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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 tab-
 lespoonful of butter cooked to a
 roux with one of flour; cook for
 one minute and add three large
 spoonfuls of grated cheese.

APPLE PUDDING.
 A simple pudding is made by
 putting several layers of sliced
 apples in the bottom of a pud-
 ding 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, peel and chop about 3
 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 thor-
 oughly mixed, add a little nut-
 meg and grated lemon peel, and
 2 beaten eggs. Stir thoroughly
 and place in a well buttered
 mould with cloth tied tight over
 the top. Boil 3 hours.

Good Rye Bread
 The following is a reliable re-
 cipe for rye bread, something
 which all housekeepers are in-
 terested in owing to the neces-
 sity of conserving wheat flour.

Pour two cupfuls of scalded
 milk on two tablespoonfuls each
 of sugar and butter and one tea-
 spoonful of salt. When luke-
 warm add one yeast cake dissol-
 ved in one half cupful of luke-
 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-
 fuls of entire-wheat flour. Cov-
 er 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
 War-time recipes prepared by
 Prof. Frances A. Freeman,
 Home Economics Director of the
 United States Food Administra-
 tion with headquarters at Orono,
 Maine.

OATMEAL YEAST BREAD.
 One cup milk and water, or
 water, 1 teaspoon salt, 1 table-
 spoon fat, 1 tablespoon sugar, 1
 cup rolled oats, 2½ cups wheat
 flour, ½ cake compressed yeast, ½
 cup warm water.

Scald liquid and pour it over
 the sugar, salt, and fat. Let
 stand until lukewarm. Add yeast
 softened in warm water. Add
 rolled oats 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 peel-
 ed potatoes, (equivalent to about
 3½ pounds water and 3 cups
 flour), 9 cups bread flour, 1½
 level tablespoons salt, 3 level table-
 spoons sugar, 2 cakes compres-

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 pota-
 toes while hot, being careful to
 leave no lumps. Take 3 pounds,
 or 5 solidly packed half-pint cup-
 fuls 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 tem-
 perature 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 for-
 med. The dough must be very
 stiff, since the boiled potato con-
 tains a large amount of water,
 which causes the dough to soften
 as it ferments. Therefore add
 no more water to the dough un-
 less it is absolutely necessary.

Set back to rise until it has treb-
 led in volume, which will require
 another hour or two. Divide the
 dough into four parts, mold them
 separately, and place in greased
 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, 1½ teaspoons salt,
 1 tablespoon sugar, fat, 1 table-
 spoon or less, ½ 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 read-
 ily 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. Al-
 low 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
 until 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.

Efforts of the Germans censorship to

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prevent public knowledge of the Aus-
 trian strikes and peace demands suc-
 ceeded for a time, but the news leaked
 through gradually. Austrian hope that
 the Germans would follow their lead
 has not, however, materialized, while
 German newspapers which ventured
 to hold out a hand to the Austrian pro-
 letariat have been sternly repressed.
 Nevertheless, according to the Post's
 Amsterdam correspondent, the rebellious
 sentiments of German workmen, espe-
 cially 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 tumultu-
 ous scenes at numerous meetings of
 the Fatherland Party.

The Dutch Catholic journal, Tvd,
 prints an article received through an
 indirect channel from its correspondent
 in Germany, in which he says that
 "events at Brest-Litovsk and President
 Wilson's new peace formula, which, in
 wide circles, is considered a suitable
 basis for the regulation of society of
 the future, have prepared the ground
 for the Bolshevik tendency." "It is
 recognized in educated circles," says
 the writer, "that the wooden horse has
 been brought in at Brest-Litovsk and
 there is anxiety lest the German atti-
 tude in the negotiations may lead to a
 division among the people. The mass
 return away from the veiled annexat-
 ionist list of power formulated by Gen-
 eral Hoffmann."

Amsterdam, Jan. 24.—German partia-
 mentary circles regard the Russian sit-
 uation as being very critical, according
 to the Lokal Anzeiger of Berlin, a copy
 of which has been received here.

The paper says that the latest news
 from Petrograd shows that Bolshevik
 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.

New York Central passenger
 trains are lumping into Chicago
 ten hours late owing to the storm,
 and those of the Pennsylvania road
 seven hours behind schedule.

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 In Canada**

The consumption of cane sugar in Can-
 ada has been reduced as a result of the
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