

About the House

Fish Recipes.

Fish Soup (Russian).—This soup is very hearty. It may be made of one or several varieties of fish. Put two pounds fresh fish, including bones and head, in a saucepan, together with one sliced carrot, one onion, several stalks of celery cut into bits, sprigs of parsley, one bay leaf and six peppercorns. Cover with three quarts of water and boil gently one and one-half hours. Strain through cheesecloth into another saucepan, add six tablespoons rice and boil until rice is tender. Add one-half pound uncooked fish, skinned, boned and cut into small pieces, and simmer about fifteen minutes. Have ready one egg yolk beaten into one cup of cream or rich milk; add this to the soup; remove from fire without letting boil any more, flavor with salt, pepper and paprika and serve.

Salmon Mold.—Drain off the juice from a can of salmon and flake the fish, picking out every fragment of bone and skin. Mix with the fish one egg lightly beaten, the juice of a half lemon, a cupful fine dry bread crumbs, and salt and pepper to season. Pack in a buttered mold which has a tight-fitting tin cover, steam for two hours and cool.

Salmon Cutlets.—Chop rather coarsely the contents of a tin of salmon, and mix in an equal bulk of bread crumbs, seasoning the lot according to taste. Then, with the aid of beaten eggs, form a fairly stiff paste, which can be made into cutlets, and each coated with egg or milk and browned bread crumbs. Heat in a frying pan with dripping. This process will be found an economical one, as the fish lasts longer than if merely eaten as it comes from the tin.

Fish Patties.—Remove all bones from about half a pound of cold fish. Chop up a hard-boiled egg and add to this the fish. Add half a teaspoonful boiled rice, a dessertspoonful of finely chopped parsley and pepper and salt to taste. Mix all well together. Make half a pint of white sauce and add to the other ingredients. Mash half a pound of cooked potatoes and sufficient flour and dripping to make a nice pastry. Roll out, and line some saucers with this; then fill with the mixture. Bake till brown, after covering with the rest of the pastry.

Sugar Substitutes

We all need a certain amount of sugar, specially during the cold weather, because it is a carbohydrate, or heat and energy giver.

In the first place, we must remember that the refined white sugars, granulated, powdered and cube, are the most expensive, and that the brown is pure, wholesome and actually sweeter, besides being considerably cheaper; then there is a large amount of sugar contained in raisins and other fruits, and, as we all know, there is an enormous amount of sweetness to be had from maple sugar, honey and molasses. Besides these actual sugars the starchy foods have to be considered as heat-givers, because starch is changed to sugar during the process of digestion.

Layer Pudding.—Four ounces of dried apples, six ounces of bread crumbs, browned in the oven or made of brown bread; four ounces of brown sugar, three ounces of butter, nutmeg, cinnamon, one-half pint of hot milk. Soak the apples and stew very gently until quite tender. Grease a fire-proof dish and sprinkle a thick layer of crumbs on the bottom. Cover this with a layer of the apples sprinkled with sugar, nutmeg and cinnamon and add a few little bits of the butter. Repeat these layers alternately until the ingredients are used up, keeping one of the crumbs for last. Pour the milk evenly over the top, sprinkle with sugar, put in a few more pieces of butter and bake in a moderate oven until a good brown.

Rajah Pudding.—One pound of bread crumbs, one-half pound very finely chopped or grated suet, a little lemon juice, one pound of molasses, one-half pound raisins. Chop raisins coarsely and mix them with the finely chopped suet, then add the bread crumbs and the lemon juice. Heat the molasses and stir well into the dry ingredients. Pour into a well-greased pudding mold and boil for seven hours.

How To Prepare Vegetables

One of the duties of every Canadian housewife at the present is to make every home a thrift centre. There are still avenues of waste in every home. One of the most unnoticed of these is probably our methods of preparing and cooking certain kinds of food.

Here are the rules for the cooking of vegetables: Old vegetables or those that are wilted should be soaked at least half an hour in clear, cold water before cooking. Particularly

does this apply just now to old potatoes. Under no circumstances add salt to the water in cooking these, as it draws out the juices, hardens the fibre, and destroys the flavor.

All vegetables should be put over the fire to cook in rapidly-boiling water, and in uncovered vessels.

Vegetables containing starch—rice, potatoes, chestnuts—must be boiled until tender, but not a moment longer, or they will become heavy and soggy.

Old peas, beans, and lentils should be washed and soaked over night. In the morning drain, cover with fresh boiling water, boil half an hour, drain, and throw this water out. They are then ready to be cooked according to any recipe. This preparation is necessary in order to get full food value and to make them more digestible and palatable. It is important to remember this at the present time, as these foods are amongst our best meat substitutes.

Vegetables containing volatile flavoring, onion, cabbage, cauliflowers, and Brussels sprouts, should be boiled in salted water in an uncovered vessel, or they will emit a very unpleasant odor. The volatile matter contained in all these vegetables is rich in hydrogen and sulphur, both of which are valuable for the human system; so when this is allowed to escape by over-cooking or careless cooking, there is great food waste.

A safe rule to remember is: Top-ground, succulent, or green vegetables should be cooked in salted boiling water. Underground vegetables, the roots and stems of plants should be cooked in boiling, unsalted water. Salt should be added after they have been drained.

Housekeeping Hints.

A number of creamed soups can be made with the water in which vegetables have been boiled.

Very good wash cloths can be made from white stockings cut open. The edge can be crocheted with pink or blue.

Pantry shelves are cleanly and attractive painted white. Give them two coats of white paint, and lastly a coat of enamel. This is more satisfactory than paper.

ST. VITUS DANCE AFFECTS MANY CHILDREN

This Trouble Can be Cured Through the Use of Dr. Williams' Pink Pills.

St. Vitus Dance is much more common than is generally imagined. The trouble is often mistaken for mere nervousness, or awkwardness. It usually attacks young children, most often between the ages of six and fourteen—though older persons may be affected with it. The most common symptom is twitching of the muscles of the face and limbs. As the disease progresses this twitching takes the form of spasms in which the jerking motion may be confined to the head, or all the limbs may be affected. The patient is frequently unable to hold anything in the hands or walk steadily, and in severe cases the speech may be affected. The disease is due to impoverished nerves, owing to the blood being out of condition and can be cured by the use of Dr. Williams' Pink Pills, which enrich the blood, strengthen the nerves, and in this way restore the sufferer to good health. Any symptom of nerve trouble in young children should be promptly treated as it is almost sure to lead to St. Vitus Dance. The following is proof of the power of Dr. Williams' Pink Pills to cure this trouble. Miss Hattie Cummings, R. R. No. 3, Peterboro, Ont., says:—"I was attacked with what the doctor said was St. Vitus Dance. Both my hands trembled so as to be practically useless. Then the trouble went to my left side, and from that to my right leg, and left me in such a condition that I was not able to go out of the house. I took the doctor's medicine without getting any benefit. Then I tried another remedy with the same poor results. At this stage I was advised to try Dr. Williams' Pink Pills and did so, with the result that they fully restored me to health, and I have not had the slightest symptom of nervous trouble since. I can recommend these pills to anyone who is suffering from nervous trouble, and hope they will profit by my experience."

You can get Dr. Williams' Pink Pills from any drug dealer or by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.



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ARTIFICIAL LIMBS FOR MAIMED MEN

TWO TYPES OF ARMS, ACCORDING TO VOCATION OF SOLDIER.

Government Artificial Limbs Factory and Orthopaedic Workshop for Making Splints.

The soldier who has lost a limb is met at the station on his arrival in Toronto—and all who have lost limbs are sent to Toronto, for there, close to the Convalescent Home, is the only Government artificial limb factory in Canada—and then examined by a board of three officers. Then he is transferred to the Orthopaedic Hospital under the charge of Dr. Gallie. Then his stump is looked into, and if it is in a condition for fitting he goes to the limb factory and gets fitted. But if not in such condition he is provided with a "shrinker" and then given a pass (coupled with transportation) in order that he may go to his home until such time as he is able to be fitted.

Then, when he is able to be fitted, he goes back to the Convalescent Home and is fitted with his limb. Some men have to be operated on first. This is done at the General Hospital, as there are no facilities for operating at the Convalescent Home. The new Orthopaedic Hospital at North Toronto will have such facilities, as well as an artificial limb factory and an orthopaedic workshop for making splints, etc.

A large number of men come back with immovable joints and stiff limbs, etc. Some of these are treated electrically. Some go through a baking process. Nerve cases are treated with hot air, with hot baths of various kinds, and with electric treatment. Straight massages are given by V. A. D. workers. These are of great efficacy in muscle cases. Many cases are both nerve and muscle cases.

Best Arms and Legs Made.

The equipment of the Convalescent Home is fine and the baths are splendid. The arms and the legs supplied by the limb factory, which is practically in one with the Convalescent Home, are very satisfactory, the legs being the best artificial ones on the continent. The legs seem to give the men more satisfaction than do the arms, for the reason that a man usually expects more from an arm.

The type of leg that is being used is wooden throughout with an ankle joint, and also a knee joint if the amputation is above the knee, as is the case with a relatively large number. The leg is fitted in the rough, but is not finished until it has been worn about a week or a fortnight to enable the man to become accustomed to it, and to enable any alterations found necessary to be made. When a man leaves with his new leg he is fitted with accessories to last him two years. The leg itself, which is worth \$100, and is the best on the market, will last about ten years. An artificial arm, which does not get so much use as a leg, will last about twenty years.

A man without a leg is infinitely better off than a man without an arm so far as his capacity for future manual work is concerned. With regard to the type of arm required, the view is taken that in cases of amputation above the elbow, only a small amount of good will be got from an arm, but that, in such cases, Carne's arm, which has been greatly boosted in England, is a little more suitable because it has a wrist movement, as well as a finger movement, and, of course, an elbow movement. With the Carne's arm, a man can do a lot of fancy things, but it is not (it is said) as much practical use for a man engaged in labor as the arm with amputation below the elbow, and is particularly well suited for men in general labor. The Dorrance hook appliance has a hand which fits over the hook, and if a man wants to go out he puts on the hand.

Vocational Training. There is another Military Convales-

cent Home on Spadina Avenue, but the men go from there to the one on College Street to get their artificial limbs. As regards the artificial arm question, it should perhaps be said that the type of arm recommended is dependent a good deal on what the vocation of the man by whom it is needed is to be. If he is to be a clerk or an office man, a Carne's arm is decided on. If he is to be a mechanic or a manual worker, not a Carne's arm but one which will be of more practical use to him is decided on.

The men appreciate to the full the great value of the vocational training which has been brought within their reach. The majority of them—probably about 60 per cent.—were manual workers in the days before the war. In connection with the classes in vocational training, there is a great run on bookkeeping and clerking, while the courses in mechanical engineering are also very popular.

It should be mentioned that the Y. M. C. A. admits the men at the Con-

valescent Home to its privileges, and these are very highly valued by them.

The Natural Comment

London children certainly get some quaint views of life. An instance of this recently occurred in a London East-End Sunday School, where the teacher was talking to her class about Solomon and his wisdom.

"When the Queen of Sheba came and laid gold and jewels and costly spices before Solomon, what did he say?" she asked, presently.

One small girl, who had evidently had experience in such matters, promptly replied.

"Ow much d'yer want for the lot?"

Doctors are so necessary in England that all of the British colleges have opened their doors to women students.

Oil obtained from seeds of Brazilian rubber trees has been found an acceptable substitute for linseed oil by British paint-makers.

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

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London.—Do you wear glasses? Are you a victim of eye strain or other eye weakness? If so, you will be glad to know that according to Dr. Lovia 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 discard them in a reasonable time and multitudes more will be able 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." The Valmar Drug Co., Store 4, Toronto, will fill your orders if your druggist cannot.



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