470,000 acres for harvest. With a yield of 15 bushels an acre, or two-tenths of a bushel less than harvested this year, and 1 1/2 bushels under the five-year average, there would be 517,000,000 bushels for harvest. Active preparations are under way for the largest seeding of spring wheat known. With favorable weather in the spring, labor and seed wheat will be available to enable farmers in the American Northwest, as well as in the Canadian section, to surpass all other years. The effort is to raise as much wheat on the North American continent as possible, as all will be needed to feed the people at home, and the armies and Allies abroad.—Correspondence of *The New York Evening Post*.

**BRITAIN'S BEEF DIET**

London, January 5.—Until the situation improves the consumption of beef in England must be reduced at least one-half according to an official statement concerning the scarcity of meat.

The *Daily Mail* says that meat will be the first food dealt with under Lord Rhoads's compulsory rationing plan. Butter and margarine will follow meat and other foods will be added as they become more scarce. All the chief food-stuffs, it adds will be rationed by April.

**MEATLESS DAYS IN BRITAIN**

London, Jan. 4.—The Director of Meat Supplies announces that Tuesday will be the meatless day in London and Wednesday in the provinces.

Minard's Liniment Cures Distemper.

**SAVE FOOD**

In a time needing food economy many people are not getting all the nourishment they might from their food. It is not how much you eat, but much you assimilate, that does you good.

The addition of a small teaspoonful of Bovril to the diet as a peptogenic before meals leads to more thorough digestion and assimilation and thus saves food, for you need less.

**THE POWERFUL POTATO**

**GROWING MOTIVE POWER**

THE tractor-operated farm is no longer a subject for breezy, imaginary journalists to practise their art upon—it has become a realization, and is of common occurrence. Alcohol, as a fuel for internal combustion engines, has already shown its adaptability and efficiency. Potatoes as a source of alcohol, represent the largest factor in that industry. Also the potato is the world's greatest crop in point of yield. So there we have the connexion—the farm product, potatoes, the manufacture of alcohol, the alcohol driven motor, the farm motive power.

Little did Sir Walter Raleigh realize the greatness of his discovery when he brought the potato plant to England as a souvenir of his South American trip. Native to Peru, we find the potato is a plant of wonderful climate adaptability. Europe, before the war, had practically a monopoly of the potato growing industry producing annually nine out of every ten bushels grown in the world, or over five billion bushels. North America produced only a little over a half a billion bushels. The average yield of potatoes per acre in Germany is 200 bushels; in America, where it receives less careful attention, the average is about 80 bushels. Under favorable conditions and with intelligent handling, it will produce up to 500 bushels per acre.

The unstable potato crops can be turned into the stable product, alcohol, quite easily and at a profit. Under ante-bellum conditions (1908), Germany was making 92,947,120 gallons of absolute alcohol from the potato, as compared with a little over nineteen million gallons made from cereals. By far the larger part of this alcohol from the potato was made on the farm by small distilleries. In some cases the production of alcohol represents the chief activity of the farm, while in others it has a secondary place. The "spent mosh," a by-product of the distillery, has an additional value as a feed for dairy cattle and other stock. These facts have been mentioned to show that alcohol can be produced on the farm with little trouble.

Now, as for turning this alcohol into motive power, there are already many farmers in various parts of the world employing the potato-alcohol driven tractor as a substitute for the horse, with remarkable success. A very much smaller acreage and a very much smaller investment of labor would provide the necessary alcohol for a tractor-driven farm than would be required to feed the horses which the tractors would substitute. There are more than one hundred million horses in the world, and it requires several hundred million acres of the world's best land to grow the grain, hay and pasturage to feed these horses. If the acreage devoted to producing fuel for farm power could be reduced by only 25%, of what vast economic importance it would be. New nations, embodying millions of people, would be able to obtain food and clothing on this old world.

But not only can the farmer grow a substitute for the draft-horse through the medium of the tractor, but he can also grow the power to run his automobile, the machine which has already almost entirely replaced the coach horse and roadster. This statement is deduced from facts revealed in a recent report from Germany to the effect that a substitute for gasoline as a fuel for automobiles had been developed. The experiments were carried on by the technical department of the transportation service, and were made with a 1914 model touring car,

equipped with an ordinary carburetor. The work was necessitated by the increasing scarcity of gasoline. The substitute is a mixture of alcohol and benzol,\* both substances cheap and plentiful, the mixture of greatest efficiency is in the proportion of one to one. Such a mixture will develop a speed of 42m. p.h. and will drive the car 37.28 miles to the gallon, as compared with gasoline which develops the same speed and will drive the same car only 30.32 miles to the gallon. The automobilist's dream of being independent of gasoline is about to be solved. The use of the alcohol-benzol mixture in Germany is said to be extensive, and figuring the cost at ante-bellum prices, it is an economy on gasoline.

Agricultural practice in America has undergone many changes during the last century. New and rapid developments have revolutionized the farming industry. But here is a change which conditions in America will not warrant for some time to come. It is adapted to those highly developed countries, where the natural resources are taxed to the utmost. In the first place, we cannot produce potatoes, bushel for bushel, as cheaply as in Europe, on account of higher cost of labor and the presence of natural enemies to the plant. Again, we have in America vast oil wells, making the price of gasoline lower in this country than in Europe. So with alcohol higher priced, and gasoline lower priced in America than in Europe, the same statement regarding the economy of the substitute would not hold true. But who can foretell how distant is that period in the future development of this country when these conditions will be changed, and agricultural alcohol will play a similar part in America to that which it is destined to play in Europe as a source of farm power.

—W. N. JONES, '18, in *Macdonald College Magazine*.

\*Benzol is the European term for benzene, the well-known coal tar product. It is produced in large quantities in both America and Europe.

**HINTS ON HEATING**

**SUGGESTIONS ABOUT COAL (USEFUL FOR THOSE WHO HAVE ANY).**

With any fuel the prime factor determining consumption and freedom from operating trouble, although it may generally not be so recognized, is method of operation, according to a bulletin issued by the Bureau of Mines on the subject of "Saving Fuel in Heating a House." The person most likely to be interested in proper methods of operation is the one who pays the fuel bills, says the bulletin, and as a rule therefore it is to be expected that better results will be obtained if the firing is done by the householder than if some one is hired to tend the fires. However, something more than an interest in keeping down coal bills is necessary some knowledge of the characteristics of the fuel and of the functions of the different parts of the heater is required.

Many furnaces or boilers are operated in a haphazard way—drafts are opened or coal is put on when the house becomes cool, and then the fire is allowed to burn rapidly until the rooms are too warm or the fuel is burned down too far to kindle properly a new charge of coal.

Such firing is always wasteful. The heater should receive regular attention and if the demands for heat are intelligently anticipated, as they ordinarily can be, the house can be warmed with a minimum of trouble and fuel. When the

rooms become too warm, the fire should be checked by stopping the admission of air under the grate, and decreasing the draft by opening the "check damper." If, as often is done, the ash-pit damper or the ash-pit door be allowed to remain open, and the draft reduced by opening the fire door, the combustion of the fuel continues although at a slower rate, but the cold air entering the fire door chills the heater so that little heat is realized from the coal.

**DEMAND FOR FISH INCREASING**

Ottawa, Jan. 5.—In an address before the May Court Club last night Prof. E. E. Prince, Dominion fish commissioner, made the statement that, thanks to the effort of the food controller, more fish was being sold in Canada than ever before, while the demand was steadily increasing.

Mistress—"Are you a good cook?" Applicant—"Yes, mum—me husband's been pinched" but I ain't never been."—*Buffalo Express*.



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