

WAR MENUS

HOW TO SAVE WHEAT, BEEF AND BACON FOR THE MEN AT THE FRONT

ISSUED FROM THE OFFICE OF THE FOOD CONTROLLER OF CANADA

SUNDAY

BREAKFAST
Boston Baked Beans Brown Bread
Baked Apples Milk Sugar
Tea or Coffee

DINNER
Pork Chops Baked Potatoes
Mashed Turnips Lemon Sauce
Cornstarch Mold

TEA
Cabbage and Beet Salad Bread and Butter
Preserved Fruit War Cake
Cocoa

The recipes for Cornstarch Mold and War Cake mentioned above are as follows:

Cornstarch Mold—
1 pint of milk
4 tablespoons cornstarch mixed with a little cold water
1/2 cup sugar
1 well-beaten egg
1/2 teaspoon salt
1 teaspoon vanilla

Scald milk; then stir in cornstarch mixed with a little cold water, and cook five minutes in a double boiler. Place upper part of double boiler on fire, let cornstarch boil, return boiler to place, add sugar, egg, and salt well beaten together, and cook two minutes, stirring continually. Flavor with vanilla, and pour into mold. Chill and serve with sugar and cream.

War Cake—
Mix one cup of sugar, one and one-half tablespoons of lard, one-half teaspoon of salt, one teaspoon, each of clove, cinnamon, nutmeg, and mace, and two cups of boiling water. Boil five minutes and cool. Add one and three-fourths cups of flour and one teaspoon soda. Add one cup of seeded raisins. Bake in a moderate oven.

MONDAY

BREAKFAST
Oatmeal Porridge Milk Sugar
Smoked Herring Brown Bread
Tea or Coffee

TEA
Tomato Scallop Creamed Potatoes
Johnny Cake Corn Syrup

DINNER
Hamburg Steak Baked Potatoes
Creamed Onions
Baked Rice with Raisins Milk Sugar

The recipes for Creamed Potatoes and Baked Rice, mentioned above, are as follows:—

Creamed Potatoes—
Reheat two cups cold boiled potatoes, cut in dice, in one cup of white sauce.
Baked Rice with Raisins—
4 cups milk
1/2 cup rice
1/2 cup raisins
1/2 teaspoon salt
1/2 cup sugar

Wash rice, mix ingredients, and pour into buttered pudding dish; bake three hours in very slow oven, stirring three times during first hour of baking to prevent rice from setting.

TUESDAY

BREAKFAST
Hominy Milk Sugar
Graham Biscuits Bread
Tea or Coffee

TEA
Creamed Salt Cod with Onions
Mashed Potatoes
Brown Bread Tea Honey

DINNER
Boiled Wheat Creamed Cauliflower
Baked Potato Raisin Pie

NOTE—Boiled wheat is here used as a substitute.

The recipes for Creamed Salt Cod and Boiled Wheat, mentioned above, are as follows:—

Creamed Salt Cod with Onions—
Soak for several hours in cold water to remove some of the salt. The water should be changed several times. Then bring water to a boil and boil gently until tender. Then put it in White Sauce. Heat and serve with boiled onions.
Boiled Wheat—
Take any good wheat and four times the quantity of cold water. It may be soaked over night if desired or just put on the stove in cold water. Bring to a boil slowly. Place at the back of the stove where it will simmer, and let it cook slowly from four to five hours. It must have salt put in the water until the last half-hour of cooking, when it should be salted. Allow 1 teaspoon of salt to 1 cup of wheat.

Mizard's Liniment Cures Colds, Etc.

WEDNESDAY

BREAKFAST
Oatmeal Porridge Milk Sugar
Graham Gems Jam
Tea or Coffee

TEA
Scalloped Potatoes Cheese Staws
Gingerbread Honey

DINNER
Broiled Finnan Haddie
Baked Potato Mashed Turnips
Apple Sauce Cookies

The recipes for Scalloped Potatoes, Cheese Staws and Broiled Finnan Haddie, mentioned above, are as follows:—

Scalloped Potatoes—
Butter a baking dish well. Put in a layer of potatoes, sliced thinly. Sprinkle with salt and pepper, and dredge with flour. Repeat. Add milk until it may be seen through the top layer. Add bits of butter. Bake in the oven until the potato is soft.
Cheese Staws—
Roll plain pastry one-fourth inch thick, sprinkle one-half with grated cheese to which has been added few grains of salt and cayenne. Fold, press edges firmly together, fold again, pat, and roll out one-fourth inch thick. Sprinkle with cheese and proceed as before; repeat twice. Cut in strips five inches long and one-fourth inch wide. Bake eight minutes in hot oven.

Broiled Finnan Haddie—
First heat broiler and grease well to keep from sticking; then place fish on broiler, meat side to the fire, and cook slowly fifteen minutes, being careful not to burn. Put on dripping and pepper to suit taste.

THURSDAY

BREAKFAST
Buckwheat Pancakes Corn Syrup
Baked Apples Milk Sugar
Tea

TEA
Baked Beans in Tomato Sauce
Baking Powder Biscuits Butter
Apple Sauce Tea

DINNER
Mutton Stew Mashed Potatoes
Canned Corn
Bread Pudding with Raisins

The recipes for Baked Beans in Tomato Sauce and Bread Pudding with Raisins, mentioned above, are as follows:—

Baked Beans in Tomato Sauce—
Put the beans to soak over night in cold water. In the morning pour off this water and with fresh water and one-half teaspoon soda bring to a boil slowly. Then drain off the water that has the soda. Add fresh boiling water and a few small bits of fat pork. Season with a little salt and some black pepper. Cook slowly, keeping on enough water to prevent burning. When nearly done, put in to be cooked with two cups of tomato sauce. Cover closely and bake until done.
Bread Pudding with Raisins—
2 cups stale bread crumbs
1 qt. scalded milk
1/2 cup sugar
1 teaspoon melted butter
1/2 cup raisins
1 egg
1/2 teaspoon salt
1 teaspoon vanilla or
1/2 teaspoon spice.

Soak bread crumbs in milk, set aside until cool; add sugar, butter, egg slightly beaten, salt, raisins and flavoring; bake one hour in buttered pudding-dish in slow oven; serve with milk and sugar.

FRIDAY

BREAKFAST
Boiled Wheat Milk Sugar
Plain Muffins Marmalade
Tea or Coffee

TEA
Corn Fritters with Syrup
Sliced Peas Bread and Butter

DINNER
Baked Haddock Mashed Potatoes
Creamed Cabbage
Hermits Apple Sauce

The recipes for Corn Fritters and Creamed Cabbage, mentioned above, are as follows:—

Corn Fritters with Syrup—
To one cup canned corn, add one beaten egg, pepper and salt to season, and enough flour to make a thick batter, with 2 level teaspoons baking powder to 1 cup of flour. Drop on to greased griddle and fry to a light brown on both sides.
Creamed Cabbage—
Cook cabbage in the ordinary way until tender. Drain off the water. Add well seasoned white sauce and reheat.

SATURDAY

BREAKFAST
Buckwheat Pancakes Syrup
Graham Bread Baked Apple
Tea or Cocoa

TEA
Macaroni in Tomato Sauce
Baked Potatoes
Baking Powder Biscuits Butter
Tea

BURNT LANDS

ON other fields and other scenes the morn
Laughs from her blue,—but not such scenes as these,
Where comes no summer cheer of leaves and bees,
And no shade mitigates the day's white scorn;
These serious acres vast no groves adorn;
But giant trunks, bleak shapes that once were trees,
Tower naked, unassuaged of rain or breeze,
Their stern grey isolation grimly borne.
The months roll over them but mark no change;
But when spring stirs, or autumn stills the years,
Surely some phantom leafage rustles faint
Thro' their parched dreams,—some old-time notes ring strange.
When in his slender treble, far and clear,
Reiterates the rain-bird his complaint.

CHARLES G. D. ROBERTS
(Born January 10, 1860)

DINNER

Meat Pie Mashed Potatoes
Parsnips Cookies
Baked Apples

The recipe for Macaroni in Tomato Sauce, mentioned above, is as follows:—

Macaroni in Tomato Sauce—
Break macaroni and drop into boiling salted water. Boil until tender. Prepare the tomato sauce, using one cup tomato juice, two tablespoons flour, two table-spoons butter, pepper and salt to taste, and a little grated onion. Put the Macaroni into a well greased baker, pouring over the tomato sauce. Sprinkle with buttered crumbs. Put into oven until the crumbs brown.

(Wheat and meat saving recipes by Domestic Science Experts of the Canadian Food Controller's Office.)

FISHING STREAMS IN NEW YORK

Albany, N. Y., December 15—Complete utilization of the fish producing capacity of more than fifteen hundred miles of running water is the purpose of a bulletin just issued by the Conservation Commission on "Working Plans for Increasing Fish Production in the Streams of Oneida County," by Wilbert A. Clemens, M. A., Ph. D. The bulletin is one of the results of the work started by Commissioner Pratt in 1916 to check the waste of the State hatcheries and develop fishing waters to their highest efficiency. It is accompanied by a map in two colors, upon which all the water in the country is shown, with symbols and directions for the treatment of every stream.

"The big outstanding facts to be kept in mind," it says, "each stream must be stocked each year, and that, to obtain the desired results, stocking must be done in the proper place, and at the proper time, and with the proper care. Waste in the past has resulted from improper planting both in time, place, and method, and from lack of organization and cooperation. Such intensive methods are necessary, because the out-take of fish in the great majority of streams had overtaken the natural reproduction and the streams are fished out. There are more anglers to-day than ever before, and State roads, automobiles, and motor-cycles have made streams readily accessible.

"Under the head of Broader Issue such important subjects to fish propagation as pollution, posting of the streams, obstructions to the migration of spawning fish, denudation of the water-sheds, and fish protection, are discussed. The study of the fishing waters of Oneida county was the first intensive study of its kind to be undertaken anywhere in this country. Each stream was examined in sufficient detail to ascertain its general character, and the prevailing conditions over its entire length the data collected being classified under sixteen main heads all having a direct relation to the stream's productivity. A complete and detailed report for each stream was then prepared and filed in the office of the State Fish Culture for future use. This is the first time that such precise information regarding streams stocked by the State fish hatcheries has ever been available in the office. Upon the information thus obtained the working plans contained in the bulletin have been formulated and published.

"Examples of the evil effects of pollution are abundant in the Oneida county," the bulletin says, and backs them up in the discussion of individual streams with

continual reference to specific instances. "The fish in the waters of the State constitute an extremely valuable resource, and adding anything to the water that will lower or destroy its productive capacity is contrary to the principles of conservation. Pollution does this. Excessive pollution leads ultimately to the extermination of fish life in the water. Less severe pollution makes conditions of living difficult for fish by destroying some of their natural food, by altering the oxygen and carbon dioxide content of the water, and by introducing factors which increase the possibilities of disease; all of which contribute to a deduction in the number of fish.

The bulletin abounds with references to streams that are posted, and gives on practically every page of the detailed stream discussion many streams whose productive capacity is wasted because of this practice. "The streams should be fished," it says. "People should derive pleasure and recreation and regain health and efficiency from this appealing sport. The purely economic side should not be overlooked either, for the amount of fish consumed replaces an equal amount of other kinds of meat. It is to be hoped that when the working plans herein outlined are put into operation and it becomes better understood that fish production in public waters is a cooperative enterprise, much, if not all, of the posting will be removed. It prevents, or tends to discourage, stocking and stream improvement, and makes impossible full utilization of the water course.

"Trout seek the cool, shallow headwaters and small spring tributaries in which to spawn. Dams interfere more or less with the natural productiveness of a trout stream, and the number of dams is ever increasing with the industrial expansion of the country and the development of water systems for towns and cities. To preserve and increase the natural productiveness of the trout streams, provision will have to be made for fish passes at many dams.

"Next to pollution," the bulletin says "the clearing of the land along the water-courses is probably the most serious menace to fish production, especially to trout production. The removal of the vegetation, particularly at the headwaters, results in reduced stream flow and even incomplete cessation in many cases. The severity of freshets is greatly increased, resulting in a shifting of the creek bed materials, scouring of the bottom and banks, and sweeping out of much of the plant and animal life of the stream, and altogether upsetting the normal conditions. Immense quantities of sediment are swept down from the water-sheds, smothering the aquatic vegetation, which is the basis food supply of life in the water, as terrestrial vegetation is on land. Small animal life, which is very important as food for the fish, is eliminated, and the eggs and young fish are destroyed. High summer temperatures result. Natural spawning beds disappear. Conditions, in short, very soon become intolerable for trout. In every district in Oneida County there are streams which ten to twenty years ago were teeming with trout, but which now are unproductive. At the same time there are streams in which conditions are improving, because trees and shrubs have been allowed to grow up again."

Among other practical details, the Commission advocates the building of stream pools on small feeder streams, as breeding places for small fish, and the operation of nurseries, under the supervision

of the Commission, for the growing of State fry to fingerling size before planting. Several of these nurseries are already in successful operation in Oneida County and other parts of the State.—New York Evening Post.

Edith—"Fred and I have agreed to keep our engagement secret." Her friend—"Impossible, dear. All the girls will know it as soon as they look at you."—Boston Transcript.

WORLD'S FATTEST MAN IS DEAD

Philadelphia, Pa., Dec. 28.—"Baby Jim" Simons, colored, said to be the heaviest man in the world, died here to-day. He weighed 800 pounds and for years had been one of the sights of circus shows. He was thirty-seven years old and is survived by a widow and two small children. The body will be taken to the former home of Simons, in Texas. For its transportation it was necessary to charter an entire freight car.



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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!

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
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