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Onion Recipes

ONION SOUP.

- 4 cups skim milk.
- 1 tablespoon butter or butter substitute.
- 1 tablespoon corn flour.
- I cup chopped onion.
- 1 cup cooked and mashed po

Pepper and salt to taste.

Simmer all slowly till onions are soft, on the top of the stove, or cook in a double boiler, or a fireless cooker.

FRIED ONIONS.

Cook in boiling salted water until clear and tender. Drain well. Then turn into a hot frying pan with a tablespoon of melted fat. Fry lightly and season with salt and pepper.

POTATO STICKS.

Boil onions until tender. Drain, put into a serving dish, pour over them a well-greased white sauce, and garnish with fried potato sticks.

STEWED ONIONS.

Cut the onions in slices and boil in salted water for ten minutes. Drain well and return to the stew pan. For a quart and a half of onion, measured before it was boiled, add two tablespoons of butter, one teaspoon of salt, and one-fourth of a teaspoon of pepper. Cover the stew pan and cook over a hot fire for five minutes, shaking the pan to prevent the onion from browning. Set the stew pan back where the contents will cook slowly for forty minutes. Drippings may be substituted for the butter, but, of course, the dish will not be so delicate in

Use More Cheese

Cheese is a food of which most people use all too little, as it is considered difficult to digest These recipes combine it with other foods and use it in simple

TOASTED CHEESE SAND WICHES

Cut the bread a trifle less than half an inch thick and butter it. as for any other sandwich. Use soft, creamy cheese, no other cut one-eighth of one inch thick or possibly a trifle thicker. Sprin kle the cheese lightly with salt, cayenne pepper and dry mustard. Then toast in the broiler or toaster over a moderate fire. so the cheese will melt and the toast be a golden brown. If the fire is too hot, and the process too rapid, the bread and cheese will be sponed; if too moderate, the cheese, will merely dry, be. coming tough and unappetizing. With a little practice these sandwiches are easily made and combine the qualities of a delicacy and a substantial meal.

CHEESE CRACKERS

Ordinarily, farirly good cheese whom Germany might be expected

crackers are made by grating cheese on crackers and setting in the oven. The real cheese cracker, which is fit for an epicure, is made thus: Use saltines, spread thick with creamy soft cheese-no other kind. The cheese is to be mashed with a knife in order to attain the right consistency. Season with cayenne pepper. Place in a moderate oven and the cheese will come out light and crisp.

CHEESE BALLS.

Mix together thoroughly one cupful and a half of cottage cheese, a cuarter of a teaspoonful of salt, a few grains of pepper, a cupful of chopped hickory nut meats and the stiffly whipped whites of two eggs. Shape into small croquettes, garnish with watercress and serve with entire wheat bread sandwiches.

CHEESE CROQUETTES

M x together one cupful of soft. CREAMED ONIONS WITH s'a'e bread crumbs, two cui fuls of grated cheese, half a teasp inful of salt, a satispoonful of cayenne and a teaspoonful of Worcestershire sau e Moisten with one well beaten egg to which has been added two tablespoonfuls of water and when thoroughly blended shape into balls. Roll in p : verized cracker crumbs, dip in voik of egg diluted with two tablespoonfuls of coli water, roll again in cracker crumbs and fry in hot fat. Serve on triangles of fried hominy with tomato sauce.

CHEESE_PINWHEELS.

Make a rich puff paste using three cupfuls of pastry flour sifted with half teaspoolful of baking powder and one teaspornful of salt. Work into this one and one-half cupfuls of lard. Moisten with just enough ice water to cause the dough to cling together. Roll out a small quantity into length wise strips about one-eighth of an inch thick. Cut into strips two inches wide. Down the centre of each strip put grated cheese. Fold over one edge and moisten it. Lap the ot her edge over it and seal together. Rall this under the hands on the moid ing board until smooth. It will leng then the roll as well as diminish the circumference. Cut in baif Begin in the centre and curl those strips into circles and sprinkle grated cheese And Save Meat upon them Put in over and bak-This recipe will make one dozon pin

The Unhappy Ukranne

(Boston Transcrip'.)

Now the Ukraine, the great grain producing region known as Little Russia, is to learn what a paper peace with Germany means. The Frankfurter Zeitung announces the formation of an imports syndicate, formed long before the peace formulas by the forehanded Germans, for the purpose of distribating ore, oil, flax and wheat among German consumers. It will also organize a system of German exports auto the Ukraine. The report does not state what these German exports are to be, but there is har ly need of that. Roumanians cau tell the Ukrainians what they will get in exchange for cheir wheat and oil. They are neighbore, but no a allies, estuated near enough to the boundaries of Lttle Russia to be an easily understood object lesson. Tales from Northern France Belgium, Serlia, Montenegro, might contirm the Roumanian tale. Probably they could not add to it. Even Poland and Austria, allies

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to befriend, can tell the Ukrainians . tous, worth \$40,000,000 or a total of the steady drain of food and sup plies as well as men which have gone from them to make the mea on which the Prussian Caesa feeds; can tell also of the thousand forms of outrage which iron-he led despotism has exported to them in return for imports of men and supplies. Within the year the people of Little Russ'a may confidentially be expected to be found stripped to the bone by the enemy with whom t ey have bravely fought and for lishly made peace, the return be ing made in such trade goods a Germany has to give.

Shipbuilding contracts placed in Canada by the Imperial Munition Board since March 1, 1917, constitute the biggest year in ship construction this country has ever seen. The contracts have been let in the last twelve months for tal tonnage of 128,000, representing \$24,500,000, and for fortythree steel ships totalling 211,100

value of \$64,500,000. The value of the contract let in the offerent provinces is as follows: Nova Sco. tia, \$1,340,000; New Branswick \$1,000,000; Quebec, \$11,600,000. Ontario, \$19,240,000; British C. umbia, \$31,434,000

Mrs. Pester: If there's anything you can do that I can't do quite as well, I'd like to have you name it.

Her Husband: Well, not to mention my graceful manner of scratching mat ches, I'd like to see you hang all your ciothes on one small nail in the closet.

Further evidences of the wing strain in relations between Germany and Austria over the refusal of the lat ter to participate in the renewed attack vpon Russia is given in an official despat ch received at Washington from Fran ce. It quetes the Austrian premier as formally reiterating on February 22 that Austria Hungary will take no mili tary action against Russia or Rouman ia, and will not send her troops into Uk rainia. The despatch refers to the meet ing between Emperors Charles and Wil forty-six wooden ships, with a to-pliam February 22, and says there seems little doubt that a serious . Thence hes arisen between the two nations which Germany is determined to settle by vio lent measures if necessary.

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