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**HOUSEHOLD**

**Some Tested Recipes  
For Meatless Tables**

**EGGS WITH CHEESE**

The ingredients are, for 4 persons, 4 eggs, 1/2 cup of milk, 1 tablespoon butter or drippings, 2 tablespoons of grated cheese, pepper, salt and cayenne. Heat a small omelet pan, put in butter or drippings, and, when melted, add milk. Slip in the eggs one at a time; sprinkle with salt, pepper, and a few grains of cayenne. When whites are nearly firm, sprinkle with cheese. Finish cooking, and serve on buttered toast. Pour sauce from pan over the eggs.

**SCRAMBLED EGGS WITH TOMATOES**

The ingredients are: 4 eggs, 1/2 cup of stewed and strained tomatoes or canned tomato pulp, 1/2 teaspoon of salt, 1/2 teaspoon of paprika, 2 tablespoons butter or drippings. Beat the eggs slightly and add tomatoes, salt and paprika. Melt butter or drippings in a frying pan, add seasoned eggs, and cook just as one would scramble eggs. Butter slices of toasted bread. Pour the eggs over the toast and sprinkle with parsley.

**POACHED EGGS WITH CHEESE**

Arrange poached eggs on a shallow buttered dish. Sprinkle with grated cheese. Pour over eggs 1 pint of white sauce. Cover with stale breadcrumbs and sprinkle with grated cheese. Brown in the oven. Tomato sauce may be used, instead of white sauce.

**CHEESE OMELET.**

The ingredients are: 2 eggs, 1 tablespoon of melted butter or drippings, 1-2 teaspoon of salt, a few grains of cayenne, 1 tablespoon of grated cheese. Beat the eggs slightly; add 1-2 teaspoon of melted butter or drippings, salt, cayenne, and cheese. Melt remainder butter or drippings in frying pan, add mixture, and cook until firm, without stirring. Roll and sprinkle with grated cheese.

**BREAD OMELET.**

The ingredients are: 3 eggs, 1-4 teaspoon of salt, a dash of black pepper, 1-2 cup of bread-crumbs, 1-2 cup of milk, 1 teaspoon of butter or butter substitute. Beat the eggs separately. Add to the yolks the milk, salt, pepper and the breadcrumbs. Now stir into this carefully the beaten whites; mix very lightly. Put the butter or butter substitute in a very smooth frying pan; as soon as hot, turn in the mixture gently, and set it over a clear fire, being very careful not to let it burn; shake occasionally to see that the omelet does not stick. Now stand your frying pan in the oven for a moment, to set the middle of the omelet. When done, toss it over on a warm platter to bring the brown side of the omelet uppermost; or, it may be folded in half and

then turned out in the center of the platter. Serve immediately or it will fall.

**More Arrests |  
At Montreal**

Montreal, Sept. 4.—During last night the police rounded up five men here in connection with the recent attempts to murder Lord Atholstan and other anti-conscription disturbances. The police now have eleven men in custody, including participants in street parades accused of carrying concealed weapons. The men placed under detention for examination are: Nere Arceneau, laborer, Masson street; Joseph Tremblay, laborer, Chateau Briend street; Joe Paquette, steam-fitter, Henri Julien street; Louis Boiduce, plumber, Bourbonnais street, and Arthur Blackwell, tool maker, Bourbonnais street.

The police during yesterday and to-day as a result of confessions of men under detention have now loc-



ated all of the dynamite stolen by the terrorists in connection with their anti-conscription campaign except fifty pounds.

The officers have been watching most of the men taken last night for several days and the suspects, except in one case, offered no opposition. In one instance a suspect drew a revolver, but the officers disarmed him before he could use it.

With most of the men suspected of complicity in the dynamiting outrages here under lock and key, the police to-day gave out details of the anti-conscription plots that have been uncovered here and frustrated. The anti-conscription dynamiters had mapped out the following programme: First, the murder of Lord Atholstan as he drove from his country house to Montreal; next to dynamite His Lordship's home and office in the Montreal Star; then, Solicitor-General Arthur Meighen was to be assassinated in Ottawa; the Prime Minister, Sir Robert Borden to be murdered, and the parliament buildings at Ottawa dynamited. The police are now tracing clues that lead to a French-Canadian with strong German affiliations as responsible for the plots.

**Call To First  
Call Of Recruits**

Ottawa, Sept. 5.—A proclamation will shortly be issued calling out the first class of recruits under the Military Service Act. This comprises all single men and widowers between the age of 20 and 34. The military service council is in daily session, the work now in hand being the preparation of forms of exemption

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and forms of military report. The latter are for men to sign who do not apply for exemption. When the proclamation is issued all men in the class called out will be required, within a specified date, either to report for service or to apply for exemptions. The forms will be available at all post offices throughout the Dominion.

A man in the class affected who does not wish to claim exemption, may report either at military headquarters in person or by means of one of the military forms. By this means, the military people will be kept in touch with his whereabouts. When he has reported, the man stands in the same position as an enlisted soldier on leave of absence.

Up to the point of joining up, the law will, generally speaking, be enforced by the civil authorities. If a man fails to report for service without making claim for exemption, civil proceedings will be taken, and, it is pointed out,

the Military Service Act provides severe penalties for such cases.

A large number of applications for exemption are expected. Fears of interference with agriculture, it is shown, are groundless. Under the provisions of the act, all those who are making themselves useful in any way in the interests of agricultural production will be exempted. Certain classes of skilled mechanics will also secure exemptions. Further, any man with any reasonable sort of ground to give to the tribunal, either as to the benefit to the community which is going to issue from his remaining in civil life, or serious embarrassment caused to him personally in his particular stage of life, will stand every chance of getting exemption.

It is said on good authority that the ex-Czar of Russia still has on deposit in the Bank of England \$35,000,000, placed there years ago in provision for the rainy day which now has come.

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