

BARLEY SPOON BREAD

NUT BREAD

2 tablespoons fat 4 cups boiling water

1 cup barley meal

1 cup brown sugar

2 cups white flour

2 cups milk

2 cups flour

1 egg

1 teaspoon salt

2 cups oatmeal

1 tablespoon molasses

top milk or water

6 cups rye flour

2 cups corn-meal

1 teaspoon salt

Beat egg, add the milk and egg to the

cooked oatmeal. Add flour and baking-

powder sifted together; mix thoroughly

turn out on a moulding board and knead

well. Bake one hour in a moderate oven.

RYE AND CORN MEAL BREAD

6 teaspoons baking-powder

1 egg

place.

1 cup chopped nut meats 1 cup chopped dates 2 cups rye flour

1 teaspoon salt 4 teaspoons baking-powder

5 teaspoons baking-powder

1 teaspoon salt

2 eggs

Thursday morning, May 9. On Sunday Mr. and Mrs. George Newton were tea guests of Miss Nellie Stuart Fruit Dish, Mr. Edgar Fountain. China

tide

were

tide

at her home in St. Andrews. Mrs. Wm. McCracken has returned from Calais, where she went to attend the funeral of her niece, Miss Irene Graham It was with great regret that the friends of Miss Graham teceived the news of her death. She spent part of last summer here and won many friends by her sunny Napkins, Miss Marietta Thompson. disposition. For her mother there is Linen Bureau scarf, with insertion and widespread sympathy. Mrs. John Greenlaw entertained a few

Gladys on Wednesday afternoon.

who are endeavoring to recover the bodies of the unfortunate men who were drowned in Chamcook. drowned in Chamcook drowned drowned in Chamcook drowned in Chamcook.

Mr. and Mrs. Austin Bucknam departed for Eastport on Wednesday for a few aveb

Mrs. Melville Cockburn, Mrs. Ed Cockburn, and Miss Nellie Stuart, of St. Andrews, paid calls on Mrs. Roy Webb and Mrs. George Newton on Wednesday afternoon.

Mrs. Roy Webb entertained Mr. and Mrs. Arthur Mason and their son, Morris, and Miss Margery Babbitt to tea on Sunday afternoon.

A hearty welcome was extended by the many friends of Mr. John Thompson and his bride on Tuesday when they arrived on the train from a flying visit to St. John. A shower of rice was rained upon them on their arrival at their new home.

Mrs. Jane Wilson and family are here for the summer. Mr. and Mrs. Wilson expect to work in the factory as soon as fish arrive. Miss Mary Hannigan, of St. Andrews,

has taken a position as stenographer in office of the Booth Fisheries.

May 9. M. and Mrs. Melville are the proud possessers of a bouncing baby boy, born Mrs. H. A. Wentworth. Aluminum Tea minutes pot, Mr. Linden Leslie. China Tea Set, Messrs Roy and Leslie Stuart. China

Fruit Dish, Miss Myrtle Stuart. Two China Bon Bon Dishes from the bride's Mother. Wedgewood Fruit dish, Mr.

Add the barley meal to the boiling Frank Farris. One Glass Berry Set water, stirring constantly. Cook in a Lionel Leslie. One Glass Pickle dish, Addie Leslie. 2 Doz. Linen Napkins, Mr. the well-beaten eggs. Turn into a greased dish, and bake in a moderate oven §

Linen towels, Hazel Marshall, Quilted Bed Spread, Mrs. George Thompson, of friends at a birthday gathering for Miss Bed Spread, Mrs. George Thompson, or Deer Island. Afternoon Tea Cloth, Mr. and Mrs. Arthur Gove. Embroidered Mr. Fred Beaney has kindly placed his Table Centre, Mrs. W. Clarke, of St. Anpower boat at the disposal of the men drews. One pr. embroidered Guest towels, Mrs. A. Bucknam. One pr. Turk-

ton, of Chamcook.

BEAVER HARBOR, N. B. May-7.

Mrs. Geo. A. Eldridge is on the sick-list. Albert Eldridge is spending a few days in St. John. Miss Amanda Eldridge has gone to St.

Andrews for the summer. Mrs. Martin Eldridge spent the weekend with friends in St. John.

Miss Winnie Hawkins, who teaches at Graniteville; spent the week-end with her parents, Mr. and Mrs. Ira Hawkins. Mise Rheta Hutton has arrived home after several months spent in Boston.

Mrs. Archie Harris has been very ill, but is recovering.

Mrs. Annie Crickard has' returned to her home in St. George, after spending several weeks with friends here. Mrs. Mayhew, of Boston, is visiting her

parents, Mr. and Mrs. M. Nodding. Mr. and Mrs. Blanchard Outhouse have

"Few people have yet grasped the funda-tentol fact that Great Britain still relies upon the United States and Canada for 65% of her essential food stuffs. Unless we get this food, or nearly all of it, we shall peter out."

Star Street Pr

Dr. J. W. Robertson, Chairman of th Advisory Council, Canada Food Board : "Unless we can get more food now, we shall go under, and 1,000,000 people will

water, stirring constantly. Cook in a during the starve. This is my conviction, and 1 double boiler one hour. Cool, and add starve. This is my conviction, and 1 know as much about the situation, perhaps, as any one." The British Ministry of Food:

"War is making bare the world's cupboards; the granaries are being emptied; the flocks thinned; the herds butchered; the mines scraped. War is making everything dear except human life. The whole world is threatened with hunger, the menace of which will become greater with the prolongation of hostilities.

"I can not emphasize too strongly the

Place the dry ingredients in a bowl. Mix the milk with the egg, and mix may depend on the quantity of food prothoroughly with the dry ingredients. Set duction. The issue of the War may deto rise for fifteen minutes in a warm pend on the quantity of food produced in OATMEAL BREAD

Hon, Charles A. Dunning, Director Production, Canada Food Board : "I have no cut and dried scheme where by a magic wand can be waved and the production of food increased 50%. The

there, and every body of men in the Cook one cup of oatmeal in three cups of water until a thick porridge is made add salt and sugar, and set aside to cool.

"The campaign for the increased production of food stuffs, now launched by the Canada Food Board, is of the most vital importance to the Allied cause. The crisis is grave and urgent beyond possibil-

H. B. Thomson, Chairman of the Canada

they seek. tragic situation."

Dr. Alonzo Taylor, Chairman of the United States Food Administration:

ed and the tubercular."

Dr. C. A. Zavitz, Professor of Field Hus-Ontario:

"Facts point directly to the duty and to

short of their absolute needs, and that it of Crown timber lands, and one other is only by careful husbanding, drastic lumberman or forester associated with rationing, and the shipmeat of North American supplies and more Argentine granted forest lands. This Commission wheat, that wide-spread starvation has will supervise appointments, which are to been so far avoided. It is apparent that be based upon a practical examination, North America is the Allies' only refuge, written and oral, designed to test the and we now hear, their repeated appeals knowledge and ability of the applicants to imploring us to wake up to the terribly perform the duties of the office which

The provisions relative to forest fire protection are based upon the most advanced legislation in the several provinces "You can go into any section of France and states. The organization will cover to-day, and see women hitched to the plow Crown timber lands, licensed and unand cultivating the soil. All of the agri- licensed, as well as the larger bodies of culture rests upon their shoulders. The timber land in private ownership. A fire home contains a few old men, the wound tax of one-half cent per acre per year is to be collected from licensees, supplemented by an allotment from the wild bandry, Agricultural College, Guelph, land tax and by an annual appropriation to \$100.000 per year.

It is to be anticipated that the consolida the opportunity of Canada in the perform- tion of all these lines of forestry activities "Great Britain is on shorter rations than ance of a great service to the world at in a single organization, under a technicat any time in the last one hundred years. this critical time. In crop rotation such ally trained head, will make most decided

ly for efficiency in results and economy

in administration .- C. L., in Conservation.

LOSS OF LIFE IN COLLISON ON

YANGTSE RIVER

Sir Robert Borden, Premier of Canada absolutely urgent necessity for increased food production. The issue of the War Canada and the United States." /

only way that we can bring that about is for every man to do a little here, a little

country helping." Sir Robert Borden, Premier of Canada:

ity of exaggeration."

Food Board :

W. H. THORNE & CO. LTD., Distributors ST. JOHN, N. B. the current year, over 109,000,000 bushels selected by and representing theflicensees

St. Andrews, N. B.

LEADING HOTEL AT

ST. JOHN, N. B.

Will reopen in June.

ROYAL HOTEL

NEVER

Was the solace of music more

in this time of strain and anxiety. Music, REAL music, not an imitation but a Re-Creation is affered you in

The NEW EDISON

Call at your nearest dealer's and receive a demonstration. Find out for yourself what we mean by Music's Re-Creation.

"The Phonograph With a Sou

necessary than now-

On Tuesday evening last, the many friends including friends from St. Andrews of Mr. and Mrs. Jack Thompson, invaded their home for a reception and housewarming, and a most enjoyable evening was passed. Postmaster Thompson, Mrs. Thompson, and Miss Francis Thompson, of St. Andrews, assisted in receiving, also Mrs. Webb. During the evening a very comprehensive musical programme was rendered, consisting of many songs by

the quartette ; piano solo by Mr. Osborne, special representative of Booth Fisheries Monday. Co; and a vocal solo, the gem of the evening, by Mr. Wm. Bowden, who has no superior as an entertainer. Dainty refreshments were served during the eve-

All present were enthusiastic in express ing their good will and best wishes for a most successful future for our popular Postmaster and wife. Jack is soon to leave for the front, and while he will be missed by all, we know he feels it his duty, and all wish him a safe return.

Below is a list of the many presents, which were both pretty and usefull; 2 Doz. Silver Knives, Forks and Spoons, from Mr. and Mrs. A. Thompson, Father and Archie Brown, who will sail shortly for Mother, of the groom. One Silver Carv. England.

ing Knife and Fork from Francis and Florence Thompson. Silver Tea-spoons, Mr. and Mrs. Hartford Thompson, bride's summer months. parents. Silver Butter knife, Lucy Calder. Silver Butter knife, Mr. Ed. Cummings.

returned to their home in Tiverton, N.S. Mr. and Mrs. Albert Paul are rejoicing over the arrival of a baby boy in their home

Mr. and Mrs. Robert Barry spent Saturday and Sunday with friends at Leonardville, D. I.

Our teacher, Miss Armstrong, spent Sunday at her home in St. George. Private Calvin Eldridge, who has been n a hospital in Toronto, arrived home on

> WILSON'S BEACH, C-BELLO May 9

Mrs. H. G. Wooster, of Seal Cove, G. M., was a recent guest of, Mrs. Ernest Lank. Mrs. Edward Phinney, who was in Boston for medical treatment, is home again much improved in health. Mr. Walter Henderson, of Gloucester,

Mass., visited friends her recently. Mr. Burton Morrison, of Perry, Me., is guest of his sister, Mrs. Edgar Newman. Mr. and Mrs. Herman Brown went to St. John last week to see their son, Private

Mr. Albert Newman moved his family to Lubec, where they will remain for the

Mrs. Margaret Cross, of Eastport, is visiting her sister, Mrs. Henry Langmaid. three hours, then dry in the oven for Mr. Charles Henderson and Mr. Merton Newman, who have been in Nova Scotia for a number of months, are home again. Silver Butter knife, Mrs. Howard Butler.



tablespoon sugar 2 tablespoons shortening 11 cups milk and water

Sift the dry ingredients. Add the milk measure of responsibility for providand water and melted shortening. Beat ing food for Europe talls upon well; put into a greased pan and allow to Canada. Every available force in the stand in a warm place for 25 to 30 minutes, cities must be utilized. Men in non-Bake in a moderate oven 50 minutes.

BARLEY SCONES

2 cups barley-meal + teaspoon salt 2 teaspoons baking-powder 2 tablespoons fat a cup sour milk

2 cups yellow corn-meal

1 cup rye

fifteen minutes.

1 cup milk

1 cup water

1 teaspoon salt

1 cup molasses

2 cups sour milk

3 tablespoon soda

1 teaspoon salt

teaspoon soda Sift togethen the dry ingredients and work in the fat. Dissolve the soda in a

diers by sending the food which they ask little cold water and add the milk. Combine all to form a soft dough. Turn out for." on a well-floured board; knead slightly,

S. E. Todd, Secretary of the Canada Food and roll to one half inch thickness. Cut Board into diamond shapes and bake in a hot "In Italy, above all, there is extreme

need of cereals, and scarcity of meat, cod-BROWN BREAD (Without Wheat) fish, and wheat." Earl of Derby, late Secretary of War for Great Britain:

"When the whole nation is being asked to reduce food consumption, in the interests of our armies abroad, it is the duty of the army at home to set the whole

Mix the dry ingredients, Add the molasses and sour milk. Put into moulds nation 'an example of determination." Mr. Herbert Hoover, United States Food Administrator:

this continent are 45,000,000 bushels short way. CORN DODGERS of the amounts promised, while meat 2 cups yellow corn-meal exports are also very far behind the quantities which it had been planned to send, and upon which the Allies were counting." Hon. Sydney Fisher, Ex-Minister of Agri-Boil together the milk and water ; pour his over the salted meal; bake about

thirty minutes in a hot oven. SPOON CORN BREAD

2 cups water 1 cup milk 1 cup corn-meal 1 tablespoon butter 2 teaspoons salt .

2 eggs Mix boiling water and corn-meal together and bring slowly to the boiling point and cook five minutes. Add the matter bluntly, the whole world is up well-beaten eggs and the other ingredients. Beat thoroughly, and bake in a wellgreased pan in a hot oven for twenty-five minutes. Serve from the some dish with a spoon. Sufficient for six people.

CHINESE TROOPS AETER REBELS

ments of Government troops are moving toward the Fukien-Kwangtung border, concentrating chiefly at Tung Shan and Chaoan. An offiensive operation against the southern rebels is imminent.

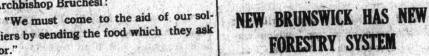
in very nicely. Of all crop cereals grown possibilities are terrifying. A large in Ontario, wheat should be grown earliest. It is essential if the best results are to be obtained to sow spring wheat as early in the spring as the season will peressential industries at the present time are mit.

simply destroyers of rations. To the Hon. C. A. Dunning, Director of Producmen who should be on the farm, the tion, Canada Food Board :

The situation is not only grave but its as is followed in Ontario, spring wheat fits

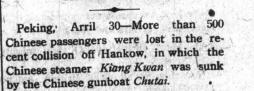
Canada Food Board appeals : get out of "The Allies require from every farmer the rut-do not be merely a destroyer of in Canada at least 10 acres of wheat in rations while our food supplies are so 1918 for every 7 acres grown in 1917, on the basis of average yield." dangerously low and starvation is threat

ening our Allies." Archbishop Bruchesi:



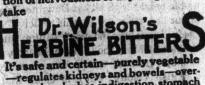
Through the recent enactment of the new Forest and Forest Fires acts, the province of New Brunswick has aligned itself with the most progressive governmental agencies on the continent in forest conservation. The administration of the Act will be under the Minister of Lands and Mines. A provincial forester will be in charge of the administration of scaling, enforcement of cutting regulations on Crown lands, continuation of the forest survey, forest fire protection, and the enforcement of the laws and regula tions concerning fish and game. The "The cereal exports to the Allies from organization of the staff is now under

The merit system of appointments will be strongly promoted through the appointment of a Forestry Advisory Commission, consisting of the Minister and Deputy Minister of Lands and Mines, the Provin-Forester, one prominent lumberman





MANY of the diseases of womanhood may be prevented with care. Unusual excitement— mental or physical—dis-turbs the delicate batance of woman's senitive nerves, and upsets her whole system. At the first indica tion of nervousness or any irregular



s headaches, i trouble-purifies the blood-tones up and invigorates mind and body.

At most stores, 25c. a bettle; Family size, five times as large, \$1. The Brayley Drug Company, Limites St. John, N.B. 33





You'll Like the Flavor

culture for Canada : "Canadians must go back on the farms if we are to keep the Allied nations, from famine, and lay the spectre of starvation that is to-day begining to menace Europe." Lord Rhondda. Food Controller for Great

Britain : "The food wanted by mankind does not exist. The word "shortage" is not strong

against a nasty thing, familiar to the

grave anxiety. Imports are very short. and milk even more difficult to obtain

T. K.-Doherty, Commissioner for Canada of the International Institute : "It is probably well within the truth to state that our European Allies are, for

enough for the situation. To put the

people of Central India, called 'famine." Food Control Administration in France: "The supply of breadstuffs is causing

The consumption of meat has been restricted to within the limits of the greatly depleted stocks. Butter is very scarce

Amoy, China, May 2-Heavy reinforce. Oils and fats are practically unobtainable."