

About the House

Preparation of the School Luncheon.

Again the children are off to school with a cold lunch, and as this meal is intended to take the place of dinner, we must be very careful and particular that it is as nourishing as it should be. When we adults eat a light noon-day meal we find that the process of digestion continues, without a feeling of undernourishment; this is especially true during the winter months when few of us are engaged in hard physical labor. The child's system is different; it is engaged, not only in furnishing energy for the healthy young body, but in building bones and muscles for the quick development of the child's body. A child of school age is not equipped to store energy or nourishment. If he over-eats, the result is a case of indigestion and if he does not eat sufficient amount of nourishing foods, it may soon be observed in the general weakness and stunted growth of his body.

Do not get the idea that a child's luncheon must be of the light frothy varieties. It should certainly be packed as daintily as possible, but it should also be substantial foods. If you expect your child to be strong and healthy there are certain essentials which must be put in the lunch box. One of the foremost of these is milk. Most children will enjoy a glass of rich milk at noon, but for those who do not drink milk, tasty dishes should be prepared that use milk in the making.

If great care is not taken, the children will soon tire of the more nutritious parts of the luncheon. To prevent this, provide a variety; it is also often advisable to almost exclude sweets from the school lunch. If a child dulls its appetite with sweets before touching the rest of the meal, that child would be better off without so much sweets. However, some sort of dessert must be provided, but this does not imply that half of the meal must be dessert. A pleasing and nourishing sweet for school lunch is most any one of the various forms of gelatin puddings that can be quickly and easily made at home.

It is not enough that the child's appetite should be satisfied. If you were engaged in making a cake and sent your little daughter to bring you a cup of butter, but instead of bringing butter, she would fill the cup with beans, you would be no better off than before sending her. So it is with the child's appetite. That is Nature's way of calling for more material with which to build a bigger and stronger body and it is not a call for food but for nourishment to give strength.

It is sometimes advisable to ask your child's teacher to co-operate with you in regard to the eating habits. It is very essential that children should masticate their food properly. They should not be allowed to grasp their lunch and go rushing out to play. Does your child do these things? His teacher will be glad to inform you if questioned regarding his habits.

New-Fashioned Notions.

The new autumn suits are much

longer as to skirt and jacket length. The short bloused jacket is some worn, but the long straight lines of slimness hold high favor. The jacket may match the skirt in color or not as one's fancy moves, but a black one becomes useful and conservative when worn with other dresses and skirts. One sees a good deal of jackets in contrast, as red, beige, sulphur or white embroidered in black. They are good-looking and practical for street wear.

The Useful Tomato.

Tomato preserve—Take ten pounds of green tomatoes, sliced thin, and add six unpeeled lemons, thinly sliced and from which the seeds have been removed. Place in a preserving kettle, add one cupful of apple juice and half a pound of shredded candied ginger. Let stand over night and in the morning simmer for thirty minutes. Add eight pounds of heated granulated sugar and cook down thick, stirring frequently. Store in small jars, as for canned fruit.

Green tomato mangoes—Cut a small cube from the stem end of each green tomato and with a knife remove the hard centre. (Sometimes an apple corer carefully used will do this, but do not cut through the bottom of the vegetable.) Put the cubes back in place, place the tomatoes in a large bowl and pour over them boiling salted water (a tablespoonful of salt to three pints of water), cover and let stand over night. Remove to fresh cold water; after draining let stand for fifteen minutes, drain and wipe dry. For fifteen tomatoes pour boiling water over two tablespoonfuls of white mustard seed, add a quarter of a teaspoonful of salt and let stand for ten minutes. Drain and add two tablespoonfuls of grated horseradish root, four tablespoonfuls of chopped preserved ginger, four tablespoonfuls of chopped seeded raisins, one teaspoonful of ground cinnamon and half a teaspoonful of grated nutmeg. Remove the cubes from the tomatoes and fill the centre with the spiced mixture. Readjust the cubes, fasten in place with wooden toothpicks or tie with string and stick two whole cloves into each tomato. Place in a stone crock and cover with a boiling hot syrup made from one pint of brown sugar to three pints of mild vinegar.

Ripe tomato pickle—Peel and chop sufficient ripe tomatoes to make three pints. Add one cupful of finely chopped celery, four tablespoonfuls each of chopped onions and chopped red peppers, four tablespoonfuls of salt, six tablespoonfuls each of sugar and mustard seed, half a teaspoonful each of cloves and cinnamon, one teaspoonful of grated nutmeg, three-quarters of a teaspoonful of ground all-spice and two cupfuls of tarragon vinegar. Mix thoroughly, put into a stone crock and cover. This pickle must stand for a week before using, but it will keep for six months.

Tomato figs—Yellow pear-shaped tomatoes are generally used for this delicious confection, although any small tomato can be substituted. Peel

the vegetables and for five pounds allow two pounds of brown sugar and the juice of a large lemon. Sprinkle a thin layer of the sugar in a shallow agateware pan, spread over the tomatoes and repeat with another layer of sugar and tomatoes, squeezing over them the lemon. Place in a slow oven and cook until the tomatoes have absorbed the sugar and look clear. Remove separately to a clean platter and let dry in the hot sun. Sprinkle occasionally with granulated sugar while drying. Store when perfectly dry in preserve jars.

Tomato butter—Peel ten pounds of ripe tomatoes and put into a preserving kettle with four pounds of granulated sugar, three pounds of chopped, peeled Greening apples, about one quart of cider vinegar, a spice bag containing half an ounce of ginger root and one-quarter of an ounce each of mace blades and whole cloves. Cook together slowly for three hours, stirring frequently and store as for jelly. In making the butter I have found it improved for the average taste by using three-quarters vinegar and one-quarter grape juice.

Planted First Apple Tree on the Prairies.

In Ontario the horticulturists a few years ago, put up a monument to mark the site of the first McIntosh Red apple tree. In Manitoba they reverse the process by honoring the man rather than the tree, and by doing it while the man is still alive. At the recent convocation of Manitoba Agricultural College the portraits of four men who have greatly helped western agriculture were hung in the convocation hall and their names inscribed on the college roll of fame. Those honored were Dr. S. A. Bedford, Brigadier-General Hugh N. Dyer, and Messrs. J. W. Scallion and A. P. Stevenson, all well known agriculturists. The last named was honored for his success in fruit growing and as being the one who over forty years ago, planted the first apple tree in Manitoba. In addition to his work in connection with fruit trees, Mr. Stevenson was one of the earliest believers in the work of planting shelter-belts across prairie farms and about the farm buildings, and for over twenty years has been one of the tree-planting promoters of the Dominion Forestry Branch. When he began, it was generally believed that trees would not grow on the prairies, and much of the progress of the work in the early days was due to Mr. Stevenson's enthusiasm and to experience gained on his own farm near Morden, Manitoba.

The Poor Boy's Keys.

A Canadian youth who has learned the alphabet has the key to the treasure-houses of the earth, good books, and what a treasure that is. The youth who can read needs no outside help, either to make himself a highly educated man or a successful man.

Health and the alphabet are all that a youth needs in this country, in order to make himself felt in the world.

We Get You, Willie.

"Now, Willie," said the teacher of the juvenile history class, "you remember who won the Battle of Waterloo?"

"It was the Duke of Wellington."
"Yes, and who came to his assistance and helped him to win it?"
"A feller named Upgardson Atom."

and the worst is yet to come



New National Parks for Wild Life Preservation.

Three new areas for the preservation of rare species of wild life have recently been proclaimed National Parks. These are Nemiskam and Wawaskesy parks in Southern Alberta and Menissawok park in Saskatchewan. These reserves, which total an area of 58.5 square miles, have been set aside for the preservation of the Prong-horned antelope, one of the most interesting of all Canadian native species, the only member of a special family of the ungulate, or hoofed animals, now found nowhere else in the world except in Alberta and Saskatchewan and some portions of the United States.

The rapid reduction in numbers of the antelope has been a matter for grave concern to those interested in the conservation of wild life for some years. Unless a success can be made of protection by means of sanctuaries, their extinction is a question of only a few years. It is some time since antelope disappeared from Manitoba and the Chief Game guardian of Saskatchewan estimates that there are now only 250 left in that province while the Chief Game guardian of Alberta places the number at 1,000 in Alberta.

For several years the Canadian National Parks Branch attempted to breed antelope by capturing and placing them in the Buffalo parks on the prairies, but owing to the shock of capture no success was attained. After repeated failures it was decided to try the experiment of enclosing a herd in some area in which they were found to be already feeding. The Nemiskam Park, which was the outcome of the first experiment, represents the most successful attempt yet made on this continent to breed antelope in captivity.

In the late winter of 1915 it was reported that a band of antelope were in danger of starvation near Foremost, Southern Alberta, on account of the heavy snowfall. Officials of the Parks Branch were despatched to the locality and by feeding the starving animals on alfalfa a fence was erected around the area and a herd of about 50 secured. These have increased to about

145 and no sign of disease has yet appeared.

The two other parks recently created contain no antelope but it is expected they will be stocked in the near future.

The name Wawaskesy is Cree Indian for "Antelope," while Menissawok means "common or national property," the nearest Indian expression to national park.

Plant Shagbark Hickory.

A lot of advice is being given to Canadians about the planting of nut-bearing trees instead of those useful only for shade. This is good advice, in essence, because it is never profitable to grow any tree when a better one might be grown. At the same time, the words of over-enthusiastic friends of this or that heat-loving tree must be carefully weighed before embarking on any considerable planting project in this country. The chief foresters of the different provinces or the Director of Forestry at Ottawa can be relied upon to give disinterested and expert advice on this subject. There is one tree, however, which ought to be planted much more than it is, namely, the hickory, and preferably, the shagbark hickory. This tree is native to the southern parts of Ontario and Quebec, and would undoubtedly grow well outside of its present range in these provinces, and also in large parts of the Maritime Provinces and British Columbia. Its nuts are edible, some strains or varieties producing better nuts than others, but the planting of shagbark hickory is advocated chiefly because it is one of the strongest woods in Canada and because it is rapidly disappearing. One point in favor of the hickory is that young trees taken out of the plantation in thinning, even when very small, can be disposed of to advantage for tool handles and vehicle parts. Thus a considerable revenue comes in to the owner while he is waiting for the main crop to become ready to harvest.

The Milan Cathedral is decorated with over 2,000 statues rising hundreds of feet above the streets.

Stories of Famous People

Told by King George.

King George the Fifth of England recently was telling a group of friends of some of his experiences since the British crown and sceptre came into his keeping.

"I was at an informal tea the other afternoon," said the King, "and was bidding my distinguished hostess good-bye when her little daughter, a child of seven or eight years, came forward timidly, looking as if she had something to say. She was a beautiful child, and when her mother formally presented her she courtesied prettily and said in a loud, clear voice:

"I think your Majesty is a very wonderful man."
"Why do you say that my dear?" I asked.

"Because," said the little girl, "mamma told me to."

Lord Byng Receives "a Gift for the Missus."

While in Regina during his western tour the governor-general visited the Grey Nuns' Hospital, where there were some returned men convalescing from

operation. One of these was Scottie MacQueen, a well-known character whose lower leg has been so badly lacerated by a shell as to be useless. He had after four years' hesitation asked to have it amputated. The operation had been performed, and he was now able to hobble about. He had learned to make bead bags, rather awful ones at that.

The announcement of the governor-general's approaching visit brought trepidation as well as joy. There was vivid fear in the hearts of the authorities that Scottie might "pull off" something not quite conventional; and this fear, as it proved, was not imaginary at all. Scottie was somewhat less punctilious than the members of the Women's Canadian Club, most of whom spent hours learning the curtesies in anticipation of the reception to Lady Byng. When it came Scottie's turn to shake hands, he greeted the ex-O. C. of the C. E. F. with the best Rotarian cheerfulness, and handed him a fearfully and wonderfully made bead bag with the words, "Give that to the missus, maybe she could do with it!"

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