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**HOUSEHOLD**

**FISH AND POTATO SALAD**

Mix two cups of finely flaked  
cold cooked fish with two cups  
of cold cooked potatoes cut into  
dice, two-thirds cup of finely cut  
cucumber pickle, and one tea-  
spoon each of grated onion and  
grated horseradish. Moisten  
with boiled salad dressing and  
serve with a border of water-  
cress sprinkled with French  
dressing. Salmon or any kind  
of white fish may be used.

**HAM SAVORY**

Chop enough ham (cold boiled)  
to make 1/2 cups and slice thinly  
an equal amount of cold baked  
potatoes. Melt one tablespoon  
of butter, blend in the same  
amount of flour and gradually  
one pint of hot milk. Stir until  
smooth and thick and season to  
taste. Arrange the ham and  
potatoes in layers, covering each  
with a little of the sauce. Sprinkle  
the top with cracker  
crumbs and dot with bits of  
butter. Bake in hot oven until  
nicely browned.

**THE GOODNESS OF SKIM  
MILK**

"Skim milk isn't any good,"  
someone says. Banish the  
thought! A quart of skim milk  
contains practically all there is  
in whole milk excepting the  
butter fat. Just as it is, it is  
one of the best meat substitutes  
you could use. It is very, very  
valuable, and not one drop of  
it should be thrown away.  
Even allowing for the fact that  
no butter fat is present, the skim  
or separator milk contains in a  
quart about a third of a cup of  
solid food dissolved or floating  
about, which is quite worth while  
considering. But the children's  
milk must be whole milk, or  
supplemented by a generous use  
of butter on the table.

**VEGETABLE AND MEAT  
LOAF**

Two cups mashed potatoes,  
one cup each of boiled mashed  
beans and chopped, cold meat,  
one small onion chopped fine;  
pepper, salt, and butter to taste.  
Bake in loaf and serve with  
brown gravy, or with tomato  
sauce.

**ONE-DISH DINNERS**

The whole dinner in one dish  
is a plan evolved by the United  
States Food Administration.  
According to that body every-  
body will like the idea because  
it is a dish hot and savory, good  
for work or play. That is why  
the father and children will like  
it. It is easy to cook and serve  
—that is one reason why you  
will like it. One dish to cook,  
few plates to wash, steps saved.  
Good nourishing food—you can  
feel sure that you are feeding  
your family right if you give  
them this dinner. It contains  
all their bodies need to help  
them work and grow strong.  
(This dinner helps you) to do  
your part for your country."

Each recipe is enough for a  
family of five. The first recipe  
is for fish chowder. Rabbit,  
fowl or meat may be substituted

for the fish or tomatoes instead  
of milk. Carrots may be omitted.  
The recipe calls for one and  
one-half pounds of fish (fresh,  
salt or canned), nine potatoes  
peeled and cut in small pieces,  
one onion (sliced), two carrots  
cut in small pieces, one-quarter  
pound salt pork, three cups of  
milk, pepper and three table-  
spoons flour. Cut the pork in  
small pieces and fry with the  
chopped onions for five min-  
utes. Put pork, onions, carrots  
and potatoes in kettle and cover  
with boiling water. Cook until  
vegetables are tender. Mix  
three tablespoons of flour with  
one-half cup of cold milk and  
stir in the liquid in the pot to  
thicken, add the rest of the milk  
and fish which has been removed  
from the bore and cut in small  
pieces. You can omit salt pork  
and use a tablespoon of other  
fat.

Dried peas with rice and toma-  
toes is another one-dish food.  
One and one-half cups rice, two  
cups of dried peas, six onions,  
one tablespoon salt, one-quarter  
teaspoon of pepper and two cups  
of tomato, either fresh or canned.

Soak peas overnight in two  
quarts water. Cook until tender  
in water in which they soaked.  
Add rice, onions, tomato and  
seasoning and cook twenty min-  
utes.

**WAR TIME CHOCOLATE CAKE**

Excellent cake can be made with  
the addition of mashed potatoes. Here is a  
tested recipe for chocolate cake of this  
sort:

One half cup of fat, 1 cup sugar, 2  
eggs slightly beaten, three-quarter  
cup mashed potato, quarter teaspoon salt,  
1 cup flour, 1 teaspoon baking powder,  
three-eighth cup milk, half cup grated  
chocolate (melted over hot water).  
Cream the fat and sugar. Add eggs  
and potato. Add the flour, mixed with  
the baking powder and salt, alternately  
with the milk. Add the chocolate last.  
Bake in layers or muffin tins.

**PLUM JAM**

(Canada Food Board Recipes)—Eight  
pounds plums, six pounds sugar. Put  
the plums and sugar together in a pre-  
serving kettle over the fire, with just  
sufficient water to start the cooking.  
Boil gently until the fruit is thoroughly  
cooked. Stir as little as possible.

**Destroying All  
They Can Destroy**

**WITH THE AMERICAN  
ARMY ON THE VESLE, Aug.**

10 (By the A. P.)—Information  
that the German soldiers had been  
ordered to destroy all property  
possible, particularly chateaux and  
houses of good appearance, during  
the retreat from the Marne is in  
possession of the French and Amer-  
icans. It came from several sources,  
a detailed account being  
furnished by a deserter from the  
fourth Prussian Guard division.

The deserter said that supper  
had been ordered by von Frenckel-  
stein to destroy everything within  
their power. Similar orders also  
were issued by lieutenants to bomb-  
ers.

Prisoners say that the order for  
the retreat from the Marne was  
joyously received by most of the  
German troops, especially the Sax-  
ons, who expressed the hope that  
this last German failure to reach  
Paris would hasten the coming of  
peace.

Prisoners taken from different  
divisions on various parts of the  
front agree that it is the German  
plan to retire to the Aisne,

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**WITH THE BRITISH ARMY  
IN FRANCE Aug. 8—(By the**

A. Associated Press).—D. comments in-  
dicating that recent events have  
brought about extreme depression  
in the German army have come in-  
to possession of the British. Most  
significant of all, perhaps, is an  
extract from a German officer's  
diary, in which he relates he had  
been asked by the divisional head-  
quarters whether the troops in line  
favored peace or a continuation of  
the war. His answer was:

"Immediate peace or an immed-  
iate decisive battle."

This entry was dated before the  
German drive for the Marne.

Another letter taken from a  
German prisoner, which was writ-  
ten to him by a German stationed  
along the Marne, reads:

"You will be in the thick of it  
now. Strike as much as you can.

Do not be stupid. We are risking  
our lives only for big victories.  
Now we are taking the offensive  
on the Marne and we will never  
get out of this mess at all. Our  
regiment has been nearly wiped  
out and we have not pushed far.  
The war is becoming a greater  
massacre than ever. What is go-  
ing to happen I don't know. Ger-  
mans is slowly crumbling to  
pieces."

Another prisoner just captured  
on the British front says the offi-  
cial figures show that 12,000 of  
his comrades were made prisoners  
in the Champagne fighting, but  
that rumor along this front is that  
60,000 Germans and 800 guns  
were lost.

Adding to the gloom of his  
division, which realizes that Ger-  
many has suffered a great defeat,  
the prisoner said food given to the  
men had been poor, especially dur-  
ing the past three months. Only  
good food is served, he said, before  
the Germans are to participate in  
an offensive

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