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OF INTEREST TO WOMEN

WHEATLESS BREAD.

A Government Recipe.

Make a sponge by mixing 1½ cupfuls of liquid with 1 tablespoonful of corn syrup, half cake of yeast dissolved in water, and two teaspoonfuls of salt with 3½ cupfuls of barley flour or 2½ cupfuls of ground rolled oats. Add 2½ cupfuls of corn flour. In mixing the sponge, use only half the flours called for and allow the sponge to stand in a warm place and rise for two hours. Then add the other half of the flour mixture; work into the dough one egg, well beaten, and shape into loaves. Put in bread pan, brush top with melted fat, allow to rise to double bulk and bake in a hot oven for one hour.

Either barley or ground rolled oats flour is always used in the wheatless loaf bread, but there are several variations of the second flour to be used with them. For instance, the recipe just given calls for 2½ cupfuls of corn flour to be used with the barley flour or oats, but if more convenient to use, equally good results are obtained by substituting for the corn flour either 2½ cupfuls of rice flour or 2½ cupfuls of sweet potato flour, or 2½ cupfuls of tapioca flour.

WAR JOHNNY CAKE.

Ingredients: Corn meal, 1 cup, boiling water 4 cups, salt 1 teaspoon; no milk, no eggs, no baking powder, no soda. These measurements make three cakes baked in pie tins.

Pour the boiling water on the corn meal and salt, about one cupful at a time, stirring briskly to keep from forming lumps. Pour this batter into well-buttered hot pie tins. Spread evenly over tins, then take a tablespoonful of cream and smooth over the top. This makes a brown crust on the top when baked.

Bake in a hot oven about 40 minutes.

COCOA

Four tablespoons cocoa, 2 tablespoons sugar, 1 cup water, 4 cups milk. Mix cocoa and sugar with the water and boil for 10 minutes. Stir this syrup into the hot milk and cook over hot water for one-half hour.

A glass of milk and a cup of cocoa are high in food value. Coffee and tea are only stimulants, containing no food value except that contained in the sugar and milk served with them.

FOOD BOARD FLASHES

With the beginning of the Fall School term the teacher should plan to include a simple study of food questions in her daily schedule. The children might be asked to make food posters and small stamps. Prizes might be offered for the best essays on food conservation and production. It should be pointed out that by keeping rabbits, chicks, pigs or goats, Canadian girls and boys can help to feed their little brothers and sisters in Europe.

M. Victor Boret, French Minister of food called upon the children of Paris some time ago to make designs for posters. The result surprised everyone and now the posters and stamps are being proudly exhibited all over France, as evidence of the patriotism and naive artistic skill of the Parisian school children.

Partial List of Automobiles Registered in the Province

The following list of Automobiles registered with the Provincial Public Works Department is in addition to the list published last week. Further additions will be published each week until complete.

9755	Jos. B. Saldon, Neguac, McLaughlin.	4448	Douglas H. Grant, Aroostook Jct., Victoria Co.
9757	Charles K. Palmer, Fredericton, Studsbaker.	4599	Wm. J. Murray, New River Station, Char. Co.
9758	D. W. C. Stevens, Woodstock, McLaughlin.	5786	Mrs. G. B. Manzer, Woodstock, N. B.
9759	Samuel W. Colpitts, Parleeville, Chevrolet.	6529	Murray L. Grant, Kilburn, Victoria Co.
9760	Simon McLaughlin, Ortonville, Ford.	6909	Eddie Michaud, Edmundston.
9761	R. H. Gibson, Woodstock No. 4, Chevrolet.	7511	P. P. Melanson, Legerville, Kent Co.
9762	Paul Dube, Parents, McLaughlin.	7718	Theodule M. Martin, Green River, Madawaska Co.
9763	Joseph Cote, Drummond, Overland.	8052	Chas. Goodion, Woodpoint, West. Co.
9764	F. E. Powell, Memramcook, Ford.	4983	Peter G. Clarke, Sackville.
9765	Armand Leger, Cocagne Cape, Ford.	7154	Harley A. Johnson, Meductic, N. B.
9766	Dr. B. H. Dugan, Harvey Station, Chevrolet.	4488	Robert Dunbar, Woodstock.
9767	Frank Gallang, 227 Dominion St., Moncton, Maxwell.	5237	Benjamin Holmes, Beechwood, Carleton Co.
9768	E. N. Hicks, McLaughlin Road, Ford.	7715	Mrs. Annie S. Walker, Bathurst.
9769	W. E. Forbes, Richibucto, Russell.	7807	Allen Parker, Oak Hill, Charlotte Co.
9770	Eddy Dube, Edmundston, Gray Dort.	4906	William B. Storer, Richibucto.
9771	G. A. Stephenson, 41 Marsh Road, St. John, Chev.	6616	James Lamoreau, Bairdville, Victoria Co.
9772	H. Bliss Nason, Fredericton, Chevrolet.	4913	Manzer Gibeon, Rileys Brook, N. B.
9773	John E. Fox, L. Southampton, Chevrolet.	8064	Wm. McRae, St. John.
9774	Freeman Tracy, Tracey Station, Chevrolet.	7568	Elizabeth B. Whitcomb, Bath, Car. Co.
9775	Thos. A. Clarke, Newcastle, Chevrolet.	4624	A. W. Turner, Plaster Rock, N. B.
9776	Hon. W. F. Roberts, St. John, Hupmobile.	3516	Melbourne Polly, Upper Cape, West. Co.
9777	W. E. Wallace, Penobscus, Gray Dort.	4350	Walter Downey, Curveyville, Albert.
9778	Lloyd Warnock, Grand Falls, Ford.	4782	Ray C. Steeves, Lewisville, West. Co.
9779	F. N. Steeves, 96 Church St., Moncton, Briscoe.	5160	Dan Gillespie, R. R. No. 1, Grand Falls.
9780	Howard Ogden, Sackville, Chevrolet.	5223	Geo. A. Leach, Sunny Brae, Northumberland Co.
9781	Lazare Russell, Tracadie, Ford.	7348	Clarence S. Fisher, Elmsville, Charlotte Co.
9782	Bathurst Lumber Co., Bathurst, Ford.	4192	Geo. Clark, Perth, N. B.
9783	Angus McLean, Bathurst, Chevrolet.	5114	Addison Fowle, Little Branch, N. B.
9784	Daniel Schriver, Campbell Settlement, Chevrolet.	5945	W. S. Fairweather Sussex.
9785	Melvin Kinney, Florenceville, Ford.	3861	J. D. Irving, Buctouche.
9786	Theophile J. Goguen, Cocagne, Ford.	4290	Jos. Vigor, 339 Chesley St., St. John.
9787	Wm. A. Walsh, Fredericton, Overland.	7486	Grazt Joseph, Algonquin Hotel, St. Andrews.
9788	Onslow Duplisse, Tracey Station, Chevrolet.	5146	Mrs. Edmund Holt, Second Falls, Charlotte Co.
9789	Geo. F. Wilkes, Fredericton, Chevrolet.	3405	Clare Douglas, St. John, N. B.
9796	Simon Bean, Blackville, Ford.	3535	C. C. Grant, St. Stephen, N. B.
9797	Hubert Waye, Trout Brook, Chevrolet.	4292	Charles Danboris, Grand Falls.
9798	J. M. Meahan, West Bathurst, Chevrolet.	6711	Jas. B. Sewell, Sewellville, Gloucester Co.
9799	Geo. Ross, Campbellton, Ford.	5541	Dr. Edmund Arseneau, Box 302, Campbellton.
9800	C. E. Boone, Fredericton, Ford. To replace 5464.	5902	Jack R. McMaster, Grogans P.O., North. Co.
9807	W. W. Shaw, Woodstock R. R. No. 5, Chevrolet.	5999	Pearl Collier, Elgin, Albert Co.
9808	William W. Leaman, Mansard House, Petitcodiac.	4019	Arthur Sprague, Harvey Bank, Albert Co.
9809	Rene U. Beaulieu, Edmundston, Chevrolet.	5419	A. S. Turner, St. Andrews.
3548	Fred W. Cameron, Pleasant Villa, Queens Co.	7894	R. S. Beckwith, Centreville.
3820	S. H. Cormier, Centreville.	4677	Thos. Duncan, Moncton.
4336	Hedley, L. Cheney, Lindsay, Carleton Co.	7010	Joseph Arseneault, Balmoral, Restigouche Co.
4349	R. C. Tait, Shediac.	4407	Dr. H. E. Pepper, Centreville.
4390	A. G. Parker & Son, Petitcodiac.	3485	Geo. A. Young, Pennfield, Charlotte Co.
4417	Jude Gauvin, Legere Corner, West. Co.	3629	Robert Cook, 82 High St., Moncton.
		4517	Randolph Dixon & Sons, Salmon River, Vic. Co.
		4920	Wm. Higgins, Grand Falls.

ADVERTISE ON THIS PAGE OF THE MAIL

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