

Drain well, and dry in a colander. Boil the egg hard, cool it in cold water, and Breakfast. Fried Fresh Herrings. chop it coarsely. Melt the fat in a saucepan, stir to the cooked rice, add the fish and seasoning. Make it very hot, then add the chopped egg, and serve ve Bread. Tea or Coffee. Dinner. Roast Goose. Apple Sauce. at once. 'Turnips. Mashed Potatoes. 'Tun Carrot Pudding. Raisins. If onion is liked, fry it lightly in th fat before putting in the rice. (Wheat and meat saving recip Supper. Cornmeal Gems. Maple Syrup. Bread Butter Fruit Cake. Cocoa. The recipe for Cornmeal Gems, men-tioned above, is as follows:--Cornmeal Gems--Half cup cornmeal. One cup four Domestic Science Experts of the Canadian Food Controller's Office.) FUNERALS. The funeral of Thomas S. O'Brien One cup flour. Three-quarter cup milk. One egg. One tablespoon melted butter. One tablespoon sugar. Three teaspoons baking powder. Half teaspoon salt. Mix and bake the same as for ordin-(Wheat and meat saving recipes by Domestic Science Experts of the Cana-dian Food Controller's Office.) MENU FOR WEDNESDAY. James Breakfast. Buckwheat Griddle Cakes. Syrup. Toast. Coffee. Dinner. tatoes. Turnips. Coddled ^{*}Apples.

Beef Stew. Potatoes. Brown Bread. Coddle Supper. Fish Kedgeree Rhubarb Preserve. Bread.

Half cup fine bread crumbs Half cup me breat crum Two cups scalded milk Half teaspoon salt. Quarter yeast cake. Half cup lukewarm wat

Toast.

One and three quarter cups buck-wheat flour.

cup lukewarm water. ard three quarter cups buck-four. tablespoon molasses. milk over crumbs and soak inutes; add salt, yeast cake dis-lukewarm water and hunkin lukewarm water, and buck-o make batter thin enough to et rise over night; in the morn-well, add molasses one-fourth thirty whea

(Insignia) To Members of the United States Food Administration: The food situation in Europe is far graver than when the preliminary survey of the food supply of the world for this The food situation in Europe is far graver than when the preliminary survey of the food supply of the world for this year was made. We have an abundance for ourselves, and it is the firm policy of the food administration, by the pre-vention of exports, to retain for our peo-ple an ample supply of every essential ple an ample supply of every essential

took place on Saturday morning from his late residence, 294 Germain street to Hard to Drop Meat? All depends on what you eat St. John the Baptist church, where re as a substitute. It is a good we must not waste any foodstuffs. A quiem high mass was celebrated by Rev. F. J. McMurray. Relatives were pall-bearers and interment was made in the as a substitute. It is a good time to study "food value." You may be eating the You may be eating the wrong foods, the foods that cost most and give the least nutriment. Shredded old Catholic cemetery. The funeral of Mrs. James McIntosh St. Paul street, took place on Saturday morning to Holy Trinity church for re-quiem high mass by Very Rev. Mon-signor Walsh, V. G. Interment was made in the new Cothelic survey made in the new Catholic cemetery. The funeral of Benjamin Budge to place yesterday afternoon from St James church. The service was conducted by the Rev. H. A. Cody. Inter-ment was in Fernhill. The members of the Rebeccas, Canton La Tour and Siloam Lodges of the Oddfellows, atten ed. There were a large number of beautiful floral tributes, including wreaths from the postal clerks of the and a little fruit make a not risk the collapse of another of a nourishing meal at a cost of Allies from this same cause. There city post office, Conton LaTour lodge, C. G. R. employes, and the railroat clerks from the Moncton district. a few cents. Make Shredded no waste of food among any of our Al-Wheat your "meat." A satis-fying breakfast on which to

PLEDGE ASSISTANCE IN UP-BUILDING PALESTINE

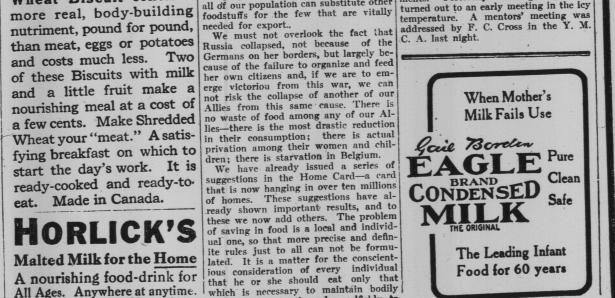
start the day's work. It is Chicago, Dec. 31-Financial assistance for the upbuilding of Palestine was pledged at a convention og the Federal Zionist Society, of the middle west, ready-cooked and ready-toeat. Made in Canada. which opened here yesterday.

HORLICK'S

Malted Milk for the Home A nourishing food-drink for All Ages Anywhere at constinue to the should eat only that All Ages. Anywhere at anytime. Inat ne or sne should cat only unity Delicious, sustaining. No cooking health and strength and unselfishly to

aiready committee and and the title of a free civilization. We have yet to complete the great task to which more than three years ago we dedicated ourselves. At such a time I would call upon you to de-vote a special day of prayer that we may have the clear sightedness and strength necessary to the victory of our cause. This victory will be gained only if we steadfastly re-member the responsibility which rests upon us and in a spirit of rev-erent obedience ask the blessing of Almighty God upon our endeavors. With hearts grateful for the divine guidance which has led us so far towards our goal let us seek to be towards our goal let us seek to be enlightened in our understanding and fortified in our courage in facing and fortilied in our courage in facing the sacrifices we may yet have to make before our work is done. I therefore hereby appoint January 6, the first Sunday of the year, to be set aside as a special day of prayer and thanksgiving in all the churches throughout my dominions and re-quire that this letter be read at the services held on that day. services held on that day.

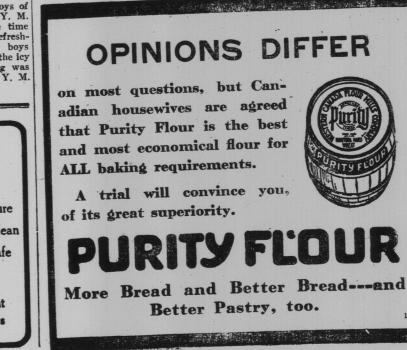
One hundred and fifteen newsboys of nutriment. Shredded Wheat Biscuit contains more real, body-building nutriment. pound for pound.



afties, and the others are relatering good account of themselves in the strenu-ous warfare of the trenches. Can you help carry on until the boys come home? The boy of today is well cared for in the home. In the school he is under the influence of the best. While he is at church and Sunday school, the man on the street says, "if he learns no good he learns no ill." But what of those hours that he spends outside of home, school and church? "No man's land must be occupied," as Provincial Secretary A. T. MacIntosh puts it. That narrow undefinite terri-tory between Right and Wrong is the

puts it. That narrow undefinite terri-tory between Right and Wrong is the grad despatch to the Times. There are

boy's battle-ground; the activities pro- no details. vided in the Boy Scout programme open hours. But the boy wants a man to lead avenues for the occupation of his space him. Perhaps it's up to you.





of the few products which we should

export abroad, we will need to eat a

dren; there is starvation in Belgium.

We have already issued a series of suggestions in the Home Card—a card

that is now hanging in over ten millions

of homes. These suggestions have al-

ready shown important results, and to these we now add others. The problem

of saving in food is a local and individ-

ual one, so that more precise and defin-ite rules just to all can not be formu-lated. It is a matter for the conscient-