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HOUSEHOLD

Nourishing Meat Substitutes

There are many nourishing meat substitutes and the woman who wishes to cut down her food bills will do well to serve a meatless menu several times a week. Cheese, rice, spaghetti and lentils are a few of the inexpensive and substantial substitutes for meats.

CHEESE FONDU.

Two cupfuls of mild cheese cut in small pieces, one cupful of water biscuit crushed into crumbs, two cupfuls of milk, two eggs well beaten, salt, pepper, and mustard to taste. Mix and bake twenty minutes or rather longer.

RICE AND CHEESE.

Boil one cupful of rice. When done, put in a baking dish, with one cupful of milk and one cupful of grated mild cheese. Brown in hot oven.

BAKED BREAD AND CHEESE

Lay thin slices of bread (not too dry) lightly buttered in a well greased baking dish and cover with bits of broken cheese, no matter how dry. Season to taste, and fill the dish with alternate layers of bread and cheese. Beat two eggs, add one pint or more of milk, and pour over the bread and cheese. Bake in a good oven.

CHEESE POTATOES.

Slice potatoes (not very thin) and boil till done; turn into a saucepan with finely chopped cheese. Stir till the cheese is melted, and it looks like creamed potatoes. Season to taste.

SCALLOPED BANANAS.

Peel and slice firm bananas, arrange in layers in a buttered baking dish, sprinkle each layer lightly with salt, pepper and butter. When the dish is full pour in a cupful of milk or thin cream; cover, bake slowly one hour; then remove cover and brown.

How Germans Hid In The Ground

Percival Gibbon, writing of the fight last week when the British won Beaumont-Hamel and St. Pierre Divion, on the Ancre, says: St. Pierre Divion was already known to the British as the site of that remarkable underground labyrinth, which the intelligence officers christened "the tunnel." The village stands or stood upon a shelf of upland above the little brook of the Ancre, and below it the ground broke toward the stream. A perpendicular bank of clay some twenty feet high, showed toward the water meadows on the river side, and into this the industrious Germans burrowed wonderfully. His trenches were on the lip of

the tank, and under them he borrowed a vast refuge whose plan resembles roughly a capital "T." The stem of the "T" is a gallery three hundred yards long, fully eight feet high and four feet wide, neatly timbered in, traversed in methodical zigzags in order to increase its preparations without adding to its length from end to end, electric lighted. From the main galleries, there branch minor passages leading to chambers where beds and bunks are fitted and where an enormous deposit of various stores has been discovered. Some of those chambers aim so close to luxury that the walls even are papered.

The labyrinth is connected with the trenches above by broad flights of steps. The hole is so deep that it is not only proof to the impact of the largest shell, but the very barrage is inaudible from its chambers. Hither, when the quall of shell fire burst over the trenches the garrison could be hurried below under a roof of twenty feet of earth, and here, when the intelli-

WHEN BUYING YEAST INSIST ON HAVING THIS PACKAGE**DECLINE SUBSTITUTES**

gence officers came to explore, was the chief treasure. The electric light system had been disconnected when the British exploring party arrived. Search and examination had to be carried out with torches.

The electric pocket torches of the explorers flashed here and there till at length they found what they had been looking for. Here, twenty feet deep, and scores of yards in the stuff gallery, was a mine of machine guns. They had been driven from their squatting places in the open by the thrash of British shells and carried hither for safety. It is probable the plan was to bring them up at the critical moment and fling back the attack with them, but the British barrage prevented that.

Near the door by which they entered the explorers found a packet of twenty rifle cartridges furnished with explosive bullets. This helps out the story of the captured German machine gunner who was found in possession of this devilish pattern of ammunition. He had been ordered, he said, to arm his cartridge belts with one explosive round to every twenty rounds of common cartridge.

They were designed to be fired at aeroplanes, but naturally in the event of an infantry attack, the belts would be run through the guns just the same.

Twenty-nine officers and 1,300 men were made prisoners in and around the positions of St. Pierre Divion alone. It is curious to note that all officers have their packs containing their kits, and all the men have great-coats. There is not one who is not ready to be transported to the cages.

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Black Leg In Potatoes

Testimony is forthcoming that owing to the work of the Dominion plant pathologists, the disease of Black Leg in Potatoes has decreased. Still it causes considerable destruction to the potato crop, particularly in the Maritime Provinces. In continuation of the good work that has been done, Circular No. 11 has been issued by the Division of Botany at Ottawa, entitled "The Black Leg Disease of Potatoes caused by *Bacillus solanaceus*," which can be had free on application to the Publications Branch of the Department of Agriculture. The author is Paul A. Murphy, B. A., A. R. C. Sc. I., Assistant in charge of the Plant Pathological Field Station for Prince Edward Island, who was also responsible for the recently published circular on "Late Blight and Rot of Potatoes." "It is," says the Director of Experimental Farms, "with a view to making known to Canadian farmers the means of control found to be most efficacious, that the present circular has been prepared."

Mr. Murphy states that the disease, notwithstanding the diminution noted, in 1915 cost the Maritime Provinces the large sum of \$695,255. It is interesting to know that with early care and attention the disease is comparatively

easily controlled. Mr. Murphy details the symptoms in clear, terse language, describes the life history of the casual organism, estimates the loss in the Maritime Provinces at \$6.65 per acre with an average yield of 133 bushels, gives

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the methods of control and supplies on the preparation and use of the disinfectants that are suggested. Notification is also conveyed that further information, if desired, can be had on application to the Dominion Botanist, Central Experimental Farm, Ottawa.

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