

About the House

Useful Hints and General Information for the Busy Housewife

Selected Recipes.

Cocoanut Cookies.—Take one cup of sugar, one-half cup of butter, one teaspoonful of cream tartar, one-half teaspoonful of soda, pinch of salt, one egg, one-third cup of milk, three-quarters cup cocoanut, flour enough to roll, one teaspoonful of vanilla.

Eggless Plum Pudding.—One cupful bread crumbs, two cupfuls flour, one cupful chopped suet, one cupful raisins, one cupful molasses, one cupful milk, one chopped apple, one teaspoonful soda in little hot water, one teaspoonful cloves, one teaspoonful cinnamon. Steam two and one-half hours. Serve with hard sauce.

Cleaning Copper and Brass.—Brass and copper can be brightened by washing in salt and strong vinegar, rubbing until bright, then rinsing in clear, very hot water, and while still hot polishing with a clean chamol skin dipped in sweet oil and a pinch of whiting or very fine sand.

Vaseline on Linen.—Stains on white line can easily be removed by washing in hot water and ammonia or hot soap. If the linen is colored apply spots, allowing it to remain on a day, then brushing off.

Rolls and Bread.—Put two cups rolled oats into mixing pan, add even mixing spoonful of lard, one cup molasses, one tablespoon salt and four cups boiling water. When lukewarm add one yeast cake and flour enough to mix quite stiff. Let rise overnight and put in pans in the morning. Bake in slow oven.

Buckwheat Cakes.—Mix two cupfuls of buckwheat flour, half a cup of white flour or corn meal, half a teaspoonful of salt, two cupfuls of boiling water, half a yeast cake. Let stand overnight. In the morning, add half a cupful of milk in which a quarter teaspoonful of soda is dissolved. A tablespoonful of molasses may be added before cooking.

Date Cake.—Three eggs beaten well, one cupful sugar, one cupful flour (rounded), one teaspoonful baking powder, one teaspoonful vanilla, one package dates, stoned and quartered. One-quarter of a pound pecan nuts, quartered. Mix in order given and bake in a low tin (7 by 4 inches) in moderate oven for twenty-five minutes.

Excellent Cake.—One-half cup of granulated sugar, one-half cup corn syrup, one tablespoon butter, one egg, one-half teaspoon lemon, three-quarters cup milk, one and one-half cups flour, two level teaspoons baking powder, one-half teaspoon salt, three-quarters cup chopped raisins may be added. Mix in order named and cook thirty-five or forty minutes in moderately hot oven.

Boston Brownies.—One cup of sugar, one-third cup of butter, two eggs well beaten, two squares of bitter chocolate, one teaspoonful of baking powder, one cup of nut meats broken in pieces (English walnuts), one-half cup of raisins, one scant cup of flour. Drop by the teaspoonful on waxed paper two inches apart. You can bake them in tiny cup cake tins, placing an English walnut on each before putting in oven. Bake in a moderate oven.

Hot Potato Salad.—Wash and cook six medium-sized potatoes without paring; cool, peel, and cut in thin slices. Arrange a layer of potatoes in the bottom of a dish, season with salt and peppers and sprinkle with finely chopped parsley and celery; mix together four tablespoons each of vinegar and olive oil, add a little lemon juice and heat just to the boiling point. Pour over the potatoes and cover tightly. Stand in a warm place until wanted, then serve with crisp fried bacon or cold sliced meat.

An Eggless Recipe.—Put one quart milk, after cream has been taken, into double boiler. Mix five even tablespoons of cornstarch with four tablespoons of sugar. This may be put into the milk without blending. Add very slowly, stirring all the time. When it begins to thicken add one-half teaspoonful of salt and either a piece of stick cinnamon or a strip of orange or lemon peel. This should cook not rapidly—for half an hour. Stir often to avoid a skin forming on the top. Pour into molds that have been wet with cold water. Set aside to cool gradually. May be served with any fruit juice or cream.

Winter Soups.

Some one has said that there are as many soups as there are days in the year. Probably there are more, but only a very small number of them appear on the dining table of the average family. Among the following receipts are some that are little known, but they are especially appetizing on cold winter evenings, when a hot rich soup seems the most appropriate beginning for a meal.

French Onion Soup.—Chop two medium-sized onions, and fry them to a rich brown in two ounces of butter over a moderate fire, for onions burn quickly. To them add a quart of boiling soup stock of any kind, or simply water or milk, and cubes of lightly toasted bread. When the soup is ready to serve, add a little grated cheese, and season it with salt and white pepper.

A Flemish Soup.—To two pounds

of washed and picked Brussels sprouts add ten potatoes, two onions, two leeks, salt and pepper. Cook all gently until the vegetables are tender; then pass them through a sieve. Force as much of the vegetable pulp through as possible. Add one quart of beef stock and serve the soup very hot.

Cream of Potato and Chestnut Soup.—Boil one cupful of diced potatoes and one half cupful of chestnuts in salted water until they are tender. Drain them and add one quart of scalded milk; season the mixture with a dash of nutmeg, salt and Cayenne pepper; thicken it slightly with a tablespoonful of cornstarch moistened with a little cold milk, and add one tablespoonful of minced parsley when it is ready to serve.

Pot-au-Feu.—Choose a good-sized beef bone that has plenty of meat on it, cover it with water and boil it for three hours. Remove the bone and cut the meat into bits. Let the stock cool, then remove the fat, add the meat to the stock, return it to the fire, add one large onion that has had ten whole cloves imbedded in it and has been roasted until it is brown, add one pint of cooked tomatoes, one half cupful of rice, and one quarter cupful each of chopped potatoes, carrots and cabbage. Cook the whole until the vegetables are tender, and add salt and pepper. Just before you serve the soup, add one teaspoonful of white sugar burned to a good brown color. That adds to the flavor of the soup and gives a rich color.

Things to Remember.

Bread not thoroughly baked is very indigestible.

Corn bread with raisins in it is an agreeable change.

Remove rust from garments by boiling in cream of tartar water.

Keep the fat hot if you would have the whites of fried eggs fluffy.

Household refuse is better cremated than disposed of in any other way.

Save candle ends and melt together to use as paraffin covers for jelly.

Raisins will be easy to stone if they stand in hot water a minute or two before stoning.

Economical frying is possible only when the fat is carefully saved after use.

Whenever soup is an important part of a meal, as a luncheon, it should be thick and nourishing.

Brown bread can be used for bread pudding just as white can, but it should be flavored with spices.

Stale bread will make good hot cakes if it is soaked soft in milk and made up as you would muffins.

If the cookies are not very rich, cut them in animal shapes and the children will be just as pleased.

Pain boiled rice, liberally sprinkled with raisins and served with hard sauce, makes a nourishing dessert.

Don't imagine you're the most unlucky person that ever lived. Other people have had troubles and setbacks to overcome that the world never knew about. You can do as well as they. Keep on trying.

Soap and water rubbed on zinc only make a bad matter worse. First wipe of the zinc with a dry cloth. Next rub with kerosene. Let that stay a few hours. Go over it then with a cloth wet with kerosene, and polish with a dry cloth.

Seems natural to leave the wet umbrella wide open till it dries. It isn't the best way, though. First thing you know the covering will be stretched all out of shape. Shut it up and stand it up, knob down, till the water runs off and it dries out.

See if the wood above the furnace or behind the stove is charred. If it is, a sheet of zinc or tin should be put there, not in contact with the wood; a sheet of asbestos is better yet. Clean the pipes and look for cracks.

Make a list of all the spring sewing you must do, then check off each garment as it is made and put away. There is no time to stop and make a forgotten garment after house-cleaning and other spring work has commenced.

Didn't Know His Own Mind.

A sergeant was drilling some very raw recruits, and felt the great importance of his position until "Right turn!" he thundered, "As you were."

"Left turn," "As you were," "About turn."

He was about to give another command when he noticed one of the recruits walking away.

"Here, you, where are you going to?" he shouted.

"Oh, I'm off, I've had enough of this; you don't know your own mind two minutes together," answered the recruit.

Conscientious.

Mrs. Jones had a new maid, who appeared at the door of the library one afternoon, where her mistress was reading.

"There's no coal, mum," said the domestic, "an' the fires are goin' out."

"No coal!" cried the mistress, in surprise. "Why didn't you tell me before?"

"I couldn't tell you there was no coal, mum," replied the girl, "when there was coal."

\$25.00 FOR A LETTER

CAN YOU WRITE ONE?

Thirteen Prizes to be Awarded in a Letter Writing Competition.

Some years ago the Dr. Williams' Medicine Co., of Brockville, Ont., offered a series of prizes to residents of Ontario for the best letters describing cures wrought by the use of Dr. Williams' Pink Pills for Pale People. Hundreds of letters were submitted in this competition, and yet there must have been thousands of other users of the pills who did not avail themselves of the opportunity to win a prize. To all these another letter writing competition is offered. Thousands of cures through the use of Dr. Williams' Pink Pills have never been reported. These will furnish the material for the letter to be written in this contest. There is no demand upon the imagination; every letter must deal with facts and facts only.

THE PRIZES:

The Dr. Williams' Medicine Co., of Brockville, Ont., will award a prize of \$25.00 for the best letter received on or before the 17th day of February, 1917, from residents of Ontario, on the subject, "Why I Recommend Dr. Williams' Pink Pills." A prize of \$10.00 will be awarded for the second best letter received; a prize of \$5.00 for the third best letter, and ten prizes of \$2.00 each for the next best letters.

THE CONDITIONS:

The cure or benefit from the use of Dr. Williams' Pink Pills described in the letter may be in the writer's own case, or one that has come under his or her personal observation.

More than one cure may be described in the letter, but every statement must be literally and absolutely true.

The letter should be not longer than is necessary to relate the benefit obtained from the remedy in the case described.

Every letter must be signed by the full name and correct address of the person sending it. If it describes the cure of some person other than the writer of the letter, it must also be signed by the person whose cure is described as a guarantee of the truth of the statement made.

The writer of each letter must state the name and date of the paper in which he or she saw this announcement.

Fine writing will not win the prize unless you have a good case to describe. The strength of the recommendation and not the style of the letter will be the basis of the award.

It is understood that the Dr. Williams' Medicine Co. shall have the right to publish any letter entered in this contest if they desire to do so whether it wins a prize or not.

The contest will close on February 17th, 1917, and the prizes will be awarded as soon as possible thereafter. Do not delay. If you know of a cure write your letter now. Observe the above conditions carefully or your letter may be thrown out.

Address all letters as follows: The Dr. Williams' Medicine Co., Letter Contest Department, Brockville, Ont.

DREAMS.

Bright dreams of the past leave relics of joy.

That time in its flight can neved destroy; Like a vital Attar of Roses contains, Though shattered to fragments, the perfume remains.

Kingdoms may flourish in brightest array And vanish again e'er the light of the day.

No rule can be made, no bound can be set— Dreams have no limit, in any respect.

Then let our dreams, in the stillness of night, Fly swift to the realms of endless delight.

Let the pain and the care each day bring to view, Be cancelled in sleep, when visions come true.

Sweet dreams of the past—some never fulfilled; Yet sweet as the breath of roses distilled.

With faith, hope and trust, then look to the light And dream golden dreams in the darkness of night.

F. TALLING, Vancouver, B.C.

Awful Good Time.

The children returned from the party, where they had been the guests of Johnny and Susie Wilkins.

"Did you behave yourselves nicely?" mother asked.

"Sure we did."

"Then you had a good time, didn't you?"

"We had an awful good time," they answered. "Johnny and Susie both got lickings."

Many a man who pretends to be looking for work looks the wrong way.

EXPERT WRITES OF MACHINE GUNS

INTERESTING SKETCH OF THE HISTORY OF MODERN GUNS.

How the Various Models in Present Use Vary in Points of Excellence.

One of the things which Germany knew before the war and which the Allies did not know was the part that machine guns would play in the struggle. Therefore the Germans had twenty times as many machine guns on the front as their enemies, and the machine guns did more for their early successes than the famous howitzers which battered down the Belgian forts in the early days of their advance. Fortunately, machine guns were easily made; the Allies learned the lesson, and now are supposed to have as many machine guns, if not more, than Germany. Perhaps the bravest men in the German army are the machine gunners. Whether leading an advance or defending a retreat they are a veritable forlorn hope, and time and time again instances have been reported of German machine gunners refusing to surrender even though they saw certain death awaiting them. They are as savage as they are desperate, and have been known to again and again to turn their fire on their own wounded, and also to sweep with murderous blasts those of their comrades who held their hands up shouting "kamarad."

The Early Mitrailleuses.

In La Revue des Deux Mondes Captain Henri Carre, of the French army, had written an article upon German and French machine guns, which is translated in Current History. He points out that the mitrailleuse, which is the common name of the machine gun in France, is really a misnomer, because the word designates a group of shot, by which was meant the scraps of iron with which cannon were formerly charged. The first weapon with several barrels—and it was from a multi-barreled weapon that the machine gun was evolved—was thought of in the fourteenth century, and was made by the simple expedient of fastening several light guns together parallel to each other. It was not until the nineteenth century, however, that any marked progress was made along this line, and then by a Belgian, who devised a weapon of fifty barrels, each about the size of a rifle barrel, assembled parallel to each other in a prismatic bundle. This gun could fire one hundred bullets a minute, and its range was about a mile and a quarter.

Maxim the Real Inventor.

The next step was the invention of the Gatling gun, with six or ten barrels, a crank turned by hand providing the motive power, and another development was the so-called "bullet cannon" of France, a bundle of 25 barrels containing twenty-five cartridges and capable of discharging 150 bullets a minute to a range of a mile and a half. None of the weapons mentioned was automatic. All were operated by hand power. The honor of inventing the modern machine gun must be awarded to Sir Hiram Maxim, who produced his first practicable model in 1882 after having spent a tremendous sum in experiments. All modern machine guns have taken the Maxim as a model. The French army has three types of machine gun, and it is that called the Saint-Etienne that Capt. Carre describes. The power to explode the bullets and move the cartridge-belt is obtained by drawing gas from the barrel through a hole 4.8 millimetres in diameter, the gas entering a cylinder called the gas chamber and later escaping to the air by appropriate apertures. The piston at the end of its movement is driven back by a spring. It is a to-and-fro movement, which brings about the feeding of a new cartridge into the chamber and the firing of the weapon. It can be fired at any rate, either at rapid fire or at a speed regulated by a special apparatus which permits all rates from ten to 500 shots a minute.

French v. German Guns.

In one notable respect does this gun differ from the popular German machine gun. It has no water-jacket for cooling purposes, with the result that the barrel gets exceedingly hot when fired at a high rate. But since the barrel is made of special manganese steel, the ballistic properties of the gun are not impaired even when the barrel is glowing red. The gun is



Switzerland's President and Vice-President.

Left, Edmund Schulthess, new President of Switzerland; right, Felix Calonder, new Vice-President. Should a peace conference be held in Switzerland or one be held in which Switzerland would take part, the two men pictured above will play prominent parts. Mr. Schulthess, President of Switzerland, has just affirmed the intention of his country to maintain strict neutrality. A peculiar law of succession obtains in Switzerland. To-day's President was Vice-President last year. Felix Calonder, who is now Vice-President, will next year automatically step into the Presidency. The term of office is for one year only, and to become President a man must first sit as Vice-President.

fixed on a tripod and can be fired with the gunner either sitting on a saddle or lying on his back. The French gun is carried in parts and on the road is conveyed on pack saddles or in carts. At the front it is carried by soldiers. The barrel of the German gun is surrounded by a metal sleeve filled with water for cooling purposes; but when the gun becomes hot the water begins to boil, steam escapes, and the aim of the gunner is obscured. The steam also betrays the presence of the gun, and Capt. Carre says that on many occasions the Germans have sought to draw away enemy fire by generating steam by means of damp grass to imitate the boiling machine gun. The German gun can fire 400 shots a minute. It can be carried either on a man's back, or by cart or automobile. It is not packed by horses or mules. Capt. Carre says that in the German Mercedes automobiles manufactured in time of peace there were certain nuts fixed in the chassis, the purpose of which nobody could explain. It has been learned since that the cars were constructed so that they might be fitted with Maxim guns.

How the Bullets Fly.

It is probable that of all the various models of machine gun now being used at the front, one does not stand out. One excels in one point; one in another. For instance, the cooling jacket of the German gun, as said, discloses its presence when the gun gets hot. One fires faster than another, but after a certain point this expert says, nothing is gained by extreme speed, since there is rarely justification for firing for more than a minute at one target. Theoretically a weapon on a fixed support should send all its shots along the same path. In practice this is not so, because of the concussion of the gun. Each bullet takes its own curve, and the ensemble makes a sheaf, closely packed but very narrow, which is properly compared to the stream of water discharged from a hose. In the mowing fire, which is the normal fire, a certain number of sheaves is juxtaposed along the whole front of the objective. From this it results that at the point at which they strike the earth, the density of bullets is terrible, and an extraordinary effect of destruction on unsheltered men is produced.

FOOTPRINT IDENTITY.

The System May be Introduced in English Police Courts.

There will be no more confusion regarding the identity of Tom, Dick, or Harry if the footprint system is introduced into our police courts, says London Answers.

Particularly in the case of young children and babies has this method proved most successful. It is difficult to obtain a firm imprint of a baby's hand, but no difficulty exists in obtaining impression of a baby's foot, and the lines of the latter never alter, increasing gradually with the child's growth.

The method is being applied in many foreign hospitals to-day, especially in the maternity wards, where confusion of identity is much greater than the public ever imagine. The sole of the child's foot is covered with a solu-

THE LORD MAYOR'S CHAIN.

Holder Must Enter Bond for Its Safe-keeping.

The Lord Mayor of the City of London wears the most costly badge of office in the country. It contains diamonds to the value of £120,000, and each holder of it during his term of office is called upon to enter into a bond for its safe custody before he is sworn in, and thus becomes entitled to its possession. The jeweled collar worn by the Lord Mayor of London is of pure gold, composed of a series of links, each formed of the letter "S," a united York and Lancaster rose, and a massive knot. The ends of the chain are joined by the portcullis, from the points of which, suspended by a ring of diamonds, hangs the jewel.

The centre collar contains 28 "S's," 14 roses, 13 knots, and measures 64 inches. The jewel contains in the centre the City Arms cut in cameo of a delicate hue, on an olive ground; surrounding this a garter of blue, edged with white and gold, bearing the City motto in gold letters.

The whole is encircled with a costly border of gold "S's," alternating with rosettes of diamonds set in silver. The jewel is suspended from the collar by a portcullis, but when worn without the collar is hung by a broad blue ribbon.—London Tit-Bits.

An old Japanese prophecy says: "When men fly like birds, ten great kings will go to war against one another."

Health

Heart Strain.

By heart strain we mean a temporary dilation of the heart caused by some excessive muscular effort—usually made by a person of sedentary habits unused to hard labor. The heart may have been already in a weakened state through disease of one of its valves or fatty degeneration of its muscular wall, although it may have been apparently healthy; or, although not actually diseased, it may have been weakened and made irritable by excessive tobacco smoking.

The dilation is brought about by a sudden increase of blood pressure in the heart cavities, which is in turn the result of the obstruction to the flow of blood through the tissues or in the lungs that attends the strong contraction of the muscles and the holding of the breath. Lifting a very heavy weight, running after a car, or any other sudden increase in muscular effort may be enough to strain the heart. The affection is not uncommon in boys who return to school or college after the summer vacation and resume their athletic contests before they have got back into training; sometimes it occurs in the wall trained when they are temporarily run down with a "cold" or a bilious attack.

The signs of heart strain are great shortness of breath, pain or distress in the region of the heart, and a marked feeling of weakness or faintness.

The front of the chest, where the heart is to be seen, is usually tender to the touch, although steady pressure with the flat of the hand is grateful. The pulse is irregular and rapid. It is not possible to say how long such a condition will last, for its duration depends on the intensity of the strain, the state of the heart before the strain and the treatment the condition receives. Generally, complete rest in bed for a day or two and staying quietly at home for another day or two will bring back tone to a normal heart; but if the strain was very severe, a heart tonic may be necessary to help the organ to recover its strength and pulse.

Since a strain untreated or wrongly treated may result in a permanently injured heart, or even in death, it is advisable to seek medical advice immediately in all such cases.—Youth's Companion.

Expert Explains Values of Foods.

In a recent address, W. Earl Flynn told his audience that the body contained sixteen elements, the same as those of the soil, and that it shared the need of the soil for scientific treatment. For anemia, especially in children, he prescribed foods rich in calcium and potassium, whole wheat bread, rye bread, fruits, vegetables, dates, figs and raisins.

For nervous irritability, magnesium is the proper salt. Eat apples, oranges, grapes, lemons, grapefruit, tomatoes, onions and lettuce.

For insomnia, eat onions, cabbage, lettuce and celery. For skin diseases and boils, eat strawberries, prunes, spinach, lemons and green vegetables. If your hair is falling out, you need sulphur, silicon and flourine. Eat green vegetables and fruits.

For heat energy eat butter, cream, bacon, nuts, olive oil and ripe olives. Oleomargarine can be substituted for butter, but it is harder to digest, according to Mr. Flynn. For iron eat spinach, strawberries and prunes. For silicon and sulphur eat grains and green vegetables. For phosphorus and chlorine eat beans, peas, lentils. For iodine eat all sorts of green vegetables.

LIFE'S LONG JOURNEY.

In Seventy Years One Travels an Amazing Distance.

There is a man in London at present who has traveled from Vancouver to London 51 times. As it is upwards of 10,000 miles there and back, this man has traveled over half a million miles in this way, as to the moon and back, and then round the world, says London Tit-Bits.

But though this seems a big feat for one lifetime, there is a retired commander of the Cuney Line who has crossed the Atlantic no fewer than 550 times, making 1,875,000 miles, or four times to the moon and back! Or, to put it another way, 78 times round the world at the equator!

Yet these records, wonderful though they seem, sink into insignificance when compared with the journeys human being on the globe takes in the span of threescore years and ten.

The globe travels around the sun once a year, a journey roughly of 540,000,000 miles—as the crow flies! To this yearly journey add the daily journey on the spinning globe of 24,000 multiplied by 365, a total of 8,760,000, and we get the stupendous but undoubted journey per annum of 458,760,000 miles, or as many miles as there are sovereigns in our present war expenditure every hundred days.

When this is multiplied by the years of life—say, 70—we get the amazing mileage of 38,413,200,000, or over 200 times to the sun and back! No wonder the old man of 70 sometimes feels tired!

The longest telephone wire in the world runs from New York to San Francisco, a distance of 3,890 miles.