

About the House

Meat Economy.

Use less; once a day is ample if supplemented with legume dishes, milk soups, cheese dishes, attractive bread and cereal dishes, and eggs when they are cheap enough.

Serve carefully at the table; it is better to serve twice than to send remnants to the garbage pail.

Use cheaper cuts. We pay largely for flavor, tenderness, and excessive fat is the expensive cuts.

We buy meats chiefly for their protein food value. The cheaper round, shank, and neck cuts give more for the money.

The cheaper cuts chopped fine make a Hamburg steak as quickly broiled as a porterhouse.

Prolonged cooking at the lower temperatures will make the toughest cuts tender and improve their flavor. This can be accomplished economically in the double-boiler when the coal or wood fire is being used for other things; in the casserole or close-covered stone crock in the coal stove oven when it is left for the night; or in the fireless cooker when gas or electric stoves are used.

Stews—To many Canadians the word brings a memory of savourless chunks of meat swimming in a watery gravy. In intelligent hands it becomes a dish of infinite variety through the combination of different meats with different vegetables and seasonings, into juicy pieces of meat bedded in most savory sauce.

Make a little meat go a long way. Spread the flavor over other nutritious but more neutral-flavored food, e.g., meat pies, Irish stew, potpies with dumplings, stews with plenty of savory gravy, served in a border of rice, mashed potatoes, boiled beans, macaroni or vegetables.

Use every part of a meat purchased. Fry out the fat not used for the table, and use for shortening and other purposes; trimmings and bones for soups, and left-overs for "made" dishes. Avoid using too strong heat for roasting and broiling, which ruins bones and trimmings for the soup pot, besides wasting heat.

Eliminate meat from the diet of the small children. The normal child will thrive better on milk, cereals, and eggs in place of meat. A child's appetite is what the parents make it. Do not feel sorry for the child whose breakfast is oatmeal and milk, and supper is bread and milk with a bit of biscuit and jam; this child is well fed.

Eggs may replace meat in the adult diet whenever the price per dozen goes below the cost of 1½ pound round steak.

Household Hints.

The lightest weight kitchen utensils make work less tiresome.

When a screw becomes loose, remove it and fill the hole with bits of sponge packed in tightly. Then replace the screw and it will hold as firmly as ever.

When slipping geraniums remember that the woody stalks cut back and set in rich soil will make the best blooming plants.

To set growing house plants in a tub and spray them with a bath spray is one of the best methods of giving their leaves the necessary moisture.

After washing oilcloth and linoleum, be sure to dry it properly. If left damp it will speedily rot and soon become totally ruined. It is a great mistake to use too much water for washing it. The cloth should be wrung out and passed lightly over the surface.

A campstool to hold the clothes basket is a convenience on washday. It is light, easily carried about, and when not in use takes up little room. In hanging out the clothes and taking them from the line the stool saves stooping and keeps the bottom of the basket clean.

Time will be saved if the housekeeper will sit down with pad and cook book and plan the meals for at least three days, and as each meal is planned a list is made of the food to be purchased; by this means the marketing can be done for three days in little more time than would be required for one.

When a child has the slightest tendency to crooked legs he should have a very special treatment. His bones are too soft, and he needs more lime and iron. He should be taken off his feet at once, and have salt water bathing and massage.

Door mats should never be shaken against a wall. It causes the fibre to break. They should be placed face downwards and beaten gently with a stick or brush head. Mats treated like this will last twice as long. This method is also cleaner and easier.

To freshen a skirt that has become wrinkled and mussed from packing or otherwise, brush carefully, so that all dust may be removed, and hang over

a tub of boiling hot water. After it is thoroughly steamed it will look like a tailor cleaned garment.

To avoid valuable time looking for the different buttons in your button box take a wire hairpin and straighten it out; then shape the wire in a circle and bend each end back after stringing all of one kind of buttons on the pin, and hook one end through the other. It takes but a minute and you always have the different kinds right at hand.

Fish Recipes.

Salmon Cutlets.—Chop rather coarsely the contents of a tin of salmon, and mix in an equal bulk of breadcrumbs, 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 breadcrumbs. Heat in a frying pan with dripping.

Creamed Finnan Haddie.—Two cupfuls of white (or cream) sauce, two tablespoonfuls of butter, three eggs, one tablespoonful of grated cheese, two cupfuls of flaked finnan haddie, pepper. Boil one egg hard. Add the butter and yolks of two eggs to cream sauce, cheese and pepper and minced hard-boiled egg. Then add the fish and heat the mixture.

Baked Codfish.—One cup rice, one quart milk, one cup shredded codfish, three tablespoons butter, four eggs. Cook rice and milk in double boiler until rice is tender and has absorbed the milk. Add well-beaten egg yolks, codfish that has been soaked, and butter. When cool add the stiffly beaten egg whites. Bake and serve with the melted butter.

Fish Pie.—Remove the bones and skin from any cold cooked fish, shred it and add seasoning to taste. Butter a baking-dish, cover the bottom with mashed potatoes and add the fish and small bits of butter. Season and cover with a top layer of potatoes and bake in a hot oven for ten minutes or until it is brown.

CZAR'S CHAIR REMOVED.

Loses His Place in All Powerful Russian Church.

Next to the overthrow of the Czar, the removal of the Emperor's chair from the first session of the Synod is the most dramatic event which could happen in Russia, for it means a revolution in the chief bulwark of Czarism, the Orthodox Church of Russia. The influence of the church on the peasant masses is enormous, for the moujik is intensely religious.

The church could be a mighty tool in the hands of reactionaries, for one of the most powerful elements in the overthrown Germanophile Government was Pitirim, the Petrograd Metropolitan, who was only second to Rasputin as the most influential member of the dark forces in the court of Nicholas II.

Together with Shurmer and Protopoff he plotted against the allies.

Says She Suffered For Many Years

Then Dodd's Kidney Pills Cured Her Kidney Troubles

Mrs. Felix Ascah Found No Relief in Doctors or Hospital Treatment, but Dodd's Kidney Pills Brought a Speedy Cure.

Haldimand, Gaspe Co., Que., Mar. 26th (Special).—Mrs. Felix Ascah is telling her numerous friends here that her complete recovery from kidney disease from which she suffered for years is due to the splendid work of Dodd's Kidney Pills.

"My trouble started from a strain," Mrs. Ascah says. "I suffered for years. I was attended by a doctor and was also treated at a hospital. I suffered from stiffness in the joints, I had a bitter taste, especially in the morning, and at times was subject to severe headaches. I had a pressure and often a sharp pain at the top of my head and my skin itched and burned at night.

"Neither from the doctor nor at the hospital did I get any permanent relief. Then I started to use Dodd's Kidney Pills and two boxes did me so much good I feel like recommending them to everyone who has kidney trouble."

Dodd's Kidney Pills cure sick kidneys. Cured kidneys strain all the impurities, all the seeds of disease, out of the blood. That makes good health all over the body. That's why those cured are so enthusiastic in regard to Dodd's Kidney Pills.



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Effect of Russian Revolt.

A military expert says that as a result of the revolution the Allies may reasonably look for a much more aggressive role in the war to be taken by Russia. There will be organization, efficiency, loyalty. There will be no more scandals about the arming and equipping of troops. The resources of Russia have been ample at all times, but were mismanaged through German machinations. "The Russian people are back of their armies," he says. "They are as eager to defeat Germany and Austria as are the people of France. It is to their interest to blot out Prussianism, for Prussianism, in the extension of its power and influence into Petrograd, has been one of the chief burdens of the Russian people. They know it." It is said, too, that there is no lack of food in Russia, nor lack of proper means of distributing it, but that thousands have been brought to the verge of starvation by the old Government in the hope that a cry for peace might be raised which would give it an excuse for carrying out a bargain with Germany.

STOMACH MEDICINES ARE DANGEROUS

DOCTORS NOW ADVISE MAGNESIA. Just how dangerous it is to indiscriminately dose the stomach with drugs and medicines is often not realized until too late. It seems so simple to swallow a dose of some special mixture or take tablets of soda, pepsin, bismuth, etc., after meals, and the folly of this drugging is not apparent until, perhaps years afterwards, when it is found that gastric ulcers have almost eaten their way through the stomach walls. Regrets are then unavailing; it is in the early stages when indigestion, dyspepsia, heartburn, flatulence, etc., indicates excessive acidity of the stomach and fermentation of food contents that precaution should be taken. Drugs and medicines are unsuitable and often dangerous—they have little or no influence upon the harmful acid, and that is why doctors are discarding them and advising sufferers from indigestion and stomach trouble to get rid of the dangerous acid and keep the food contents bland and sweet by taking a little pure bisulphated magnesia instead. Bisulphated Magnesia is an absolutely pure anti-acid which can be readily obtained from any drug store. It is absolutely harmless, is practically tasteless and a teaspoonful mentation of food and cold water after meals, will usually be found quite sufficient to instantly neutralize excessive acidity of the stomach and prevent all possibility of the food fermenting.

A CONSECRATED REPUBLIC.

Vast Throng in Silent Prayer Before Petrograd Cathedral.

The revolution in Russia has brought an immense change in the people, a great feeling of relief and relaxing of the tension of years of suspicion and fear of Siberia.

Before the Kazan Cathedral, where the revolution began and the first red flag fluttered, came the triumphant end when the great throng of people came afoot from the furthest parts of the city to consecrate the Russian Republic.

The Nevsky Prospekt was packed with silent people, for the first time in their lives unpoliced, yet in perfect order, while the soldiers whose revolt upset the Government marched slowly through to the cathedral.

Parting the crowd, two officers this time held on high the symbol of the fight for liberty, but brought vividly to mind that just a week since the bare sabres of the police drove a peaceful bread demonstration to revolution. The army coming from exciting exhortations before the Duma, was singing the Marseillaise and bearing a transparency of red cloth and gold letters proclaiming the Russian Republic.

The Marseillaise had been turned into a Russian hymn. The wonderful French marching songs caressing words, in the rich Russian language, passed over soldiers and citizens of all classes: "Friend soldier, friend workman," the meaning pointed by the lack in the Russian language of the word "citizen," the word "friend" replacing it.

Far across the impenetrable throng the formal words were spoken, and just at dark the crowd began facing toward the cross, uttering a prayer in the impressive silence.

And afterwards, the great restless city, unpoliced, slept safely and tranquilly in the arms of democracy.

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IN THE HANDS OF THE HUN.

Description of Hardships Endured in German Prison Camps.

A British soldier on his return to England after fourteen months a prisoner of war in Germany, writes the following:

So far as I have talked with people since my return, I find that the main point of interest is the question: "Do the prisoners get enough food?"

I have a very short and emphatic answer to that question. They don't. And if the British Tommies over there did not get parcels from their friends at home, and through the organizations charged with the care of prisoners of war, they would most assuredly starve, for the food given by the Germans to their unlucky prisoners is slight in quantity and almost unobtainable.

Here is the unvarying menu at Munster Camp, where I spent fourteen months, and at all other camps throughout Germany:

Breakfast.—A pint of coffee, or sandy cocoa, which turns your stomach for the first week or ten days after your "initiation." With this is served a hunk of black bread, made chiefly of sawdust and potatoes. The look and feel of it is enough to blunt your gastronomic senses for evermore.

Dinner.—Three or perhaps four potatoes, and a ration of what is called soup, but which is not nearly so tasty as the medicine my mother used to give me when I was a small boy and had been overeating myself.

Supper.—A repetition of dinner. Occasionally this is varied by a supply of burnt cabbage, after the useful properties of the vegetable have been extracted in the production of sauerkraut.

Of course, it goes without saying that none of the British prisoners ever took kindly to such terrible feeding. In my hut alone I have seen weeks go past and not a mouthful of the stuff eaten. The poor Russians, who never got any parcels from kind folks at home, were only too glad to take it off our hands, and I have seen the faces of the poor devils light up with smiles when we cried to them to come and

remove the "German dirt" to their own log cabins.

God only knows how these unfortunate Russians exist in the prison camps of Germany. As a matter of fact, they only exist; "live" you cannot call it. And many of them simply die of hunger. I have seen Russian peasants—big, hardy-looking chaps when they came to the camp—crumple up gradually, and I have also seen more than one of them drop dead.


I have seen it mentioned in the papers that British prisoners of war have been in the habit of selling their portions of black bread to their Prussian gaolers. This is a lie. There is not a British soldier in Germany who would sell his rations to a Hun. He would not so far demean himself. As a rule the camp rations are handed to the Russians.

Tipping a Millionaire.

The Marquess of Bute, who enlisted early in the war as a private, is now an officer in the Welsh Regiment.

An amusing incident occurred when his lordship was stationed at Bristol. Walking down a side street one afternoon he stopped before a shop window. He badly wanted a cup of tea, but the shop did not look at all inviting, and he hesitated about going in. His hesitation was noticed by an elderly lady, who thought he wanted tea but hadn't the money to pay for it! Going up to the marquess, she pressed half a crown into his hand, bidding him to go into the shop and have a good tea. Following her behest, the marquess went into the shop, had a cup of tea, and left the half crown under the saucer for the girl who served him. The old lady afterwards learned that she had tipped one of the wealthiest peers in the kingdom.

The fertile plain in which Damascus is situated is about thirty miles in diameter and is due to the River Barada which is probably the Abana of Scripture. Two other streams, the Wady Helbon, on the north, and the Awaj, on the south, increase this fertility and these two contend for the honor of representing the Pharpar, the other scriptural stream.



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