

**BEEF AND BACON**

Beef and Bacon are needed overseas in increasing quantities. They are foods especially suited to the requirements of the men who are fighting and those doing heavy physical labor. The scarcity of fodder and the greater call for meat have compelled the Allies since the beginning of the war to kill more than 33,000,000 head of their stock animals. Thus the source of their meat is decreasing. At the same time the needs of the soldiers and war workers have increased the necessary meat consumption. Imports of beef and bacon into Great Britain, Denmark and Holland have been reduced to a very small amount, whereas all three countries formerly supplied large quantities. The United Kingdom is thrown more than ever upon the North American continent for these commodities. Moreover, the entrance of the United States into the war has greatly increased the requirements of both beef and bacon for the United States Army. The soldiers need beef and bacon and they can only be supplied if the civilian populations of Canada and the United States will reduce their consumption of these foods. A saving of one ounce of meat per person per day, an increased production of beef and bacon on this continent, would go a long way towards meeting the Army requirements.

**TIPS TO THE FEMININE**

Every woman wants to know how to be beautiful. Having a few ideas ourselves we suggest:

- (1) Speak no ill, think no evil, hear no gossip.
- (2) Overlook your husband's shortcomings. You have a few of your own, but he's too considerate to mention them.
- (3) Don't stoop to the curtain lecture; it goes with an ugly face and an ugly disposition.
- (4) Never strike a child in anger; it makes wrinkles inside and out.
- (5) Sing at your housework; remember, hubby is up against it downtown.
- (6) Smile; then smile again; keep smiling and smile.—*Richmond Times Dispatch.*

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The famous Bosco Roofing can be bought at Edgar Holmes Shoe Store, in Eastport, Me. for \$3.00 per roll, and in 15 roll lots the price is \$2.75 per roll; on lots of 5 rolls or more I will deliver at least or train. 2 Ply Roofing only \$2.40 per roll. Nails and cement with each roll. I have just covered 6 houses with this roofing, and I have a good stock on hand now. Buy now as price is advancing.

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**REGAL FLOUR**

FIRST AID TO GOOD BAKING

Uniformly Pure and Wholesome. Never Disappoints.

**SAVING SUBSTITUTES**

**CANADIAN FOOD CONTROLLER'S SUGGESTIONS OF WAR-TIME DISHES**

**Tuesday**

Beans are as good as meat for body-building. They are high in protein.

**CREAM OF LIMA BEAN SOUP**

1 cup dried lima beans 1 cup cream or milk  
3 pints cold water 4 tablespoons butter  
2 slices onion 1 teaspoon salt  
4 slices carrot 1 teaspoon pepper  
1 teaspoon pepper

Soak beans overnight; in the morning drain and add cold water; cook until soft and rub through a sieve. Cut vegetables in small cubes, and cook five minutes in half the butter; remove vegetables, add flour, salt and pepper and stir into boiling soup. Add cream, re-beat, strain, and add remaining butter in small pieces.

**Save bread by making palatable substitutes like bran gems**

**BRAN GEMS**

White flour, 1 cup Sugar, 4 tablespoons  
Bran flour, 1 cup Melted butter, 1 table-  
Milk, 1 cup spoon  
Eggs, 1 Salt, 1 teaspoon  
Baking powder, 4 teaspoons

Mix and sift the dry ingredients. Add the milk and egg. Then melted dripping. Bake in a hot oven in buttered gem pans.

**Friday**

Serve fish for breakfast instead of bacon

**KIPPERED HERRING AND TOAST**

Remove fish from can, and arrange on a platter that may be put in the oven; sprinkle with pepper, brush over with lemon juice and melted butter, and pour over the liquor left in can. Heat thoroughly, and garnish with parsley and slices of lemon. Serve on toast.

**Corneal dishes save flour and bread, and everybody likes them**

**FRIED CORNEAL MUSH**

Cornmeal, 1 cup Salt, 1/2 teaspoon  
Water, 4 cups

Put the salt in the boiling water, and sifted cornmeal. Cook thoroughly. Pack into this as a baking powder tin to form in a mould. To fry turn out of the mould. Cut into slices, dip in dry cornmeal and fry in dripping. Serve with syrup as a breakfast or supper dish.

**HUNS FOLLOW EVENTS HERE**

**DISCOVERY AT THE FRONT IN FRANCE PROVES CLOSE GERMAN WATCH ON CANADA**

Ottawa, Oct. 29.—A newspaper found on a German prisoner who was taken by the Canadian on the Western front recently shows how close a watch the Huns keep on Canadian affairs. The paper contained a news dispatch, purporting to come from Ottawa, which told of the passing of the Military Service Act just two days after the Act was passed by parliament here.

This little discovery is regarded here as a proof of the importance Germany places upon the military benefit to the Allies which will flow from the adoption by Canada of the Military Service Act. Experience has proved that Germany is a close observer of enemy countries and that every sign of strengthening or weakening is noted with the keenest interest by the Huns.

"Sticky weather," said the boy, who was thinking of fishing. "That's right," responded his dad. "Stick to business, son."—*Louisville Courier-Journal.*

Lady of House—"You say you are in the army. Then why aren't you dressed as a soldier?" Rugged Roger—"It's the army of unemployed, lady, an' dis is me fatigue."—*Boston Transcript.*

The fortune-teller said I would meet with a fatal accident. "Mercy!" "But she said not to worry; it wouldn't happen till the end of my life."—*Boston Transcript.*

**EGGLESS COOKERY**

As the price of eggs soars skyward it behooves the prudent housewife to make every egg count as a meat substitute, and to replace or omit eggs in other forms of food. Several old receipts which do not contain eggs have been brought back to favor, and several new ones have been devised with a view to the conservation of the valuable egg; and we print a few of these, hoping that some at least of them may be new to our readers. All the receipts are well worth trying.

**WAR CAKE, OR HIGH COST OF LIVING CAKE.** Boil together two cups of water, two cups of sugar, two tablespoons of lard, two teaspoons of cinnamon, one half teaspoon of cloves, one teaspoon of salt, and one pound of raisins. Let the mixture boil for five minutes and then set it aside to cool; when cool add to it three cups of flour sifted with half a teaspoon of baking powder and one heaping teaspoon of soda. Bake in a moderate oven for one hour.

**SOFT GINGERBREAD.** Mix together half a cup of sugar and half a cup of lard, add one cup of molasses, half a teaspoon of salt, and spices to taste. Two teaspoons of ginger and one teaspoon of cinnamon give a very nice flavor, but the amount can be varied, or clove can be used instead of the cinnamon if preferred. Add two cups of flour sifted with one teaspoon of soda, and lastly mix in a cup of hot water. The mixture looks very thin, but it will make a very light, soft gingerbread. Bake in a moderate oven.

**SQUASH OR PUMPKIN PIE WITHOUT EGGS.** To three pints of strained squash or pumpkin add three cups of white sugar, half a teaspoon of ginger, half a teaspoon of cinnamon, half a teaspoon of salt, and half a teaspoon of essence of lemon. Boil a pint of milk and stir into it, as it boils, three large tablespoons of corn starch previously rubbed smooth in cold milk. Melt in this a piece of butter as large as an egg. Stir the mixture until no lumps remain; then pour it into the squash and mix thoroughly. This is sufficient to make three pies.

**EGGLESS PLUM PUDDING.** Add to a quart of boiled milk twelve medium sized crackers, a quarter of a pound of suet, chopped fine, a pound of chopped raisins, a pound of currants, two teaspoons of salt, and a cup of molasses. Mix thoroughly and pour it into a buttered bowl and steam for three and a half hours. Serve with sweet sauce.

**GRIDDLE CAKES.** Make a thin batter with sour milk or buttermilk, white flour and a small amount of corn meal. Add salt and baking soda in the proportions of one teaspoon each to a quart of milk. Try a spoonful on the griddle before cooking. If the mixture is too thin to turn easily, add more flour; if too thick add more milk.

**OLD ENGLISH PARKIN.** Rub three ounces of lard into seven ounces of flour, add four ounces of oatmeal, two ounces of brown sugar, and half an ounce of mixed spice. Pour over the mixture six ounces of molasses and add a half teaspoon of baking soda dissolved in a teaspoon of milk. Form into balls about the size of an egg. Lay on a greased pan, allowing space for the cakes to spread, and slightly flatten them and brush them over with milk. Bake about fifteen minutes in a slow oven.

**BRAN MUFFINS.** Sift half a teaspoon of salt and half a cup of flour together, and add one cup of bran, then three quarters of a cup of orange juice in which half a teaspoon of baking soda has been dissolved and stirred until it froths, add one and a half tablespoons of molasses and two tablespoons of melted butter. Beat thoroughly and pour quickly into hot buttered gem pans and bake in a hot oven.

**RAISED OATMEAL MUFFINS.** To one cup of cooked oatmeal mix one cup of scalded milk and half a teaspoon of salt. When lukewarm add a quarter of a cup of molasses and half a yeast cake dissolved in warm water. Stir in enough flour to make a stiff batter, beat for five minutes. Allow the mixture to rise over night. Beat and divide into butter gem pans, let rise, and then bake for half an hour in a moderate oven.

**SICE COOKIES.** Warm three quarters of a cup of molasses and add to it half a cup of melted butter, half a cup of sugar, three teaspoons of baking powder, and quarter of a pound of candied peel chopped fine. Add one teaspoon each of all-spice, ginger, and cinnamon, and a little grated nutmeg. Pour the mixture into six cups of sifted flour and knead it to a dough, roll it out and cut it into rounds with a small biscuit cutter. Place on buttered pans and bake in a slow oven for twelve or fifteen minutes.

**DATE PUDDING.** Mix together half a pound of dates (cut in small dice), quarter of a pound of finely chopped suet, three ounces of brown sugar, quarter of a pound of flour, quarter of a pound of bread crumbs, one teaspoon of baking powder, and a quarter of a pint of milk. Put the mixture into a buttered bowl and steam for two and a half or three hours.

"How did the owl get a reputation for wisdom?" "By persistently hooting at everything. I take it."—*Louisville Courier-Journal.*

Minard's Liniment for sale everywhere.

**OLEOMARGARINE**

**OFFICIAL STATEMENT IN REGARD TO ITS MANUFACTURE, IMPORTATION AND SALE**

The following statement has been issued by the food controller's office:—

An Order-in-Council has been passed upon the recommendation of the Food Controller, allowing, on and after November 1, the manufacture and sale in Canada of oleomargarine and its importation free of duty. Suspension of the prohibition of its manufacture, import or sale is a war measure only, and will apply while the present abnormal conditions continue. The conclusion of such period is to be determined by the Governor-General-in-Council. Strict provisions are incorporated in the Ordinance to protect the public and the farmers against fraudulent sale of oleomargarine as butter.

The recommendation of the Food Controller was made because the high cost of production and the demand for export were putting the price of butter so high that many people were unable to purchase it. To reduce the price artificially would have been unfair to the producer. The only alternative was tolerable those who could not afford to buy butter to secure the necessary animal fats in some whole some, substitute form. The Food Controller states that the dairy interests will not suffer by reason of the sale of oleomargarine in Canada.

"Oleomargarine" is defined in the Ordinance as including "oleomargarine, margarine, butterine, or any other substitute for butter which is manufactured wholly or in part from any fat other than milk and cream, which contains no foreign coloring matter and which does not contain more than sixteen per cent. of water."

Persons wishing to manufacture or to import oleomargarine must first obtain a license from the Food Controller and such license may be cancelled in case of violation of any of the regulations.

Oleomargarine manufactured in Canada must be produced under the supervision of the Minister of Agriculture and no oleomargarine may be imported into the Dominion unless it has been manufactured under Government supervision in the country of production. No customs duty is to be charged on the importation of oleomargarine complying with the regulations.

The Food Controller is given the power to regulate the price and quality of all oleomargarine sold in Canada.

Every package containing oleomargarine must be clearly marked as such. Hotels, restaurants and public eating places where oleomargarine is served must display a card with the words "Oleomargarine served here," in capital block letters not less than one and one-half inches long.

No label, mark or brand shall be used until it has been approved by the Food Controller.

The necessity of allowing the sale of oleomargarine in Canada under present conditions was explained by Mr. W. J. Hanna, Food Controller, in an interview today. Mr. Hanna said that he was well known that people must have animal fats in sufficient quantity. Butter had advanced until many people were unable to buy it. Moreover, butter seemed likely to go still higher in price because the present price was not commensurate with the fat content, with the price being paid for whole milk.

"There were only two courses possible," said the Food Controller. "We could have fixed an arbitrary price but the result would have been to reduce the production of butter by diverting milk into other channels. It must be remembered that the price paid to the producer in Canada for milk is determined in very large measure by what the condensing plants are willing to pay for it. The high price offered by the condensing plants, in turn, is due to the price being paid for condensed milk by the Allies' buyers. The cost of producing milk has advanced greatly since the beginning of the war, and the farmer must receive a price which not only will cover his costs but also give him a reasonable profit."

The other course was to allow the use of a substitute and this is the course which we adopted. I may say that I do not expect that our action in allowing the sale of oleomargarine in this country will result in any reduction in the price of butter. The overseas demand is practically unlimited, when compared with Canada's production. Moreover, the price of butter in the United States to-day is at least as high as the price in Canada. The average retail price of butter in the United States for September was 50 cents per pound. The regulated wholesale price in England was 53.76 cents per pound. At the beginning of the war, Canada was importing at the rate of more than seven million pounds of butter per year, chiefly from New Zealand and the United States. These imports have dwindled to a very small trade, principally at local points from the United States.

"Meanwhile our exports of butter have increased enormously. In the fiscal year ending March 31, 1914, our exports of Canadian butter totalled 1,228,753 pounds. For the fiscal year ending March 31, 1917, they had been increased to 7,909,439 pounds. Since then the increase has continued. While our exports have been increasing prices of butter to the consumer have advanced from about 35 cents per

**OLEOMARGARINE**

pound to about 50 cents. We are only supplying a very small part of the Allies' requirements. In 1914 Great Britain alone imported 446,230,848 pounds of butter and in 1916, despite shipping difficulties and necessarily reduced consumption, no less than 248,646,480 pounds. For years after the war Europe will require all the butter which Canada can produce for export and the prices are certain to be high. These facts show that the dairy interests of Canada have nothing to fear from the order allowing the sale of oleomargarine. The producer is in no danger of losing his market.

"The regulations which will govern the manufacture, importation and sale of oleomargarine in Canada, have been carefully prepared and will afford ample protection against fraudulent practices."

"Why wouldn't the recruiting officer take you?" "Said they had all the wrist-watch winders they needed."—*Pack.*

"Jibway has been telling me about a famous fishing hole he has discovered. All you have to do is to drop in your hook and pull up a fish." "Umph! I wouldn't put too much faith in Jibway's yarns." "No?" "Better make him tell you how long you have to wait after dropping in your hook before you pull up a fish."—*Birmingham Age-Herald.*

Biggs—"I'd join the church if it wasn't so full of hypocrites." Diggs—"That needn't deter you. There's always room for one more."—*Boston Transcript.*

**HOT FOODS AND CANCER**

Chicago, October 26.—The cause of cancer is yet unknown to medical science, according to a statement made before the 3,000 surgeons who for the last week have been in Chicago attending the eighth annual convention of the Clinical Congress of Surgeons which yesterday merged with the American College of Surgeons and is now known as the Clinical Congress of the American College of Surgeons. Dr. William T. Mayo, of Rochester, Minn., president-elect of the new body, in discussing the advances made in the treatment of cancer, asserted that while physicians could not ascribe exactly the causes of that disease, it was known that hot foods taken into the stomach, often resulted in cancerous growths in that organ.

"Clean food, coupled with food at normal temperatures, might go a long way in removing one of the first causes of cancer," Dr. Mayo said, and subsequent speakers agreed in this.

Sir Berkeley Mognihan, of Leeds, England, a member of the British army staff, declared that in no one line of surgery had such strides been made as in the treatment of cancer. He advised surgeons contemplating war service to be prepared to go about lung surgery resolutely and without misgivings as to severity. He said that the lung could be cleaned of slivers of shells just as one would cleanse a new sponge.

**What is Crushed Coffee?**

Briefly, Crushed Coffee is coffee that has had the beans crushed between steel rollers with just enough pressure exerted to break the beans into clean, even grains from which the bitter chaff and dust are easily separated by air suction—

Resulting in a coffee so pure that no egg is needed to settle it. Red Rose Coffee is as easy to make as Red Rose Tea, and its flavor, aroma and smoothness are a delight as compared with the ordinary ground coffees.

Sold only in double-sealed air-tight cans to keep it good.

The same price as it was three years ago.

**Red Rose Coffee**

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

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THE NEW TEN CENT CIGAR FOR FIVE CENTS