

slices onion, 2
ons flour, salt,
season, 1 tea-
Mix flour with
the rest of the
ashed potato.
ith this. Add
except the
nute, stirring
ely chopped

, scale and
a little salt
Skewer them
their mouths,
simmer very
12 minutes.

with fish or
maise with the
ckles, parsley,
um seed) and
these may be

ery.

ive cups corn
ed beans, 2½
nely shredded
ns, 3 sweet
cups sugar, 1
oon mustard,
teaspoon tur-
the vinegar
es. Combine

redients, add
boiling point
oil the beans
sterilize for
dozen young
cup white
er, seasoning,
the carrots,
until tender.
Season both
hly with salt
e sauce and
e, sauce and
ing dish. A
y be added.
op and bake
oven. Serve
scuits for the

cups corn, 1
poons melted
e eggs until
ilk, then stir
ter. Season
d baking-dish,
and bake in a
like custard.
or supper.
ling the ears
bread-toaster
turning them
Corn cooked

l some round

AUGUST 22, 1918



It Costs LIVES to Get Your Produce to Market



REMEMBER this about prices! Wheat is high, beef and pork are high, all the food you produce is high, because the 300,000 men of the **Merchant Marine** brave the perils of the submarine to carry your produce to market.

15,000 men of the sea have already given their lives in YOUR service. What will you do to relieve the wants of their widows and orphans?

Remember by Giving

In great measure we owe to the sailor our liberties as free citizens. Without his sacrifices we would not be enjoying national prosperity such as was undreamed of at the advent of the war.

Yet these men who are doing so much for the great cause—manning transports and hospital ships, as well as vessels carrying food—are not government em-

ployees, so that no provision is made for pensions, for separation allowances, or for relief for their widows and orphans.

Let us be just! We will contribute to the support of the widows and orphans of the victims of the submarines. Our cry shall be—"They shall not want."

Ontario's Objective - \$1,000,000
Ontario has never failed!

SAILORS' WEEK

September 1st to 7th Inclusive

CAMPAIGN COMMITTEE
Sir John Eaton, Chairman

THE NAVY LEAGUE OF CANADA
Commodore Aemilius Jarvis, President (Ontario Division)

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COMMODORE AEMILIUS JARVIS, 34 KING ST. WEST, TORONTO

tomatoes, chill and then scoop out part of the inside, keeping it for tomato sauce. Put a teaspoonful of seasoned bread-crumbs into each, with a bit of butter, and drop in a raw, unbroken egg. Cover with a little grated cheese and bake. Nice for luncheon or supper, served with potatoes, toast or hot biscuit.

Cheese and Vegetable Salad.—Slice thin some firm peeled tomatoes and cucumbers. Pile on lettuce leaves, with two or three little balls made of cream cheese on top. Serve with French dressing.

Cucumber Salad.— Pare and cut into dice 3 medium sized cucumbers. Mix with 3 hard-boiled eggs cut in dice, and ¼ cup broken nutmeats. You may add some chopped olives if you like, or some pickled nasturtium seed. Serve on lettuce with salad dressing.

Tomato Salads.— (1) Peel and chop some crisp cucumbers and a small onion. Mix with a good dressing and serve in

tomatoes scooped out to form cups. Put a little whipped cream on top of each.

(2) Fill tomatoes scooped out to form cups, with a mixture of cooked corn, beans, chopped raw celery or onion, and salad dressing. Serve on individual plates garnished with lettuce.

Creamed New Beets.—Wash the beets and boil until tender, then remove skins. Serve with cream sauce.

Ripe Tomato Pickle.—Small ripe tomatoes, small onions, horseradish, nasturtium seed, cider vinegar, cloves and cinnamon. Prick the skins of the small tomatoes slightly and pack in jars. Add to each jar some nasturtium seed, small onions and pieces of horseradish. Cover with good, cold cider vinegar spiced with cloves and cinnamon. Lay a small bag of spice on top of each jar, and seal.

Chili Sauce.— One-half peck ripe tomatoes, 5 good sized onions, 8 sweet

green peppers if you can get them, 2½ tablespoons salt, ½ cup brown sugar, 1 tablespoon ground cloves, ½ tablespoon ground cinnamon, 1 teaspoon celery seed, 2 cups vinegar. Peel the tomatoes and chop fine. Combine with chopped onions and peppers, add other ingredients and cook slowly 1½ hours. Put in jars and sterilize 30 minutes in the boiler.

The Scrap Bag.

A Jam Hint.

A "conservation" hint when making jam, marmalade, etc., is to mix ½ lb. granulated sugar to ¼ lb. white corn syrup, then measure, as usual, when sugar only is used.

Elderberry Cordial.

Elderberry cordial is said to be good

for dropsy and cranberry cordial for rheumatism. To make elderberry cordial allow to each quart of elderberry juice ½ lb. sugar and a teaspoonful each of cloves, cinnamon and mace. Let boil 10 minutes, and seal hot. Cranberry, currant, cherry and grape cordials are made the same, with the spices omitted. Orange and lemon, also rhubarb, may be added to any of these.

Washing Glassware.

When washing glassware never put it in the water bottom first. Slipping it in edgewise will prevent it from cracking. Do not have the water too hot, and, if the glassware has a pattern use soap or washing soda and a small brush. Afterwards rinse in clear warm water and polish with clean dry cloths.

Dry Lemons.

When lemons are so dry that they are