

# HOME

## Recipes for Icings.

**Egg Frosting (With Cocoanut)**—Ingredients: Whites of two eggs, one-half pound of fine confectioners' sugar, one-eighth teaspoonful of cream of tartar, one teaspoonful of lemon juice. Method: Beat the whites with a revolving egg beater until stiff, then add the sugar, two tablespoonfuls at a time until you have used half, always beating one minute between. Then add the cream of tartar, two more spoonfuls of sugar and lemon juice. Now beat in rest of sugar, and as soon as a knife, if drawn through, leaves a cleft, it is ready for cake. One cupful of fresh grated cocoanut is then added and the cake is iced between layers, top and sides, strewing a liberal amount of the cocoanut over the top.

**Boiled Custard Filling.**—Ingredients: One-half cupful of milk, three tablespoonfuls of sugar, two level tablespoonfuls of cornstarch, yolks of two eggs. Method: Dissolve cornstarch in a little milk, place rest in double boiler and when hot stir in the starch. Beat yolks with sugar, add some of the hot mixture, then pour back in kettle and stir until smooth. This may be added any desired flavoring, a little melted chocolate or shredded nuts and fruits, or desiccated cocoanut can be strewn over while applying custard to cake.

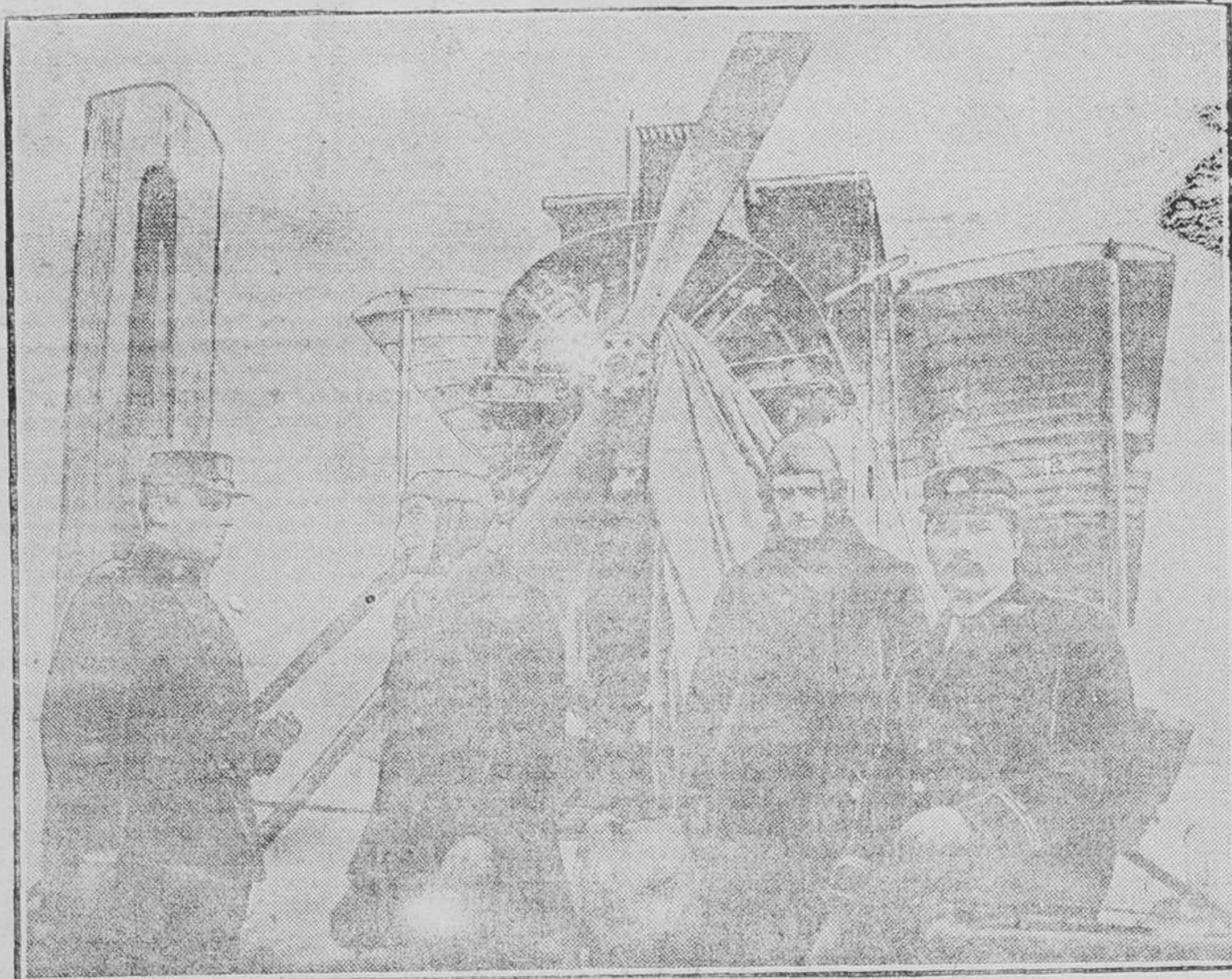
**Ornamental Icing.**—Method: Use above egg frosting, but beat so long that a bit dropped on paper will stand up perfectly then place in pastry squirt or bag and apply in any desired design.

**Mocha Cream Filling.**—Method: Whip one pint of double cream, then add three tablespoonfuls of confectioners' sugar and one or two tablespoonfuls of very strong cold coffee. This may be varied by adding some crushed macaroons or ground-nuts.

**Lord Baltimore Filling.**—Ingredients for filling: One cupful of stale almond macaroons, one-half cupful of ground pecan nuts, six finely shredded dates, two teaspoonfuls of orange juice or sherry. Method: Prepare these beforehand and have them ready to add to icing. Ingredients for icing: Two cupfuls of granulated sugar, two-thirds cupful of water, whites of two eggs. Method—Place sugar and water in a saucepan and boil, being careful not to scorch, until syrup will spin a thread when dropped from a spoon. In the meantime beat the whites with a revolving egg beater until stiff. When syrup is ready let some one pour it gradually over the whites, beating all the time. As soon as icing is stiff enough spread without being too thin add the prepared ingredients and spread quickly between layers and over top and sides of cake.

**Lady Baltimore Filling.**—Ingredients for filling: One cupful of sultana raisins, one cupful of blanched and ground almonds, three figs, twelve candied cherries. Method: Cut the fruit into small bits with scissors, then make the icing and proceed as directed for Lord Baltimore cake. To make the Lord or Lady Baltimore especially nice, as for a company cake, after frosting has hardened make one-half of the recipe given for icing. When stiff enough to hold its shape, but still run slowly pour on top of cake, tipping it to all sides to let icing run toward edge, then apply lightly to sides as it runs down.

**French Butter Frosting.**—Ingredients: One-quarter cupful of fresh butter, two cupfuls of sifted confectioners' sugar, hot water as needed, any desired flavoring. Method: If you have no unsalted butter wash good table butter. To do this heat a bowl and hands in hot



Two Britons who Made Terms in the North Sea.

Our picture shows Commander Sheddon and his mechanic, who, whilst flying over Northern Belgium, dropped into the North Sea. When the Dutch steamer "Orn" came to rescue them they refused to leave the hydroplane until they were promised that they would not be interned when landed at Rotterdam. The hydroplane has been interned, but the two men have been permitted to return.

water, then chill, and, taking butter into bowl, work and knead under cold water. Place butter between a clean napkin and pat dry, now cream the butter and sugar, adding a little hot water as needed. The mixture must be light and creamy, and after being applied to cake set in a cold place and the frosting will harden. This gives you the foundation for all kinds of French frosting. If you use hot coffee instead of water you have a mocha frosting, to which one or two spoonfuls of powdered charcoal may be added. Ground nuts are also nice in this frosting or nuts and candied cherries can be set on top as decorations.

## Household Hints.

When making suet pudding add an equal quantity of stale bread soaked in cold water.

To make mashed potatoes far more appetizing use hot milk instead of cold when mashing them.

What is the best early closing movement?—To go to bed at ten o'clock and close your eyes in sleep.

Be neighborly, be obliging, be kind and courteous, and then when sorrow and sickness come you will have sympathy and help.

A piece of suet run through a chopper before and after it has been used for mincing meat keeps the machine clean and in good condition.

When baking potatoes place them in hot water for 15 minutes before putting in the oven. They will then bake in half the time, and so effect a saving in fuel.

Umbrellas last much longer if during the fine weather they are never kept rolled up. When this is done the silk frays at the folds, and soon a rent will be the result.

To save the trouble of carrying mattresses down stairs tie a rope round them and lower them from the window when possible. Carpets and rugs may be removed in the same way.

Cayenne pepper is excellent to rid cupboards of mice. The floor should be gone over carefully, and each hole stopped up with a piece of rag dipped in water and then in cayenne pepper.

A sure test of linen is to wet a portion or piece, and if moisture is quickly absorbed and shows through

to the other side you will never be mistaken about linen. This is a never-fail test.

If when making soup or beef-tea for an invalid it is necessary to cool it at once pass it through a clean cloth saturated with cold water. Not a particle of fat will be left in the beef-tea.

Stale bread and stale cheese can be made into an excellent pie for dinner. Fill a baking dish with alternate layers of stale breadcrumbs and crumbled cheese. Beat up an egg, pour it in, and bake.

Instead of always folding tablecloths lengthwise it is an excellent plan to sometimes fold them the other way, as they are less likely to wear out if the folds are occasionally changed.

Instead of using two eggs for the family cake use half an egg beaten up in two tablespoonfuls of golden syrup. When making rice pudding place a piece of bread in the bottom of the dish and use less rice.

Don't throw away rusty curtain hooks. Put them in a bowl, cover with cloudy ammonia, and leave soaking for half an hour. Then stir round with a stick, pour off the ammonia and dry the hooks. They will be as good as new.

In weighing molasses for puddings or cakes if you dredge a little flour on to the scoop of the scale you can then dispense with the trouble of weighing a basin or saucer, as the treacle will slip off the scale quite clean if weighed immediately.

To store parsley for winter use place sprigs in a paper bag, tie up, and hang near the kitchen range to dry. After one week remove the stems and place leaves in a glass jar, cover closely, and when required it will look and taste like fresh parsley.

## ENJOY FUNERALS.

Scottish Writer Tells of Regular "Guests" Who Never Miss.

The typically Scottish funeral of the old days has been banished for good, says a writer in the Weekly Scotsman. Only in very exceptional cases does one read of "scenes" at an interment. The fashion of sending round the whiskey and bannocks and cheese has not been altogether abandoned in lonely country districts, where hearses are still unknown, but it is seldom that the bounds of decency are overstepped. It was not always so. There are many cases on record of funerals lasting two and even three days, partly as the result of snowstorms and partly due to the too rapid and continuous passing of the whiskey.

One can see in all the cities and towns of Scotland long strings of mourning coaches in the wake of a hearse. And in these days, nothing is easier than to become a "guest" at a funeral, more especially at a funeral of some leading citizen. All that is required to be done is to study the obituary advertisements inviting friends of the deceased who intend being present to intimate to a certain coach-hirer their intention, so that carriages to the requisite number may be in waiting. A post-card or telephone call is all that is necessary, and any name can, and often is for that matter, given, for the posting establishment takes only account of the number of mourners who are expected to be present, and does not trouble about anything else. Besides it is always possible for a man with a black coat and dress hat to find room in the mourning coaches, for everyone who promises to come do not put in an appearance.

While standing at St. George's Parish Church, Glasgow, where many of the large funerals start from, I was surprised the other day when an official of a hiring establishment, pointing to a gentleman just getting into a mourning coach, whispered, "Do you see that old chap? He has been going to funerals for years. He has a perfect craze for them, and never misses an opportunity when there is an open invitation in the newspapers. And he is one of the cheeriest old fellows I have ever met. He told me one time when I remarked to him that he must have assisted in the laying down of hundreds of the citizens of Glasgow, that it cost him nothing, and was always a nice change. Imagine speaking of a funeral as a 'nice change.'"

"Six summers ago I was engaged at a big posting establishment in the Perthshire Highlands. At the funeral of a local notability, to which there was an open invitation in the advertising columns of the newspapers, there was an extraordinary turnout. It took us all our time to get the necessary number of coaches, for the churchyard was a good distance away, and the mourners could not have walked the distance. There were refreshments served, and I noticed that the country people were quite as unconcerned as if they had been going to a fat stock show.

"A coachman who was sent to a place near Inverness-shire for the shooting season from our establishment in Glasgow told me that at a funeral he was at when in the Highlands there was an old gentleman pointed out to him who had not missed a funeral for years within a very considerable radius of his home. He seemed to be after the stamp of the Glasgow lover, and was said to be an adept about everything connected with coffins and graveyards."

## THREE REASONS.

Each With Two Legs and Ten Fingers.

An Eastern woman who is a fond mother writes an amusing article about her experience feeding her boys.

Among other things she says: "Three chubby, rosy-cheeked boys, Bob, Jack and Dick, respectively, are three of our reasons for using and recommending the food, Grape-Nuts, for these youngsters have been fed on Grape-Nuts since infancy, and often between meals when other children would have been given candy.

"I gave a package of Grape-Nuts to a neighbor whose 3-year-old child was a weakened little thing, ill half the time. The little tot ate the Grape-Nuts and cream greedily and the mother continued the good work, and it was not long before a truly wonderful change manifested itself in the child's face and body. The results were remarkable, even for Grape-Nuts.

"Both husband and I use Grape-Nuts every day and keep strong and well and have three of the finest, healthiest boys you can find in a day's march."

Many mothers instead of destroying the children's stomachs with candy and cake give the youngsters a handful of Grape-Nuts when they are begging for something in the way of sweets. The result is soon shown in greatly increased health, strength and mental activity.

Name given by Canadian Postum Co. Windsor, Ont.

Look in packages for the famous little book, "The Road to Wellville."

Ever read the above letter. A new one appears from time to time. They are genuine, true, and full of human interest.

## HEALTH WRECKED THROUGH LA GRIPPE.

It Generally Leaves the Patient Debilitated and an Easy Victim to Other Diseases

One of the foremost medicine writers says: "It is astonishing the number of people who have been crippled in health for years after an attack of la grippe or influenza." The real danger from this disease, which sweeps over Canada every winter, is during convalescence, when the characteristic symptoms, the fever, the catarrh, the headache and the depression of spirits pass away. Grip leaves behind it weakened vital powers, thin blood, impaired digestion and over-sensitive nerves—a condition that makes the system an easy prey to pneumonia, bronchitis, rheumatism, nervous prostration and even consumption. It is a condition that calls most emphatically for a tonic for the blood. Dr. Williams' Pink Pills are a tonic especially adapted to meet this need as they purify and enrich the blood. They tone up the nerves and give vigor, strength and health to the debilitated system. Mrs. Howard D. Chaffey, Indian Island, N.B., says: "For several winters in succession I was attacked by la grippe which left me weak and badly run down. In each case I used Dr. Williams' Pink Pills with the most beneficial results. Last winter when the trouble was again prevalent I took the precaution of fortifying my system with Dr. Williams' Pink Pills and escaped the trouble, while many of my neighbors were down with it. In fact I enjoyed the best of health all spring and feel sure this medicine will so fortify the system as to prevent the trouble."

These Pills are sold by all medicine dealers or may be had by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

## RUBBER AND GASOLINE.

German Chemists Are Seeking Substitutes for Them.

German chemists are co-operating to find substitutes for a number of compounds for which Germany depended upon foreign sources of supply, which have been cut off by the war. These are chiefly rubber and gasoline.

The necessity for gasoline or a suitable substitute is most pressing, as the transportation problem is the most serious factor in the great war, where men in lines of battle extending for hundreds of miles on both fronts must be kept provided with food and ammunition.

The German chemists have turned to benzol and alcohol as substitutes. Benzol is a by-product of the manufacturer of coke, and the German production amounts to about 160,000 tons a year in normal times, of which about 60,000 tons are used for chemical purposes.

Benzol possesses very valuable qualities as a fuel, containing 9,560 heat units per kilo, and being only slightly inferior to gasoline in this respect. A disadvantage in its use in the winter is its high freezing point. Benzol freezes above 32 degrees Fahrenheit, and must be raised to about 45 degrees before it will melt. Efforts are being made to overcome this disadvantage by adding nitrogen. There is no danger of its freezing when mixed with alcohol, and the mixture has proved very satisfactory in the experiments thus far made. There is no shortage of alcohol in Germany, as the available supply in August last was more than 26,000,000 gallons.

Problems arising from the shortage of rubber are much more complicated, although they have not the same direct importance in connection with the war. The cutting off of imports of caoutchouc has stimulated efforts to manufacture rubber or its substitutes by the synthetic process. Several satisfactory substitutes have been evolved by combining acetone and benzol products with caoutchouc.

Another serious problem confronting the chemists is that of providing the industries and agriculture with nitrogen. The importation of saltpetre has been interrupted. Saltpetre is used largely in the production of nitric acid, which is important in the manufacture of explosives. The supply of saltpetre, therefore, is being conserved for military uses, and chemists are making efforts to obtain from other sources the nitrogen necessary in agriculture and the various manufacturing industries.

The surgeon knows how to get inside information.

Angry Employer—Do you mean to contradict me? You haven't as much sense as a donkey. Clerk—No, sir. I don't pretend to set my opinion against yours.

## DRY IRRITATING HACK OF BRONCHITIS INSTANTLY RELIEVED BY "CATARRHOZONE"

No Failure, Cure in Every Case Treated by Catarrhozone

Catarrhozone can't fail to cure Bronchitis; it's so healing, soothing and balsamic that every trace of the disease flies before it. When you inhale the pure piney vapor of Catarrhozone, you send healing medication to the spots that are diseased and sore.

Isn't it rational to apply medicine where the disease exists? Certainly! and that's why Catarrhozone is so successful; it goes where the trouble really is, gets where a spray of ointment can't penetrate. For the relief and complete cure of bronchitis, asthma, catarrh, throat trouble, we guarantee Catarrhozone in every case. You don't take medicine—you don't take drowsy drugs—just breathe the balsamic essences of Catarrho-

zone; it does the rest safely and surely.

"For three years I was seriously bothered by a bronchial cough. At night I would awaken with a dry irritable feeling in my throat. I couldn't cough up anything, but very soon coughed my throat into quite an inflamed condition. Once I got Catarrhozone Inhaler I was all right. I took it to bed, and if an attack awakened me a few minutes use of the inhaler gave me relief. Catarrhozone has cured me and I strongly urge everyone with a weak throat to use it regularly.

(Signed) J. B. BEAMER.

Reading. Catarrhozone will not disappoint you. Get the complete \$1.00 outfit; it's guaranteed. Small size, 50c; trial or sample size 25c. at dealers everywhere.