EIGHT PAGES



RALLC



Barley-An Excellent Wheat Substitute Barley flour is one of the best of th Unrier is a palatable, wholesome wheat substitutes. Delicious breads hot breads infunt feeding and, to some extent, for mineral cookery, and which can now be used in quantity to save wheat. Wonder why it was not used more he-



and the lot of the lot of the

fore the war. Barley flour does not keep so well as, wheat flowr, so it is best to buy it in small quantities, even for home con-

The recipes which follow have been tested in the experimental kildnen of the Office of Home Economisc of the United States Department of Agricul-LIT'S :

Barley Hot Brends-Barley flour is very satisfactory for

Barley Quick Biscuits, cups barley flour.

1-2 teaspoon suitz tablespoons fat, s teaspoons baking powder.

2-3 cup milic. Barley Drop Hiscuits. 2 cups harley flour. 4 teaspoons baking powder.

tablespoons fat. 1-2 teaspoons salt cup milk. Baked in a sheet this makes a good shortcake buttered and served with fresh crushed berries or other fruit.

Barley Waffles-2 cups barley flour. 1 teaspoon sait. 3 teaspoons baking possiler. 1 1-2 cups milk. 2 eggs-

2 ergs-3 tablespoors melted fat. Sift the dry incredients together and add slowly the milk, beaten erg yolk, and maited fat. Fold in stillfly beaten whites. Beat (horoughly and cook in hot, well greased waffle irons <u>Barley Maffins.</u> 2 1-t euge barley floar, 5 mon milk.

1 cup milk-2 tablespoons corn sirup. 4 teaspoons baking powder. 1-2 cup wheat flour. I tablespoon fal. PER. 1-4 teaspoon suit.

A CONTRACTOR

Harley Spoot Bread. 1 cup barley flour. 1 cup hot bolled hominy grits. 3 tablespoons fat, teaspoon salt. 2 cups millio

2 eggs.

2 eggs. 2 tempoons haking powder. Barley Yeast Bread. If you use your own bread recipe and replace ane-fourth of the wheat flour with barley flour, you will be able to make a very good bread. With the present need of saving flour, it will be resirable for the housekeeper to make less yeast bread than usual, as one can not use to large a percentage of wheat ablatitute in making yeast breads as in golde breads.

DOZEN GIRLS ESCAPE INJURY

good with utt.

at them was injured however-Another shell broke through the roat of a dwelling and burst in a ream where a wunnin was steeping. He was severally wounded and taken to a hos-pital, where President Poincare visit-ad her ed her.

that inminess has been suspended. This people of Paris -are greatly

amuned at these accounts, because the

ments news shoets and wireless dis patches picture living for l'arls as al-ment imbearable. The city is said to be affricat without load and it is stated

HEARS MISSING SONS ARE IN THE TRENCHES

 IIEARS MISSING SONS
 Brother 15.
 Brother 15.

 ARE IN THE TRENCHES
 The two boys dimapscared from forwarded to President without of a search all over the country, but the sculptor, has just completed and formation, sona of Mr. and Mrs. W.S. Institute the obstance of their verses of the sculptor, has the two president without and the sculptor.

 Imman of Bannor, show that the obstance of their leaving home nearly four
 "The proved my boys are fighting against the Germans," said the father



city's life is going on as usual. The Garman takes are regarded as propa-ganda designed to keep up the spirits of the people during the matter now in

TO THE PRESIDENT

SOL &

ROME, May 15 .-- Turillo Sindoni,

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