

**WAR MENUS**  
**HOW TO SAVE WHEAT, BEEF AND BACON FOR THE MEN AT THE FRONT**

ISSUED FROM THE OFFICE OF THE FOOD CONTROLLER OF CANADA

**SUNDAY**  
**Breakfast**

- Apples
- Tea or Coffee
- Corn Flakes
- Milk
- Honey
- Sugar

**Dinner**

- Beef Steak
- Potatoes
- Parasip
- Pumpkin Pie
- Tea
- Celery and Apple Salad
- Butter
- Cheese
- Bread
- Cake
- Tea

**MONDAY**  
**Breakfast**

- Oatmeal Porridge
- Milk
- Sugar
- Buckwheat Pancakes
- Corn Syrup
- Tea or Coffee

**Luncheon or Supper**

- Corn Soup
- Applesauce
- Tea
- Oatcakes
- Dinner
- Irish Stew
- Dumplings

**Baked Rice Pudding**

- 2 cups scalded milk
- 1/2 teaspoon salt
- 1/2 yeast cake
- 1/2 cup lukewarm water
- 1/2 cups buckwheat flour
- 1 tablespoon molasses

**FRIDAY**  
**Breakfast**

- Hominy
- Toast
- Milk
- Sugar
- Marmalade
- Coffee or Tea

**TUESDAY**  
**Breakfast**

- Cornmeal Porridge
- Milk
- Sugar
- Fried Liver
- Potato Cakes
- Toast
- Tea or Coffee

**Luncheon or Supper**

- Potato Salad
- Brown Bread
- Butter
- Johnny Cake and Corn Syrup
- Dinner
- Creamed Finnan Haddie
- Baked Potatoes
- Mashed Turnips
- Baked Apples
- Graham Flour Biscuits

**CREAMED FINNAN HADDIE**

- 1/2 cup milk
- 1/2 cup butter
- 1/2 cup flour
- 1/2 cup onion
- 1/2 cup fish
- 1/2 cup potato
- 1/2 cup onion

**Graham Flour Biscuits**

- 2 cups Graham flour
- 1 cup sweet milk
- 1/4 level teaspoons baking powder
- 1 teaspoon salt
- 2 tablespoons shortening

**WEDNESDAY**  
**Breakfast**

- Oatmeal Porridge
- Milk
- Sugar
- Toasted Brown Bread
- Marmalade
- Tea or Coffee

**Luncheon or Supper**

- Beet Salad
- Duchess Potatoes
- Bran Gems
- Pear Jam
- Tea
- Dinner
- Mutton Stew
- Mashed Potatoes
- Sliced Tomatoes
- Cottage Pudding with Caramel Sauce

**MINARD'S LINIMENT RELIEVES NEURALGIA**

**THE RECIPES FOR DUCHESS POTATOES AND BRAN GEMS, MENTIONED ABOVE ARE AS FOLLOWS:**

**Duchess Potatoes**—Mashed potatoes, with the addition of the yolk of an egg and seasonings.

**Bran Gems**—1/4 cups flour, 1/2 cup bran, 1 cup sour milk, 1/2 cup molasses, 1/2 teaspoon soda, 1 teaspoon salt, 2 tablespoons melted butter.

Mix and sift dry ingredients; add milk to molasses, and combine mixtures; then add butter.

**THURSDAY**  
**Breakfast**

- Oatmeal Porridge
- Milk
- Sugar
- Fried Potatoes with minced Ham
- Brown Bread
- Butter
- Tea or Coffee

**Luncheon or Supper**

- Potato Soup
- Crackers
- Baked Apple
- Tea
- Cake
- Dinner
- Baked Salt Codfish
- Mashed Potatoes
- Baked Squash
- Squash Pie

The recipes for Potato Soup and Baked Salt Cod, mentioned above, are as follows:

**Potato Soup**—1 qt. milk, 1/2 cups mashed potato, 1 tablespoon butter, Sat. pepper and grated onion to taste.

Cook the potatoes, mash and put through a sieve. Put on the milk over the fire with onion. Bring to a boil, add the mashed potato, season and add the tablespoon of butter. Serve hot.

**Baked Salt Cod**—Wipe the fish and place on a buttered baking tin. Prepare a dressing of bread crumbs, savory herbs, parsley, pepper and salt. Bind it with a little beaten egg. Place this on the fish and season. Add to the top a little fat. Bake in a moderate oven for ten minutes for every pound and five minutes extra. Serve with Hollandaise Sauce with the addition of some Anchovy, or any sauce that may be preferred.

**FRIDAY**  
**Breakfast**

- Hominy
- Toast
- Milk
- Sugar
- Marmalade
- Coffee or Tea

**Luncheon or Supper**

- Kipperd Herring
- Baked Potato
- Apple Sauce
- Tea
- Cake
- Dinner
- Fried Haddock
- Mashed Potatoes
- Squash
- Coddled Apples

The recipes for Kipperd Herring and Fried Haddock, mentioned above, are as follows:

**Kipperd Herring**—Remove the fish from can and arrange on a platter that may be put in the oven. Sprinkle with pepper, brush over with lemon juice and dripping, and pour over the liquor left in the can. Heat thoroughly and garnish if so desired.

**Fried Haddock**—Cut into suitable sizes for frying. Roll in cornmeal, sifted oatmeal or flour. Fry in frying-pan in hot fat. Brown on each side. If a garnish is desired, use lemon or parsley.

**SATURDAY**  
**Breakfast**

- Puffed Rice
- Milk
- Sugar
- Griddle Cakes
- Tea or Coffee

**Luncheon or Supper**

- Fish Chowder
- Crackers
- Baked Apples
- Tea Biscuits
- Tea
- Dinner
- Hamburg Steak
- Potatoes
- Carrots
- Pumpkin Pie

The recipes for Griddle Cakes and Fish Chowder, mentioned above, are as follows:

**Griddle Cakes**—1 egg, 2 1/2 cups flour, 1/2 teaspoon salt, 2 cups sour milk, 1/2 teaspoons soda.

Mix and sift flour, salt and soda; add sour milk and egg well beaten. Drop by spoonfuls on a greased hot griddle; cook on one side, turn and cook on the other. Serve with maple or corn syrup.

**Fish Chowder**—2 cups potatoes (sliced), 1 cup fish, 1 cup onion.

Boil separately any white-fleshed fish, onion and potato. Drain, remove the bones from the fish. Combine the three in one pan, add white sauce and reheat. Serve hot. This may be varied by adding pieces of bacon cut fine. This recipe is equally good when left-over fish is used. (Wheat and meat saving recipes by Domestic Science Experts of the Canadian Food Controller's Office.)

**CONVICTED AS A SPY IN ENGLAND**

London, November 9.—Official announcement was made today of the conviction of a Belgian as a spy, as follows: "A Belgian subject was tried by the general court-martial in London on September 24 and 25, on the charge that he had come to the United Kingdom with the intent to commit acts of espionage on behalf of the enemy. He was found guilty and sentenced to death. The sentence was duly confirmed, and subsequently was commuted to penal servitude for life."

**PASSPORT RULE STRINGENT**

Ottawa, Nov. 17.—It is announced in the current issue of the *Canada Gazette* that, at the request of the United States authorities, notice is given that persons en route from Canada through the United States to another country must carry regular passports, which must be approved by United States consuls in Canada.

**THE FOOD CONTROLLERS' AIMS**

The food controller is well aware that in many homes of the Dominion very considerable economies in food have been effected voluntarily since the war began. In thousands of other homes high prices of food have compelled the utmost economy in selection and in apportionment to the various members of the family. The Food Controller aims that, as far as possible, there should be sufficient and suitable food for the people of Canada at prices which are no higher than are absolutely necessary under present conditions of supply and cost of production.

Seventy per cent of the people of Canada are as thrifty and careful as any in the world. They consume but little or no more than is necessary to maintain their physical strength. The Food Controller does not ask these people to reduce their consumption below the amount necessary to maintain their efficiency, but he does ask them to substitute other foods, as far as possible, for wheat, beef and bacon, which are needed by the soldiers overseas. There is still a considerable minority of the people of Canada who can and should reduce their consumption of food by simpler living. Substitutes may involve some sacrifice but surely the men at the front are deserving that such sacrifice should be made. Elimination of waste is a patriotic service in which the most humble and the most prosperous can contribute. It is no exaggeration to say that every ounce of waste is a contribution towards starvation.

**A NEW PRIVILEGE**

**FINANCE MINISTER ANNOUNCES THAT ALL VICTORY BONDS MAY BE REGISTERED**

The following announcement has been made from Ottawa.—The Finance Minister of Canada has issued a new instruction in connection with the Victory Bonds, which will be of much benefit and importance to many small investors. He has decided to grant the privilege of the registration of all bonds, that is to say, that bonds of all denominations, including the \$50 bond, may be registered as to principal and as to interest.

In previous loans the privilege of registration was necessarily confined to bonds of the large denomination, such as \$1,000 bonds or more. Bonds of lower denominations were issued as bearer bonds, with coupons attached, and while carrying equal benefits as to principal and interest were liable to being lost by the owners. Under the privilege now given by the Finance Minister, the buyer of any bond (whatever the denomination), may have it registered, in which case the interest will be paid by cheque, and the bond, if lost, may be replaced after proper evidence has been shown. It is believed that this privilege will be greatly appreciated by many thousands of small investors, who will thus be assured of the absolute safety of their investment even against fire or carelessness or any other accidental cause of loss. This improvement in the issue will involve extra work upon the Department of Finance, but Sir Thomas White considers that its benefits will more than offset the labor involved.

**THE LORD MAYOR'S MENU**

London, Nov. 12.—In view of the criticism which the decision to hold a Lord Mayor's banquet on Friday night aroused, the menu was cut down to a scale of simplicity such as was never previously seen at the Guildhall. It was set out as follows:

Clear soup, filets of sole, casserole of partridges, baron of beef, sweetmeats. The soup was, as usual, real turtle. Potatoes baked, were the only vegetable. The sweets were ice cream and jellies. The only wine was champagne. Food Controller Rhonda, who accepted an invitation to the banquet, was not present.

**SHOES! SHOES!**

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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.  
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