

Our Scrap Bag.

Dr. Knopf, of New York, has recently issued a book on Tuberculosis, which carries an encouraging word to people with consumptive tendencies. It is intended to show that "tuberculosis is a preventable and curable disease, rarely directly hereditary, and that in children of tuberculous parentage, the hereditary predisposition can be overcome if they are properly raised, and their physique, particularly the chest, well developed. Even a predisposition acquired after birth, or later in adult life, can be successfully combated by careful, sober and hygienic modes of life."

The following instructions have been given by a medical authority, for the benefit of people who suffer from sleeplessness: First, look to your digestion, and see to it that it is in good working order. Avoid stimulating foods and drinks, such as meat, tea or coffee, at the evening meal, and have the mind composed by soothing conversation, or by reading soothing books before bedtime. After retiring, induce a state of mental monotony, if possible. Go to bed determined and expecting to sleep; or, if not, to be at least contented to remain awake and rest. Live as much as possible in the open air at all times, and, if your work is sedentary, take plenty of exercise in the evenings.

Old shirtwaists sometimes contain unworn material in the sleeves, which may be turned to many good uses. One woman has made three dainty white aprons from three pairs of sleeves, with the aid of a few yards of insertion lace. Another saves the unworn portions of her thin, tucked waists for re-making into dummies for her small daughters' school dresses.

Save old corsets, and when you have two or three pairs, cut the eyelet part off and sew to the edges of the ironing sheet, then lace up on the under side of the board.

Pretty for a "yellow" room: Choose a piece of very fine, white cheesecloth, which hangs in soft folds and is very practical. These particular curtains come just to the window-sill, and have around the bottom and inside a two-inch band, which, instead of being of the white, is of yellow cheesecloth. They are run on rods, and pushed back rather closely to the window-frame, hanging straight down without being tied back. The space thus left at the top of the rod is filled in with a short flounce, also finished with the yellow band. This same idea may be carried out in China silk or scrim, and stenciling designs, etc. One never can have curtains too fresh, and an extra set will not come amiss.

Recipes.

Plum Jelly.—Use plums while underripe. Wash, remove stems, and put into the preserving kettle with 1 quart water to each peck. Cook gently until plums are boiled to a pulp. Strain the juice through a cheesecloth and measure it. For every pint of juice, add a pint of sugar. Stir until sugar is dissolved, then place over the fire. When it boils up, draw it back and skim, repeating this three times. Pour into hot glasses, and fill. Place on a board at a sunny window in a room where there is no dust, or lay sheets of glass on top of the tumblers. When the jelly is set, cover with paper dipped in brandy, or with melted paraffine. (Maria Parloa's.)

Apple Jelly.—Wash, stem and wipe the apples, taking out the blossom end. Cut into quarters and put into the preserving kettle. Barely cover with cold water and cook gently to a pulp. Strain the juice and proceed as for plum jelly. Apple jelly may be flavored, if liked, with lemon, or with grape juice.

Grape Juice (not fermented).—Wash and pick the grapes from stems, crush slightly, heat slowly and boil gently for half an hour, crushing fruit. Strain through cheesecloth, add sugar, let come to a boil, and skim three times, drawing to the back of the stove for each skimming, then seal in sterilized bottles. About 1 gill sugar to a quart of juice is sufficient. For fruit syrups, use half as much sugar as fruit juice, and proceed in the same way. They are used for flavoring ice cream and water ices, also for adding to water to make a drink. All sorts of fruit syrups may be made in this way.

Plum Preserve.—Four quarts plums, 2

quarts sugar, 1 quart water. Prick the fruit and put it in a preserving kettle. Cover generously with cold water, heat, and boil gently for five minutes, then drain. Put the sugar and the 1 quart of water in a kettle, boil five minutes, and skim. Put the drained plums in, and cook gently for 20 minutes, then seal in sterilized jars.

Whole Tomatoes.—Eight quarts medium-sized, whole tomatoes, 4 quarts sliced tomatoes. Put the pared and sliced tomatoes into a pan and stew. After 20 minutes, rub through a strainer and return to the fire. While cooking, pare the whole tomatoes and put in sterilized jars. Pour in the stewed tomato to fill well. Place the uncovered jars in a moderate oven in a shallow pan of hot water. Let cook half an hour, fill to overflowing with some of the boiling stewed tomato, then seal at once.

Marmalades may be made from all fruit left over when jelly-making, and are very delicious. Add a little water and a pint of sugar to each quart of the pulp, cook very slowly. To make a better marmalade, use fruit kept especially for it. Measure fruit and sugar, allowing 1 pint sugar to a quart. If fruit is juicy, add no water at all; if dry, put in just as little as possible. Heat very slowly, stirring frequently; cook very gently for two hours, then seal in small sterilized sealers, or jelly tumblers.

Grape Jelly.—Use an acid grape, scarcely ripe, or even half-ripe. Proceed as for plum jelly.

Eggs and Tomato Toast.—Fry a few slices of bacon. Remove them from the pan, and in the bacon fat fry thick slices of tomato that have been dipped in flour. Place each slice of tomato on a slice of buttered toast on a hot dish. Then, in the same fat, fry as many eggs as there are slices, and place the eggs on the tomato, putting the pieces of bacon around the dish. Thicken the fat left in the pan with a little flour, and, if necessary, a little boiling water, and pour this gravy over the eggs.

Peach Tapioca.—Soak one cupful of tapioca in cold water, and drain. Peel one dozen peaches and cut them in half. Cook them with a little sugar for ten minutes and take them out of the syrup. Add this syrup, one-quarter cupful of powdered sugar, a pinch of salt, and one cupful of boiling water to the tapioca, and cook until clear. Line a mould with the peaches and pour in the tapioca, and bake for half an hour. Let it cool, and serve with whipped cream.

Corn Soup.—Score the kernels in each row with a sharp knife, and with the back of the knife press out all of the pulp. Melt 3 level tablespoons butter, and in it cook 2 slices onion and 2 sprigs parsley until the onion is softened and yellowed. Add 3 tablespoons flour, a dash of pepper and salt to taste. Cook until frothy, then add 3 cups of milk and the corn pulp. Cook until done.

The Care of Hair.

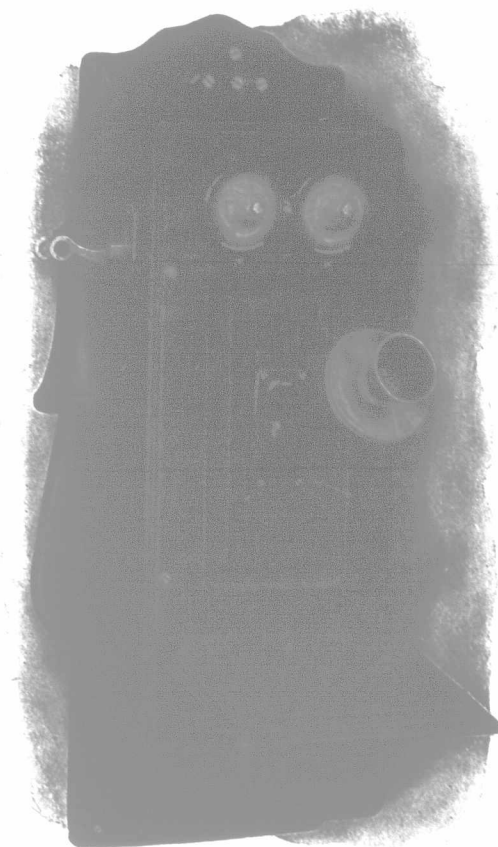
Some years ago it was considered wise to mortify vanity, and little girls had their heads "shingled" whether it was becoming or not. Nowadays, beauty is not considered inconsistent with good sense, and little girls may not only let their lovely locks luxuriate, but if the locks don't do so, we can teach how to cultivate a healthy and abundant growth.

It is not well to dress a child's hair too long in one way, as it gets so it grows that way, and a part in the middle soon widens. Part it for a few days and then comb it straight back for a while. A bewitching style is to part it on the left side, bring the hair over, and tie it with a becoming ribbon bow on the right side. On a hot day, braid it, or do it up in a little loose knob on the crown.

As a rule, the hair should be washed about once a month, and the ends clipped about once in two months. When washing, it is sufficient to use a thick lather of good white soap, first wetting the whole head thoroughly in clear water. Rub the soap vigorously all over the scalp, rinse, lather again and rub, and finally rinse in two or three waters, the last as cold as can be borne. Dry with a towel and fan, not at a stove or register. Many people dry the hair in the sun, but some find that the heat of the sun brings out a disagreeable excess of the natural oil.

The Local Telephone

WHAT A
LOCAL
TELEPHONE
SYSTEM
MEANS



The remarkable development of Independent local telephone lines that has taken place in Ontario in the past two or three years has proven beyond question that the only way you can get a local telephone system that covers the entire community, is by having it owned and controlled by local people.

The reason for this is that the local people are aiming and anxious to build up a complete system in their own district, whereas under other conditions the lines are restricted to main roads and by a desire to get extra good profits.

What is the Lesson?

The lesson to be learned from the experience referred to is that every rural community should own its own telephone and control its own system, and be able to give telephone service at cost, if necessary, in order to make the system complete, by including every possible resident in the district.

If you are interested, write and we shall be glad to furnish you with full information. Ask for our NO. 2 BULLETIN, which will give you complete instructions in regard to the building and equipping of a telephone line, or for "Canada and the Telephone," an illustrated book that will interest you.

Independent Telephones.

Independent telephones are making a great record. Their quality is winning the way to those companies that had been using nothing but other makes. If you are extending your lines this spring, or adding any telephones to your system, why not give our telephones a trial, and satisfy yourself in regard to their quality? This is the way to make sure that you are getting the best value for your money in the telephone you are now using. We are prepared to stand by the result of your test in actual service. We seek a comparison with other makes. Let us have a trial order; and in any event, let us quote you our prices.

Construction Supplies.

We can ship from stock anything in the way of line wire, insulated wires, top pins, side blocks, insulators, etc. We make a specialty of prompt shipments and first-quality goods. Let us quote you if you are wanting anything.

Visit Us at the Exhibition.

We have a complete exhibit in the south wing of the Process Building at the Toronto Exhibition, and will appreciate a visit from you or your friends.

PROMPT SHIPMENTS AND GUARANTEED SATISFACTION ARE MAKING OUR SUCCESS.

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