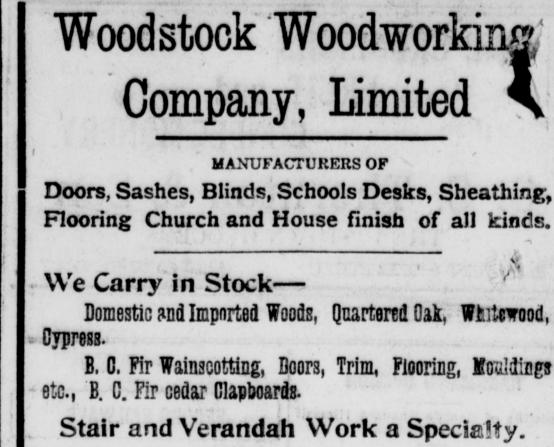
DISPATCH THE Page Six PROFESSIONAL fbose who are accustomed to HOUSEHCLD eating rice do not tire of it any more than they tire of white. bread. Rice, corn meal, hom-W D Camber iny, oatmeal and barley are the Rice as a Diet cheapest foods man can eat. DENTIST. Rice is the most adaptable of Extraction. Painless any to the various wants of a Rice is the staff of life of half family. Street. Office: Queen the human race, and in the ages STUFFED STEAK. of its common use the art of NELSON P. GRANT, M. D., G.M., cooking it has been developed in One skirt steak or two pounds Late Superintendent and Resident an almost infinite variety of round steak, one medium sized We Carry in Stockforms. It is the easiest of all Physician S. . . General Hospital. onion, one teaspoonful poultry starchy food to cook and it takes seasoning, one cupful bread less time and fire than any of the Cypress. crumbs, one tablespoonful but-Hice and Residence, No. 1 Broadway others. In these days a saving ter. WOODSTECK. N. L. of fuel is no small thing. It is a Have the butcher cut the etc., B. C. Fir cedar Clapboards. complete substitute for potatoes steak an inch thick. Lay it on **ROBERT L. SIMMS** as a vegetable and it also makes a meat board and pound it to a great variety of puddings and break the fibres. Mince the on-**BARRISTER-at-LAW** other dishes for every meal. Its ion and steam it in the butter. merits have been discussed so Pour over the bread crumbs OFFICE-SENTINEL BUILDING widely of late in the newspapers when the onion is tender, add KING STREET that the reading public is well the poultry seasoning and salt Exodus From The acquainted with its food value, Two Villages Taken and pepper to taste. Mix thor-DR.P.T. KIERSTEAD but does not comprehend the oughly and spread over the By British many forms in which it may be steak. Boil with the stuffing in-OFFICE AND RESIDENCE served on the table. side and fasten with toothpicks or tie with string. Bake in a CHAPEL ST. WOODSTOCK. London, April 5 .--- The capture It appears from correspondenshallow pan one hour, basting of the villages of Ronssoy and ce in the newspapers that many SPECIAL ATTENTION GIVEN TO DISEAPE with a teaspoonful of butter mel-Basse-Boulogne, in the sector housewives think it boils into a OF WOMEN AND CHILDREN. ted in a half cupful of hot water. northeast of Peronne, is announced mushy mess. To boil it in waby the war office to-day. The anter and leave every grain separnonncement foilows: **JAMES R H SIMMS** SOUR MILK CAKE. ate, the water should be slightly "We captured the villages of salted and brought to a violent Cream a scant half cup butter, Barrister-at-Law, Roussoy and Basse-Boulogne after boil; the rice washed in cold waone cup sugar, one egg, one sharp fighting, in which we took ter should be sifted in by hand CINCITOR AND NOTARY PUBL.J half teaspoonful cinnamon, one-22 prisoners and three machine so as not to check the boiling, half teaspoonful nutmeg, one ETC. guns. The retreating enemy was and kept in violent agitation by cup sour milk, salt. one tablecaught in his own wire entangle-BATH, N. 3. the action of the boiling water spoonful dark molasses, two ments and suffered heavily under until cooked. It shculd not be cups flour in which sift one levour machine gun fire. over-cooked. As soon as the KETCHUM el teaspoon soda, one-half cup grains lose their raw starchy

States Started

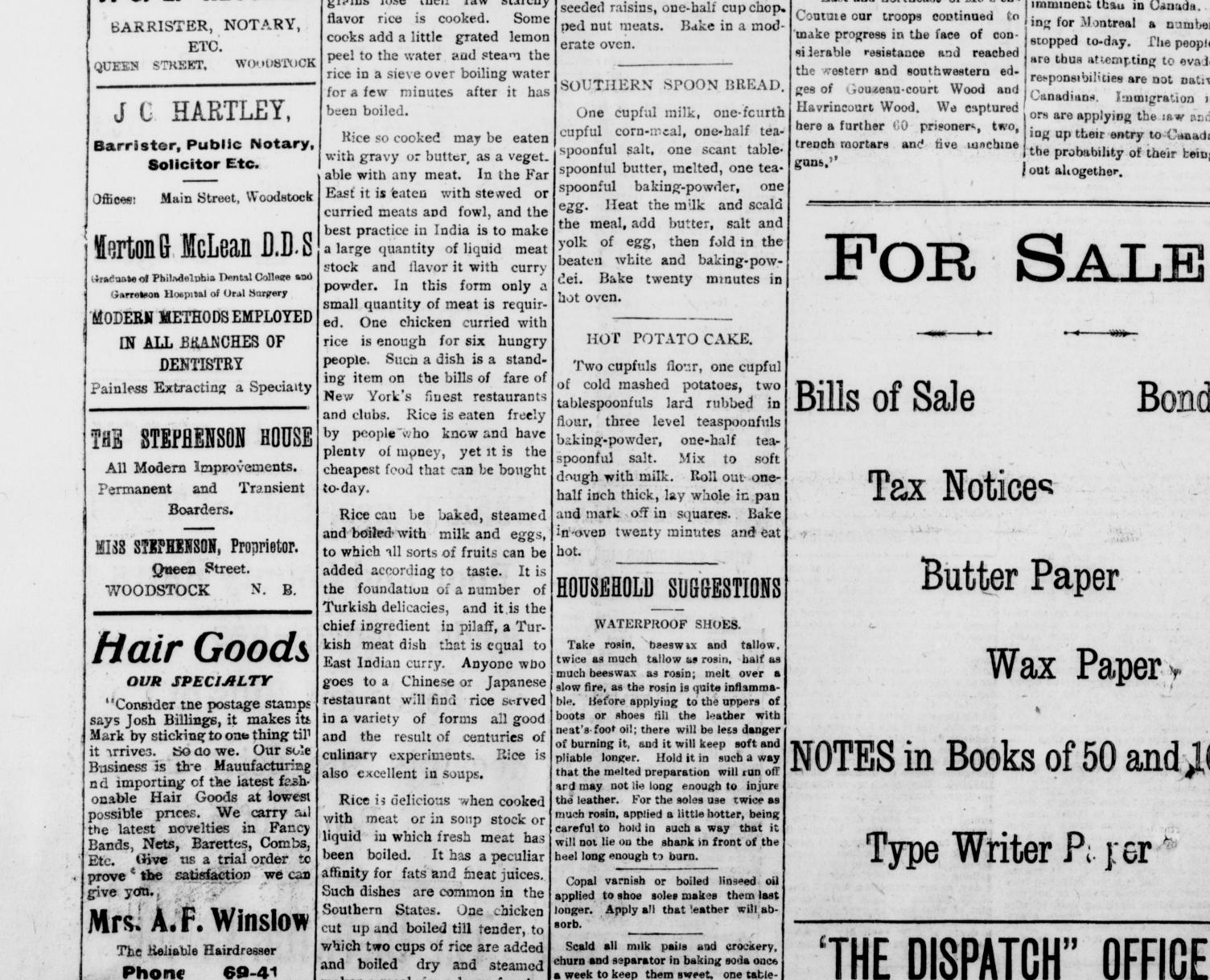
Ottawa, April 5 .- Montrea! Star Special) .- The entry ci the United States into the war and the strongly latimated probability of compulsory military service there is having a curious and somewhat numerous effect, The war had no sooner got under way in Canada than an exodus to the United States started from certain quarters. Conscription was feared. Some of the same people are now attempting to come back for the reason that in the new land of their adoption compulsory service seems more imminent thau in Canada. Heading for Montreal a number were stopped to-day. The people who are thus attempting to evade their responsibilities are not native-born Canadians. Immigration inspectors are applying the saw and bolding up their entry to Canada, with the probability of their being kept out alcogether.





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"East and northeast of Me'z en-



and boiled dry and steamed

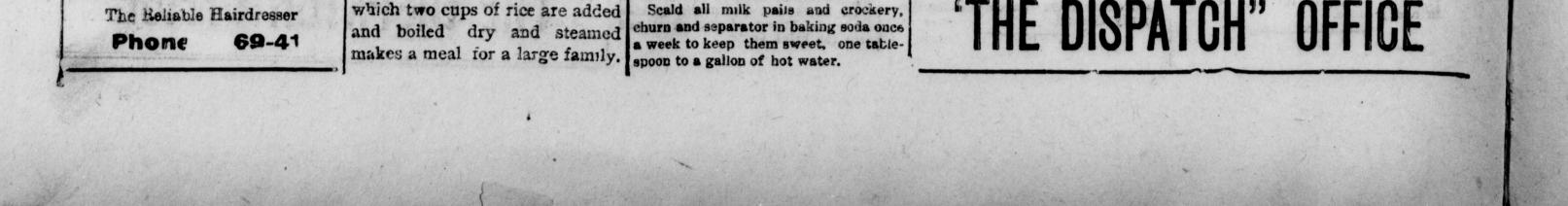
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