THE THRILL OF SKI-JUMPING

BY E. W. GAGE.

Skiing is virtually a new sport in Canada. The rapidity with which it has spread during the past few years is remarkable, yet it is easy to understand why it has become so universally popular. Every person of average strength can get the pleasure of it in the first attempt and with a few days' practice can take little excursions over untrodden deep snow where one could not go without snowshoes. The difficulties of negotiating such obstacles as stone walls, wire fences, etc., only add zest to the sport. One learns to do these seemingly difficult stunts easily, for there is nothing about the technique of running, stemming, turning, or jumping that the average person of good physique can not master easily. Devotees agree that it is among the most simple of our winter sports.

For a real thrill, try ski-jumping. For a moment you are poised at a giddy height, with two slender runners attached to your feet. Then you commence to glide down the steep hillside pitched by nature at an angle of 30 or 40 degrees. Faster, faster—even faster you go, until you are skimming along at the speed of an express train. Suddenly you come to a gentle slope which cuts off abruptly after a few feet. Beyond that—nothing but air!

For the fractional part of a moment you experience a terrific upward rush as you clear the "take-off" and go hurtling 100 or more feet through the frosty air. For a moment you seem to hang suspended in mid-air with a great white panorama of snow, blackly dotted with human beings, seemingly miles below you.

Then down, down you go with the swift swoop of a startled bird. A single moment more and you have landed with an impact that fairly drives the breath from your body, and you are momentarily enveloped in a cloud of swirling, powdery snow. Over and over you roll, unless you are one of the skillful few who retain their footing and—you have had a taste of ski-jumping. It's exhilarating, thrilling, and not one-half so dangerous as it appears, once you get the hang of it.

Two poles should be carried from the first for all skiing save jumping. Some jumpers find poles useful in developing speed at the start, dropping them just before taking-off, as they would be dangerous to carry on the trip through the air and at the landing. The poles should be as light as possible, consistent with strength. Bamboo poles are both light and inexpensive, and may be made durable by winding with tire tape. Firm spikes should be placed in the end, as a safeguard against slipping, with metal-frame washers. Leather thongs for hand support are helpful.

Making a jump consists of two important elements, spring and balance, which govern the form so prized by finished ski-jumpers. In the Telemark position, the skier bends quickly when a short distance from the take-off, pressing knees firmly together with hands extended at the level of his ankles. Just before reaching the edge of the take-off, the jumper makes his leap by snapping erect and forward, at the same time swinging his arms up quickly. Heels should not leave the skis; the toes are pressed downward, skis are held parallel and body is inclined forward as the jumper takes the air. In landing, the skis should be held together and the knees bent slightly. Upon feeling the snow, push one ski ahead slightly and run in the Telemark position, rising to an erect position.

To Make a Water-tight Basement Floor.

It is often difficult to make a successful job at laying a basement floor where there is water pressure from below. On new work the plan usually followed is to lay the footing of cement below the surface of the basement floor. Then a layer of burlap, which has been mopped with hot tar or asphaltum, is layed over these footings and allowed to extend beyond either side. On the outside, after the walls are erected, the burlap is brought against the outside of the foundation wall as high as the surface of the ground. On the inside a layer of 1:2½:4 concrete is spread over the basement floor on which the burlap is carefully extended. It is not a bad plan to mop this burlap with hot tar to make sure that every speck of surface is covered. Over this burlap another substantial layer of cement of the same composition as above is spread, the thickness depending upon the use to which the floor is to be put and upon the pressure of the water from underneath. Over the surface of the second layer is spread a layer of mortar of one part cement to two parts of sand. This should be about three-quarters of an inch thick.

If the outside walls are built, then put down the first layer of cement, over this place the burlap mopped in hot tar or asphaltum, and extend it up the inside of the walls as far as water is apt to trouble. Over this place the second layer of cement as above, and then the layer of mortar, which should be extended over the burlap and all the distance up the side walls. If the pressure of the water from the outside is heavy, then the foundation layers of cement should be thick. It is best, of course, to put a tile drain about the walls to relieve this pressure; but often this is expensive, or impossible to do.—P. C.

Care of Rope.

Some farmers buy rope by the full coil, and this is a good plan, as it can be bought at a saving; when a piece of rope is needed it is at hand, and no time is lost in going to town for it. However, the rope should be stored in a clean, dry place where acid or other chemicals can not get on it. The slightest trace of some acids or chemicals will weaken and shorten the useful life of the best rope, and when a new rope fails in its work, for no apparently good reason, the maker or dealer is blamed.

In unwinding rope from the full coil, lay the coil with the inside end nearest the floor. Then draw this inside end up through the centre of the coil and measure off whatever amount is needed. If the coil has been properly reeled by the maker, this method has a tendency to throw the twist out and thus to prevent kinks. On the other hand, the usual practice of taking the rope from the outside of the coil tends to throw the twist into the rope, so that if long lengths are removed, the kinks are a source of trouble. If only short pieces are taken off, either method is all right. —Ed. Henry.

Exercise the Brood Sows.

My method of exercising the brood sows is very simple. I have their sleeping quarters at one end of the feed lot, and the equipment for feeding at the other end. This requires that they go the entire length of the lot and back, at each feeding time. We feel that this simple expedient keeps the animals more healthy than they otherwise would be.—D. V.

The Community Hot Dish.

The sensible community dinners, that are now the rage over the country, call for each family to bring their own dishes, their own sandwiches and cake, and one hot dish. These dinners are not picnics, but are served when institutes or public work is going on and everybody wants enough to eat without being heavy and loggy after the meal. Each family has its own place at the table, and eats its own food, to avoid scattering of dishes. The sensible rule, limiting the amount of food, puts all on the same equality, and the tenant who is having a hard time of it, does not feel that he must stay away on account of the cost, while the well-to-do are able to see that it is a wise rule for all.

Now, the one hot dish in some communities is always baked beans. Beans are wholesome, good, and satisfying, but it gets rather tiresome to meet them at every public dinner. Why not try a change? At a recent dinner in our community, escalloped corn, escalloped oysters, spaghetti, baked noodles and boiled noodles, Irish stew, baked potatoes, Spanish rice, Swiss steak, little sausage links delicately browned and then cooked in a casserole, breaded pork chops in a thick crock, and lima beans, were served. Everything was hot, delicious, and just enough so that no one was hungry.

This same one hot dish is popular at a picnic, a supper on a cold night in spring or fall, or on any occasion where a heavy meal is not needed. Many of them are good for the Sunday night supper in winter, as they are easily prepared and not expensive.

Plea for Pie.

When Dad orders what he likes, it is certain to be pancakes or pie, or both. The small boy's dream of good eating is pie at every meal, as was the custom a generation ago.

Pie is a perfectly proper food for those folks who do active out-of-door work, but it is the bane of swivel-chair folks. This delectable dessert is ancient, and perhaps no form of it is more fixed in our memory than good, old-fashioned pumpkin pie like mother used to make.

This was the way mother did it: 2 cups stewed pumpkin, 1 egg, ½ cup cream, 1 tbsp. flour, 2 tbsp. sugar, ½ tsp. ginger, ½ tsp. cinnamon, ¼ tsp. salt.

Beat eggs well, combine with other ingredients, and pour into a pastry-lined pan. If a brown crust is desired, pour five tablespoons of cold milk on top of the pie before putting it in the oven. Have the oven hot at first to set the crust, and then lower the heat and bake slowly. When the pumpkin crop failed, mother used squash with this same recipe, and it was hard to determine the difference.—Mrs. A. F.

Prevent Staples From Pulling.

Staples work out of fence posts quickly for us, especially when the posts happen to be on high points of ground. Here a lot of extra strain comes on the staples, and with the alternate wetting and drying of the posts, the staples gradually loosen and are pulled out by the strain.

The most simple remedy we have found yet to prevent this trouble, is to take a saw and cut a little notch in the post where each wire touches it. The wire then rests on the notch, and is stapled in the usual manner. The notch will hardly need be wider than the wire, only wide enough to allow the wire to rest on the notch, instead of on the staple. This stops the continual staple-pulling which we all experience so often.—W. E. F.

THRILLED FIFTH AVENUE

This huge totem pole in the window of the Canadian National Railways office, Fifth Avenue, New York City, has been an object of much interest since its erection, and it has received considerable prominence in the columns of the New York newspapers. Interested groups of people are always gathered in front of this little bit of Canada in the heart of New York, reading the legend at the foot of the pole and endeavoring to translate for themselves the story which the curiously carved figures have to tell. It is an authentic replica of one of the Totem Poles of the Haida Indians of Northern British Columbia who are noted for their work in this respect.

SOMETHING TO DO

There was a large room in the attic which Kathleen and John called Paperland, because they built things of paper there, houses and stores and farms and towns. One day, when they were making a farm, they were called to luncheon before they had made the inside of the house and furnished it.

While John was cutting out pictures of stables and garages and fields and live stock, Kathleen had set up a picture of a house and made a pretty lawn in front of it. In the magazine where she found the picture of the house there was a plan of the inside of the house, showing just how the rooms were arranged. There was a basement, a ground floor and an upstairs.

So to-day they took some shallow boxes of different sizes and arranged them like the plans of the different storeys, basement, ground floor and upstairs, each on the floor, not on top of one another. Of course this was quite proper in Paperland, where everything is flat.

Then they cut out pictures of furniture, rugs, fireplaces, windows, doors, furnaces, potted plants and many other things. They had enough to furnish several large houses, so they decided to choose the best of everything for this house.

"Let's furnish the basement first," suggested John, "and first of all let's put in the finest furnace we can find."

Kathleen found six kinds of furnaces, and the advertisement of each said it was the best. As it was really very hard to know which was the very best, they chose the largest. And, of course, there were bins of coal.

Then they put some stationary tubs, an electric washing machine and a clothes drying in another room. In a third room they put pictures of shelves of canned fruits and vegetables. A fourth room they equipped as a workshop with tools and benches. And that finished the basement.

Next, the kitchen. They found pretty bits of colored linoleum which they pieced together and with which they covered the floor. On one side of the kitchen they set up a dazzling white porcelain sink with a window above it with pretty blue curtains. Then there was a fine cabinet and chairs and a table heaped with green and red and yellow vegetables. John said it made him hungry just to look at them.

While Kathleen furnished the rest of the house, John made a fine big vegetable garden with pictures from a seed catalogue.

You little girls can just imagine what fun Kathleen had furnishing that house and you will probably want to furnish one yourself. For the walls she found pictures with windows and doors. She chose the very prettiest dining room set that she could find. The sun parlor she made bright with colored chintz and flowers. She had the choice of so many lovely things for the living room that it took her a long time to decide just which things looked best together. Then, too, of course she did not want to make the room look crowded, so she must not put too much in it. She put a grand piano here and a radio and phonograph in the library.

The second floor had a pink room, a blue room, a yellow room, three bathrooms, and a play room full of toys.

Then came the most important of all—the people who were to live in this beautiful paper house. So Kathleen cut out lots of people and chose her family carefully. For of course she had to be careful to get them the right size to go together. It would not do to have a picture of a big rosy baby and then choose the picture of a tiny lady for its mother. So she sorted them and found she had enough for several families. For this house she selected a fine looking father and mother, a big sister, a little boy, a little girl and twin babies. Then of course she needed a nursemaid and a cook and a gardener and some men to work on the farm.

As she had so many things and people cut out, she built several other houses and put people in them, so that her family would have neighbors and friends.

Then she thought it would be nice to have a house-warming, that is a party that people sometimes give when they move into a new house, so that they may welcome their friends to their new home. She found colored pictures of cakes, nut bread, custards, ice cream, jellies, and all sorts of good things to eat. There was not enough of each for everybody, but there was so many different kinds of things, that every little paper guest had a delicious banquet.

Many Steps Go to Waste.

We all do our work with too many steps. I do, and I know I have lots of company. I often catch myself going about things in a way that could be improved by saving many steps and energy. The easiest way is often the best.

A few nails driven, a gate repaired, a door put back on its track, and a hundred similar things would save hours, sometimes days, of work later on. But we haven't time to do it now. We put it off, and later pay dearly for it.

Sometime ago I watched a farmer feed five horses and about a dozen head of cattle. His feed bin was at one end of the barn. He made a trip for each animal. I said nothing, for he was a fellow who didn't care to be told anything, but I thought some. With a bushel basket he could have cut that feeding to not more than three trips, and maybe less. Why don't we think more of these things? Sometimes it is easier to save a dollar than to earn another.—W. E. F.

Professional packers slightly dampen the straw or excelsior used in packing fine glassware or china. The swelling of the packing holds the article much tighter and prevents breaking.

A delicious way to prepare custard is to flavor it with equal parts of lemon and orange juice, or extract, and sprinkle cocoanut on top. Baked in individual baking cups, it is very appetizing.

THE TOMATO IS MOST COMPANIONABLE OF VEGETABLES

Lends Its Savoriness to Meats, Egg and Vegetable Dishes, Adds Color and Quality to Sauces, Soups.

The tomato is a companionable vegetable, lending its savoriness and quality to meats, eggs and vegetable dishes, blushing pink in tangy breakfast dishes, or cool and composed in the luncheon salad or stanchly in a dinner dish. Consider its variousness from canape and soup to curried entree.

AT BREAKFAST.

The poached eggs for breakfast may be varied by heating seasoned tomato juice (from the can) to the boiling point and dropping in the eggs to poach. When poached thicken the juice a little and pour it over the eggs and toast on which they are served.

The breakfast bacon or sausage will be more appetizing by the addition of tomatoes. Put one cup of canned tomatoes into a pan in which bacon has been cooked with a little of the hot drippings. Thicken with flour, season with salt, onion salt and pepper and serve with the bacon. Sausage may be used and the mixture poured over the sausage balls.

Another good breakfast dish is made by putting drained tomatoes in a hot frying pan. Season and butter and break into it as many eggs as are needed, scrambling all together. Serve on thin, buttered toast.

To make tomato toast mix half a cup of strained tomatoes with a quarter of a cup of cornstarch, a teaspoon of salt and a little pepper. Toast eight slices of bread. Heat the rest of the can of tomatoes and add to the cornstarch mixture and seasonings. Cook until thick and pour over the toast, then sprinkle with grated cheese.

A DINNER DISH.

Cook half a cup of rice in three-fourths of a cup of water or stock until the liquid is absorbed. Cook a pint of tomatoes with a slice of onion and carrot, a sprig of thyme and parsley, two or three cloves and a teaspoon of sugar. Strain, mix with the hot rice, add a beaten egg, a quarter of a cup of grated cheese, a tablespoon of butter and two of flour; add two cups of milk and cook until thick, stirring constantly: season with salt, pepper. Worcestershire, paprika and add half a cup of grated cheese.

IN A SOUFFLE.

Thicken a cup of strained juice with a teaspoon of cornstarch. Stir in the beaten yolks of three eggs, adding pepper, salt and a teaspoon of sugar. When cooked to custard thickness pour over the beaten egg whites. Put a cup of seasoned tomatoes and a half cup of breadcrumbs into a baking dish and pour the hot mixture over it. Bake until the souffle is set.

Cauliflower in tomato sauce is delicious; corn and tomatoes cooked together with strips of green pepper seasoned with onion juice and butter make a dish of interesting flavors.

A SALAD WORTH TRYING.

Boil two and a half cups of tomato, a little celery, a minced onion, bayleaf, cloves, salt and pepper for fifteen minutes and press through a sieve. Dissolve a quarter of a package of gelatine in a quarter of a rup of water and add to the tomato. Place on the ice until stiff. Cut in cubes and serve with tomato fluff. Make the latter by cooking a cup of sugar, a cup of strained tomato juice and the juice of half a lemon to a thick syrup and pour the mixture slowly over the stiffly beaten white of egg. The jelly should be very cold and served on a lettuce leaf, sprinkled with capers and supplemented by cheese straws.

BAKED DUMPLINGS.

Tomato dumplings are savory bits for main dish or entree. For six tomatoes, canned, whole and drained, make a biscuit dough, using two cups of flour and other ingredients as usual. Roll thin, cut in six parts and on each lay a tomato. Mix together a tablespoon each of minced parsley and peanut butter, adding half a teaspoon of salt and an eighth of a teaspoon of pepper. Place a portion of each tomato, wrap the dough about it and place in a greased baking pan. Brush the tops with the beaten yolk of an egg diluted with two tablespoons of milk and scatter over them, finely chopped, roasted peanuts. Bake in a hot oven and serve very hot.

Scallop whole, canned tomatoes with buttered crumbs, or with chopped nuts, or they can be baked in a cream sauce, sprinkling the top with grated cheese and buttered crumbs.—M. H. T.

A PERFECT SPORTS FROCK.

Such a two-piece frock is noted at every smart sports event. The blouse carries the smartest of details, from its perfect fitting collar to inverted plaits either side of the front and back, and pockets for golf balls. The sleeves show an interesting treatment, and run into the neck. The inverted plaits extend into the skirt and provide extra fulness, an essential feature of this sports frock. The diagram pictures the simple design of blouse No. 1231, which is in sizes 34, 36, 38, 40 and 42 inches bust. Size 36 bust requires 2⅝ yards of 36-inch, or 2⅜ yards of 40-inch material. The skirt, No. 1165, may be made with or without the camisole top, and is in sizes 28, 30, 32, 34, 36 and 38 inches waist. Size 30 waist requires 2⅛ yards of 36 or 40-inch material for the skirt without camisole top; or 1¾ yards of 36 or 40-inch for the skirt with camisole top, with 1¼ yards of lining for the camisole. Price 20 cents each pattern.

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A Stew Will Chase the Chills Away.

"Whew, isn't that wind cold!" you say, as you reach home and close the door against the first snapping cold day. But in another instant you breathe in the savory fragrance of a steaming kettle of stew, and your next impression is, "great." Besides being a popular dish for cold weather, stew is easily prepared by the housewife because it is always made in "one piece."

ENGLISH STEW.

Any Englishman would be pleased to eat a plate of this English stew. Cut two pounds of chuck beef into small pieces and put into a kettle with one quart of cold salted water. Bring quickly to the boiling point, skim, and cook until tender. Add one-half cup of carrot cubes, one-fourth cup of diced turnip, one-quarter cup of celery and one small onion chopped fine. Season with six allspice berries, six pepper-corns, and one-half of a bay leaf. Twenty minutes before serving the stew, add one cup of potato. Thicken with four tablespoons of flour to which enough cold water has been added to make a thin paste.

SCOTCH ADD BARLEY.

A Scotch stew is made with lamb, small onions, potatoes, and sometimes barley. A veal stew with dumplings appeals to most appetites on cold days. It is made similarly to English stew, only chuck veal cut into two-inch squares, and whole vegetables are used: Consequently, a little longer cooking is required. Vegetables which are generally used are medium-sized or small carrots, potatoes, and onions. Fifteen minutes before serving the stew, cover the surface with the baking powder dumplings.

To make the dumplings, measure and sift together two cups of flour, one tesapoon of salt, and two teaspoons of baking powder. Add enough sweet milk to make a "drop" batter (about three-fourths of a cup of milk), and drop by spoonful in the stew. Cover the kettle and cook for twenty to twenty-five minutes.

Desserts.

I think I love most all desserts,
Both cake and cherry pie,
And apple sauce and junket too,
I never would pass by.

But sometimes we have one dessert
As strange as strange can be.
I think I love it best of all—
It's "Just you wait and see!"
—Mary F. Wickham Porcher.

Soaked corn is not a satisfactory feed for young pigs.