

About the Household

Dainty Dishes.

Lemon Jelly.—Make the jelly by using the juice of 2 lemons and the rind of 1 grated, 3 eggs, butter size of an egg, and 1 cup of white sugar, thicken over the fire, but do not let it boil. This is nice for tarts, which should be made of puff paste.

Yorkshire Pudding.—One pint of sweet milk, 2 eggs, 5 tablespoons of flour; salt to taste. Mix eggs, flour and salt with a little milk until smooth, then add the rest of the milk gradually. Pour the mixture into a well-buttered dripping pan and bake 15 minutes in a tolerably hot oven. This is nice served with roast beef or poultry.

Cabbage Slaw.—Take a small head of cabbage, wash well, cut very fine with a slaw cutter or a knife of any kind. Take two small onions, peel and cut fine, mix with the cabbage, then season with salt, pepper, and vinegar to taste. Now take an extra dish and mix three good-sized tablespoons of thick cream with one tablespoon of sugar and mix with the slaw. This is delicious, especially if kept cold till serving time.

Bread Sauce for Game.—Cook half pint of soft, stale bread-crumbs, a pint of milk, one good-sized onion chopped very fine, a saltspoonful of ground mace, a saltspoon of paprika and a level teaspoon of salt for five minutes in a double boiler; stir constantly. The mixture must be perfectly smooth. Add a rounding tablespoon of butter; stir until melted; then add four tablespoons of thick cream and use at once for game or roasted guinea fowl.

A Substitute for Whipped Cream.—Sometimes one wishes to serve a dish that calls for whipped cream when neither the cream nor the time for whipping it are available. An excellent substitute is made by beating the white of an egg to a stiff froth, adding a ripe banana cut into very thin slices and beating until the banana is only a pulp evenly distributed through the egg. The result is a creamy delicacy that can be used in any recipe that calls for whipped cream.

Turkish Rolls.—Pound one cup blanched almonds to a paste, put into a double boiler with one pint of milk, a pinch of saffron and a tablespoon of sugar, a scant teaspoon salt and a tablespoon rounded of butter. Heat to scalding, remove from fire and when lukewarm add one-half cake yeast dissolved in a little water. Add sifted flour to make a soft dough and knead ten minutes. Put into a warmed earthenware bowl and cover until light; make into very small, long rolls, place an inch apart in greased pans to rise, then brush with beaten white of an egg and sprinkle with finely minced almonds. Bake in a quick oven.

Pot Roast.—The genuine pot roast is brown and rich and juicy, being cooked wholly in its own gravy and without any added water. A four to six pound is a nice size to cook properly. Select a piece with enough fat on it to furnish richness. Also add a small piece of beef suet. Heat an iron kettle until it is hot enough to sear the meat at once, then drop the suet and the meat into the kettle and turn over from side to side until the whole is seared so that the juices will not escape. Do not let the roast burn, turn often enough to prevent that but let it roast to a deep brown. Add no water for the meat will cook thoroughly in its own gravy. Do not have

too hot a fire. Three to three and one-half hours of slow cooking should do the meat to a turn. If it is desired to serve browned potatoes with the roast, remove the meat when cooked, add water to the gravy and drop the potatoes (either Irish or sweet) into the gravy and let them cook as usual. Season both meat and potatoes to suit the taste.

Macaroni in Variety.

Macaroni with White Sauce.—Break the macaroni in one inch pieces, three-fourths of a cup, wash, roll and cook in salted water, then drain. For the sauce, melt four tablespoons of butter in a sauce pan. When it begins to fry add four tablespoons of flour and stir until well blended. Then stir in gradually while beating two cups of scalded milk, bring to the boiling point, add salt, the macaroni and let simmer for a minute before serving.

Baked Macaroni with Cheese.—Boil the macaroni in hot water as directed. (It should first be broken in inch lengths.) Put a layer of the macaroni in the bottom of baking dish, then a layer of grated cheese, add pepper and salt, repeat with another layer of crackers and cheese. Put bits of butter over the top, add enough milk to nearly cover the food and bake in the oven until a rich brown. Serve with crackers or toast.

Macaroni Cutlets.—Cook a half cup of macaroni broken in small pieces, drain and make a sauce as follows: Melt two and a half tablespoons of butter and add one-third cup of flour. Stir until well mixed. Pour this gradually into a cup of hot milk. Add one-fourth cup of grated cheese, and season with salt and pepper. Cool and shape in the form of cutlets, roll in bread or cracker crumbs, dip in beaten egg then in the crumbs again and fry in plenty of hot fat to brown nicely.

Household Hints.

Coarse salt is an excellent cleanser of irons.

Cheaper cuts of meat always require more cooking.

Good milk, eggs and butter are necessities, not luxuries.

Salt in cold water will remove blood stains from linen.

A tiny pinch of salt added to eggs makes them froth more quickly.

A lump of sugar dropped into milk will prevent its turning sour, it is said.

Glass or china can be safely packed if damp straw or hay is used for packing material.

A large glass bottle makes a good receptacle for buttons. By shaking the bottle you can see whether you have the button desired without taking it all out.

Sugar forms about 70 per cent. of honey; it is derived from natural sugars by inversion, and is more easily digested in this form than cane sugar.

Before washing lace curtains run a narrow strip of muslin or tape along each outer edge. This will keep them perfectly straight, and will keep them from stretching at the edge.

Tar may be removed from any washing dress by spreading butter on the tar. This should be left for an hour or two to soak well in, and should afterwards be washed in the ordinary way, when all trace of tar will be gone.

LOOKING OLD TOO SOON

The Condition of Too Many Women and Too Many Girls.

Too many women and too many girls look old long before they should. Their faces become pale and drawn; wrinkles appear and their eyes lack brightness. Can this be wondered at when they so frequently have headaches, backaches and a general feeling of wretchedness and weakness? In most cases it is the blood that is to blame. From one cause or another the blood has become thin and watery, and it is a fact that anaemia (bloodlessness) more than any other cause, gives women this prematurely aged appearance. It is important that the blood supply of girls and women be regularly replenished—important not only on the score of looks, but to restore robust health, which is of greater value. Dr. Williams' Pink Pills actually make new blood and restore the system shattered by overwork or worry. These pills give a glow of health to pale faces and make tired, weary women and girls feel bright and happy. With Dr. Williams' Pink Pills at hand there is no need for any woman or any girl to look ill or feel ill. Mrs. J. McDonald, jr., Hay, Ont., says: "I honestly believe Dr. Williams' Pink Pills saved my life. Some years ago I had anaemia, and as I did not realize the seriousness of the trouble I soon became a complete wreck. I got so weak I could hardly walk. I neither ate nor slept well, and could not go upstairs without stopping to rest. At times I had an almost unbearable pain in my back and would have to remain in bed. I suffered almost constantly from a dull headache, and when sweeping if I would stoop to pick up anything I would get so dizzy that I would have to catch hold of something to keep from falling. At times my heart would beat so fast that I would have a smothering sensation. My eyes were sunken and my hands and limbs would be swollen in the mornings. I tried several kinds of medicine without benefit and my friends thought I would not recover. Then I began taking Dr. Williams' Pink Pills, and before long could see and feel that they were helping me. I gladly continued the use of the pills until I was completely cured and I cannot say enough in their praise, and I strongly recommend them to all run-down girls and women."

You can get Dr. Williams' Pink Pills from any dealer in medicines or by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

UP-TO-DATE TARGETS.

Represent a Whole Army Marching or Fighting.

It is dull work firing at a bullseye target, so that it is not surprising that the old-time soldier made small progress with his marksmanship. But set before him a target which embodies a definite idea, and appeals to his intelligence as well as his skill, and half the battle of good shooting is won.

This is the secret—with much practice and good training as well, of course—of the fine marksmanship of our men, for the bullseye is now only used in the elementary stage of rifle practice.

An up-to-date target represents a soldier, a horseman, a gun, or a whole army marching or fighting, scaled to size as it would appear at certain distances, and the soldier fires at it individually or in sections.

He begins by firing at a single target, representing the head and shoulders of a man lying down in the firing position, and some of these targets fall backwards when hit. He thus becomes familiarised with the appearance of different objects when viewed from various distances, and he learns to shoot straight as well as to estimate distances. No longer is he a mere automaton, pulling his trigger when his rifle is aimed at an object which he is told is so many yards distant.

Most wonderful of all is the Solano target, which represents a whole battle scene, with moving figures in their proper size and even the haze of distance allowed for. Ingenious devices provide other illusions which enable the soldier to become a perfect marksman.

So it is with the artillery. There are dummy villages to shoot at—let us haste to say they represent positions held by troops—cavalry on wires charge across shell-strewn plains, and sham guns belch forth smoke and flame.

When firing ceases it can be ascertained how many of the "enemy" have been annihilated.

Base Libel.

Tom—"Is it true that you proposed to Alice and was rejected?"
"Not exactly rejected—she said when she felt like making a fool of herself she'd let me know."

SWISS PAY DEAR FOR NEUTRALITY

COUNTRY HEMMED IN BY WARRING NATIONS.

Can Produce From Its Own Soil Only a Sixth of the Grain Required.

A nation of less than four million inhabitants, Switzerland had an army of over a quarter of a million upon its frontiers before the end of the first week of August of last year, all well armed and well drilled, completing mobilization before either Germany or France.

Within Switzerland's own borders, among the twenty-two cantons of the confederation, influences have been at work to break the Government's neutrality which began their activities before the soldiers had rushed to answer the first call to arms. Among the French Swiss were numerous friends of France who cared more for the interests of the sister republic than for those of their own. Among the German Swiss assistance to Germany was sought at the expense of patriotism. The Italian Swiss worked toward the same end; to sacrifice their country in answering the call of nationality. Every village was flooded with pamphlets, newspapers were subsidized and orators travelled through the land, each preaching doctrines whose acceptance by the Government would have wrought nothing but evil to Switzerland.

Production Small.

Switzerland can produce from its own soil in a year only food sufficient to last for two months. Most of its grain it has been accustomed to get from Russia. For over a year it has beaten off starvation with difficulty.

Material interest must speak loudly in Switzerland for England. Great Britain buys twice as much as it sells to Switzerland, and is, in fact, the little republic's best customer. The German nationality has the majority among the cantons, there being nearly three million Germans to one million divided between the French, Italian and Roumansch; but the German Empire buys of Switzerland only about half as much as it sells to it.

But to close the commercial door to Germany would be to deprive the country of some of its vital necessities. All the pig iron which goes into the Swiss machinery, sold in the markets of the world, must come through Germany.

In times of peace the Swiss embroidery machinery and the Swiss embroideries find eager buyers; the Swiss laces can more than hold their own with those manufactured in Nottingham and Saxony. Importing raw silk from Italy, the Swiss merchants can produce finished products to rival those of Florence and Lyons.

Markets Lost.

The Swiss watches are the best in the world. The Swiss milk industry produces chocolate so excellent in quality that the shrewd British merchants long ago obtained the monopoly. The Swiss hotel system has satisfied the desires of tens of thousands of tourists annually.

All of these industries of peace and wealth have been rudely swept into ruin by the war, and Switzerland is reduced merely to the sustenance of life. She must have food and she must have coal, and she must have



Just a Scratch

BUT it needs looking after. "Vaseline" Carbulated will help it to heal quickly and prevent risk of infection. First aid treatment with

Vaseline CARBOLATED

Petroleum Jelly. Made in Canada.

It is a most effective antiseptic dressing for cuts, bruises, boils, and skin irritations of all kinds, such as eczema, poison ivy and barber's itch. Also good for corns. AVOID SUBSTITUTES. Insist on "Vaseline" in original packages bearing the name, CHESEBROUGH MANUFACTURING CO., Consolidated. For sale at all Chemists and General Stores.

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the wherewithal to pay for them through legitimate commerce.

THE MONGOOSE IN JAMAICA.

They Have Become the Bane of the Island.

The introduction of the mongoose into the West Indies some 40 years ago has upset the order of nature there much as it has in the Hawaiian Islands. Just as in Hawaii, these ferret-like animals from India not only destroyed snakes and rats in the sugar cane fields, the object for which they were imported, but proceeded to clean out the wild birds of the island, as well as poultry yards, pigs, kids, lambs, new-born calves, puppies and kittens. In the West Indies they have also consumed the lizards, with the result that insects have increased to an alarming extent.

It was less than 20 years after four male and five female mongoose were turned loose in Jamaica that the Government had to appoint a commission to investigate. This body drew up a severe indictment against the animal, adding to his diet not only all birds nesting on or near the ground and the young of the farmyard, but turtles, landcrabs, bananas, pineapples, sweet potatoes, cacao and even fish, which he catches with his paws. Worst of all was the charge that while protecting the sugar cane from its enemy, the rat, he even bit and drank the juice of young cane.

In late years outcries against the mongoose have come from other islands. In Trinidad the Government offered a reward for the body or tail of each mongoose, but instead of reducing the pest, it only set some of the natives to mongoose breeding for the reward.

Prizes have been offered by an agricultural society for an effective but cheap mongoose trap.

NOT AFRAID OF SUBMARINES



Above is a scene on the steamship Coniston Water, the photograph having been taken while the vessel was passing through the Straits of Gibraltar. The cat is Australian, the dog Italian, the parrot Brazilian and the monkey Indian.

War upon Pain!

Pain is a visitor to every home and usually it comes quite unexpectedly. But you are prepared for every emergency if you keep a small bottle of Sloan's Liniment handy. It is the greatest pain killer ever discovered.

Simply laid on the skin—no rubbing required—It drives the pain away instantly. It is really wonderful.

Sloan's Liniment

for RHEUMATISM, SPRAINS, SORE MUSCLES

