

About the House

For Hungry Children.

When the children come racing home from school it is to early for supper and so long after luncheon that they are ready for a little extra something satisfying and nourishing, but not enough to spoil their appetite for supper. A glass of milk and a slice of cake is ideal, but many mothers seem to feel that cake is rather a luxury these times.

Home-made cakes calling for large quantities of butter and eggs are undoubtedly expensive, but there are several recipes which eliminate these commodities and are still quite good. The best shortening for these cheaper cakes is dripping, in fact, some cooks always prefer it to butter, and it is so rich in fact that if a recipe calls for one-quarter pound of butter, three ounces of dripping is sufficient. Another advantage is that the cake remains moist longer, keeping fresh for a week or more. But this is an important but—the dripping and fat must be properly clarified. Cut up, put in a clean saucepan and cover with cold water. Then bring slowly to a boil and skim well. Pour into a bowl and leave to get cold. The impurities will all go to the bottom.

In making any kind of cake sift the flour both to prevent the possibility of lumps and to make the cake lighter and more digestible.

The directions for baking are given in the following recipe to be applied to all:

Plain Fruit Cake.—One-half pound of flour, three ounces of dripping, one-quarter pound of currants, one ounce of candied peel, about five tablespoons of milk, one teaspoonful of baking powder, two ounces of sugar, two ounces of stoned raisins, one egg, a pinch of salt. Mix the baking powder and salt with the flour, and pass all through the sieve into a basin. Cut the dripping into tiny pieces, and rub these into the flour with the tips of your fingers until the flour looks like fine breadcrumbs. Add the sugar, currants, raisins and candied peel and, if you like, a grating of nutmeg or lemon peel, as a flavoring.

Make a hollow in the center of the mixed ingredients and pour in half the beaten egg, mixing thoroughly with a wooden spoon. Add two tablespoons of milk to the remainder of the egg, and work this into the paste. If the paste seems too stiff, add a little more milk. Stir thoroughly for about a minute, then turn into the cake-tin, and put into the oven as quickly as possible. Don't open the oven door for ten minutes.

As soon as the cake is well colored, place a piece of greased paper on the top. A dripping cake needs to be well cooked, and it is advisable to leave it to "soak" for fifteen to twenty minutes in a cool part of the oven after the skewer comes out quite cleanly. Altogether, the cooking of this cake will occupy about one hour and a quarter.

When cooked, lift the tin very carefully on to the table, let it remain there for three minutes, then turn the cake on to the sieve and leave till quite cold. Avoid a draught or rough handling, for both these are fatal to the best made and cooked cake.

Caraway Cake.—One-half pound of flour, one tablespoonful of ground caraway seeds, milk, three ounces of dripping, one egg, two ounces of citron peel, two ounces of brown sugar, a pinch of salt, one teaspoonful of baking powder. Sift the flour and salt, rub in the dripping, mix in the ground caraway seeds, candied peel and sugar. Make into a paste, as already described, using first part of the egg, then egg and milk, and if necessary, a little plain milk at the last. Bake according to previous instructions.

An Eggless Cake.—Three quarters of a pound of flour, four ounces of currants, four ounces of sultanas, one-half teaspoonful of cream of tartar, four to five ounces of drippings, four ounces of sugar, one large teaspoonful of bicarbonate of soda, a teaspoonful of milk. Sift the flour and rub in the dripping. Sprinkle in the soda and

Useful Hints and General Information for the Busy Housewife

tartaric acid, add sultanas, currants and sugar and mix all together. Heat the milk, and when nearly boiling, stir quickly into the dry ingredients. Turn into the baking-tin and put into the oven immediately. Bake for about one hour and a half.

Gingerbread.—Two ounces of dripping, two ounces of brown sugar, six ounces of molasses, eight ounces of flour, one-quarter ounce of powdered ginger, one-half teaspoonful of bicarbonate of soda and one-half cup of warm milk. Rub the dripping into the flour, add the sugar and ginger. Stir in the molasses and the soda dissolved in the warm milk. Pour into a tin and bake slowly for one hour and a half. You can add to this recipe a few blanched chopped almonds, candied peel, or glaze ginger cut into small pieces.

Sultana Cake.—Three-quarters pound of flour, two ounces of margarine, two ounces of dripping, four ounces of sugar, six ounces of sultanas, one and one-half gills of milk, one level teaspoonful of carbonate of soda, grated rind of one-half lemon and a pinch of salt. Add the salt to the flour, and rub in the shortening very thoroughly. Mix in the fruit, well cleaned, the sugar and the lemon rind. Dissolve the soda in the milk, and stir at once into the dry ingredients, until you have a very stiff batter. Bake for an hour and a quarter—or a little longer if necessary—in a moderate oven.

Yorkshire Parkin.—One pound of medium oatmeal, three ounces of dripping, molasses, one-half pound of brown sugar, one-half ounce of ground ginger and one-half teaspoonful of salt. Mix the salt with the oatmeal, and rub in the fat. Add the sugar and ground ginger. Mix to a stiff dough with molasses. Roll out half an inch thick, cut into squares, and bake on a greased tin for twenty minutes. The oven should be hot.

Pancake Batter. Pancakes are very easily made "when once you know how to do it." There are several secrets in the accomplishment, and the first is in getting a beautifully smooth batter. Take a clean, cold, deep bowl and into it sieve four ounces of flour and add a pinch of salt and one level tablespoonful of caster sugar. Now with the wooden spoon gather the flour up the sides of the bowl, leaving a well in the center round which the flour rises in an absolutely smooth wall. This smoothness is one of the first secrets; the flour must be gathered up with the spoon quite regularly all round the bowl and then gently pressed with the back of the spoon till it presents this smooth appearance.

Next break two nice fresh eggs into two teacups; this should be done so gently that the yolk and the white are not mixed. Have also ready half a pint of sweet milk. Now drop one egg out of the cup into the very center of the basin. Take the wooden spoon and begin to stir the egg very gently round, always stirring in the one direction. The spoon must be kept so entirely in the center that it never touches the flour wall, the flour being gathered grain by grain by the white of the egg. It is only by this gradual process that perfect success can be attained, but even this will fail to produce a smooth batter if the spoon is allowed to cease stirring for one second.

When the first egg has absorbed its proportion of flour, drop in the other egg and work it in the same gentle, steady way; then, when the second egg is also finished, pour in very, very carefully just a tiny bit of milk at a time and continue doing so, stirring as above until all the flour has crept into the batter, grain by grain. If these instructions have been followed exactly, a batter as smooth as cream will now be the result. Then with the back of the spoon beat the mixture for five minutes, add the remainder of the milk and beat with the front of the spoon until the batter is covered with bubbles. Cover the basin with a plate and set it aside for at least one hour before cooking.

Useful Hints.

Boil handkerchiefs in orris water for 15 minutes and they will have a pleasant perfume.

Pineapple sliced thin, thoroughly chilled and served with whipped cream, is a delicious dessert.

Heat the earth that you are going to put into pots or window boxes and all insects will be destroyed.

Always remove mildew as quickly as possible. The longer it remains the more difficult it will be.

Linens should always be soaked a long time before washing; the stains will come out more thoroughly.

Salmon sandwiches are delicious. Flake the fish and add a little cream and a dash of French mustard.

Cheese is the most concentrated of foods, but being difficult to digest, it should be taken in small quantities.

Add a teaspoonful of cornstarch to each cup of sugar, when making chocolate fudge, and it will surely be smooth.

A little salt added to the bluing water in which white clothes are rinsed, will prevent the bluing from settling in spots.

"The White Flour Pinch"—have you felt it? With the advancing price of wheat "the seven-cent loaf is doomed," say the bakers. In its place we have the eight-cent loaf—in many cities only the sixteen-cent loaf. A loaf of white flour bread is not a complete ration. However wholesome and pure, it does not supply all the proteins the human body needs. In **Shredded Wheat Biscuit** you have all the body-building nutriment in the whole wheat grain prepared in a digestible form. It is always the same price, always the same high quality. Eat it for breakfast with milk or cream or with fruits.

Made in Canada

When boiling a leg of mutton in close it in a muslin bag. Cooked in this way it will keep a much better shape.

Sift the ashes, and the good coal that you find should be sprinkled over the bin of unburned coal.

Put a few drops of vinegar in the water in which string beans are boiled; it will make them very tender.

For removing tea and coffee marks from linen glycerine is excellent. Pour it over the stains; rub it well in, and wash in the usual way.

For savory baked potatoes, make a hole in the end of each potato and add a piece of bacon curled up, so that it will go into small space.

Potatoes that have been taken out of the ground before they are thoroughly ripe will never bake or boil so as to be light and fluffy.

When boiling cabbage, put a cupful of vinegar and a tablespoonful of sugar near the pot and the cabbage will not annoy by its bad odor.

To test mushrooms, put a silver spoon in the pan while they are cooking. If the spoon turns black there are poisonous elements in the mass.

An easy way to pick up small pieces of broken glass is to wet a piece of absorbent cotton. The smallest pieces will adhere to the wet cotton.

India rubber gloves are better than leather ones for wearing when doing housework; they are more flexible, and in addition are much easier to keep clean.

Where oil lamps are used a painful dry sand should always be kept handy. Nothing is so effective for extinguishing burning oil in case of accident.

Don't throw bones that have been boiled for soup into the dustbin. Put them at the back of the fire, bank up with well-dumped small coal and they will burn for hours.

When making sweet dumplings, whether sweet or savory, always prick them well before putting them in the pan. If this is done they will not stick to the bottom.

A mixture of equal parts of olive oil and black ink will be found useful to paint the tips of black kid gloves that are slightly worn. It gives the gloves a new lease of life.

Tomatoes, lima beans, carrots and corn, mixed and cooked until they are thoroughly done, then put into glass jars and sealed, will be easily kept and will make a delicious dish for winter.

Many housekeepers do not know that there is a simple way to prevent potatoes from burning and sticking to the bottom of the pot. An inverted pit placed in the bottom of the pot avoids scorching potatoes. The water and empty space beneath the pan save the potatoes. This also makes the work of cleaning pots easier, as no adhering parts of potatoes are left to be scoured out.

55 SONS OF PEERS FALLEN.—Eldest Heir of Lord Glenconner Among Latest Victims.

Fifty-five sons of British peers have fallen on the battlefields of the European war. One of the latest was Lieut. Wyndham Tennant, 19, eldest son of Lord Glenconner, who was killed in France September 22. Only a few days before the death in action of his cousin, Lieut. Mark Tennant, was reported.

Lieut. Wyndham Tennant had been with the army just over a year, having joined as soon as he reached the legal age. In a letter to his mother, dated just before going into action, he wrote: "This is written in case anything happens to me, for I should like you to have just a little message from my own hand. Your love for me and my love for you have made my whole life one of the happiest there has ever been. This is a great day for me. 'High heart, high speech, high deeds, 'mid honoring eyes.' God bless you and give you peace."

Four Cabinet Ministers, Mr. Asquith, Lord Lansdowne, Pike Pease and Arthur Henderson have lost sons in the war, and Lord Crewe a son-in-law. Mr. Henderson is the Labor party leader, and his son was a Captain. Lieut. Raymond Asquith gave promise of holding as high a place at the bar as his father. He had an appointment on the staff, but insisted on service in the fighting line. Mr. Asquith's younger son was wounded at the Dardanelles. Lloyd George has two sons in the army.

THE FASHIONS

The materials and trimmings for evening wear are very rich this season, and the gowns luxurious; seemingly, there is no limit to the extravagance of many of them. In materials, the preference seems to be given to chiffon velvet, and the soft richness of this material is especially adapted to developing the sumptuous gowns that women of fashion demand. Next in importance come the brocaded silks and satins and the gold and silver laces and nets. Quantities of these gold, silver and other metallic laces are used and they are combined with tulle and net or with soft silks, satins and velvets. Black chiffon velvet combined with gold or silver lace is especially high in favor, but the colored velvets are also favored, some of them being very brilliant while others are in the softer shades. For young girls, white satin embroidered



Evening Gown of Black Velvet and Lace

ery in silver as well as the soft shades of pink and blue make very charming gowns. Tulle is another of the girlish materials for youthful dance frocks. It makes the daintiest of frocks, and the tulle used at present is not of the perishable kind that was used formerly.

In the way of trimming, everything that glitters and sparkles is in demand for decorating evening frocks. Quantities of paillettes, sequins and rhinestone trimmings are employed, so that there is a great deal of glitter and glamour about the evening frocks of this season.

The use of chiffon velvet combined with lace is shown in the charming model illustrated. Fine lace flouncing forms the side sections of the



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Broadcloth Cake Trimmed with Fur skirt and this may be of white or silver lace, or black lace, which is also very effective. Bands of pearl or rhinestone trimming over the shoulders hold up the little bodice of black velvet, and at the same time they serve as a finish to the frills of lace which take the place of sleeves. Another type of sleeve which appears on ever so many evening frocks is the long, trailing sleeve of tulle, known as the wing sleeve. It always gives added grace to a gown and is often outlined with iridescent beads.

Another interesting feature of evening gowns is the return of the train. Many trains are in the form of separate panels, some of which are quite long while others are only long enough to merit the name of train. On one of the latest models was a train half of net and half of satin. It started from the shoulder, and the upper part to about the normal waistline was of net, the remainder being of satin.

Skirts are still short, even when

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they carry trains, but even the shortest skirts are longer than those of last season.

The New Wraps

Fully as elaborate and luxurious as the gown itself is the evening wrap to go with it. The wraps are very ample and are fashioned chiefly of velvet or broadcloth, trimmed with fur. The fur is applied in bands around the edges as in the accompanying illustration, or it appears only in collars.

All sorts of rich, brilliant colors, among them ruby, rose, geranium and different shades of blues, are used for wraps and their linings. The lining is often the same color as the wrap or contrasting. Sometimes bright figured silks are used. Beautiful wraps also come in darker shades. An especially handsome one was of dark red velvet, trimmed with dull-braid and enriched with coney fur at the neck and sleeves.

In the Line of Accessories

Of the accessories for evening there are countless dainty conceits in the form of bags, artificial flowers to match dresses, and fans. The bags are of gold and silver tissue or of delicate silks. The large ostrich feather fans are favored above all others, and very beautiful they are, coming in all colors to match the gowns they are to accompany.

Evening slippers are of satin, brocades and silver and gold tissues, the latter being particularly favored. Many are ornamented with buckles of rhinestone and crystal, while there are those entirely devoid of ornament. Some striking fancy slippers are half of gold or silver tissue and half of gay-colored satin. They were made with vamps of the colored satin and the heels and quarters of gold and silver. Silk hose to match are worn with the slippers, for they are to be had in all the desired colors.

These patterns may be obtained from your local McCall Dealer, or from the McCall Company, 70 Bond Street, Toronto, Dept. W.

The Case of Mary.

Mary had a little lamb,
Her fleece, you know,
And everywhere that Mary went
The duffer had to go.

He followed her to pale pink teas
In truly lamb-like style.
He was as docile as a poodle
For quite a little while.

But after marriage seems the goat
Assumed another tone.
Then everywhere that Mary went
She had to go alone.

Age brings us wisdom teeth according to the price we can afford to pay a dentist.

GUNS SHORT-LIVED.

Progress of Erosion Impairs Accuracy of Fire.

The life of a gun depends upon the progress of erosion, which sooner or later is certain to impair the accuracy of fire. Erosion is caused by the action of the explosive gases at high temperature and pressure. According to the Iron Age, the hot gases cause a thin film of steel to absorb heat. The film expands and becomes set. Upon the release of the pressure it contracts, which causes minute cracks that grow larger with every discharge. As they increase in size they form passages for more hot gas, and that tends to enlarge them still further. The inner surface thus becomes roughened and the bands begin to corrode. Finally, the bore becomes so enlarged that it allows the gases to escape. The shell does not then acquire its proper rotation and its flight becomes erratic. All guns except small ones are now constructed with linings in the tube, which, when the bore is worn out, are removed and replaced by new ones. The cost of relining a gun is approximately 30 per cent. of the cost of the gun.

There appears to be no limit to the number of times that a gun can be relined. The small arms used in the United States are considered to be worn out after 5,000 to 7,500 rounds have been fired. Small naval guns can be fired about 1,000 times before they are regarded as worn out. Large 12-inch and 14-inch naval guns are considered to have a life, on one lining, of from 150 to 200 rounds. Low-velocity guns, such as howitzers and mortars, have correspondingly longer lives than high velocity guns of the same calibre, because the pressures they develop, and hence the temperatures, are lower.

He Did.

"I really don't believe," said Gladys, coyly, "that you particularly wanted to hear me sing."

"I did, indeed," her admirer protested. "I had never heard you."

Such is Life.

If you are quiet and unassuming you will be classed as a dead one. If you are strenuous and a live wire you will be accused of being a four-flusher.

Practical Advice.

Edith—Oh, dear! With the rich old man that I don't love and the poor young man that I do love, I am between the horns of a dilemma.
Marie—Then choose the horn of plenty, my dear.

BOMBERS CARRY LIVES IN HANDS

THE BRITISH TAKE TO BOMBING NATURALLY.

When Enemy Makes a Counter-attack the Bombers Help to Stop It.

Bombers really carry their lives in their hands. The Mills bomb, with its pine-apple-like exterior, is a dangerous weapon. To use it successfully against an enemy, and at the same time guard against mishaps, requires special knowledge and training.

The British soldier takes naturally to bombing—that is, the offensive part of attacking and hurling the missiles.

The Mills bomb is fused by releasing a spring, after which it takes a certain number of seconds to explode. It would, therefore, obviously be useless to release the spring and hurl it into the midst of an onrushing foe if it bursts some seconds later. To get the best results it is necessary to retain the bomb in the hand for as many seconds as will allow it to explode just as it reaches its objective. This, needless to say, requires cool judgment, practice, and iron nerves.

How Bombers Work.

It is dawn. The air is damp with the white morning mist, through which the enemy's lines loom hazily from the British trench. Occasional rifle shots from either position are the only sounds of life—and strife.

Suddenly, at a prearranged signal, forms creep out over the British parapet and down the sloping face. Then with bent bodies they move silently in an unending line towards the Hun trenches.

The attacking force gets to within a hundred yards of its objective before hoarse shouts, quickly followed by rifle and machine-gun fire, proclaim it is discovered. Simultaneously the khaki line dashes forward. Men fall on all sides with such regularity that it appears as though they were enacting some special drill. But the onrushing wave, gathering impetus every instant, rolls relentlessly forward.

The burst of Boche rifle fire increases in volume, then dwindles away as, with a cheer, the British surge into the trench.

Even before the resistance of the garrison has been overcome the Germans from their support trench a hundred yards away open a heavy rifle and machine-gun fire. To advance farther at present across the open would be impossible. It is now that the bombers' real work begins, and groups of them immediately dash for the communication trenches which connect the captured position with that held by the enemy. Then ensues a regular duel, Boche and Britisher hurling bomb for bomb. At last one from the enemy falls in the trench right among the men behind him and bursts.

The "thrower" swings around and takes the situation in a glance. "Get them out of range," he says to an apparently uninjured man, "then fetch me supports. Ah!"

Counter-attack Stopped.

The last ejaculation is drawn from him as he makes a sudden clutch at an object which would have fallen on the helpless men, catches it, and hurls it away. It bursts almost immediately in the air though harmlessly.

A few moments later he is alone, stolidly continuing his duel. Guttural shouts from the right cause him to glance over the parapet and he perceives the Germans are counter-attacking. The same glance also shows the form of a Hun crawling. Mauser pistol in hand, towards him. There's no time to bomb him in the ordinary way, yet he picks one up and poises it. As the Hun's head shows over the parapet he hurls it as he would a ball at the wicket to stop a short run.

The Hun is "out."

But the bomber is not out of the wood yet. He hears heavy steps approaching down the trench. He snatches another bomb, extracts the pin, and holds it.

"One, two, three, four..." he counts, and the sounds of his approaching enemy rapidly draw nearer as he does so. Then just tossing the bomb around the corner, he draws back with the satisfied smile of a specialist.

The bomb, bursting on the instant, is followed by groans.

Then a British cheer proclaims that not only has the counter-attack of the Huns been defeated, but that they are being hunted back to their trench.

WILL WIPE OUT FOES.

But French General Says Much Fighting Lies Ahead.

We are only at the beginning of the end of the war. The antagonism displayed by the rival forces is such that only the destruction of one by the other can be conceived, writes General Gabriel Malletti, a French military critic of highest repute.

France must be prepared for a third year, which will be more terrible than the first two. But it will be the last, we hope. If the allies' effort is guided by one hand throughout, and if they throw all their forces into the preparation for it, they will be able to deliver the supreme blow.

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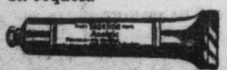
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