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**HOUSEHOLD**

**Macaroni With  
A Cream Sauce**

1/2 cup of macaroni  
3 cups of water  
1/2 teaspoonful of salt  
1 cup of milk  
2 tablespoonfuls of butter.

Put salted water on to boil.  
Break macaroni into inch pieces  
and drop slowly into the boiling  
water. Boil rapidly until macar-  
oni is tender. Strain, rinse in  
cold water, and reheat in cream  
sauce.

**CREAM SAUCE.**

2 tablespoonfuls of flour  
1/2 teaspoonful salt  
A dash of pepper  
1/2 cup of grated cheese.

Melt butter in saucepan. Add  
flour and stir until frothy. Add  
milk, stirring constantly until it  
thickens. Boil two minutes, re-  
move from the fire and add sea-  
soning, cheese and macaroni.  
Reheat.

**SALMON LOAVES.**

**SALMON LOAF No. 1.**—One  
small can of salmon, one cup of  
dry bread crumbs rolled fine,  
one egg, two tablespoons sweet  
milk, pepper and salt. Remove  
bones from salmon, break into  
small pieces, and well-beaten  
egg, seasoning, and cracker  
crumbs, bake in a well-buttered  
dish for fifteen minutes, serve  
hot.

**SALMON LOAF No. 2.**—One  
can salmon, one pint of mashed  
potatoes, one cup browned crack-  
er crumbs, two cups of parsley  
sauce. Grease a good-sized  
mould with butter, sprinkle with  
cracker crumbs, and line with  
mashed potatoes. Drain oil  
from salmon and remove skin  
and bones. Season with pepper  
and salt and pack in mould.  
Cover with potatoes and then  
cracker crumbs, put a few pieces  
of butter on top, and bake one-  
half hour in fairly hot oven.  
Turn out and pour parsley sauce  
over. The oil drained off the  
salmon may be used in making  
this sauce.

**FISH PUDDING.**

Grease a mold or bowl. Free  
three-fourths pound fish from  
skin and bone and chop it fine.  
Mix with it one cupful of bread-  
crumbs, one-half teaspoonful of  
salt, one-half teaspoonful of pep-  
per, and one teaspoonful of le-  
mon juice. Into a small sauce-  
pan put four tablespoonfuls of  
butter or dripping, one cupful of  
milk bring them to the boil, and  
then pour over the fish. Now  
add two well beaten eggs, and  
two teaspoonfuls of chopped par-  
sley. Pour into the mold, cover  
with greased paper, and steam  
steadily for forty-five minutes.  
Turn out on to a hot dish and  
serve with parsley sauce.

**CURRIED RICE.**

Wash rice in a colander. Re-  
peat process three or four times,  
until water is quite clear. Put  
one teaspoonful of salt and two  
and three fourths cupfuls of boil-

ing water in top of double boil-  
er, place on range and add rice  
gradually, stirring with a fork.  
Boil five minutes, cover, place  
over under part of double boiler  
and steam until kernels are soft,  
then uncover that steam may es-  
cape.

Melt three tablespoonfuls of  
butter, add three tablespoonfuls  
of flour, and stir until well blend-  
ed; then pour on gradually,  
while stirring constantly, one  
and one-half cupfuls of milk.  
Bring to the boiling point and  
add rice, one-half teaspoonful of  
salt, a few grains of pepper and  
curry powder to taste.

**SUGARLESS DOUGHNUTS.**

Two-thirds cup molasses, 1  
egg, 1/2 cup sweet milk, pinch of  
salt, nutmeg, 1/2 teaspoon soda, 1/2  
teaspoon baking powder. Mix  
soda and baking powder with  
flour enough to roll. Use pastry  
flour. Roll out, cut and fry in  
hot lard. These are delicious as  
well as economical.

**ORIGINAL CHOCOLATE  
GINGERBREAD.**

Into 1 scant cup molasses beat  
1 teaspoon soda until light color  
ed and foamy; add 1/2 teaspoon  
salt, 1/2 teaspoon allspice, 1 tea-  
spoon clove, 1/2 teaspoon ginger,  
1 square chocolate melted. Into  
this put 2 teaspoons shortening  
and melt. Add to other ingredi-  
ents 1 beaten egg with 1/2 teacup  
milk 2 cups pastry flour. Use  
teacup as measuring cup.

**Carry Lumps of Sugar**

London, Feb. 5.—Baconless break-  
fasts, and sugarless teas, unless cus-  
tomers being their own supplies or are  
willing in some hostilities to use sac-  
charine tablets, are now accomplished  
facts in hotel and restaurant life. In  
one of them a week's supply of sugar  
was handed to its guests yesterday  
morning. Each day's supply was in a  
small envelope. This afternoon at  
fashionable tea rooms women could be  
seen producing lumps of sugar from  
handbags, which they had brought  
from home.

The new order of things has been  
taken to kindly, but there are more  
startling things in the dietary devel-  
opments of Old London, including the  
opening of several shops specializing  
in real American buckwheat cakes,  
cooked on hot steel slabs in sight of  
the public, never before accustomed to  
see such a culinary performance.  
There is every indication that "brown  
up the bucks" will be a welcome sound  
to many Britisners in the near future,  
judging by the patronage of these  
restaurants.

With the gradual disappearance of  
candy, there is an ever-increasing at-  
tempt on the part of some confection-  
ers to instill the chewing gum habit  
into England. There is more of this  
product on sale in London than ever  
before in its history, and much of it  
is being chewed.

**A Golf Handicap**

(Everybody's Magazine.)

"I wouldn't say McTavish can't  
learn the game," remarked Sandy,  
as they trudged home from the  
links; "but it will be difficult for  
him."

"Aye," agreed Donald. "A  
time he will be like to bust, what  
wi' being so relegious and tongue  
tied."

A bomb was thrown at the Im-  
perial Palace in Berlin by striker  
Saturday evening. Twenty-five  
persons were arrested.

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**Poetizing Food**

The following verses were contrib-  
uted to The Living Church by an English  
Dean:

Beef-steak and buttered eggs,  
Well-deviled chicken legs,  
Send to Gehenna,  
Furnish for hungry throats  
Nothing but Quaker Oats:  
Action like this promotes  
Peace, says McKenna.

Asquith and Edward Gray  
Eat only one a day  
Just for the present.  
Last Monday night I saw  
Balfour and Bonar Law  
Eating tomatoes raw  
Rather than pheasant.

Though Mr. Walter Long  
Welcomes the dinner gong  
Salmon would pain him,  
For (as with democrats)  
Merely a pound of sprats  
(Heads saved to feed the cats)  
Serves to sustain him.

And when the luncheon bell  
Calls Herbert Samuel  
Up to the table,  
Scouring the butler's grin  
He wields a winkle-pin.  
And takes as many in  
As he is able.

If then our rulers can  
Vanquish their inner man

When food entices,  
Follow their frugal lead,  
Grape-nuts are all you need:  
Some critics hold, indeed,  
Water suffices.

**Coal Shortage In  
Alarming Stage**

New York, Jan. 31.—The coal short-  
age in New York city and state has now  
reached an alarming stage, according to  
reports made today by various fuel ad-  
ministrators. Factories, stores and  
public institutions in large numbers  
have closed, it is reported, and unless  
relief soon comes others will be forced  
to shut down.

The fuel supply in many houses in this  
city is reported to be low. Reports  
from up state indicate that the situation  
is even worse than in New York city,  
one administrator describing it as  
"dreadful," and much suffering has  
been reported in virtually every county  
in the state.

Fast freight trains, loaded with food  
and other supplies for the Entente Al-  
lies, started from the Middle West for  
New York and other Atlantic seaboard  
points today, under orders issued as a  
war measure by A. H. Smith, region  
director of railroads. This action was  
taken, it is said, upon urgent represen-  
tations by the British, French and  
Italian Governments as to the food situa-  
tion abroad.

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