About the Household

Vegetable Dishes.

Vegetables supply salts and acids that are much needed to keep the system in healthy condition. And especially in warm weather, when a surfeit of meat is undesirable because it gives more heat than the body needs, vegetable dishes that are hearty enough to take the place of a meat dish, for the main course at luncheon or for a dinner entree, are desirable. The wise housekeeper makes vegetables serve two purposes, now that they are inexpensive and abundant—she makes them a means of reducing the size of food bills and a means of giving health to her family.

For luncheon a vegetable loaf, made according to the following recipe, is very good. Soak two cupfuls of fine bread crumbs in a cupful of milk for an hour, then add two beaten eggs, two cupfuls of ground pecan nuts, half a teaspoonful of summer savory, half a teaspoonful of salt and pepper and celery salt to taste. Press the mixture into a greased pan and bake for half an hour, basting frequently with butter. Use about half a cupful of melted butter in this basting, which really consists in pouring the butter over the top of the loaf. Turn out on a platter, garnish with parsley and serve.

Cheese and creamed cabbage are delicious prepared like this: Soak a young cabbage, head down, in cold water for an hour, so that any insects or worms will be dislodged from its leaves. Then boil it until tender and chop and drain it. Take about two cupfuls of it and put it in alternate layers with a thick cream sauce in the shell of an Edam cheese. Season the sauce well and put it into the oven until the sauce bubbles. Then serve. There will be just enough cheese flavor from the shell.

To prepare tomatoes and eggs on toast, melt about two tablespoonfuls of butter in a skillet and fry a small onion, chopped, two or three minutes, Then add two cupfuls of cooked tomato and six minced olives. Bring to the boiling point and add six beaten eggs, and cook until thickened sufficiently. Season with salt and cayenne pepper and serve on slices of hot buttered toast.

Steaming Is An Art.

Steaming is an unappreciated art. In steaming both meat and vegetables all the juices and valuable food elements are retained and not wasted in the water, as in boiling. Steaming does not seem to heat up the kitchen so much on the hot summer days as having the oven running for roasting.

For steaming, prepare the chicken as for roasting, tying the wings and legs close together, and rubbing with salt and pepper; do not stuff. Fill the boiling pan about half full of boiling water; place the chicken in a shallow pan three by three and one-half inches in height, as in this way all the juice is saved for the gravy or sauce. Place this pan in the steamer. Be sure that the boiling pan and steamer fit very closely, so that every puff of steam may be doing its full duty.

Another variation is to steam the chicken until it is tender, then dismember, and fry as if it were a spring chicken. Dip each piece in flour and fry in butter, and it is easy to fool the most fastidious judge of good fried chicken.

We are continually reading warnings about wasting the mineral salts of vegetables by our usual careless methods of boiling; we set the helpless vegetable adrift in a sea of boiling water, and then, when all the valuable elements (such as phosphorous, calcium, and iron) are boiled out, and the flavor of the food thereby reduced, the vegetable is reduced—a mere hollow shell of its former self, with all its life-blood extracted—and served to us, while the rich salts and flavors find an untimely end by being poured down the kitchen sink.

In steaming, all this is avoided. Physicians always recommend baked potatoes for children and invalids, because they are most digestible. Steamed ones are just as good, if not better, for the steaming renders the starch absolutely soluble.

Steamed carrots are a revelation to people who say they never eat carrots because they have no taste. Spinach, likewise unpopular, unless served with vinegar or lemon or something "to give it a taste," will be found to possess a decided flavor. Asparagus is delicious when steamed.

Indeed, everything which can be boiled can be steamed, and it is a much more economical as well as a practical method.

Household Hints.

Polish a dining table with melted beeswax, rubbed on with a soft cloth.

Put a pinch of salt into water in which cut flowers are placed and they will last longer.

To clean a clogged drain pipe, pour down some kerosene and follow it immediately with boiling water.

Remove acid stains from scarlet woollen goods with weak pearl ash water.

Lemon juice added to the water in which rice is boiled improves the flavor and makes it beautifully white.

A little turpentine put into a copper boiler will help to whiten clothes and will prove an economy both in soap and labor.

A gold chain may be made to look very bright by dipping it in a cup containing one part of ammonia and three parts of water.

A little vinegar rubbed on the steel parts of an oven door, no matter how badly tarnished with the heat, will brighten it at once.

For a nice "pick up," this is good: Cut rounds of thin bread, butter them and heap with grated cheese. Brown lightly in the oven and serve at once. They are good with salad for luncheon or Sunday night supper when the salad course is a hearty one.

When roasting a piece of meat the surface should be seared quickly in a hot oven to prevent the juices from escaping. After it has begun to brown reduce the heat and with a long-handled spoon dip the fat which has collected in the bottom of the pan and pour over the meat. If the meat is basted in this way every 10 minutes it will be more juicy when finished.

Hat bows affected by rain can be freshened up in the following easy and practical manner without taking them off the hat: Take large iron spoon, warm it over a gas stove or lamp with the concave side toward the heat. When the spoon is sufficiently hot, put it in the bows and pass the parts over the arched side of the spoon. Before the ironing, brush and clean the ribbon thoroughly, slightly dampen the bows, and afterward they appear just like new.

Peaches never make a firm jelly that will retain its shape when turned from a mold, but no jelly is more delicious for cake fillings. For jelly select peaches not quite ripe enough for eating. Rub off the down with a rough cloth, cut in pieces, saving pits. Cover with water and cook slowly, closely covered, until the fruit is perfectly soft. Turn into a jelly bag and hang to drip. When the juice is all extracted measure and allow to every pint of juice a pound of sugar and the juice of a lemon. Set the sugar in the oven to heat, and place the liquid uncovered over the fire. Cook steadily 20 minutes, add the heated sugar, stir until dissolved, cook five minutes, then strain through cheesecloth into glasses.

THE GERMAN-AMERICAN SITUATION.

Will It Lead to War?

Many people in this country think the last word has been said, and that war is inevitable.

The recent reply of Germany's minister to Pres. Wilson's last note is far from assuring, and may be summed up as raising the wrath of Americans still higher at the Kaiser's impudent and evading special pleading.

Ever since the mapping out by Germany of the so-called "war zone," which includes a large strip of neutral waters of the ocean over which she has no rights of exclusion, whatever, this country and Germany have been in controversy, accentuated at times by sinking the ships of neutral nations, and finally by the sinking of the great British liner the Lusitania and the loss of many lives, including 115 Americans, under circumstances of wicked, wanton cruelty.

America, basing her claims upon the law of nations, recognized the world over since civilization began, demands that the rights of neutrals and of non-combatants be respected on the open sea by all belligerents.

Germany, while not denying these rights under international law, claims that Great Britain's attitude in shutting off the importation of all food stuffs, etc., justifies her submarine warfare as the only means she has of proper retaliation for this deprivation.

The negotiations between Germany and America have proceeded several months, and the two nations now seem to be as far apart as when they began, so far as settling the rights of neutrals and non-combatants on the high seas is concerned.

There are two supreme considerations by which the U.S. must be guided in the course she adopts: First, her own rights and the rights of her citizens; and second, her moral obligations to those humanitarian ideals which she has always professed.

Germany claims that she was forced into this war, and is facing embattled Europe in defense of her very existence. That foodstuffs are exempt from the rule of contrabrand, and that her submarine warfare was made necessary by Great Britain's announcement to cut off all imports of food and other essentials to her existence, and that, faced by starvation, she had no other recourse than to strike back by the submarine, the only means at her disposal. She claims that the submarine cannot operate under the recognized rules of naval warfare, requiring visit and search and provision for the safety of neutrals and non-combatants, and this being so, these rules should be waived.

She also claims that the British Admiralty has offered inducements to merchant vessels to ram submarines, and that this fact exempts such vessels from the operations of international law, and while she asserts her humanitarian impulses, she insists that these must not interfere with her obligations to her own citizens. It is on these grounds she justifies the destruction of the Lusitania, and refrains from giving America the assurance it has demanded that submarine warfare shall conform to the rules of naval warfare.

RUSSIAN PORT IN POSSESSION OF GERMANS

The above view is of the harbor of Libau, in Baltic Russia, showing the Russian vessels taken by the Germans when they occupied the place. In the foreground is seen a German torpedo boat flotilla.

Back of these considerations is the German viewpoint concerning "National destiny," and war as a means of its achievement, as set forth boldly in von Bernhardi's great book, which has become, so to speak, the German Bible. This author asserts that: "In the interests of the world's civilization it is our duty to enlarge Germany's colonial empire. Thus alone can we politically, or at least natianally unite the Germans throughout the world, for only then will they recognize the German civilization is the most necessary factor of human progress. Lastly, we must recognize that the struggle for high ideals, that the desire for action, in short, war itself, is an instrument of cultural progress."

There you have it; and when it is remembered that Nietzsche's writings also have taken great hold on German thought, in which he expresses his ideal as "a war against modern civilization in all its forms," and who preached the gospel of aristrcratism, of hatred instead of love, of immoralism stead of morality, we can appreciate the German view-point, and the incentive of her every action. The end justifies the means, if that end means the glory and supremacy of German Kultur. With Nietsche, the German citizen contemplates a new world, a new humanity—a regenerated, purified and beautified "over man." Nietzsche's "Der Wille zur Macht," or, will to power, contains the entire philozophy of the average German in a nut-shell.

From this we can understand how the German mind, holding this viewpoint, may regard laws for the protection of neutrals and non-combatants as less important than freedom to use any weapon that may be effective in extending the sphere of German "Will to power."

Of course, America will not recognize any abridgment of the rights of her citizens, simply because of an arbitrary mapping out of a war zone. The physical limitations of the submarines do not exempt from conforming with the rules of visit, search and provision for safety of neutrals and non-combatants before taking the extreme measure of sinking the ship involved.

All this is forcibly set forth in the President's communications in the face of Germany's plea of peculiar exigency. In other words, we refuse to subscribe to the doctrine that the rights of humanity are subordinate to the necessities of warfare. Germany's blockaded situation is one of the incidents of war due to an advantage the allies hold in position and naval strength and for which the U.S. is in no way responsible.

Germany refuses, or at least evades, our demands, and she will not concede the rights of travel without menace on the merchant ships of belligerent nations, and if "this is the last word on the subject, I can see no other alternative than a declaration of war, or a square backdown of position by one party or the other. Germany can rest assured that America will never recede from her position and if war comes America will be there with all the force of inexhaustible resources and her wonted bravery.

CHAS. M. BICE.

Denver, July 12, 1915.

THIRD UNIVERSITIES' COMPANY

There are many men in Canada who are anxious to go and play their part in the Great War, who are willing to go as officers, but from want of adequate military training, or for other reasons, are unable to obtain commissions. There are other men who would prefer to join the ranks simply because they realize the enormous responsibility of the wastage of life which results from the bad leadership of an improperly trained officer.

Some of these men hesitate to go in the ranks, merely because they are uncertain of finding the congenial companionship of men of similar training and tastes.

Now, there is an organization in Canada exactly suited to the requirements of such men, and its existence should be brought clearly to the notice of every young man in Canada.

The Universities of Canada are working loyally together to raise company after company, and to send them overseas to reinforce as units that famous regiment, the Princess Patricias Canadian Light Infantry.

These companies are composed of men from the Universities of Canada, the friends of such men, and broadly speaking, from men of that type.

It must be clearly understood that they are not all University men, for there are bank clerks, lawyers, architects, engineers, ranchers and others, and it has been found that such men pull well together and enjoy military life to the full. If the existence of such a force was known throughout the length and breadth of Canada, there would be no difficulty in recruiting a full company within a week.

The First University Company, under the command of an excellent leader, Captain Gregor Barclay, has been for some time in England. An eminent military authority has declared this to be the finest company which has ever sailed from Canada.

The Second University Company was composed of men of a splendid type and was embarked recently at Montreal.

The Third Universities' Company (and note that the plural is deliberate) is recruiting with fair rapidity and there is every hope that it will reach the high mark of success attained by the first two companies.

There is certainly no difficulty in obtaining officers, but it is harder to find picked men for Sergeant-Major, Company Quartermaster-Sergeant, Platoon Sergeants and Section Leaders, on whom largely rests the success of the Company. Indeed, Canada needs chiefly a training school for non-commissioned officers.

The general principle is followed of giving commissions to well qualified men from the University or from the district which furnishes the recruits.

The West has certainly been a great recruiting ground for the Universities' Companies, and the men have proved themselves good soldiers, well disciplined and efficient, with fine physique. It is hoped that the Maritime Provinces will rival the West in furnishing recruits. Indeed, in the Second Company, men doubtless Canadians, came to join from Oklahoma, Arizona and Missouri.

A recruit can be examined medically and attested in his own district, and transportation will be provided to Montreal.

All information can be obtained from Captain A. S. Eve, 382 Sherbrooke Street West, Montreal, the headquarters of the successive companies.

The newspapers and publicity agents, by their voluntary aid freely given, have shown themselves to be the most efficient means of furnishing recruits, but we ask every reader to help the men to join the Company they are looking for, and the Company to find the men required.

PRISONERS OF WAR.

Camps and hospitals for prisoners of war are prominent features of Germany to-day. They number 247, some of which contain between 10,000 and 20,000 prisoners. The latest information gives the number of prisoners interned as 900,000.

The lot of the prisoner is something like that of a Mexican peon or a Virginia slave in the old slavery days. He has a sort of communal life. He is not confined to a cell, but his freedom of movement is restricted to a camp compound.

If he chooses labor, he is sometimes contracted out to an employer for a pittance of 12 or 25 cents a day. He is fed and clothed and housed by people who grudge him the scraps they fling him, and his lot is an unenviable one.

A neutral correspondent in Germany has written an interesting account of these prisoners' camps. It is usually surrounded by a high wooden fence, surrounded in turn by an outer bristling web of double barbed wire. Between the two fences there is a passage for the guard. Along one side run the guard houses and offices the kitchens, canteens, bath houses for the prisoners, and then the prison barracks proper. There are no windows, only skylights in a sloping roof. On a layer of tarred paper wooden berths are built along the walls, leaving room for a passage in the middle. This is in the newest camps; in other camps prisoners sleep on sacks filled with wood shavings, which are raised up along the walls during the day.

Food regulations are much the same in all camps. The basis for the distribution of food is 2,700 calories (heat units) declared by German science to be necessary for the maintenance of a tolerable existence.

This is administered in a form of black bread and soup, a diet which gives the Canadian prisoner an acute sense of starvation. If he has money he is allowed to buy extra food and tobacco in a canteen. The prisoners themselves do the work in the kitchens, serve the food and perform all the other menial tasks in the camps. They are allowed to amuse themselves as best they can by primative theatricals and some games.

"When I asked how they were treated," says this correspondent, "I received conflicting answers. One general conclusion, I drew, however, namely, that many are without friends to send them gifts of food, clothing and other necessities. I was much impressed by the desirability of one central organization for the distribution of gifts to British prisoners."

Such an organization is to be found in the Red Cross of which thousands of grateful prisoners of war can say with truth, "I was in prison and ye came unto me."

The concern of the Red Cross is, however, primarily with the wounded. It is only the overflow of its treasury that is can devote to prisoners of war.

The Canadian Red Cross has a special department in London, which has been sending 300 parcels a week to prisoners' camps. This amount is, of course, insufficient, but it can only be increased by an increase in public subscription.

ROYAL YEAST
MAKES PERFECT BREAD

A year ago the detention of a dozen Canadians in a peon camp in Mexico would have set Canada in a blaze of indignation. In spite of the many claims on the publics' purse it is to be hoped, however, that the thousands of Canadians now languishing in Germany, will not be forgotten.

If you wish to "Come Unto Them" in their prison, you can do so by means of the Red Cross.

Subscriptions should be sent to 77 King Street East, Toronto.

The Fighting King.

"Good-bye; I hope you won't forget me," the King of Italy once said to a departing American. Most monarchs would have taken one's memory of a friendly meeting and a cordial handshake for granted; but the Italian ruler, by nature humble, has never learned to presume on the veneration of his fellowmen. His training as a boy was calculated to keep him unpretentious, for it was a training of extraordinary hardness and severity. He did not rough it, like some Princes, merely for the benefit of the public, and relapse behind the scenes into the spoilt child and pampered young man. The thing that shows the real worth of the King of Italy is the absence of reaction since his accession. The Spartan boy when he grows up and has his own way, often makes amends to himself. The King is the rare creature, a Spartan boy who has grown to be a Spartan man.

The King of Italy, who has taken his place at the head of his armies, has never cultivated the martial aspect dear to his father. The exaggerated moustache and fierce brow of the late King were inherited, or copied, from Victor Emmanuel, and did not indicate any real military experience or power. They served their purpose, nevertheless, on parade and in procession. The present King is of another type. Always rigidly straight, and soldierly in a neat rather than a picturesque way, he is quite one of the smallest of European rulers.

A Test of Lunacy.

It is said that in a certain lunacy asylum one of the tests applied to find out if a patient is sufficiently recovered to be discharged is to give him a broom and put him in a room with a water-tap turned full on. If he proceeds placidly to sweep up the water without turning off the tap his standard of intelligence is not deemed to be high enough.

The Swiss reckon that their cupola fort on the St. Gothard, manned by 200 artillerymen, could easily hold the pass against an army of fifty thousand.

ICE CREAM

(IT'S A FOOD)

The consumption of City Dairy Ice Cream is increasing every season. The local dealer has not the facilities, besides he makes so little that he cannot turn out a uniform Ice Cream. Discriminating shop keepers everywhere are selling City Dairy Ice Cream instead of their own make, and their patronage is increasing because City Dairy Ice Cream is better and the quality is uniform.

City Dairy

Look for the Sign.

TORONTO.

We want an Agent in every town.