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OF INTEREST TO WOMEN

WHEATLESS HARD GINGER- BREAD

Over $\frac{1}{2}$ cup shortening pour 1-3 cup boiling water or coffee, 1 cup molasses, 1 teaspoonful soda dissolved in a little coffee, $\frac{1}{2}$ teaspoonful salt, 1 teaspoonful ginger, 2 cups rolled oats and barley flour enough to make a soft cookie dough. I spread in a large pan and cut in squares when done. I vary this by putting spices, sometimes raisins and sometimes I grind the oatmeal.

WHEATLESS MOLASSES COOKIES

One cup molasses, $\frac{1}{2}$ cup shortening $\frac{1}{2}$ teaspoonful level of soda, salt, ginger to taste. Mix batter with barley flour quite stiff and roll thin.

WHEATLESS CUP CAKES

One-half cup sugar, lard size of a small egg. Cream together. Add to this $\frac{3}{4}$ cup molasses, 1 teaspoon soda dissolved in little milk, $\frac{1}{2}$ teaspoon salt, 1 cup milk. Flavor to suit taste. 1 cup rolled oats ground and sifted. Measured after sifting. Add 1 cup of barley flour or enough to make cake batter and bake in muffin tins.

Wheatless Cup Cakes No. 2—Cream 1 cup sugar and lard size of a small egg together, 1 cup milk, $\frac{1}{2}$ teaspoon salt, 1 teaspoon cinnamon, nutmeg, $\frac{1}{4}$ teaspoon cloves, 1 cup rolled oats measured after ground and sifted through fine sifter. (I save the coarser for hard gingerbread.) 3 tablespoonful baking powder sifted with 1 cup barley flour. It may take a little more flour. Bake in muffin tins.

ROLLED OATS AND BARLEY BREAD

Into bread pan put 3 cups rolled oats. Pour on 3 cups boiling water, $\frac{1}{4}$ cup light molasses, 1 tablespoon salt. When luke warm add one yeast cake dissolved in $\frac{1}{4}$ cup warm water with 1 teaspoon molasses, then add 5 cups sifted barley flour. Let rise in warm place until double in bulk, about $4\frac{1}{2}$ hours, then with $\frac{1}{2}$ cup barley flour knead into two loaves or 3 medium-sized loaves. Bake until it does not "sizz" any when held near the ear.

DAILY FISH BULLETIN.

(Issued by the Canada Food Board.)

Prize Fish Eaters.

The Food Board is asking Canadians to eat more fish, but there are two chaps at large who are eating so much that war has been declared upon them and they are doomed to an early death wherever caught.

Do you know them? Let us introduce you to Eumetopias Stelleri and his cousin, Zalophus Californianus.

They roam up and down the western ocean and are alleged to have eaten from 200 to 400 salmon in a day, not to mention herring and small fry of that ilk.

Now no doubt you want to know just who they are—those gentlemen with the fine sounding names. Probably you have seen them at the zoological gardens and called them—Mr. Sea Lion and Mr. Barking Sea Lion.

FLASHES FOR FEMINE FOLK.

Manitoba expects to export butter to the value of over \$1,000,000 this year. When it is remembered that up to a very few years ago it was necessary for this province to import butter for its home needs, the growth of the dairy industry may be deemed remarkable. There is every indication that the present rate of export will be maintained, if not accelerated during the year. All the butter exported from Manitoba is being sent to Montreal for shipment to Europe. As a result of the war Britain is 209,148,784 lbs. short in its butter supplies, so that Canada's maximum production does not begin to equal the great demand overseas for dairy produce.

LIEUT. G. E. CARTER WOUNDED.

Younger Son of Mr. and Mrs. E. S. Carter—Enlisted in the Princess Pats in 1915.

The many friends of Mr. and Mrs. E. S. Carter, of Fair Vale, will be sorry to learn that their younger son, Lieut. George E. Carter, has been wounded. The news came from the director of records, Ottawa, announcing that he had been wounded in the shoulder on Sept. 20 and there also has come a cable from England stating that Lieut. Carter had been taken to the hospital at Plymouth. Lieut. Carter enlisted in the famous Princess Pats in October, 1915, just three years ago, and went overseas in December. After two years or more in France he was sent to England to take a course for Lieutenantancy. This he had only recently completed and had been, on his own application, returned to France. He was with a machine gun battery. His only brother, Captain Arthur Carter, has also been a long time in the

BRITISH BOMBS FROM SKY MAKE TURKISH SOLDIERS FLEE IN TERROR

Flyers Cause a Panic Among the Soldiers of the Sultan in Palestine—Ran Away from Guns and Transports and All Fell Into the Hands of the British.

London, Oct. 7.—Air fighting claims many of the most striking features of the present advance by the Allies on all fronts. Nowhere have the airmen done better work than in Palestine. Gen. Allenby's flyers covered his cavalry turning movement completely, making its success absolute. The enemy's retreating columns were machine-gunned and bombed from the air until the survivors abandoned their guns, motor lorries and horse drawn transports, and their whole plan of retreat collapsed and their material fell into the hands of the British. Three days of such fighting resulted in Gen. Allenby losing only five men killed, six wounded and three missing.

"The Flash Spotters."

"Flash spotters" in the air have been doing great work for the British, Belgians, Canadians, French and Americans and Australians during their fierce onslaughts against the German defence. The flash spotters appear at dusk, flying swiftly toward the enemy lines, bidding good night as they go to the artillery observation flyers returning to the aerodrome after long and risky vigils in the air.

Glancing down from a height of 8,000 feet, the flash spotter notes over

the dim landscape the points of orange light leaping up and dying out. These points disclose the positions of the enemy's guns. They are marked on the flash spotter's map, but not until by careful study has he convinced himself that the light reveals the spot where the real guns are stationed, and not spots where the wily German has put dummy guns. The difference between them and the real guns the observer determines by the action, color, duration and frequency of the flashes.

The next morning these positions

are photographed and in the afternoon an artillery observation machine goes up and aids the guns in demolishing these positions.

Stalled engines are a common thing in the air, but a stalled engine is by no means necessarily fatal. In a certain part of France where hops are cultivated on a large scale the engine of a plane stopped dead 200 feet above the bristling tops of the hop poles. By a piece of perfect airmanship the pilot slid his machine between the two rows of poles and saved himself, the observer and the plane.

One landed intact in the market place of a French town—fortunately not on a market day.

Nothing could be more marvellous than the feats performed by the night airmen. The daylight flyer has many landmarks, but the night flyer has precious few marks he can depend on recognizing. He must read the lights, and the lights are numerous and they vary, for the German knows how to throw in surprises for the night flying enemy.



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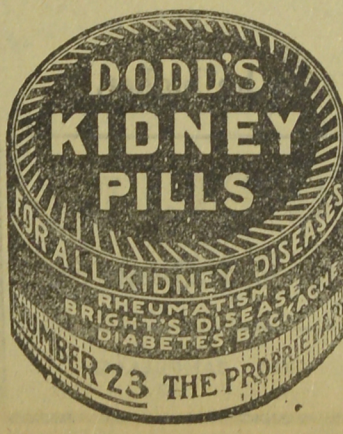
BEBBINGTON GARDENS

SUCCUMBED TO INFLUENZA

Montreal, Oct. 8.—William P. Fogarty, a well known newspaper man, died this morning of heart failure, following an attack of Spanish grippé.

He was born in Moncton, N. B., 34 years ago. He is survived by his wife, who was Margaret Brown, of Amherst, N.S., and two children. Mr. Fogarty was attached to the financial department of the Montreal Star's editorial staff.

Baltimore is the first Southern city to have women street car conductors. dw Princess Mary of England has received a practical education in cookery and household work.



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