

About the House

Useful Hints and General Information for the Busy Housewife

Dainty Dishes.

Pineapple Tapioca.—Soak four tablespoons pearl tapioca overnight. Cook in double boiler until clear, but not entirely dissolved. Add one pint can grated chopped pineapple and sugar to taste. Stir well, pour into molds and chill.

Waldorf Salad.—Peel and cut one apple into dice and sprinkle with two tablespoons orange juice. Add one cup of finely cut celery, one cup broken walnut meats, one-half teaspoon salt and grated yellow rind of one orange. Mix thoroughly, moisten with one cup mayonnaise, place in nests of lettuce leaves and garnish with candied or Maraschino cherries.

Cabbage and Cheese Salad.—Make French dressing of four tablespoons oil, two tablespoons vinegar, one-half teaspoon salt and one-fourth teaspoon pepper. Add one-half of canned pimento chopped fine, one tablespoon chili sauce, four tablespoons cream cheese and one-fourth cup finely minced cabbages. Serve on hearts of lettuce.

Pineapple With Cheese.—Drain slices of canned pineapple and marinate in French dressing. Work 10-cent square of cream cheese with sufficient butter to soften well, add dash of red pepper and teaspoon of Jamaica rum (this may be omitted). Lay pineapple slice on lettuce leaf for individual service, squeeze softened cheese over through confectioner's bag or arrange it with spoon. Top with maraschino or preserved cherry for color effect, and serve.

Custard Raspberry Pie.—Line plate with plain paste and build up fluted rim. Beat two eggs slightly, add three tablespoons sugar, one-eighth teaspoon salt and one and one-eighth teaspoon salt and one and one-half cups milk. Strain mixture into plate and put in quick oven to set rim, then reduce heat and bake until firm. Milk and egg mixtures must be cooked at low temperature. Cover top with raspberry jam and spread. Over this spread layer of whipped cream flavored with vanilla. Garnish with whipped cream forced through pastry tube.

Macaroni Recipe.—Cook one cup macaroni, broken into one-inch pieces, in boiling salted water until soft (about twenty minutes), drain in strainer and wash off with cold water. Put in buttered baking dish. Have two cups milk heating dish in double boiler. Add gradually to three and one-half tablespoons peanut butter. Add one teaspoon salt. Pour over macaroni, cover and bake in slow oven forty minutes. Remove cover, sprinkle with three-fourths cup buttered breadcrumbs and bake until crumbs are browned.

Chicken Scallops.—Pick meat carefully from bones of cold chicken and chop fine. Put layer of bread crumbs in bottom of buttered casserole or baking dish, moisten with milk, add layer of chicken and chicken dressing (if there was any), dot with butter and season with pepper and salt. Repeat until dish is almost full. Add a little hot water to gravy that was left from the chicken and use this too. Take two eggs, two tablespoons milk, one tablespoon melted butter, a little salt and enough cracker crumbs

to make mixture thick enough to spread with knife; spread over top of dish, dot with butter, cover and bake three-fourths of an hour. About twenty minutes before serving uncover and let brown.

With a Can of Salmon.

"What shall we have for lunch?" is often as serious a plea as "What shall we have for dinner?"

The solution is frequently found in the emergency can of salmon, which should be upon every housewife's shelves. Canned salmon is a good, wholesome food, and while many may utilize it to some extent, it is really capable of wider use.

Canned salmon is a most concentrated food equal to meat, and also containing considerable fat. It therefore combines best with starchy food, either bread or potatoes, or milk. The most quickly prepared dish is, of course, simple creamed salmon, which can be laid on toast or served on open, stale rolls. But where a little more time is available, it is better to prepare the salmon as a steamed loaf, or a baked dish.

Such a loaf can be combined with bread crumbs, eggs, seasoning, placed in a buttered mold and steamed about half an hour, or baked a little less time. It can be surrounded with a garnish of plain boiled rice or mashed potato. Another way to use salmon is to make it into a creamed puree soup. Have ready a thin white sauce; pick the salmon free from the bones and mash fine. Add this salmon pulp to the sauce, season well and serve. Children generally enjoy this salmon soup very much, and it is extremely wholesome.

Sometimes a housekeeper is heard to say, "Oh, we have only a can of salmon," thinking it does not contain much nourishment. But Government figures tell us that salmon contains the following food units: Protein, 21.8 per cent.; fat, 12.1 per cent.; compared with roundsteak, 19.8 per cent.; fat, 13.6 per cent.

Here is a good recipe for making a salmon loaf, to be steamed in a quart mold:

One can flat salmon, picked from bones; 2 eggs well beaten, 4 ounces fresh white bread, ½ teaspoonful each of salt, celery salt, onion juice, one teaspoonful chopped parsley, 1 cup of milk. Mix thoroughly and steam in buttered mold.

Deviled Salmon.—One-half can salmon, two eggs, one and one-half teaspoonfuls of mustard, two tablespoonfuls vinegar, one-half teaspoonful sugar, one-half teaspoonful salt, one-half teaspoonful pepper, one and one-half teaspoonfuls butter. After emptying the fish from the can pull to pieces with fork. Boil one egg hard, mash fine, well butter, mix all ingredients together, adding butter last. Beat the other egg in, put in baking dish and bake for 30 minutes.

Household Hints.

Meat should not be salted before cooking.

Never leave stock to cool in a saucepan.

Never apply hot water to frost-bitten flesh.

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Vaseline White

Trade Mark
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CHESEBROUGH MFG. CO.
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Ammonia water is excellent for cleaning white paint.

Earthenware utensils are best adapted to oven cookery.

Orange and celery salads are good used with meat or game.

Stock should be boiled every day and put in a clean bowl.

If boiling water is poured over apples the skin will come off easily.

If the broom is worn unevenly, dip it in hot water, then trim even.

When one is tired, a sponge bath in either hot or cold water is refreshing.

A good cereal coffee is an excellent thing for the school children's breakfast.

Hang wet curtains on the wooden curtain poles as soon as washed, and they will dry gracefully.

In washing greasy dishes wipe each dish out with newspaper first, and save your dish-water.

In making boiled starch, leave a small piece of soap in it; the irons will slip along more easily.

Do not rub soap on a stain in cotton goods. First wet the cloth and partly wash it out in clear water.

Dry sponge cake toasted and spread with sliced oranges like a sandwich makes a good luncheon dish.

The Fashions

Novelties on Spring Counters.

Even the most skeptical among us must be thrilled and interested by the attractive novelties Fashion is now placing on her spring counters, and in her spring shops. For instance there are the quaint bonnets which are being displayed at the moment in our millinery departments, as a logical sequence of the modish gathered and flaring skirts.

Fluttering about one of these bonnets, a fascinating creation of garnet



House Coat of Cotton Corduroy.

braided and white gardenias, in one of our smart shops the other afternoon, was a quaintly smart little person, dressed all in gray. She wore one of

the new faille suits, made with a rather close fitting coat, flaring widely at the lower edge, combined with the most modern of old-fashioned skirts. It was a veritable "pull-back," having all of the fulness drawn to the back and held by a tape fastened at the side seams—fitting as smoothly and plainly across the front as the narrowest of skirts did some seasons back. From belt to hem in back, the skirt was stiffened with haircloth, causing the fulness to fall in several outstanding folds. At the involuntary upward and downward glance she induced, one expected to see a pair of extremely high French heels on silver-buckled slippers, or a high-crowned, flower-trimmed chapeau.

As the small person continued on her way from counter to counter, the skirt swung in true, hoop-skirt fashion, which it must be admitted was quite fascinating.

The Annual Sale of White.

At this season of the year, of course one expects to find the shops veritable bowers of white; to find the most fascinating of cottons, suggested for summer frocks, and to be charmed by the airy blouses, parasols, and other articles designed, as it seems, for wear in Fairyland itself.



Jumper Dress of Serge.

The white sale this year is considerably mixed with pink and the other soft tones which have been gradually coming into favor for underwears the last few seasons. There are the daintiest possible combinations, chemises, camisoles, and the numerous other underfittings which go so far toward the success of frock or suit. Silk mull, and other soft cottons vie for favor with the more expensive Italian silk. All of these silks and cottons wash excellently and require no ironing. While the silk garments are at first a trifle expensive for the majority of purses, in the end they are economical; they fit so well, wear so well and are generally so entirely satisfactory.

The Vogue of White.

White will be quite as modish for skirt, suit and frock this season as it has been for the past summer or two. Serge, gabardine and broadcloth are smart for those who can afford more than one white frock or suit, but for the practical woman cotton corduroy in its various cords will be far more practical; it may be easily and effectively tubbed when soiled. These corduroys come in the pale pinks, blues, yellows, and similar tones for separate skirts, suits and sport coats or blouses.

Among the season's novelties is the house coat; it closely resembles the sport coat or blouse, and could in fact be used for the same purposes, but it has been designed for house wear, to take the place, as it were, of the kimono, with the woman who does not care for, or who has not the time to indulge in, the luxury of so complete a negligee as a kimono, or similar loose-fitting house robe. These are being developed in the colored cotton corduroys, and in like corded cottons. They are finished with wide collars, deep, roomy pockets, and are loosely belted. Combined with skirts of white linen, duck, khaki, or cotton corduroy, they are excellently suited to morning wear and the house.

Popularity of the Jumper.

The jumper dress or blouse is one of the most satisfactory notions introduced for many seasons; instead of

losing favor because of its general popularity, it is, on the contrary, becoming daily more in demand. For business, street, and general daytime wear, the dark blue serge, jumper frock combined with an underblouse of crepe de Chine, Georgette, or black satin, is most satisfactory. The fact that the underblouse may be changed, and the frock so varied, makes its appeal to women who like a change now and then, but who cannot afford a great number of frocks.

Satin or taffeta blouses or jumpers, with sleeves of a transparent or contrasting material are still being worn for afternoons and more dressy occasions, combined with skirts or taffeta, faille or satin.

Patterns can be obtained at your local McCall dealer, or from The McCall Company, Department "W," 70 Bond St., Toronto, Ontario.

HEALTH WRECKED THROUGH LA GRIPPE

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

One of the foremost medical 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 headaches and the depression of spirits pass away. Grippe 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.

EAT MORE CHEESE.

A Cheap and Wholesome Substitute for Meat.

Eat more cheese. This, in brief, is the advice of the United States Department of Agriculture, expressed recently in a bulletin. It recommends cheese as a cheap and wholesome substitute for meat.

A Swiss investigator backs up the government findings by the statement that cheese is valuable not only for its content of proteids and carbohydrates, but for the beneficent bacteria found in it.

Naturwissenschaften of Berlin says: These kinds of bacteria, especially those in Emmenthal and similar cheeses, resemble in effect those lactic acid bacteria which play an important part in all sorts of sour milk preparations such as kumiss, kephir and, according to recent reports by Dr. Burri, especially in yogboort. Above all, certain undesirable processes of decomposition are to a great extent suppressed, or at least diminished, by the bacteria referred to."

Another interesting and important assertion is to the effect that persons who make cheese a considerable part of their regular diet are very resistant to many intestinal diseases, such as dysentery and the dreaded typhus fever, which has desolated Serbia. According to Dr. Burri, the daily meat ration in the Swiss army has already been partly replaced by cheese with excellent results.

NO MEDICINE TO EQUAL BABY'S OWN TABLETS

Mrs. E. Cutler, St. Lazare, Man., writes:—"I have used Baby's Own Tablets for the past ten years for my five children and can truthfully say there is no medicine to equal them." The Tablets regulate the bowels and stomach, cure constipation and indigestion, expel worms and make teething easy. They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

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Not long ago my left knee became lame and sore. It pained me many restless nights. So serious did it become that I was forced to consider giving up my work when I chanced to think of Sloan's Liniment. Let me say—less than one bottle fixed me up.

Chas. C. Campbell, Florence, Tex.