

perfectly legitimate and reasonable demand. Why, indeed, at any time, but especially in this time of dire need, should millions of bushels of grain be used up annually in making a drink that serves no purpose save to degrade and weaken men?—Yes women and children, too,—for it is no secret that in the old lands beer-drinking, and even drinking of stronger liquor, is common among certain classes of women. When mothers and fathers stupefy themselves with such a practice, what can be hoped for the children?

It is our privilege to deny ourselves many things for the soldiers, but it is our right, as citizens of the world—of the bright and shining world, that is to come, right here on this war-torn old earth—to demand that the nations' food and strength be not imperilled by the manufacture of strong drink.

Then there is the question of profiteering, but here indeed one steps into deep water. One thing is sure, the profiteer in the present world-crisis, who amasses a fortune through the war without giving his utmost towards stopping it, is a traitor not only to himself but to all humanity. When the war is over and the boys come back, if not before, he will surely be set in his true place. JUNIA.

P. S.—By the way there was a mistake in my Western Fair report, Sept. 20th issue. That "8 lb. 8 oz." of bread, in the table given, should have been "8.8 oz."—1 quart of milk equal to 8.8 oz. bread. JUNIA.

To Remove Mildew.

For M. H. D.—To remove mildew from cotton try one of the following: (1). Soak for 24 hours or more in sour milk or buttermilk, then wash in strong soapsuds, rinse and bleach. (2). Mix together 1 spoonful salt, 2 of soft soap, 2 of powdered starch, and the juice of a lemon. Place some of this on both sides of the stain, then leave on the grass out of doors until the stain disappears.

Candied Peel.

For "A Nova Scotian". We should imagine that citron could be candied in the same way as lemon and orange peel. The method is as follows: Keep the rinds in mild salt water until enough has been collected, then cut into strips, put in cold water, and boil. As soon as the water tastes salty and bitter change, and repeat with cold water. When tender add sugar to make a thick syrup and boil down until the peel is clear. Turn on plates to dry. When half dry roll in powdered or granulated sugar. Perhaps some one who has had first-hand experience with the citron will write us.

Some Economical Recipes.

Giblet Stew.—Take the wings, neck heart, liver and gizzard of a chicken or other fowl; 1 tablespoon butter, 1 tablespoon flour, 1 tablespoon chopped parsley. Wash the parts of the chicken named and stew in salty water. Melt the butter in a saucepan and add the flour, but do not let it brown. Add the stock off the stewed chicken and any gravy you may have on hand and stir until smooth, then add the parsley and the meat and simmer 10 minutes longer. Serve on a hot platter with plain boiled rice around.

Mutton and Tomato Pie.—Some cold mutton, 5 or 6 tomatoes, 2 heaped table-spoons butter or dripping, some bread crumbs, seasoning. Spread a greased baking dish with crumbs and fill the dish with alternate layers of thinly sliced cold mutton and slices of peeled tomatoes. Season each layer with pepper, salt and little bits of butter. Make the top layer of tomatoes sprinkled with crumbs covered with melted butter. Bake in a moderate oven for 34 hour.

Apples with Rice.—Five apples, 1 cup rice, 1 pint milk, sugar, a little butter, cinnamon. Core, peel and cut the apples into halves. Place them in a deep baking-dish, sift a little sugar over, dot with butter, and bake quickly. Have the rice boiled for 10 minutes, drain, and put in a double boiler. Add the milk and cook until it is absorbed, then add sugar, a little butter and some cinnamon. When ready to serve put the rice on a hot platter, arrange the baked apples on top, and serve with hot maple-syrup or sugar-syrup.

Vegetable Hot-pot.—Five tablespoons

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