

## About the Household

### Three Kinds of Cookies.

**Fruit Cookies.**—Beat to a cream one cup sugar, one-half cup shortening, one-half cup sweet milk, and one beaten egg; add three and one-half cups flour, three level teaspoons baking powder. Roll thin, cut out and place in pan. Put some of the following filling on each piece, place another cookie on top, and bake.

**Filling for Cookies.**—Three-quarters cup sugar, one heaping tablespoon flour, one cup boiling water, one cup minced raisins. Cook till thick. This filling can be changed by substituting figs, dates, English currants, or hickory nut meats in same proportion as raisins.

**Extra Nice Molasses Cookies.**—One cup lard pressed in solid, three cups molasses, one teaspoon ginger, one teaspoon salt. Boil this 15 minutes. Let it become thoroughly cold. I usually boil mine the day before. Take one cup of boiling water and into this put two teaspoons of soda. Hold over pan as it foams and runs over. Add flour enough to roll, taking care not to mix too hard. Roll thin and bake in a quick oven.—Mrs. D. L. T.

**Orange Cookies.**—Three-quarters cup butter, one cup sugar, three well beaten eggs, yolks and whites beaten separately, grated rind of two oranges, one and one-half cups flour, sifted before measured, one-half teaspoon baking powder, heaped. Drop by teaspoons on greased or wax paper and bake.—Sunbeam.

### Choosing Mutton.

Mutton is generally considered the most healthful meat, and is eaten by many, to the exclusion of any variety. Consequently great care should be exercised in the selection, and a little time should be given to the study of quality.

In buying mutton (or lamb) care should be taken to see that the fat is clear, hard and white, as mutton with soft or yellow fat indicates too long a stay in cold storage. It might appear that a great quantity of fat on mutton signifies "wast", but the lean part is much juicier and more tender when this is the case, so the wise housewife makes purchases with this in view.

The leg has the least fat in proportion to weight. Next comes the shoulder. The color of lean mutton is a deep red.

Lamb is good to eat when one year old and is much more digestible than other immature meat, such as veal or young pork. The wise housewife knows the value of nutrition, so she will hesitate about buying lamb merely because it is in market, as it is generally expensive.

The meat of spring lamb should be a clear pink, with plenty of pure white fat.

### Saving Time and Energy.

Have you ever noticed how much time and energy are wasted, almost imperceptibly too, both by men and women? In the kitchen as well as in other places in these days, when the cost of living demands many economies, it is well to remember that a saving in money, as time saved may be used otherwise.

Systematizing housework so as to avoid unnecessary steps saves both time and energy; keeping knives sharp saves time; knowing how to manage a fire saves time, fuel and temper.

Some housekeepers may not see how to save much, especially the inexperienced, in actual dollars and cents, but they can with a little forethought save a few valuable moments here and there during the day, and the total summed up will afford time to do a little embroidery, sewing, read a new book, or taking an outing of an hour by way of relaxation and renewal of nerve force.

Do all work carefully and neatly; do not throw scraps and threads on the floor while sewing to waste time in picking up when you have completed the work.

### To Keep Out Moths.

As the time is approaching when winter clothing will be put away, some advice on how to prevent damage by moths will be found useful.

First shake each garment, then brush or beat it and hang it out of doors if possible. Spray the receptacle which is to hold the woolsens with turpentine and line it well with newspapers.

Fill the trunk or box with the garments, laying them smoothly and with newspapers between them. Put newspapers over the top.

Should moths be seen during the warm months raise the cover of the trunk or box, remove the top papers and spray the things lightly (if not perishable colors) with turpentine and put fresh newspapers on top (moths abhor printers ink).

Moths are said not to lay eggs where kerosene has been sprinkled.

This plan of prevention has been in use for years with success. The odor of kerosene and turpentine disappears very quickly.

### By Way of Helping.

It will be found a great help if cooking utensils are filled with water as soon as emptied of food instead of being allowed to stand. The sooner they are washed the better and easier it is. If dishes must wait free them of scraps, then put them to soak; cover with a towel or paper.

Do not throw away clean tissue paper; fold it neatly, put a rubber band around it, then place it with your kitchen towels; it will be found satisfactory for polishing lamp chimneys and gas or electric light globes and to wipe out the grease from frying pans before washing.

It is very annoying to have a small cooking utensil tip over on the range, as it will occasionally do. It can be avoided by simply placing a flat tin lid, such as comes on lard cans, then put your cup or whatever it may be over it.

An earthenware casserole, or any dish, should be soaked in salty or soda water for twenty-four hours before using, so as to avoid cracking. Treated thus its term of usefulness will be prolonged.

### Hints for the Home.

Nerve specialists now realize that weakness of will is dangerous to health.

Salt in the oven placed over the baking plates will prevent the pastry from scorching at the bottom.

To help to purify the air of a sick room place a bowl of clean water in the room, and change it every day.

A paste of common baking soda and water spread on a burn will stop the pain and inflammation almost immediately.

Skim milk, warmed, is a splendid cosmetic for the skin. Bathing the skin with warm milk prevents it from getting rough in cold weather.

Scientists have discovered that disease germs quickly die when they come in contact with the ordinary floor covering known as linoleum. This is thought to be due to the disinfectant properties of linseed oil which is found in linoleum.

When using velvet remember that it must never be pressed flat on a table with an iron. It should be held in the hands, and the iron passed gently over it on the wrong side.

After inserting tape in petticoats or blouses always tack the tape in the centre of the back or front, according to the way in which the garment opens, to prevent the ends of the tape from slipping back into the casing out of reach.

### Vegetables, Fruits, and Honey.

Bulletin No. 184, on "The Uses of Vegetables, Fruits, and Honey," has just been issued in revised form by the Ontario Department of Agriculture, for distribution to the members of the Women's Institutes, although anyone desiring a copy will receive one free upon application. It is packed with information of a most useful and valuable nature to women who desire to be successful housekeepers. The uses of vegetables are given a very wide treatment, and some of the recipes under this heading will surprise as well as delight the thrifty and tasteful woman who reads them. Instructions on cooking, salad making, and dressings are fully given, attention being well divided between the plain and fancy dishes. It is the same with fruits. Hints on handling fruits raw, cooked or in combination form and as canned or jellied, are many, and some of the receipts are among the very best. Housewives may also learn much that will be new to them regarding the culinary uses of honey, especially in cake-making. Any woman with this bulletin at hand can at any time of the year bring forth out of her domestic treasure things new and old for both the hungry and the dainty.

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## POULTRY



### What Breed to Buy.

Long before you get your poultry house ready you will be thinking of the question of breed. Perhaps you already have your favorite. If so, the question is an easy one, and you have only to select some dependable breeder and buy your stock. Buy yearlings from strains that are good egg producers. By this we mean birds from a strain which has been gradually bred up to laying from 150 to 200 eggs yearly without loss of vitality.

Really, the question of breed is largely one of individual preference rather than marked superiority. Any one of the standard breeds will give you an abundance of eggs if you do your part.

If you prefer white eggs of course you will want some of the Mediterranean class. White Leghorns are generally credited with being the most prolific layers, not only of this class, but of the poultry world.

Plymouth Rocks, Wyandottes and Rhode Island Reds lay brown eggs. These breeds are larger than the Leghorns, and are referred to by their champions as general-purpose fowls, being in addition to good layers fine table birds.

Buy one cock or cockerel for 8 to 10 hens of the heavier breeds, or from 12 to 15 hens of Leghorns and that class.

### How to Preserve Eggs.

There are many solutions offered for this problem. Nearly all of them are more or less satisfactory, according as they are put into use efficiently or not. Salt and lime will keep eggs fresh, if they are taken directly from the nest, cooled right out at once, and placed in the isinglass method. Eggs may be kept for a long time, and safely, if they are taken strictly new-laid to begin with, wrapped in pieces of paper, and packed away in a cool, clean, sweet cellar.

To get the best results, it is always best to pack only eggs laid late in the season, when the weather is already cool, and when the time between storing and consumption is, after all, much shorter. It is scarcely practical to pack eggs away, to lie in storage through the heat of summer, and find them very choice for the following winter use. It can be done in cold storage plants, but even then the egg is far from the same in quality as a new-laid egg.

If eggs are carefully kept sterile to begin with, are gathered every day, are at once placed in storage by the use of any of these methods, and are kept in a cool cellar, they will keep for a long time, long enough to afford a good winter's supply. For the greater part, it all depends upon the thoroughness with which the job is done.

### White Leghorn Best.

The best known fowl in America to-day is the White Leghorn. It is the egg machine of the poultry family and as such is highly esteemed. Many individuals and flocks of this variety have established enviable records for egg production for from one to three years and whenever any man starts a poultry farm on a commercial basis he invariably stocks up with Leghorns.

In certain sections, however, it is difficult to prevent the large single combs from freezing and in the northern parts the Rose Combed White Leghorn is valued and

used. Its large, thick rose comb is not so easily affected by frost as are the single combs, therefore the possibility of a more uniform production of eggs in winter from the rose combed hens is assured.

In every way the Rose Combed White Leghorn is like its single combed sister—in size, shape, color and characteristics of large production of eggs, fertility, hatchability, quick growth and early maturity, so that in latitudes where severe frosts are common this variety of the Leghorn is the best to use.

They were undoubtedly created by crossing White Hamburgs with White Leghorns, but nothing of the egg laying characteristic was lost in the cross, as both parents are rated as exceptional layers.

### MUST WASTE SHELLS.

Accounts For Heavy Expenditure of Ammunition.

Lieut.-Col. Boissonnet, of the French Army, explains in the Temps some of the many reasons which make spendthrift artillery one of the necessary factors of victory.

The French "75" is a weapon of marvellous precision, but even with a new gun and the shells in perfect condition, after a great number of shots from a distance of 3,000 meters the shells will be found to have fallen within a radius of ninety-six meters and half the shells will have fallen in a strip of about twenty-four meters. The gunner, therefore, has to regulate his fire so that the object aimed at will be in the centre of this most thickly covered strip, a task which against trenches, even after aeroplane reconnaissance, requires a considerable expenditure of ammunition, and when it is remembered that the trench itself is not much more than a yard or so wide it will be realized that for every three or four shells which burst in the trench there are a vast number which explode before it or behind it.

The need for heavy shell expenditure against trenches is already great, but it will become more urgent still after the siege period is over and real field fighting again becomes possible, when the artillery will have not the fixed target of the trench line but the thin mobile ranks of skirmishers as its objective.

Against moving infantry, unless it is advancing in close formation, regulated fire is a matter of some difficulty. Infantry which finds itself between the first shell which has burst behind them and the short shell which has burst in front of them do not await the avalanche which is to follow, but rush rapidly forward beyond the first short shell, where they fling themselves to the ground under what cover they can find. The artillerymen know that they are somewhere in the neighborhood, and to begin again the tir de reglage would only be a loss of time, so that the only thing for the artillery to do is to shorten its range by 100 yards or so and sweep with shrapnel the whole of the zone where they imagine the enemy's infantry to be.

A battery of "75" guns fires, no less than eighty shells a minute, and it is only with rapid, intense fire that the shrapnel fragments can sweep a whole countryside and break the enemy's attack. The same thing applies when the artillery is taking part in an offensive. They have to cover the whole zone of the enemy's front with a shower of shells, forcing the gunners to

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take shelter and pinning the infantry to the ground while their own troops are advancing to the attack.

### WOMEN AT WORK.

Kingsley's line, "For men must work and women must weep," contains only a half truth. In the countries now at war the women are so busy doing most of the work that they have little time for weeping. Even in England, where the drain on the male population has been less severe than in France or Germany, many industries that formerly employed men are now of necessity finding places for women. For example, women are now employed for the first time in the accounting and other clerical departments of the railways and the banks. The number of women who drive motor cars has increased tremendously. The Association for Women's Employment is training women to be shop assistants in the grocery business. As the Shop Assistants' Union has sent fully a third of its members to the front, there are many vacancies of the kind to be filled. A firm at Rugby is engaging girls to make electric light bulbs—a craft hitherto followed exclusively by men. Instances might be multiplied of occupations in which, since the beginning of the war, the bars have been let down for women.

Yet even after all the men's places have been filled, there are many women, widowed by the war, to be provided for; the effort is now being made to start enterprises that shall give these unfortunate persons employment. Toy-making, which has been almost exclusively a German industry, is being encouraged in England as an occupation especially suited to women. The Woman's Emergency Corps has turned the Chapel of the Annunciation into a factory where young girls learn to make wooden toys; they soon become skillful enough to get three dollars a week. In Scotland artificial flower-making has been promoted, and suitable workrooms and teachers have been provided. The theatrical world offers a good market for the products of that industry. Glasgow is employing hundreds of women as tram-car conductors.

Everywhere in the United Kingdom women are busy and active as they have never been before.

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