

About the House

First Aid For The Lunch-Box.

In nearly every home, at some time or other, lunch boxes are a necessity and the vexing problem has worried many a housewife. When the man of the house needs to carry his lunch the problem is not much different from the one presented by the children's lunch, although the chief factors to be considered is the kind of work the man is doing and to furnish him with the necessary food that will supply the essentials he needs.

In selecting suitable boxes in which to carry the lunch, consideration must be made for the things you intend to send in the lunches. The man's lunch box should be substantial and ample to hold a good sized lunch. The children like to change the style and color of their boxes occasionally so that good firm cardboard boxes will answer very nicely.

It is well to keep on hand plenty of plain white paper napkins. Colored napkins are apt to fade off badly on the things in the box and give a sad-looking appearance to the lunch. Another necessary is paraffin paper.

A thermos bottle meets the problem of keeping coffee, chocolate and even cream soups piping hot and these things add much to the otherwise cold meal. Where a thermos bottle is not available for the hot drips a good heavy bottle may be made to answer for the purpose.

Individual porcelain cups are nice to use for desserts, baked beans, custards and many things which cannot be sent without a dish.

For sandwiches many kinds of bread and fillings may be used. Day-old bread will cut to better advantage and make better sandwiches than fresh and is much better for the digestion. The bread should be cut about one quarter of an inch thick in oblongs, rounds, diamonds and even heart shapes to lend a little change to the "looks." Grown-ups as well as the children enjoy finding odd-shaped sandwiches with unknown fillings and it takes only a few minutes longer to cut them.

In packing the lunch, place the things to be eaten last in the box first and the things which naturally would be wanted first on the top of the box.

Too many things in the box is not good. Better have three things today and a complete change to-morrow than to have to repeat to-morrow.

In preparing the desserts for dinner to-day, plan ahead for the little dessert cups for the lunches to-morrow. Make enough more to fill them and set them aside all ready for packing in the morning.

Try to make the lunch hour a happy one for the absent ones by adding zest and interest in the unexpected contents of the lunch box. This is easily accomplished by adding one new feature or dish each day, something different and not repeating day after day the same hard-boiled-egg-cold-meat-and-bread variety too often met with in the average lunch box.

It is wise to keep a proper balance of foods in the lunch. For example if the sandwich filling is of meat, plan a simple fruit dessert; or if the sandwich is a sweet filled one, use the custard pudding, gelatine desserts, baked beans or something more hearty for the other dish.

When the lunch is planned, packed and all ready to close, slip into the corners a few nuts, simply shelled or salted or a few pieces of candy or maple sugar to "top off with." These make the whole complete.

The following little table of First Aids for the lunch box may be cut out, mounted on cardboard and hung up for reference in planning the family lunches.

Bread for sandwiches: Wheat, brown, nut, nut brown, oatmeal, rye, raisin.
Fillings for sandwiches: Minced

Free to Boys

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DEPT. 47, TORONTO

ham, beef hash, bologna, veal salads, baked beans, minced egg, apple and celery salad, tuna salad, olives and green peppers, brown sugar, peanut butter, jelly, jam, marmalade, honey, molasses, lettuce and salad dressing, raisins and corn syrup, salmon salad, minced chicken.

Fruits: Oranges, apples, figs, dates, bananas, raisins.

Cakes: Cup cakes, spice, cinnamon rolls, raised doughnuts, sugar cookies, coffee cake, ginger snaps, graham crackers, cream puffs, ginger bread, oatmeal cookies, chocolate cookies.

Soups: Cream of pea, cream of celery, bean, chicken with rice, cream of corn, clear tomato thickened.

Puddings: Celatine with fruit, bread with raisins, rice, tapioca, chocolate.

Other desserts: Cup custards, junket, baked apples, canned fruit.

Drinks: Milk, chocolate, buttermilk, coffee.

Extras: Puffed rice balls, pop corn balls, nuts, candy, sweet chocolate bars, seedless raisins, celery.

Recipes for any of the above will be sent by mail if request is accompanied with sufficient postage for mailing.

Prolonging Shoe Service.

Unless you are an invalid and have little use for substantial foot coverings, your shoe bill probably amounts to a good deal, and you are more than anxious, now that shoes have gone soaring skyward, to get all the wear possible for your expenditure.

Most people abuse their shoes, and so get less service than they should. As a woman's appearance is judged in a measure by the condition of her shoes and gloves, she cannot afford to wear shabby articles if she can help it.

For black shoes a bottle of polish, a bottle of vaseline, a pair of shoe trees, and a bit of old cloth are a necessary equipment. As soon as the shoes are taken off they should be put on the shoe trees so that creases and wrinkles are straightened out while the shoe is still warm. Before they are worn again, or as often as necessary, a little of the vaseline should be rubbed into the surface of the kid or leather to keep them soft and pliable, and the edges of the soles and heels should be blackened neatly. Occasionally the shoe itself may need polishing, but the frequent treatment of vaseline will prevent cracking and lengthen the life of the leather.

If the shoe is wet it should be dried at a distance from the fire, so as not to harden or crackle the leather. When it is dry it should be treated with the vaseline promptly.

Colored or white shoes are not difficult to keep in order if they are given regular attention. For most of these it is desirable to have a bottle of cleaning fluid especially intended to clean without destroying the color. A little soap and water, or gasoline used away from the fire, are often useful also. When the shoe is perfectly clean it should be dressed with a tan, brown, gray, or bronze dressing, as the case may be, and careful attention given to the heels and the edges of the shoes.

Shoes last longer if they are not worn every day, but one pair alternated with another that the leather may "rest." Rubbers which have begun to break at the heel should be taken at once to a repair man. A perfectly good heel can be made if attention is given in time, and that, too, at small cost.

HUN HAD FOUND PICTURE

Curious Story of Photograph of Pte. Lanchetti's Family.

Nearly four years ago Mrs. Lanchetti, of Toronto, sent a postcard group photograph of herself, her husband and two daughters to her son, Pte. Frank Lanchetti, with the 75th Batt. in England, then on his way to France. He was wounded on Aug. 4 last year after much hard fighting and now lies in hospital in England slowly recovering from wounds in the back. His father has gone to see him. Pte. Lanchetti was born in London, England, and is now but 24 years of age.

The other day Mrs. Lanchetti received from No. 512400, B. Lunau, a Toronto boy with the Canadian troops in Bonn, Germany, the picture she had sent to her son. On the back he wrote that he had got the picture from a "Fritz" and had forwarded it to the family address on the back.

It apparently had been lost on the battlefield by Pte. Lanchetti, picked up by the German and recovered by Lunau.

The total number of V.C.'s awarded to Canadians is 62.

UNIQUE EXPLOITS OF AIR PILOTS

BARGING A MOUNTAIN AND OTHER EXPERIENCES

Such as a Flight With an Eagle and Having One's Machine Interlocked With a Hun Plane.

To barge into a mountain is not altogether a common experience of the air, but this is what happened to Flight-Commander A. W. Waistell when he was returning from a bombing raid.

The gallant aviator had set out to bomb Chanak, and he reached his objective in safety. Having dropped his "eggs," and evaded the attention of the anti-aircraft gunners below, he turned for home. The night had grown intensely dark, however, so that it was impossible to see very far ahead. As cautiously as existing circumstances would permit, Flight-Commander Waistell continued the flight. Then of a sudden a huge mass darker even than the night itself loomed up before him. To avoid the impact was impossible, and as the machine crashed it caught fire, throwing a lurid glow over the side of the mountain into which the unfortunate pilot had barged. Although badly injured about the face and knees, the flight-commander managed to get clear of the burning wreckage, and with wonderful endurance and tenacity made his way back to the aerodrome from which he had set out, to report the result of the raid.

Objected to Trespassers.

For his bravery he was awarded the Distinguished Service Cross, and it is doubtful if a war honor has ever before been awarded as the outcome of such a strange incident.

It was not very long before the war that a French aviator, M. Gilbert, during the air race from Paris to Madrid, was challenged by an eagle to a desperate struggle for supremacy near San Sebastian.

Gilbert did not lose his nerve. He managed to get at his revolver, and was thus enabled to frighten the eagle away.

A unique incident, which ended in the capture of a German air prisoner, befell a French aviator in the course of an aerial combat with the enemy. The two antagonists manoeuvred this way and that for battle advantage. Suddenly the Frenchman, believing himself to be in an excellent position, dived on the tail of the black-crossed machine. The German attempted to avoid the onslaught, with the result that the French machine spun violently, and the tail got stuck between the wings of the Hun plane.

In quite a neat spiral the interlocked machines came crashing into some trees. Neither pilot happened to be hurt, and so ludicrous was the situation that each burst into fits of hearty laughter before the Boche was marched off as a prisoner.

Trouble With the Clouds.

Clouds have been the cause of many a thrilling experience to a pilot. On one occasion the late Major "Jimmy" McCudden, V.C., on returning from a reconnaissance, ran into a huge bank of cloud that had come up suddenly and taken him unawares.

He commenced to make an effort to climb above it, but it seemed without limitations. There was nothing for it but to plunge right into the cloud. The rain beat in his face, and the wind tossed and buffeted the machine like some frail boat on a howling, angry sea. To add to the confusion, the compass-needle swung round and round, so that all idea of direction was lost.

When he believed he had continued his flight sufficiently long, he put the nose of the machine down, and descended to an altitude of about 1,500 feet. Whistling, shrieking bullets

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NEWS FROM ENGLAND

NEWS BY MAIL ABOUT JOHN BULL AND HIS PEOPLE

Occurrences in the Land That Reigns Supreme in the Commercial World.

Britain has already sent a vessel of six thousand tons, containing grain, to be sown in Serbia.

A shrine has been consecrated at Dover in memory of 300 officers and men of the trawler and mine sweepers' section of the Dover patrol.

Admiral Sturdee unveiled a monument to the memory of 130 naval ratings who were killed in an enemy air raid on Chatham Naval Barracks in September.

Lady Lincolnshire has given one thousand guineas towards the War Hospital, which is being built at High Wycombe.

From 1915 to 1918, the Isle of Thanet underwent one hundred and nineteen air raids and bombardments by the Germans.

A giant aeroplane, named the Goliath, of 1000 horse power, to carry twenty people, will be used as an aerobus between London and Paris.

The Leeds Chamber of Commerce have taken in hand the establishment of an international air station at Leeds.

The Royal South Bucks Agricultural Association will resume their annual ploughing matches after a lapse of five years.

Princess Patricia of Connaugh opened the annual sale of the Police Court Mission held at Kensington Town Hall.

H. Playford, steward of the Northwood Golf Club, has one brother, a sailor, and eight brothers soldiers, seven of whom have been wounded.

It is no longer necessary to have a license to purchase farm horses for town work in Britain.

The Cunard Steamship Company have placed orders with Vickers' Limited, at Barrow, for the construction of new liners.

For cutting the uppers of women's boots more than seven inches high a Bethnal Green shoemaker was fined £20.

A consignment of bananas which arrived recently in London is being retailed to the public at fourpence a banana.

FREE TO GIRLS

BIG DOLL AND DOLL CARRIAGE

This big doll is 15 inches tall, has jointed legs and arms and natural head, hands and feet. The Doll Carriage has steel frame and wheels, and the seat, back and hood are made of leatherette. It is 24 inches high and is just the right size for the big Doll.

Just send us your name and address and we will send you 30 packages of our lovely embossed St. Patrick and Easter Postcards to sell at 10 cents a package.

When they are sold send us our money and we will send you the Big Doll, with all charges prepaid, and we will also charge if you will show your Doll to your friends and get just three of them to sell our goods and earn prizes, too. Send us your name and address to-day so you can get your Doll and Doll Carriage quickly. Address

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