

## About the Household

### Seasonable Dishes.

**Peach Salad.**—Scald and peel large, ripe fruit. Cool and remove stones, and fill with blanched almonds, or stick full of shredded almonds. Cover with French dressing made with lemon, then with whipped cream or cream mayonnaise.

**Steamed Blueberry Pudding.**—One cupful milk, two eggs, one cupful blueberries, rolled crackers or sifted graham bread, one teaspoonful salt, one-half cupful sugar, two table-spoonfuls melted butter. Beat eggs and add milk, with salt and sugar. Stir in berries and enough crumbs for drop batter. Steam one hour. Serve with pudding sauce. About one pound of bread crumbs will be needed.

**Celery and Onion Salad.**—Dice crisp stalks of celery and mix with same amount of diced Spanish onion (or less, depending on which you prefer uppermost, celery or onion), and toss lightly in cooked salad dressing, after seasoning with salt and paprika. Dispose salad portions on crisp lettuce leaves, tuck a radish rose or two to one side of celery and onion mixture, and serve.

**Peach Fritters.**—Skin three or four small peaches and cut into small pieces. Mix and sift one cup flour, one and one-half teaspoons baking powder, three table-spoonfuls powdered sugar and one-fourth teaspoon salt. Add one-third cup milk gradually, stirring constantly, and one egg well beaten; then stir in prepared peaches. Drop by spoonfuls into hot deep fat and fry a delicate brown. Drain on brown paper, sprinkle with powdered sugar and serve on napkin with lemon or vanilla sauce.

**Scalloped Tongue.**—One cup chopped cold tongue, one and one-half cups cream sauce, three hard boiled eggs, one-half cup boiled rice, one table-spoon melted butter. Butter baking dish, put in alternate layers of tongue mixed with cream sauce, chopped eggs and a little rice, seasoning to taste. Sprinkle bread crumbs and grated cheese on top and bake until light brown. Ham may be used to advantage this way.

**Bean Soup.**—Wash, pick over and put beans on to cook over a slow fire in about twice as much cold water as beans. Change water after first five minutes' boiling, using hot water for second cooking; add pinch of baking soda as large as bean and one-half teaspoon finely chopped onion, and cook two hours slowly. Add one-fourth pound sliced bacon to soup and cook until beans are tender. Skim bacon out, crisp it in frying pan and fry one-half cup stale bread cut into cubes in hot bacon fat, browning them well. Keep them dry and hot in oven until time to serve soup, then place a few in each soup plate.

**Mutton Stew with Salt Pork.**—Buy one or one and one-half pounds of diced salt pork to every four pounds of shoulder of mutton. Have mutton cut in small pieces for stewing, and roll pieces in flour. Remove fat from mutton, put salt pork on to fry, add mutton and saute until slightly brown. Have ready one onion, peeled and diced, one green pepper with seeds removed and diced, two peeled carrots, sliced lengthwise, and peeled potatoes, enough for family's needs. Add onion, pepper, carrots and one potato, diced, to contents of pot, season, cover with boiling water and let cook slowly until mutton is almost done; add remaining potatoes and cook until potatoes are done, adding more boiling water if necessary. Serve with mutton heaped in middle of dish, surrounded by potatoes, carrots and rim of parsley, and pass gravy in separate bowl. Those who do not like mutton will find this way of making the stew gives new turn to an old dish.

### Useful Hints.

The best iron-cleaner is a piece of wire gauze.

Tinned and bottled fruits should be kept in the dark.

Fine cotton is better than silk for mending gloves.

Artificial flowers can be restored by being held in steam.

Tussore silk should be washed in bran water, and no soap used.

Suede shoes can be freshened by being rubbed with sandpaper.

Brown boot polish is excellent for polishing dark varnished doors.

Blue will not streak linen if a little soda is mixed in the blueing water.

A paste of chloride of lime and water will remove ink-stains from silver.

A pan of charcoal in the larder keeps everything sweet and wholesome.

A pinch of carbonate of soda added to soup will keep it from turning sour.

A warmed knifeboard polishes knives quicker, better, and with less labor.

Powdered alum added to ordinary stove-polish increases the latter's brilliancy.

To remove fat from soup, pour the soup through a cloth saturated with cold water.

A little piece of cotton-wool in glove-tips prevents holes being rubbed by the finger-nails.

New tinware will never rust if rubbed with fresh lard and baked in the oven before use.

All white garments should be hung in the sunlight; all colored articles in the shade.

Herbs for drying should be picked early in the morning, and just before the buds open.

Cedarwood scattered on the range gives a pleasant odor, and nullifies cooking smells.

### For Mothers.

Tea is poison to a baby.

No meat should be given to a child under four years of age.

Pieces of raw potatoes clean an infant's feeding-bottle better than anything else.

An insect in the ear may be floated out by putting in a few drops of warm olive-oil.

No child should sleep on the floor, as all heavy, impure air sinks to the floor level.

Feeding-bottles with long tubes are so dangerous that in France they may not be sold or used.

Children should not be hotter than adults—the temperature should be from 98.6 to 99 degrees.

Swedish mothers put money into their child's first bath, believing that this brings future wealth.

Mothers in Greece, before putting their children in the cradle, turn round three times. This is to ward off evil spirits.

Green wallpapers should never be used in a nursery, as some contain arsenic. If a piece, on being burnt, smells of garlic, arsenic is present.

### Identifying Dead Soldiers.

Each of the armies in this great war, says the Christian Herald, has a system that enables it to identify the dead. The Russian soldier wears a numbered badge; the French soldier has an identification card stitched into his tunic; the German soldier has a little metal disk that bears his name; the British soldier has an aluminum disk, with identification marks and church affiliations; the Japanese soldier has three disks, all alike, one round his neck, another in his belt, and another in his boot; and the Austrian soldier has a gun-metal badge, with his name on a tiny parchment leaf within. The Turk is the only soldier so lightly valued that he carries no badge. Identification is evidently regarded as unnecessary in his case.

### SLUGS HARD.

Tea and Coffee Are Sure and Powerful.

Let the tea or coffee slave be denied his cup at its appointed time! Head-ache—sick stomach—fatigue, etc.

"Strange that thinking, reasoning beings will persist in the use of coffee," says a Western man.

He says further that he did not begin drinking coffee until he was twenty years old, and that slowly it began to poison him, and affect his hearing through his nervous system. (Tea produces about the same effects as coffee, because they both contain the drugs, caffeine and tannin.)

"Finally, I quit coffee and the conditions slowly disappeared, but one cold morning the smell of my wife's coffee was too much for me and I took a cup. Soon I was drinking my regular allowance, tearing down brain and nerves by the daily dose of the nefarious beverage.

"Later I found my breath coming hard, had frequent fits of nausea, and then I was taken down with bilious fever.

"Common sense came to me and I quit coffee for good and went back to Postum. I at once began to gain and have had no returns of my bilious symptoms, headache, dizziness, or vertigo.

"I now have health, bright thoughts, and added weight, where before there was invalidism and the blues.

"My brother quit coffee because of its effect on his health and now uses Postum. He could not stand the nervous strain while using coffee, but keeps well on Postum." Name given by Canadian Postum Co., Windsor, Ont.

Postum comes in two forms: Postum Cereal—the original form—must be well boiled. 15c and 25c packages.

Instant Postum—a soluble powder—dissolves quickly in a cup of hot water, and, with cream and sugar, makes a delicious beverage instantly. 30c and 50c tins.

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"There's a Reason" for Postum.

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### PERSONAL POINTERS.

Interesting Gossip About some Prominent People.

The Queen of the Belgians, called affectionately the "Angel Queen" by the Belgian soldiers, is a daughter of Duke Carl Theodore of Bavaria.

The Duchess d'Aosta, who takes a great part in Red Cross work in Rome, was born at Twickenham. Although delicate, she is a great devotee of big-game hunting.

Captain J. H. S. Dimmer, who won the V.C. by gallantly handling a machine-gun against the Prussian Guards, confesses that the honor has brought publicity to the point of becoming "a worry and annoyance."

Miss Mary Garden, the opera singer, is of Scottish extraction, and has a pretty wit. When asked if a woman of the world could dress on \$1,250 a year, she promptly retorted: "It may be possible, but what's the use?"

Lady Cardigan, whose "Memoirs" caused such a stir a few years ago, has many Crimean relics in her home at Deene Park, Northamptonshire, including the head of the charger which her husband rode at the head of the famous Light Brigade at Balaclava.

Mr. John Redmond has sartorial ambitions. He is wearing a silk hat with a rather low, massive crown that suits his striking head. When the sun shines he blossoms forth into a light-colored trilby and a flower in his buttonhole. He is easily the best-dressed man in the Irish Party.

The least-discussed member of the British Government to-day is Mr. Birrell, who seems to have relapsed into obscurity. He makes no speeches, and he no longer "Birrells"—that is to say, talks charmingly in the "obiter dicta" vein. He looks a tired man, and it is doubtful whether he would not welcome retreat from the Cabinet.

There was a discussion at one of the London clubs the other evening as to the unlucky thirteen superstition. An M.P., who had been quietly listening, intervened with the remark: "The best speech for years was based on a phrase of thirteen letters. It was 'Wake up, England!' by his Majesty the King." That settled the discussion.

If you were to ask General Smith-Dorrien what he thought of the Canadian heroism at Ypres his answer in all likelihood would be: "I always said they were fine." For years he has said: "Give me a thousand Colonials who can ride and shoot, and in six months' time they will be able to meet with advantage the finest Continental troops that can be brought against them."

Paderewski, whose eloquent appeal for our help for the Polish victims of the war has brought him into the limelight again, probably thinks the highest honor ever paid to him was

when he was asked by the Princess Louise to sit to her for his portrait, which her Royal Highness finished in three sittings. It would be rather interesting to know what has become of that painting.

Of a morning, taking a walk in Hyde Park, London, there may be met a bachelor who lives in one of the largest mansions in London. He is M. Paul Cambon, France's trusted Ambassador to the Court of St. James, and one of the pillars of the Entente Cordiale, and his house is the great corner building by Albert Gate, where, in a quiet hour stolen from the cares of diplomacy, he may be found immersed in the chessboard.

A very anxious sovereign at the moment must be Queen Wilhelmina, whose country the war has placed in such a difficult position. Happily her health nowadays is better than it used to be, and this no doubt gives her greater strength to face whatever issues the future may have in store. Her chief pleasure lies in the studio

that she has fitted up in her palace, and there, some time ago, she painted a number of beautiful illustrations founded on "The Arabian Nights."

Sir Percy Girouard, who is helping in the organization that is to give the Army more ammunition, is a notable figure with his monocle. He does not strike you at first as a leader of men, but when you have spoken to him for about half an hour, you change your opinion. A stern disciplinarian, he has the gift of making himself popular, as witness the testimonial signed by three thousand of the employees, when he gave up his appointment as Commissioner of the Railways for the Transvaal.

### A Gentleman.

A true gentleman never forgets himself—or fails to remember others.

"Lose not thine own for want of asking for it; 'twill earn thee no thanks."—Fuller.

## Here's a Free Treat for Your Canary

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Brock's Bird Seed and a Cake of Brock's Bird Treat Give Dick this special treat. The attached coupon mailed to us will bring a generous sample—a week's supply—of Brock's Bird Seed and a cake of Brock's famous Bird Treat—FREE.

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