

HOME

Dainty Dishes.

Oatmeal Gems.—Take one cupful of cooked oatmeal, one cupful of sweet milk, two teaspoonfuls of sugar, one beaten egg, one-half teaspoonful of soda, and one teaspoonful of cream of tartar (or one heaping teaspoonful of baking powder instead of the soda and the cream of tartar), and just enough flour to hold the mixture together. Bake the dough in hot gem pans in a quick oven.

Savory Pancakes.—Add a dust of cayenne pepper and a pinch of salt to a cup of flour and sift. Beat two eggs well, mix with them a cup of sweet milk, and add this mixture gradually to the flour, beating the batter until it is perfectly smooth. Cover the basin with a cloth and let it stand for an hour if possible. Just before using stir in one and a half teaspoonfuls of grated cheese and a quarter of a teaspoon of baking powder. Cook in the ordinary way, shaking the pan when the underside is lightly brown and turning. These are often served rolled.

Fillet of Whitefish.—Skin the fish and-rinse in cold water. Form it in several long portions of fillet by means of your hands. Cover them with a little soft butter, salt, pepper, onion juice, lemon juice or with creamed butter flavored to suit your taste. Add a few slices of olive, chives, some capers and a little parsley. Roll the fish into tight rolls and fasten with skewers, bake in a pan creased with butter. Baste with the stock made of the fish bone mixed with a small amount of egg, and crum. Remove the skewers and serve on a hot platter. Before serving add a few oysters, that have been simmering for a few minutes, to the sauce.

Ginger Pudding.—One-half pound of brown-bread crumbs, two ounces of preserved ginger chopped fine, one-half teaspoonful of powdered ginger, two large tablespoonfuls of golden syrup, one tablespoonful of brown sugar, some grated lemon peel, and two eggs, which must be well beaten. Soak the bread crumbs in boiling milk, to which you have added an ounce of butter; then mix the crumbs and milk with all the other ingredients. Put the mixture into a small mould, and steam it for one hour; it will then turn out easily on a little dish, and should be served with the diluted syrup of the ginger made hot and poured over it.

Spinach Soup.—Thoroughly wash the spinach in plenty of water, and, if it has not come directly from the garden, put it on a cloth and lay it on ice. Thirty minutes before the soup is wanted, wash it again, let the water drain off for two or three minutes, and put the spinach into a double boiler without any water, except the little that clings to it. Leave the double boiler open, for spinach loses its color if it is covered. After twenty-five minutes of cooking, strain the water from the spinach, and press it hard to remove all the liquid. Return the liquid to the double boiler, add water if the juice is too strong, salt it and reheat it. Add two teaspoonfuls of olive oil for each dish of soup; stir it in, and serve the soup at once. Upon each service place a heaped tablespoonful of whipped cream. The spinach itself, after the soup is made, may be chopped

and reheated with butter, to be served as a vegetable, or, cold, may be served as a salad with either French dressing and hard-boiled or with mayonnaise.

Sour Milk Flapjacks.—To two cups of flour add one-half teaspoon of salt and one teaspoon of soda. Sift and mix thoroughly, then add two scant cups of sour milk—if part sour cream they are finer—and beat well. Some people allow this mixture, minus the soda, to stand over night, adding the soda with the two eggs in the morning. Separate the two eggs, beat whites and yolks separately. If the batter is mixed just before it is used, add the beaten yolks just after the beating which follows the addition of the milk. Lastly, in any case, fold in the whites beaten stiff. Slowly heat the frying pan until just short of a heat that will burn the cakes, grease well, turn on batter, and when the cake is full of bubbles and before they break shake it loose from the pan, toss and bake on the other side. This tossing need not be a lost art. It is easy. Keep your mind on getting the pan under the cake as it comes down. Half corn-meal or half pint of berries rolled in flour used to be cooked in this batter and dates cut in small pieces and well floured may be used today to make this cake more wholesome. The batter, with or without the addition of a little melted butter, makes a good little muffin. When sour milk is used the eggs are sometimes omitted entirely from these cakes.

Household Hints.

A flannel dipped in turpentine will clean a porcelain tub excellently.

Excellent bibs for babies are made of small Turkish towels cut in two.

The new-laid egg is one of nature's greatest gifts to the sick room.

To wash colored silks, use cold water and a moderate amount of soap.

The more fresh foods there are on a table the better for the family's health.

At a pinch common white blankets can be cut up and used for baby blankets.

Put a thimble on the curtain rod when slipping it through the hem of the curtain.

The tops of pale-colored evening gloves make very dainty shoes for tiny babies.

Chamois mittens, worn while doing housework, are a great saving to the hands.

Little bags filled with shot make good little sewing room weights for keeping a pattern in place.

Cookies should be put into a cloth-lined stone jar when hot if you would keep them melting and crumbly.

Buttonholes on heavy linen can be done very satisfactorily with a fine crochet hook and thread.

Add the grated rind of an orange and two tablespoonfuls of the juice to a sponge cake for a change.

If you have to pack bottles in a trunk, tie in the corks and wrap them in soft towels, garments, etc., and place in the middle of the trunk.

It is a good plan to tell the cook to save every bit of left-over food. Have her put it in the refrigerator, and each morning devote a few minutes to the going over of all foods, and throw away only what you think cannot be used. There is mighty little that cannot be used in some way.

THE ACUTE PAIN FROM NEURALGIA

Permanently Cured Through the Use of Dr. Williams' Pink Pills.

Neuralgia is not a disease—it is only a symptom, but a most painful one. It is the surest sign that your blood is weak, watery and impure, and that for this reason your nerves are literally starving. Bad blood is the sole cause of the piercing pains of neuralgia—good rich blood is the only cure. In this you have the reason why Dr. Williams' Pink Pills cure neuralgia. They are the only medicine that contain in the correct proportions the elements needed to make rich, red blood. This rich blood reaches the root of the trouble, soothes the jangled nerves, drives away the nagging, stabbing pain and braces up your health in other ways as well. Here is proof—Mr. C. J. Lee, Vatchell, Ont., says:—"For several years I was troubled at intervals with neuralgia in the head and chest. The pain I suffered at times was most intense. I was continually doctoring for the trouble, but found nothing to give me permanent relief until I began the use of Dr. Williams' Pink Pills. Thanks to this medicine my blood has been restored to a healthy condition and every symptom of the trouble has disappeared. I can therefore, with confidence, recommend Dr. Williams' Pink Pills to all who suffer from the fierce pains of neuralgia."

You can get these pills through any medicine dealer or by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

WANTED—HOME LETTERS.

By Sgt. Frank S. Brown of Princess Patricia Canadian Light Infantry. Now at the Front.

What is the call,
The bugle call,
The call that has no betters?
The silver call
That beats them all,
The music call for letters.

You can take a silver trumpet
And sound the dread alarm,
T. A.* will spring in action
With his rifle 'neath his arm.
But if you want to see him jump
Or run like a streak of hail,
Just take the same old bugle
And sound the call for "mail".

No one who's not been there himself
Can tell just what it means
To have a live epistle
From your home tucked in your jeans.
A tripping sweet John Collins
To a thurst you wouldn't sell,
Isn't it with a starving heart
That gets a word from Nell.

Or if the maiden's name is Kate,
Or Jean or Marguerite,
A scented word of love—him makes
A week's dull drudgery sweet.
Why, any mother's soldier son
Who learns the bugle cry,
Just stops his heart and holds his breath
For fear he'll be passed by.

His hand is all a tremble,
His eyes stick out like pegs,
He goes all of a quiver,
With the ague in his legs,
And if his name's not on the list,
He wriths like a frozen bud,
Until another mail call drags
Him ploughing through the mud.

He's not a correspondent,
And his answers may be few;
His opportunities are slim,
To write his "billet doux."
But when he does, it is beneath
A spluttering pine knot taper,
With a broken nib and an ink-starved pen,
On a scrap of cartridge paper.

Now the moral is for folks at home,
Don't wait for him to write
And don't say "Dear Tom—must close;
I hope this finds you right."
A good long newsy letter,
Is the best that you can yield
In the way of down-right service
To your Tommy in the field.

What is the call,
The cheering call,
That every other betters?
A silver call,
A longed-for call,
The music call for letters.

*Tommy Atkins.

Salisbury Plains, Xmas, 1914.

A good sandwich is bread and butter with chopped dates.

Nothing makes better wash cloths than white stockings cut open. The edges may be finished with pink or blue crochet.

For salad dressing, three tablespoonfuls of oil, 1½ of vinegar, quarter of a teaspoonful of salt, one-eighth of pepper.

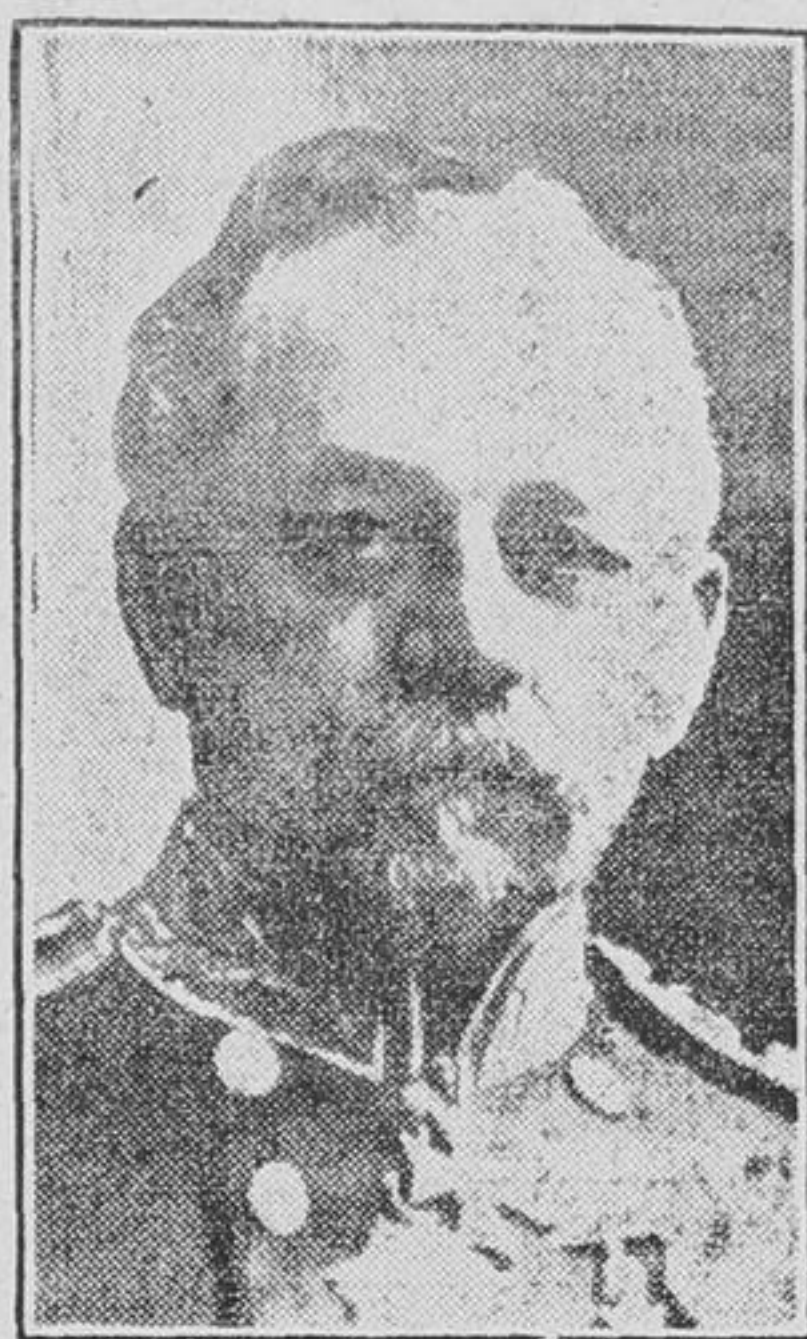
If you keep a canary, see that his cage is kept spotlessly clean—it is better for his health as well as for the cheerful aspect of the room.

CAPTAIN PERCY SCOTT, C.B.

Made Marksmanship the Chief Sport of British Navy.

The great naval victory of Sunday, January 24, when one of Germany's finest battleships, the Blucher, was sunk, and two other battle-cruisers damaged, was due not only to the superior guns, but also to the superior marksmanship of the British gunners.

When the war broke out, and for some considerable time before, heavy gun shooting was the sport par excellence of the navy, both "Gun-layers' Test" and "Battle Practice" creating an astounding amount of enthusiasm and emulation—and also betting!—and Sir Percy Scott is the man, above all others, who was responsible for it. Twelve years ago, gunnery was a dead letter, and target practice a nuisance. On February 2nd, 1902, Captain Percy Scott, C.B., delivered a lecture at the United Service Institution of Hongkong, on "The Fighting Efficiency of a Fleet which is Dependent on the Straight Shooting of the Guns." Out of that lecture arose a host of questions from the officers present, and one was in connection with creating interest and the need of competition. Captain Scott replied: "You relied en-



Admiral Sir Percy Scott.

tirely on competition in the past; in Malta harbor you never did the weekly sail drill without one or two men being killed in their anxiety to be first ship in the fleet—that same spirit still lives. I only want to introduce it into gunnery; we ought to make use of the national vice, namely "sport," and to create the same ambition among our officers and men in shooting as existed in sail drill."

Well, he certainly saw his ideal come to fruition before he retired, but it was not without a considerable amount of unpleasantness.

MARVELOUS BALSAMIC ESSENCES CURE CATARRH NO DRUGS TO TAKE--A DIRECT BREATHING CURE

Statistics Prove Ninety-Seven Per Cent. of Canada's Population is Infested With the Germs of Catarrh.

This disease is most dangerous owing to its tendency to extend to the Bronchial tubes and lungs, where it causes Consumption. Unfortunately the people have faith in sprays, ointments and snuffs, which can't possibly cure, and in consequence catarrhal disease has become a national curse. Science is advancing every day, and fortunately a remedy has been discovered that not only cures but prevents Catarrh. This new treatment "Catarrhzone" has sufficient power to kill the germs of Bronchitis, Catarrh and Asthma. It contains pure pine essences and healing balsams that go to the remotest

part of the nose, throat and lungs, carrying health-giving medication to every spot that is tainted or weak. You don't take Catarrhzone like cough mixture—you inhale its healing vapor at the mouth and it spreads all through the breathing organs, soothing and curing wherever Catarrh exists. This is nature's way of supplying the richest balsams, the purest antiseptics known to science.

A sneezing cold is cured in ten minutes. A harsh cough is eased in an hour, the most offensive catarrh is thoroughly drawn from the system.

For Asthma and Bronchial irritation nothing can equal Catarrhzone—every physician and druggist says so, and we advise our readers to try this treatment if suffering with a winter ill. The complete outfit costs \$1.10, medium size 50c., at all dealers.

BRUCE'S SEEDS

SPECIAL COLLECTIONS (Prices Prepaid)

- Bruce's Collection Floral Gems, 1 pkt. each 6 varieties, Fine Annuals, each separate, many colors, for 25c.
- Bruce's Peerless Collection Tall Nasturtiums, 1 pkt. each of 6 finest varieties, separate colors, for 25c.
- Bruce's Royal Nosegay Collection Sweet Peas, 1 pkt. each 6 superb sorts, separate colors, for 25c.
- Bruce's Peerless Collection Dwarf Nasturtiums, 1 pkt. each of 6 finest sorts, separate colors, for 25c.
- Bruce's Empire Collection Asters, 1 pkt. each of 4 magnificent varieties, separate, all colors, for 25c.
- Bruce's "A" Vegetable Collection, 6 pkts. different varieties, our selection, for 25c.
- Bruce's "B" Vegetable Collection, 12 pkts. different varieties, our selection, for 50c.
- Bruce's "C" Vegetable Collection, 11 pkts. different varieties and ¼-lb. each, Beans, Corn and Peas, our selection, for 75c.

FREE—Our handsomely illustrated 112-page catalogue of Vegetable, Farm and Flower Seeds, Plants, Bulbs, Poultry Supplies, Garden Implements, etc., for 1915. Send for it.

John A. Bruce & Co., Ltd. Hamilton, Ontario. Established Sixty-five years.

FREE!! \$200.00 IN CASH AND 100 VALUABLE PREMIUMS GIVEN AWAY!

1st PRIZE, \$50.00 in Cash 3rd PRIZE \$35.00 in Cash
2nd PRIZE, \$40.00 in Cash 4th PRIZE \$25.00 in Cash
5th to 9th PRIZES, each \$10.00 in Cash.

WAR PUZZLE



The above picture shows a Torpedo Boat Destroyer and an Aeroplane. The Aeroplane belongs to the enemy. It has just dropped a bomb on the deck of the war vessel. Some of the crew have been knocked down by the shock, and some have jumped into the water in an endeavour to save themselves by getting aboard other boats that are near by. Can you find the faces of the fourteen men in this picture? Some will be easily found, others are harder to discern, but by patience you can probably find most of them. You may win a cash prize by doing so. Many have done this. If you find the faces mark each one with an X; cut out the picture and send it to us together with a slip of paper on which you have written the words, "I have found all the faces and marked them." Write these nine words plainly and neatly as in cases of ties both writing and neatness will be considered factors in this contest. This may take up a little of your time but as there is \$200.00 in cash and One Hundred Premiums given away, it is worth your while to take a little trouble over this matter. We do not ask you to spend One Cent of your Money in order to enter this Contest. Send your answer at once; we will reply by return mail saying whether you are correct or not and will send you a complete prize list together with the names and addresses of the persons who have recently received over \$2,000.00 in cash prizes from us, and will also send full particulars of a simple condition that must be fulfilled in order that you may qualify in this contest. (This condition does not involve the spending of any of your money.) Winners of cash prizes in our late competitions will not be allowed to enter this one. This Competition will be judged by two well known business men of undoubted integrity who have no connection with this Company. Their decisions must be accepted as final. Send your reply direct to—HOUSEHOLD SPECIALTY COY. DEPT. W, MONTREAL.