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HOUSEHOLD

Bran Recipes

Bran receipts not only econom-
ize in the use of wheat, but are
delicious, and also have valuable
qualities from a medical stand-
point.

BRAN MUFFINS

2 cupfuls of bran.
1 cupful of flour
1 cupful of milk
2½ tablespoonfuls of molasses
1 teaspoonful of soda
½ teaspoonful salt

Sift together the flour, soda
and salt. Then add the bran,
molasses and milk, and mix well.
Pour into hot buttered gem pans
and bake in a hot oven for 20 min.

BRAN COOKIES

2 cupfuls of bran, 1½ cupfuls
of flour, ½ cupful of water, 2 tab-
lespoonfuls of baking powder
1 egg white, ½ cupful of butter,
½ cupful of sugar, 1-2 cupful of
molasses, ¼ teaspoonful of soda.

Mix the soda with molasses.
Cream, butter and sugar, add
molasses and the stiffly beaten
white of egg and water. Sift
the baking powder with the flour
and add to liquid mixture, then
add bran. Dot flouring board
with bran and roll the mixture
into a thin sheet. Shape with
cutter and place on greased bak-
ing pan, baking in moderate oven

GRAHAM BRAN BISCUITS

1 cupful of graham flour,
1-2 cupful of bran
1-2 cupful of cornmeal
½ cupful of milk
2 tablespoonfuls of shortening
1 tablespoonful of molasses
4 teaspoonfuls of baking
powder.
1-2 teaspoonful of salt.

Mix—but do not sift—together
all the dry ingredients. Then
rub in shortening with a knife,
add molasses and milk, and mix
well. Then roll out on a lightly
floured board to ¼ inch thickness.
Then shape with a biscuit cutter
and place in a greased pan. Bake
in a hot oven for 12 to 15 min.

**BAKED HAM FOR SMALL
FAMILIES**

1 slice of ham, 2 or 3 inches
thick, 1-1-2 cups milk, 1-2 cup
brown sugar, whole cloves.
Stick cloves into rind of ham
and into both sides of fat, plac-
ing them close together. Rub
brown sugar into both sides of
the slice and place in a covered
pan. Cover with milk and place
in oven. Bake until done, first
in a quick and then in a slow
oven. Baste frequently.

For Meatless Days

Naturally everyone who is
seriously interested in conserv-
ing food, wants recipes for meat-
less days. The following recipe
for bean and pea loaf is satisfac-
tory and provides a nourishing
dish. It can also be made attrac-
tive if turned out of the mould
and served with a cream sauce.
Tiny carrot timbales are also an
attractive addition. The latter

are made from cooked carrots
cut into tiny dice, seasoned with
a little paprika, salt and melted
butter, then moistened with half
a beaten egg and packed lightly
into buttered timbale moulds.
Stand these in hot water until
ready to un mould. The loaf is
made as follows:—

Soak 1-1-2 cupfuls of soft
bread crumbs in 1-1-2 cupfuls of
milk. Add 1 cupful of mixed
cooked bean and pea pulp (dried
beans and either canned or dried
peas), 1 well beaten egg, 1 tea-
spoonful of salt, 2 tablespoonfuls
of melted bacon fat, 1-2 tea-
spoonful of onion juice, and 1-4
of a teaspoonful of paprika. Mix
the ingredients thoroughly, pack
into a greased loaf tin and bake
about 40 minutes.

**What Germany
Wants**

(St. John Globe.)

The article, "Pan-Germanism and the
United States," which appeared in the
June number of the Atlantic Monthly,
and to which attention was drawn in
this paper, has awakened the minds of
many persons to what Pan-Germanism
really means. On the other hand, there
are thousands of men and women who,



in spite of the things that Germany has
taught the world to expect from her
during the past three years, and in spite
of such revelations, as M. Cheradame
makes in his astonishing article, do not
realize the stakes for which Germany is
playing. World domination as Germany
interprets it does not allow for those in-
ternational courtesies that recognize in-
dividual rights or even the rights of small
nations. In spite of the fact, too, that
Germany has given a practical demon-
stration of what fate awaits the man
who does not see eye to eye with her,
no matter how clear his vision, there
are still those who look forward to a
course entirely different after the war.
Germany, they say, even now, does not
mean to keep Belgium, her attitude to-
ward that country is but a war attitude,
and, like the use of gas and the killing
of non-combatants, will cease with the
cessation of hostilities. It is a state of
mind which will cease to exist when Ger-
many is compelled to cease from the
warfare into which she has plunged the
world, and not before. She means to
keep Belgium, and Serbia, and Poland
and anything and everything she can get
her hands on; she means to ruin France
financially, as she means to ruin Eng-
land. She means to dominate the world,
and she is a bold player. Her resources
are not yet depleted, and her people are
united in their efforts to uphold the in-
tentions of their rulers. There can be
no thought among honorable men that
Germany will succeed in the ignoble
task to which she is devoting all the en-
ergies and resources at her command;
on the other hand, her determination,
her resources and her unscrupulousness
must not be underrated. It is as essen-
tial to-day as it was the day war was de-
clared for everyone to be on guard
against the enemy. It is more essential
even because of those men and women
whose lives have been given up to save
their countries and their countrymen
from militarism in its worst form.
These things have been said in many
ways, always leading to the same end:
an admonition not to rest by the way
lest the Germans steal a victory through
our inaction. Very many persons have
grown tired of recruiting speeches;
three years of war have made its hor-
rors familiar reading, and death has be-
come an ordinary event. The daily

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round is not, however, the things of a
few years ago; it is the great thing of
winning the war. For this all else
should take a secondary place. Ger-
many has for years, taught her people
hatred of England, that she might find
it easier to win when the day came; and
she is now leaving nothing undone that
will impress upon them the importance
of her position as a world power. Her
people as a nation are with her, and in
this unity she finds a tremendous streng-
th. The situation is as serious, to-day
as it ever has been. Ravaged Belgium,
and stricken France, and sorely distress-
ed England are calling for assistance;
and their calls should not fall on any un-
heeding ears. No one can plead igno-
rance of the need for unity of action, and
for a constant response to the appeals
for men and supplies. A failure to re-
spond brings Germany's desire for
world domination within the circle of
the possible.

**Germany Banked
On Neutral Export**

London, July 23.—That the German
high command had based its calculations
on food supplies which America had been
sending to neutrals became known, ac-
cording to The Daily Mail, through the
famous speech by Matthias Erzberger,
head of the Catholic Party in the Reich
stag, made at a secret session of that

body. The newspapers referred to this
address as a "bomoshell." Herr Erz-
berger remarked that, although Amer-
ica's entry into the war was of little
military value, it was important, owing
to the extent to which Germany was
dependent on the neutrals for food and
other supplies.

He said that America had decreed
that she would not permit exports to
neutrals as long as these neutrals ex-
ported to Germany. Consequently,
Herr Erzberger said Germany would
very shortly lose her source of supply.
The terrible fact, he said, had to be
faced that the military authorities had
entirely figured on these supplies, and
that nobody in authority could find an
answer or give any idea whence other
supplies were to come.

The Chinese cabinet is considering a
declaration of war on Germany.

British troops have driven the Ger-
mans from their positions on the Lu-
gungu river, in German East Africa,
and also are pushing forward in the
Kilwa region.

Emperor William on Wednesday is
sued a proclamation to the German peo-
ple in which he said they might rest as-
sured that German blood and German
zeal were not being gambled with for
an empty shadow of ambition or for
schemes of conquest, but in defence of
a strong, free empire, in which their
children might live in security.

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