

ABOUT THE HOUSEHOLD

Preserving Fruit Without Sugar.

The Recipe.—The fruit is prepared in the ordinary way, the jars are cleaned and scalded while the rubbers and tops are boiling. The fruit is then placed in the jars, in which cold water is placed. When the jars have been sealed air-tight they are placed in a boiler filled with cold water and brought to the boiling point. Berries will do if removed when the boiling point is reached, while large fruits, such as peaches, cherries, plums and apricots, should get 20 to 30 minutes boiling. Keep cover of wash boiler on tight.

A Good Substitute for Can Rubbers.

—When about to close a jar of preserved goods, the housewife very often finds herself short of a rubber band, or else the last one breaks. A very good substitute can be made from newspaper. This is better than other paper, because, as plumbers say, "it packs better." They often use it to make small pipe joints air and water-tight. Cut several layers of the paper the required size, put them on the can and screw the lid down as tightly as possible. If preferred, rings of soft leather, cut from the tops of old shoes, may be used, but they are not as satisfactory as those made from newspapers.

Raspberry Crown.—2 Tablespoons water, 2 tablespoons corn starch, 1 cup boiling raspberry juice, 1 egg, pinch of salt, lemon extract. Cook until creamy. Put into moulds. When cold serve with raspberries or whipped cream.

Raspberry Tapioca.—Put 3-4, cup tapioca into a kettle, cover with 4 cups boiling water and cook until transparent. Stir into this 1 pint of fresh raspberries, adding sugar to taste. Pour into a mould. Serve cold with cream.

Raspberry Cake.—1 Cup white sugar, ½ cup butter, 2 eggs, 2 tablespoons buttermilk, 1½ cups flour, 1 teaspoon cinnamon, 1 teaspoon soda, nutmeg, 1 cup raspberries, (to be added last). Bake in layers.

Raspberry Vinegar.—Put 1 quart of raspberries into a suitable dish, pour over them a quart of good vinegar, let it stand 24 hours, then strain through a flannel bag and pour this liquor on another quart of berries; do this for 3 or 4 days successively and strain it; make it very sweet with loaf sugar; bottle and seal it.

Raspberry Creams.—Stir enough confectioners' sugar into a teaspoonful of raspberry jam to form a thick paste; roll it into a ball between the palms of your hands. Put a lump French Cream into a teacup and set it into a basin of boiling water, stirring it until it is melted then drop a few drops of cochineal coloring to make it a pale pink, or a few drops of raspberry juice, being careful not to add enough to prevent its hardening. Now dip these little balls into the sugar cream, giving them two coats. Lay aside to harden.

Raspberry Pie.—To 2 cups raspberries add 1 cup of red currants and 1 cup granulated sugar, with which a teaspoonful of flour has been mixed; stir together. Line a plate with flaky pie crust, put in the fruit, cover with a tolerably thick sheet of paste, make several incisions for escape of steam, and bake until the crusts are nicely browned. Serve cool.

Raspberry Shortcake.—Bake sponge cake in 2 layers, or split one thick cake; put in between them a thick layer of berries, and on top put whipped cream and more berries.

Raspberry Fruit Basket.—Bake plain paste over inverted patty pans, roll paste 1-8 in. thick, and cut in strips ¼ inch wide. Twist strips in pairs and bake over a ¼ lb. of baking powder box, thus making handles. Fill cases with raspberries sprinkled with sugar. Garnish with whipped cream.

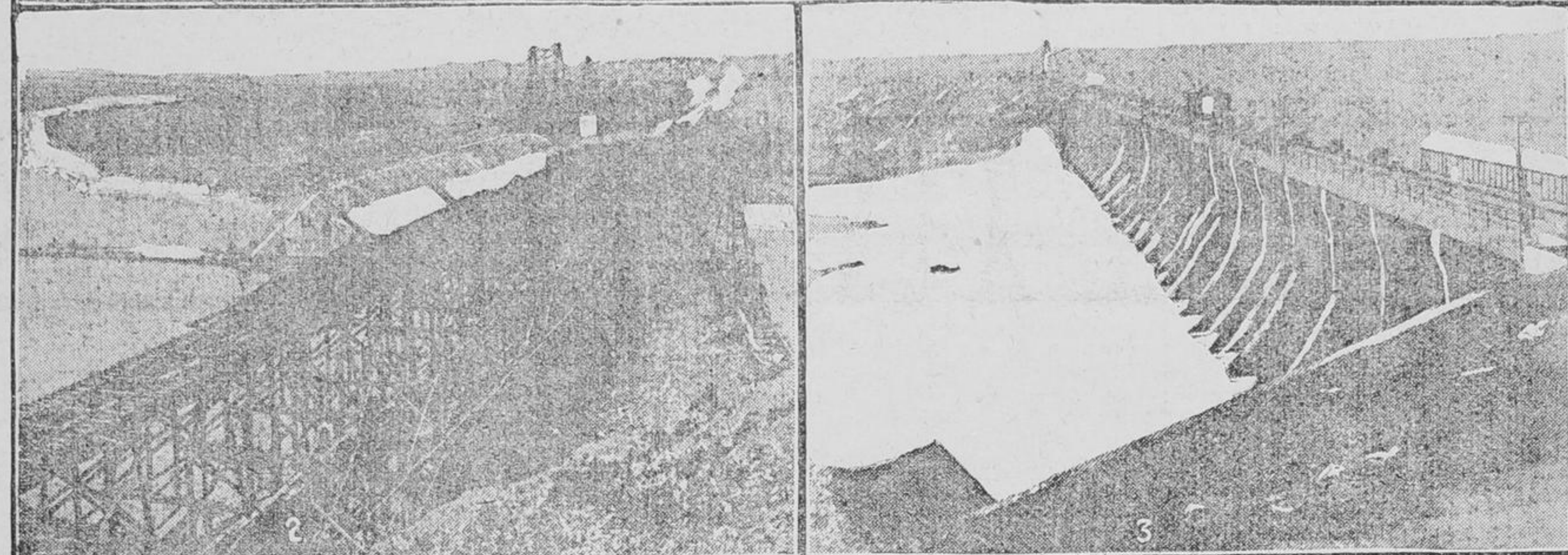
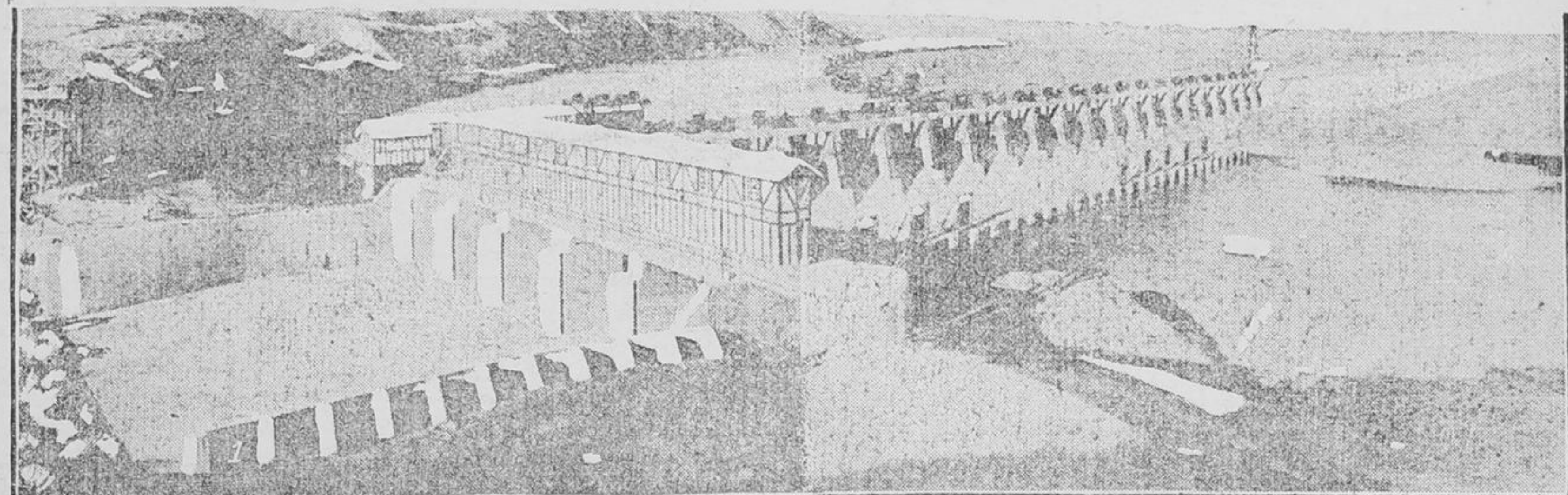
Recipes for the Housewife.

Fricassee Eggs.—Cook two table spoons butter with one and one-half tablespoons finely chopped mushrooms and one-half shallot, finely chopped. Add one and one-half tablespoons flour and pour on gradually one cup white stock. Add five hard-boiled eggs cut in slices.

Peach Canapes.—Saute circular pieces of sponge cake in butter until delicately browned. Drain canned peaches, sprinkle with powdered sugar, a few drops lemon juice and a slight grating nutmeg. Melt one tablespoonful butter; add peaches and when heated serve on cake.

Bananas Cooked in the Skins.—Loosen one of the sections of skin from each banana. Put into blazer, cover and let cook until skins are discolored and pulp soft. Remove from skins and sprinkle with sugar. Serve with lady fingers.

TURNING DESERTS INTO GARDENS



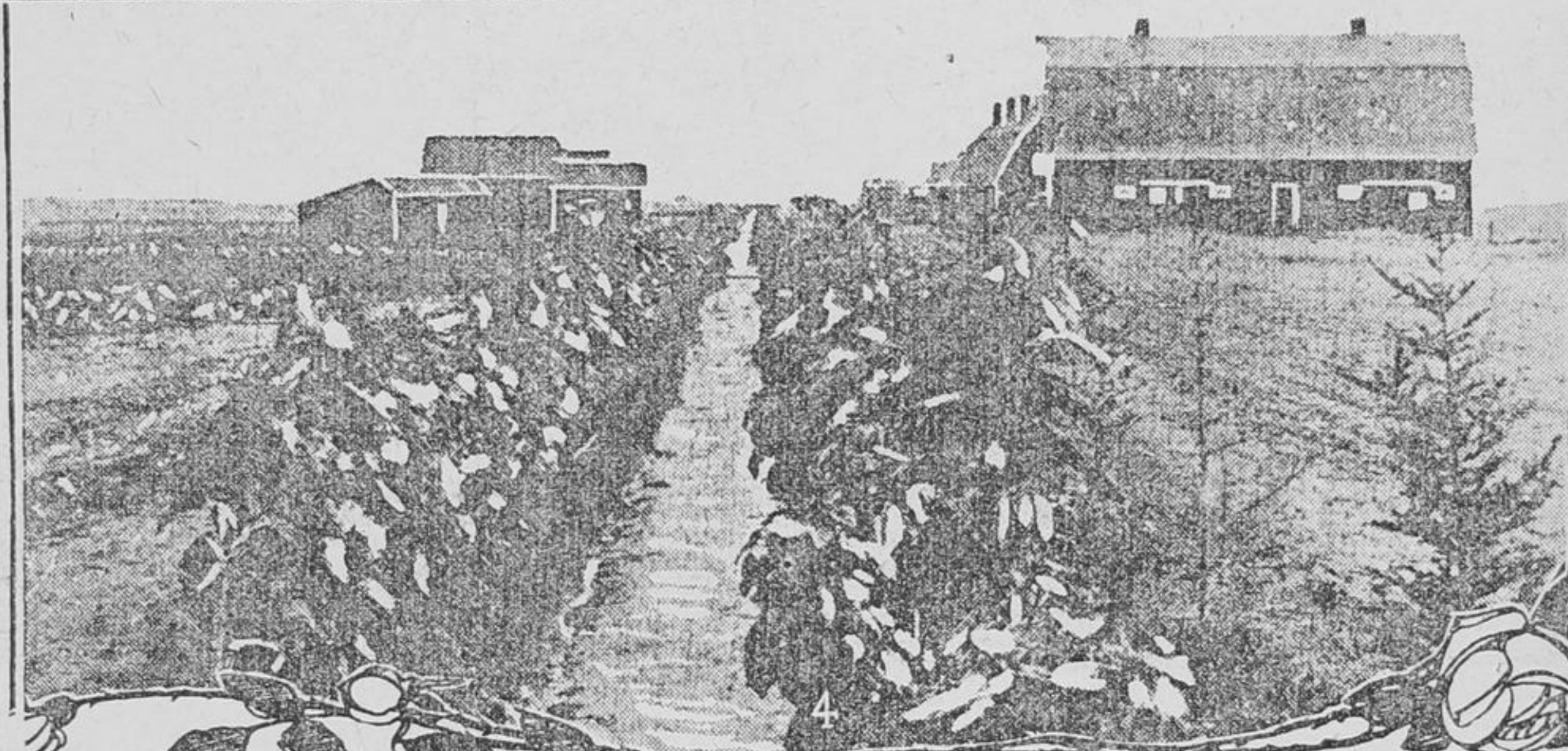
(1) Bird's Eye View of the Bassano Dam.
(2) The Dam Under Construction.
(3) The Sluice Gates Open.
(4) Distributing the Water.

OUT on the prairies of Western Canada and among the mountain valleys of British Columbia, deserts are being turned into gardens by the application of life-giving waters.

Every desert is a potential garden if this one chief necessity is met, though it is not fair to use the word desert or even an arid region, for Alberta is neither arid or desert. But nature may often be assisted in her great task of production, and this is what the irrigation systems of the Canadian West are doing.

In Alberta the Canadian Pacific Railway is developing the largest individual irrigation project on the American continent, with an area larger than the total irrigated area in either Colorado or California. Portions of a tract of three million acres will be included in this prosperous and fertile so-called "dry belt" region. The western section is already completed, including sixteen hundred miles of canals and ditches. The eastern section is in process of development where twenty-five hundred miles of canals and ditches will be required for the service.

On April 25, 1914, the great irrigation dam at Bassano, Alberta, was opened. Built across the Bow River, eight miles east of Calgary, the huge structure, 7,000 feet long, will conserve the water of the Bow for the eastern section. Another great engin-



ering work, which will serve the same tract, is a giant aqueduct at Brooks, thirty miles east, two miles in length, which carries the waters of a branch canal over a wide valley. One has only to visit this great undertaking of the Canadian Pacific Railway to realize not only its magnitude but the results it will, indeed is, producing. Here is one of the smaller radiating ditches, filled with rippling water. On either bank nature has responded with a luxuriant growth, and a garden of productivity is the result. The wheat fields ex-

tend in another direction, showing a fine head of grain after imbibing the thirst-quenching waters, for nature thirsts as do humans. All kinds of growths prosper—fruits, cereals and garden truck, while dairying and live stock growing flourish wherever there is an irrigation canal. The country is filling up with what are called dry farmers for the waters ensure a practical certainty of crop. A six-year yield of Marquis wheat on irrigated land ran forty-four bushels to the acre, compared with only 29 on non-irrigable lands. Here the C.P.R. provide

their Ready-Made Homes, where the settler is assisted generously in establishing a foothold.

Through southern British Columbia the effect of irrigation systems is shown in the flourishing orchards of the Okanagan, Arrow and Kootenay Lakes country, along the Cariboo road and in many another section. Thus this most ancient of natural aids as it is the most modern, dating from the Garden of Eden and continuing to the Alberta irrigation system is one that has contributed to the world's productivity and to Canada's wealth.

Sauteed Bananas.—Remove skins from three bananas, cut in halves lengthwise, and again cut in halves crosswise. Put one tablespoonful butter in blazer; when hot add bananas and cook until soft, turning once. Drain, sprinkle with powdered sugar and a few drops lemon juice; orange juice or sherry wine may be used if preferred.

Deviled Tomatoes.—Wipe, peel and slice crosswise three tomatoes. Season with salt and pepper, coat with flour, and cook in a hot blazer until thoroughly heated, using enough butter to prevent burning. Cream one-fourth cup butter, add two teaspoons powdered sugar, one teaspoon mustard, one-fourth teaspoon salt, a few grains cayenne, the yolk of one hard-boiled egg, one egg slightly beaten, and two tablespoons vinegar. Cool over hot water, stirring constantly, until it thickens. Pour over tomatoes.

Curried Eggs.—Melt two table spoons butter, add two tablespoons flour mixed with one-fourth teaspoon salt, one-half teaspoon curry powder, and one-eighth teaspoon paprika. Stir until well mixed, then pour on gradually one cup milk. Add three hard-boiled eggs, cut in eighths lengthwise, and reheat in sauce.

Eggs A La Bechamel.—Fry three tablespoons butter with one slice each carrot and onion cut in pieces, a sprig of parsley and a bit of bay leaf, five minutes. Add three tablespoons flour, one-fourth teaspoon salt and one-eighth teaspoon paprika; then add one cup chicken stock, strain, reheat and add four hard-boiled eggs, cut in eighths lengthwise. Just before serving add one-half cup cream and a slight grating of nutmeg.

Tasty Sandwich Filling.—A half-

pound of plain cheese, a half can of pimento peppers, olives and ketchup, as onion, salt and paprika. Put through the meat grinder and mix well with two tablespoonfuls of butter, melted. Cut the bread round by stamping each slice with a biscuit cutter. Put the mixture over the rounds and brown in the oven before serving.

"Tomato Figs."—Scald and skin pear-shaped tomatoes, and to eight pounds of them add three pounds of brown sugar cook without water until the sugar penetrates, and they have a clear appearance. Then take them out, spread on dishes, and dry in the sun, sprinkling on a little syrup while drying. Pack in jars or boxes, in layers with powdered sugar between. These will keep any length of time and are nearly as nice as figs and certainly less expensive.

Mint Jelly.—This is my way of making mint jelly, and it is fine; Boil crab apples in water until they are soft, then put in jelly bag and hang up where it can drip. Don't squeeze the bag, or the jelly will be pink. Use one cupful of sugar for each cup of juice and boil until it jellies. Have your mint washed and lightly brushed. Put a good-sized sprig of mint in each jar, pour the jelly over it, and seal. This has the true mint flavor and the leaves look pretty when served.

How to Vary Sauces.

The young or inexperienced housewife is perplexed often to know which sauce or gravy it is correct serve with the different dishes. The cookery book give all the recipes, but seldom tell the exact combinations, as they are so much a matter of course to

most of us that it would seem a waste of time and space while she, feeling her ignorance, is half ashamed to ask a more sophisticated neighbor, and so has always the uneasy sensation that, maybe, the sauce she is serving is not exactly right.

Sauces are such an important part of the meat, too, that they either can make or mar an otherwise uninteresting dish, and besides a good many of the traditional combinations are so arranged for some dietetic reason. It might be a good idea to cut out the following and put it on a card for further reference in time of doubt:

Raw oysters: Lemon, horse radish sauce, tobacco.

Baked fish: Dawn butter, Hollandaise sauce, melted butter with finely chopped parsley.

Broiled fish: Maitre d'hotel, or tartare sauce.

Boiled fish: Plain white sauce, or egg sauce.

Roast chicken: Bread sauce, brown gravy, grape jelly.

Roast turkey: Cranberry jelly, brown gravy, celery sauce.

Roast goose: Apple sauce, barberry jelly.

Fried chicken: Cream gravy.

Roast duck: Bread sauce, brown gravy, currant jelly.

Roast veal: Tomato sauce, horse radish sauce.

Roast lamb: Mint sauce.

Roast beef: Brown gravy, horse-radish sauce.

Roast flet, of beef: Mushroom sauce.

Roast vension: Brown gravy, currant or barberry jelly.

Roast quail: Currant jelly, celery sauce.

Roast canvas back duck; Black currant jelly, olive sauce.

Boiled chicken: Bread, parsley or celery sauce.

Boiled mutton: Caper, or parsley sauce.

Boiled tongue: Tartare sauce.

Pork sausage: Apple sauce, or fried apples.

Sweetbreads: Bechamel sauce.

Lobster cutlets: Tartare sauce.

Broiled steak: Maitre d'hotel.

Lamb chops: Bearnaise sauce.

Roast game: Bread sauce, brown gravy.

Stopped at Her Pudding.

A little girl had sent back her plate for chicken two or three times and had been helped bountifully to all the good rich things that go to make a good dinner. Finally she was observed looking rather disconsolately at her unfinished plate of pudding.

"What's the matter, Dora?" asked John. "You look mournful."

"That's just the matter," said Dora. "I am mor'n full!"

Not Broke Yet.

Country Judge—"How long have you owned a car?"

Motorist (charged with speeding)—"One week, your Honor!"

Judge—"Um—then you can still afford to pay a fine! Twenty dollars!"

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