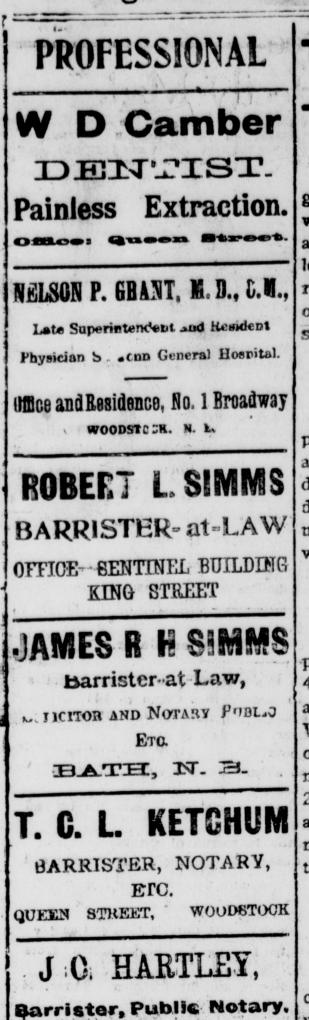
Page Six



HOUSEHOLD

CHEESE SAUCE.

Heat a cupful of milk with a generous pinch of soda; season with pepper, salt and onion juice, and thicken with a heaping tablespoonful of butter cooked to a roux with one of flour; cook for one minute and add three large spoonsfuls of grated cheese.

APPLE PUDDING.

A simple pudding is made by putting several layers of sliced apples in the bottom of a pudding dish. Over this put an or dinary short sponge cake batter using only one egg. Serve hot with cream or a good sauce.

APPLE AMBER.

Core, peal and chop about pounds of apples. Mix together 4 ounces of suet, 2 each of sugar and flour, and 6 of bread crumbs. When this is chopped and thoroughly mixed, add a little not. meg and grated lemon peel, and 2 beaten eggs. Stir thoroughly and place in a well bottered moald with cloth tied tight over the top. Boil 3 hours.

Good Rye Bread

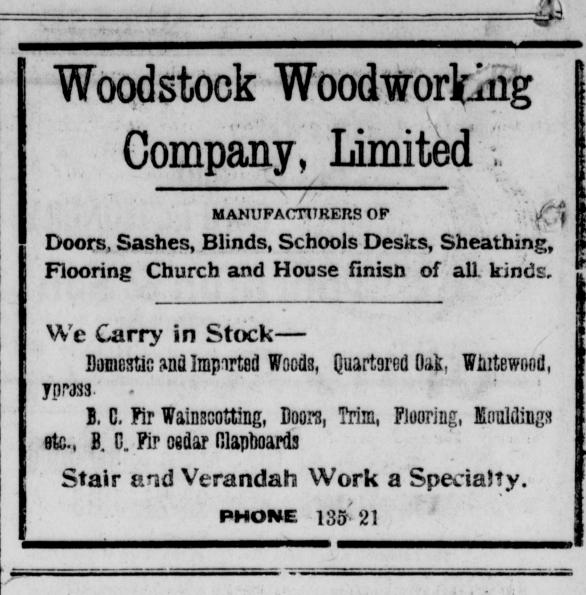
The following is a reliable recipe for rye bread, something which all housekeepers are in terested in owing to the necessity of conserving wheat flour. Pour two cupfuls of scalded milk on two tablespoonfuls each of sugar and butter and one teaspeonful of salt. When lukewarm add one yeast cake dissolved in one half supful of like. warm water; then add two table spoonfuls of caraway seeds and six cupfuls of rye-flour. Toss on a slightly floured board and knead in one and one half cup fus of entire-wheat flour. Cover and let rise until mixture has doubled its bulk, shape into loaves, put in greased pans, cover, again let rise and bake. War-Time Recipes

sed yeast, 4 tablespoons water. Clean thoroughly and boil, without paring 12 potatoes of medium size, allowing them to become very soft. Pour off the water, peel and mash the potatoes while hot, being careful to leave no lumps. Take 3 pounds, or 5 solidly packed half-pint cupfuls of mashed potato, and when at the temperature of lukewarm water add to it the yeast, rubbed smooth with 3 tablespoonfuls of lukewarm water. Rinse the cup in which the yeast was mixed with another tablespoonful of water and add to the potato. Next add the salt, the sugar, and about 4 ounces of flour, or 1 scant half pint of sifted flour. Mix thoroughly with the hand, but do not add any more water at this stage. Let this mixture rise until it has become very light, which should take about two hours if the sponge is at a temperature of about 86 deg. F. To this well-risen sponge which will not be found to be very soft, add the remainder of the flour, knead ing thoroughly until a smooth and elastic dough has been formed. The dough must be very stiff, since the boiled potato con tains a large amount of water. which causes the dough to sorten

DISPATCH

THE

Therefore add as it ferments. no more water to the dough unless it is absolutely necessary. Set back to rise until it has trebled in volume, which will require another hour or two. Divide the dough, into four parts, mold them separately, and place in greased



prevent public knowledge of the Aus. Amsterdam, Jan. 24.-German partia trian strikes and peace demands suc mentary circles regard the Russian sit ceeded for a time, but the news leaked | uation as being yery critical. according through gradually. Austrian hope that to the Lokal Ananiger of Berlin, a copy the Germans would follow their lead bas not, however, materialized, while German newspapers which ventured to bold out a hand to the Austrian pro letarist have been sternly repressed. Nevertheless, according to the Post's Amsterian correspondent, the recellious sentiments of German workmen, espec ially independent Socialists, are becom ing stronger. This is partly attribut able to the attitude of the German delegates at the Brest-Litovsk confer ence, which caused widespread discon tent as was manifested by the tumplt ous scenes at numerous meetings of the Fatherland Party.

The Dutch Catholic journal, Tyd, prints an article received through an indirect channel from its correspondent in Germany. in which he says that "events at Brest-Litovak and President Wilson's new peace formula, which, in vide circles, is considered a suitable

of which has been received here.

The paper says that the latest news trom Petrograd shows that Polsheviks supremacy is seriously threatened, and the question now arises as to whether it would be wise to negotiate further with men whom anarchy at any moment may sweep away. The Lokal Anzeiger says that in political circles account is being taken of the possible influence events in Petrograd may have on the negotiations at Brest-Litovsk.

Now York Central passenger trains are limping into Chicago ten hours late owing to the worm, and those of the Penneylvania road seven hours behind schedule.

Less Cane Sugar Used



Solicitor Etc.

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War-time recipes prepared by Prof. Frances A. Freeman, Home Economics Director of the United States Food Administration with headquarters at Orono

OATMEAL YEAST BREAD.

One cup milk and water, on water, 1 teaspoon salt, 1 tablespoon fat, 1 tablespoon sugar, cup rolled oats, 21 cups wheat flour, 1 cake compressed yeast, cup warm water.

Scald liquid and pour it over Le the sugar, salt, and fat. stand until lukewarm. Add yeast softened in warm water. Add rolled cats and flour and knead.

Let rise until double its bulk. Knead again and place in pan. When light, bake in a moderate oven from 45 to 60 minutes.

POTATO BREAD.

Three pounds boiled and peeled potatoes, (equivalent te about 34 pounds water and 3 cups flour), 9 cups bread flour, 11 level tablespoons salt, 3 level tab-

pans which have been warmed slightly. Allow the loaves to rise until they have doubled in volume and bake 45 minutes.

RICE BREAD.

One cup lukewarm water, milk or a mixture of the two 1 cup uncooked rice, 14 teaspoons salt, I tablespoon sugar, fat, I tablespoon or less, 1 cake compressed yeast, 2 cups wheat flour.

Steam the rice with one-half of the liquid until it is soft. This is done better in a steamer than in a double boiler, for the liquid

is so small in amount that the rice does not become soft readily and the presence of the steam helps. Put the sugar, salt, and fat into the mixing bowl and pour over the remaining liquid (1-2 cupful) When the mixture has become lukewarm add the yeast and 1-2 cupful of flour. Allow this sponge to rise until very light. Add the boiled rice, which should have been cooled until lukewarm, and the rest of the flour. This dough is so thick that some pressure is required to work in the last portions of the flour. Allow the dough to rise urtil it has doubled its bulk, form into a loaf, place in a pan of standard size, allow it to rise until it nearly reaches the top of the pan, and bake.

Discontent in Kaiser's Realms

London, Jan. 24. - The impressions conveyed in to-day's news despatches from Switzerland and Holland regard ing the internal situation in Germany on the eve of Chancellor von Hertling's expected address before the Reichstag is one of discontent among the masses. suppressed by the triumphant hand of the military party.

basis for the regulation of society of the future, have prepared the ground for the Bolshevik tendency." "It is recognized in educated circles," says eral Hoffman."

In Canada

The consumption of cane sugar in Can the writer, "that the wooden horse has aca has been reduced as a result of the been brought in at Breat-Litovek and measures taken by the wood Controller. there is anxiety lest the German att', to control the trade and his appeals to tude in the regonations may leads to a the public to economize . Information division among the people. The mass thas been received showing of operation esturn away from the veiled annexat, of many women's organization and otionist just of power formulated by Gen ber bodies with the Food Controller in promoting such conservation.

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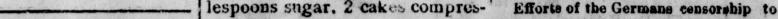
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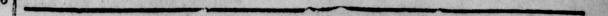
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