About the Household

Tested Recipes.

Ginger Creams.—1 cup molasses (Orleans), half cup brown sugar, two-thirds cup butter (or equal parts butter and lard), half cup cold water, a heaping teaspoon soda and half teaspoon good ginger, also cinnamon; flour to the consistency of ordinary cookies. Try these and you surely will pronounce them excellent.

Corn Bread with Baking Powder.—1 tablespoon butter and 2 tablespoons sugar beaten together; add 1 egg (well beaten), two-thirds cup of corn meal, half cup wheat flour, two tablespoonfuls baking powder, pinch salt, half cup sweet milk. Deserving of a trial.

White Sponge Cake.—Five eggs (whites only) beaten very stiff, two cups sugar; beat eggs and sugar twenty minutes; one cup boiling milk (fresh), two cups flour sifted five times, two teaspoonfuls baking powder, flavor to taste. Bake from 30 to 40 minutes in moderate oven. I have such fine luck with this recipe that I seldom make an angel food any more; it's such a fine substitute.

French Omelet. — Break three eggs in basin, take a tablespoon of cream and one level teaspoon butter (melted). Whip together until they froth well. Put two teaspoonfuls butter in frying pan, let it get real hot; pour mixture in, turn when browned nice. Lift and serve on parsley. Parsley and cold ham minced well, and added to the egg before cooking makes a very agreeable omelet.

Loaf Cake.—1½ cups white sugar, half cup butter, half cup grated chocolate, teaspoon each cinnamon, cloves, alspice and nutmeg. Mix all these together. Then add two eggs (beaten lightly), one-third cup baking syrup, one cup good clear coffee, 2½ cups flour, half teaspoon soda, one teaspoon baking powder, one pound currants cleaned), cut (to suit taste). Flour the nut meats and currants. This sounds like a strange mixture, but I have made it for the past 23 years and I still think it fine, especially for a picnic cake or social, for 'tis such a generous size and stays moist so nicely.

English Cream Pie.—One cup sour cream, one cup raisins (soaked and chopped), one egg, two dessert spoons vinegar, one dessert spoon flour, half teacup sugar. Reserve white of egg for frosting. Cook mixture, and bake crust separately. If one likes nutmeg, a dash could be added to mixture.

Jello in Orange Cups.—Have you ever tried making orange jello and putting it in orange baskets? Cut off a portion of orange at stem end, scoop orange pulp out, and fill the basket about half full of jello; then heap whipped cream upon the jello until it stands up prettily, then stick a candied cherry on top. Use the pulp, of course, to make the jello.

Spice Cake.—Half cup butter, half cup brown sugar, half cup molasses, one teaspoon soda, one cup sour milk, two cups flour, one tablespoon each lemon, vanilla, cinnamon and ginger; half teaspoon each cloves and allspice; one cup each raisins, currants and nuts.

Cream Cookies.—One and two-thirds cups sugar; two-thirds cup lard (and butter); one cup sour cream (1 1-4); two eggs; three teaspoons baking powder; one level teaspoon soda; a little salt, lemon, and lastly flour.

Pickled Beans. — Scald in salted water about 20 minutes, beans which have been split from end to end sidewise. Put in strong brine to keep.

Tomato Relish.—Chop one peck pared ripe tomatoes; drain; add to pulp about six choped onions, three or four red peppers which have had seeds removed; then add one ounce cinnamon, 2 ounces white mustard, two pounds brown sugar, half cup salt, one teaspoon pepper, a little celery seed and mix well. Can without cooking.

Useful Hints.

All cooking utensils should be washed with soda immediately after they have been used, which will remove every trace of grease.

Keep white paper on each shelf of the refrigerator. It gives a clean appearance, and keeps things from dropping on the shelf below.

When making an omelet it is best to thin down the eggs with a few tablespoons of hot water instead of milk. This makes a more tender omelet.

Before using dish-cloths to greasy articles remove from the latter as much grease as possible with crushed paper. This will greatly help to preserve the good condition of kitchen cloths.

It is a fair, even-handed, noble adjustment of things that while there is infection in disease and sorrow there is nothing in the world so irresistibly contagious as laughter and good humor.

Before using milk for custard heat it thoroughly, then cool it, and use it in the ordinary way. The custard will not become watery. Don't forget to add a pinch of salt, as it improves the flavor. If the custard is to be put in a pie mix one teaspoonful of flour with the dry sugar before adding the milk and eggs. This takes the place of one egg, and the custard is just as rich.

It is not hard to stop the hair from falling out and promote its growth if the right means are used. There is no hope for the scalp where the hair roots are dead and the scalp is shiny. However, to those who have not reached this condition immediate steps should be taken to stop it before it is too late. Here is a simple recipe which you can make at home that will stop the hair from falling out, promote its growth, and eradicate scalp eruptions and scalp humors. To a half-pint of water add one ounce of bay rum, a small box of Orlex Compound, and a quarter of an ounce of glycerine and apply to the hair, rubbing with the finger-tips two or three times a week. These ingredients can be obtained at any chemist's at very little cost and mixed at home. This recipe not only promotes the growth of hair, but darkens streaked, faded grey hair, and makes it soft and glossy.

Why Taffy "Pulls" White.

Taffy made from sugar or molasses becomes white by pulling. Do you know why?

The exposure to the air and the friction evaporate the syrup, which contains most of the coloring matter, and facilitates oxidization of the carbon in the sugar, which is always white, contains eleven atoms of oxygen to twelve atoms of carbon and eleven atoms of hydrogen.

The syrup drained from the same sugar in the refining process not only contains more or less coloring matter, but has a smaller proportion of oxygen to the amount of carbon.

Still another reason why sugar is whitened in pulling is that this operation, like the crushing process when applied to rock candy, one of the purest forms of sugar, destroys or impairs its power of absorbing light, and causes it to reflect all the elementary colors in each ray, which, of course, results in white light.

Women Aid in Policing London While Regular "Bobbies" are at the Front.

While many of the regular London policemen are serving in the trenches at the front, their places have been taken by women, just as women have succeeded to the other work of man in most of the countries now at war. The picture shows three female "Bobbies" on parade, receiving instructions from an inspector. So far, the feminine custodians of the peace have proved very efficient and have done their duty quite as well as the men had done it in the past.

The Food Value of Milk

Prof. M. J. Rosenau, professor of preventative medicine and hygiene, Harvard Medical School, is recognized as America's foremost pure milk authority and author of "The Milk Question," etc. Writing in "Safe Milk," published by City Dairy Co., Toronto, Professor Rosenau says:

"Milk is one of the cheapest foods on the market. It is also one of the best. It is best because it is so easily digested, and because it is one of the most nourishing of all our standard articles of diet.

"Milk contains all of the ingredients needed to nourish the body. It contains these ingredients in just the right proportion which experience and science show should be contained in a well-balanced ration. Thus, it contains:

Albumin,	like white of egg ..	1.5%
Sugar,	like cane sugar	7%
Fat,	like butter ...	3 to 4%
Salt,	like com. table salt	0.2%
Water	.....	87%

"The albumin furnishes the materials which build up the body and keep it in repair. The fat and sugar provide fuel to keep the body warm and furnish it with power needed to do its work. The water and salt are necessary for life. Milk also contains antitoxins, useful cells and other substances that are of great importance, especialy to the infant. It must be plain, then, that milk is an enormously complex substance—it is both food and drink. The infant thrives on milk alone, and the adult can live for months with nothing else.

"Milk may be served in a number of different ways, as custards, puddings, sauces, cream, ice cream, cheese, etc. It has been figured out by Government experts that 16% of the ordinary American diet consists of milk or milk products. This figure is an evidence of the very important place milk has on the family dining table as well as on the family purse.

"When compared with other articles, the food value of milk normally contains a large proportion of water—87%. When, however, the portions ordinarily served at meals are considered, the high worth of milk is clearly shown. Thus, the food value of a glass of milk is approximately equal to two large eggs, a large serving of lean meat, two moderate sized potatoes, five tablespoonfuls of good cereal, three tablespoonfuls of boiled rice, or two slices of bread.

"One quart of milk is about equal in food value to one of the following: two lbs. of salt codfish, three lbs. of fresh codfish, two lbs. of chicken, four lbs. of beets, five lbs. of turnips, one-sixth lb. of butter, one-third lb. of wheat flour, one-third lb. of cheese, three-quarter lb. of lean round beef, eight eggs, two lbs. of potatoes, six lbs. of spinach, seven lbs. of lettuce, four lbs. of cabbage.

"Milk varies somewhat in composition, especially in amount of butter fat (cream) it contains. Certain cows furnish richer milk than others, therefore, it is customary in good dairy practice to mix the milk of several cows immediately after it is drawn. In this way the consumer is assured a more uniform product from day to day.

"In the household, milk should always be kept cold, clean, and covered."

The Intimate Friend.

Possibly there are few families to whom the pleasure of an intimate friend is unknown. She may be a middle-aged woman who, lacking the joy of a family of her own, takes a loving motherly interest in the boys and girls of an old school friend between herself and whom there is a strong affinity and affection. She may be a young girl, merry enough to be an entertaining friend to those of her own age and sufficiently sympathetic, homely, and conversational to make a kind and charming deputy daughter when the occasion demands.

Or she may be a married woman, living near enough to these chief friends of hers to make it possible to spend a fair amount of time with them without neglecting her home or children.

But whoever she may be, the intimate friend, if she be of the right kind, is invariably a source of happiness in the family. If a day is dull or lacking in event there is always the knowledge or hope that she will run in if only for a quarter of an hour to bring news and interest from her home or the outside world, to sympathize and give advice, to help decide some much-debated point, or to suggest a game for the younger children who have exhausted mother's ideas.

Cats will never re-enter a garden if, from a concealed place, they are treated to a syringing of paraffin.

Has been Canada's favorite yeast for more than forty years.

Enough for 5c. to produce 50 large loaves of fine, wholesome nourishing home made bread. Do not experiment, there is nothing just as good.

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INFERIOR LIGHTNING RODS.

Prof. W. H. Day, B.A., professor of physics in Ontario Agricultural College, Guelph, writes to warn the farmers of Ontario against inferior lightning rods. One of the same companies that buncoed the farmers with iron-centred rods last year is reported to be selling the same rod again this year. Watch out for them.

There is no difficulty in spotting these rods. The outside covering is a thin sheet of copper. Inside of the copper is a strip of galvanized steel or iron one-half inch wide and two galvanized steel or iron wires about No. 10. The copper sheath is twisted around the strip and wires, giving the rod a corrugated appearance. The steel or iron will rust out in from five to ten years. For photograph of what happened to a rod of this kind in less than eight years see Figure 34, Bulletin 220, which may be had by writing the Department of Agriculture, Toronto.

An Illinois firm is circularizing the trade and others advocating the "Mast" lightning rod system. They declare that twisted cables are positively dangerous, claiming they act like "choke-coils," that tubes only should be used, that insulators must be used, etc. For concentrated essence of error these circulars surpass anything else I have seen.

Beware of the man with the iron-centred rod and the man who claims that twisted cables are dangerous. This Department will be glad to be informed regarding the operations of either.

The Truth At Last.

A San Francisco clergyman recently at the close of his sermon announced that in the course of the week he expected to go on a mission to the heathen. One of the parishioners exclaimed, "Why, my dear doctor, you have never told us one word of this before. It leaves us unprepared, what shall we do?" "Brother," said the minister, solemnly, "I shall not leave town."

Disposing of Eggs.

1. Study carefully the rules for the production and marketing of new-laid eggs.

2. Remember that only the strict observance of these simple rules will bring the highest prices and improve the quality of eggs generally.

3. Be careful to stamp the eggs on the large end only.

4. In stamping do not bear too heavily upon the ink pad when inking the stamp nor on the egg when stamping.

5. Never wet the ink pad, if it becomes dry speak to the collector and he will re-ink the pad for you.

6. If the stamp becomes detached from the wooden handle, it can be readily repaired with a good mucilage.

7. Do not allow the children to stamp the eggs until you have taught them to do so properly, by allowing them to practise on the eggs to be used at home.

8. On wet mornings it is a good plan to throw down a little clean straw on the floor of the poultry house. The number of dirty eggs can be materially lessened if the hens scratch in the straw before going to the nests to lay.

9. Do not stamp the very small or the very dirty eggs. They may be packed separately and marketed as a second grade through the egg circle.

10. Be a good co-operator by always being prepared and ready for the collector when he calls.

11. Do everything in your power to support your egg circle. Remember that you are a vital unit in it and that it is necessary for each member to be loyal to the association to enable it to succeed.

12. Remember that the reputation of your circle depends upon quality.

13. Strive to make your circle the best in the Dominion.

Remove Male Birds.

Eggs which have been fertilized constitute the greatest proportion of the inferior stock which, when examined, proves unfit for food. It is not necessary that these shall have remained for a time under a broody hen, a temperature of seventy degrees being, in itself, sufficient to cause the germ to commence to grow. If the heat is constant the development of the chick will continue, but if it ceases or is intermittent, putrefaction at once sets in and the egg becomes bad. On the other hand infertile eggs which are free from the active germ cell, do not, under ordinary conditions, deteriorate seriously.

Few farmers seem to realize these facts, and consequently very few make any effort to insure infertility. The impression prevails among many, that the presence of the male bird in the flock is essential to the production of a maximum number of eggs. This assumption has been proven, time and time again, to be absolutely without foundation.

Farmers and others selling eggs for market are recommended to kill off or dispose of the male birds after the breeding season. As a result of their remaining with the flock after June 1st, Canadian farmers lose each year at least a million dollars, through the presence of partially incubated eggs in the produce which is marketed. The fact that the best trade in many cities in Canada now offers the premium of from one to five cents per dozen, for non-fertilized eggs, suggests an additional financial consideration which but few can afford to overlook.

Short sight is very rare in savages.

The Duty of Spending

One of the causes of the present industrial depression is the short-sighted economy of those whose spending power has not been seriously curtailed. The fact is easily established by the bank returns showing increases in deposits. Since thousands of manufacturers', wholesalers' and retailers' employees have been thrown out of work, or have had their wages reduced, it is evident that their bank accounts must have either disappeared or decreased. Consequently the total savings bank deposits could only increase by substantial additions to the accounts of those whose incomes have escaped the general cut. Such persons are putting their surpluses into the banks instead of spending them. This means that they are going without clothes, furniture, machinery, and many other articles in order to increase their savings.

The effect becomes apparent in our imports entered for consumption as follows: year ending March 31st, 1913, $670,000,000; year ending March 31st, 1914, 618,000,000; year ending March 31st, 1915, $455,000,000.

These decreases in our purchases abroad indicate that there must be correspondingly great decreases in our purchases at home. It is true that our borrowings from England have been seriously curtailed, but it is also true that they have been replaced to a certain extent by sales of bonds in the United States which, since the outbreak of war, have amounted to about $70,000,000. The people of Canada, after three years of great extravagance, have gone suddenly to the other extreme and have been frightened into a fit of rigid conomy. The result has been a serious decrease in manufactured output. If every man in Canada determined to do without neckties for a year, for example, the effect would be severe to the manufacturers who make neckties. If those who have money would spend it within reasonable limits, our factories would be benefited to an almost incredible extent, employment would be furnished to many who need it and the return to prosperity would be hastened.

TORONTO'S MOST POPULAR SUMMER DISSIPATION IS CITY DAIRY ICE CREAM—the demand has spread from year to year until it is now on sale in nearly every town in Ontario. There seems to be something about the climate of Canada that makes it the confection that everybody craves in warm weather—infants, invalids, children or grown-ups, it makes no difference what your state or station. City Dairy Ice Cream is most refreshing, nourishing and digestible.

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