

About the House

Useful Hints and General Information for the Busy Housewife

Dainty Dishes

Delicious Salad.—An easily prepared salad consists of three bananas cut in slices, a few cherries, one cup diced pineapple, one cup walnut meats, one cup marshmallows cut fine. Thin boiled dressing with whipped cream and toss lightly.

Cream of Sage Soup.—Soak half a cupful of sage for three hours in enough tepid water to cover it. Pour a cupful of boiling water over it and simmer in a double boiler until very soft. Then add three cupfuls of hot milk, thickened with two tablespoonfuls of butter rolled in flour. Beat up well, add a dash of celery salt, pepper and a little onion juice; stir up and beat well for two minutes, pour gradually upon two beaten eggs, set in boiling water for two minutes, and serve.

Choice Fruit Cake.—Required one pound of flour, a quarter of a pound of lard or dripping, half a pound of sugar, a quarter of a pound of sultanas, half a pound of currants, a teaspoonful of carbonate of soda and a gill of sour milk or buttermilk. Rub dripping or lard in the flour and add the fruit and sugar. When these are mixed stir soda into the milk and mix with the other ingredients. Bake in a moderate oven from two hours to two and a half hours until a rich brown color has been obtained.

Quince Honey.—Four pounds of sugar, three cups of water and six quinces. Remove all down and fuzz from the fruit by rubbing, then wash, cut in halves and remove the seeds and the stiff seed pockets. Grate the quinces on a coarse grater, or put through a meat grinder. Put the sugar and water on to cook; stir until the sugar is dissolved, let boil for five minutes, stir in grated quince and cook slowly, stirring often, for about one-half hour, or until it thickens like honey. Put into jars.

Beef Rolls.—Wash and grind one pound of round steak, shape it into round cakes and broil them. While they are cooking, melt two tablespoons of flour, and when well blended add one cup of milk and stir until boiling. Add one tablespoonful of dry horse-radish or two tablespoons of horseradish pressed from the vinegar, and one-half teaspoon of salt. Pour this mixture into a platter, arrange the meat cakes in it and serve.

Grape Juice.—Mash the grapes



THE NATION'S FUTURE Depends Upon Healthy Babies

Properly reared children grow up to be strong, healthy citizens

Many diseases to which children are susceptible, first indicate their presence in the bowels. The careful mother should watch her child's bowel movements and use

Mrs. Winslow's Soothing Syrup

It is a corrective for diarrhoea, colic and other ailments to which children are subject especially during the teething period.

It is absolutely non-narcotic and contains neither opium, morphine nor any of their derivatives.

Mrs. Winslow's Soothing Syrup

Makes Cheerful, Chubby Children

Soothes the fretting child during the trying period of its development and thus gives rest and relief to both child and mother.

Buy a bottle today and keep it handy

Sold by all druggists in Canada and throughout the world

BRITISH GIRLS AS SHELL MAKERS

CAPABLE AS MAN IN INDUSTRIAL TRENCHES.

Receive Shells In the Rough and Complete Them, Ready for the Gun.

The English women are busy. Their men have gone to the war, and to those doomed to sit at home and wait for news a complicated machine which requires incessant attention can be a very real comfort. The machine is almost human; it is the result of the concentrated intelligence of some clever man—it does the work so admirably, without effort and without fatigue—roughing, turning, polishing, with automatic precision.

Situation Entirely Changed.

At the outbreak of war woman, to her dismay, found herself confronted by the idea, fostered by generations of men, that, whatever her country's need, she must remain industrially incapable. Now this is all changed; the errorist who preached this doctrine has been swept away by the rushing tide of events, and woman, no longer chained to the rock of convention, is happy in the thought that in the industrial trenches she is as capable as the man. The workers themselves have been the first to acknowledge this, and have yielded their places willingly, knowing that their country will gain and not lose by their going.

Armed with my permit from the British Ministry of Munitions, I was privileged recently to see the Liverpool women at work, writes Mary Fraser. Their occupation was the distinctively feminine one of turning heavy shells. I entered expecting to see haggard faces, signs of gigantic effort and unaccustomed toil; I anticipated dirt and malodor. Instead I saw cheerful fitting figures, not unattractive in their uniforms, every woman in the shed showing an almost affectionate familiarity with her lathe. Now, a lathe can be a fearsome thing, especially when it is a "turret" one—and blocks of steel weighing 100 pounds are not exactly feminine toys; even when a shell body has had a considerable amount of material taken out of it it is distinctively heavier than a tennis ball.

I watched a slim young girl at work. Deftly rolling the rough "body" along the floor she knelt and embraced it as if it were a doll, and slipping a halter around its neck, with the aid of a light crane she fitted it into the lathe, and within the space of a couple of minutes had her machine at work. Not so long ago I was with those who decreed that heavy shell making was beyond the power of women, and it is the introduction of these lifting appliances into the factory that has placed this work in their hands. Machinery has always been the friend of the women. Working one of these light cranes myself, I could hardly realize that I was lifting anything from the ground.

Things Worth Remembering.

Insects will never pass a line of tar. To remove the dusty appearance from black clothing, sponge it with alcohol.

Down and feathers are bad conductors of heat. Bread, stale, can be made new by being steamed.

Alum, a tablespoonful, powdered, will purify cistern water. To remove tea stains lay the fabric over a bowl and pour boiling water through it.

To clean a white felt hat cover the hat with French chalk, leave for 24 hours, then brush off gently with a soft brush.

When any white fabric becomes yellow boil it in water that has been bleached and to which the juice of a lemon has been added.

To prevent starched articles sticking to the iron add a pinch of salt and a little lump of lard to the boiled starch.

Mildew stains may be removed from leather articles quite easily if the part is rubbed with vaseline, then after a day or so wiped with a soft clean rag.

To remove match scratches from white paint rub with half a lemon, then wash with a paste of whiting and water. Dry thoroughly, and the marks will disappear.

Scrubbing brushes should always be hung up when not in use, so that the bristles have a chance of drying. They will last far longer if treated in this way.

When crocheting, it is a good idea to slip a safety pin through the last stitch before laying the crocheting down. This makes it impossible for the stitch to slip out.

A little vaseline applied to stiff leather boots will make them easy and comfortable. The vaseline should be rubbed into the leather with a piece of flannel.

When the mincing machine needs oiling use a drop of glycerine. This will prevent any risk of disagreeable taste or smell, and will make the machine work easily.

If the boiler immediately after use, and while still warm, is rubbed all over with any good household soap it will prevent rust, and will help to make the suds when the boiler is filled for the next washing day.

If new enamel saucepans are placed in a pan of warm water, allowed to come to the boil, and then cooled, they will be found to last much longer before either cracking or burning.

Humanizing of Industry.

In the well-lighted and well-ventilated workshops of the company in Liverpool, which is regarded as the pioneer of the movement for bringing heavy shell work within the reach of women, there is installed every possible machine for simplifying the work. Lloyd George has spoken recently of the humanizing of industry, and here you see it in practice. Since November last 450 girls have been making shells day and night, working on three shifts per day of twenty-four hours, 150 girls and women per shift. There are breaks for meals and rest, and, as is usual now in factories, the night shifts have their dinner at 2 a.m. Male labor has not been entirely eliminated, but there are only five men employed to every seventy-five women.

Proved Themselves Competent.

The women have proved themselves competent for the work. These heavy shells require in all some ten operations, necessitating the employment of different machines. In many of the factories it is usual for the lathe to be fitted with a "stop," and at this point the woman relinquishes the work, which now requires extreme delicacy and care, into the hands of the skilled man, who completes the operation. At the works there are none of these stops in use. The women receive these shells in the rough and complete them ready for the "howitzer," and I am told that their "scrap" is less than that of any other factory in the country. If this is not feminine achievement what is it? The man whose organization has made all this possible is young and enthusiastic and believes in woman's capacity.

At another factory in the city some 600 girls are employed, and it seemed to me that they were all in the shells at once. The roar of these shell looms—for that is what they are—was intense, the sound of running water persistent. The shell is washed out even as it is bored. The shells here were of somewhat lighter make, and after a fortnight's training it was proved that a woman was competent to take command of her lathe. The girls learn from other workers, and are not drafted in from any training school.

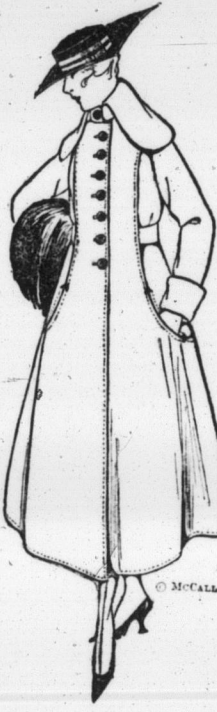
IF FOOD DISAGREES DRINK HOT WATER

When food lies like lead in the stomach and you have that uncomfortable, divided feeling, it is because of insufficient blood supply to the stomach. In such cases try the plan now followed in many hospitals and advised by many eminent physicians of taking a teaspoonful of pure bisulphate of magnesia in half a glass of water, as hot as you can comfortably drink it. The hot water draws the blood to the stomach and the bisulphate of magnesia, as any physician can tell you, instantly neutralizes the acid and stops the food fermentation. Try this simple plan and you will be astonished at the immediate feeling of relief and comfort that always follows the restoration of the normal process of digestion. People who find it inconvenient at times to secure hot water and travelers who are frequently obliged to take hasty meals poorly prepared, should always take two or three five-grain tablets of Bisulphate of Magnesia after meals to prevent fermentation and neutralize the acid in the stomach.

Prayer that is long drawn out is apt to be narrow.

THE FASHIONS

The long top coats and one-piece dresses which are worn under them, strike one as being of most importance this season, though tailored suits are also well represented. The coats look so warm and comfortable with their large, high collars that button snugly to the neck. Many of the collars are made of fur or fur cloth, which may be had in such good imitations that only a very experienced eye could tell the difference. The materials for coats this season are simply irresistible; so beautiful are they in the rich, warm colors and so wonderfully soft



The new Coats Have Large High Collars

in texture. Without being heavy or clumsy, they are warm enough for the cool weather.

Among the very newest materials are Bolivia cloth, a rich fabric with a sheen; and burella, a soft open weave somewhat like homespun but very much more attractive and finer in quality. In addition to these, there are the more well-known wool velours, wool plushes and wool velvets as well as many other fancy coatings. A pleasing note in the development of the new coats for all is the use of bright-colored linings. A very handsome imported coat of navy blue serge had a bright cerise lining which showed when the fronts were rolled open. Glimpses of it were also seen in the lining of the collar and cuffs. Other charming combinations that have been seen in the way of linings, are brown with light blue, and black with cerise.



Like the coat in the illustration, a great many models show the straight closing down the front with gracefully curved lines at the sides. The back and sides are belted. Some models, however, are, on the contrary, very full at the back and have no belt at all to confine the fulness which starts at the neck and increases as the coat lengthens. Fur collars are particularly good style this fall. Hudson seal, beaver, kolinsky, fitch, skunk and rabbit are the pelts most used. Very often the cuffs are of matching fur, too, but in many instances only the collar is of fur.

Quilting a New Idea

A very novel idea that has been brought from Paris is the quilted effect on suits; and even waists have been made in this style. The quilting is done by machine-stitching in pretty designs rather than in straight lines, and the effect is so different from anything else that it has been very much admired. Satin and silk suits are made with deep bands of quilting at the edges of both skirts and coats. Another way of using the quilting idea is in touches on collar, pockets and cuffs. Some quilted waists have been further decorated with French knots in heavy yarn. Some of these waists are intended especially for sports.

Handsome One-Piece Dresses

One-piece dresses are so very popular that they are used for all occasions and developed in widely varied materials to suit the different occasions. A dress for shopping and the practical issue of life is the one shown here, developed in serge and trimmed with rows of braid in different widths. It buttons trimly down the front from collar to hem.

From Paquin comes an exquisite one-piece dress of brown Georgette crepe to be slipped on over the head. It is trimmed with dull gold embroidery. The skirt is quite long and weighted with a deep band of beaver fur. A high beaver collar and deep cuffs of the same finish the neck and



One-Piece Dress of Serge, Braid-Trimmed

sleeves while the front has a soft blue velvet vest and a touch of the same velvet appears on the loose girdle of Georgette which is arranged below the normal waistline. Another charming one-piece frock was of light blue chiffon velvet with skirt gathered to a long body. Narrow gold braid trimmed the body and the skirt had two wide strips of gold braid hanging at either side over the hips.

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

To loosen screws and nails which have become rusted into wood, drop a little paraffin on them. After a short time they can easily be removed.

THE MACHINE GUN EXPERT OF ARMY

GEN. SIR CHARLES CARMICHAEL MONRO, K.C.B.

Has Been Appointed Commander-in-Chief of British Army in India.

Ever since the war broke out "Charlie" Monro, as he is generally called in army circles, has been hard at it.

Appointed a divisional commander under Sir John (now Lord) French at the beginning of hostilities, he was one of the generals who directed the series of splendid rear-guard actions fought by the small British army all the way from Mons to the Marne.

Then, in the early days of September, when the British and French turned at bay and drove the Germans back almost from within sight of Paris, he was again conspicuous, but in the front this time, not in the rear.

Later on he succeeded General Sir Ian Hamilton in the command of the Mediterranean Expeditionary Force, and in this capacity he was responsible for that wonderful withdrawal of the British army from Gallipoli which has been truthfully termed one of the biggest successful bluffs in the history of war.

In Charge at Gallipoli.

Supposed competent judges had estimated the probable casualties of the evacuation at ten thousand. General Monro re-embarked his entire force with only negligible losses, and right under the eyes of the Turks, who, however, were so completely deceived that they continued shelling the empty trenches for several hours after the last man had been withdrawn.

General Sir Charles Carmichael Monro, K.C.B., to give him his full title, is a Scotsman, and has to his credit thirty-seven years' service. The youngest son of the late Henry Monro, of Craiglockhart, Midlothian, he was born in 1860, and is thus five years younger than Sir Beauchamp Duff, whom he succeeds in India as commander-in-chief.

He qualified for the army at the age of nineteen, and was gazetted to the 2nd Foot, now the Royal West Surrey Regiment. He first saw active service in various "little expeditions" directed against the turbulent hill tribes dwelling across the north-western frontier—notably, the Mohmand and Tirah affairs.

Next the South African War broke out, and for three years he fought and toiled with his regiment in the long-drawn-out series of hostilities, including the relief of Kimberley and the Paardeberg and Driefontein operations.

Never Gets Flustered.

He left South Africa as a lieutenant-colonel only, and brevet rank at that, but with a reputation for soldiering that gained him a position on the staff on his return home. He was appointed Chief Instructor to the School of Musketry at Hythe, a job after his own heart. Subsequently he commanded a brigade in Ireland. Sir Charles Monro is one of the chief machine gun experts in the British army. Long before the war broke out, when he first went to Hythe, in fact, he realized the enormously important part this "invention of the devil"—to quote Sir Ian Hamilton's words—was going to play in any future war on a really big scale, and he urged his views on the Army Council. Had they been acted upon fully and unreservedly, things might have been different to-day.

For the rest, "Charlie" Monro is one of those quiet, self-contained men who never allow themselves to be flustered or flustered. He knows his mind, he knows his men, and, as a strategist should, he always starts out prepared for as many sorts of failure as there are chances of success.

WHAT HUNGER HAS DONE.

Inventors Who Have Succeeded Through Necessity.

An inventor of an important mechanism was asked one day how he happened to think of the thing. He said he was hungry.

The author of one of the most charming novels ever written was asked how he happened to write it. He said he was hungry.

A man was toiling in the field, gathering the sheaves into little heaps, preparing it for the thrasher. He was asked why he worked in the broiling sun. He said he was hungry. None of the men was literally hungry at the time. All of them had been fed properly for the time being. None of them would have perished had they not performed the tasks they worked at perhaps. But all of them gave correct answers. Hunger moves the world.

While many of the world's greatest inventions were not perfected with a view to getting something to eat, while many of the most notable writings of the world have been by men who were not thinking of food nor of the lack of it, the fact remains that the bread question is at the bottom of all progress. It cannot be ignored at any time.



The Kaiser Stand Before Me, Old Friend, They're Coming" —New York Evening Sun