

About the House

Rice As Potato Substitute.

Rice is really our best starchy food. It contains also a small amount of protein, a trace of fat, and some mineral matter. Starchy foods supply heat and energy to the body, and are, therefore, really more valuable than meat, which produces muscle. It is four times as nourishing as potatoes.

Most of us in the past have only associated rice with eggs, milk, raisins as the principal ingredient of puddings. The majority of Canadians have still to learn the use of rice as a vegetable which our American friends, especially the Southerners, learned long ago. It is the most-easily-digested of all the starchy foods. It is readily absorbed and leaves little or no waste in the intestines. All starches in their final digested are converted into sugar.

Rice is about the most abused of all our foods in the cooking. "Just boil it," they say, but "just boiling" may result in a delicious appearing and tasting food or—a cross between paste and porridge. Let no housekeeper come out of the war days without learning how rice grains may quadruple themselves in the cooking and be the nourishing, delectable food that doubtless they were resigned to be.

Wash the rice in several cold waters. Have ready a large dish nearly full of rapidly-boiling water. Sprinkle in the rice slowly so as not to stop the boiling. Boil rapidly without the cover for twenty minutes. If the rice seems hard at the end of that time boil ten minutes longer. It must be dry and mealy, like potatoes, not wet. Drain it in a colander and pour over it there, quickly, a quart of cold water. Place the colander on a plate and toss the rice about with a fork from the centre to the sides. Stand it on the back of the stove or at the over door, where heat will pass through and dry it. Turn it at once into a shallow dish or platter, tossing it out with a fork, being careful not to break the grains. If these directions are followed each grain will have swollen to four times its natural size and no two grains will be sticking together. It should be as white as snow.

A nourishing meal for school children at noon is a plate of boiled rice with a slice of bacon on top, followed by apple pudding.

Some Cheese Dishes

Cheese is made up of 1-3 protein (without which life is impossible), 1-3 fat, and 1-3 water, all of which are needed for the growth and repair of the body, numberless cells of which decay daily. One pound of cheese is equal to nearly 2 lbs. of meat, 1 gal. of milk, or 2 dozen eggs. Canadians use altogether too little cheese. As a rule it is served cut into little pieces on a plate, but rarely as a made dish.

Cheese Pudding.—Butter a pie dish and put into it alternate layers of bread and butter and cheese grated or sliced. Whisk an egg in half a pint of milk and pour over the dish. Allow it to stand so that the bread is quite soaked, then bake in a gentle oven until well browned.

English Monkey.—1 cup of stale bread crumbs, 1 cup of milk, 1 tablespoon of butter, 1 cup of soft cheese grated, 1 egg, half teaspoon of salt. Soak crumbs in milk for fifteen minutes, melt butter, add to crumbs and cheese, add egg slightly beaten, season; cook from three to five minutes over hot water and pour over toast.

Tomatoes and Cheese.—Six tablespoons of bread crumbs and the same quantity of grated cheese should be well mixed together. Butter a pie dish and sprinkle the inside with a layer of crumbs and cheese. Put a layer of tomatoes, then one of crumbs, till the dish is full. The last layer should be crumbs and cheese and slightly thicker than the others. Put a few pieces of butter on top and bake for about thirty minutes. As seasoning, add pepper and salt.

Rice and Cheese.—To a cup of rice previously washed in cold water, add three cups of boiling water, boil for twenty minutes, strain well, and when free from water add half a tin of tomato, three ounces of grated cheese, pepper and salt. Put in a fireproof dish, sprinkle grated cheese on top, and bake for twenty minutes.

Casserole of Cheese and Nuts.—1 cupful of chopped nuts (walnuts preferably), 1 cupful of bread crumbs, 1 cupful of grated cheese, ½ lemon juice, 1 tablespoonful of butter, 2 tablespoonfuls of chopped onion, salt and pepper to taste.

Onions are cooked with the butter, adding a little water. When soft, remove and drain the liquor from the onion. Mix nuts, crumbs, cheese and other ingredients and moisten with the onion liquor. Pour into a buttered baking dish and place in a hot oven for a few minutes until brown.

Tools for the Complete Kitchen.

When the Spring cleaning fever reaches into the kitchen regions it usually means more investment in pots and pans.

Too many tools in the kitchen clog it up until it looks like a tool shop instead of a cooking room. It's the wise housekeeper who selects her tools carefully so that she has in the kitchen only the things she really needs—and keeps them just where she needs them.

For the benefit of the beginning or the refurnishing housekeeper, here is a list of tools found in the kitchen of a very efficient home-maker, and who acquired these tools carefully after some years of selection:

Tools For Preparing Foods

2 half-pint measuring cups, 1 graduated measure, 1 can opener, 1 serrated breadknife, 1 large kitchen knife, 1 small kitchen knife, 1 vegetable paring knife, 1 curved blade fruit knife, 1 egg-beater and cream whip combined, 3 earthenware mixing bowls, 5, 6 and 8 inches spread, 1 four-sided grater, 1 flour dredger, 1 flour sifter, 1 small funnel, 1 glass rolling-pin, 1 pastry board, 1 small meat and vegetable board, 1 glass lemon squeezer, 2 large wooden spoons, 1 spatula, 1 standard tablespoon, 1 standard teaspoon, 1 standard half-teaspoon, 1 large cooking spoon, 1 long-handled cooking fork, 1 ladle, 1 pancake turner, 1 potato masher, 1 colander, 1 vegetable scrub brush, 1 pair of scissors, 1 grapefruit knife, 1 meat chopper.

Saucepans, Kettles and Other Cooking Utensils

1 Large iron frying-pan, 10-inch spread, 1 Scotch bowl for deep-fat frying, 1 handled saucepan, 1½ quarts, for gravies, etc., 1 handled saucepan, 3 quarts, for vegetables, cereals, etc., 2 six-hole gem pans, 2 oblong bread-pans, 2 layer cake tins, 1 pie tin, 1 earthen pie plate for baking apples, bananas, etc., 1 enameled jelly mold, 1 iron baking pan for roasts, 1 tea kettle with boiler insert (to save double boiler), 1 teapot, 1 coffee pot, 1 large casserole for stews, soups, etc., 6 earthen custard cups.

As this is a list of the tools needed in an average family of five persons, the young bride can eliminate from her collection some of the larger cooking utensils.

THE DOOR TO HEALTH

Is Through the Rich, Red Blood
Dr. Williams' Pink Pills
Actually Make.

The blood is responsible for the health of the body. If it is good, disease cannot exist. If it is bad, the door is shut against good health, disease is bound to appear in one form or another. One person may be seized with rheumatism or sciatica, another with anaemia, indigestion, heart palpitation, headaches or backaches, unstrung nerves, or any of the many other forms of ailment that comes when the blood is weak and watery. There is just one certain, speedy cure—Dr. Williams' Pink Pills. They make new, rich, red blood, and this good blood strengthens the whole system and brings good health and happiness. Thousands owe their present good health, some, life itself, to the pills. Mrs. Charles Goddard, Chatham, Ont., says:—"Four years ago my nervous system was so run down that life seemed nothing but a burden. I doctored for two years with little or no benefit. I could neither work, eat or sleep well. While in this condition a friend advised me to try Dr. Williams' Pink Pills. Before doing so I thought I would consult my doctor and he told me he knew of no better medicine for building up the nervous system. I started to take the pills and after a short while found they were helping me. I took the pills for nearly three months and am thankful to say that they completely cured me. Ever since I have kept a box of the pills in the house but have not found it necessary to take them."

You can get Dr. Williams' Pink Pills through any dealer in medicine, or they will be sent by mail postpaid, at 50 cents a box, or six boxes for \$2.50 by writing The Dr. Williams' Medicine Co., Brockville, Ont.

New Motor Tire Pump.

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Greece has adopted a standard time that saves half an hour of day-light and brings the nation within the zone of eastern European time.



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Sports Clothes

Nothing has been more talked of during the past seasons than sports clothes, so much so, that nowadays they have come to be an essential part of the modern woman's wardrobe. As a rule, bright coats or blouses are worn with white or light colored skirts. Included in the list of gay colors that are used, red is often found, which is rather unusual, as this color has been looked upon formerly as more appropriate for fall and winter than for spring and summer.

Sports clothes of silks and satins appear in greater numbers this season than those of cottons. There are, however, some novelties in cottons which promise to prove very popular. One of these is cotton gabardine brightly striped and plaided in colors. Basket weaves which have the new striped and dotted designs also have a fair showing, and the heavy linens will undoubtedly be worn.

The setch shows one of the favorite models with the smart hip-length blouse. Stitched box pleats, start-



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A Sports Frock Developed in the New Plain and Dotted Silks

ing from under a deep yoke and disappearing beneath the pleated pockets, give the Norfolk effect which has always been considered a good style for outing wear.

Separate coats of fuzzy white material, somewhat like blankets, with stripes of many colors around the edge, and also on the collar and cuffs, are among the latest offerings in sports attire. The colored stripes are also carried out in the same way in coats of oyster-white tussur.

Wide girdles crushed softly about the waist are quite often seen on the new dresses. They are generally of satin or silk in some bright contrasting color.

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

Romance In The War.

The romance of war is far from dead. Witness the reports of the French parachutist at Monastir, who jumped from his balloon at a height of 3,500 feet, who took out his pocket-book with one hand, and holding it in his teeth, inserted therein all his papers, threw it into the French lines as he sailed over them and himself reached the Serbian front, says the London Globe. Then, again, we have the account of the fight in the Adriatic between an Italian torpedo boat and an Austrian submarine. Both were sunk, but the survivors of the torpedo boat captured the submarine crew. Our novelists have never ventured on imaginary exploits that beat these realities of war. Perhaps some of them will take the hint.

MRS. LLOYD GEORGE.

Wife of British Prime Minister Not a Typical Society Dame.

It is a somewhat remarkable fact that the majority of British Prime Ministers have been gifted with clever and tactful wives, and of a surety our new Premier's spouse will form no exception to the rule.

It is not exactly easy to indicate in black and white exactly what are the social duties exacted of a Prime Minister's wife. Custom decrees ordinarily that the Premier shall give during each Parliamentary session a certain number of more or less formal dinners and receptions, and at such functions, of course, she is expected to act as hostess.

Owing to the war, however, these functions, as well as other less formal but scarcely less obligatory ones of a similar kind, are to a great extent held in abeyance just now; so that Mrs. Lloyd George will be spared, at all events for the present, much of the ordeal of wholesale entertaining on a large scale which fell to the lot of Mrs. Asquith during the first part of her husband's Premiership.

For this respite no doubt Mrs. Lloyd George will be duly grateful, for although the Premier's wife is, of course, every inch a lady, and a very charming and intelligent lady at that, she is as far removed as possible from the typical society grand

dame. No male liveried servants were to be seen at 11 Downing Street during the whole period she was mistress there; just two or three maid-servants and a small boy in buttons sufficed.

In other directions, no doubt, Mrs. Lloyd George will be kept pretty busy, for a Prime Minister's wife is socially a very important personage. With the exception of royalty and the wives of the Lord Chancellor and the Archbishops of Canterbury and York, she takes precedence over all other ladies in the land.

She is constantly sought after for opening bazaars and for other similar charitable functions; and as regards these, no doubt, Mrs. Lloyd George will gladly and willingly do her best. But chiefly, it is to be presumed, her helpfulness towards her talented husband will be shown, as was Mrs. Gladstone's, in helping him in his work.

The Only Exception.

The sergeant halted the new sentry opposite the man he was to relieve. "Give over your orders," he said.

The old sentry reeled off the routine instructions with confidence, but one of the special orders baffled him.

"Come on, man!" said the sergeant impatiently.

"On no account," stammered the sentry, "are you to let any questionable character pass the lines, except the colonel's wife."

Use A Fertilizer— Says Gov't. Agricultural Dept.

Why fly in the face of Providence? The sound advice, contained in the bulletins of the Department of Agriculture, is based on the knowledge of the best agricultural experts in the country and the accumulated experiences of thousands of farmers.

Almost every soil lacks some element of the plant food necessary for a maximum crop, and each crop leaves the soil poorer. Therefore, those important sustainers of plant life—potash, nitrogen and phosphoric acid—must be put back into the soil in the form of a fertilizer.

Gunns Shur-Gain Fertilizer

is in growing demand amongst farmers who want the best. It gives much more satisfactory results than a home mixed fertilizer because the ingredients are scientifically proportioned to meet the requirements of both soil and crop and are blended into a perfectly balanced plant food. Expert chemists have prepared these formulas, checked by Government analysts, and the mixing is done under careful supervision.

Gunns Shur-Gain Fertilizer is finely ground, making it more economical to use and easier to apply. It will not burn or sour the soil, and is very rich in humus. There is a formula to fit the requirements of every soil and every crop. These are fully explained in our booklet, "Bumper Crops," and also general directions for their use. A copy is ready for you, if you will ask for it.

Gunns Limited, West Toronto



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