



PREPARING THE PERISHABLE FOODS OF MIDSUMMER.

Midsummer illnesses are often charged to excess of fruit and vegetables in the diet. This form of diet is the best for this season of the year but unless these foods are not in perfect condition of ripeness and cleanliness, trouble is sure to follow, especially if we ourselves are not in good physical condition.

The high temperature and moisture usually present in August afford just the condition under which bacteria grow. We need, therefore, to be very careful how and what we eat.

Most houses are now screened against flies but harmful germs also are carried in dust. All food should therefore be protected from dust as from flies.

While food is cooling, uncovered or standing exposed to the air, spores or germs of molds and ferments enter and the warmth present causes their rapid multiplication. Food should, therefore, be cooled as quickly as possible and never left standing in a hot kitchen or unprotected anywhere. It is wise to put soup or stewed fruit into two dishes instead of one that they may more rapidly cool and be put away.

Do not trust too much to the refrigerator to keep foods in good condition. If trouble-making germs have settled on meat, dessert, milk or butter before they reach the cooler, their multiplication may be delayed but the temperature of the ice box, being below freezing, is not such as to render them harmless and if through lack of ice, it warms up, a dangerous change in the foods is easily brought about.

Few foods should stand over twenty-four hours without sealing to kill germs that may be present. Meat with gravy, reheated in a pie crust, or a salad or meat loaf can become so germ-infected as to cause severe illness. The housemother may succumb first to the poison created by the germs, because she has worked hard and eaten carelessly. It is well for her to try to keep cool in mind and body during the busy, trying days of August.

Why spend hours in a hot kitchen making cakes, pies and fancy desserts when fresh fruit is more abundant than at any other time of the year? Try to plan to have as few hot dishes as possible and yet have something warm at each meal. Plan all three meals at once and "dovetail" them to save handling the same materials and utensils twice a day.

Where ice is not available, gelatine may be used to give form not only to desserts but to meat loaves or salads. The knuckle or end of the leg of veal may be made into an attractive dish for hot weather by the aid of gelatine, instead of serving it as a stew, which is more appetizing for a cool day.

Lamb can be used in the same way. To prepare a delicious jellied loaf, trim and wash the meat and barely cover with cold water, add a few whole cloves, an onion, parsley or dried celery leaves, and one teaspoonful of salt for each quart of water. Cook gently for two hours or until the bones may be slipped out. Drain the broth from the meat and let it cook again, uncovered, until reduced

to less than the bulk of the meat. Dissolve some soaked gelatine in the broth and more seasoning as needed, a little lemon juice or vinegar or a cucumber pickle chopped fine. Have the meat carefully picked over, all skin and bones removed. It may be left in large pieces or be chopped. Arrange in a good mold or loaf pan or a bowl and strain the broth over it. Leave over night to cool. Or it may be shaped in small cups, one mold to be served to each person on a lettuce leaf or nest of water cress. Almost any meat or fish or fowl may be prepared in the same way.

Liver boiled, chopped and mixed with a little chopped ham, makes a good change. Canned salmon mixed with a cooked salad dressing in which a little gelatine has been dissolved, is excellent.

This is a fine way to put in attractive shape the last bits of a roast of meat or of a boiled ham, instead of using them for hash or a hot meat loaf.

Sometimes when we make a meat loaf and steam it there is considerable liquid in the pan when it is done and the solid portion has drawn away from the pan. This liquid may be used to dissolve a small amount of soaked gelatine and then be poured over the meat again, thus surrounding it with jelly when it is cold.

When meat broth is lacking as a foundation for the jelly, strained tomato may be used, or celery or even cucumber may be cooked and strained and seasoned.

Sterilize Your Fruit Juices.

Fruit juices for use later in jelly making can be sterilized and bottled without sugar and made into jellies at the housewife's convenience. This enable her to do with fewer jelly glasses and to distribute her purchases of sugar for jelly making through the year. More over, with the bottled juice she can make a greater variety of jellies, as juices which will not "jell" can be put up when the fruit is ripe and combined later with fruits that will jell, or fruits ripening at different seasons can be combined. For example, the juice of strawberries, cherries or pineapple can be kept without sugar, and later, when apples are plentiful, can be made into combination jelly.

To put up unsugared fruit juices for jelly making, proceed exactly as if jelly were to be made at the time. Cook the fruits until they are soft and strain out the juice through a flannel bag. Heat and pour while hot into bottles previously scalded. Fill the bottles full, leaving no air space between juice and cork or seal. Place the filled sealed bottles on their sides in water near the boiling point, and keep them in the bath for about thirty minutes. Make sure that the corked or sealed end is under the hot water, cover the cork with a paraffin seal. Thorough sterilization and sealing are absolutely essential to success.

To make jelly from the sterilized juice, test its jelling quality, add the proper amount of sugar, and proceed as in making jelly from freshly expressed juice.

them. They are a great improvement over the inverted "washbasins" originally brought into use by the Prussians, and adopted by all combatants during the first year of the war. The description of them would lead the reader to imagine that the familiar football headpiece may have given the inventor his first idea.

According to a writer in the Illustrated World, the innovations consist of rubber cushion shock-absorbers, an inner helmet to which the metal covering is affixed and a protection for the eyes and the nose. When putting on this headpiece, the soldier first dons a skullcap of soft felt, covered with smooth oilcloth on the outside. The cap snaps by a hook-and-eye arrangement to the visor of the metal helmet itself. That is the only attachment, so that when the headpiece is struck by a bit of shrapnel or other missile it can give way glancingly to the blow. Anything except a smashing, direct hit is completely deflected. The soft skullcap lessens the shock, and to give added protection soft rubber pads are inserted beneath the metal to keep the heavy jar from causing concussion of the brain. A wide, sloping brim protects the neck, and a metal nose guard protects the eyes, nose and temples.

The Explanation

Instructor—Look here, what's the matter with you men? There hasn't been an inner signaled for the last ten minutes.

Bright Recruit—I think some one must have shot the marker, sir.

The Greatest War in History

The Forces Involved

	Allies.	Central Powers.	Total
Area (square miles)	30,183,583	1,203,800	31,387,383
Population	1,205,840,000	143,721,000	1,349,561,000
Wealth (1914)	\$406,000,000,000	\$105,000,000,000	\$511,000,000,000
Man power	88,000,000	31,000,000	119,000,000
Men in arms	33,000,000	20,000,000	53,000,000
Men killed	4,342,000	2,687,000	7,009,000
Men disabled	3,189,000	1,936,000	5,129,000

The Cost in Dollars

National budgets	\$86,000,000,000	\$48,000,000,000	\$134,000,000,000
Shipping destroyed	1,050,000,000		1,050,000,000
Men lost	21,000,000,000	14,000,000,000	35,000,000,000

Indirect Losses

Inflation of currency and increased prices.	Production diverted from creative to destructive purposes.
Business development checked and business machinery wrecked.	Death rate increased and race vitality lowered.
Property damaged by under maintenance or idleness.	Birth rate decreased.
Industry crippled by diversion of men and (in U. S.) lack of immigration.	Lack of education for children and for youthful soldiers.
	Physical suffering.
	Moral degradation.

HOW ITALY SAVES WAR'S WRECKAGE

WONDERFUL SUCCESS IN OVERCOMING THIS PROBLEM.

Description of the Work of Reclaiming Wastage as Carried on at City of Milan.

One prime essential for success in modern warfare is economy—economy in lives, in energy and in materials. Waste of everything must be reduced to a minimum. The metal fragments of exploded shells, the soldiers' cast-off shoes, even the crusts of bread left from his meals must be gathered up and made to serve some useful purpose again.

Italy is attacking the problem of salvaging as much of war's wreckage as possible with wonderful success. The following account of the Italian efforts along this line is from La Lettura.

"The gospel of St. John says: 'Gather all the remnants so that they do not go to waste.' This is exactly what the Italian Military authorities are doing by finding a way to utilize much of the waste material of war. It is a task just as important as that of military sanitation, which cares for and cures the most precious of war materials—man.

The Milan Establishment.

"Everything abandoned on the field of battle, in camp or along the line of march is carefully gathered up and sent to renovating establishments. One of the largest of these is the Military Establishment of Disinfection and Re-utilization at Milan. More than thirty train loads of material of all kinds from the war zone come in here every day.

After every battle a little of everything is abandoned on the field. Wherever the soldiers pass they leave arms, pieces of machinery, knapsacks, caps, drums, bugles, kitchen equipment, shoes, clothes, etc. Objects of every kind are left behind. Each of them has a glorious past. Each furnishes the clue for reconstructing a page of history.

The task of the renovating establishments is to repair all the objects which can be repaired and to transform the rest into things which can be of use either at the front or in the homes of the nation.

"At the Milan establishment the various articles are assorted in heaps, the shoes in one place, the caps in another. The cloth is separated from the metal, the wood from the leather, etc. About three-quarters of the material which is brought in can be repaired and made suitable again for its original purpose. Everything is first disinfected before assortment and cataloguing.

Salvaging the Uniforms.

"The gray green army uniforms when they are gathered together are divided into two heaps—one consisting of very soiled clothes, the other comparatively speaking in good condition. The cloth from the latter pile is sent to the washing rooms and is thoroughly cleansed and scoured. A certain amount of this, the poorer quality, is sent to the cap makers, the best material is sent to wool laboratories where the wool is utilized for cloth which is eventually worked up into coats, pants, overcoats and ponchos. A small amount is sent to another establishment where the wool is used for making cloth for capes.

"After being manufactured and tailored the various articles are sent to a central bureau which attends to the distribution—the Material Corps—out of the first heap of very soiled cloth the major part is washed and cleaned and sold as washed rags which may be used for good grades of paper. The rest is sold for what it will bring without wasting the expense of labor on cleaning."



Double Ten.

There's something that vexes you, laddie,
I know by the flush on your cheek;
But just hold your temper a moment
And count double ten ere you speak.

There's someone has angered you, lassie,
I know by the flash in your eye;
Perhaps you can answer them sharply,
But count double ten ere you try.

For words, dear, like horses, need reining,
Or else they will fly off the track;
And words that escape once, remember,
Can never be coaxed to come back.

So hearken to me, little lassie,
And laddie with anger-flushed cheek,
Remember the maxim I give you,
And count double ten ere you speak.

Mary Jane's "Bit".

The hair of Mary Jane, who was Elizabeth's favorite doll, was falling out at an alarming rate. Elizabeth brushed it, shampooed it, and even used father's hair tonic on it. Yet the little ivory brush collected more and more glistening threads of gold and the head of poor Mary Jane became more and more bald.

Elizabeth asked mother whether it would be wise to buy a new wig for her cherished Mary Jane—a wig of real hair; a wig that would curl naturally and that should be brown instead of yellow.

Mother agreed that it would give Mary Jane just the added touch that she most sadly needed in order to become a truly delightful dolly.

But mother also said that, charming as that touch would be, it was an expensive one in time of war. Elizabeth herself must give it to her almost bald-headed darling. War time or not, Elizabeth could do errands and perform certain new duties that in time would earn enough money to buy the longed-for wig.

So, early and late, Elizabeth worked for her Mary Jane. No matter how tired she was, she always roused herself to go in search of mother's spectacles; no matter how interesting the game, she hunted for the lost needle or pin.

The cents began to rattle in her little bank. When she shook it wildly and to a joyous clatter rang through the house. Whenever Elizabeth was discouraged, whenever errands seemed many and the pay small, the family were awakened by a sudden clinkety-click, clackety-clank! At a sound so pleasant sorrows flew away not only from the breast of Elizabeth but from all those who dwelt within the house; for, after all,

Women on the Farm

The women on the land at present number hundreds of thousands, without counting farmerettes. The farmers' wives and the farmers' daughters have been hard at work all year; their day is never ended, milking, feeding poultry and pigs, butter making, handling eggs for market, etc. Their chores are innumerable and in addition to that they have their own family tasks, cares and responsibilities. At harvest time they have the additional burden of feeding the harvest hands. There is plenty of room for war service on the part of town girls who want to help in the war in volunteering to help farmers' wives on the neighboring farms during the harvest season. This would release the farm-

there is nothing that swallows up troubles or worries much quicker than glad sounds. Sometimes the sound is a bird; sometimes a brook; sometimes a crackling fire; at times it is music. And sometimes it is only a happy voice. Just try it and see!

Well, the money in the bank grew and grew. The beautiful brown wig, the naturally curly, brown wig, that Elizabeth had already priced, could now be bought! Elizabeth skipped to school with her money tied neatly in a fresh handkerchief to show to the girls and boys. Well she knew that when afternoon came the wig would rest for all time on the head of her Mary Jane.

But when the morning exercises were over, a lady rose beside the principal, and said, "Children, I have come over here to tell you about your little sisters and brothers in Belgium. I have come to let you know how hungry they are, how cold and how lost they are—lost not only from mother and fathers but from homes and from all that they once held dear. They were exactly as you are—happy, contented girls and boys. They had comforts and pleasures just as you have. But now—they have nothing and—"

Before the lady could finish, Elizabeth rose from her seat, rushed to the platform, and, sobbing, thrust all her money into the hands of the lady and said:

"Oh, give them that!"
The lady's voice sounded queer as she said to Elizabeth, "Will your mother let you give all this money away without asking her permission?"

Not a sound could be heard, except the voice of Elizabeth:

"It's mine! You see, I earned it myself to buy a naturally curly, brown wig for Mary Jane. She's waited all these weeks for it, but I guess she can keep on waiting a little longer!"

Then a strange thing happened. Right there in the school chapel people began to clap their hands. People began to laugh, and some even stamped their feet. But the best part of all was the next day, when every little boy and every little girl went into the school-room with his or her own separate offering for the Belgian children. Some brought ten cents, some brought five, some only a cent. But it was Elizabeth's generous act that started the gifts.

The lady sent Elizabeth a beautiful ribbon, woven of the national colors of Belgium—a ribbon to tie Mary Jane's few remaining golden wisps of hair. Elizabeth has decided to let the ribbon take the place of the once longed-for wig. For Mary Jane has now taken on a new and altogether distinctive air: a certain added dignity, as if she, too, had done her "bit."

er's wife from her household duties and add her effective labor for outside work in aid of her husband who will be hard put to it to get in his crops this season. Helping the farmer's wife this year is just as important as any other war work that women can take up.

Can All You Can

It would be a thousand pities to produce vegetables or fruit in response to the War Garden appeal and then have more on hand than could be used so that quantities would perish. All surplus vegetables over immediate requirements should be canned, dried, and stored away, for winter will follow a season of plenty and all the world will be short of food.

THE NEW TRENCH HELMET.

American Invention is Great Improvement on the Old Variety.

American shock-absorbing helmets are now being worn by United States soldiers in France, and although they were only recently perfected, the armies of the allies have already adopted

SMOKE TACKETTS
ORINOCO
CUT COARSE FOR PIPE USE

WOOL

Farmers who ship their wool direct to us get better prices than farmers who sell to the general store.

ASK ANY FARMER! who has sold his wool both ways, and note what he says—or, better still, write us for our prices; they will show you how much you lose by selling to the General Store.

We pay the highest prices of any firm in the country and are the largest wool dealers in Canada. Payment is remitted the same day wool is received. Ship us your wool to-day—you will be more than pleased if you do, and are assured of a square deal from us.

H. V. ANDREWS
13 CHURCH ST., TORONTO