

## Female Help Wanted...

In large hosiery, underwear and sweater factories. Vacancies in all departments, with openings for experienced or inexperienced help. Highest wages and moderate priced board. Apply, immediately.

Penmans Limited, Paris, Ont.

## ABOUT THE HOUSEHOLD

### Some Tried Recipes.

**Bread Sauce.**—Rub through colander one teacup bread crumbs. To one-half pint cold milk add small onion and four allspice. Boil eight minutes. Take out onion and spice, add bread crumbs and one tablespoon butter. Beat well and serve hot with chicken.

**Frizzled Beef.**—Melt one tablespoon butter, add one-half pound dried beef. Cook five minutes, add one-half cup stock, a few drops onion juice, one-half teaspoon Worcestershire sauce, two eggs well beaten. Cook two minutes and serve.

**Cheese Dreams.**—Cut twelve thin slices of bread and remove crusts. Cut in halves, cover with a thin slice of cheese. Sprinkle with salt, paprika and cayenne. Cover with another slice of bread and saute on both sides in butter. These are more easily prepared small than large.

**Cheese Custard.**—Melt two tablespoons butter; add one teaspoonful each of salt, mustard and paprika. Add two cupfuls cheese, one-half cupful soft bread crumbs, and one cupful milk. Cook five minutes. Add two eggs well beaten; when thoroughly blended pour on to bread toasted on one side.

**Bacon and Chicken Livers.**—Cut six chicken livers in slices. Sprinkle with salt and pepper. Add an equal amount of sliced bacon. Cook together until livers are tender. Pour on two tablespoons flour, one-half teaspoonful salt, one cupful stock or tomato. Season with Worcestershire and serve hot on toast.

**Oatmeal Pudding.**—1 breakfast-of meal oatmeal, ¼ lb. beef suet, 1 small Spanish onion (or a large mild ordinary one), a seasoning of salt and pepper. Mix the meal and minced suet in a bowl and add the onion finely chopped. Mix and stir well; add the seasoning, and put into a greased mould. Covered with buttered paper, and steam for 3 hours, or a little longer. The water in the outer vessel must be kept boiling all the time.

**Grated Noodles for Soup.**—Beat one egg with teaspoon of water. Add a little salt, then work in enough flour to make stiff dough. Set aside for a while, then begin to grate on coarse grater. When inner part of dough is reached let stand again to dry. When all the noodles are grated let them dry on sheet of paper, and when ready to cook drop well separated into boiling soup. Cook ten to fifteen minutes.

**Beef and Rice Croquettes.**—Mince the remainder of roast beef fine, putting it through a machine three times if you have one. Mix the meat with an equal measure of freshly

cooked rice, and season well with salt, pepper and mushroom catchup. Add a few chopped mushrooms. Shape in oval croquettes, roll in bread crumbs, then in egg and crumbs, then in egg and crumbs, and fry brown.

**Improved Corned Beef.**—When boiling corned beef mix together one tablespoonful of malt vinegar, one teaspoonful of tarragon vinegar, one teaspoonful of relish, a little made mustard, a dessertspoonful of brown sugar, and a few allspice. When the sugar is melted stir all into the water in which the beef is to be boiled, adding at the same time an onion stuck with one clove. The meat should be served cold.

**Apple Tapioca.**—Cook a cupful of tapioca—sprinkle it in boiling water—until it is clear and thick. Sweeten to taste and flavor with lemon juice. Grease a pudding dish and spread the tapioca in layers alternately with sliced apples. Cover with a little milk in which some nutmeg has been shaken and bake in a slow oven. The white of an egg beaten up with sugar and used in place of the milk is slightly more expensive, but is, of course, more nourishing and makes an attractive finish to the dish. The cores and skins of the apples can be used to make a little jelly.

### Tips for Housewives.

The time taken to produce good flavor in food is well spent.

A letter sealed with the white of an egg cannot be steamed open.

When boiled frosting has been cooked too long, add a piece of butter to soften.

A little powdered pumice stone will clean enameled ware better than anything else.

Mattresses should be sunned as often as possible. This makes them sweet and free from germs.

To iron embroidery the iron should be applied on the wrong side, and a thick ironing blanket used.

System is a great time and money saver in the home; haphazard methods are wasteful in every direction.

To retain the color and flavor of peas when boiling them, add a lettuce leaf and a tablespoonful of sugar.

Ink stains on handkerchiefs, etc., may often be soaked out in milk, but the sooner they are dealt with the better.

A little molasses or sugar added to the griddle cake batter is a decided help in browning the cakes well.

When there is a tendency for a pitcher to drip, try rubbing ever so little butter under the edge of the lip.

There is nothing more satisfactory for use in brightening a mirror than a piece of soft flannel dipped in camphor.

In place of a funnel of paper insert one or two short lengths of macaroni in the top crust of a berry or other juicy pie.

Lemon juice and salt is an excellent medium for cleaning bone knife handles. Apply the lemon juice first and then the salt.

Tarnished articles of brass when washed in the water in which potatoes have been boiled will be as bright as new.

Mother of pearl buttons and ornaments will be considerably brightened if rubbed over with a cloth moistened with olive oil.

Sometimes four families in a neighborhood can purchase a barrel of apples and divide it among them with advantage to all four purses.

Coffee made in a pot that is not thoroughly clean will always have a

## AFTER A DAY OUT DOORS

You can prevent chapped hands and lips by using

# Vaseline

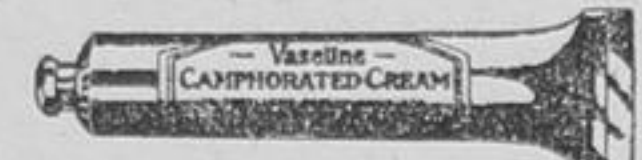
Trade Mark

## Camphorated Cream

It allays all irritations of the skin.

Sold in clean, handy tin tubes at chemists, department and general stores everywhere. Refuse substitutes.

Illustrated booklet free on request.



CHESEBROUGH MFG. CO.  
(Consolidated)  
1880 Chabot Ave. Montreal

rank, mummy taste, no matter how fine the quality of the coffee.

When you boil potatoes, boil enough for two or three meals. Serve them the first time in their jackets, and afterwards fried or creamed.

When using spoons for measuring dry ingredients, take as much above the bowl of the spoon as you have in it. This constitutes a spoonful.

When weighing molasses for cooking purposes, well flour the scale and the molasses will run off quite easily without leaving any stickiness behind.

To clean pudding pans put the little ones in the big ones, turn upside down in the dishpan and set the stove to steam. They will clean in 10 minutes.

To sweeten a sour cask that has held pickles, vinegar or wine, wash it with lime water, or throw in hot charcoal and ashes. Add water and let the cask soak.

Never use a coarse or rough cleansing agent on paint of any sort. Whiting roughens the surface, but the rougher cleansing agents destroy the varnished or painted surface.

## BLIND KNIGHT STILL WORKING

SIR JOHN KENNEDY, BUILDER OF MONTREAL HARBOR.

St. Lawrence River Made Navigable for Ocean Liners to Montreal by Him.

When Sir John Kennedy, of Montreal, became Sir John Kennedy, Knight Bachelor, on New Year's Day, all who knew this famous civil engineer, or knew his work, agreed that the royal honor has been most worthily bestowed. A pathetic interest, too, attaches to this knighthood, for Sir John is totally blind. He lost his eyesight about nine years ago; but the affliction failed to rob him of his skill or of his spirit, and by wonderfully patient and courageous effort, he has accomplished much splendid work as a consulting engineer since blindness overtook him. For about thirty-three years he was chief engineer of the Montreal Harbor Commission, and from an engineering point of view he is the creator of the modern Port of Montreal.

Born at Spencerville, Ont., 1838, son of William Kennedy, a Scotsman from Dumfriesshire, he graduated at McGill University, Montreal, and filled a number of important professional positions before 1875, when he was appointed chief engineer of the Montreal Harbor Commission. When he took charge, the Port of Montreal was a small and poor affair, in comparison with what it is to-day. It had an uncertain, shallow channel, poor wharves, and was without piers and elevators. Its ramshackle old wooden sheds of one story, overrun with rats, were erected every spring and taken down every autumn to prevent their being smashed to pieces by the enormous cakes of ice brought down in the annual spring debacle. Disastrous floods occurred from time to time. By the time John Kennedy ceased to be chief engineer in 1907, and became consulting engineer for the Commission, he had worked a marvelous transformation. For eighteen out of thirty-three years during which Sir John was in charge of the engineering department for the Harbor Commission, he was also chief engineer of the St. Lawrence ship channel between Montreal and Quebec. Under his direction the channel was dredged from sixteen and a half feet to twenty-seven and a half feet deep, and as a result of that work, Mont-

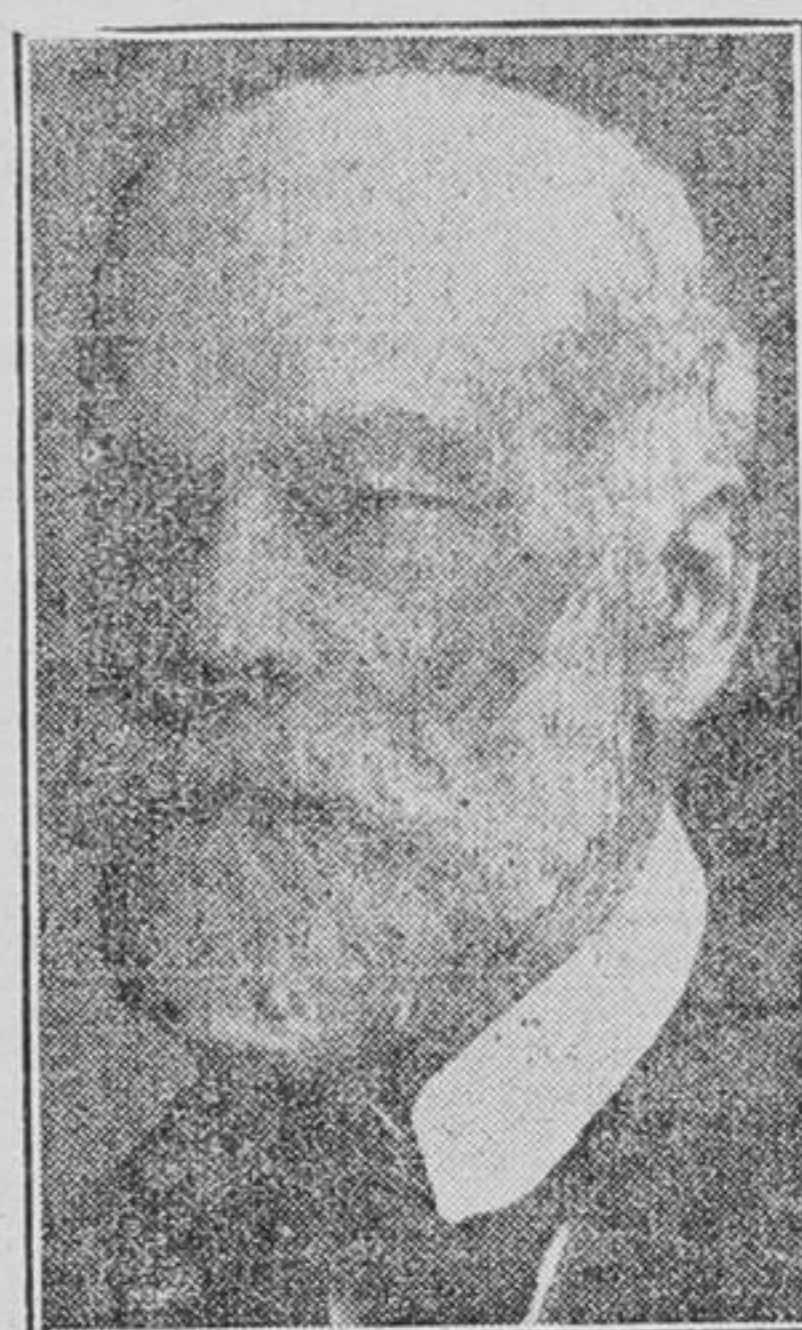
real really became the national port of Canada.

### No More Ice Shoves.

The crankiness of the river was conquered, a new revetment wall was built, and floods became a thing of the past. Sir John served on a Royal Commission in this connection, and, following his valuable report, the great guard pier was built and still water was secured for the harbor, and the picturesque but perilous ice shoves right up on the water front passed into history.

After building the guard pier to protect the wharves, which he afterwards raised to high level from McGill Street to the Victoria Pier, Sir John built the King Edward, Jacques Cartier, and Alexandra Piers, all to a length of a thousand feet,—a length which everybody considered quixotic at that time, but which is scarcely adequate to-day. The old wooden sheds gave way to a splendid array of gigantic permanent structures of solid steel.

Sir John was the first engineer to design and lay a double-track railway in Canada. That was early in his career. He was at that time chief engineer of the Great Western Railway, and the road was laid between Windsor and Glencoe in Ontario. Later he designed great dredges now working on the Nile, and he has evidences of his ability and industry in many parts of the world. Since he became blind in 1907, he has designed two great



Sir John Kennedy.

dredges, the largest in the world, now being used in dredging the St. Lawrence Ship Channel for the Department of Marine and Fisheries, and has also designed and practically completed one of the finest piers in the world, for the Department of Railways and Canals, at Halifax, N.S.

### WAR MACHINE IS GROWING.

Britain's Strength Most Alarming Feature to Germany.

England's war-machine is mounting up; every day that passes adds to its size. There you have the thing that frightens Germany most, writes M. Andre Chevrillon in the "Revue de Paris." She is now at the height of her effort; she is still capable of hurrying, but the wear and tear on her resources is now visible in everything. Her human fuel is running out at a terrifying rate, and its quality is going down; it is possible to calculate the date when the actual shortage will begin. Meanwhile, England's strength is only in process of being got together—silently, without vain words; and this silence, as anyone who knows England can say, is far more disturbing than all the German tumult of hate.

The fourth million of men is being prepared. Strange, ridiculous, "amateurish"—in such terms may the professionals of Germany have dismissed the Derby scheme. What do they think to-day of its success? At the moment, when four-fifths of their own wounded have had to be sent back to the front, when the German people is talking of nothing else but peace, and believes that the war is nearing the end; what must their feelings be at the spectacle of these five hundred thousand new volunteers raised in three days; of these crowds besieging the recruiting offices—in the sixteenth month of the war!—of masses of men still pressing forward at two and three o'clock in the morning, to raise their hands, and, in batches of ten to a hundred, to take the oath that makes them soldiers?

The 12,000 or 15,000 factories that, according to Lord Kitchener, are turning out munitions for six million soldiers in the spring, the five millions of pounds sterling that England spends daily without visible effort; this is England's force; hitherto we have felt it as latent and diffused; now it is being transformed, day-by-day, into energy that is actual and real and disciplined for combat.

## TONIC TREATMENT FOR THE STOMACH

The Modern Method is Most Successful in Treating Indigestion

The old-fashioned method of treatment in indigestion and stomach troubles are being discarded. The trouble with the old-fashioned method was that when the treatment was stopped the trouble returned in an aggravated form. The modern method of curing indigestion and other stomach troubles is to tone up the stomach to do nature's work. Every step toward recovery is a step gained, not to be lost again. The recovery of the appetite, the disappearance of pain, the absence of gas,—are all steps on the road to health that those who have tried the tonic treatment remember distinctly. Dr. Williams' Pink Pills are a blood-builder, tonic medicine, every constituent of which is helpful in building up the digestive organs, and is therefore the very best remedy for chronic cases of stomach trouble. Thousands of cases like the following prove how successful this treatment is:—Miss Amy Browning, Cornith, Ont., says:—"I have found such great benefit from Dr. Williams' Pink Pills that I would be ungrateful if I did not publicly say a good word in their favor. I was badly run down and my stomach was in a very bad condition. All food distressed me, and left me disinclined to eat. I suffered from nausea and dizziness and frequent sick headache, and this was further aggravated by pains in the back and sides. I was in this condition for several years, and although I had got medicine from several doctors it did not help me. Then I heard of Dr. Williams' Pink Pills and began taking them. I am glad to say that they soon helped me, and now I am as well as ever; can eat all kinds of food with relish, and have not an ache or pain." You can get these Pills through any dealer in medicine or by mail, post paid, at 50 cents a box or six boxes for \$2.50 from The Dr. Williams Medicine Co., Brockville, Ont.

### A POWERFUL LAMP.

Will Likely Be Used on the Battlefield of Europe.

Edison's latest lamp is perhaps a bit too bulky for use in the ordinary home, but it is calculated to be very popular on the battlefield of Europe, for it confesses to harboring 3,000,000 candle power.

Every known means has been employed by the warring nations to turn night into day. Skyrockets, floating white lights, flares and immense searchlights have been used to guard against surprise. In many cases the searchlights used were so bulky that they had to be transported on heavy wagons, together with large generators of electricity. The roads were not built to stand much heavy traffic and often the lights were lost when they became mired.

Edison has employed a small and simple carriage for the transporting of his lamp. It is supplied with electricity from his famous improved storage batteries. These batteries will give the lamp a greater power than that now boasted by any of the searchlights in use in the English and French armies. It is claimed that the new lamp is light enough to be carried aloft in an airship.

### Bradford's New Distinction.

Bradford, the famous centre of Britain's woolen industry, is quite elated over the discovery that in Bolling Hall, the famous mansion on the outskirts of the city that was recently turned into a municipal museum of antiquities, it possesses the ancestral home of Mrs. Woodrow Wilson, wife of the President of the United States. For Bradford is pretty certain that this will mean a rush of American visitors after the war is over, and trans-atlantic sightseers, as everybody knows, are a highly profitable commodity.

## Wrinkles are a Confession

Advancing years are first realized by the change that becomes noticeable in the complexion. If you pay attention to the first, almost imperceptible, lines, how easy it is to avoid the unsightly wrinkles that surely follow. Wrinkles are a confession to rather "Time." The skin must be kept firm and smooth by proper attention and treatment. "USIT" is a skin food and wrinkle chaser. It builds up firm, elastic tissues, removes wrinkles, fills out depressions, prevents dryness of skin caused by excessive winds, and restores to your complexion that fine appearance of freshness and youth. "USIT" is put up in handsome and bottles, and until the Drug Stores in Canada are completely stocked we are filling mail orders. Accept no substitute. Send 50 cents to-day for trial bottle sufficient for six weeks' use. We pay postage to any address in Canada. Usit Manufacturing Co., Limited, Dept. A, 476 Boscawen Ave., Toronto.

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**STIFF NECK**

**KILLS PAIN**



**Why bear those pains?**

A single bottle will convince you

**Sloan's Liniment**

Arrests Inflammation. Prevents severe complications. Just put a few drops on the painful spot and the pain disappears.

