About the Household

Dainty Dishes.

Blackberry Cottage Pudding.—One-third cup of butter, one cup of sugar, two cups of flour, three teaspoonfuls of baking powder, one-half cup of milk, one egg and one cup of blackberries. Cream the butter; add the sugar and egg well beaten. Sift flour, baking powder and salt together and add to the other mixture. Beat well; add the berries. Bake in a buttered shallow cake pan thirty minutes. Serve with blackberry sauce.

Blackberry Sauce. — Beat three-quarters of a cup of heavy cream and one-third cup of powdered sugar until stiff; add one cup of crushed blackberries and one-half teaspoonful of vanilla.

Cabbage Salad.—Take half a head of cabbage, shred very fine, and plunge into cold water until crisp. Drain well and put in a bowl. Make a good salad dressing of half a cupful of cream. Add a tablespoonful of sugar and one teaspoonful of salt. If you like a sour flavor, put in a teaspoonful of vinegar.

Rice Croquettes with Cheese Sauce.—Boil a cupful of rice in two and a half cupfuls of milk. If not tender, add more milk. Season with two tablespoonfuls of butter, a pinch of salt, a dash of paprika, and mix with two beaten egg yolks, and chill. When cold and stiffened mold into cones, balls or cylinder forms. Dip in crumbs, then in egg whites and in crumbs again. Cook the sauce well before adding the cheese. Serve as soon as it is melted.

Carrots.—Peel and cut in rounds, in cubes or long strips. Cook in boiling salted water until tender. Serve with cream sauce or toss the carrots in the following mixture: For two cupfuls of the cut carrots take one tablespoonful of sugar, lemon juice, a little salt and pepper. Pour into a saucepan and shake till the mixture is absorbed. Carrots and peas served together are appetizing.

Browned Chicken in Cream Gravy.—This is an excellent way to cook an old fowl. Clean and disjoint a two-year-old hen, and put to cook in a kettle containing at first only one pint of boiling water. Let simmer at least three hours over the low burner or on the back of the range, watching rather closely. As the water boils away, add more, but only enough to keep the chicken from browning. When half done season with one teaspoonful of salt and one-fourth teaspoonful of pepper. Half an hour before dinner bring to greater heat and brown on all sides, sprinkling with flour lightly as it browns. Just before serving add one teacupful of cream and let boil up once.

Gelatin Dishes.

Tomato Aspic. — Two tablespoonfuls of granulated gelatin, half a cup of cold water, three and a half cups of tomato pulp, celery stalk, bay leaf, whole clove, two tablespoonfuls of Tarragon vinegar, paprika and salt. Dissolve gelatin in cold water. Mix other ingredients, heat and add gelatin, stirring until perfectly dissolved. Strain into ring molds, place on ice and unmold on lettuce leaves, filling centre with mayonnaise to which whipped cream has been added. Or fill with cucumber, cabbage or other salad.

Beef Tongue Molded in Aspic.—Make aspic as follows: Four tablespoonfuls of granulated gelatin, one quart of highly seasoned stock, one and a half cupfuls of cold water, juice of one lemon. Dissolve gelatin in cold water. Add hot stock and allow to dissolve perfectly. Strain and use as desired. Have a beef tongue trimmed and partly sliced. Arrange in deep pan, with garnish of egg-whites, capers, etc. Fill in with aspic and allow to chill. Unmold and serve with boiled mayonnaise.

Stuffed Tomatoes in Aspic.—Have as many peeled and chilled small perfect tomatoes as desired. Chop cucumbers and radish, add mayonnaise, and stuff tomatoes with mixture. Partly fill small custard molds with aspic. Lay in a stuffed tomato, top side down. Finish filling with aspic, and set away on individual lettuce leaves, and garnish with star of mayonnaise.

Grape Sherbet.—One tablespoon of granulated gelatin, one pint of grape juice, one pint of water, one cup of sugar, two lemons, one orange. Soak gelatin in half a cup of cold water. Boil sugar and water to syrup and add dissolved gelatin. When partly cooled add juice of lemons, orange and grape juice. Freeze and serve in sherbet cups with mint leaf garnish.

Household Hints.

If peas are a trifle old, try boiling them with a lettuce leaf and a tablespoonful of sugar in the water.

Summer bed spreads should be made of material that is easily washed. There is nothing prettier than the inexpensive dimity.

Tin is an undesirable material for a coffee pot. Tannic acid acts on such metal and is apt to form a poisonous compound.

To iron raised lace, place it between blankets. Or do not iron it at all. If not ironed it should be stretched, while wet, with a pin at each point.

A very satisfactory way to mend shirts that are worn around the collar band is to sew a narrow yoke to fit the neck and to come just below the worn place.

If the fire is running low and a quick oven is needed, try opening the oven door, filling it with cool fresh air. Then close the oven door, and it will heat much more quickly.

To remove water spots from a dress dampen it in lukewarm water. Place a piece of cloth over water spots on right side and press until both pieces of material are dry.

When making baked or boiled custard, the milk to be used should be scalded and set aside to cool. Then make the custard in the ordinary way, and it will be perfectly smooth.

To remove iodine stains from a garment, mix cold starch with water and put the garment to soak in it. Let it remain in this mixture until the stain has entirely disappeared.

For those who are going to buy a large quantity of potatoes for winter use, a much more economical method than repeated small purchases, it should be noted that a dry, dark place is needed for storage, and that all shoots which appear should be broken off.

To fry bacon so as to have it straight, light brown and crisp, invert a perforated pie tin over a larger pie tin, lay slices of bacon smoothly over the perforated tin and place in oven. An even brown color is obtained as the grease trickles into the plate below. This method prevents any spattering of the stove. The bacon is evenly cooked and the grease is perfectly clear for frying eggs. This method is a great advantage when one uses oil or gasoline, especially as the cooking of the bacon can be combined with the baking of muffins or other things.

Zinc is often the hardest thing in the house to clean, especially under kitchen stoves, where it becomes badly discolored. One of the simplest and surest methods is to dry thoroughly the zinc and then go over it with kerosene oil, which must be allowed to stand over night. In the morning this should be wiped with a soft cloth, and more kerosene applied. The oil eats out all the grease and dirt which adheres to the zinc and makes it white and spotless. Zinc-lined sinks or bathtubs can be treated the same way, but must be thoroughly dried afterward.

Italians Use Bulls to Charge Defences.

During the attack on the fortifications of Monte Corada, the Italians employed savage bulls, which were rushed against the barbed wire with their horns lowered. This novel method of attack was completely successful, and the infantry, following up, carried the fort which was being attacked. The garrison, after a short resistance, threw down their arms.

Washable Clothes the Tiny Tots will Need.

8691-8902.

Particularly in summer must the children have a copious supply of sturdy, cool, washable dresses. The two shown above, Ladies' Home Journal Patterns 8691 and 8902, are excellent examples of the variation in the waistline in children's clothes, the former having an Empire and the latter a French waist. Pattern 8691, a Girls' Empire Dress, is suitable for challis, lawn, batiste, or any soft material, with yoke and sleeves cut in one, a shield opening in front, a turn-down collar, three-quarter length sleeves with band and turn-back cuffs. Pattern 8902, a Girls' Long-Waisted Dress, opens in front, has turndown collar, full-length sleeves, with turn-back cuffs and a four-gored skirt with inverted box-plaits at each seam.

The first is made in sizes 2, 4 and 6 years, requiring in size 4, 2¼ yards 27 inch, 1⅞ yards 36 inch, or 1¾ yards 42 inch material, with ⅜ yards of 24 inch contrasting material. The latter is made in sizes 4 to 12, requiring in size 8, 4 yards 27 inch, 3¼ yards 36 inch, or 2¼ yards 42 inch material.

Patterns, 15 cents each, can be purchased at your local Ladies' Home Journal Pattern dealer, or from The Home Pattern Company, 183-A George Street, Toronto, Ontario.

HEALTH LESSONS FROM THE WAR

WHAT SURGEON-GENERAL OF U. S. ARMY SAYS.

Development of Preventive Methods and of Surgery are Most Important Results.

Here is what General William C. Gorgas, Surgeon General of the United States Army, has to say about the sanitary aspects of the Europeon war. It is the first statement he has made.

General Gorgas is best known as the man who made the construction of the Panama Canal a healthful job for the American workers, whereas it had been a deathful job for the French workers who previously attempted it.

In the minds of many it is regarded as a probability that without his genius as a sanitary expert the canal never could have been built.

He had actual battlefield experience in the Spanish War, and he literally worked magic in Havana, changing it from a yellow fever plague spot to one of the healthiest of tropical cities.

His observations on the sanitary aspects of the European war cannot fail to be of great interest and great value.

"Undoubtedly great sanitary lessons will be learned through the experiences of the medical officers of the warring powers in Europe." Surgeon General Gorgas further said, "But so far we have received no reports and do not know just what they will be.

"Probably the most important of the unusual sanitary conditions will prove to have developed through the character of the wounds.

"The second and the more serious thing is the fact that by the nature of the trench fighting it frequently becomes impossible for the contending forces to leave shelter so that they may gather up their wounded.

"Thus, first, unusually large proportionate numbers of the fighters suffer lacerated wounds, and, second, these wounded often lie without attention for an unsually long time upon the field where they have fallen.

"Thus, forced to remain unsuccored upon the ground for hours, and sometimes, even for days, every condition favorable to wound infection is created, and a situation which very nearly approaches that of the old days before the development of aseptic surgery results.

New Diseases Unlikely.

"A great change has been worked in ambulance service by the general introduction of automobiles, and doubtless many lives are being saved through the speed with which the motor ambulances can work, which is much greater than that at which horse or mule equipage can be operated.

"We scarcely can expect the present war to develop much new knowledge with relation to disease. Fought in temperate or cold climates, it offers few or no new disease problems; but it will go far toward demonstrating the practical efficiency or inefficiency of several comparatively recent medical discoveries.

"Among these undoubtedly will be typhoid vaccination. The application of this preventive method to millions of men—and literally millions have been vaccinated in the various armies—undoubtedly will prove it and perfect it.

But in this war the surgical side is infinitely more important than the medical side. As I have said, conditions in this war, for one reason or another, have returned to something very closely akin to those existing during our civil war.

"Before the development of asepsis almost all the gunshot wounds of war became infected, although this fact was not understood. Even as late as 1880, when I was getting my medical education, we considered what was really the effect of wound infaction to be one of the natural stages of the healing process.

"But there came Pasteur's discovery of micro-organisms, and this was followed by Lister's development of methods by means of which to prevent the entrance of these micro-organisms into wounds. Thus it was demonstrated that wounds healing properly show neither suppuration nor inflammation.

Treating Typhus.

"Just how effective inoculation for tetanus will prove to be we cannot, of course, know until after the war ends and the final records are checked up, but I have no doubt that we shall then find that it has done much to reduce war's horrors.

"Typhus is looming up very threateningly in the eastern theatre of war, particularly in Serbia and Austria, and ere long may appear in the western armies.

"Much has been learned of this disease in recent years. For this new knowledge the world is indebted principally to two American investigators, Drs. Anderson and Goldberg, whose most notable work was done in Mexico some three years ago. Typhus is due to the bite of a louse, as yellow fever and malaria are due to the bites of mosquitoes.

"Nicole, a Frenchman, had done something before this in Morocco. He also developed the louse-transmission theory, which now has been established. The serum for its relief has not yet been given a severe military test under war conditions .

"It has been less absolute in its efficacy than anti-typhoid inoculation and anti-smallpox vaccination have been in theirs, but it has been demonstrated to be a very useful addition to mankind's armory of weapons against disease.

"The mere fact that such a treatment has been developed simplifies the great human problem of this campaign, for in conditions which would have been normal to such a war before the discovery of this inoculation, cholera would have constituted one of the most terrible threats."

GILLETT'S
EATS LYE DIRT
CLEANS-DISINFECTS

From the Ocean Shore

BITS OF NEWS FROM THE MARITIME PROVINCES.

Items of Interest From Places Lapped By Waves of the Atlantic.

New Brunswick does not permit boys under 18 to drive autos in the province.

Capt. W. B. Frouse is forming an artillery unit of 200 men for Prince Edward Island.

Fredericton Board of Health will stop all private sewers from emptying into St. John river.

A home for aged men is to be built at St. John based on a $5,000 legacy from the late Colonel Tucker.

Tenders are called for the new station of the Halifax and Southwestern Railway at Yarmouth.

American auto tourists are loudly complaining of the bad roads of Nova Scotia and New Brunswick.

St. John places a scow at one of the wharves for garbage and at night it is towed to sea and dumped.

Miss Geneva Johnson was killed in an auto accident at Andover, N.B., when the car went over an embankment.

You don't need bank references in order to borrow trouble.

As a rule, one mile of railway takes 270 tons of rails.

London Bridge has been burned down six times.

Gray's immortal "Elegy" took him seven years to write.

Color blindness is more than twice as common in men as in women.

There are more ducks in China than in all the rest of the world.

Bamboo-trees do not blossom until they attain their thirtieth year.

An Army baker has to be capable of making 400 lb. of bread daily.

When a Parsee dies a dog is brought in and made to look at the body.

An official song-book is issued by the Lords of the Admiralty for the use of bluejackets.

Lord Tennyson, Darwin, Gladstone, and Oliver Wendell Holmes were all born in the same year.

Pure Ice Cream

IS IDEAL for the growing child, especially in the summer.

But it must be pure and made in a sanitary plant, such as the City Dairy. We ship thousands of Ice Cream Bricks for consumption in the home and thousands of gallons of Bulk Ice Cream for consumption in the shops of discriminating dealers everywhere in Ontario.

City Dairy

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TORONTO.

We want an Agent in every town.