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Selected Recipes.

Green Corn Balls.—Beat a whipped egg, two teaspoons melted butter and one of white sugar and salt into two cups green corn cut from the cob and put with mixture enough our to enable you to handle it and form it into balls. Roll these in raw egg and then in flour and fry in deep fat.

Salmon Bisque.—An attractive and palatable soup is made by adding three pints of milk to two tablespoonfuls of butter and two of flour. This makes a white sauce. Season it with salt and pepper, and add a can of the best salmon, which has been rubbed through a sieve to free it from bones and bits of skin. Serve with croutons.

Small Peas.—Pour one ounce of butter over one quart of small peas. Add a head of lettuce, an onion, a little parsley, and salt or sugar according to taste. Cover the pan and cook over a moderate fire until the peas are tender. Then remove the onion, parsley, and lettuce. Mix well together the yolks of four eggs, and three teaspoonfuls of cream, and pour the mixture on the peas. Serve immediately.

Scalloped Egg Plant.—Peel off the skin, cut the egg plant into dice and parboil for twenty minutes. Drain well, put into a buttered bake dish with alternate layers of fine crumbs, dotting bits of butter upon each layer, sprinkling with salt and pepper and finely minced green peppers if you can get them. The dish is good even without this addition. When the dish is full moisten the contents with milk or cream, put a layer of crumbs, butter, pepper and salt on top, cover and bake for half an hour, uncover and brown.

Baked Young Onions.—Peel the onions, cook for ten minutes in boiling salted water, drain and place in a buttered pudding dish. Sprinkle with pepper and salt and pour over them a white sauce made as directed in recipe for creamed carrots. Strew fine crumbs over the top and bake covered for twenty minutes. Uncover and brown and serve in the dish in which onions were cooked.

Custard Onions.—Cook the young onions after peeling them. When tender, lay in a pudding dish, and pour over them a white sauce to which you have added one or two well-beaten eggs. Season with pepper and salt before turning on the onions, and bake until the custard sauce is set.

Savory Onions.—After you have boiled peeled young onions until tender, drain them and pour over them a cupful of good stock and simmer in this for ten minutes. Take out the onions with a split spoon and keep them hot while you thicken the gravy with a tablespoon of browned flour rubbed to a paste with the same amount of butter. Stir until smooth and thick, add a teaspoon kitchen bouquet and one of good catsup, with salt and pepper to taste and pour over the onions.

Scalloped Squash.—Wash and pare two large or three small summer squashes, cut them into pieces about an inch square, put over the fire in a saucepan of boiling water, and cook for twenty-five minutes. Drain in a colander, pressing out all the water, and mash free from lumps. Whip into the squash two beaten eggs, a small cup of milk, and a tablespoon of butter; season with salt and pepper and turn into a greased pudding dish. Strew crumbs, bits of butter, salt and pepper over the top and bake.

Parsnip Croquettes.—Boil one pound of parsnips and press them through a fine sieve, or mash with a fork until they are smooth. Pour one-half of a cupful of boiling milk over one-half of a pound of bread-crumbs; add the parsnip puree, an ounce of butter, a teaspoonful of grated cheese, the yolks of two eggs, and a few drops of lemon-juice. Mix the mass thoroughly, and form it into balls. Roll each ball into the whites of the eggs, slightly beaten; then roll it in bread-crumbs, plunge into boiling oil, and fry to a light brown. Drain, and serve on a folded napkin. The croquettes are excellent with gravy and roast pork.

Scalloped Asparagus.—Carefully wash two small bunches of asparagus, and stand them upright in a reticle of water, allowing the tips to be above the water. As the water boils, it steams the soft tips, while

the thick stocks are boiled. Drain the asparagus, and cut it into pieces, discarding the toughest portions. To each two cupfuls of asparagus use an equal amount of bread-crumbs, one cupful of milk, two tablespoonfuls of butter, one-half teaspoonful of salt, and a little pepper. Butter a baking-dish, and put the bread-crumbs and asparagus in alternate layers, the last layer being one of crumbs. Pour the milk over it, and bake about twenty minutes.

A New Rule For Raspberry Shortcake.—The ordinary raspberry shortcake is inferior to strawberry shortcake principally because raspberries do not give enough juice, even if a great many are used. To overcome this difficulty, make the shortcake in the usual way, and for the filling use a box of raspberries and a box of currants. Put the currants through a sieve with a cup of sugar, and add the juice thus obtained to the raspberries, and another cup of sugar, mashing the berries very slightly. The filling may be used either plain or with a little whipped cream added; cover the top of the cake with whipped cream decorated with raspberries. The flavor of the raspberries is so much stronger than that of the currants that you do not taste the latter at all.

Useful Hints.

Keep a few pieces of charcoal in the refrigerator. They will absorb the odors of food.

If a cloth is dampened with strong tea, it will serve as an excellent cleanser of varnished paint.

A bit of left-over fish, especially salmon or halibut, will make a delicious forcemeat for stuffing peppers or tomatoes.

Silver that had been stained with egg is quickly cleaned by rubbing with damp salt or with a cloth dampened with ammonia.

It is well to wash an embroidered pongee in gasoline. While the water might not injure the pongee, it might the embroidery.

Occasionally iodine stains get on bedding or linen. If the spots are covered with ammonia or alcohol and washed the stain will disappear.

Should grease be spilled on matting apply at once a thin paste of fuller's earth. As soon as it dries, cover with a paper and do not remove for two or three days.

A splendid way of washing Chinese crepe is to make a strong lather of boiling water and white soap; when it is nearly cold, wash the crepe quickly and rinse in a strong solution of salt and water. Hang to dry in the open air.

FOUND A WAY

To Be Clear of Tea and Coffee Troubles.

"Husband and myself both had the coffee habit, and finally his stomach and kidneys got in such a bad condition that he was compelled to give up a good position that he had held for years. He was too sick to work. His skin was yellow, and there didn't seem to be an organ in his body that was not affected."

Tea is just as harmful because it contains caffeine, the same drug found in coffee.

"I told him I felt sure his sickness was due to coffee, and after some discussion he decided to give it up."

"It was a struggle, because of the powerful habit. One day we heard about Postum and concluded to try it, and then it was easy to leave off coffee."

"His fearful headaches grew less frequent, his complexion began to clear, kidneys grew better, until at last he was a new man altogether as a result of leaving off coffee and taking up Postum. Then I began to drink it, too."

"Although I was never as bad off as my husband, I was always very nervous and never at any time very strong, only weighing 95 lbs. before I began to use Postum. Now I weigh 115 lbs. and can do as much work as anyone my size, I think."

Name given by Canadian Postum Co., Windsor, Ont. Write for booklet, "The Road to Wellville."

Postum comes in two forms. Regular Postum (must be boiled.) Instant Postum doesn't require boiling, but is prepared instantly by stirring a level teaspoonful in an ordinary cup of hot water, which makes it right for most persons.

A big cup requires more, and some people who like strong things put in a heaping spoonful and temper it with a large supply of cream. Experiment until you know the amount that pleases your palate and have it served that way in the future.

"There's a Reason" for Postum.

MR. ARTHUR MEIGHEN.

Canada's New Solicitor-General Is Earnest and Strenuous.

Arthur Meighen, the new Solicitor-General, was one of the few earnest young men on the Government side who had a chance to distinguish themselves at the last strenuous Parliamentary session. Born in 1876, the new Solicitor-General is only 37 years old. In appearance he looks almost absurdly young when pitting his legal knowledge and power of argument against the veterans of Parliament. But he has a power of clear thinking and forceful expression that wins him respect and attention, and it must be confessed that in the



Mr. Arthur Meighen.
Solicitor-General for Canada.

closure debate his knowledge of the subject, his citations of precedents and of English Parliamentary practice, and his general array of facts was very convincing.

Mr. Meighen is a barrister, and his legal training has developed a naturally keen, analytical mind. He reads history and precedent with a marvellous industry, retaining the points he needs in debate and marshalling them without hesitation or the slightest delay. In the House sometimes his desk, his seat, and the desk of his neighbors on each side would be piled high with volumes of authorities, each one with paper marks inserted. When the time came to read a quotation, the legal-minded young member for Portage la Prairie put his finger on the place at once. It reminded one of the power and dexterity of an organ player develops in handling his notes and stops. What would in other hands inevitably prove a dry, laborious speech is, in the hands of Arthur Meighen, a quick-fired, persistent, keenly-aimed, and precisely quoted argument, delivered with spirit and with life. And his arguments are not sophistical. He gets at the facts and uses them with great effect. In his passages with the wily Dr. Pugsley and other veterans of debate, Arthur Meighen didn't come off second best. The young lawyer has a brilliant way of going indignantly at the specious argument and boring a hole through it with the forefinger of one hand, the other keeping the place in his book of reference the meanwhile. His voice is a little harsh and argumentative in tone rather than musical or oratorical, but for logical uses of legal argument across the floor of the House it is a very suitable and effective organ, the words having clearness despite their swift articulation, and the voice itself a carrying power very satisfactory to those who, sitting at a distance, wish nevertheless to hear.

Arthur Meighen was born in 1876 in Perth County, Ontario. He graduated from Toronto University in 1896. He married in 1904, and has two boys. Mrs. Meighen is one of the prettiest wives of the younger Parliamentary set at Ottawa. She was a constant and popular visitor to the Speaker's Gallery during the debates last session, and no listener betrayed a greater interest in her clever young husband's brilliant speeches than she did.

Grocer—"What was that woman complaining about?" Clerk—"The long wait, sir." Grocer—"And only yesterday she was grumbling about the short weight. You can't please some people!"

Husband (entering house at 2 a.m. with a bag of chestnuts)—"I've brought home some more chestnuts, dear." Wife (wearily, without glancing up)—"I'm listening."

MUSIC WILL HEAL DISEASE

SCIENTISTS CANNOT DENY ITS INFLUENCE.

Doctors Recognize the Action of Harmonies on Minds of Maniacs.

The oldest legends of antiquity tell us what a mysterious power the men of those days sometimes attributed to music. The songs of Orpheus and the sound of his lyre even, it is said, attracted wild beasts, which came crawling up to listen at his feet, vanquished. The all-powerful beauty of the song of this hero even softened the hearts of the pitiless divinities of Hades. M. Nitello, in an article on this subject published in *Medicina*, recalls how, to the sound of Amphion's lyre, the stones became animated and came to place themselves one upon another to build the City of Thebes.

It is difficult to take these pretty legends literally; it is perhaps more rational to believe Old Homer when he says that when Ulysses had been wounded by a wild boar, music made him forget the pain. That is the first case on record in which a remedy is sought in this art.

The Greeks claimed that Esculapius was a son of Apollo. Though it is no longer possible to believe, in accordance with this legend, that Medicine is the daughter of Music, at least it is permissible to think, says M. Nitello, that they are two sisters, the elder of which sometimes gives aid to the other.

Reacts on Lunacy.

But to leave this distant period and come down to Celsi, it is seen that this doctor recognizes already the action of music on the minds of lunatics. Then this same art is indicated by various authors as a remedy for the most diverse ailments. Galien recommends it for snake bites; Atheneus, Theophrastus and Aulu Gele believe in its happy influence on sciatica and gout; Theocritus and Thales see in it a means of contending against pest.

It is especially in the treatment of nervous diseases that music has given the best results. Cases of hysteria and epilepsy seem sometimes to have been cured by concerts. The attack, treated at the start, ceased and subsequently occurred more rarely and ended by not appearing any more.

For a long time past musicotherapy has been employed in a rational manner. It has been used in the treatment of madmen. Esquibel organized concerts at Chareaton, but he was not very well satisfied with the results obtained. In 1840 Leuret, at Bicetre, renewed the same attempt, but also without much success. Since this period attempts have often been made to divert madmen in this way. It would appear that in the treatment of madness music has not given the good results expected. But if the experiment has not been a success it may be because music is felt in a different manner by every human being and the more so must that be the case with those who are diseased.

Must Touch Patient.

The music chosen must touch the patient without, however, the effect being too strong. It is also desirable that it should be "en rapport" with the troubles of which the patient complains. If his circulation is bad, music of a somewhat violent character will have an excellent effect on him. If, on the other hand, he is suffering from a stomach ail-

GILLETTS LYE EATS DIRT



ment it will increase the pain by causing contractions of the organ which is already painful.

If a convalescent is under treatment and it is desirable to rouse him from a state of torpor, it is necessary to play him a lively march, one of those which are so effective in rousing up soldiers who are tired with marching, giving them new vigor. In this case it is on the locomotor nerves that it is necessary to act, but one must influence first of all the nerves governing the sensibility.

In the case of ailments of the mind, for instance, it is first of all the nerves governing the sensibility that an effort must be made to touch. Music is at once a means of exciting the body, which has become diseased, and a diversion for the mind. To those minds which are no longer conscious of the ordinary life of the world of music can still speak. It seems even as if it could put into the brains of the insane a gleam of life. It ought to be able to gather up from afar ideas which have been lost and bring them back to reason. If music cannot cure, it can sometimes soothe.

WALKED ON OUR ARMS.

Habit Still Clings, Which Is Why We Swing Them.

If you watch people walk you will note that nearly all of them move their arms. If they walk slowly the movement of their arms is scarcely perceptible; if they walk rapidly their arms generally swing vigorously.

Most people believe this swinging of the arms as they walk is merely a natural swaying motion, caused by the movement of the body just as the tassel of an umbrella will swing when one is walking with it, but this is by no means the reason. The swinging of the arms is natural enough, but the nature of it dates away back to those unknown days when man was a quadruped.

Of course, when man was a four-footed animal he walked with his "arms" as well as his legs, and even to-day after the thousands upon thousands of generations that have passed since he assumed an upright position, every time he takes a step his arm moves a trifle, involuntarily, as though desirous of taking a step in its turn just as it did when a man, then four-footed, pranced up and down the earth.

Many persons can move their ears a trifle, many can move their scalps, and there is an abundance of hair scattered about our arms and legs, now useless, but still the remains of the abundant coating of hair that once kept our anthropoid ancestors warm.

Every girl who lives in a village says: "There isn't a young man in this town who is worth while."

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