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One Man - Horse Power

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not too thin, in bacon fat. As it fries pour over each slice a little milk and salt to taste, then turn and brown the other side. Serve by itself or with jam or apple-sauce. Hot Chicken or Ham Salad.—Mix to-

gether 1 cup cold minced chicken, 1 tablespoon olive oil or 2 of melted butter, a little grated onion, salt and pepper, also celery salt if you have it, ½ table-spoon lemon juice, 1 cup milk or chicken stock. Mix the chicken with the butter, lemon juice and seasonings and let stand while you make a white sauce with a little more butter, the flour and milk or stock. When the sauce is hot add the chicken, let heat, and serve on slices of buttered toast. Last of all sprinkle over it finely chopped celery or parsley if you have it. Boiled ham may be used instead of the chicken.

Ham and Potato Croquettes.-One cup hot mashed potato mixed with half of a beaten egg. Take up a tablespoonful and after patting it out lay in the center a teaspoonful of chopped ham. Turn the potato over and roll into a ball. Dip the balls in flour, egg and crumbs, and fry them in deep fat, or brush them with melted butter and bake until

slightly browned.
Duchesse Potatoes.—Two cups cold mashed potatoes, 1 egg, 2 tablespoons cream. Beat the yolk of the egg thick and add the cream to it, then mix it well with the potatoes. Shape in small cones, place on a buttered pan. Beat the white of the egg slightly, add to it a teaspoon of milk and brush each cone with the mixture. Bake till golden brown, and serve on a hot platter. Garnish with parsley if you have it.

Spider Corn Cake.—Three-quarters cup corn meal, ¼ cup flour, 1 tablespoon sugar, ½ teaspoon salt, ½ teaspoon soda, 1 egg, ½ cup sour milk, ½ cup sweet milk, 2 tablespoons butter. Sift the dry ingredients and points have it. ingredients and mix them with the wellbeaten egg and milk. Beat thoroughly. Melt the 2 tablespoons butter in an iron spider and pour the mixture into it. Pour the $\frac{1}{2}$ cup sweet milk over the top of the batter and set carefully into a hot oven. Bake for 20 minutes and serve hot with jam or syrup.

Mother Johnson's Pancakes.—Two cups sour milk, 2 cups flour, ½ teaspoon salt, 2 eggs, 1 teaspoon soda. Make a batter of the flour and milk and let it stand all day. Add the beaten yolks of the eggs, the salt and soda dissolved in a tablescope of bot water, and last in a tablespoon of hot water, and last the whites of the eggs beaten to a stiff froth. Bake on a hot, well-greased

THE FASHIONS. See inside of back cover for fashions.

Current Events.

Sir Frederick Borden, once Minister of Militia for Canada, died at Canning, N.S.

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The Ontario Government will appropriate \$1,000,000 to assist returned soldiers to go on the land. The money will be advanced so that it can be paid back in easy installments.

Total prohibition, covering the importation, manufacture and sale of in-toxicating liquors of every kind, has been put into force in Newfoundland.

An order to dilute whisky still further will go into effect in Great Britain on February 1st. The object of the measure is to save alcohol for war purposes, and provide for the increased efficiency of munitions workers, to whom drink has been a great drawback.

Great Britain has built a new airplane that can travel at the rate of 128 miles an

Much excitement prevails in Russia over the evident murder, by men of high rank, of a monk named Rasputin, known as "the Mad Monk." Rasputin, who exercised great influence over the Czar and Czarina, was known to be strongly pro-German.

Great Britain, because of dissatisfaction with Norway's methods of exporting ore and fish, according to certain agreements, is prohibiting the exportation of coal to that country.

The American Senate has voted approval of President Wilson's request that

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smooth, rather large potatoes, and scrub them well with a little brush, then bake them and set away to cool slightly so they can be handled. Cut off a small piece and scoop out the inside. Mash fine with butter, salt and a little cream or good milk, also some chopped parsley if liked. Refill the potato shells with this mixture and put back in the oven until the part in the open space is baked brown. Serve at once.

Bean Porridge.—Pick over and wash 2/3 cup of white beans. Boil slowly in clear water until dry then add the liquor in which meat has been boiled and cook an hour longer. Thicken slightly with flour blended in a little water, season to taste, add a little milk if you like, and serve very hot with buttered toast or hot biscuits.

Bannocks.—One cup thick, milk, ½ cup sugar, 1 egg, 2 cups flour, ½ cup cornmeal, 1 teaspoon soda, a pinch of salt. The mixture should be stiff enough to drop from a spoon.

Drop it, size of a walnut, into deep, boiling fat, and serve hot with average. The fat, and serve hot with syrup. The bannocks may be baked, but are not quite so good. If baked add a very little shortening.

Fried Bread.—Fry slices of stale bread, St. Clements