

About the House

Avoid a Heated Kitchen in Dog Days.

If signs of the time as displayed in store windows count for anything, Canadian women are about to plunge into an orgy of household machinery buying. Certainly the signs are plentiful and portentous in that direction, for department store windows which once were filled with smart hats and gowns, or with period furniture and near-oriental rugs, are now showing a "full and complete" line of washing machines, mangles, ironing machines, gas, electric and oil stoves, electric irons, gas irons, charcoal irons, bread-mixers, cake-mixers, in short, everything so far put on the market to make woman's work lighter.

And best of all signs, the women are pausing to study these same windows. Even greater crowds surround the window where foamy suds splash about in an electric washer, than before the window where Parisian models of robes no woman could wear are displayed. Women are beginning to see that it is more extravagant to spend \$50 for a sleazy silk gown than it is to spend \$100 for a washing machine and mangle. And when they once begin to think it is only a step to putting the thought into deeds. Many are already buying, and when the knitting club meets now the relative merits of vacuum cleaners or of cylinder washing machines come up for discussion before hobble skirts and capes.

Certainly something must be done to make woman's labor lighter if families are to be raised, for no woman can take care of a home and a family of children and do all of her work unaided, without killing herself or leaving undone many things which should be done if health and happiness are to be maintained. In the city and in some farm homes electricity solves the problem, but there are still hundreds of farm houses where electricity must continue to be something to be hoped for in years to come. Many things may be done, however, to lighten the burdens of the women in these homes, and it is up to the woman herself to see that they are done.

Take the matter of a stove for one thing. Wood is becoming almost unknown as a fuel in the average farm home, and the experiences of 1917-18 show us that coal is not always to be had. Furthermore, the price of that fuel is going up so that it can no longer be regarded as cheap. Both wood and coal make extra dirt, and thus extra work, while the labor of building a fire and keeping it going is no small part of the day's work. Much of this unnecessary work could be cut out by buying a good oil or gasoline stove. Once filled it is good for at least a day, and in homes where it is not so much used as a stove often does the cooking for several days with one filling. Then how easy to simply turn a burner and apply a match when you want a fire. No splitting kindling or sending the children scurrying for chips when you suddenly discover you are out of bread and have biscuits to make. No cooling of the oven with a delicate cake baking, because you forgot to fill the stove and the wood has all burned out.

Best of all, think of the comfort in summer. The hours of standing over a scorching stove are eliminated. The meals may be prepared and fruit canned in a cool room. And on ironing day you can have the stove moved outside onto a sheltered porch and do the ironing in comparative comfort, if you

have not yet attained the luxury of a charcoal or gasoline iron.

Get the iron, however. They may be purchased for a small sum and the steps they save you in traveling back and forth for a hot iron more than pay back the money you spend. Along with the iron get a mangle. You probably will not want to pay \$150 for an ironing machine, but the mangle will do sheets, towels, unstarched kitchen aprons, and even men's work shirts quite satisfactorily.

With your stove and laundry appliances eliminating unnecessary heat, you will get through the summer in much better shape than ever before.

The Health-Giving Salad.

Salads are a popular summer dish. They should be made from fresh vegetables, which contain the health-giving elements that are so vitally essential for our physical well-being. There are also the mineral salts, which help purify the blood stream, and thus keep us physically fit.

Eggs, etc., that are used in preparing the dressings, have a food value that may be figured upon in our daily ration. Heavy salads, composed of meat, are best to be eliminated for the hot weather. Replace them with light, dainty and attractive salads, that are not only appetizing, but also easily digested.

The making of a successful salad is an art indeed. The proper blending of the various ingredients and then using a well blended dressing and garnishing, so that it will not only satisfy the eye but will tempt the palate as well—that is a real salad.

The proper combinations are very important; harmony must prevail. As, for instance, a combination of beets, tomatoes and carrots would not only be inartistic but also a poor combination of foods. Care must be taken in preparing the lettuce or other greens used. All plants that form into heads must be separated and thoroughly washed in order to free them from dirt and insects, and then they should be given a final washing in water that contains one tablespoon of salt to every two quarts, then rinsed in ice water. The bath in salt water will remove the tiny and almost invisible mites and slugs that cling to these greens.

Boiled Dressing—Mix 3 tablespoons sugar, 1 tablespoon mustard, 1 teaspoon salt, speck red pepper, add 2 well beaten eggs and ½ cup vinegar; stir over boiling water until thick, remove from fire, add 3 tablespoons butter. Cool and seal in glass jar. Thin with sour cream when needed.

Russian Dressing—One cup of boiled salad dressing, one raw beet, one raw carrot, one raw onion. Pare and then grate the vegetables into the salad dressing and then add one teaspoon of salt, one teaspoon of red pepper, one-half teaspoon of mustard. Beat to mix and then use. This dressing will keep for a week, if it is placed in a bottle and then stored in a cool place.

French Dressing—Place in a bottle one-half cup of salad oil, three tablespoons of vinegar or lemon juice, one teaspoon of salt, one-half teaspoon of mustard, one-half teaspoon of pepper. Shake until creamy and then store in a cool place. This will keep until used.

Pimento Dressing—Add four finely chopped pimentos to one-half cup of prepared salad dressing.

Paprika Dressing—Add one and

one-half teaspoons of paprika to the French dressing. Shake well to blend. Paprika is a sweet, mild red pepper that will not bite the tongue. During the warm weather use salads twice a day, beginning the day with water-cress, radishes, or crisp young onions or leaves of lettuce, for your health's sake.

Vegetable Timetable.

The time required for cooking vegetables depends on the kind, size and age of the vegetable. You must use your own judgment in deciding when they are done, but a timetable may help you.

Timetable for cooking fresh vegetables in water:

Asparagus	15-20 minutes
Beans, Lima (green)	¾-1 hour
Beans, string	1-3 hours
Beets, old	3-4 hours
Beets, young	¾-1 hour
Cabbage	20-30 minutes
Carrots	30-60 minutes
Cauliflower	20-30 minutes
Corn, green	10-15 minutes
Onions	20-30 minutes
Parsnips	30-45 minutes
Peas, green	20-30 minutes
Potatoes	30-40 minutes
Spinach	15-30 minutes
Squash	20-30 minutes
Turnips	30-45 minutes

What Salt Will Do.

Dip a piece of flannel in salt and whitening to clear knife handles, stained teacups and glasses.

Salt scattered on the carpet before sweeping is very good, but be sure to sweep it all up, as the dampness might make it run.

By adding a tiny pinch of salt to milk when fresh it will keep a much longer time.

Egg stains on silver can be removed by rubbing with a little salt and a damp cloth.

RED HOT JULY DAYS HARD ON THE BABY

July—the month of oppressive heat; red hot days and sweltering nights, is extremely hard on little ones. Diarrhoea, dysentery, colic and cholera infantum carry off thousands of precious little lives every summer. The mother must be constantly on her guard to prevent these troubles, or if they come on suddenly to fight them. No other medicine is of such aid to mothers during the hot summer as is Baby's Own Tablets. They regulate the bowels and stomach, and an occasional dose given to the well child will prevent summer complaint, or if the trouble does come suddenly will banish it. The Tablets are sold by medicine dealers or by mail at 25 cts. a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Canadian Cattle Records.

Among cattle in Canada the principal breed is the Shorthorn, which numbers 53 per cent. of the total. Herefords come next, then Holsteins, with Aberdeen-Angus, Ayrshires and Jerseys following in the order named, as shown by figures compiled by the Dominion Statistician.

High-priced feeds have done one thing—they have wiped out thousands of poor cows. Good thing.

RUSSIAN MENTALITY WRECKED BY FAMINE

Physically normal persons no longer are to be found in Petrograd nor in all Russia, says T. Hessen, a well-known Moscow journalist and member of the second Duma, who has arrived in Copenhagen after a long stay in Petrograd. The mental state produced by starvation, disease and nervous strain, he says, forces Russians to lose their mental balance.

"Their mental condition so changes their appearance that often one cannot recognize one's nearest friend. I remember the impression I had when I met the well-known lawyer, Rajeffski. At first I did not recognize him. Soon afterward I learned that he had hanged himself.

"Similar things happen daily. I think it is to be wondered at that such suicides do not become general. In all the streets one meets well-dressed people, men and women, begging. There they stand, some of them with their heads down, dumb as if turned to stone; others tonelessly repeating: 'I am dying. Give me something to eat.'

"Even if one has sufficient money to pay the enormous prices, one may make acquaintance with starvation," wrote Mr. Hessen to the Copenhagen Politiken. "One has to get hold of a seller and persuade him to sell by treating him to some coffee, giving him the place of honor and so on. Money does not tempt him. He can always get money. He needs it only in order to continue his trade or to buy luxuries, such as sable fur coats, gold ornaments or gems. It is not the seller who looks for a buyer, but just the contrary.

"Not rarely mothers are seen (who have left at home their underfed sick children) pleading with a milk woman to yield up half a bottle of milk at quite a shameless sum, and it may happen that the milkwoman suddenly becomes capricious and does not even answer the unhappy applicant.

"Add to this the terrible typhus and smallpox epidemics, against which there is not the slightest possibility of protection. Remarkably enough the cholera epidemic that flourished last summer ceased suddenly as if by a whim of nature. But now the typhus and smallpox epidemics are developing more and more seriously. The government has no means to check them. The government cannot even procure wood enough for coffins nor transport to the cemeteries.

"It is obvious that people under such conditions, with such superhuman efforts of energy demanded of them, cannot continue to keep their mental balance."

War Privations.

A major of the intelligence bureau of the War Department tells the following anecdote:

On the other side of the water the civilian has had to endure all sorts of queer privations and hardships. In many parts of France, for example, there were no matches, no coal, no kerosene.

A man was staggering along a dark street with a grandfather's clock on his back. Another man stopped him and said:

"Hello, Gaston! Moving?"
"Moving? Nothing of the kind!"
Gaston answered. "I'm carrying this clock to the nearest lamp-post so that I can see what time it is."

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THE BUFFALO OF THE EAST.

The buffalo of the East, while a domestic animal, is used in transport service equally with the familiar ox, from which he is easily distinguishable by his low set, down curving horns and muzzle carried almost straight forward.

People who are obliged to travel by buffalo cart are deserving of sympathy, for the buffalo is the slowest of all draught beasts. It is his great strength that gives him the advantage over the ox. The load that a single yoke of buffaloes will pull is astonishing. In India they are always given the kind of load which is assigned to drayhorses here, ordinary horse work, except passenger traffic, being performed by the humped oxen, known elsewhere as zebus.

India, indeed, is the native home of the buffalo, and it still exists there as a wild animal. Very wild indeed it is, too, and an old bull is very apt to attack unprovoked, contrary to the usual custom of almost all wild animals. Even its tame descendants retain plenty of spirit. It is said that when in a herd they do not fear the tiger, and a recognized method of getting "stripes" to bolt when he has taken to cover is to drive in a herd of buffaloes to rout him out, which they will do to a certainty if they get on his scent.

Even tame buffaloes can make themselves very unpleasant to people they do not know, and they are not at all safe for a Westerner to approach in India, but, and here appears the most attractive side of their character, they display toward their owners a faithfulness one usually associates rather with dogs than with cattle.

The true Indian buffalo is to a great extent an aquatic animal and when off duty likes nothing so much as to lie up to its ears in water, but, like the duck, it can if necessary resign itself to existence without a bath. That an animal so nearly naked of protecting hair as it is should thrive in so cold a climate as that of Eastern Europe is a remarkable fact of acclimatization.

Its presence in Italy is less surprising, but even there its introduction seems to be merely of medieval date. Scientifically, the tame buffalo is of interest as having, like the ass, varied so little from the wild type. Pied buffaloes are as rare as pied donkeys, though white and fawn colored varieties occur as well as the natural black. Like the ass also; the buffalo is a despised animal, yet in local utility both beasts may surpass their more aristocratic relatives, the horse and the ox, while in intelligence and "force of character" they are certainly far superior.

Judging Character.

That the hand furnishes a most precise index to character may not appeal to those who have a preconceived antipathy to what they regard as gypsy fraud—palmistry. Nevertheless one of the most painstaking seekers after truth, Captain d'Arpentigny, a French army officer in the time of Napoleon Bonaparte became convinced that the bony structures of the hands and fingers was in some mysterious way connected with the spiritual nature of man. With painstaking care he examined many thousands of hands, classifying them, until the result of his researches assumed the form of a veritable science.

For instance, he found that long fingers indicate a mind which delights in performing minute, delicate work and revels in details, whereas short fingers are indicative of quite the opposite propensity. A person with very short fingers, he found, has no patience at all with detail, but wants things presented at once and in their entirety. And, moreover, he cares only for big undertakings.

The Height of Economy.

The sergeant major had the reputation of never being at a loss for an answer. A young officer made a bet with a brother officer that he could ask the sergeant major a question that would baffle him.

The sergeant major accompanied the young officer on his rounds in the course of which the cook house was inspected. Pointing to a large cauldron of water just commencing to boil, the officer said:

"Why does the water only boil around the edges of the copper and not in the center?"

"The water around the edges, sir," replied the veteran, "is for the men on guard; they have their breakfast half an hour before the remainder of the company."

Expert knowledge mixed with common sense makes a farming formula hard to beat.

HIPPOTAMI IN MINIATURE

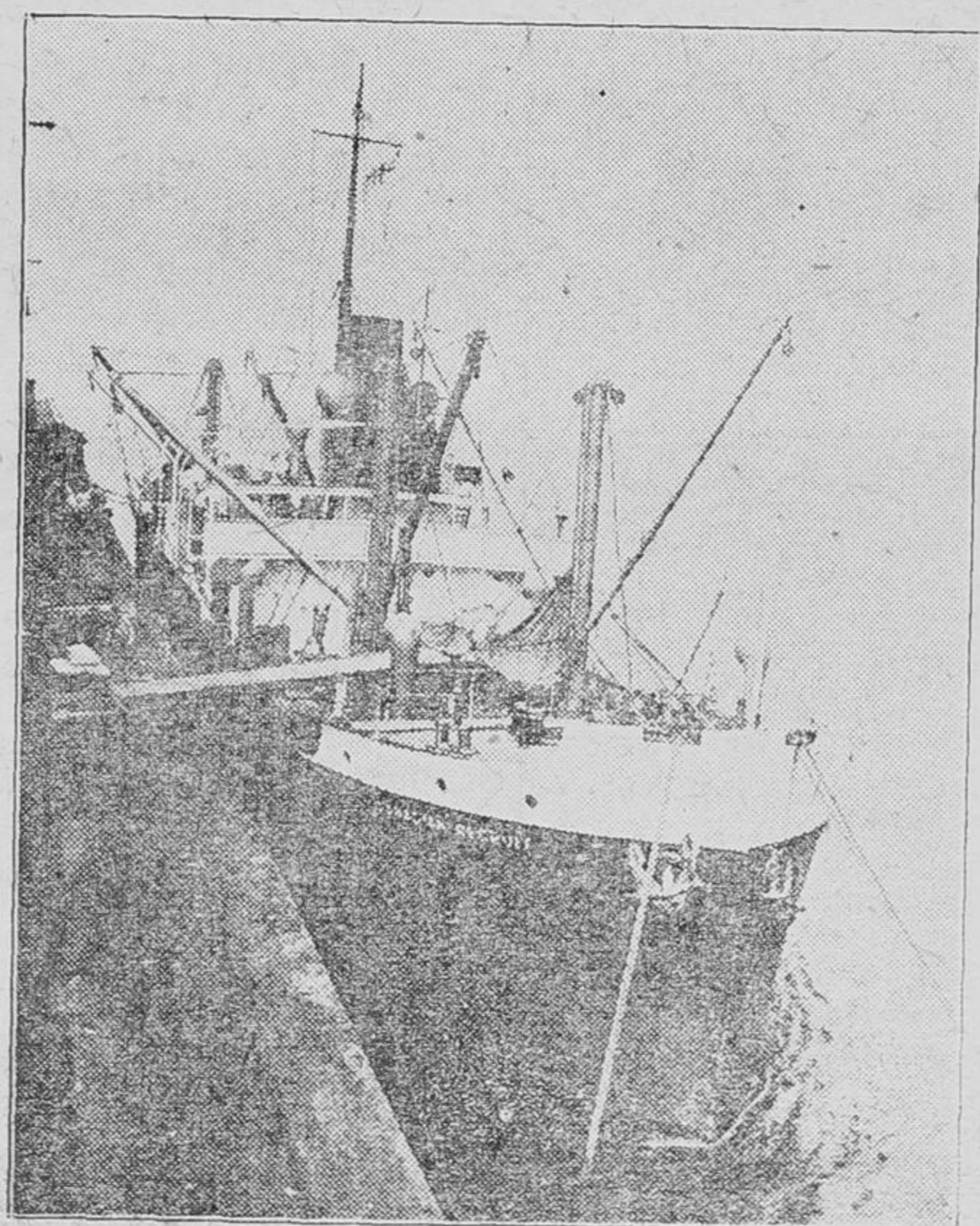
It seems incredible, but there exist hippotami that do not exceed thirty inches in height. For a long while nobody believed that there were any pygmy hippos in Liberia. The natives insisted that the Hippopotamus Liberiensis lived deep in the forests; but that was another reason why explorers and hunters shook their heads in incredulity. The hippopotamus lives along the rivers, they said, and this talk about pigmies of this species in the forests is nonsense.

Nevertheless a pygmy hippo was caught as far back as 1873 and brought from Africa to the Zoological Gardens in Dublin. It might have convinced the world, only it arrived in a dying condition, and perished before it could be exhibited. After that people took to doubting it again, and considered the one recorded specimen as a freak. But Carl Hagenback, the famous animal man, made up his mind, at last, that the pygmy hippo could be, and should be, introduced to men. He sent an intrepid hunter, Schomburgk, after it, and Schomburgk, after spending a year and a half in the jungle, reappeared with three pygmy beasts, two of which were at once brought to

the New York Zoo and placed on exhibition.

The Liberian hippos do not live in dense forests; they do not frequent the rivers. A small forest stream satisfies them, but they do not enter it, at least by day. They burrow into its banks, wherever there has been a washout, and in these burrows they sleep during the daylight hours. So it is very difficult to trace them. The first specimen that was seen could not be caught, because all the native carriers were sick, and the whole country was so flooded by rains that Schomburgk could not camp therein. After trying various ways to capture the shy little beasts, Schomburgk decided to dig pits whereby they might be entrapped on their nightly strolls through the forest.

As the pygmy hippo usually roams about alone, and rarely uses the same track twice, this pit-digging was conducted over wide areas. More than a hundred pits were dug, each at least seven feet deep. They were carefully covered with grass and leaves, so that not the sharpest human eye could detect them. Yet the hundred pits trapped only three hippos, after all.



CANADIAN FREIGHTER.

The S.S. Canadian Recruit, the latest addition to the Canadian Government steamship service, loading at Montreal for Jamaica and Cuba. She was built at Collingwood by the Collingwood Shipbuilding Company and is 1,455 tons.