

About the House

Useful Hints and General Information for the Busy Housewife

Selected Recipes.

Children like fruit drop cakes for their school lunches. Beat the yolks of four eggs until thick. Add the grated rind of one-quarter of a lemon and one teaspoonful of lemon juice and beat again; then work in gradually one cupful of ground nut meats and one cupful of fine-chopped dates. When thoroughly beaten stir in the stiffly whipped whites of the eggs and two tablespoonfuls of whole wheat flour. Drop by small spoonfuls on flat greased pans and bake in a moderate oven.

Peach Cream.—Two tablespoonfuls granulated gelatin, one-half cup cold water, one-half cup boiling water, one pint crushed peaches (or apricots, if preferred), the whip from one pint of cream, one-half cup sugar. Soak gelatin in cold water, dissolve in boiling water. Add fruit and sugar, stir until mixture begins to thicken. Cut and fold in the whip from the cream. Line a mold with halves of apricots or peaches, pour in cream mixture. Chill, garnish with beaten cream and halves of fruit.

Pineapple Marmalade.—Two pineapples, one basket apricots, six large oranges, eight pounds sugar. Shred the pineapples, wash apricots, cut into halves without removing skins; cut oranges into small pieces, carefully removing rind and thin white skin. Put in preserving kettle pineapples, apricots, oranges; add sugar; let simmer until fruit is clear and forms a jelly substance. When cold put into glass preserving jars.

Unfermented Grape Juice.—Wash grapes and pick them from the stems. Mash the grapes and squeeze gently through cloth. Have sterilized bottles prepared. Into these put the juice, but do not fill quite to the top, then cover lightly. Place a cloth into the bottom of a kettle and fill about half full of water. Set bottles into the kettle and put on to boil. When the boiling point is reached remove the bottles and set them in cold water. (When placing the bottles put them into the water with a slanting position or they will break.) Repeat the process for three successive days, and the last time seal well.

Mexican Relish.—Thirty-six green tomatoes (medium size), five large onions, five green peppers, one cup sugar, three cups vinegar, two tablespoonfuls salt, one teaspoon cloves, one teaspoon cinnamon, one teaspoon allspice, one teaspoon white mustard seed. Chop tomatoes and onions fine, cover with the salt, let stand overnight; in the morning pour off the brine, add all the other ingredients but peppers; after cooking ten minutes add the peppers, chopped fine. Let boil one hour. This relish will keep without sealing.

Apple Flame.—For eight apples use two cups sugar, one cup water, raspberry jam, little rum or brandy and one cup beaten cream. Pare and core apples, boil sugar and water together ten minutes, arrange apples in buttered baking dish two inches apart, add syrup, cover and bake until apples are tender. Be careful to preserve shape of apples. Remove from dish, boil syrup until thick, fill cavities in apples with jam, pour syrup around them, and just before serving pour over them rum or brandy. Light and serve. The apples are delicious without the rum or brandy served with a little whipped cream. Some housewives add chopped nuts to jam in filling.

Preserved Quince.—Pare and quarter the quince, remove the core, and take equal weight in sugar. Cover the quince with cold water and let them come to a boil slowly. Skim and when nearly soft put one-quarter of the sugar on the top. When this boils add another part of the sugar,

and continue this way until all the sugar is used up. Let them continue to boil slowly until the color is either light or dark, as you prefer, or, another way, is to cook until tender, drain and put in a stone jar, with an equal weight of sugar, and cover. They will keep fully perfect. They will be found more tender than when cooked in the syrup. Watch the first month to see if there is any sign of fermentation. If so, heat by setting stone jar in hot water until thoroughly scalded. In cooking quince one may add equal parts of sweet apple, which makes an excellent preserve.

Can You Make Gravy?

It is really amazing how many fairly good cooks fail in the simple art of gravy making, who, instead, serve up insipid greasy brown water that really spoils the meat. Yet it is the easiest thing in the world to make well and add immeasurably to the pleasure of a meal.

Real gravy is the juice from the meat which runs out in the course of cooking, so it is a very valuable part of the food and should not be wasted on any account.

To make these juices really nice, seasoning must be added, and in some instances a slight thickening is correct.

Gravy for roast beef, mutton or lamb should be unthickened, and the best way to make it is the following:

Put any trimmings, such as gristle or odd rough pieces from the meat, into a small pan and simmer while the meat is cooking. They will make very good stock.

When the joint is cooked lift it from the baking tin on to a dish and keep it hot in the oven.

Then pour the hot drippings from the tin into a clean jar. Do this very steadily, so that all the brown part remains in the tin.

Put the tin over the fire and pour into it the cupful of hot stock you have got ready, or any other you may have. If you have no stock you must use boiling water. Then, with an iron spoon, scrape well over the tin, and you can also scrape the bars of the trivet, if one has been used, as the meat always leaves some of its brown covering on them. It all helps to color the gravy.

Let the gravy in the pan boil well, and if there is any fat skim it off.

Season with a little pepper and salt, and if it seems too pale in color add a little browning salt or caramel.

Strain a little round the joint, but do not put much, or the carver will splash it over when serving. Strain the remainder into a really hot tureen or sauce-boat, and send to the table as hot as possible. Nothing is more disagreeable than tepid gravy.

Gravy served with poultry, veal and pork is usually slightly thickened.

Pour off the dripping as before, but leaving a little behind in the pan. Stand the pan over the fire and shake into it about a teaspoonful of flour and stir well into the dripping till it becomes a good brown color, but do not allow it to burn.

Then add the stock and boil up scraping the fat well. Skim away any surplus fat, add pepper and salt, and strain into a hot tureen.

Household Hints.

Use a clothespin for scraping pants, etc.

Bread, cheese and fruit make a perfect lunch.

Cream puffs take twenty-five minutes to bake.

Cheese soup is much more nutritious than any other kind.

Muffin and cake batters require half as much liquid as flour.

Yeast bread is as a rule reckoned

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more wholesome than baking powder bread.

Peppers can be stuffed with almost anything that is well seasoned and savory.

Asparagus prepared as usual on buttered toast and with grated cheese scattered over it is often a pleasant change.

Mashed summer squash should always have a pinch of sugar stirred in with the butter, pepper and salt used for seasoning.

A brilliant polish may be given to brass door fixtures ornaments, &c., by washing them in alum and lye. Make a solution by boiling an ounce of alum in a pint of lye and wash the articles in it.

When putting away the flatirons, if the house is to be closed for any length of time, take the precaution of rubbing them over with a little lard; then there is no danger of their rusting.

It is a good plan to suspend from a nail on the kitchen wall, a pad and pencil. During the cooking, when any article of food is nearly used up, jot it down so when you make up your order, nothing will be forgotten.

To make a sofa pillow that will be almost as fluffy as though stuffed with goose feathers, use cotton that has been torn in bits and thoroughly heated in an oven. It will not pack or get hard if it has been heated enough.

THE FASHIONS

Fashions in Summer Fabrics.

Summer finds us very much inclined towards stripes, in linens pongees, tussahs, voiles, crepes and the various imported and domestic novelty cottons. The ground of these materials is usually white, or the natural crash or linen color, and the stripe, either a vivid or a soft tone, according to the purpose of the frock, or the fancy of the wearer. These striped materials are usually combined with a plain fabric, corresponding with the color of the stripe, or the ground. On the Russian blouse models, and the other designs, Norfolk, and the various peplum models, now so well liked, the striped silk or linen is used for the coat, and the plain for the skirt, or vice versa.

Another Find in the Upholstery Department

Last summer we took cretonne from the upholstery department and trans-



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Plain and Blocked Voile Taffeta Trimmed

ferred it in great quantities to the dressgoods counter; still on the lookout for novelties, we discovered this season, that the plain and striped cotton and linen homespuns, intended for summer cottage furnishings, were charmingly suited to sports suits and skirts, being especially practical for those which require a bit harder wear than the ordinary linen or silk garment will stand. These also have the natural crash and linen grounds, and are striped in the same tones, barring the softer shades. The black and white combination is especially smart, and there are bright green, purple, orange, and a wide choice of the other bright shades which are so much in favor for sports wear. This material is wide and inexpensive. One especially effective suit developed in this

homespun has a plain crash-color skirt, combined with a black and white striped coat. The pocket flaps on the skirt were of the striped material and collar, cuffs, pocket flaps and belt of the Norfolk coat, of the plain. Combinations of Figured and Plain

Materials in Lingerie Frocks

As we combine stripes with plain materials in our sports costumes, so do we combine figured with plain fabrics in our lingerie and tub frocks, both for grown ups and for small girls.

There are sprigged and dotted dimities, embroidered and printed voiles, flowered organdies, embroidered muslins, and batistes, each with its corresponding plain material, to be combined in the slip-on blouses, Russian, and numerous other smart peplum designs. The flowered dimities are especially pretty for the very small girl, and many a tiny frock of



7194

Flowered Organdy with Georgette Collar

rose-bud and white dimity trimmed with frills of Valenciennes lace and insertion, is being displayed in the smart shops, for the little miss of two or three summers.

The flowered, printed or embroidered crepes and voiles are very pretty used this way, and there are printed silks being combined with plain tafetas and satins, in the same way, for afternoon frocks.

Handkerchief Linen for Blouses

For blouses, both of the sports type and the more dressy models, the striped and figured handkerchief linens are modish. These have usually whiter grounds with colored stripe, flower, or conventionalized pattern. The stripes are much more in evidence than the figured linens. For the costume blouse Georgette crepe is the general favorite. In white or the soft tones of pink, blue, cafe au lait, Nile green, and the various other pastel shades, this material washes perfectly; the dark tones are excellent and are practical for the tailored suit, being selected to harmonize, or match the shade of the suit.

Linen and Georgette are often combined most effectively in the smart afternoon models for country club and like wear. One unusually attractive costume shows a Russian blouse of mauve color Georgette worn with a full, short skirt of mauve linen; another imported model, made on Russian blouse lines, shows the novel combination of foulard and muslin; the blouse is of the muslin and the skirt of foulard.

Trimmings for Lingerie Dresses

Much narrow Valenciennes and filet lace edging and insertion is used to trim the dainty muslin and voile dresses this summer. It edges the frills of bodice and skirt, finishes the collar and cuffs, joins the seams, or is applied in any way that strikes the individual fancy. Embroidery is another strong trimming feature. Scarcely a blouse or tub-frock but shows a touch of white or colored handwork on collar, cuff, belt, or at the closing. Novelty buttons, embroidered or stenciled, lend a touch of effective color to the dark linen or serge frock, and light crystal buttons add a pretty finish to the voile and crepes.

These patterns may be obtained from your local McCall dealer, or from The McCall Co., 70 Bond St., Toronto, Ont., Dept. W.

The Wherefore.

"Flubbed's home seems badly neglected."

"Well, his wife is interested in prison reform, better roads, pure politics and clean plays."

Responsibility is always lying about waiting for some wide-awake young chap to come along and take it on his shoulders.

WEAR FLEET FOOT SHOES

FOR EVERY SPORT AND RECREATION

SOLD BY ALL GOOD SHOE DEALERS WORN BY EVERY MEMBER OF THE FAMILY

THE BRIGHT SIDE OF LIFE.

With all its cares and woes,
Its disappointments grim
And all the grief it knows,
The hopes, far off and dim,
With all its bickerings small,
Its hours of hateful strife,
There's something after all
That makes a joy of life.

There's somethin' every day
Or so it seems to me
That truthfully I say
I'm glad I've lived to see.
Despite the care and pain,
The heartache and the tear,
The sun comes out again
And I am glad I'm here.

There have been times I thought
The end of joy had come,
That all in vain I'd wrought,
And sick at heart and glum
I've heard the robin's song,
The baby's prattling voice,
And that I've lived along
To hear them I rejoice.

It's all worth while, I find,
Each burden that I bear;
The tears that come to blind,
The dreary hours of care
Depress me for a time,
Then splendid joys appear
And life becomes sublime
And I am glad I'm here.

GERMAN FOOD SHORTAGE.

Fear Situation Will Be Made Excuse to Keep Captives Hungry.

Considerable alarm exists over the possible consequences to British prisoners of war in Germany because of reports of food shortage there, received from sources generally regarded as reliable.

While he was unable to give a definite confirmation of these reports, Lord Robert Cecil, Minister of War Trade, discussing the reported food shortage in Germany, said:

"I am so impressed by the reports of a food scarcity, that I trust the existence of such a condition will not be made an excuse by the Germans to cut down the necessary food of their war prisoners. For such an action would produce a terrible storm of indignation in this country, greatly increasing the bitterness of the struggle—the most bitter in history.

Freedom is the very essence of the gospel.—Henry Mills Alden.

The Fine Flavour

the delicate taste of malted barley blended with the sweets of whole wheat—is sufficient reason in itself for the wonderful popularity of

Grape-Nuts FOOD

But it is more than delicious—it is the finest kind of concentrated nourishment to thoroughly sustain body and brain tissue—a food that benefits users remarkably.

A short trial proves

"There's a Reason"

Sold by Grocers everywhere.

Canadian Postum Cereal Co. Ltd. Windsor, Ont.

Doctor Tells How To Strengthen Eyesight 50 per cent In One Week's Time In Many Instances

A Free Prescription You Can Have Filled and Use at Home.

Philadelphia, Pa. Do you wear glasses? Are you a victim of eye strain or other eye weaknesses? If so, you will be glad to know that according to Dr. Lewis there is real hope for you. Many whose eyes were failing say they have had their eyes restored through the principle of this wonderful free prescription. One man says, after trying it: "I was almost blind; could not see to read at all. Now I can read everything without any glasses and my eyes do not water any more. At night they would pain dreadfully; now they feel fine all the time. It was like a miracle to me." A lady who used it says: "The atmosphere seemed hazy with or without glasses, but after using this prescription for fifteen days everything seems clear. I can even read fine print without glasses." It is believed that thousands who wear glasses can now discontinue them in a reasonable time and hundreds more will be able to do so.

to strengthen their eyes so as to be spared the trouble and expense of ever getting glasses. Eye troubles of many descriptions may be wonderfully benefited by following the simple rules. Here is the prescription: Go to any active drug store and get a bottle of Bon-Opto tablets. Drop one Bon-Opto tablet in a fourth of a glass of water and allow to dissolve. With this liquid bathe the eyes two to four times daily. You should notice your eyes clear up perceptibly right from the start and inflammation will quickly disappear. If your eyes are bothering you, even a little, take steps to save them now before it is too late. Many hopelessly blind might have been saved if they had cared for their eyes in time.

Note: Another prominent Physician to whom the above article was submitted, said: "Bon-Opto is a very remarkable remedy. Its constituent ingredients are well known to eminent eye specialists and widely prescribed by them. The manufacturers guarantee it to strengthen eyesight 50 per cent in one week's time in many instances or refund the money. It can be obtained from any good druggist and is one of the very few preparations I feel should be kept on hand for regular use in almost every family."

It is sold in Toronto by Valmas Drug Co.