





Alsike, Red Clover Alfalfa and Timothy, Peas, Beans, Spring Rye, Buckwheat, etc. WM. RENNIE Co., Limited Cor. Adelaide and Jarvis Streets



Simpler Living Essential

HE Food Controller is well aware that in many homes of the Dominion very considerable econo-mies in food have been effected voluntarily since the war began. In thousands of other homes high prices of food have compelled the utmost ve compelled the utmos economy tionment to the various members of the family. The Food Controller aims that, as far as possible, there should be sufficient and suitable food for the people of Canada at prices which are no higher than are absolutely necessary under present con-ditions of supply and cost of produc-

Seventy per cent. of the people of Canada are as thrifty and careful as any in the world. They consume but little or no more than is necessary to maintain their physical strength. The maintain their physical strength. Food Controller does not ask these people to reduce their consumption the amount necessary maintain their efficiency, but he does ask them to substitute other foods, as far as possible, for wheat, beef and bacon which are needed by the sol-diers overseas. There is still a considerable minority of the people of Canada who can and should reduce their consumption of food by simpler Substitution may involve some sacrifice but surely the mon at the front are deserving that such sac-rifice should be made. Elimination of waste is a patriotic service in which the most humble and the most pros perous can contribute. It is no exaggeration to say that every ounce of waste is a contribution towards starvetion

## COOK'S CORNER

Eat Fish as a Patriotic Duty

ANADIANS, we are told, consume 29 lbs. of fish per head of population in a year, while the consumption in Great Britain is bs. per year. Canadian consump-56 lbs. tion of meat on the other hand, is out of all proportion to the food value of Fish is the only flesh substitute for meat which we have available in large quantity, and every Canadian, who, in so far as he is able, eats fish and thus releases beef and bacon, is performing a patriotic duty. Num erous complaints are heard that it is not easy to secure fish, even if one is desirous of helping out the meat supply in this way. Advice comes to us that Food Controller Hanna is making every effort to increase the supply fish, but the most essential operation he needs is that the public as consumers increase their demand Below is a list of different kinds of

fish and the ways in which they will cook best. Would it not be a good idea to save this list for reference Fried-Perch, catfish, goldeyes, mas-

kinonge, base, pickerel, pike, dore, trout, smelts, herring, soles, flounders, and any small fish are better fried. Broiled-Any fish that can be fried

can be broiled Boiled-Bluefish, carp, codfish, haddock, hake, halibut, salmon, sea trout, skate, mackerel, white fish, maskinonge, lake trout and pike

Baked — Bluefish, bass, carp, cod, hake, pollock, haddock, halibut, salmon, fresh mackerel, large sea bass, shad, sea trout, flounders, and herring. Eels—May be stewed, fried, baked

pickled. Fish Balls-Take left-over fish move all the bone and shred finely. Boil, mash and season potatoes according to the quantity required. Add the isi. Make into balls about the size of en egg. Flour the outside lightsize of an egg. Flo by, and fry in fat. Fish Chowder Boil separately any

white-fleshed fish, onion and potato.
Drain, remove the bones from the fish.
Combine the three in one pan, add
white sauce and reheat. Serve hot. This may be varied by adding pieces of bacon cut fine. This recipe is of bacon cut fine. This recipe is equally good when left-over fish is

Scalloped Fish-Take equal meas ure of canned or left-over fish, Standard White Sauce. Arrang layers in a baking-dish with sauce Arrange in small bit of fat and stir enough dried bread crumbs to c the top. Spread them evenly and bake in a hot oven until thoroughly heated in a hot oven until thoroughly heated through. The measure of fish may be made up partly with potatoes, cooked rice or hard-boiled eggs. Steamed Fish—Any fish that is suit-

able for boiling may be steamed and requires the same length of time for cooking as boiled fish

The appearance of fish when served is considerably improved by the ad-dition of a garnish of parsley, lemon cut in various shapes, egg, beet pickle, etc. We are too busy to add these extra touches at every meal, but occasionally we can spare a minute to do so, and little additions of this nature have a beneficial effect on every member of the family.

Home-made Step Savers

"Cousin Amy," Brant Co., Ont. PERHAPS there are some house-hold readers who are starting housekeeping and who feel that they must be careful of what they spend, so I am going to describe a home-made affair which I have found very handy and useful.

As my pantry was not handy, many ad to be taken in the course of getting a meal, so my husband and It planned to make a step-saver. When it was completed we named it the kitchen cabinet, and it serves the

purpose very well. I have a work table in the kitchen covered with ollcloth, which makes it much easier cleaned. We got a grocery box, placed it on the back of the table, and arranged shelves of different depths, to suit the different containers which it was to hold. We made the deepest one in the bottom, and the next one not so deep, and the space left at the top of the box, although not very deep, holds soap, and other small articles often needed. In the bottom shelf I have cardboard cartons, which hold sugar, salt, flour; and other tall cans. The cardboard cartons are not so easaffected by moisture as tin, and ily affected by mountain having covers, the food kept clean. The next shelf holds baking powder the next shelf holds baking powder and coffee cans, each one tea and coffee cans, e labelled so that you can see at a glance what you are getting. A curtain of cretonne covers the front of the cupboard, and looks nice too.

forget to make sure that the table is balanced, so that the box not over-weigh the one side. Mine is a drop leaf table, with one leaf taken off and the other leaf is fixed stationary, and makes the work shelf. On one end I have nails driven in and here I hang my pans and porcelain kettles. Underneath the table we made a shelf, and here I put pans and other articles which do not hang up handily. So I have everything handy. handily. So I have everything and it didn't cost much either. If the box is long and narrow it will suit better than if too deep, as the con-tainers will be more readily seen.

Another very handy article is a wire pail. They can be had in different sizes, the largest I have seen holding about three quarts. is small, about 20 cents, or less, for ss mall, about 20 cents, or less, for smaller sizes. It is so nice for scald-ing tomatoes and peaches, as well as cooking many things which would need to be lifted from the water. Just fill the pall full of fruit and plunger it into a veasel of hot water, and when scalded the whole can be lifted

out at once and cooled. water will do several times, thus sav-ing the heavy carrying of water in and out as we used to do, especially and out as we used to do, especially when canning tomatoes, and scalded a whole pailful at a time, which meant another big kettleful of a ter to be carried and heated to do the next batch. The water can be changed as often as seems necessary, which will not be as heavy and hard as the old method, and we will not be nearly as tired when the canning is done.

One more hint: During the sum-ier I do not iron towels and some the coarse clothes. I choose a of the coarse clothes. I choose a bright breezy day to do my washing, and find that giving them a good shake and then letting them dry in the breeze takes out most of the wrinkles. Then if folded as they are taken from Then it folded as they are taken from the line, many of them need no more. If you like them pressed, just run them through the wringer. I have both machine and wringer and and it sares me a lot of time and strength. I can put out a big washing in two or three hours, and can you and work three hours, and can go on and work hard the rest of the day without be-

ing very tired when night comes.

I hope these hints will help someone who finds work a burden, as they have made work a pleasure for me

W HILLE attending the Women's Instance to meet my cood friend, Miss Alice Ferguson, of York County, who is well known to readers of this department. During readers of this department. During the course of our conversation, Miss Ferguson passed along some household Muts, which alse suggested misch be called "Wayside Gleanings." "The ideas are probably old to some," and Miss Ferguson, "but may be helpful to others." Here they are:

In making lemon pies, try using

In making lemon ples, try using rolled soda biscuits instead of corn-For two pies use ave crackers. These give substance to the filling

No need of using eggs in pumpkin es. Cornstarch stirred into the hot pies. pumpkin, thoroughly scalding it, will take the place of eggs. Add the salt, sugar, spices and milk to make it the right consistency. In making a quantity of ham sand

wiches, mix the prepared mustaru with the butter; one spreading will do. Pumpkin cut in small pieces and boiled with boiled cider, instead of mix the prepared

using apples, makes a delicious but-

We wouldn't pour good soup down e sink or feed it to the pigs, would the sink And yet that is practically what we do when we drain the potatoes or egetables and throw away the water Try saving the pourings of boiled pared potatoes, and taste and see if it does not suggest potato soup. A lit-tile onion cooked in a little of the potato water and some good beef dripping or butter, then the remainder of the potato water added, with pepper and slightly thickened with flour, adding milk if desired, makes a fine first The water drained course for supper. from cooked carrots is rich, and sug-gests cream of carrot soup, also that drained from parsnips and cabbage. Milk soups with these flavors added or with celery, onion and carrots chop-ped and thoroughly cooked, makes a good soup if there is no soup stock for a foundation.

People are finding the value of soup bones, and the butchers have no difficulty in disposing of the bones Like other things; the price has risen as the demand has increased. But a five-cent bone with vegetables grown in the garden, makes full of nourishment, with all the mineral substances in it. If barley or rice is boiled in the stock, it will be sufficiently thick, and if not, flour rolled crackers or toasted scraps of bread cut in cubes, are all good. Eat more soup and save the meat. — R. M. M. disor with acho light outh Q plac ing mak

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