

One of our readers, Mrs. T. C. M., has sent \$2 (for the needy) which will go out to help a poor widow and her little children.

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The Ingle Nook

[Rules for correspondence in this and other Departments: (1) Kindly write on one side of paper only. (2) Always send name and address with communications. If pen name is also given, the real name will not be published. (3) When enclosing a letter to be forwarded to anyone, place it in stamped envelope ready to be sent on. (4) Allow one month in this Department for answers to questions to appear.]

DEAR Ingle Nook Friends.—I am writing this fully three weeks before you will read it, the reason being that holidays insist on coming round, and that I must have things "done up" before I leave.

I do not know what shall have happened on the Great Theatre of events upon which our interest is centered more than anywhere else, before I shall have come back again, but as I write it looks as though our star is at last in the ascendant in Europe. Steadily the French and Americans, assisted to some degree by the British and Italians, are pushing back the great armies of the Crown Prince. This morning the news has come from Constantinople that Turkey—the one ally of the Teutons—has severed relations with Germany, and, if true, this is very good news indeed. In Russia, too, events seem to be moving "our way". In the Ukraine 75,000 peasants are marching on Kiev, which is under German domination; France has given official recognition to the Czecho-Slovak nation, while it is almost certain that the Japanese and Americans, acting in concert, will give assistance to the Czecho-Slovaks in Siberia.

Has it ever occurred to you, if you have been following the war—and especially with maps—how our knowledge of this old earth on which we live is being increased? Every little while some town of which we have never heard, or some insignificant river or hill-top comes into world-prominence because of some great battle fought there, or some hitherto little known nation finds itself the center of the gaze of all Christendom.—Just so with the Czecho-Slovaks. You may have heard of them before; I, for one, never did. Now it comes to light that they are a Slav people quite numerous in all Eastern Russia, where, at present, they hold the great Siberian Railway from Irkutsk nearly all the way to the Ural Mountains, and that branches of them are also to be found in nearly every province of Southwestern Russia, and even in Austria and Hungary. Of late they seem to be consolidating everywhere, because of their great fear of German domination over Russia, and, because of this, are finding themselves more and more in opposition to the Bolsheviks, who, whatever be the reason, seem to have forgotten the international aims with which they started and gone over practically to the great enemy of Democracy.

By giving official recognition to the Czecho-Slovaks, say the war critics,—the Czecho-Slovaks being a people who do not own a foot of ground as a nation—France has taken a most revolutionary step, which may have an important bearing on the war. The immediate result has been the formation of a Czecho-Slovak army right on the French front in France, composed of Czecho-Slovaks, volunteers from the Allied nations, and prisoners of war who were taken to Russia but managed to escape and now want to help that torn and disorganized country to gain her feet and take a place among the democratic nations of the earth. This new army was reviewed the other day by the French President, who presented it with a flag of red and blue bearing the arms of Bohemia, Moravia, Austrian Silesia, and Slovak Hungary. When doing so he congratulated the troops on the prowess with which Czecho-Slovak regiments and escaped Bohemians fought side by side with the Italians in the great battle of the Piave River. Everything taken together, it really begins to look as though the end of the war may be approaching, and surely if ever we wept for joy it will be on that day.

It will be a happy day—happy and sad together for those whose boys

will never come back—and the one great hope in the hearts of all, will be that the world will be better than before the great conflict, so much better that war can never happen again, and that Governments everywhere will begin to see that they exist for the good and advancement of the people under them, and not—as so many Governments have seemed to think in the past—that the people exist merely to be exploited for the profit and pleasure of the "privileged classes."

THERE will be another problem, too, about which it is well for us to begin to think now. Vast numbers of "returned men" will soon be back among us, many shattered so that they cannot take up the heavy work that they would have done had it not been for the war. They have earned, by protecting us—yes a thousand times over—the right to be put in a new way of earning an independent living for themselves;—only so can a man hold his happiness, and, if able to work at all, his self-respect. At first it may cost the country a great deal to give them their start, and it is a good sign that already a few proposals have been made in regard to what is to be done with them. One of the sanest of these, it seems to me, was suggested by Major Mowat of Toronto, who has proposed building industrial villages all over the country, with manufactures

things surely make one realize, do they not?

We must not forget the soldiers. That has been too often done in the past. As Kipling said:

"For it's Tommy this, an' Tommy that,
an' 'Chuck 'im out, the brute!
But it's saviour of 'is country' when the
guns begin to shoot."

Let us not forget that the boys have truly been "Saviours" of our country.
JUNIA.

War-Time Cookery.

Sour Milk Corn Bread.—Two cups cornmeal, 2 cups sour milk, 2 tablespoons shortening, 2 tablespoons sugar, $1\frac{1}{2}$ teaspoons salt, 2 eggs, 1 teaspoon soda, 1 tablespoon water. Cook the meal, milk, salt, shortening and sugar in a double boiler for 10 minutes. When cool add the beaten eggs and the soda dissolved in the water. Bake in a shallow iron or granite pan about 30 minutes.

Cornmeal Gingerbread.—Two cups cornmeal, $\frac{1}{2}$ cup molasses, 1 cup sugar, 2 tablespoons shortening, 1 teaspoon salt, $\frac{1}{2}$ teaspoon ginger, 1 cup sour milk, 1 cup sweet milk, 1 cup flour, $1\frac{1}{2}$ teaspoons soda, 1 egg, 1 teaspoon cinnamon, $\frac{1}{2}$ teaspoon cloves. Mix cornmeal, molasses, sugar, shortening and all

potatoes, 1 quart milk, 2 slices onion, 2 tablespoons fat, 2 tablespoons flour, salt, pepper and celery salt to season, 1 teaspoon chopped parsley. Mix flour with a little of the milk. Add the rest of the milk slowly to the mashed potato. Combine flour and milk with this. Add all remaining ingredients except the parsley, and boil 1 minute, stirring constantly. Add the finely chopped parsley and serve.

Boiled Herrings.—Wash, scale and clean them, sprinkle with a little salt and dip once in vinegar. Skewer them securely with their tails in their mouths, put into boiling water and simmer very gently until done, about 12 minutes. Take out immediately.

Tartare Sauce.—Nice with fish or cold meat. Simply mayonnaise with the addition of finely chopped pickles, parsley, capers (or pickled nasturtium seed) and olives. One or more of these may be omitted.

August Cookery.

Corn and Bean Relish.—Five cups corn cut from cob, 1 quart shelled beans, $2\frac{1}{2}$ cups diced celery, 2 cups finely shredded cabbage, 3 chopped onions, 3 sweet peppers, 2 qts. vinegar, 2 cups sugar, 1 cup flour, $\frac{1}{2}$ cup salt, 1 teaspoon mustard, $\frac{1}{2}$ teaspoon cayenne, 1 teaspoon turmeric, if liked. Pour half the vinegar over the prepared vegetables. Combine



Cleaning-Up Day.

Scene at the flax-pullers' camp, Drayton, Ont.

which broken and crippled soldiers can do. Ultimately such villages are likely to react beneficially, from a financial standpoint, on the surrounding country, but of course, great capital will be needed to set them going.

I do not know how you feel about the matter, but I know that, speaking for myself, I shall be very willing and glad to pay heavy income tax for any such purpose, if taxing should be one of the ways by which the Government shall try to meet the emergency. Perhaps we in the city realize the need of the men very acutely, for every day now we see them and meet them—men minus arms or legs, men with shattered hands, or eyes injured with mustard gas. Only yesterday there came into our office a dear lad who served as our assistant book-keeper a few years ago, then earning money to put him through the University. He was in the midst of his course in Toronto when the war came, and now he is back—with his Captain's buttons, but with his right elbow shot out. This week, too, our present assistant book-keeper, a mere lad, barely nineteen, left to begin in the aviation corps. At the house where I take dinner every day there are always "returned" men; at present two handsome young fellows who look perfectly whole, but who can just see enough to get about because of the effects of mustard gas.—Such

the milk in a double boiler and cook for about 10 minutes after it becomes hot. Let cool. Add other ingredients and bake in a moderate oven.

Baked Canned Salmon.—Grease a baking dish and place in it alternate layers of canned salmon and breadcrumbs. Season each two layers with salt and pepper. When the dish is almost full, pour in rich milk and bake in the oven 20 minutes.

Creamed Liver.—Cut the liver in small pieces and simmer in dripping for 20 minutes. Remove to a hot plate, and to the dripping in the pan add 1 tablespoonful of flour and simmer, adding 2 cups of milk and stirring all the time. Stir in the liver and simmer together 5 minutes.

Escalloped Potatoes.—Wash, pare, soak and cut 4 potatoes in one-fourth inch slices. Put a layer in a buttered baking dish, sprinkle with salt and pepper, dredge with flour, and dot over with $\frac{1}{2}$ tablespoon butter or substitute. Repeat. Add hot milk until it can be seen through top layer; bake $1\frac{1}{4}$ hours or until potato is soft.

Potato Mould.—Place a buttered mould on a platter and build around it a wall of hot mashed potatoes, smoothing it with a knife. Remove the mould, fill the cavity with creamed meat or fish and reheat in oven before serving.

Potato Soup.—Two cups hot mashed

the rest with remaining ingredients, add to first mixture, bring to boiling point and cook very gently until the beans are soft. Put in jars and sterilize for an hour in the boiler as usual.

Carrots and Rice.—One dozen young carrots, two-thirds rice, 1 cup white sauce, breadcrumbs, butter, seasoning, chopped parsley. Scrape the carrots, cut into thick slices and boil until tender. Cook the rice and drain it. Season both carrots and rice rather highly with salt and pepper. Make a white sauce and put alternate layers of rice, sauce and carrots in a buttered baking dish. A little chopped parsley may be added. Put buttered crumbs on top and bake 25 minutes in a moderate oven. Serve on hot buttered toast or biscuits for the main supper dish.

Kentucky Corn.—Two cups corn, 1 cup milk, 2 eggs, 2 tablespoons melted butter, seasoning. Beat the eggs until light, add them to the milk, then stir in the corn and melted butter. Season to taste, turn into a buttered baking-dish, place in a pan of hot water and bake in a moderate oven just until set, like custard.—A nice dish for luncheon or supper.

Toasted Corn.—After boiling the ears for ten minutes remove to a bread-toaster and place over hot coals, turning them until browned evenly. Corn cooked like this is very delicious.

Eggs and Tomatoes.—Peel some round