

APPETIZING SPRING GREENS AND HOW TO PREPARE THEM

Spinach Most Healthful of All—Why Not Make Use of
Despised Dandelion That Spoils Our Lawns?—
Try Cooking Tiny Green Onions

(By Virginia Carter Lee, in Toronto
Star Weekly.)

We are all acquainted with that tired feeling that comes with the first sultry spring days, and when we crave something cold, crisp and green to eat. This is natural, for in the first green vegetables, although the nutritive value is small, there is a tonic quality both invigorating and healthful.

Of all the greens perhaps spinach is the most healthful. The English appreciate this fact more than we do, as one of the most famous physicians has declared that "it is the broom of the stomach." It should be eaten at least twice a week during the months when it is plentiful and not costily, and once a week even when out of season.

Its value can only be obtained by proper cooking in a very small quantity of water and in an uncovered kettle for about twenty minutes. It will then be in color a beautiful green. Be sure, however, that the water is actually boiling before placing the greens in it, as this is a prime requisite not only in cooking spinach, but all other spring greens, such as dandelions, beet tops, etc.

Why Not Eat Dandelions? Early home grown vegetables are scarce in our northern climate, and those from the south are often too high-priced for the modest pocket-book. Dandelion greens, however, are delicious, healthful and inexpensive. They contain the valuable properties of potash and salts and grow freely in our fields and often where not wanted—on our lawns. They are now cultivated like any other garden vegetable. In cooking the water should be changed once and a tiny pinch of baking soda added to the first water to eliminate a possible bitter taste that they sometimes have. They are very quickly cooked, requiring only about ten minutes' active boiling.

Fresh dandelion leaves give a delicious salad as well. After gathering the greens place them in a large pan of cold water and wash them thoroughly. Then shake off all the moisture and set in a very cold place.

To prepare a salad lay the crisp, dried leaves in a chilled salad bowl, cover with chopped hard-boiled egg and minced, peeled radishes, and dress with a French dressing, mixing it as in lettuce salad.

The cultivated dandelion is broad-leaved, crisp and tender, and when planted in the home garden in rich soil yields an abundance of wide, long leaves. This is also an accommodating plant to grow, as the seeds can be tucked in almost anywhere in the garden—along the edge of the walks, fences, or back of the shrubbery. Once the seeds are sown you need take no further thought of them, as they care for themselves, although if you wish an extra supply you may sow the seeds by the south side of the house or barn.

They are also very prolific and after the housewife cuts off the leaves from the plant the roots will send up a fresh supply and keep you in fresh greens all summer. A small plot about three feet square will furnish all that an average sized family will require.

Water Cress is Delicious Water cress may also be used as a salad; but, unlike other greens mentioned, it will serve as an attractive garnish for many dishes. It is also delicious and appetizing for a sandwich filling in place of the customary lettuce.

To dress a watercress salad mix together a teaspoonful of celery salt, a saltspoonful of white pepper, a pinch of cayenne and one table-spoonful of lime juice. Then stir in gradually four table-spoonfuls of olive oil and two more of lime juice alternately. After blending well add a spoonful of chopped chives

and an equal amount of fresh tarragon leaves.

When the tiny green onions appear in the market, try cooking them as you would asparagus. Wash them well, tie in bunches, drop in boiling salted water and cook for ten minutes (this period of time is for very young, fresh vegetables, about the size of lead pencils). Drain, place on toast, and pour over them a hot cream sauce flavored with a little chopped parsley. These will be found delicious and do not retain the strong onion flavor to which so many persons object.

These same onions are also excellent to use in connection with almost all spring salads and are especially recommended with fresh tomatoes, cucumbers, etc.

Good Salad Greens

Lettuce, endive, and romaine are all good salad greens. The two former may be cooked in many attractive forms. The stalks of endive are cooked as asparagus, served with a Hollandaise sauce, and the lettuce, as the basis of cream of lettuce soup or boiled and chopped, like spinach and enriched with a piquant savory sauce.

Every householder knows the value and tonic properties of salads, particularly during the late spring and early summer, and a salad of some variety should appear at least once daily in every well planned list of menus.

Have these salads of the simplest description and mainly of the greens themselves, although a combination of two or three varieties of vegetables is permissible. Avoid, however, at this season the rich mayonnaise dressing and substitute the piquant French variety in dressing these simple and wholesome salads.

ACCIDENTALLY SHOT.

By Courier Local Wire. Montreal, May 17.—Lieut. Hal Brown, Ottawa, died yesterday in the General Hospital from a revolver shot wound in the abdomen. The young officer, who recently returned from the front, after being wounded twice, told the doctors at the hospital that while cleaning his revolver at his boarding house, he accidentally discharged.

President Wilson went over the food situation in conference, and urged immediate passage of bills designed to give drastic authority to a bureau headed by one man, probably Herbert C. Hoover.

HIGH HEeled SHOES PUT CORNS ON TOES

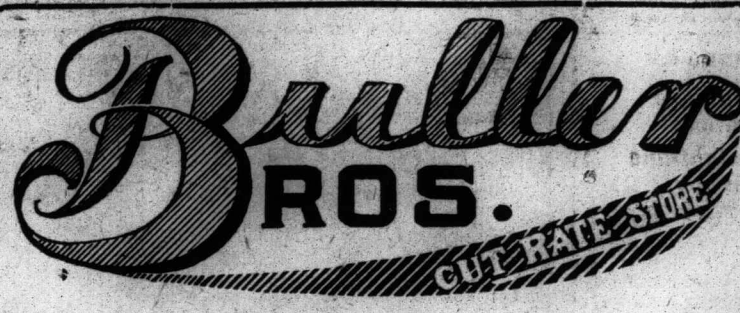
Tells Women How to Dry Up a Corn So It Lifts Out Without Pain.

Modern high-heeled footwear buckles the toes and produces corns, and many of the thousands of hospital cases of infection and lockjaw are the result of woman's suicidal habit of trying to cut away these painful pests.

For little cost there can be obtained at any pharmacy a quarter of an ounce of a drug called freezezone, which is sufficient to rid one's feet of every hard or soft corn or callus without the slightest danger of inconvenience.

A few drops applied directly upon the soreness and shortly the entire corn, root and all, lifts right out. It is a sticky substance, which dries the moment it is applied, and thousands of men and women use it because the corn shrivels up and comes out without inflaming or even irritating the surrounding tissue or skin. Cut this out and try it if your corns bother you.

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Capture of Important Vil-
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GERMAN RETIREMENT
Desperate Counter Attacks
Prelude to General
Retreat

London, May 18.—After days of most intensive fighting, in which the position several times changed hands and men fell in hundreds in attacks and counter-attacks, the British forces have at last driven the Germans out of the village of Bullecourt and once more are threatening the southern end of the Drocourt-Queant line, which Field Marshal von Hindenburg constructed to fend Cambrai from the eastward advance of Field Marshal Haig's army.

Thousands of fresh German troops recently have been thrown into the fray around Bullecourt, but their efforts have gone for naught in endeavoring to drive out the British from the entire village. Although several times the line has been bent by the preponderance of weight of the German formations, at no time have the British been forced to evacuate, holding here and there fringes of the outskirts and keeping back the Teutons until their elements were reformed with sufficient strength to drive in effective counter-attacks and

regain their lost territory.

Likewise to the east of Arras, around the village of Roeux, the battle has been waged with a viciousness scarcely ever before seen, and here also the British have been successful against the Germans.

French Make Advance Although the forces of the German Crown Prince have renewed with extreme violence their attacks against the French northeast of Soissons in the sectors of the Moulin-de-Laffaux and Bray-sur-Somme, three of them against each position—they were again repulsed by the French artillery and infantry, suffering enormous casualties. To the east, the French troops near Craonne delivered a successful attack, capturing German trench elements.

The Berlin war office reports that for the first 16 days of May the Germans made prisoner of 5,000 British and French soldiers in the French front—2,300 of them British and 2,700 French.

Masks New Retreat The desperate German counter-offensive that has been going on since day before yesterday in the region of Bullecourt is considered in competent quarters in Paris as intended to mask a further retirement of the German first line on other parts of the front. During the last few days the number of fires in villages behind the German front, both north and south of St. Quentin, has greatly increased. The town of St. Quentin itself, which has been gradually burning for the last few weeks, is now overhung with heavy smoke clouds. These facts are considered indications of a retreat, being similar to those which preceded the last retirement, in which the Germans left a vast area of devastation.

STATIST FAVORABLY IMPRESSED BY C. P. R.

In discussing the recent Canadian Pacific report, the London Statist, which is one of the most conservative financial publications in England, has a two-page article headed Canadian Pacific Economics, which says that though the volume of traffic was all that could be desired, 1916 was one of the most difficult years ever experienced. Enormous business had to be handled with a serious shortage of cars, while the cost of material was rising by leaps and bounds; fuel and wages were increasing, and labor was scarce and less efficient. Had not the road been vastly improved in recent years and the capacity greatly increased, serious congestion must have occurred, making proper control over expenditure impossible. The Statist alludes further to the great improvement in train and carload statistics and to the increased economy shown by the conducting transportation ratio. It thinks that notwithstanding the advancing costs, the net earnings and profits for 1917 will compare favorably with those for 1916, and that there is every likelihood that the growth of the company's activities will prove as wonderful in the future as in the past.

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DUINO TAKEN BY ITALIANS

Important Town Twelve
Miles Northwest of Trieste
is Occupied

OFFENSIVE GOES ON
Further Gains Recorded in
Region Northeast of
Gorizia

Paris, May 18.—A despatch to La Liberte from Turin reports that the Italian troops have captured the town of Duino. The despatch says an announcement of the taking of this important strategic point will soon be made officially. The town of Duino is on the Gulf of Trieste, Austria's principal seaport.

Austrian troops have strongly counter-attacked the Italians in positions they had gained in carrying out their offensive movement. The enemy reaction, however, has failed, the Rome war office announces. The prisoners taken by the Italians since Monday now number 4,021. Five additional small calibre guns have been captured. The Italians have made further progress in their drive pushing ahead on Mount Vodice, and also south of Gragnana, northeast of Gorizia.

The Italian official statement issued at Rome reads:

The Official Report The Italian official report said: "Julian front: The expected reaction of the enemy against the successes won by our troops violently manifested itself yesterday, but everywhere failed, thanks to the solid resistance of our men."

"In the Bodrioz region and on the Plava eminence of height 383 minor enemy attacks were easily repulsed. "Fighting in the zone between Monte Cucco and Vodice was bitter and lengthy. Considerable enemy masses, supported by the fire of numerous batteries, were repeatedly launched against our new positions. Each time they were repulsed and the Fochux bastion of Monte Cucco from height 611 to height 524 remained firmly in our possession. Moreover, we made appreciable progress towards the important summit of height 562 on the Vodice."

"In the zone east of Gorizia enemy counter-attacks, directed particularly against the summit of height 174 and to the east of the Vertobizza torrent broke down under our fire. Afterwards our infantry, assuming a counter-offensive, occupied the important height to the south of Gragnana after a desperate conflict."

DIVINE DEAD.

By Courier Local Wire. Kingston, Ont., May 17.—Following a long illness, the death occurred of Canon William Roberts, aged 74, formerly rector of St. George's Cathedral, Kingston, and rector of Christ church, Cataraqui, who was ordained in 1876 and held many charges in Eastern Ontario. Canon Roberts was born at Elmham, Shropshire, England. He was a doctor of music and in 1868 came to Canada as organist for Hon. John Hamilton, brother of Archbishop Hamilton.

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—BY—
C. N. and A. M.
(COPY)

(From Thursday's D

"I have fascination, and vantage. Napoleon, him study more ardently than of winning men. I won I pealed to all the romance became his hero and—slowly as to make him more much of my money or any has ever stuck to his hat too generous—too I though I caught him it was to control his impulse."

"What he did, he did me till you came along a other sort of fire in his saw in one minute, when he me, what had happened. It's taken you more than see, thought he's lived for would have died for y Heaven, young woman, yo be on your knees before a God! Instead, you've m marble pedestal and y your own purity!"

Annesley bowed her head wave of shame. This m others, had shown her a herself as she was. It se she could never lift her ey his accusing gaze. But into the crying of the w broke sharply, then another, till the sobbing voice in a crackling fusillade. The girl leapt to her feet. "Raiders!" she gasped.

Paul Van Vreck sprang his face paler, his eyes bri bers.

"They've come after me "Clever trick—if they've lot of ruffians from over to cover their tracks. Th and's here, inside this h Annesley's heart falterd "You must hide," she "I must save you—someh "Why should you save Vreck asked sharply. "I think about saving yours "Because—because I kn would wish to save you, secreted well as I do. I would do. God help us, th ing nearer! Take you. I'll hide you in the cella corner there, behind son If they break in, I'll say "Brave girl! But th break in."

"How do you know?" "Your husband won't Trust him, as I do." "He's not here. Do yo told you a lie? Thank isn't here, or they'd kill it, but Van Vreck caught She covered her face hands. "The old man looked at ly. "You don't understa happening," he said, with gentleness. "Don's out defending you and his hon what the shooting means think those wretches would themselves with their gu hadn't been attacked?"

With a cry, the girl rus long window, and began t it, but Van Vreck caught "Stop!" he commanded play the robbers' own them! How do you know nearer the house, Don and or the others?"

She started at him, pan and his men." she echoe "Yes. Even if he wep begin with, I'll bet all I roused every cowpuncher

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