

HOME

Seasonable Recipes.

Chow-Chow (plain).—Cut a medium sized cauliflower into small clusters; peel half a pint of small onions; put with them six green tomatoes sliced, six green peppers sliced; one pint little cucumbers; two large cucumbers sliced. Arrange a thick layer of vegetables in an earthen crock; strew with salt; make another layer of the vegetables and of the salt and continue in this way until all are used. Pour in cold water to cover, laying a weighted plate on top of all. At the end of three days pour off the brine, pick over and rinse the pickles, cover them with fresh cold water, and leave them in this for one day. The pickle vinegar is made as follows: One teaspoon each of celery seed, white mustard seed, whole cloves, whole black peppers, whole mace, and grated horseradish, one cup and a half of brown sugar, one gallon of vinegar. Bring to a boil and cook for five minutes, drop in the pickles, and boil together for thirty minutes. Put up in air tight jars.

Chow-Chow (mustard).—Prepare vegetables as in preceding recipe up to the stage when the pickle vinegar is made. To the ingredients named add two teaspoonfuls of ground mustard, cook all together for five minutes, and put the pickles into the vinegar. Simmer for five minutes, take the pickles out with a skimmer, put them into a stone crock, pour the vinegar over them, and leave them in this for two days. Drain off the vinegar, heat it again, add a tablespoonful of curry powder, boil up once, pour over the pickles, and when they are cold put them in small jars and seal. Not good to eat under a month.

Chili Sauce.—Peel twelve large, ripe tomatoes and four good sized onions; seed two green peppers and chop all together until fine. Put them in a saucepan and stir into them two teaspoonfuls each of ground allspice, cloves, and cinnamon, two tablespoonfuls of sugar, one teaspoonful of ground ginger, and a quart of vinegar. Boil steadily for two hours and when cool bottle and seal.

Tomato Catsup.—Boil together until soft eight quarts of tomatoes and six large onions, press through a colander, and strain the liquid that comes from them. Put this over the stoves with a dozen sprigs of parsley, two bay leaves, and a half teaspoonful of grated garlic, a tablespoonful each of ground cloves, mace, black pepper, salt, and sugar, a scant teaspoonful of cayenne pepper and a tablespoonful of celery seed tied up in a bit of cheesecloth or gauze. Cook five hours, stirring frequently and watching that the mixture does not scorch. By the end of the time it should be reduced to half the original quantity and thick. Take out the bag of celery seed, add a pint of vinegar, and bottle and seal when the catsup is cold.

Cucumber Catsup.—To one quart of peeled, seeded, and grated cucumbers allow two green peppers, seeded and chopped; one grated onion, one gill grated horseradish, two teaspoonfuls of salt; put over the fire and simmer an hour. Add one pint of vinegar, bottle, and seal.

Pressed Beef.—Four pounds of beef neck, wash thoroughly, boil until it leaves the bones, salt while cooking. When it is done, take out in a chopping bowl and chop about as fine as for mince-meat. Add pepper to taste. Use pot liquor to moisten it well. Put in a crock and place a plate and weight on it. Let it remain for three or four hours, and serve cold.

Quick Cinnamon Cake.—Three-fourths cup butter melted, one cup granulated sugar, four eggs, one cup milk, one cup flour, two and one-half teaspoonfuls baking powder. Bake in a dripping pan; sprinkle with sugar, cinnamon, and chopped nuts before baking.

Chicken Fricassee.—A tough, lean, old chicken can be bought cheaply at any time, and treated this way is as attractive and tasty and tender as a more expensive one: Cut up into the usual joint pieces and mince half-pound salt pork and two small onions. Put a layer of the minced pork in the bottom of kettle, then a layer of the cut up chicken, then a layer of onion, and repeat till material is all in the kettle. Set this on the stove to simmer until tender, which may take three hours or more, without any water, as the onion and pork will soon furnish moisture enough to keep the meat from burning. When tender add salt and pepper to taste. Add water and flour to make gravy.

Nut Molasses Cookies.—One-half cup butter, one-half cup sugar, one

cup molasses, two teaspoonfuls warm water, two and one-half cups bread flour, one teaspoon ginger, two teaspoons cinnamon, one teaspoon soda, one teaspoon salt, one-half cup nut meats, enough more flour to make a stiff mixture. Drop from teaspoon and bake fifteen minutes.

Home Hints.

Satin, after washing, will retain its gloss if a little borax is put into the last rinsing water.

A little turpentine put into the water for washing windows or mirrors is an excellent method.

To soften brown sugar when it has become lumpy, stand it over a vessel filled with boiling water.

Brown bread, instead of white, when making bread pudding, gives a most unusual and delicious taste.

Mildew is obstinate and difficult to remove. If lemon and salt or javelle water do not remove it, nothing will.

When plants droop, try adding a teaspoonful of ammonia to three quarts of water and water the plants fully.

Any chance of tins rusting is prevented by placing them near the heat for a little while after they have been washed.

Fine linens and all pieces of handsome lingerie should be wrung out by hand and never through a wringer.

Sweet oil will remove finger marks from varnished furniture. Kerosene on waxed or oiled furniture gives better results.

If a cork is too large for a bottle in which you wish to use it, lay it on its side and with a little board or ruler roll it under all the pressure you can put it. It will be elongated to fit in a very few minutes.

When washing new curtains you will generally find that they are full of lime. A great deal of trouble may be saved by soaking the curtains over-night in water, in which a little salt has been dissolved. The salt draws out the lime and makes the curtains easy to wash.

When the coal-oil lamp has a tendency to smell badly, saturate the wick with good vinegar and allow it to dry perfectly before putting it into the lamp. It will never smell, no matter how small the flame.

This is a good way to clean carpet. Get one ounce of wormwood salt from the druggist; put it into a pail of warm water; then wash your carpet as you would the floors, or, if very dirty, scrub it. When finished, all the dirt and grease spots have disappeared and the carpets look like new.

When the travelling bag becomes dirty, wash it all over with tepid water and a little soap. After it is dry, put a little oxalic acid in a cup of hot water and wipe the bag well with a soft cloth dipped in acid. When dry, brush the bag with the white of an egg and it will look fresh and new.

A very good plan to clean knives without putting the handles in water is as follows: Have handy a jug or vessel with soda water, and as soon as possible after the knives have been used stick the blades in the soda water, leaving the handles on the outside. This will cleanse and quickly remove stain and rust.

WHERE TO EAT AT TORONTO EXHIBITION.

That is the annual problem at the big Toronto Fair, but this year a tasty meal may be had in the large, airy dining rooms of Nasmith's, Limited, situated under the East and West ends of the big Grand Stand, where, with noise and heat and dirt screened out, one may enjoy a well-cooked, full-course meal on the American plan for only fifty cents. For those desiring a more elaborate service, the European Grill, at the extreme west end of the Grand Stand, is recommended, in which one may order according to the dictates of fancy or appetite, and be assured of treatment equal to the best hotel.

Highland Blood.

Lord Strathcona is blessed with a remarkable constitution, for, in spite of his advanced age, he is as well able to get through a day's work as any man in his prime. It is several decades since he entered the employment of the Hudson Bay Company, and he has rendered valuable service to the country that brought him wealth.

As a patriotic Scotsman, he recalls with a chuckle an incident which he witnessed in his early days. A fellow Scotsman, who was working with him on the same station, produced a set of bagpipes and commenced playing "The Highland Laddie." The Indians and Esquimaux who gathered round were delighted with the performance, and expressed their joy in their customary fashion. A dis-



Lord Strathcona.

cussion afterwards arose as to whether the Esquimaux were of Icelandic or Mongolian extraction.

"Hoot, mon, ye're a' wrang," exclaimed the enthusiastic piper. "Did ye no see the chirls this morning whilst I was twirling the pipes? I've nae doot—nae doot avay—they've true Hieland blud in their veins!"

WOMEN NEED A SAFE TONIC

And There is Nothing Better Than Dr. Williams' Pink Pills for Toning Up the Blood

It is said that woman's work is never done, and that it is a fact that whether in society or in the home her life is filled with more cares and more worries than falls to the lot of man. For this reason women are compelled regretfully to watch the growing pallor of their cheeks, the coming of wrinkles and the thinness that becomes more distressing every day. Every woman knows that ill-health and worry is a fatal enemy to beauty, and that good health gives the plainest face an enduring attractiveness.

What women fail to realize is the fact that if the blood supply is kept rich and pure, the day of the coming of wrinkles and pallor, dull eyes and sharp headaches, is immeasurably postponed. Dr. Williams' Pink Pills are literally worth their weight in gold to growing girls and women of mature years. They fill the veins with the rich, red blood that brings brightness to the eye, the glow of health to sallow cheeks, and charms away the headaches and backaches, that render the lives of so many women constantly miserable.

Mrs. William Jones, Crow Lake, Ont., says: "I feel that Dr. Williams' Pink Pills saved my life. I was so badly run down that I could hardly drag myself around. I was so bloodless that I was as pale as a sheet, and you could almost see through my hands. In fact the doctor told me my blood had all turned to water. I was taking medicine constantly, but without benefit. My mother had so much faith in Dr. Williams' Pink Pills that she bought me two boxes and urged me to take them. How thankful I am that I followed her advice. Before these were gone I began to feel better, and I continued using the Pills until I had taken five more boxes when I was again enjoying the blessing of perfect health, with a good color in my face, a good appetite, and I feel sure a new lease of life. I will always, you may be sure, be a warm friend of Dr. Williams' Pink Pills."

If you are weak or ailing begin to cure yourself to-day with the rich red blood Dr. Williams' Pink Pills actually make. If you do not find the Pills at your dealer's send 50 cents for a box or \$2.50 for six boxes to the Dr. Williams' Medicine Co., Brockville, Ont., and they will be sent you by mail, post paid.

We unhesitatingly recommend Magic Baking Powder as being the best, purest and most healthful baking powder that it is possible to produce. CONTAINS NO ALUM. All ingredients are plainly printed on the label.

MAGIC BAKING POWDER

EW. GILLETT CO. LTD.
TORONTO, ONT.
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THE WORLD IN REVIEW

Every fourth person one meets in Canada has come to the Dominion within the past ten years. A tourist in the train or a visitor to any city or town from coast to coast if he has his eyes open is sure to be impressed with the number of faces he sees that plainly show foreign birth. This continent has become the great melting pot of the nations and the Government reports show that representatives of ninety different nations settled in Canada in 1912. In that year the number who came from the British Isles was 145,659 and from the United States 140,143, the first time on record when the British immigrants outnumbered those from the United States.

Industrial Progress.
The report of the census of 1911 dealing with the manufactures of Canada during the year 1910 has just been issued, and is a striking proof of the advance this country has made along industrial lines. Compared with the census of 1901, which gave the figures for 1900, there has been an increase in the ten years of 4,568 in the number of working establishments, of \$800,667,122 in the capital invested, of 176,360 in the number of persons employed, of \$127,759,066 in salaries and wages, and of \$684,922,264 in value of products.

Shrinkage in Building Operations.
Building permits in Canada for the seven months of the present year have shown a decrease of eight per cent. over those for the same period last year. This decrease has been due chiefly to Quebec and the West. In Ontario and the Maritime Provinces large increases have been recorded. The amount of money expended this year on buildings in Ontario shows an increase of 38 per cent. in the Maritime Provinces an increase of 87 per cent., in Quebec a decrease of 4 per cent., in British Columbia a decrease of 77 per cent., in Alberta a decrease of 23 per cent., in Saskatchewan a decrease of 63 per cent., and in Manitoba a decrease of 51 per cent. With only three exceptions, North Battleford, Medicine Hat, and Nelson, the western cities are very much behind their records in 1912. For the month of July, this year, the general decrease is 26 per cent.

Good Roads and Country Life.
The public improvement most needed today is the improvement of our roads, and there is reason for optimism. Persistent appeals accumulate effect, but better than a century of propaganda is the spread of the automobile and the motorcycle. It is the possession of these for practical use and pleasure that is forcing the good roads movement. And together they will still further transform the conditions of rural life. They will take up what the telephone and the trolley began and give to life in the country new social resources. Isolation is passing completely from the country, and with its departure one of the profoundest social and economic changes in the history of the country will take place.

Forests to be Safeguarded.
Arising out of the reorganization of the Forestry Branch of the Ontario Department of Lands, Forests and Mines, it is understood that an important move is shortly to be taken by the Government to more adequately safeguard the forest wealth of Ontario. Prof. E. Z. Zavitz, Forestry Commissioner, has been commissioned by Hon. W. H. Hearst to study the whole question and report with a recommendation of a plan to be adopted. It is likely that when the Legislature meets next session a comprehensive programme will be laid before the House. The fire-protection programme will co-ordinate with the reforestation scheme now under way. Not only is the fire-rangin' force to be maintained and strengthened, but it is stated that fire belts will be cut through the most valuable stretches of pine forest, a more efficient patrol will be kept up, and severe prosecution of those who violate the forest regulations. The fire belts, it is hoped, will prove a buffer, and where a fire starts to spread it will strike these belts and stop for lack of combustible material.

Thousands of Hindus to Come to Canada.
Secret reports that have reached the Department of Immigration at Ottawa of a scheme on foot to bring thousands of Hindus to Canada by a direct line of steamers from Calcutta to Vancouver are causing the officials considerable concern. One rumor has it that a co-operative scheme, embracing one hundred thousand Hindus, will shortly be launched. Protests have already been received from the Pacific Coast, and it is reported that a special officer will be sent to London to make representations to the India Office. Hitherto it has been possible to prevent an influx by the order in council which stipulates that immigrants must come by direct passage from the land of their birth. Another clause that may be used, and has been used in similar cases, is the one prohibiting the immigration of persons belonging to a race deemed unsuited to the climate or requirements of Canada, but the Hindus have waged a campaign against this barrier, and point to their brethren now in good health and comfortable circumstances in British Columbia. Hindu women and children are said to be included in the new colonization scheme.

If despite warnings the Hindus attempt to land in Canada a serious situation will develop for feeling among the white population in British Columbia is very strong. Despatches from the Canadian Pacific coast say that white farmers are already clamoring for similar laws in British Columbia to those recently passed in California, and against which Japan so strongly protested.

Oil Fuel for the Royal Navy.
When Mr. Winston Churchill, First Lord of the Admiralty, announced that oil will supplement coal in the case of large as well as small ships of war, he called attention to another of the long series of changes that have revolutionized ocean transportation. This last is by no means the least, for the use of oil will bring

with it not only increased speed, but a much larger radius of action and easier and faster replenishment. The admiralty has not, however, come to this momentous decision without full assurance that it is justified. For more than a hundred destroyers are built or under construction dependent entirely on oil fuel, and the experiment of building a division of fast battleships and battle cruisers and a number of light cruisers burning oil fuel only, Mr. Churchill affirmed, has proved successful.

Coal, however, will not be entirely abandoned, because, as the first lord explained, oil is only required in large ships when an exceptional speed has to be reached with a vessel of exceptional quality. Whatever may ultimately happen, coal will continue to be the main basis of British sea power in line of battle at present. But the stake in oil ships is already so important that Britain must have the certainty of a steady supply of oil at a steady price and the admiralty recognizes that it must become the independent owner and producer of its supplies. In Britain itself are great potentialities, since the Scottish shale deposits alone, if developed, can yield between 400,000 and 500,000 tons a year for 150 years. The problem, remarked Mr. Churchill, is not one of quantity, but of price.

CONSUMPTION OF CANINES.

Eating of Dog Flesh is Increasing in Germany.

The consumption of dog meat as a food in Germany, probably as a result of high meat prices, increased greatly in 1912. Every year since 1907 has shown a considerable gain, but the 1912 figures are striking. Against 1911, in which year the number of dogs slaughtered under official inspection was 6,553, the total for 1912 rose by 1,570 to 8,132.

These figures, moreover, are but a small fraction of the total consumption of dog flesh, for a majority of the animals are slaughtered at home without the formality of an inspection.

Saxony remains, as always, the chief center for dog slaughtering, recording 4,288 dogs killed as against 3,540 in 1911. Prussia, however, is in second place with 2,630 in 1912, as against 1,917 in the preceding year.

AN OLD NURSE.

Persuaded Doctor to Drink Postum.

An old faithful nurse and an experienced doctor are a pretty strong combination in favor of Postum, instead of tea and coffee. The doctor said:

"I began to drink Postum five years ago on the advice of an old nurse.

"During an unusually busy winter, between tea, coffee and overwork, I became a victim of insomnia. In a month after beginning Postum, in place of tea and coffee, I could eat anything and sleep as soundly as a baby.

"In three months I had gained twenty pounds in weight. I now use Postum altogether instead of tea and coffee; even at bedtime with a soda cracker or some other tasty biscuit.

"Having a little tendency to Diabetes I used a small quantity of saccharine instead of sugar, to sweeten with. I may add that today tea or coffee are never present in our house and very many patients, on my advice, have adopted Postum as their regular beverage.

"In conclusion I can assure anyone that, as a refreshing, nourishing and nerve-strengthening beverage, there is nothing equal to Postum."

Name given by Canadian Postum Co., Windsor, Ont. Write for booklet, "The Road to Wellville."

Postum comes in two forms. Regular (must be boiled).

Instant Postum doesn't require boiling but is prepared instantly by stirring a level teaspoonful in an ordinary cup of hot water, which makes it right for most persons.

A big cup requires more, and some people who like strong things put in a heaping spoonful and temper it with a large supply of cream. Experiment until you know the amount that pleases your palate, and have it served that way in the future.

"There's a Reason" for Postum.