HOME

Dainty Dishes.

Cheese Fingers.—Three ounces of grated cheese, three ounces of flour, two ounces of butter, half a teaspoonful of baking powder, salt and cayenne to taste. Mix all ingredients to a stiff paste with a little milk. Roll out and cut into strips about three inches long. Bake on a tin in a brisk oven for five minutes to brown lightly.

Marmalade Sandwiches. — Make these, just before eating them. Butter white and brown bread and spread with orange marmalade, rather thinly. On each slice of brown bread put a slice of white buttered bread, and on the white put brown slices.

Celery Relish.—Two cups chopped cabbage, two cups diced celery, one-half cup brown sugar, one-quarter cup finely minced onion, one-half tablespoonful salt, four minced green peppers, one-quarter tablespoon pepper, one-quarter cup grated horseradish. Mix well in vinegar, set the lid in place and keep in a cold place for at least three days before using.

Nut Bread.—Material—Sour or buttermilk, 1½ cups; whole wheat flour, 4 cups; white sugar, ½ cup; chopped English walnuts, 1 cup; baking powder, 4 teaspoonfuls; salt, ½ teaspoonful; egg, one. Utensils—Egg beater, bowl, chopping knife, two bread pans. Directions—Beat the egg in the bowl, add the sugar, beat again and then add all the remaining ingredients, mix and knead into two loaves and set in a warm place for 20 minutes, bake in a moderate oven 45 minutes or one hour. This is fine for children's lunch, sliced thin and slightly buttered.

Cherry Bread Pudding. — This recipe furnishes a suggestion for using left-over preserved cherries and stale bread. Put a layer of buttered bread in a pie dish, pour on it a little warm custard. Put over this a layer of cherries, then more bread and custard and cherries until the dish is full, taking care that the top layer is of bread, well buttered. Cover with a dish and let it soak for fifty minutes, then place in the oven in a pan of hot water and bake for one hour. Uncover and brown nicely. Serve hot. In making the custard, dissolve a pinch of soda in the milk to prevent curdling.

Cheese Pudding. — In England and Switzerland this pudding forms the night meal for the laboring classes. It is very nutritious and more easily digested than a Welsh rarebit. Grate or chop half a pound of soft cheese. Toast and butter four slices of bread; put two slices in the bottom of a baking dish, cover with half the cheese, dust lightly with salt and pepper, put over the other two slices and the remaining cheese. Pour over one pint of milk, let it stand five minutes, and bake in a quick oven 20 minutes. This will serve four people. Six slices of bread may be used instead of four, with the same amount of cheese, adding an extra cupful of milk.

Hints to Housewives.

One cake of compressed yeast is equal to a cupful of liquid yeast.

Nickel may be kept bright by being rubbed with wool saturated with ammonia.

All lard to fry fritters or doughnuts must be sizzling hot before putting in the batter.

A few shreds of candied orange peel will give a delicious flavor to a bread pudding.

A few drops of lemon juice added to eggs when they are being scrambled improves the dish.

Black lead mixed with vinegar will be found to give specially good polish to the kitchen stove.

Alcohol and whiting makes a good silver polish, excellent also for polishing plate glass mirrors.

A large round bottle will serve very well as a rolling pin and is more hygienic than the wooden pin.

A clean flour sack spread on the table and well floured is an excellent substitute for a bread board.

A piece of flannel dampened with spirits of camphor will remove stains from mirrors or window glass.

There is nothing better to use under carpets than old newspapers, as moths do not like printer's ink.

Place screw eyes in the tops of mops and other cleaning utensils, then they can be hung neatly on hooks.

Always scald out your flour bin before putting in a fresh supply; it will save the new flour from becoming musty.

Nothing is better than snow for cleaning a dusty carpet, but naturally the room in which it is used must be cold.

Save benzine or gasoline after you have used it for cleaning. Simply put it in a jar and let it settle, then pour off the top.

Pack ribbons, collars and such little articles between the leaves of a magazine, if you would keep them smooth when travelling.

Dried lima beans, soaked over night and boiled till tender, then seasoned with butter and salt, are one of the best vegetables.

Delicious muffins or gems are made by stirring into the batter made for ordinary gems a cupful of raisins, currants or chopped figs.

Sift the baby's oatmeal porridge through a flour sifter that is kept for the purpose, and it will be much smoother and more satisfactory.

Stain on mahogany may be removed by rubbing with a cloth dipped in a little oxalic acid and water. Rinse with cold water, dry and polish directly.

Any good cold fish can be used for salad if flaked, seasoned with pepper and lemon juice and served with young radishes and French dressing.

Delicious raising bread is made by saving part of a white bread dough, made with milk. Mix into it a beaten egg, one cup chopped raisins and two tablespoonfuls of sugar. Form into a loaf, let rise and bake.

RED CROSS SOCIETY.

Return of Canadian Nurse From French Hospitals.

Miss M. Lindsay, the first nurse to arrive in Canada since the outbreak of war, and a graduate of the Royal Victoria Hospital, Montreal, who for the past five months has been nursing wounded soldiers at the hospital at Neuilly, north of Paris, has arrived in the city and paid a visit to the head office of the Canadian Red Cross Society yesterday afternoon, when she gave a graphic description of her experiences.

Miss Lindsay was nursing in Paris at the outbreak of war, when she at once offered her services to the French Government, and was sent to Neuilly, where she has nursed British, French, German, Morrocan and Algerian wounded. At one time when the German forces arrived almost before the gates of Paris in their mad dash for that city, before they were thrown back by the Allied forces at the battle of the Marne, Miss Lindsay was only nine miles from the firing line, and she could distinctly hear the firing of the big guns.

Asked to give a description of the wounds that the allied soldiers received and whether the report that the Germans were using Dum Dum bullets were true, Miss Lindsay said that while she had never actually seen a Dum Dum bullet, she saw a great many explosive bullets from the shrapnel shells. These bullets, she explained, exploded as soon as they penetrated the body, and in many cases left terrible wounds. She mentioned, however, that the percentage of deaths from wounds was very low, owing mainly to the improvement in modern surgery and the splendid condition of the men before they left for the front.

"The French soldiers," said Miss Lindsay, "were a revelation to us. They are a very fine type of men, and all appeared very cheerful. Even when suffering from bad wounds they seemed satisfied with everything that was given them, and never complained or grumbled. They seemed imbued with the spirit of victory, and even in the darkest days of the war when the Germans were so near Paris, there was not the slightest panic among the French."

Asked as to how long she thought the war would last, Miss Lindsay said she did not think it could last beyond next autumn, and she did not see how there could possibly be another winter campaign. The general feeling in France appeared to be that the war would be over by the autumn of this year.

Miss Lindsay spoke in high terms of the condition of the hospitals, but remarked that at times a heavy responsibility rested upon those in charge of the institutions. For instance, sometimes word would be received that 1,000 patients would arrive in about a quarter of an hour and everything had to be got ready for their reception in that time. She said that everything that human agency could do for the men was being done. Trains loaded with provisions go as near to the firing line as possible, and those trains take on them one nurse, one doctor and two auxiliaries. They bring the wounded back from the trenches and leave the worst cases at the nearest hospital. The slightly wounded men are taken to the south of France.

"All through France," said Miss Lindsay, "little stations have been erected where there are Red Cross trains, and the wounded and sick are given stimulants and warm clothing at the depots, and the worst cases are kept there or a few days until they are fit to travel."

Miss Lindsay said the motor ambulances have done a magnificent work. They go close to the firing line and bring back the wounded as quickly as possible, so that they are attended to with all possible speed. We had 100 motor ambulances in our hospital and they were sent to the firing line in units of twenty. When they reached the zone of operations warm clothing was distributed to the men and also food, and the wounded were brought back. Our hospitals generally went to the battle zone round Soissons.

"The motor ambulances," continued Miss Lindsay, "are practically the most useful thing that can be sent to the front, and it is impossible to send too many. Anti-tetanus serum is also being used in large quantities as many of the soldiers have suffered from this disease. Flannel shirts, socks and money for cholera belts are badly needed. It is hard for those who have not been to the front to fully realize how badly these things are needed."

Miss Lindsay said that the soldiers greatly appreciated hard candies of all kinds and tobacco in all forms, especially cigarettes. The first thing the soldiers ask for when convalescent is a cigarette or a pipe. One item that should not be overlooked is money for the purchase of artificial limbs for the men who have had an arm or a leg amputated. Money is badly needed for these.

Miss Lindsay spoke in high terms of the Canadian hospital at Le Touquet, near Boulogne, and also of the hospital in the Latin quarter in Paris, which is provided for by La Press of Montreal. Both these institutions are doing an excellent work.

In regard to the attitude of the German wounded, Miss Lindsay said the majority of them seemed very surly and seldom spoke, even to each other, though they were not disagreeable, and seemed to be well provided for.

Miss Lindsay said she saw a number of aeroplanes flying over the hospital, and she also saw an iron dart which the Germans had thrown from one of their airships. She was shown a piece of iron from one of these darts, about an inch long, which had been taken from a little girl's leg. This little child had to have her limb amputated. The missile struck her while she was playing in the streets of Paris during one of the air raids of the Germans.

Miss Lindsay was shown the surgical supply booklet, compiled by Mrs. Plumptre, Superintendent of Supplies for the Canadian Red Cross Society, and she thoroughly endorsed it and made a few suggestions which will be added to the next edition, which will be published shortly. Miss Lindsay has applied to the Government for a position as a nurse in the next contingent of Canadian nurses which will leave Canada for the front in the near future.

Miss Lindsay is the first nurse to reach Canada from the front since the outbreak of war, and her vivid description of conditions existing near the firing line cannot but impress all Canadians, especially as so many of our brave soldiers are probably now, if not in the actual firing line, very near it. She has come right from the scene and tells how badly warm clothing and little luxuries such as candies and tobacco are needed by the men. We feel sure that the people of Canada will rise to the occasion, as they have done so often before, and take the words of Miss Lindsay to heart.

Amongst the gallant soldiers of the Empire who are now fighting for the cause of freedom, and to whom the Red Cross Society is sending a large assortment of comforts of all kinds, are the intrepid fighters from the Indian Empire. From the headquarters of the Society in this city five cases of supplies have been sent this week to the Indian soldiers, and from now on cases of socks, shirts, mufflers, etc., will be sent regularly to these men.

No men have borne the trials and sufferings of this terrible war with greater fortitude than the brave members of the Indian expeditionary force. Day after day they have crouched in the water-logged trenches side by side with their British comrades, and they have suffered perhaps more than those from the old land, for they are used to a warmer and drier country, dotted with mountain ranges, where battles are fought without the need of digging trenches. Yet these men have not complained, but have performed their duty with a spirit worthy of a splendid race.

In the Royal Pavilion at Brighton, on the south coast of England, in the lovely county of Sussex, whose glories have been immortalized by Rudyard Kipling and other writers, hundreds of wounded Indian soldiers are now under the treatment of Red Cross nurses. This palace was once the country home of King George IV., who erected it himself, and in the room where he used to hold his state banquets and grand balls, wounded and stricken men now lie, looking forward to their recovery, when they will once again be able to draw their kukris in the name of the great Sahib or die for the Sirkar.

It will be a source of gratitude and satisfaction to the people of Canada, who are so splendidly supporting the Red Cross, to know that the comforts that they have made and those purchased with their donations, will find their way to the hospital in Brighton and bring comfort to the soldiers of the Indian Empire. There are perhaps many in this country who wonder where the comforts they have made have really gone. It will not be necessary to say that everyone of them has been sent where most needed, but it may be of interest to them to know that many of them have gone to the Duchess of Connaught Hospital at Cleveden, Taplow, Bucks, the beautiful Thames-side residence of Major Waldorf Astor, M.P., others have gone to the hospital at Le Touquet in France, while thousands of them are now being worn by the soldiers actually fighting in the trenches.

Although thousands of pairs of socks, shirts, sleeping-jackets, etc., have been sent away to those who need them, it is not possible to send sufficient to supply the needs of those who will shortly be taking their places in the fighting line. In the course of the next month 30,000 Canadian soldiers will be in the battle line, and probably 500,000 reinforcements from the new Kitchener's army. For the past three weeks large reinforcements have continually been streaming into France, and all these troops have to be amply provided with warm comforts if they are to perform their difficult and arduous duties. It remains with the generous people of Canada to give, NOW, and to give with a large and open heart, as Canadians have always done when called upon to support a worthy cause. The following stirring words will surely come home to Canadians at the present hour. They were written by a nurse who has for many weeks been performing her task among the wounded not far from the firing line. She says:—"They were up to their waists in water in the trenches. Anything that can be sent will be very welcome, as they need socks, shirts, and woollen gloves. One of our men with a huge hole in him was singing 'The Maple Leaf' when carried on a stretcher."

The following interesting account is given of the life among the Indian wounded in the Brighton pavilion:—"Should anyone be disposed to regard a visit to our Indian sick and wounded as something sad and unpleasant to be faced for duty's sake, it would be well to assure him at once that he will be agreeably surprised. Pain, of course, is to be seen—and ugly wounds—and fine young men reduced to crawling cripples; but still the general note is cheerfulness and hope, and a full measure of that brave, quiet, patience, which is the crowning virtue of the East."

"The Grapes Are Sour."

The Kaiser has lately been at pains to explain that it is foolish to imagine that he ever intended to form a world empire.—London Graphic.

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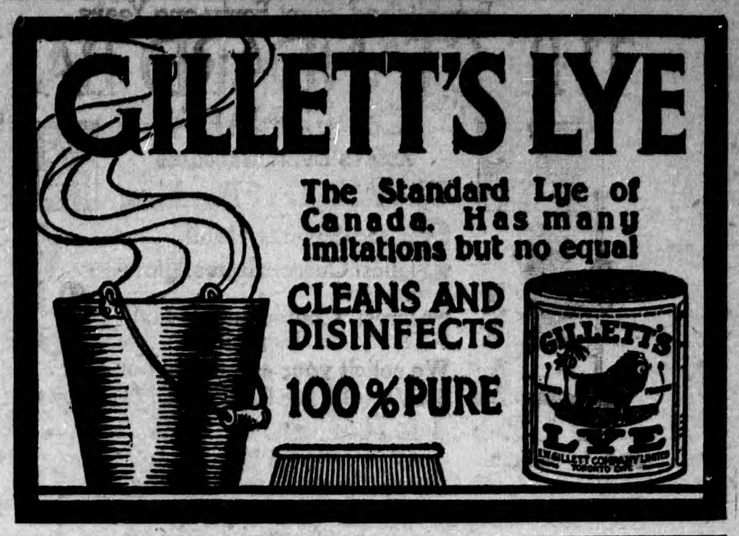

Upon the people of Canada devolves a great duty at the present time, and they will, without a doubt, perform that duty as they have done in the past, with an ungrudging generosity and spirit of true patriotism. Ever since the Red Cross Society started its active work on the outbreak of hostilities, the appeal sent far and wide has been answered in no uncertain manner. But great is the need still, perhaps greater than it ever was before. The more men that take their places in the firing line, the more comforts will be needed, and as the war continues so will be the need for comforts and money continue.

It is the ambition of the Society that in every village and town in Canada should be a branch of the Red Cross Society. In the majority of large towns and in many of the villages branches have already been formed, but there are still a good number where no branch has been started. The Society will be glad to hear from anyon einterested in the work who may be willing to organize or assist in the organization of a branch in some place where this has not already been done. All communications should be addressed to the General Secretary, Canadian Red Cross Society, 77 King Street East, Toronto, Ontario.

AUXILIARY CLASSES.

Mentally Defective Children Should Attend Them Early.

Mentally-defective children may be of so low a grade mentally that any one can see at a glance they belong to the class formerly called idiots, or imbeciles, or they may be of so high a grade that they appear normal until we try to teach them in school. Then we discover that what a normal child readily masters they cannot learn. The limit of their mental age may be ten or twelve—but they cannot climb the ladder any higher.

Perhaps the best way to describe the difference between a normal child and a mentally-defective child is to say that the normal child will, when grown up, be independent and able to care for himself, to make a home, and to carry on work without continual direction and supervision. This the feeble-minded child cannot do. Mental defectives never grow up. They are always dependent. Even their own parents recognize this, though naturally one does not press them to say it in words. But discuss with them sympathetically the future of the feeble-minded child, and they at once acknowledge that "Somebody must always look out for John." This is what must be done for the feeble-minded. The community must provide a permanent home for them where the best may be made of them, where they may be trained to good and useful work and so be made happy and at least partly self-supporting, where no one is allowed to tempt, tease, or wrong them, and where some wise and kind person will always know where they are and what they are doing. One of the greatest advantages of this plan is that mental defectives so cared for would have no posterity.

The earlier these children are taken into Auxiliary Classes the more can be done for them, and the more can be done by them. When they are in their teens much more can be done for them than when they are over twenty, but the best time for training is before they enter their teens. Numerous investigations by experts have shown that the mental age of nearly all the feeble-minded is less than twelve years. They age early, sometimes appearing to be sixty years old when they are less than forty.

The higher faculties are the last to develop. Parents and friends express this in speaking of their normal children by saying that they hope the boy or girl of thirteen years, for example, will soon "get more sense." Normal children do so, but the mental defective never does "get more sense." The higher faculties never develop at all, or only in a childish or rudimentary form. It is characteristic of the mental defectives that they lack judgment, foresight, understanding, self-control, regard to the future, and the capacity to adjust themselves successfully to the social and economic conditions of their environment.

The Mental Deficiency Act gives legal definitions of the different grades of mental defect as follows:

1. Idiots: That is to say, persons so deeply defective in mind from birth or from an early age as to be unable to guard themselves against common physical dangers.

2. Imbeciles: That is to say, persons in whose case there exists from birth or from an early age mental defectiveness not amounting to idiocy, yet so pronounced that they are incapable of managing themselves or their affairs, or, in the case of children, of being taught to do so.

3. Feeble-minded persons: That is to say, persons in whose case there exists from birth or from an early age mental defectiveness not amounting to imbecility, yet so pronounced that they require care, supervision, and control for their own protection or for the protection of others, or, in the case of children, that they by reason of such defectiveness appear to be permanently incapable of receiving proper benefit from the instruction in ordinary schools.

4. Moral imbeciles: That is to say, persons who from an early age display some permanent mental defect, coupled with strong vicious or criminal propensities on which punishment has had little or no deterrent effect.

Moral imbeciles are sometimes recognized as such in school, but frequently their defect are more evident in later life. Their vanity, lack of affection, anxiety to attention, and desire to display the little they know, as well as the absence of moral sense, are characteristics. They usually do well in institutions, and should always be under permanent care; otherwise they are a great danger to the community. — Helen MacMurchy, M.D., Inspector of Auxiliary Classes for Ontario.

Vernon has sanctioned expenditure of $105,000 on a drainage system.

"But it must indeed be very hard to be poor," said the sympathetic caller. "No, indeed, ma'am," said the penniless one. "It's the easiest thing in the world."

Young Tommy returned from school in tears and nursing a black eye. "Betcher I'll pay Billy Bobbs off for this in the morning," he wailed to his mother. "No, no," she said, "you must return good for evil. I'll make you a nice jam tart and you must take it to Billy and say: 'Mother says I must return good for evil, so here's a tart for you.'" Tommy demurred but finally consented. The next morning he returned in a worse plight and sobbed: "I gave Billy the tart and told him what you said. Then he blacked my other eye and says to send him another tart to-morrow."

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