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HOUSEHOLD

CABBAGE SALAD.
Mix together 3 cups chopped cabbage,
1 cup chopped apple, 1-2 cup chopped
nuts, 1 chopped onion, 1 teaspoon salt.
Beat 1 egg, and cook in double boiler
with 2 tablespoonfuls sugar, 1 table-
spoonful each of butter and flour, 1-2
cup each of water and vinegar, 1 tea-
spoon mustard, 1-2 teaspoon each of
lemon and almond extract. When cool,
mix with 1 cup whipped cream, and
add to the salad.

CANADA'S WAR CAKE.
Two cups brown sugar, two cups
hot water, two tablespoons lard, one
package seedless raisins, one teaspoon
salt, one teaspoon cinnamon, one tea-
spoon cloves. Boil all five minutes af-
ter they begin to bubble. When cold
add three cups flour, one teaspoon soda
dissolved in one teaspoon hot water.
Bake in two loaves 45 minutes in a
slow oven.

MAPLE SUGAR FUDGE.
Two cupfuls of maple sugar, two-
thirds of a cupful of cream, a pinch of
salt. Boil without stirring after the
sugar is dissolved and when a soft ball
can be formed in cold water. Take it
from the fire and let it stand till partly
cool; then heat till it begins to thicken.
Pour into pan and when cool cut in
cubes. You can use milk or part milk
and part cream instead of all cream.
If milk is used add a large tablespoon
ful of butter.

SWEDISH ROLLS.
One pint of scalded milk, 1 cake com-
pressed yeast, 1-2 cup of lukewarm
water, 3 eggs, 1-2 cup of butter, 1-2
cup of sugar, 1 teaspoonful salt, flour
to knead. Make a sponge and prepare
the dough as for all mixtures made
with yeast. When ready to shape after
the first rising, roll into a sheet about
1-4 inch thick, brush over with butter;
mix 3 tablespoonfuls sugar and 2 table-
spoonfuls cinnamon and 1 cup of cur-
rants, dredge the dough with the
sugar and cinnamon, sprinkle with the
currants, roll up like a jelly roll, cut in-
to rounds and set on end in a pan, and
when light bake about half an hour.
Remove from the oven, brush the tops
with yolks of egg diluted with milk
or with sugar dissolved in milk; return
to the oven and brown.

ASPIC JELLY.
Take two pints of cold water, one-
quarter of an ounce of gelatine, one
lemon, some pepper and salt, a pinch of
cayenne and two tablespoonfuls of Tar-
ragon vinegar. Soak the gelatine two
hours in one pint of water, then add
the other ingredients, strain the juice
of the lemon. Put over a slow fire until
the gelatine is dissolved, then boil two
or three minutes, and strain through
jelly bag.

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ing to Miss Keller.

For the first time it is revealed
that every man, woman and child
in Germany is living on slender
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termined on after a conference of
the chemists, scientists and phys-
icians in Berlin.

The journal which brings the
information is Die Neue Zeit, or
the New Time, a Socialist publi-
cation for the blind, issued in Ber-
lin.

"These uncensored conditions
of the warring countries tell me
the true sentiment among the
working people and the intoler-
able conditions that surround
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point."

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(From the St. John Globe)
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scriptions of digging a mine in the
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a mining engineer of South Wales,
accustomed to work in difficult
places, in a letter which only now,
after many months, has been re-
leased for publication.

"It was," he says, "a cold raw
morning in February, when a party
of Monmouthshire 'Terriers' left
'Somewhere' in France in motor
cannibuses, under the command of
Lieut. W. B. Burnyeat and Lieut
Lancaster to undertake the difficult
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Hill 60. After a few hours' run
we dropped a few miles from
Ypres, to which we had to march.
We moved into our billets and
made ourselves as comfortable as
circumstances allowed. The same
night ten selected N. J. O's and
men proceeded to the hill to sur-
vey the position, under the guid-
ance of the Northumbrian Engi-
neers, who were commanded by
Major Pollard, D. S. O. The soil
was of a soft, sandy clay, giving
off a good deal of water. After
some discussion, Major Pollard
selected the site of our first mine.
It was arranged to work in shifts,
and the party was divided ac-
cordingly. The idea was to sink
a vertical shaft in our trench, from
which we were to tunnel under
the German lines.

To accomplish this it was nec-
essary to go down to a depth of
about 16 feet. Owing to the soft
nature of the soil and the amount
of water this proved a very diffi-
cult and tedious operation.

The whole of the party were
Monmouthshire miners, and were
accustomed to working in a small
pace, but this task proved a
severe test to our ability.

Our first attempt proved a fail-
ure, but Lieut. Burnyeat, who, by
the way, has a good deal of ex-
perience in the South Wales coal-
field, selected another site, and we
set to work, determined to suc-
ceed. Our second attempt was
brought to a successful issue, with
the aid of good pumps, which en-
abled us to overcome the water.
The work was rendered more dif-
ficult owing to the continual bom-
bardment of our trenches by the
German artillery.

Every description of shell was
hurled over our heads, but luckily
our mines were not damaged.
When we were ready to commence

tunnelling Lieut. Lancaster was
wounded and Lieut. Burnyeat took
charge of the whole party.

The tunnelling proved a diffi-
cult operation, but with skilful
workmanship it was overcome.
To enable the men to work in an
atmosphere free from gas, a small
fan was rigged up, from which the
was conveyed by means of small
pipes.

On March 12th the enemy ex-
ploded a mine in the vicinity of
our abandoned mine. Anticipat-
ing a rush, the men were with-
drawn from the mines to assist
the Liverpool Scottish to repel
the attack.

The experience gained in first
aid in the Welsh mines now stood
the miners in good stead, as they
were able to render yeoman ser-
vice to the stretcher bearers in
attending to the wounded. Thus
we worked and fought alternately.

On March the 16th we were in-
formed that our mines had to be
forced, as the Germans were coun-
ter mining.

Three shifts were arranged, and
the situation made clear to the
men. This put us all on our met-
tle, and we put forth every effort
to get there first. The result is
now a matter of history.

On March the 18th Colonel
Robinson, who commanded the 1st
Battalion Mon., came to inspect
our work. He congratulated all
concerned, and impressed upon us
the importance of the work.
While relieving the same night
Lieutenant Burnyeat was badly
wounded in the thigh, and I was
left in charge of the party. About
the 20th Lieutenant Hill took over
command of the party, under the
direction of Major Pollard, D. S.
O. We had several officers after
this, among whom was Major

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