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**HOUSEHOLD**

**SQUASH MUFFINS.**

One cup of sifted squash, one cup  
of milk, one cup of sugar, one egg,  
two tablespoonfuls melted butter, one  
teaspoonful of soda, two of cream of  
tartar and three cups flour.

**STEAMED APPLE PUDDING.**

One and a half cupfuls flour, 1/2 tea-  
spoonful salt, 1 teaspoonful baking-  
powder, 3/4 cupful beef suet, ice cold  
water, apples, sugar and lemon-rind  
or nutmeg.

Sift together the flour, salt, and  
powder, 3/4 cupful beef suet, free  
from skin, and finely chopped, and  
mix to a firm dough with the water.  
Cut off a small piece of the crust, and  
roll the remainder out thinly and use  
it to line a bowl which has been well  
greased. Peel and core enough ap-  
ples to fill the crust-lined bowl, cut-  
ting them as for a pie. Add sugar to  
taste, a little grated lemon-rind or  
nutmeg, if either of these flavors is de-  
sired, pour in a little water to make  
juice, then roll out the piece of dough  
which was set aside and use this to  
cover the apples, gathering the dough  
from the sides of the bowl over the  
top piece and pressing them all to-  
gether. Tie a greased paper or floured  
cloth over the top and steam three  
hours. Serve with a hard or liquid  
sauce as preferred.

**CREAM OF CARROT SOUP.**

One large cupful of boiled and mas-  
hed carrots. Add these to one quart  
of thickened milk, made by rubbing a  
tablespoonful each of soft butter and  
flour together, and then stirring into  
the hot milk. Add the carrots, a half  
teaspoonful of salt, and a little pepper.  
Simmer for five minutes.

**SCALLOPED ONIONS.**

One doz medium-sized onions, 1  
tablespoonful butter, 2 tablespoonfuls  
flour, 1 1/2 cupful boiling water, salt and  
pepper, breadcrumbs.

Remove the skins from the onions,  
and cut each in four slices; let stand  
in cold water for half an hour. Pre-  
pare a white sauce by mixing the but-  
ter and flour together and adding grad-  
ually the boiling water. Cook two  
minutes and season well with salt and  
pepper. Put a layer of onions in a  
greased dish, sprinkle with salt and  
pepper, cover with bread crumbs, and  
repeat until you have used all your  
onions. Cover with white sauce and  
bake for an hour.

**OATMEAL BREAD**

One cupful rolled oats, 1/2 cupful mo-  
lasses, 1 tablespoonful shortening, 1  
teaspoonful salt, 1 pint boiling water,  
1/2 yeast cake, flour.

Pour the boiling water on the rolled  
oats, shortening and molasses; stir un-  
til the shortening is dissolved. When  
lukewarm, add the yeast dissolved in  
about a quarter of a cup of lukewarm  
water; stir in the flour mixed with  
salt. When a soft dough is formed,  
cover and let rise. In cold weather it  
is best to let the dough rise overnight;  
in warm weather, three hours is suffi-  
cient. When the dough is light and  
spongy, add more flour. Do not  
knead, but divide dough and place in  
two greased bread pans. Let rise un-  
til light and bake for three quarters  
of an hour.

**VEGETABLE SOUP WITHOUT  
MEAT**

Brown one teaspoonful of sugar in  
the soup kettle, add two quarts of cold  
water, three good sized potatoes sliced,  
two small onions sliced, one carrot cut  
in strips, half a cupful of chopped cab-  
bage, one cup canned tomato, one  
small-bunch celery, chopped; simmer  
slowly for an hour. Season with salt  
and pepper to taste, and cook gently

for an hour longer. Then add one  
cupful of cooked beans and two table-  
spoonfuls butter.

**CRANBERRY JAM**

Chop coarsely together one quart  
cranberries, half a cup of raisins, one  
orange and a bit of peel. Add two  
cupfuls sugar and a cupful of water  
and cook about half an hour, stirring  
frequently.

**Fighting in  
America.**

(St. John Globe.)

A new chapter in the long series of re-  
velations of German warfare on Ameri-  
can soil is provided by the Chicago Sun-  
day Herald's disclosures of the activi-  
ties of German spies and secret agents  
on the inland waterways of America,  
the Great Lakes and canals. Summariz-  
ing briefly the results of these activi-  
ties, the Chicago paper says eight Am-  
erican sailors have been killed, three  
vessels sunk, upwards of six hundred  
German spies arrested and imprisoned,  
while not a few sleep "the long sleep"  
as the result of encounters with vigilant  
agents of the government, who, match-  
ing their cunning against that of the  
Germans, won victory after victory.



The purpose of this warfare, which has  
made prisoners of so many of Germany's  
secret agents, was to block the high  
ways of commerce and shut off the  
steady stream of supplies coming from  
the West for the Entente Allies. Par-  
ticularly was the effort directed against  
the ore trade, and the American staff,  
working under the direction of Captain  
McMunn, has reason to feel proud of  
the fact that every devilish design of  
the enemy has been frustrated and that  
there has been only one interruption of  
traffic, and that for but a few hours.

An end-on collision between two steam-  
ers in the narrow part of the Soo river,  
probably brought about by German ef-  
fort, resulted in the charting of a route  
around the wrecks and the quick resump-  
tion of traffic. Only this one of the  
many German efforts gained even a par-  
tial success, but the story told by the  
Chicago paper reveals, as the writer  
says, "the fiendish extent to which Hun  
devilry will go under the very nose of  
our own secret service workers." Ger-  
many's agents first sought to wreck fin-  
ished products on the docks and in fac-  
tories, and when protective measures  
made this work too dangerous the Ger-  
mans turned their attention to the lake  
shipping, compelling the navy to organ-  
ize, under Captain McMunn, a protec-  
tive fleet, now numbering ninety craft  
of various sizes, which has done splen-  
did protective work, fighting battles  
with raiding craft, seeking out their  
hiding places, thwarting their designs  
and preventing at the same time the es-  
cape to Canada of draft evaders. In  
the prosecution of their campaign against  
these forces of the enemy, the Ameri-  
can government agents have removed  
from engine rooms and pilot houses  
many agents of Germany; have discover-  
ed many tons of dynamite and other ex-  
plosives; have captured several vessels  
armed and prepared by the enemy for  
raiding purposes; have frustrated at-  
tempts to blow up canal locks, block  
narrow channels, and have thwarted  
every effort to restrict navigation and  
delay the despatch of supplies. On  
more than one occasion navy service  
agents and the Germans have exchang-  
ed shots, causing casualties. The Am-  
erican dead is eight, the German dead  
is unknown, but the six hundred prison-  
ers and the uninterrupted flow of traffic  
bear evidence to the fact that in match-  
ing their skill against the Germans the  
American has proven his superiority.  
One of the ingenious plans tried by the  
Germans was to inject hydrochloric  
acid into the large hawsers of the lake

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Far out upon the wide flung  
battle field,

Somebody's boy, so loyal, brave  
and true;

With courage strong that will not  
yield,

Fights for his God, his country  
and for you.

For us oh God, help us to under-  
stand,

We owe a debt that we can never  
pay

To these defenders of their native  
land,

Somewhere in sunny France  
today.

—Rev. R. Adams

Occasionally a man is clever  
enough to know how important  
he isn't.

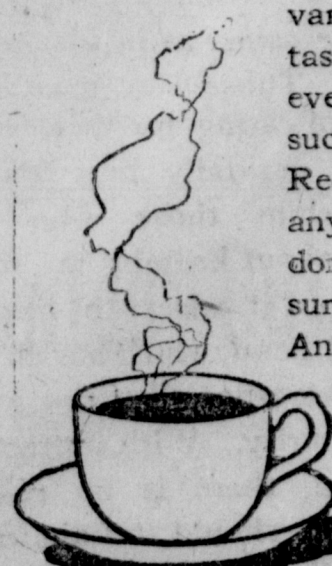
Unreal pleasures of life are, the  
most expensive.

A statesman is a politician who  
can keep his face closed at the  
right time.



**Oh! My! That  
Smells Good!**

And, madam, you should  
just smell the fragrance of  
crushed coffee after it is brewed.  
And the flavor of it! Well,  
you never tasted ground coffee  
with a flavor just like Red Rose  
Coffee. Coffee critics, those who have  
travelled far and wide and tasted coffees in  
various climes, tell us they have never  
tasted more delicious coffee. Some have  
even said—but we will refrain from printing  
such high praise. We prefer you to try  
Red Rose Crushed Coffee without revealing  
anything further as to its quality. We  
don't want to take all the edge off the  
surprise in store for you when you try it.  
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Coffee**