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Seasonable Dishes.

Little Citron Puddings.—Beat the yolks of three eggs; add two ounces of sugar, one tablespoonful of flour, and gradually one-half pint of cream. Stir in two ounces of citron, chopped fine. Put in individual cups, grate nutmeg over the tops, and bake in a quick oven. Chopped nuts may be added to the citron if desired.

Cherry Pudding.—Butter stale slices of sponge cake and pour over them stewed cherries. Serve cold with creamy sauce. Creamy Sauce.—One-fourth cup butter, one-half cup of powdered sugar, two tablespoons milk, two tablespoons cherry juice. Cream butter, add sugar gradually, add milk and cherry juice drop by drop. Use care in adding liquids so that the sauce will not curdle.

Delicate Currant Pudding.—One cup currant juice, one cup of water, six tablespoons cornstarch, one-eighth teaspoon salt, one-half cup sugar, whites two eggs. Put the currant juice and water on to cook. When boiling stir in the sugar and cornstarch, which have been mixed to a smooth paste with a little cold water. Stir until it thickens and then cook fifteen minutes. Beat the whites of the eggs until light and stir into the hot starch. Turn into a cold, wet mold. Serve cold with a boiled currant made of the yolks of two eggs, one and one half cups of milk and four tablespoons of sugar.

Cream Cheese and Cherry Salad.—Make small balls of cream cheese. Stone cherries, cut them in halves and place a half-cherry on two sides of a cheese ball. Serve on hearts of lettuce with French dressing highly seasoned with paprika.

Stewed Figs.—Mix half a cup granulated sugar with two cups cold water and stir over the fire until the sugar is dissolved. Then add the rind of a lemon, cut in thin strips and a pound of dried figs. Stew slowly for about two and a half hours. Remove from the fire, add the juice of a lemon and if desired a wine glass and a half of port. Chill and serve cold.

Grilled Figs.—Soak dry figs an hour, dry them on a soft cloth and split open. Pat flat with a potato masher or mallet, brush with salad oil, and broil over a clear, hot fire for a minute or two on each side. Slip on a hot dish, sprinkle with lemon juice and granulated sugar. Serve immediately.

Chicken Shortcake.—Use chicken that has been either stewed or fried; remove the bones and the skin, and cut the meat into small pieces. Warm it in a double boiler, with enough gravy or liquor to moisten it. For the shortcake, sift two teaspoonfuls of baking powder with one-quarter level teaspoonful of salt into one pint of flour. Rub into the flour one teaspoonful of lard and one teaspoonful of butter, then add three-quarters of a cupful of milk. Make the dough into a smooth ball, and roll it into the shape of a round cake about an inch thick. Bake it in a quick oven fifteen or twenty minutes. When it is done, open one edge with a knife, and tear the cake apart. Spread the hot chicken on the lower portion, then replace the top, and pour a little gravy over all. By making the pastry part in the form of biscuits, the shortcake can be served in individual dishes.

Frozen Fig Pudding.—This is a delicious frozen fig dessert. To make it melt four tablespoonfuls of sugar in a saucepan and cook it until it is a thick caramel, like mo-

SALVATION ARMY HEAD IN UNITED STATES.



Commissioner Eva Booth and Staff Officers.

A photograph taken just before the Olympic pulled out from New York last week. Miss Booth, who was formerly head of the Army in Canada, and the other officers were going to the International Congress in London, whither the ill-fated Canadian Salvationists, who were drowned when the Empress of Ireland foundered, were also bound. Miss Booth is a remarkably smart-looking woman, and she lives up to her looks.

lasses, but do not burn. Then add a cupful of water and boil until all the sugar is dissolved. Add two cupfuls of milk, a cupful and three-quarters of granulated sugar, and the yolks of eight eggs. Strain the caramel into it and add a pound of dried figs, cut in pieces not larger than raisins. Freeze until thick and then pack in a mould. Put in salt and chopped ice for two and a half hours.

A Simple Bread Pudding.—Toast small slices of bread a delicate brown on top of the stove, butter while hot and place two layers in a small granite pan. Pour over this a pint of milk, sweetened and flavored, with one egg added. Cover closely and set over a moderate gas flame. Experience soon teaches what degree of heat is required. It will cook through in five minutes and is done in fifteen minutes. If an extra touch is needed, when done and flame turned out, put a layer of marshmallows closely over the top of the pudding. Cover again and they will form a flue ringue. Either fresh or stale cake can be utilized in this way. Sometimes for a change use a layer of jelly or stewed fruit between the bread or cake.

For the Housewife's Scrapbook.

- Two cups—One pound.
- Four cups pastry flour—one pound.
- Three and seven-eighths cups whole wheat flour—one pound.
- Four and one-half cups graham flour—one pound.
- Two and three fourths cups cornmeal—one pound.
- Four and one-third cups rye meal—one pound.
- Two cups finely chopped meat—one pound.

Two and two thirds cups oat-meal—one pound.

Four and three fourths cups rolled oats—one pound.

One and seven eighths cups rice—one pound.

Two cups granulated sugar—one pound.

Two and two thirds cups powdered sugar—one pound.

Three and one half cups confectioner's sugar—one pound.

Two and two thirds cups brown sugar—one pound.

Four saltspoons—One teaspoon.

Three teaspoons—one tablespoon.

Sixteen tablespoons—one cup.

One wine glass—one half gill.

Two tablespoons butter—one ounce.

Two tablespoons granulated sugar—one ounce.

Four tablespoons flour—one ounce.

One cup stale bread crumbs—two ounces.

Things Worth Knowing.

Potatoes are more wholesome baked than boiled.

Do not leave a spoon in anything you are cooking; it conducts away some of the heat.

The varnished street door will look like new if well rubbed over with a cloth dipped in paraffin.

If the tops of pies are brushed over with the yolk of egg they will be brown and glazed when cooked.

To remove fine pin feathers when dressing a chicken rub with cooking soda. They can be easily scraped off.

Pocket handkerchiefs should be washed apart from other linen. As a rule they should be soaked, and after soaking they may be sprinkled with a little salt.

To prevent anything sticking to the saucepan when boiling, or the trouble of stirring, put a marble in the saucepan.

When relaying the stair carpets put a pad of folded newspaper over the edge of each stair. This will lengthen the life of the carpet.

When making coffee sprinkle a little salt on the coffee before pouring on boiling water, and the flavor will be wonderfully improved.

To renovate scratched furniture dissolve beeswax in turpentine, making it of the consistency of treacle; apply with a woollen cloth, then rub briskly with a dry piece of flannel.

If you have a cracked hot water bottle do not throw it away, but fill it with sand and put it in the oven an hour or two before bed-time. You will find you have a hot bottle just as good as, and more safe than, one filled with water. This also keeps hot a good bit longer than a new one.

If a ham to be boiled whole is first boiled several minutes in soda water the skin will clean off bright and clear; then rinse the ham well and put back into clean water to finish cooking. Meat that is close up to spoiling can be sweetened by treating the same way, and all hint of taint will disappear.

Comment on Events

The 19-Hour Day in Polar Regions.
Among the changes contemplated by Shackleton for his antarctic expedition is the adoption of a "nineteen-hour day." He has been reported as saying that our conventional twenty-four hour day has no raison d'être in the polar regions, and that time would be saved by establishing a different and more suitable unit. He suggests eight hours for work and exploration, three hours each for meals and their preparation, and eight hours for sleep. This schedule would save five hours a day and shorten the time of the expedition.

There are those who doubt the wisdom of the proposed polar day. It leaves little or no time for recreation, amusement, rest other than sleep. It is true that there are no theatres, music halls, dances, elaborate dinner parties in the polar regions. But Scott took a gramophone along, and another explorer a piano with him. Smoking, reading, story-telling, cards or chess, playing football, baseball and other sports or amusements are, of course, available resources even in the arctic and antarctic regions. Is it more efficient to concentrate, cut in the part of the day set aside for recreation and sociability, than to follow the usual and habitual routine? Would not a nineteen-hour day overtax the physical and mental energies of the explorers? This is the real question, and it is one which members of previous polar expeditions are most competent to answer.

The Golden Age of Dancing.
We are a dancing people. Ours is the golden age of rhythmic tripping to lilted music. Having passed through a period of vulgar and tasteless dancing, we are now beginning to adopt the more refined forms of dancing as an expression of emotion. Reformers who have opposed dancing on moral grounds are swept aside by a craze which sweeps the world with an unrestrained enthusiasm.

Why dance? It is an interpretation of folk lore, national traits, life and thought—a poetical expression of moods and emotions and indulged in for pleasure, beauty, art and health. In the evolution of the dance a return to the dances of the seventeenth century is noticeable.

Leaders who are interested in conserving the art and clean beauty of the pastime are trying to direct the craze in the right direction. It cannot be stopped; it can only be directed and restrained. A popular craze is always attended by peculiar dangers. This is particularly true of the dance. They who sincerely believe that dancing is as much a part of life as singing, painting or reading, are under a duty to the public in safeguarding its standards and making it decent and delightful.

What Education Is.
There are some persons who think that education requires lots of money—grand buildings, elegant furniture, many conveniences and everything extravagant and rich. But such people know no more of what education means than a night owl knows art. Education is plain, simple, clean and straight. It doesn't put on style or want to make a great impression. All these little whims of elegance and extravagance are foes to education. They are tricks of money that catch the child. Education is not tinsel, gewgaw, grand buildings or \$10,000 salaries.

The Kaiser's Fifth Son.
All the world loves a lover, and when royalty steps out of its class to wed there is a touch of genuine humanity which is lacking in the coldly calculated nuptials of princes. The marriage of Prince Oscar, the German Kaiser's fifth son, to a mere countess, who is his mother's maid of honor, will be the firstmorganatic union in the Hohenzollern family since 1858, when a great uncle of the present Emperor was the bridegroom. If Emperor William as is reported, has sanctioned the love match of his son, he gives another proof of his common sense.

An Important Discovery.
There has quite recently been brought to the world one of those scientific discoveries which may, without much exaggeration, be described as epoch-making. It is the discovery that was made by a woman, and in a laboratory in Paris Mme Victor Henri has established the fact that under the influence of ultra-violet rays microbes may be modified to a degree that is virtually equivalent to transformation into a new species. The significance of this, not merely in medicine, but also for biology in general, hardly needs emphasizing. Mme. Henri concludes that it is possible to infer that all microbes have originally had a common origin, and that it confirms the doctrine of De Vries concerning the evolution or transmutation of species, not by gradual adaptation, but by sudden and highly contrasting transitions," says a Paris correspondent. In a note sent to him by the discoverer she says:

"It is evident that the effect produced on the microbes of anthrax is what we call, after the theories of De Vries, a 'transmutation,' that is to say an evolution with a sudden change in the biological characteristics. It is in this respect that De Vries modified Darwin's theory of evolution, by showing that the variation of species is produced by sudden leaps or mutations, and not by progressive variations. What is observed in the microbes of anthrax is a real mutation, and one is obliged to admit that the diversity of microbes actually known either proceeds from a common origin or from a series of mutations which, under the action of the solar light, became transformed, and gave rise to a whole series of forms of mutations, and which engendered divers maladies."

Monarchical Duties.
Queen Wilhelmina of the Netherlands is evidently determined to do her duty as a modern monarch. Not only does she regularly visit most, if not all, of the greater towns of her kingdom, but she is devoting special attention, according to a correspondent of the Cologne Gazette, to trade and industry. Studying the details of commerce and manufacture, interesting herself in various enterprises for the promotion of public welfare and paying surprise visits to factories and workshops. In Amsterdam she has entered cellar dwellings and ascended to the upper floors of working-class tenements in order to see for herself something of the housing problem. Evening lectures are given at court, not infrequently on the Dutch colonies, and she attends manoeuvres of troops. This is in accordance with the traditions of the House of Orange, as well as with the established practice of the heads of greater states, which doubtless is a considerable factor in that revival of the popularity of monarchy which contrasts so sharply with the conditions in many continental countries at present.

Queen Wilhelmina is not alone in her conception of royal duties. Every crowned head in Europe is hard at work getting in close touch with the people. In Spain there is King Alfonso, who would certainly be the first President if there were a Spanish republic. In

Germany there is an emperor who, autocratic though he may be, is looked on by his people as the most efficient man in the country.

Substitute Gallows for Sword.

Although there is no movement in Germany to do away with capital punishment, there is one in favor of substituting the gallows for the headman's sword-employed in Prussia and several other German states. The reformers contend that, while it is almost impossible to go wrong with the gallows, guillotine or electric chair, it not infrequently happens that the headman "loses his nerve and botches his job."

A lady who had called to see Mrs. B. found her little son, Frank, in the library rubbing his eyes and gapping. "Sleepy?" she inquired. "Um," grunted Frank. "I suppose you usually go to bed with the chickens," smiled the visitor. "No, I don't!" snapped Frank. "I have a little bed in my room all to myself."

RINGWORM ON FACE IN SCALY SPOTS

Around Mouth and Chin. Spread All Over Face in Big Disfiguring Blotches. Burning and Itchy. Used Cuticura Soap and Ointment. Ringworm Disappeared.

Burnt Church, N. B.—"For about four years I was troubled with ringworm on my face. It first made its appearance in little scaly spots around my mouth and chin which would last for about a week, then would disappear and in two or three weeks' time would appear again. As the little scales or scabs came off it would get like a cracked sore which was always increasing in size and eating into the flesh. It was always getting worse until it had spread all over my face in big disfiguring blotches which did not disappear at all. They would have a burning itchy soreness. The ringworm disfigured my face very much for the time being and was always very irritating."

"I tried all the known household remedies I could think of besides some recommended ones without any effect. A friend told me of Cuticura Soap and Ointment and I obtained a cake of Cuticura Soap and a box of Cuticura Ointment. The first application afforded relief. I washed with the Cuticura Soap and warm water as directed, then applied the Cuticura Ointment. In a week's time the ringworm had entirely disappeared." (Signed) Miss Marjorie E. Morrison, May 26, 1913.

Cuticura Soap and Cuticura Ointment are sold by druggists and dealers everywhere. For a liberal free sample of each, with 32-p. book, send post-card to Potter Drug & Chem. Corp., Dept. D, Boston, U. S. A.

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