

## Eats for the Week

Through the courtesy of the Quartermaster, "Knots and Lashings" is this week enabled to give the diet sheet for the ensuing week, starting with tomorrow, Sunday. It is as follows:—

The daily Pudding is supplied by the Canteen Fund.

### Monday

Breakfast — Porridge, Bacon, Bread and Butter, Coffee.

Dinner—Irish Stew, Potatoes, Bread and Tea, Sultana Roll.

Tea—Soup, Jam, Cheese, Bread and Butter, Tea.

### Tuesday

Breakfast — Porridge, Liver, Bread and Butter, Coffee.

Dinner—Boiled Beef, Potatoes and Vegetables, Bread and Tea, Dumplings.

Tea—Soup, Jam, Hash, Bread and Butter, Tea.

### Wednesday

Breakfast—Porridge, Fish Cakes Bread and Butter, Coffee.

Dinner—Irish Stew, Potatoes, Bread and Tea, Cabinet Pudding, Chocolate Sauce.

Tea—Soup, Prunes and Rice, Cakes, Bread and Butter, Tea.

### Thursday

Breakfast—Baked Beans, Bacon, Bread and Butter, Coffee.

Dinner—Sausages, Potatoes and Vegetables, Bread and Tea, Suet Pudding and Syrup.

Tea — Soup, Lettuce, Cheese, Bread and Butter, Tea.

### Friday

Breakfast—Kedgeree, Bread and Butter, Coffee.

Dinner—Stewed Steak, Potatoes and Vegetables, Bread and Tea, Rice Pudding.

Tea—Soup, Jam, Cold Roast Lamb and Sweet Pickled Cherkins, Bread and Butter, Tea.

### Saturday

Breakfast — Porridge, Bacon, Bread and Butter, Coffee.

Dinner—Boiled Beef, Potatoes and Vegetables, Bread and Tea, Dumplings.

Tea — Soup, Honey, Cheese, Bread and Butter, Tea.

### Sunday

Breakfast—Porridge, Sausages, Bread and Butter, Coffee.

Dinner—Steak and Kidney Pud., Potatoes and Vegetables, Bread and Tea, Cottage Pudding and Caramel Sauce.

Tea—Cold Roast Beef, Sweet pickles, Cheese and Cake, Bread and Butter, Tea.

### THE LUCK OF COY. B.

By Lyn.

Have you heard of the luck of Coy. B.

It's the toughest luck you ever did see,

They're first on parade in the morning

And the last to leave at night,

When Coy. A is out at play,

Or if it happens to rain all day

You'll always find that Coy. B.

Is doing fatigue and guard duty.

Their N.C.O.'s and Sergt. Majors

Seldom grant Coy. B. any favors,

While the N.C.O.'s of Coy. A.

Join in with the boys at work or play.

When they line up for their marmalade

Coy. A. always leads the parade.

When the pictures were made the other day,

After peace had been declared,

The first ones taken were Coy A,

Then Coy. B prepared,

They put on a smile you could see a mile,

Hoping that "Hoodoo" to kill.

The camera man said "wait a while",

And they might have been waiting still.

For the usual luck that has followed them

Since they tried to go over-seas

Stepped into that circle of waiting men

And caught them all on their knees,

They waited and waited, they waited in vain

Till all their muscles and joints were in pain

But they didn't get any picture that day

For the Camera was busted by Coy. A.

### OVERHEARD IN THE KITCHEN.

Hungry Sapper (Scotch by extraction and also by absorption): "Wha do ye ca' this, Sirr?" (displaying a plate filled with more vegetables than meat).

Irate Quartermaster: — "Irish Stew, my lad."

H. S.:—"Me feyther fed his cattle on stuff like this."

I. Q.:—"Yes, and I have, also, fed donkeys on carrots. What! What!?"



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