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The beginning of a forward
movement in the Lindi area, on
the Indian Ocean, in Southeastern
German East Africa, is described
in an official statement issued Tues
day night.

Hair Goods
OUR SPECIALTY
"Consider the postage stamps
says Josh Billings, it makes its
Mark by sticking to one thing till
it arrives. So do we. Our sole
Business is the Manufacturing
and importing of the latest fash-
ionable Hair Goods at lowest
possible prices. We carry all
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Bands, Nets, Barettes, Combs,
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HOUSEHOLD

The shortage and high cost of
wheat, combined with the urgent
necessity of supplying constantly
the overseas contingents with
flour, has made it absolutely im-
perative that we use as little
white flour as possible. The fol-
lowing receipts will help save
the white flour.

WHOLE WHEAT GEMS
2 eggs, 1 cup b. sugar,
1/2 cup butter 1 cup sour milk
1 tsp. soda 1 cup white flour
2 cups whole wheat flour. Mix
and bake in gem pans in hot oven

GRAHAM BREAD
Three cups Graham flour, one-
half cup of brown sugar, one-
half teaspoon salt, 1 cup sour
milk, one even teaspoon soda
Mix thick enough to drop off
spoon. Put in greased baking
pan, and bake 1 hour.

CORN MEAL MUFFINS
Half cup sugar, butter, the
size of an egg, 2 well beaten eggs
1 cup sweet milk, 1 cup of flour,
1 cup corn meal, 2 teaspoons
cream tartar and 1 teaspoon soda
Bake in muffin rings in hot oven

DATE BREAD
This is very nourishing. Take
2 1/2 cups Graham flour, 1 teaspoon
salt, 1/2 cup brown sugar, 2 tea-
spoons soda, 1 cup stoned dates,
2 cups sour milk, Bake 1 hour.

BROWN BREAD
Two cups Graham flour, 1/2 cup
corn meal, 1/2 cup white flour.
1 small spoon salt, 1 cup chop-
ped dates (if desired), one cup
brown sugar, 2 cups sour or but-
termilk to which is added 1 tea-
spoon soda. Bake in one loaf pan,
or in one pound baking powder
cans with covers on, for 45 min-
utes in a moderate oven. Fill
pans only half full.

OATMEAL DATE COOKIES
Two cups flour, 2 cups oat-
meal, 1 cup sugar, 1 cup butter,
1/2 cup buttermilk, 1 teaspoon
soda. Roll, cut in circles, and
place between two of them a fil-
ling made from 1 pound of dates
cooked with 1 1/2 cups sugar and a
little lemon juice. Pinch the ed-
ges of the layers together, and
bake in a moderate oven.

Cheddar Cheese
Cheddar cheese is a most sat-
isfactory substitute for meat and
may be made the important pro-
tein dish of a meal, say food
specialists of the United States
Department of Agriculture. Too
many people use cheese only as
an appetizer. Since it compares
very favorably with meat in pro-
tein content and can be kept and
served easily, its wider use is ad-
vocated by the department,
which, in a report on the subject
continues:
"Contrary to the opinion of
many, cheddar or 'store' cheese
is not usually indigestible and
constipating. Extensive diges-
tion experiments conducted by
the department have demon-
strated that more than 95 per cent.

of the protein in cheese is digest-
ed and that 90 per cent. of its
energy is available. Even when
eaten in large quantities and for
long periods, no case of indiges-
tion, constipation or other dis-
turbance was observed in those
who ate it. One person who ate
cheese as the chief source of pro-
tein and energy, eating an aver-
age of 9.27 ounces daily for
more than two years, did a fair
amount of muscular work and
kept in good health.

"The value of cheese in com-
parison with some of the com-
mon meats is shown in the fol-
lowing tables:

"One pound of American
Cheddar cheese contains as much
protein as 1.57 pounds of sirloin
steak, 1.35 pounds of round steak
1.89 pounds of fowl, 1.79 pounds
of smoked ham and 1.81 pounds
of fresh ham,

"To supply energy, also,
cheese is one of the best food
products. On the basis of energy
supplied one pound of cheese



equals 1.98 pounds of sirloin
steak, 2.61 pounds of round steak
2.52 pounds of fowl, 1.17 pounds
of smoked ham and 1.29 pounds
of fresh ham.

"Thus it is seen that a pound
of cheese supplies more than
twice as much energy as a pound
of fowl or round steak and al-
most twice as much protein as
the same amount of fowl or ham.

"Cheese may be used in many
palatable dishes. When grated
it may be used in soups or with
many vegetables. Other foods
with which cheese is used are
macaroni and cheese, Welsh rab-
bit, tomato rabbit, baked rice
and cheese, baked crackers and
cheese, vegetable and cheese
rolls, cheese omelet, oatmeal
and cheese and mush.

Passing Messages Tapped

New York, Aug. 8.—A London
despatch to the Sun says

The Germans in France have in-
vented a new device which is auto-
matically projected into the allied
lines, and grapples telegraph or tel-
ephone wires, establishing an elec-
trical connection and enabling the
Germans to tap passing messages
regarding operations. Prisoners,
recently taken, confirm stories pre-
viously told of how the German
command obtained exact informa-
tion of the hour set for attacks.

This new device probably is the
most successful means of espionage
invented by the Germans. Our sol-
diers in France have always been
mystified by the ease with which
the Germans identified new British
regiments coming into the front
line. When the new commissioners
arrived they were invariably greet-

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ed with placards erected over the
trenches or by a hail from the en-
emy line calling them by name.
This ability of the Germans to pick
up the latest information undoubt-
edly came from the use of this
hooklike arrangement thrown
over our telegraph and telephone
wires.

Gives The Secret Of His Success

(Leslie's Weekly.)

"My own method has been to
live every day as though it was
the only day I had to live and to
crowd everything possible into that
day. Pay no attention to the clock
or what you are paid, but work
and live for all that is in it—just
as you play football—and every-
thing else will take care of itself,"
said George W. Perkins.

"The head of the table is the
place where there is most room. It

is the tree that grows and grows
until it overtops the others that
gets the most air and sunshine.
The thing for the young man to do
is to strive with all the energy he
possesses to excel in actual abili-
ty.

"Pull is not necessary. Nor
should a young man bother too
much about his wages. I never as-
ked an increase in my life. You
can command sooner or later what
you are entitled to—if you preem-
inently deserve it.

"But you have got to be ultra-
proficient in some particular thing.
You must stand out and do it bet-
ter than the fellows around you
whether you are an office boy, a
stenographer or an executive.
You must use your head as well as
your hands. Don't be afraid to do
extra work lest it interfere with
your theatre-going. I don't go to
the theatre half a dozen times dur-
ing the winter, not that I don't
like it, but there are other things
more worth doing."

FOR SALE

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Bonds

Tax Notices

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Type Writer Paper

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