

Have running water in your house and barn

Enjoy the comforts of a bathroom. Have hot and cold water—hard and soft—in the kitchen. Have water under pressure in the barn, and for fire protection. How? By installing an

Empire WATER SUPPLY System

Read what Mr. N. Sangster, of Ormstown, Quebec, vice-president of the Holstein-Friesian Association of Canada, says regarding the Empire System illustrated above:

Gentlemen, —The Hydro Pneumatic System I purchased from you a year ago is giving excellent satisfaction. We use one tank for soft water and one for hard water. I find that the engine uses very little gasoline, and is very easy to operate. Ten pounds pressure on the tank will force the water to any part of the house. Yours truly,

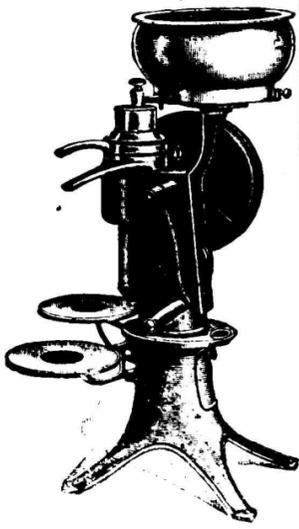
N. SANGSTER.

THE OUTFIT CONSISTS OF:

White enamel bathtub, closet with tank, lavatory with fittings, hot water boiler for kitchen range, kitchen sink, engine and pump, pneumatic pressure storage tank and piping. We have installed many similar systems in all parts of Canada.

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EMPIRE MANUFACTURING CO., LTD.
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KING
Cream Separator

Now that grass has come and you will have more milk to handle, you should use a

King Separator

in your dairy

Look up our local agent, and he will place a "KING" on trial without any trouble or "red tape."

Soften easy terms.

King Separator
Works of Canada

Bridgeburg, Ont.

book. I will close with a riddle: What is the first thing you do when you go in water? Ans.—Get wet. Wishing the Beavers every success.

TREDDIE A. HAMILTON (age 7).
R. R. No. 1, Orton, Ont.

The Bird.

There is a bird in the wildwood,
His songs are the sweetest heard;
He would be a king if he ever could
And yet he is only a bird.

He sings when the morning's breaking,
He sings when the bright sun shines;
He brightens you heart when it's aching,
For he sings as sweet as the chimes.

He sings when the dew is falling,
He sings when the morning breaks,
You may often hear him calling
Sometimes when your heart aches.

And he rises early at the dawn
With song for the rising day,
And sings away in a tree on the lawn
Till the children come to play.

EVA TAYLOR (age 10 years).

This poem is very good, for a little ten-year-old, Eva. It "makes sense", and you have only made one mistake in the rhyme—"shines" and "chimes". Some day you will make no mistakes in rhyme.

The Ingle Nook.

[Rules for correspondence in this and other Departments: (1) Kindly write on one side of paper only. (2) Always send name and address with communications. If pen name is also given, the real name will not be published. (3) When enclosing a letter to be forwarded to anyone, place it in stamped envelope ready to be sent on. (4) Allow one month in this Department for answers to questions to appear.]

Why Not Make a Salad?

"Oh dear, what shall I get ready for tea."—Haven't you heard that plaint over and over from the housewife, especially during summer when work calls and energy taries?

Well, why not make a salad? There are salads that may form the chief dish at the evening meal, and there are others that may be served with meat. You will need nothing more save bread and butter, or rolls and tea, with fruit, and, perhaps, cake, if the family insist on it.

Salads are wholesome, too, and, if necessary, may be made very nutritious. Indeed, the "salad habit" is one that may be recommended on every count, not the least of which is the ease with which the most of them may be prepared.

Dressings.

"You can make a salad out of anything," is often said, and that is quite true scraps of meat, vegetables, fruit cooked or uncooked, eggs, cheese, nuts, all work up nicely into these delicate dishes. But when you come right down to fundamentals you find that the dressing is, to a great extent, the salad. If it is poor and wishy-washy, or if too little or too much is used, the dish cannot possibly be a success; so, ostensibly, in learning to make salads the first thing is to master a few good preparations that will blend with vegetables or fruits of various kinds.

Many people cannot touch oil dressings, others think salad comparatively poor without them, hence it is well to know how to make both. There are other mixtures, also, that are especially adapted to fruit salads.

Here is a method that makes a very good cooled dressing, without oil, that will keep very well for a week or more in a cool place. It is called Superior Salad Dressing: Take 4 eggs, 1 cup vinegar, 2 tablespoons butter, 2 teaspoons salt, 1 teaspoon mustard, 1 teaspoon sugar. Beat the eggs, then pour the heated vinegar over, a few drops at a time, beating well. Cook over hot water until thick, stirring all the time, then beat in the salt, sugar and mustard moistened with a little cold vinegar. Add the butter and a dash of red pepper. When thick, add cream, sweet or sour, to taste.

For Mayonnaise Dressing: Have good salad oil, 1/2 yolk of an egg, and some lemon juice very cold. Put the yolk in a cold bowl and beat well. Add

gradually 1 teaspoon of the olive oil, beating hard all the time. Add 5 drops lemon juice, then another teaspoon of the oil, then a few drops more lemon juice, and so on until a teacupful of oil and 2 tablespoons lemon juice have been used up. Add pepper and salt to taste. Cayenne or paprika are nicer than black pepper.

Green Mayonnaise.—This is very attractive when served with fish or colorless vegetable salads, such as potato. To make it, add to the usual dressing a generous quantity of scalded and chopped parsley.

Fruit Salad Dressing.—If the salad is to be served with meat use ordinary dressing, omitting the mustard; if with cake, use whipped cream or the fruit juice, which may be mixed with a little sherry.

Meat and Fish Salads.

Chicken Salad.—Use the white meat. Cut it into bits and mix with some chopped celery or nuts and salad dressing—the oil dressing is best. Serve on lettuce. If preferred, the celery may be omitted and a little chopped cheese and pickled cauliflower may be added. Garnish with sliced, hard-boiled eggs.

Ham Salad.—Chop nice lean ham and mix with chopped celery or celery seed. Pour over all a bacon dressing made as follows: Heat 2 tablespoons pork fat, stir in 1 tablespoon flour, add 1 cup water and let boil up. Add 1/2 cup vinegar and 2 eggs beaten with 1 teaspoon sugar, 1/2 teaspoon mustard and 1/2 teaspoon salt. Boil 4 minutes stirring all the time. Use when cold. Will keep several days if covered.

Codfish Salad.—Mix boiled codfish with shredded cabbage and serve with mayonnaise.

Lobster Salad.—First make a jelly thus: Boil 6 coarse stalks of celery, half a small onion, and 2 tablespoonfuls of chopped parsley in 1 1/2 pint-water, and season nicely. Strain and dissolve in 2 tablespoons cold water. When partly cooled add a green vegetable coloring and turn into a ring mould. Serve on lettuce with the hole in the center filled with lobster, and mayonnaise on top. Stock may be used for liquid.

Tongue Salad.—Mix together chopped tongue, celery and hard-boiled eggs. Mix with salad dressing and serve.

Vegetable Salads.

Onion and Apple.—Boil 1 cup vinegar. Mix together 1 teaspoon mustard, 1 teaspoon cornstarch, 1/2 teaspoon salt and a little pepper with a beaten egg. Stir into boiling vinegar and cook till creamy. Pour over 2 mild tart apples and one onion chopped fine. Serve on lettuce.

Vegetable Salads.—Cooked vegetables of any kind—corn, dried or green beans, chopped beets, green peas, etc., make very good salads, alone or mixed with other vegetables, if dressed with a good dressing and nicely served on lettuce or water-cress. If liked, the dressing may be heated and stiffened with a little gelatine, then put into wet moulds alternately with the vegetables. Let stand over night. One tablespoon granulated gelatine is enough for half a pint of dressing. Canned tomatoes make a very nice salad if cooked with a slice of onions and a few cloves, nicely seasoned, strained, then stiffened into a jelly with the gelatine. Diced potatoes may be mixed with chopped cucumber, celery or a very little onion and hard-boiled egg, then mixed with dressing. Nuts may be used instead of the egg.

Jelly Salad.—With a tart lemon jelly made with jelly powder may be mixed chopped pickles, celery and tiny onions, or, if preferred, chopped beets or shredded cabbage. Let stiffen and serve on cress. When making such jellies put a layer in a mould and let stiffen a little in a cold place, then add a layer of vegetables, continuing until full.

Water-cress and Egg.—Arrange cress torn to pieces and chopped hard-boiled eggs in layers. Serve with dressing.

Beet Salad. Small, boiled beets may be scooped out and the centers filled with any vegetable mixture that is liked, mixed with dressing chopped cucumber and celery are very nice.

Fruit Salad.

Orange Baskets. Keep half of each peel for "baskets." Filling: Take 1



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