

Housekeeping, Nursery, Gardening and News of Interest to Women

MARKS NEW STEP IN DEVELOPMENT

Electric Show Next Week
Forms Important Stage in
Electric Progress.

An important event in the electrical development of Ontario will be the first annual Electric Show at the Arena next week with official opening Monday evening at 8 o'clock.

The exhibition will demonstrate by actual operation the many uses of electricity in the factory, in the home, in surgery and medicine and various other departments. It will have many spectacular features.

Not the least interesting section will be the electric farm, exhibited by the provincial hydro electric system, in which electricity does the farmer's work by milking his cows, sawing his wood, cutting his corn, driving his cream separators and other machinery.

There will be a wireless apparatus powerful enough to communicate with Key West, a distance of 1600 miles. A million volt spark will be another striking feature.

In the household end Miss Lillie Miles of London, England, will give a daily lecture on the uses of electricity in the home, and will conduct competitions open to nurses, brides and bachelors.

The engineering part of the University of Toronto will have an exhibit of experimental apparatus for measuring current waves. The Humane Society will exhibit the new electric cages for the painless killing of stray dogs and cats.

Each evening there will be free moving pictures of electrical subjects in a separate room. Among other features will be a working model of the C.N.R. tunnel in Montreal, a telegraph, electric laundry and process manufacturing exhibits.

The largest exhibit in the Toronto Hydro-electric system, which is a complete electric exhibition in itself.

Workmen commenced early this week preparing the building and it is being elaborately decorated and illuminated.

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EFFICIENT HOUSEKEEPING

BY HENRIETTA D. GRAUEL
DOMESTIC SCIENCE LECTURER

Noodles.

"We are fond of noodles at our house, and often have noodle soup in cool weather, but I never heard of baking noodles until the other day when I saw 'breast of veal with baked noodles' on a menu card in a tea room. What can you tell me about this combination and is it a good home dish?" writes one of my readers.

Noodles in all forms are very satisfying and especially so when they are made at home with plenty of egg yolks and rich stock. "Baked noodles" is a rather mystifying term, but one that is easily unworded. Suppose we make the noodles first, and then proceed to boil, bake and fry them.

You will need rolling pin, pastry board, salt, flour, eggs and a very little cream. Three egg yolks will make sufficient paste to furnish a family of five with enough noodles for two dinners. Separate the eggs, and to every yolk add a half pint of rich milk. Beat the mixture with a fork and commence adding sifted flour, then a little salt. Add enough flour to make a stiff paste, but not enough to make it hard. Roll out into a thin sheet; almost transparent, indeed here "all the honor lies," for the thinner you roll the pasta the finer noodle maker you are. Genuines, who excel at making this dish, claim that noodles mixed with water can be rolled thinner than if milk is used, but I cannot see that this makes any difference. When the sheet of dough is as thin as it can be made roll it up and cut the noodle in as narrow strips as you can. Shake out each roll of strips and when all are cut place in a sunny window or in a warm place to dry. Noodles are better for standing some time before they are cooked, and they will keep in a dry place for months.

Make a fine, rich beef or veal stock and season it well; strain it and bring to the boiling point, drop in the noodles and cook briskly 15 minutes. The noodles are served in the soup or they are lifted out and well drained and browned with the meat.

Breast of veal with noodles: Bake the veal with or without stuffing and with the addition of whatever vegetables you prefer. After the noodles are cooked and drained place them around the roast and return all to the oven until both meat and garnish are slightly browned.

It is not absolutely necessary to cook the noodles in meat stock; instead you may drop them into boiling, salted water or milk, then drain and fry lightly in a little butter. Often one does not have boiling meat or stock at hand, and in this case a bouillon cube will give a fine meaty flavor to the dish.

These bouillon cubes and meat extracts are very good friends in such emergencies and a box or bottle of them should be in every cupboard.



THE GARDEN

CONDUCTED BY
RACHEL R. TODD
M.D.

A Pillow of Pine Needles.

We are wondering if some of our gardeners will excuse us for a day, especially those lucky ones who can revel in blessed sleep for nine or more solid hours at a stretch, while we take a journey with an unhappy mortal, cursed by the hateful Dragon Insomnia.

This fellow-gardener writes that she "simply took up gardening as a necessary evil, having been advised by her physician to 'get back to the earth'."

In her quest for sleep, she adds, also, that in her pursuit for the elusive god, she not only ruined her hands forever, her feet, her clothes, all her boots, shoes and slippers, but she also ruined her temper to rags and tatters, developed a headache that had many edges, but, finally, was unable to get to sleep.

A nice, fat drowsy mortal out of the warm, moist earth, an immortal who turned with her for the whole long happy summer. The dragon, insomnia, drew off growing into the past and she slept!

But with the coming of cool days, short days, and dark days; with no slugging in the garden, and no sleeping under the peach tree, with hot furnace air, and stuffy rooms, with the worries of a smoky kitchen stove, and the horrors of hunting out the family handkerchiefs, her mind has been so occupied that on a sudden, away flew her sleep, probably out of the self-made doors and windows, thrown open to let the cool gas from a defective chimney escape. And, now, horrible are her endless nights, and weary the dull, tired days.

So, we are taking her by the hand, and leading her out into the country, not very far away where stands a few tall pine trees. The invigorating breeze brings the strong, pungent aroma of the pine needles, and the scent of the sticky pine cones to our welcoming lungs. Will it be possible to carry some of the soothing, sleep-producing effect, back to the grey city with us?

A fine, thick pillow-case of muslin is filled with the stiff aromatic needles. A basket is crammed full of the fat resinous cones, which are to be burned in the fire place later. But the pine needle pillow is the cure. Back home again, the muslin pillow is slipped softly within a butter-lined case, of very coarse weave, which will permit of a free escape of the coveted and sleep-producing pine odor.

This pillow should not be filled too full, also the needles will not have room to accommodate themselves to the curves of the head and neck of the sleeper after sleep. Certainly, at first, it will not be so comfortable as the ordinary pillow, but, when matters "settle down," in a few short minutes the sleeper after sleep will be floating away on the softest cream clouds of sound-satisfying sleep, and from the murmuring world will come the whisper of the pines, "trust and sleep."

QUICK SALE OF PIANOS.
This is Your Opportunity If You Want a Good Piano at a Small Price.

Call at the warehouses of the oldest firm of pianos in the city, 1140-1142-1144-1146-1148-1150-1152-1154-1156-1158-1160-1162-1164-1166-1168-1170-1172-1174-1176-1178-1180-1182-1184-1186-1188-1190-1192-1194-1196-1198-1200-1202-1204-1206-1208-1210-1212-1214-1216-1218-1220-1222-1224-1226-1228-1230-1232-1234-1236-1238-1240-1242-1244-1246-1248-1250-1252-1254-1256-1258-1260-1262-1264-1266-1268-1270-1272-1274-1276-1278-1280-1282-1284-1286-1288-1290-1292-1294-1296-1298-1300-1302-1304-1306-1308-1310-1312-1314-1316-1318-1320-1322-1324-1326-1328-1330-1332-1334-1336-1338-1340-1342-1344-1346-1348-1350-1352-1354-1356-1358-1360-1362-1364-1366-1368-1370-1372-1374-1376-1378-1380-1382-1384-1386-1388-1390-1392-1394-1396-1398-1400-1402-1404-1406-1408-1410-1412-1414-1416-1418-1420-1422-1424-1426-1428-1430-1432-1434-1436-1438-1440-1442-1444-1446-1448-1450-1452-1454-1456-1458-1460-1462-1464-1466-1468-1470-1472-1474-1476-1478-1480-1482-1484-1486-1488-1490-1492-1494-1496-1498-1500-1502-1504-1506-1508-1510-1512-1514-1516-1518-1520-1522-1524-1526-1528-1530-1532-1534-1536-1538-1540-1542-1544-1546-1548-1550-1552-1554-1556-1558-1560-1562-1564-1566-1568-1570-1572-1574-1576-1578-1580-1582-1584-1586-1588-1590-1592-1594-1596-1598-1600-1602-1604-1606-1608-1610-1612-1614-1616-1618-1620-1622-1624-1626-1628-1630-1632-1634-1636-1638-1640-1642-1644-1646-1648-1650-1652-1654-1656-1658-1660-1662-1664-1666-1668-1670-1672-1674-1676-1678-1680-1682-1684-1686-1688-1690-1692-1694-1696-1698-1700-1702-1704-1706-1708-1710-1712-1714-1716-1718-1720-1722-1724-1726-1728-1730-1732-1734-1736-1738-1740-1742-1744-1746-1748-1750-1752-1754-1756-1758-1760-1762-1764-1766-1768-1770-1772-1774-1776-1778-1780-1782-1784-1786-1788-1790-1792-1794-1796-1798-1800-1802-1804-1806-1808-1810-1812-1814-1816-1818-1820-1822-1824-1826-1828-1830-1832-1834-1836-1838-1840-1842-1844-1846-1848-1850-1852-1854-1856-1858-1860-1862-1864-1866-1868-1870-1872-1874-1876-1878-1880-1882-1884-1886-1888-1890-1892-1894-1896-1898-1900-1902-1904-1906-1908-1910-1912-1914-1916-1918-1920-1922-1924-1926-1928-1930-1932-1934-1936-1938-1940-1942-1944-1946-1948-1950-1952-1954-1956-1958-1960-1962-1964-1966-1968-1970-1972-1974-1976-1978-1980-1982-1984-1986-1988-1990-1992-1994-1996-1998-2000-2002-2004-2006-2008-2010-2012-2014-2016-2018-2020-2022-2024-2026-2028-2030-2032-2034-2036-2038-2040-2042-2044-2046-2048-2050-2052-2054-2056-2058-2060-2062-2064-2066-2068-2070-2072-2074-2076-2078-2080-2082-2084-2086-2088-2090-2092-2094-2096-2098-2100-2102-2104-2106-2108-2110-2112-2114-2116-2118-2120-2122-2124-2126-2128-2130-2132-2134-2136-2138-2140-2142-2144-2146-2148-2150-2152-2154-2156-2158-2160-2162-2164-2166-2168-2170-2172-2174-2176-2178-2180-2182-2184-2186-2188-2190-2192-2194-2196-2198-2200-2202-2204-2206-2208-2210-2212-2214-2216-2218-2220-2222-2224-2226-2228-2230-2232-2234-2236-2238-2240-2242-2244-2246-2248-2250-2252-2254-2256-2258-2260-2262-2264-2266-2268-2270-2272-2274-2276-2278-2280-2282-2284-2286-2288-2290-2292-2294-2296-2298-2300-2302-2304-2306-2308-2310-2312-2314-2316-2318-2320-2322-2324-2326-2328-2330-2332-2334-2336-2338-2340-2342-2344-2346-2348-2350-2352-2354-2356-2358-2360-2362-2364-2366-2368-2370-2372-2374-2376-2378-2380-2382-2384-2386-2388-2390-2392-2394-2396-2398-2400-2402-2404-2406-2408-2410-2412-2414-2416-2418-2420-2422-2424-2426-2428-2430-2432-2434-2436-2438-2440-2442-2444-2446-2448-2450-2452-2454-2456-2458-2460-2462-2464-2466-2468-2470-2472-2474-2476-2478-2480-2482-2484-2486-2488-2490-2492-2494-2496-2498-2500-2502-2504-2506-2508-2510-2512-2514-2516-2518-2520-2522-2524-2526-2528-2530-2532-2534-2536-2538-2540-2542-2544-2546-2548-2550-2552-2554-2556-2558-2560-2562-2564-2566-2568-2570-2572-2574-2576-2578-2580-2582-2584-2586-2588-2590-2592-2594-2596-2598-2600-2602-2604-2606-2608-2610-2612-2614-2616-2618-2620-2622-2624-2626-2628-2630-2632-2634-2636-2638-2640-2642-2644-2646-2648-2650-2652-2654-2656-2658-2660-2662-2664-2666-2668-2670-2672-2674-2676-2678-2680-2682-2684-2686-2688-2690-2692-2694-2696-2698-2700-2702-2704-2706-2708-2710-2712-2714-2716-2718-2720-2722-2724-2726-2728-2730-2732-2734-2736-2738-2740-2742-2744-2746-2748-2750-2752-2754-2756-2758-2760-2762-2764-2766-2768-2770-2772-2774-2776-2778-2780-2782-2784-2786-2788-2790-2792-2794-2796-2798-2800-2802-2804-2806-2808-2810-2812-2814-2816-2818-2820-2822-2824-2826-2828-2830-2832-2834-2836-2838-2840-2842-2844-2846-2848-2850-2852-2854-2856-2858-2860-2862-2864-2866-2868-2870-2872-2874-2876-2878-2880-2882-2884-2886-2888-2890-2892-2894-2896-2898-2900-2902-2904-2906-2908-2910-2912-2914-2916-2918-2920-2922-2924-2926-2928-2930-2932-2934-2936-2938-2940-2942-2944-2946-2948-2950-2952-2954-2956-2958-2960-2962-2964-2966-2968-2970-2972-2974-2976-2978-2980-2982-2984-2986-2988-2990-2992-2994-2996-2998-3000-3002-3004-3006-3008-3010-3012-3014-3016-3018-3020-3022-3024-3026-3028-3030-3032-3034-3036-3038-3040-3042-3044-3046-3048-3050-3052-3054-3056-3058-3060-3062-3064-3066-3068-3070-3072-3074-3076-3078-3080-3082-3084-3086-3088-3090-3092-3094-3096-3098-3100-3102-3104-3106-3108-3110-3112-3114-3116-3118-3120-3122-3124-3126-3128-3130-3132-3134-3136-3138-3140-3142-3144-3146-3148-3150-3152-3154-3156-3158-3160-3162-3164-3166-3168-3170-3172-3174-3176-3178-3180-3182-3184-3186-3188-3190-3192-3194-3196-3198-3200-3202-3204-3206-3208-3210-3212-3214-3216-3218-3220-3222-3224-3226-3228-3230-3232-3234-3236-3238-3240-3242-3244-3246-3248-3250-3252-3254-3256-3258-3260-3262-3264-3266-3268-3270-3272-3274-3276-3278-3280-3282-3284-3286-3288-3290-3292-3294-3296-3298-3300-3302-3304-3306-3308-3310-3312-3314-3316-3318-3320-3322-3324-3326-3328-3330-3332-3334-3336-3338-3340-3342-3344-3346-3348-3350-3352-3354-3356-3358-3360-3362-3364-3366-3368-3370-3372-3374-3376-3378-3380-3382-3384-3386-3388-3390-3392-3394-3396-3398-3400-3402-3404-3406-3408-3410-3412-3414-3416-3418-3420-3422-3424-3426-3428-3430-3432-3434-3436-3438-3440-3442-3444-3446-3448-3450-3452-3454-3456-3458-3460-3462-3464-3466-3468-3470-3472-3474-3476-3478-3480-3482-3484-3486-3488-3490-3492-3494-3496-3498-3500-3502-3504-3506-3508-3510-3512-3514-3516-3518-3520-3522-3524-3526-3528-3530-3532-3534-3536-3538-3540-3542-3544-3546-3548-3550-3552-3554-3556-3558-3560-3562-3564-3566-3568-3570-3572-3574-3576-3578-3580-3582-3584-3586-3588-3590-3592-3594-3596-3598-3600-3602-3604-3606-3608-3610-3612-3614-3616-3618-3620-3622-3624-3626-3628-3630-3632-3634-3636-3638-3640-3642-3644-3646-3648-3650-3652-3654-3656-3658-3660-3662-3664-3666-3668-3670-3672-3674-3676-3678-3680-3682-3684-3686-3688-3690-3692-3694-3696-3698-3700-3702-3704-3706-3708-3710-3712-3714-3716-3718-3720-3722-3724-3726-3728-3730-3732-3734-3736-3738-3740-3742-3744-3746-3748-3750-3752-3754-3756-3758-3760-3762-3764-3766-3768-3770-3772-3774-3776-3778-3780-3782-3784-3786-3788-3790-3792-3794-3796-3798-3800-3802-3804-3806-3808-3810-3812-3814-3816-3818-3820-3822-3824-3826-3828-3830-3832-3834-3836-3838-3840-3842-3844-3846-3848-3850-3852-3854-3856-3858-3860-3862-3864-3866-3868-3870-3872-3874-3876-3878-3880-3882-3884-3886-3888-3890-3892-3894-3896-3898-3900-3902-3904-3906-3908-3910-3912-3914-3916-3918-3920-3922-3924-3926-3928-3930-3932-3934-3936-3938-3940-3942-3944-3946-3948-3950-3952-3954-3956-3958-3960-3962-3964-3966-3968-3970-3972-3974-3976-3978-3980-3982-3984-3986-3988-3990-3992-3994-3996-3998-4000-4002-4004-4006-4008-4010-4012-4014-4016-4018-4020-4022-4024-4026-4028-4030-4032-4034-4036-4038-4040-4042-4044-4046-4048-4050-4052-4054-4056-4058-4060-4062-4064-4066-4068-4070-4072-4074-4076-4078-4080-4082-4084-4086-4088-4090-4092-4094-4096-4098-4100-4102-4104-4106-4108-4110-4112-4114-4116-4118-4120-4122-4124-4126-4128-4130-4132-4134-4136-4138-4140-4142-4144-4146-4148-4150-4152-4154-4156-4158-4160-4162-4164-4166-4168-4170-4172-4174-4176-4178-4180-4182-4184-4186-4188-4190-4192-4194-4196-4198-4200-4202-4204-4206-4208-4210-4212-4214-4216-4218-4220-4222-4224-4226-4228-4230-4232-4234-4236-4238-4240-4242-4244-4246-4248-4250-4252-4254-4256-4258-4260-4262-4264-4266-4268-4270-4272-4274-4276-4278-4280-4282-4284-4286-4288-4290-4292-4294-4296-4298-4300-4302-4304-4306-4308-4310-4312-4314-4316-4318-4320-4322-4324-4326-4328-4330-4332-4334-4336-4338-4340-4342-4344-4346-4348-4350-4352-4354-4356-4358-4360-4362-4364-4366-4368-4370-4372-4374-4376-4378-4380-4382-4384-4386-4388-4390-4392-4394-4396-4398-4400-4402-4404-4406-4408-4410-4412-4414-4416-4418-4420-4422-4424-4426-4428-4430-4432-4434-4436-4438-4440-4442-4444-4446-4448-4450-4452-4454-4456-4458-4460-4462-4464-4466-4468-4470-4472-4474-4476-4478-4480-4482-4484-4486-4488-4490-4492-4494-4496-4498-4500-4502-4504-4506-4508-4510-4512-4514-4516-4518-4520-4522-4524-4526-4528-4530-4532-4534-4536-4538-4540-4542-4544-4546-4548-4550-4552-4554-4556-4558-4560-4562-4564-4566-4568-4570-4572-4574-4576-4578-4580-4582-4584-4586-4588-4590-4592-4594-4596-4598-4600-4602-4604-4606-4608-4610-4612-4614-4616-4618-4620-4622-4624-4626-4628-4630-4632-4634-4636-4638-4640-4642-4644-4646-4648-4650-4652-4654-4656-4658-4660-4662-4664-4666-4668-4670-4672-4674-467