

About the House

Useful Hints and General Information for the Busy Housewife

How to Prepare Cereals.

When the colder weather comes it is well to remember that one of the best ways to economize on fuel (an important consideration when we remember the present price of coal) is by arranging the diet so as to include as many heat-giving elements as possible, and among these we must not forget the morning cereal.

It is not only because of this property that cereals deserve a high place in our menu, but also because they rank high as both economical and healthful, containing a large quantity of protein. Some have also a good percentage of fat, and all contain both starch and mineral matter, and they are comparatively inexpensive—that is if we use the uncooked cereals, not the ready-to-eat, which are only economical when the cost of cooking is high and the time of the housewife of considerable money value.

In the preparation of cereals the great point is to see that they are thoroughly cooked, for few things can cause more trouble in the way of indigestion, headache, irritability and nervousness than a porridge which has not been cooked long enough to soften the tough outer coat of the grain.

In Ireland and Scotland people do not seem to tire of oatmeal porridge, or "stir-about," for breakfast—even for supper—in year out, but here we require a greater variety, and the skilful housekeeper will not find very much difficulty in ringing the changes and keeping from too frequent repetition. Here are a few recipes to help in the task, and we will begin with the plain boiled oatmeal or porridge, which is so seldom had in perfection, and which is the richest of all cereals in fat and consequently the best for the sharp winter mornings.

Oatmeal Porridge.—Put one and one-half pints of water and a half teaspoonful of salt into a saucepan and bring to a quick boil. Then, taking one cupful of oatmeal in one hand and a wooden spoon in the other, sprinkle in the meal and stir briskly the whole time, so as to keep the meal from lumping. For this reason, too, the meal must not be added too much at a time, but should in lumps form draw the saucepan to the side of the fire and crush them out with the spoon. When all the meal is in, let it boil up again, and then keep simmering in a double boiler. The longer you leave the porridge cooking the better, but it should never be served without at least an hour's simmering.

Porridge for Wee Children.—Porridge can be cooked in large quantities and reheated as required by adding a small quantity of boiling water each time and stirring well. For very little children plain oatmeal is not always advisable, but a very safe and palatable mixture can be made with equal parts of oatmeal, barley meal and wheat meal. Allow one cup of meal to two pints of slightly salted boiling water and cook in exacted by the same way as ordinary porridge.

Oatmeal Jelly.—To each pint of water allow one heaped teaspoonful of coarse oatmeal. Dissolve half a teaspoonful of salt in the water and stir in the oatmeal. Cover and leave for at least twelve hours. Turn into a saucepan and boil for twenty to thirty minutes. Pass through a fine sieve and pour into a wetted mold. When cold, the jelly will turn out and it is delicious eaten with stewed fruit, cream or milk and either salt or sugar.

Rice and Barley Porridge.—Ingredients: One-quarter pound of rice, two quarts of water, one-quarter pound of barley, salt to taste. Boil the salted water and stir in the rice and barley mixed together. Cook very slowly for about three hours in a double saucepan until the grains are soft. Next morning add a little cold milk and reheat.

Rice Milk.—Ingredients: ½ pound of rice, one and a half pints of fresh milk, one quart of salted water. Cook the rice gently for one hour and a half in the salted water. Next morning add the milk and cook for half an hour. Serve with syrup, sugar or fruit.

Oatmeal and Apples.—Ingredients: One pint of prepared cold porridge, two ounces of sugar, six apples, peeled, cored and cut in rings. Line a mold with apple rings and fill up with alternate layers of apple and porridge. Cover with sugar and porridge. Cover with grease-proof paper and steam till the apples are tender. Serve hot or cold with milk or cream.

The Art of Making Cocoa.

All children and most grown-ups like the chocolate flavor, and, indeed, where tea and coffee disagree, prefer it to these beverages. Its richness is what makes chocolate an unsuitable accompaniment to a substantial meal. But it is possible to obtain the much-desired chocolate flavor without having to partake of the fatty, heavy components of chocolate by the right preparation of cocoa.

Cocoa, as most people know, is simply the residue of chocolate, after the fat has been removed. The bitter chocolate which we use for icings and candy making is the pure chocolate—the solidified ground bean. Sometimes, in the manufacture of chocolate for beverages, starch is added, and this, of course, contributes considerably to its heating quality.

But cocoa can be made to give all the chocolate flavor so pleasing to the palate minus the overrichness. Many people believe that because cocoa is less rich than chocolate a great deal of milk must be used in its preparation. On the contrary, in order to get the value for which we buy cocoa instead of chocolate, we need to use less milk and more water, and then it can be consumed like any lighter beverage. Here is a simple recipe that makes exceedingly good cocoa:

Two tablespoonfuls of sugar, two tablespoonfuls of cocoa, a few grains of salt, three cupfuls of water, one cupful of milk, one-half teaspoonful of vanilla. Mix sugar and cocoa together and boil with water until it becomes a little syrupy, then add milk and scald, but do not allow to come to a boil. Just before serving add a few drops of vanilla and the salt, and beat with an egg beater for a few minutes. This makes it light and more appetizing.

Cocoa can be served in this way, and those who like it a little richer can add whipped cream to it.

On the other hand, if you keep a supply of cocoa and once in a while wish to make cocoa that will have the "rich, chocolatey flavor" of real chocolate, you can do so simply by adding cornstarch yourself, instead of paying for cornstarch in some of the manufactured chocolates. The recipe follows:

Two tablespoonfuls of cocoa, two tablespoonfuls of sugar, a few grains of salt, one teaspoonful of cornstarch, two cupfuls of milk, one cupful of water, one-half teaspoonful of vanilla. Boil one cupful of water and scald, but do not boil the three cupfuls of milk. Mix cocoa, sugar, cornstarch and salt with boiling water and boil for five minutes, then pour into the hot milk, add vanilla and beat with an egg beater for a few minutes.

Some people who like the chocolate flavor find that neither chocolate nor cocoa agrees with them. In this case it is still possible to get the flavor without the use of either chocolate or cocoa, but of "cocoa nibs" or "cocoa shells," as they are sometimes called. These are simply the shells of the cocoa bean, and can be purchased for about six or eight cents the pound. They are prepared just as one prepares tea or coffee, and are similarly thin and watery. But they have a very agreeable chocolate flavor, and are, indeed, more wholesome than tea or coffee. As the shells naturally contain no oil whatever, they are especially adapted to young children or persons whose digestion is weak.

Household Hints.

To prevent rust forming in a tea-kettle, keep an oyster shell in it. When a cake is done it should be turned out gently on a sieve or cloth. New mattresses should be turned often, else they will wear unevenly.

Turpentine will prevent the moths from eating the felts inside the piano. A nickel wall towel rack is a handy thing fastened on the end of a kitchen table.

Never allow a mirror to hang in the sunlight, or the backing will become clouded.

Wear gloves whenever they don't interfere with your work if you would have nice hands.

Stains on mirror glasses can be removed with a flannel cloth dampened with spirits of camphor.

When beating butter and sugar to a cream a perforated spoon will be found more convenient than a fork.

If you boil hooks and eyes in strong soda water before sewing them on garments it will prevent their iron molding in the wash.

For apple snow, bake seven large apples, rub through a sieve, add quarter-pound sugar, a little essence of vanilla and the whites of two eggs well beaten.

A teaspoonful of ammonia mixed with half a cup of cold tea is said to be excellent for cleaning black felt hats or men's black coats. Apply with a bit of cloth.

Remember that butter, milk and eggs, are very apt to absorb strong flavors, so keep them right away from such things as cheese, apples, smoked fish or onions.

For dirty boot or sticky mark on a carpet, use ammonia; if it should seem to fade the color, this is easily restored by rubbing with chloroform. A cloth wrung out of salt and water brings up the colors after sweeping.

No Sentiment For Jack.

Not everyone is imbued with sentiment, as this story teaches: Mr. Fred Jane, the writer on naval subjects, used to tell of an old gentleman, an enthusiastic member of the Navy League, who visited Portsmouth and looked at Nelson's Victory lying in the harbor. A bluejacket passed. The old gentleman seized him and pointed to the Victory.

"D'you know what that ship means, my man?" he exclaimed.

"Rather," replied the bluejacket. "It's the old tub they hold courts-martial in!"

It isn't at all likely that a woman will ever discover that she's beautiful if she waits for another woman to tell her.

PRODUCE MORE EGGS.

By F. C. Elford, Dominion Poultry Husbandman.

Canada wants eggs and more eggs. Never were the prospects for a bigger demand and better prices more promising than right now.

In spite of this, with the cost of grain high and the prices for poultry meat good, the tendency will be for farmers and poultrymen to sell stock that should produce the high-priced eggs this winter. The fear is that eggs cannot be produced at a profit, but, though a good price can be obtained for the meat at present and high prices will have to be paid for the feed, eggs will be correspondingly high and eggs can be produced at a profit even with the high prices of grain, if proper conditions are supplied.

Cost to Produce a Dozen Eggs. Last winter at the Experimental Farm a pen of 100 pullets whose average egg yield by months ranged from 5 per cent in November to 50 per cent in April, an average of 27 per cent for the six months, produced eggs at a cost of 34 cents per dozen. The percentage of egg yield determines more than anything else the cost of production, for instance, when the egg yield was 20 per cent, the cost was 21 cents per dozen, and at 40 per cent, yield the cost was only 10½ cents per dozen.

This pen was selected as it was thought to be equal in production to an average farm flock. The average dozen eggs sold for 20 cents more than the cost of feed required to produce it.

Each hen gave 99 cents over cost of feed in the six months, which, though not large, shows that even at the high price of feed, eggs can be produced at a profit. The prices paid for grain were local Ottawa prices and were high. The price received for the eggs was 44 cents per dozen. This was not as high as the local market and no higher than many farmers obtained during the same time. But the farmer in addition might cut down cost, for he has table scraps, milk and other feeds that may be used which were not available here. To make a profit this year, business methods must be adopted and a few suggestions that may help follow.

Kill All Non-producers.

Keep only the best pullets for eggs and the best year old hens for breeding. For good chicks must be produced next spring as well as eggs this winter.

More than ever will it be advisable to get rid of everything that does not produce. Market pullets not matured enough to start laying before early winter. Sell all the hens that are more than two years old, also all cockerels that are not intended for breeding purposes. If the cockerels can be kept until later and well fed, a bigger price will be obtained, but better sell all now than take up space required by the early pullets.

Housing.

See that the house into which the birds go is suitable. Have plenty of sunlight and fresh air. Keep all draughts out and be sure it is dry. See that the front of the house, from eighteen to twenty inches above the floor, has glass and cotton, one-third glass to two-thirds cotton. Make these windows so that they can be opened up every day if desired. Shut up all holes in every part of the house that might cause a draught. Double line the north side so as to give the hens greater protection while on roosts. If the house is inclined to be damp, more ventilation helps. It is also a good plan to put in a straw loft. If this cannot be arranged, because of the nature of the roof, that slats below the rafters then stuff straw in between. See that the house is perfectly clean and free from mites, then get the pullets in at once.

Do not overcrowd. Give an average of five square feet of floor space to each bird of the heavy varieties and four to the lighter or Leghorn type. If there are too many pullets for the available space cut out the poorer ones. Fifty pullets with sufficient accommodation will give more eggs than sixty in crowded quarters.



The Crisis Over.

Minister: "Is your poor father's wound any better, my dear?" Little Girl: "Oh, yes. He's so much better that 'nurse's' stopped prayin' for him, and gone to jawin' him again!"—Judge, New York.

Feeding.

The question of feed is the hardest one to solve this year because practically all feeds are high. It will pay to feed the pullets well from the start, though the hens might be fed more lightly till the middle of January. Where possible, use feeds grown on the farm. Good wheat screenings, shrunken wheat, barley, oats, or buckwheat, all make suitable feed. Clover and milk cover a multitude of feeds and cut down the cost. If these can be fed, animal foods such as beef scrap may be curtailed or dispensed with. High-priced mashies may be eliminated, and cheaper ground feeds such as bran substituted.

Two or more of the grains may be mixed in equal proportions for the grain rations. The mash may consist of ground barley and oats, or bran may be added. If grain has to be purchased cracked corn is as cheap as anything and makes a suitable addition to any ration. Bran is as cheap a food as one can buy for the mash.

The mash can be fed dry in a hopper or mixed with milk and fed moist once a day. Any table scraps should be used in the mash. If milk is not available, beef scrap or other animal products should be fed in the mash. In a good heavy litter, feed a mixture of the grain ration morning and night, allowing the hens sufficient grain so that they will always have some in the litter, but not so much that they can get a crop full without scratching for it. In the Prairie Provinces, there is considerable shrunken wheat available. Shrunken wheat, if it is dry, is as good a poultry food as wheat fit for milling purposes. Care must be taken that it is not damp or otherwise spoiled. Shrunken wheat alone, if there is no other grain, will answer for the grain feed. For the mash use bran, middlings, or chopped oats. Elevator screenings, free from black seeds, make a good feed for either grain mash. If alfalfa or clover can be had, by all means give the leaves to the hens.

In Central Canada, Ontario and Quebec, grain is scarce and it is likely some feed will have to be purchased. If there is feed wheat from the west available, it should be used. Cracked corn may be purchased and other farm grains which may be on hand or purchased locally, such as barley and buckwheat, might be used. Bran can be used in mash feed and the good crop of clover in Ontario and Quebec will do much to cut down the cost of the ration. The clover may be fed dry or steamed and used in a mash.

In the Maritime Provinces where grain is usually purchased for the poultry, the same advice may be given as that for central Canada, not forgetting the clover and milk. If small grain may be purchased and other farm grains which may be on hand or purchased locally, such as barley and buckwheat, might be used. Bran can be used in mash feed and the good crop of clover in Ontario and Quebec will do much to cut down the cost of the ration. The clover may be fed dry or steamed and used in a mash.

In every case grit and shell should be before the layers at all times. In some localities the grit can be secured from the local gravel pit and in other cases sufficient lime can be secured to do without the commercial shell. If neither of these is available they should be procured and as much given to the birds as they will eat.

If they do not pay to stint the layers. If they do not get the feed they will not lay the eggs. As a rule, a laying hen will not get too fat. Therefore, feed the pullets well. If green cut feed is available and there is no milk, the former may be fed to the pullets at the rate of about half an ounce each per day. The proportion of grain and mash usually eaten is from two to four of grain to one of mash.

From the Chestnut Tree.

"Willie, don't hug that dog." "Why not, ma?" "Mange!" "Aw, no danger! He's got it all ready."

That, Too.

"Everything has gone up since the war started." "Yes; including the firm I worked for."

A woman does as she pleases before marriage, and after marriage her husband does as she pleases.

END OF WAR BY SHORTEST WAY

SOLDIER SUPPLY OF THE GERMAN NATION.

Winston Churchill Writes of the Difficulties of Decisive Operations.

An article by the Right Hon. Winston Churchill, published in the New York Times, following his comments upon the war from a naval standpoint, deals with the war in the European battlefields.

To try to quell machine guns with the bare breasts of men or to oppose the torpedo and the mine by the unprotected bellies of ships is to seek paths of ruin, says Mr. Churchill. Theatres of decisive action, no doubt, exist both for fleets and armies, but they are not necessarily those in which the main strength of the nations is at present concentrated. At this time it is too early to attempt to measure of appraise the results of the tremendous five months' battle which has been raging on the Somme since the first of July.

For Effect, Not Territory.

The reclamation of a hundred square miles of French territory (itself permanently devastated in the process of recapture) out of a total of nearly twenty thousand in the hands of the invader in France and Belgium, could never be regarded as an object in itself worthy to be counted for a moment against the precious lives and sublime sacrifices which its purchase has required. It is to the effects produced upon the German armies, and the consequent reactions on their plans, that we must look for the rewards of this most wonderful and terrible manifestation of human valor.

Terrific Power of Artillery.

"I have called attention recently," says Churchill, "to some of the conditions and limitations of the latest form of the artillery attack—how overwhelming it was upon the troops and areas subjected to it; but how ponderous and slow moving in application and how low in action; and how considerably it could be mitigated by an elasticity of defence which allowed for a certain limited cessation of ground. I have shown also that it reaches its maximum intensity in cases where the defenders, as at Verdun, are resolved not to yield an inch, but where, by continual counter-attacks and the pouring in of new troops, they strive with the utmost desperation to hold and regain their fixed positions. No one must underestimate the terrific power of the artillery development as a new means of offense; but neither must they forget its limitations. For the rest, there is only the heroism of the soldiers and the ruthless character of the war."

Shortening the Line.

"It is usually assumed that the Germans will be able to relieve themselves of pressure in the west and reduce the strain by what is called 'shortening the line.' The struggle in the west is between 2,500,000 Germans and 3,500,000 French and British. These immense armies are locked in conflict with each other. They can bring their maximum power to bear upon each other equally well on a 350-mile front as on a 450 or 500-mile front. If the Germans, by 'shortening the line,' save 500,000 men, the same process will liberate at the same time about 700,000 French and British troops who are now opposite them. These 700,000 men would be pressed into the attack on one of the existing battle fronts, or alternatively a new battle front will be opened, and the 500,000 Germans who had been 'saved' will be required to meet their old antagonists in somewhat different circumstances."

Germany's Man Power.

"Here are the sharp prongs of thought: Either an effective method whereby three men can advance continually against two, or a war of sheer extermination. Every year 600,000 German youths reach the military age. Until this annual increase has been consumed—and every life costs at least a life—no progress has been made toward the final exhaustion of the capital. It is only the excess loss above the annual increment which constitutes definite progress toward the end. It is necessary, therefore, if the extermination plan is followed that the pace of the struggle should be urged to the extreme in order that the period may be shortened. "For instance, if the war so languished that not more than 600,000 Germans were destroyed or disabled in any one year there would be no reason why their supply of men should ever run short."

Find the Shortest Way.

"The Verdun blunder, the victories of Brusiloff, the entry of Rumania, the tremendous pressures of the Somme offensive have extorted these new intense exertions and increased expenditure from the enemy. And it should not be supposed even if the allies can find no better way of winning than by the crude processes of exhaustion and extermination, that they are not able and not ready to tread that terrible road. But the obligation to seek better methods is imperative on the chiefs of the allies. Is generalship content only with or-



A VERSATILE PRINCESS.

Beautiful Wife of Prince Arthur of Connaught.

Princess Arthur of Connaught, the beautiful and charming consort of the Duke of Connaught's heir, is one of the most versatile of princesses.

The elder of the two daughters of the Princess Royal and the Duke of Fife, she has a distinctive unique in the annals of English history, for the Fifies having no son, Princess Alexandra succeeded to the dukedom and is our only duchess in her own right.

The Princess, besides being an accomplished musician and linguist, is a firm believer in open-air life and physical exercise, being a good horsewoman, swimmer, and all-round gymnast. She fishes well, too, and enjoys nothing better than a long fishing excursion. Since the war she has worked unceasingly in the cause of our heroes. In appearance she is tall, slim, dignified, and bears a remarkable resemblance to her grandmother, Queen Alexandra. Her marriage to the "handy man of the royal family," as Prince Arthur has been called, was quite a surprise. Yet no retrothal could have been more popular, for both the Prince and Princess have gained the love and respect of all classes by their generosity and simple tastes.

Before their engagement the royal couple were subject to much harmful prophecy as to whom they would marry. Gossipers "in the know" talked about the coming engagement of the Duke of Rutland, and rumors were rife that Princess Alexandra would marry King Manuel of Portugal.

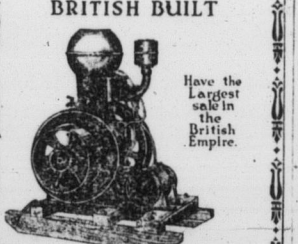
It is very interesting to note that the Princess stands considerably nearer the throne than her husband. She is eighth from the succession. Those who come before her are the six children of the King and her own mother.

The couple are extremely well off. Prince Arthur will inherit a considerable fortune from his father, and the Princess is one of the richest women in England, for her father left a fortune somewhere in the region of a million sterling. The couple are very fond of society, and it has been said that once a friend of the Connaughts always a friend.

Travelling Theatre at Front.

Soldiers at the front in France now enjoy performances of a travelling theatre company, financed by a group of philanthropic French people. The entire paraphernalia necessary for these performances is packed in three big wagons which travel from point to point along the lines in France. The plays are given under a modest canvas roof, and across the front of the stage are the words, "Theatre of the Front." The scenery is limited to two sets, one an interior, the other a rural scene.

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OLDEST CHURCH IS IN CHINA

IT IS ON TOP OF MOUNTAIN OF TAI SHAN.

The Chinese Worshipped One God 2,000 Years Before Christ.

The oldest church or place of uninterrupted worship in the world is on the top of Tai Shan, the most noteworthy of the five sacred mountains in China, says a writer in "The Scientific Monthly." Tai Shan is in Central Shantung, a province which lies across the Yellow Sea from Korea. In the remotest period of which there is a trace in Chinese history the kings of the empire made regular pilgrimages to this mountain-top altar because it was the nearest approach to heaven known to them.

As early as 2,000 B.C. the Chinese worshipped at this altar one god, a dweller in heaven. But later they came to worship the mountain itself, imagining that it had a spirit or soul, which was alluded to as the genius of the mountain. In the sixth, seventh, tenth and twelfth centuries the Buddhists were in control, and during this period called the mountain Tung Ya T'ai Shan, but when the Taoists influence gained control it was decreed that the mountain should be called Tai Shan, and this is the name it has borne for centuries.

Worship "Lady of Tai Shan."

Now the illiterate Taoist priests, into whose hands the mountain has fallen, encourage not the worship of a single deity dwelling in heaven or the mountain itself, but the "Lady of Tai Shan." According to one Chinese legend, she has been seen twice, once in 2600 B.C., and once in 65 A.D., both times dressed in feathers and crowned with clouds and accompanied by six companions similarly dressed. Another legend identifies her with a girl who in 143 B.C. went at a very tender age to live in a cave in the mountain, hoping to become a fairy. After three years she is said to have become a fairy, and in 1008 A.D. a statue of her was found in what is now known as the "Pool of the Jade Lady" on the mountain top. The statue was placed in a chapel which preceded the present "Lady temple," where Chinese of the present time come to worship. During the first three or four months of each year this shrine is crowded with pilgrims, who consider it a duty to visit the temple annually.

Until recently all pilgrims approached the mountain on foot or in crude conveyances, but now the Tientsin-Pukow Railroad runs within two miles of Tai An.

Unchanged for Centuries.

Except for the trains, this part of China has changed little since the day of Confucius. No language except the native dialect is spoken, and there are no hotels for the accommodation of tourists, so that the mountain is seldom visited by foreigners. From Tai An the road known as the Pilgrim's Way leads up to the mountain. It is ten feet wide paved with rock, bordered by substantial walls and provided with good bridges, making it safe for all who can make the five-mile climb from Tai An.

Along the road are numerous small temples and huts in which beggars live, while on the rocks along the roadside are inscriptions commemorating important pilgrimages or expressing in verse the fervor of some zealot. In one of the smaller temples is a statue of the mountain lady, which is dressed and undressed and put to bed like a doll. The inscription on this temple bears the date 728 A.D. The main temple is built of stone covered with reddish plaster and roofed with copper tiles. Besides the jade figure of the mountain lady, it contains numerous other deities of lesser importance, but all claiming a share of the attention of the pilgrims.

THE WORLD'S GREATEST CHOIR.

Consists of Monks Attached to a Russian Convent.

In many departments Russia has proved herself the greatest of all countries. Her dancers are the world's finest dancers, her novelists are the world's finest novelists, her Cossacks—ask the Austrians!—are the world's finest fighters. She also possesses the world's finest choir: This is in the Cathedral of Alexander Nevskoi, in Petrograd, and is attached to a convent erected in honor of the patron saint of Russia. It consists of about thirty members, all monks, chosen from the best singers in all the Russian monasteries. Their voices are amazingly sweet and strong and every member of the choir can, it is said, shatter an ordinary glass into fragments merely by singing into it, so powerful are the vibrations of each voice.

These monks are trained as rigorously as any opera singer, and their whole duty at the monastery is to assist at the music at mass in the morning and vespers in the afternoon. When too old for service they are retired on pensions.

Don't parade your troubles before the unsympathetic world. Bury them as a dog does old bones, and growl if any one tries to dig them up.