

EAT MORE FISH

In these days when the cost of living has become such an important factor, it is necessary for the average housewife to give careful thought to providing for her table. The articles procured must not only be reasonably cheap, but they must be palatable and nourishing. As fish meets these requirements, attention is called to it as one of the articles that should daily have an important place on the bill of fare. Aside from the economical point of view it is now a patriotic duty for all households to eat more fish and less meat. Canadians consume twenty-nine pounds of fish per head of population in a year. The normal consumption in Great Britain is fifty-six pounds per year. Canadian consumption of meat is out of all proportion to food value of fish.

In time of war it is Canada's duty to do her utmost, in view of the demands of the armies upon her supplies of Beef and Bacon, to make the fullest possible use of the abundant supplies of food fish obtainable in Canadian waters. This is one way of serving the country in the time of need. The committee which has been appointed to help the Food Controller in St. Andrews is making arrangements to ensure an abundant and constant supply of fish for all who desire it. There is no sacrifice involved in the substitution of fish for meat; and if it is properly cooked it will make more appetizing dishes than can be made with meat.

Methods of Cooking

Frying. Prepare fish for frying in one of the following ways: Roll in cornmeal, sifted oatmeal, or flour.

Dip in prepared batter. Dip in egg and then in bread crumbs. The first method is the most economical.

The fish may be fried in a frying-pan with enough fat to keep it from adhering to the pan, brown on one side, then turn over and brown on the other side. This is called pan-broiling. Fish may also be fried in deep fat until brown. In pan-broiling the pan must be hot, and in deep frying the fat must be very hot.

Boiling. Clean and wash in plenty of cold water the fish intended for boiling. Add a little salt to the water; this will help to clean it and keep it firm. Cod, Haddock, Mackerel, Hake, etc. are best suited for boiling. Put the fish into warm water, add sufficient salt and vinegar to taste. Vinegar helps to keep the fish firm and white. Allow about ten minutes for each pound of fish, and fifteen minutes over if large. Fish must not be allowed to boil fast. When cooked it should have a creamy appearance, and come easily from the bones. When done lift it out carefully, let it drain, and place it on a hot plate. Serve with melted butter, parsley, caper, egg, or anchovy sauce. Water in which fish is boiled should not be thrown away, for it can be used as stock for soups, fish sauces and stews.

Baking. Clean the fish, remove the eyes if the head is left on, rub with salt with dressing and serve the edges to gether. Cut gashes on each side of the back-bone and insert narrow strips of salt pork. Place on a greased fish-sheet or something to raise it from the bottom of the pan. Sprinkle with pepper and dredge with flour. Place around the fish small pieces of salt pork. Bake in a hot oven for about one hour for a four pound fish. Baste often. Serve with drawn butter or egg sauce.

Broiling. Clean the fish and remove the head and tail; if the fish is large remove the backbone also, if very large cut into steaks. Rub with butter then salt and pepper. Grease the boiler and seat the fish first on one side and then on the other. When cooked the fish separates easily from the bone. Season, garnish, and serve.

Chowders. Fry out some slices of salt pork, cut in small pieces and remove the scraps; a deep kettle should be used. Lay some slices of potatoes on the fat, flour and pepper them, then lay in slices of fish—cod and haddock are especially suitable—the fish is also floured and peppered. Continue to put in alternate layers of the fish and potatoes and then pour over it enough boiling water, almost to cover the mixture. Dip a few crackers in cold water and lay over the top of the chowder, then cover the kettle close, boil for three quarters of an hour. Just before serving add a cup of milk.

Fish in vinegar. Fish, especially oily fish, are very palatable cooked in vinegar. Prepare the fish for the pan, place in a granite baker with water to half cover, and add a cup of vinegar, some small red peppercorns, salt and a bay leaf. Cook in the oven until done. About one hour for a four pound fish is the time required. Any fish can be cooked this way and will be good for eating either hot or cold.

Some Sauces for Fish For Salmon. Thicken one cup of boiling milk with one teaspoon of cornstarch and one tablespoon of butter rubbed together. Add liquor from the salmon and season with salt, cayenne, and one tablespoon of tomato catsup.

Tomato Sauce. Stew together half a can of tomatoes, half an onion minced, and three peppers, for three minutes. Minard's Liment Cures Diphtheria.

PROGRESS IS SLOW BUT SURE AS DEATH—SAYS HARRY LAUDER

Harry Lauder—the man whose war-broken heart is veiled by the sunny smile and merry jocular voice that have made whole continents laugh—brought the atmosphere of the trenches to a packed Canadian Club gathering at the Windsor yesterday afternoon. It was a "we-are-going-to-win-the-war" atmosphere, and as the great comedian clenched his fist and leans forward over the chair he had to stand on, he said, "Yes, we were going to win. Our progress is slow, it's awful sure—as sure as death." Then just because he wanted to let his audience know that he had learned the language of Britain's latest ally, he added, "Yes, it's a cinch."

Lauder's black arm band told more eloquently than words could tell the story of this great comedian's war tragedy. Only once did he refer to his only son, the late Capt. John Lauder, and that reference brought tears to the eyes of the huge gathering of Montreal business men.

ANTHRACNOSE, A DESTRUCTIVE DISEASE OF BEANS AND PEAS

(Experimental Farms Note)

Among the garden diseases of the bean and pea, anthracnose or pod spot is the most destructive. The disease disfigures the pods by dark brown spots, but also occurs on the leaves and stems of these plants, where, however the symptoms of diseases are less conspicuous.

The disease is caused by the fungus Colletotrichum in the bean and by Ascochyta and Sclerotinia in the pea. Once the disease becomes noticed in the crop, there is no practical method of preventing its spread.

These anthracnose diseases are conveyed to a crop by the use of infected seed. Infected bean and pea seeds are found among practically all seed merchants' stock. On the seeds, the disease manifests itself by more or less prominent, brownish discolorations, very noticeable on the white-seeded varieties. When very prominent the affected seeds may easily be separated from sound ones by hand picking; this will reduce the disease to some extent, but will not control it completely, since it is very difficult to detect those infected seeds which show very little discoloration, and some seeds which are sufficiently infected to propagate the disease, will always find their way into the soil.

It is best to grow one's own seed supply. When the crop is entirely free from the disease it is an easy matter to gather disease-free seed, but when the disease is present, care must be taken to collect only such pods as are perfectly sound. These pods should be picked off and stored in cotton (flour) bags away from any infected material. The disease, notwithstanding these precautions, may become prevalent again in the succeeding crop if it is, therefore, necessary to watch the crop and from the day the first seedlings appear above the ground. The diseased plants generally show seed leaves either brownish-streaked, or of a very distinct pale yellow color. When the latter is the case, the disease generally is present on the stem. When these signs are noticed prompt action is necessary. Each diseased or sickly looking plant should be pulled up, root and all, and be deposited in a paper bag, not thrown on the ground among other plants. The hand which has pulled up the diseased plant should then be dipped into a pail containing 2% solution of formalin to cleanse it from adhering spores. This will prevent the infection from spreading to any sound plant touched after pulling up a diseased one. When all plants have been collected in the paper bag, burn it, contents and all.

In this manner, a small plot may be kept quite free from disease and will produce a fine stock of sound seed. It is preferable to have such seed plot some good distance away from one's ordinary bean or pea plot.

BIG WORLD CROPS

Large world crops of corn, oats, potatoes, rice, sugar beets and tobacco for this year are shown by estimates compiled by the U. S. International Institute of Agriculture, made public Saturday by the Department of Agriculture. Wheat, rye, barley and flaxseed, however, have fallen below the five-year average of production from 1911 to 1915. The production of wheat in seventeen countries, not including the Central Powers, will be 1,968,000,000 bushels, 9.6 per cent. of the average. Corn raised will amount to 3,312,000,000 bushels, which is 14.1 per cent. greater than the average production for the last five years. Other crops are estimated as follows: Rye, 147,000,000 bushels, 92.2 per cent.; barley, 587,000,000 bushels, 96 per cent.; oats, 2,082,000,000 bushels, 113.9 per cent.; rice, 70,000,000 bushels, 115.5 per cent.; flaxseed, 38,000,000 bushels, 69.8 per cent.; potatoes, 719,000,000 bushels, 112.4 per cent.; sugar beets, 10,000,000 short tons, 106.6 per cent.; tobacco, 1,186,000,000 pounds, 125 per cent.

SIR L. S. JAMESON, RAID LEADER, DEAD IN LONDON

London, Nov. 26.—The Right Hon. Sir Leander Starr Jameson, leader of the famous Jameson Raid in Transvaal, South Africa, in 1895, died to-day in London in the sixty-fifth year of his age.

Sir Leander Starr Jameson was born in Edinburgh, Scotland, February 9, 1853, was educated at London University where he received the degree of M. D. in 1877. Dr. "Jim," as he was popularly known in the hustling days, went to South Africa in early days of the discovery of the Kimberly mines, and there met Cecil Rhodes and became his warm friend and confidant. The young Scotch doctor soon developed into a veritable South African diplomat, and appeared to have remarkable power over the natives. Alone time he went alone on a mission, in behalf of Rhodes' South Africa Company, to King Lobengula, of Matabeleland, and persuaded that warrior chief, in exchange for a few old firearms, and trinkets of little value, to permit the company to settle his country and exploit the gold mines. Within five years the iron rule of Lobengula had been broken and he himself perished miserably, very largely through the energy and foresight of Dr. Jameson himself.

From 1891-95, Dr. Jameson acted as Administrator of Mashonaland. When the Matabele menaced the safety of the Mashonaland, Dr. Jameson considered that it was essential to break the power of Lobengula. In reply to his wire to Rhodes, "Shall I go in?" he received this mysterious telegram, "Read Luke xiv, 31." A Testament was with some difficulty procured, and he read, "Or what king, going to make war against another king, steth not down first, and consulteth whether he be able with 10,000 to meet him that cometh against him with 20,000?" The buoyant Scotchman's reply was, "All right; have read Luke xiv, 31." He had but 1,000 men, some machine-guns, and the help of Khama's natives; but he overcame Lobengula and his 15,000 splendid fighting men with ease and dispatch, at a cost which was trivial as compared with the advantages secured. In recognition of their Imperial services, Mr. Rhodes was made a Privy Councillor and Dr. Jameson a C.B. and Administrator of Rhodesia.

At this time Rhodes was Prime Minister of Cape Colony, and his schemes for the unification of South Africa had been thwarted by President Kruger, and after a tempestuous interview with the Boer President, towards the end of November, 1895, Dr. Jameson promised the Uitlanders to redress their grievances against the Boers, visited Johannesburg, and it was arranged that he should enter the Transvaal with an armed force simultaneously with the outbreak in the capital of the Rand, but only on receiving word from the Reform League. They gave him an undated letter, which justified the resolution and appealed to him for aid. It contained the famous phrase that "thousands of unarmed men, women and children of our race will be at the mercy of well-armed Boers," and appealed to Jameson to come to the rescue. What actually decided Jameson to act is still somewhat a mystery. On the night of Sunday, December 29, he took the bit between his teeth, and invaded the Transvaal with 494 men, eight Maxim's, and three light field pieces.

He was surrounded at Doornkop, near Krugersdorp, almost at the gates of Johannesburg, and on January 2, 1896, compelled to surrender. Rhodes at once realized that his friend's rash act meant the ruin of his own career, and the failure of the whole Uitlander scheme for overthrowing Kruger. But, with characteristic generosity, he said to Mr. Schreiner on the memorable 30th of December, "Poor old Jameson! Twenty years we have been friends, and now he goes and ruins me. I cannot hinder him. I cannot go and destroy him." Jameson, when in London awaiting trial, admitted having made "a discreditable failure," but he added, "I should like all my friends to know that my enterprise was not so much as you all seem to think. It was a question of hours, if not of minutes, whether I succeeded or not in reaching Johannesburg with my troops before my advance was cut off at Krugersdorp; and if I had once got in, I must ask you to believe that my arrival there would have altered the whole complexion of affairs." The Boers handed the raiders over to the British Government, and Jameson was found guilty of a felonious offence, and was sentenced to penal servitude, but the sentence was at once remitted to ten months' ordinary imprisonment. He was released in the December following, owing to ill-health.

After a while he returned to South Africa, and was elected Member for Kimberley in 1900. He was soon appointed a director of the De Beers Company and of the British South Africa Company, of which latter company he was later president. He exerted himself actively in Cape politics, and came to be regarded as "the second in command" of the Progressive party. When Rhodes' death occurred, Jameson was claimed his political successor, and it was under his leadership that the Progressives fought and won a general election, and in 1904 he was made Premier of Cape Colony, resigning in 1908, when his party was beaten in the election. From 1910 to 1912 he was member of Parliament from the Harbor Division of Cape Town. He was made a Privy Councillor of Great Britain in 1907, and in 1911 he was created Baronet of the United Kingdom.

"John dear, I want one hundred and twenty-five dollars to invest in stocks. 'Stocks in what?' "In the Mile, Marie Millinery Company. They give the most adorable hat with every share of stock."—Life.

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PRICE OF CODFISH SOARING

St. John's, Nfld., Nov. 26.—War has forced the prices of Newfoundland codfish up to twice those received in normal times, and the highest in a generation. Best fish grades of fish now sell at \$1.50 a quintal (112 pounds). Although freight rates to southern European countries have risen from a minimum of 60 cents a quintal before the war to a minimum of \$7 a quintal at present, dealers are able to obtain better profits than usual. The price of cod oil, from which glycerine is extracted for use in the manufacture of munitions, has risen from the pre-war rate of twenty or thirty cents a gallon to \$1. This oil can be exported only through the agency of firms in the United States and Canada whose good faith is guaranteed by the Governments of those countries.

No Advance in 3 Years

With war-time prices so terribly high for nearly every article of food, it must be a particular satisfaction to those who love good coffee to know that there has been no advance in the price of Red Rose Coffee for three years—and the great increase in the sale of Red Rose Coffee this year shows that the price is appreciated. People everywhere seem to be using much more coffee than they did before. Red Rose Tea is economical on account of its superior quality—but Red Rose Coffee is economical both on account of its quality and price, a combination hard to maintain in war-time.



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When you want Pretty Patterns in Linoleums and Matting see Ours.



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 BUCHANAN & CO. Water Street St. Stephen

TRY "THE OVERLAND" PAYNE'S THE NEW TEN CENT CIGAR FOR FIVE CENTS

