

SOME UNUSUAL WAYS OF SERVING CANNED SALMON

There are about 60,000 tons of salmon taken on the Atlantic and Pacific coasts in an average year, and the bulk of this catch reaches the consumer prepared for use in the familiar can, but the number of ways of serving canned salmon is almost unlimited, and below will be found some of the less common methods.

Salmon Chateaux: Soak two tablespoons of gelatin in one half cup of cold water. Put one tablespoon of chopped onion, one tablespoon of chopped carrot, and one bay leaf in two cups of cold water and bring to the boil and boil for four minutes. Add dissolved gelatin, strain and add the juice of one lemon, half a teaspoon of salt, and a few grains of cayenne. Put a layer of this in the bottom of a jelly mould, and when firm cover with a layer of canned salmon then pour over the remaining portion of the gelatin. Serve with a mayonnaise dressing if desired.

Salmon Croquettes: Make a white sauce with half a cup of milk and one tablespoon each of butter and flour; when the sauce thickens break into it the contents of one can of salmon and add a little lemon juice. Form the mixture into balls, roll in bread crumbs and fry in hot lard.

Salmon Salad: Flake one can of salmon fine and mix with it one cup of finely chopped cabbage, one cup of finely chopped celery, a pinch of salt, and a little paprika. Chill and serve with mayonnaise dressing.

Salmon Salad: To one large can of salmon put one cup of chopped celery, one cup of chopped nuts, and four or five sweet pickles. Mix well with cream mayonnaise.

Salmon Sandwiches: To a one pound can of salmon add one tablespoon of salad dressing, two tablespoons of finely chopped sour cucumber pickles, one teaspoon of onion juice, and half a teaspoon of mixed salt and pepper. Mix all thoroughly and spread between thin slices of bread.

Baked Salmon Loaf: Grease a good sized baking dish and sprinkle it with browned cracker crumbs and then line with mashed potatoes. Drain the oil from a can of salmon and remove the bone and skin. Season the salmon with salt and pepper and pack it into the dish. Cover with mashed potatoes and a layer of browned cracker crumbs, and put a few pieces of butter on the top. Bake for one half hour in a fairly hot oven. To serve

turn it out of the dish and pour parsley sauce over it.

Salmon Turnovers: Make a light dough as for shortcake; take one can of salmon and remove the skin and bones, and drain of the liquid from a can of peas. Roll out a piece of dough about six inches across. Place on the dough one tablespoon each of peas and salmon, a little salt and pepper and some butter. Moisten the edges of the dough with cold water, turn them over and press them together with a fork. Bake in a moderate oven until a delicate brown.

Potted Salmon: Scald and drain three cans of salmon; remove skin and bones. Rub together in a bowl half a salt spoon of paprika, half a teaspoon of mace and a level teaspoon of salt. Mix half of this spice mixture with the salmon and place it in an earthenware baking-dish. Wash free from salt one half pound of butter; put half the butter and one clove of garlic, thinly sliced, over the salmon. Cover and bake for half an hour. Remove the salmon on to a platter; now put the remainder of the washed butter into the baking dish and set aside until the salmon is cold; then add the remainder of the spice mixture to the salmon and another clove of garlic, peeled and mashed; rub the salmon until smooth, then pour the contents of the baking-dish over it and mix well. Pack into small jars, and it will be ready for use in twenty-four hours. Covered with melted paraffin it will keep in a cool place for weeks.

Scalloped Salmon: Make a white sauce of a tablespoon of melted butter rubbed smooth with a heaping tablespoon of flour, and a pint of milk. Cook until it thickens, stirring constantly; add a little salt, pepper, and paprika, to taste. Remove the skin and bones from a can of salmon and separate the flakes with a fork. Butter a pudding-dish and place in it first a layer of bread crumbs and then a layer of salmon with white sauce poured over it, and continue till the dish is full, letting the top layer be one of bread crumbs. Put bits of butter on top and bake in the oven for about twenty minutes, or until thoroughly heated through and brown on top.

Salmon Hash: Flake coarsely one can of salmon. Melt two tablespoons of butter in a hot saucepan and stir into it one cup of rolled cracker crumbs, and then the salmon; mix together and season with pepper, salt, and a little cayenne. Mix one-fourth of a teaspoon of dry mustard with the oil that was on the salmon, and stir it into the mixture; then add one cup of milk. When the whole is well heated through and thick it is ready to serve. This makes an excellent dish to prepare on short notice.

ANIMAL CRACKERS

ANIMAL crackers, and cocoa to drink. That is the finest of suppers, I think. When I'm grown up and can have what I please, I think I shall always insist upon these.

What do you choose when you're offered a treat? When Mother says, "What would you like best to eat?" Is it waffles and syrup, or cinnamon toast? It's cocoa and animals that I love most! The kitchen's the coziest place that I know. The kettle is singing, the stove is aglow, And there in the twilight, how jolly to see The cocoa and animals waiting for me. Daddy and Mother dine later in state, With Mary to cook for them, Susan to wait; But they don't have nearly as much fun as I. Who sits in the kitchen with Nurse standing by; And Daddy once said, he would like to be me, Having cocoa and animals once more for tea!

From "Songs for a Little House," by Christopher Morley. New York: George H. Doran Company.

Curried Salmon: Melt two tablespoons of butter in a saucepan, add one-third of a cup of flour and one teaspoon of curry powder; rub smooth in one pint of milk; stir until it boils, season with salt; add one can of salmon, and heat thoroughly while stirring. Serve on the centre of a platter with a border of hot boiled rice, seasoned with salt, and dotted with butter.

Creamed Salmon: Make a good white sauce and add a can of salmon separated into small pieces; if the sauce is too thick add a little of the liquor from the fish. Serve on buttered toast or crisp soda crackers. This makes a good dish for breakfast, dinner, or supper, and can be prepared in ten minutes.

Salmon Stuffed Hot Rolls: Take ordinary full-crust rolls. Cut off the tops of the rolls, scoop out the crumbs, brush inside and outside with melted butter, and put into a hot oven until they are a delicate brown. Fill the heated cases with creamed salmon, cover and serve.

Savoury Salmon: Cook in two heaping tablespoons of butter one finely-chopped green pepper, one minced onion, and one chopped tomato (or half a cup of canned tomatoes). Add one cup of milk, and stir until the pepper and onion are soft; add one can of salmon, drained and minced; simmer and serve hot.

"Fine pair of spurs you have there, Colonel." "Yes." "I suppose you won them on some battlefield." "No," said the Colonel, with some embarrassment. "The fact is, I won these spurs at a raffish."

—Louisville Courier-Journal.

AN APPEAL TO THE WOMEN VOTERS

To the Women of St. Andrews:

There has been nothing more beautiful since the war began than the devotion of the women-folk of the soldiers to their men, living in discomfort and danger. The women have, in the great majority of cases, abandoned every other interest in life, and given themselves up entirely to working for the boys at the Front. They knit them warm socks for the wet trenches, they send them heavy sweaters to keep out the searching cold of a Flemish winter, they ship them all sorts of comfortable garments and familiar delicacies.

Their minds can dwell upon nothing but their best beloved ones on the battle front, how they can comfort them, sustain them, keep them in good health and good heart, and enable them to press on like good soldiers. Is it conceivable that they will work night and day to give these soldier boys of theirs mere bodily comfort and then will not spare half-an-hour to cast a vote, which will give these men the one thing they most covet—the reinforcements which will bring Victory? Surely, the woman will be hard to find who will desert her husband, father, brother or son, who is risking his life to insure her safety while he is in the very act of facing a deadly enemy whose bullets to some cry to heaven. His women are called upon to vote whether or not reinforcements are to be sent to support and to relieve him. Strangers might be indifferent to his sufferings, his danger or his fate but assuredly not his very own. If his loved one in his own home cannot be trusted to do all in their power to enable him to "carry on" and take this deadly risk for a longer time, who else will do it?

It is impossible to believe that this appeal from the fathers, husbands, brothers and sons of the Front will be disregarded by their sincerely loving, and anxiously listening, and devotedly laboring women-folk at home. They will vote as they have been working and longing and hoping. They will not give their beloved everything else, but deny them this one thing most desperately desired.

THE WOMEN'S UNIONIST ASSOCIATION PARTY CAMOUFLAGE

Beware of the candidate who says he is for Laurier but stands for conscription. Such a man is straddling the fence, in a dishonest attempt to get votes on both sides. The candidate who stands for Laurier cannot stand for conscription; the two are absolutely and utterly irreconcilable.

There is also the candidate who seeks to give the impression that Laurier in office would not interfere with the first draft of one hundred thousand men. No more flagrant game of deception for vote-getting purposes could possibly be played. Laurier is against the present draft and all other drafts, and if he is elected to office a man will leave Canada under the Military Service Act. Here are his own words, expressed in his manifesto: "As to the present Military Service Act my policy will be not to proceed further under its provisions until the people have an opportunity to pronounce upon it by way of referendum."

There is no mistaking the intent and meaning of this language. It means that in the event of Sir Wilfred being returned to office not only will the Military Service Act be repealed, but the men who may

already have been drafted will be disbanded and sent back to their homes. In the light of this clearly expressed certainty, talk on the part of Laurier candidates that the first draft of one hundred thousand men will not be interfered with by Sir Wilfred is the clumsiest kind of camouflage, deceiving no one except those who want to be deceived.

THE AMERICAN PRESS ASSOCIATION BANKRUPT

New York, Nov. 3.—The American Press Association to-day filed a voluntary petition in bankruptcy in the federal court here. It placed its liabilities at approximately \$1,154,800 and its assets at \$93,000.



Oh! My! That Smells Good!

And, madam, you should just smell the fragrance of crushed coffee after it is brewed. And the flavor of it! Well, you never tasted ground coffee with a flavor just like Red Rose Coffee. Coffee critics, those who have travelled far and wide and tasted coffees in various climes, tell us they have never tasted more delicious coffee. Some have even said—but we will refrain from printing such high praise. We prefer you to try Red Rose Crushed Coffee without revealing anything further as to its quality. We don't want to take all the edge off the surprise in store for you when you try it. And the same price it was three years ago.



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Dear Mary:—

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