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HEARTLESS, HEARTLESS
POET HITS KAISER

Washington, Dec. 15.—High officials this afternoon halted important work to smile with some one who passed on to them through the mail a little poem which they said carried much weight. It was as follows:
My Tuesdays are meatless;
My Wednesdays are wheatless;
I am getting more eatless each day.
My home, it is heartless.
My bed it is shelterless.
They're all sent to the Y. M. C. A.
The bar-rooms are treatless.
My coffee is sweetless;
Each day I get poorer and wiser.
My stockings are footless;
My trousers are seatless;
My! How I hate the Kaiser!

WAR BREADS

HOW THE HOUSEKEEPER MAY HELP
TO SAVE THE COUNTRY'S
WHEAT SUPPLY

ONE of the lessons that Canadians have to learn from Europe is that white bread is not the bread for war-time; that when the supply of wheat is low, bread must be made of other grains than wheat; also that in the milling of the wheat the manufacturer must put a greater proportion of the grain into flour and less into cattle-feed. By including a higher percentage of the whole grain in the part manufactured into flour, in the process of milling, as the Government of Great Britain has required, and may soon be the regulation in Canada, we would save from one-eighth to one-ninth of a barrel of wheat flour per capita in the year. A further saving may be effected by the addition of some rye or corn flour to the wheat flour. Every pound of flour saved means more bread for the army.

But until the system comes into general use, or until the supply of white flour already manufactured is used up, every woman in her own home can do some patriotic saving by supplementing her supply of white bread with breads, biscuits, etc., made from the flour or meal of other grains, or from whole wheat or graham flour or bran. The constant use of these coarser breads might not agree with some people, but as a rule they will be found more healthful than the finer white bread. The recipes given below suggest a variety of ways of saving the nation's wheat supply.

RAISED BREADS

RAISED BROWN BREAD

2 cups corn meal
2 cups rye flour
1 cup molasses
1 teaspoon salt
1 teaspoon soda
2 cups lukewarm water
2 cups boiling water
Pour the boiling water over the corn meal. When lukewarm, add dissolved yeast cake and remaining ingredients. Beat well, let it rise over-night, beat again and pour into greased pans. Bake in a moderate oven from one and one-half hours to two hours.

ROLLED OATS BREAD

2 cups boiling water
1 cup molasses
1 tablespoon salt
1 tablespoon butter
1 yeast cake dissolved in
1 cup lukewarm water
1 cup rolled oats or oatmeal
4 cups flour
Add boiling water to oats and let stand one hour. Add molasses, salt, butter, dissolved yeast cake and flour. Let rise, beat thoroughly, turn into buttered bread pans, let rise again and bake.

RYE BREAD, No. 1

2 cups scalded milk
2 tablespoons butter
1 tablespoon sugar
3 cups flour
2 teaspoons salt
1 yeast cake dissolved in
1 cup lukewarm water
3 cups rye flour
Put butter, sugar and salt in mixing bowl; add scalding milk, and when lukewarm, add dissolved yeast cake and white flour. Let rise to a spongy consistency, add rye flour and knead. Let rise again, and shape into loaves or rolls. Place in greased pans, let rise until double in bulk, and bake.

RYE BREAD, No. 2

1 cup scalded milk
1 cup boiling water
1 teaspoon lard
1 tablespoon butter
1 cup brown sugar
1½ teaspoon salt
1 yeast cake dissolved in
1 cup lukewarm water
3 cups white flour

Rye meal to make stiff dough
To milk and water add lard, butter, sugar and salt. When lukewarm add dissolved yeast cake and flour, beat thoroughly, cover, and let rise until light. Add rye meal until dough is stiff enough to knead. Knead thoroughly, let rise, to double its bulk, shape in loaves, place in greased pans, let rise until double in bulk, and bake.

ENTIRE WHEAT BREAD

2 cups scalded milk
1 cup sugar or ½ cup molasses
1 yeast cake dissolved in
1 cup lukewarm water

14 teaspoons salt

5 cups sifted entire wheat flour
Mix milk, sugar, or molasses, and salt in warm water, and flour. Beat well, let rise until nearly double its bulk. Beat, turn into greased bread pans, let rise until nearly double its bulk, and bake for about one hour in a moderately hot oven.

GRAHAM BREAD WITH WHITE FLOUR

No. 1
2 cups scalded milk
1 cup molasses
2 teaspoons salt
1 yeast cake
1 cup lukewarm water
2 cups white flour
4 cups graham flour

Mix milk, molasses and salt. When lukewarm add dissolved yeast cake and both white and graham flour, sifted Beat well. Let rise until double its bulk, beat again, place in greased bread pans or shape as biscuits. Let rise until nearly double in bulk and bake in an oven which is a little cooler than for white bread. Allow about one and a quarter hours for loaves and thirty minutes for biscuits.

GRAHAM BREAD WITH WHITE FLOUR

No. 2
2½ cups hot water or milk
1 cup molasses
1½ teaspoons salt
1 yeast cake dissolved in
1 cup lukewarm water
3 cups white flour
3 cups graham flour

Add sweetening and salt to hot liquid; cool, and when lukewarm add dissolved yeast cake and flour. Beat well, cover and let rise to double its bulk. Beat again and turn into greased bread pans. Let rise to nearly double its bulk and bake.

BRAN BREAD

2 yeast cakes
2 cups milk, scalded and cooled
1 cup lukewarm water
1 cup molasses
7 cups flour
5 cups bran
4 tablespoons lard or butter
2 teaspoons salt

Dissolve the yeast in the lukewarm water and milk. Beat well. Add the bran, lard or butter, salt, and the balance of the flour, or enough to make a dough that can be handled. Knead well, cover, and let rise until double its bulk. Divide into loaves and place in greased pans. Let rise until double in bulk and bake in a moderate oven.

COARSE RYE AND WHITE FLOUR BREAD

2 cups lukewarm water
1 yeast cake
1 tablespoon salt
1 cup molasses
1 cup rye flour
1 cup corn meal
3 cups white flour
Dissolve yeast cake in water, add remaining ingredients, and mix thoroughly. Let rise to double its bulk, knead and shape into loaves; let rise again to double in bulk, and bake. —Ontario Department of Agriculture, Bulletin 254.

THE QUESTION OF SUGAR

The production of beet sugar in France this year has been estimated at only 207,000 tons, as compared with an average annual production during the five years before the war (1909-13) of 752,542. Normal consumption in France is 704,830 tons. The beet sugar production of Italy has also been reduced from a pre-war average of 211,050 tons to 75,000 tons. The pre-war annual consumption of sugar in the United Kingdom was 2,056,000 tons, all of which had to be imported. About 70 per cent of the supply of the United Kingdom came from countries from which it is now cut off by the war. Great Britain, France and Italy would require to import about 2,700,000 tons before the next crop—and most of it from new sources—if they were to maintain their normal consumption.

But the necessity of conserving supplies of sugar, which was emphasized by the shortage of shipping, has resulted in stern economies among the Allies. Before the war, England had the largest per capita consumption of sugar of any nation—93½ pounds per person per year. This has now been reduced to 26 pounds per person per year, or about one-ounce per day per person. In Great Britain prices have now been fixed for jams and jellies. There is no sugar for the homemade product. In France the people are on rations of 1½ pounds per person per month, which the Government distributes at about 25 cents per pound. In Italy, because of the shortage of sugar supplies, the Government has set a retail price of \$1.25 for a box containing 2.2 pounds. In Germany the present sugar ration is only 77 pounds per person per month. In the United States after Canada the per capita monthly consumption of sugar is about 7.4 pounds.

The Food Controller has asked Canadians to reduce their consumption of sugar by at least 7 ounces per week per person and in order to provide larger supplies to meet the necessary requirements of the Allies, a further reduction to 3 pounds per person per month may be urged. Steps have already been taken to curtail the use of cane sugar in candy-making and the use of sugar or molasses in distillation of potable liquors has been prohibited.

About 50 per cent of the sugar consumed in North America is imported from

Minard's Liniment Cures Colds, etc.

THE BATTLE CRY OF FEED 'EM

YES, we'll rally round the farm boys. We'll rally once again. Showing the battle cry of Feed 'Em. We've got the ships and money And the best of fighting men. Showing the battle cry of Feed 'Em. The union forever, the beans and the corn. Down with the tater—it's up the next morn— While we rally round the plow boys, And take the hoe again, Shouting the battle cry of Feed 'Em. —From "Patriotic Toasts," by FRED EMERSON BROOKS.

POOR QUALITY OF COAL

To the Editor of The Evening Post:

Sir: The basic fact underlying the coal situation was overlooked in your otherwise comprehensive editorial survey. Works' superintendents, though they pay double the old price for coal, and are glad to get almost any kind at almost any price, report only four to five pounds evaporation where they used to get nine pounds or more steam per pound of coal. This means four-fold cost of power. But it means also double boiler capacity, double ashes, double transportation, and double the number of cars and locomotives required to deliver the same power. Thus the evil multiplies itself. The fact has been called to the attention of the Fuel Administration. If it can succeed in increasing the quality of output, the shortage of cars and motive power would be at once relieved to the advantage of food and other transportation, and the entire railroad situation would be bettered.

The immediate cause for poor coal is the carelessness or cupidity of mine workers and mine operators in breaking the slate with coal in poor seams or seam edges, to get ton output, and also of pickers at the screens. This is encouraged by Government fixing of a price without regard to quality. The B. T. U. (British thermal unit) basis for coal purchase which was becoming general on the part of factories, and is thoroughly wholesome and effective, has been practically abolished. It seems questionable whether Government price-fixing in actual practice has done as much harm as good, especially when either a minimum price or a maximum price ignores the economic laws of supply and demand. It is hard, indeed to find any one who has bought coal, or for that matter, steel or copper, on the basis of the Government price plus transportation. The one useful effect seems to have been a deterrent against evidently extreme and outrageous prices, by frightening off those who might otherwise attempt them.

The present Government price has had a deterrent effect, however, in the opposite direction also. Farmers and other workers in the coal regions, who had been working small surface fields under the stimulus of high prices, have quite ceased that practice, because of the low fixed price, and their fear of prosecution should they ask more. This product was, of course, no large proportion of the total output, but it is said to have been in the aggregate substantial in supply of local markets.

New York, December 15. R. R. B.

—New York Evening Post.

The people of St. Andrews are, apparently, not the only ones who have had to put up with coal of poor quality—Ed. BEACON.

REAL MEATLESS DAYS

London, Dec. 21.—The British Isles will have one absolutely meatless day each week after January 1st, Lord Rhonda, food controller, announced to-day. On that one day no dealers will be allowed to sell meat.

GREATEST FISHING LOSS

Destruction of the salmon-spawning run in the Fraser in 1913 by a rock slide from the C.N.R. right-of-way is the greatest disaster recorded in the history of the world. The loss to British Columbia in 1917 alone is in excess of \$8,000,000, and that of the state of Washington exceeds \$19,500,000, a total loss to the packers of that district of \$27,000,000.

UTILIZING THE WOLF-FISH

The wolf-fish or sea-cat is a fish that Canadians as yet have not utilized. There are two forms of this fish, *Americhthys* and *A. latipinna*, the latter the more northerly form. The fish run from fifteen to twenty pounds in weight, are long but not exactly eel-like, and are quite big and heavy, with perfectly white flesh, whiter than halibut, and flakey and delicious. Thirty years ago a Scotch fisherman told me that he had eaten it and it was the

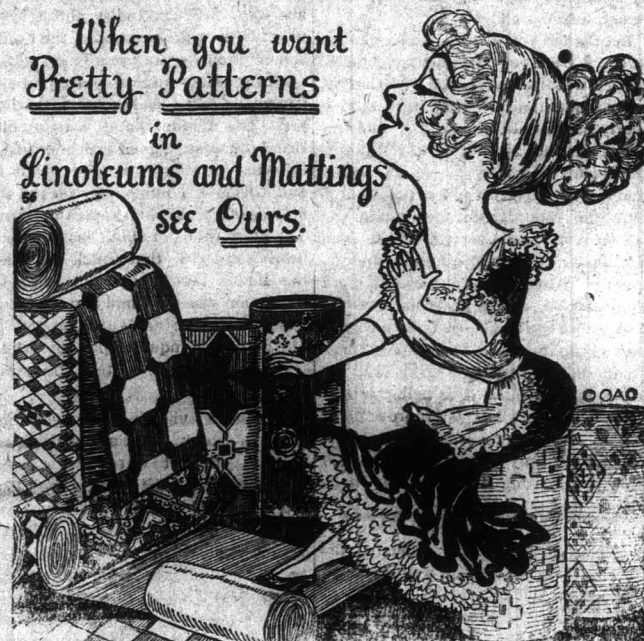
best fish that swam. No one who has eaten it will deny that it is very superior. Great quantities of it are caught on our coast and thrown away. Once, when at Clark Harbor, Nova Scotia, I saw a number of them lying on the wharf, as they were considered absolutely of no value. They are exceedingly good fish. In the British market—the most particular market in the world—the wolf-fish is being sold with the head removed, and probably is called a "very superior cod."—Dr. E. E. Prince, in "Fish, Birds and Game."

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Dear Mary:—

I've just finished "putting down" my new linoleums and matings. 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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FLOUR

Its Nut-like Flavor is an indication
of its richness in food value—for it
proves it to be milled from Selected
Manitoba Hard Wheat, the world's
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Equally good for plain or
fancy baking.

