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education and recreation. It means good listeners. There is home visiting in every community by the women who speak their own language. The "Nationality Experts" act as interpreters in court and aid in securing medical aid—in fact they stand for service in any emergency. The in securing medical aid—in fact they stand for service in any emergency. The Institute helps to educate the mother. It holds international parties and plans vacation trips. It is continually surveying new communities, opening new centres and recruiting and training workers of all nationalities. It maintains a bureau of research and statistics; it conducts experiments to prove the value of trained foreign language experts in every phase of social and civic work for foreign people. social and civic work for foreign people. By these means it is breaking down the barriers between the foreigners themselves as well as between them and the Amer-icans; barriers built of mutual ignorance of language, psychology, geography, pol-itics, customs and religion.

WOMEN'S WINNINGS

A recent appointment has been made that places an unusually gifted woman in a position that will be most helpful. Mrs. Chas. Robson, of Winnipeg, has been appointed as convenor of a committee to look after the protection of the families of soldiers in their home-coming. She sees that conditions are right at St. Johns sees that conductors are right at St. Johnson and Halifax for the reception of women and children as they come off the ship, and with the help of the Red Cross and Y.W.C.A. they are protected and cared for to their destination.

The municipal election in Boston on December 17, was featured by the re-election of Miss Frances G. Curtis, Public School Association candidate for School Committee.

Miss Curtis ran on a "keep-the-schoolsout-of-politics" platform, receiving a plur-ality of 4,452 votes over her nearest opponents.

The increasingly important part the women of India are beginning to play in the political life is indicated by the fact the political life is indicated by the fact that Mrs. Sarojini Naidu, a leading suffragist of India, presided at a recent meeting of the Madras Provincial Con-ference. "New India," in referring to the event, declares that it marks "the coming of a great force into modern Indian polit-ical life—the Indian woman." Mrs. Naidu sponsored a resolution urging the grant-ing of the franchise to women at the same time as men, at a meeting of the Bombay Provincial Conference. The resolution was supported by 100 prominent women was supported by 100 prominent women of Bombay.

The Women's Political Association of Australia is asking the government to raise the age of consent to 21 years and to extend this provision to cover boys as well as girls.

The right to become lawyers and assistants to notaries has been granted to Portuguese women by a government decree. The women must hold certificates showing that they possess a thorough knowledge of law.

"Dear Joe,—Come home. Forgive and forget. I have destroyed the book of war recipes.—Violet." (The Veteran).

Simple all but the name and a splendid

dish.

Chartreuse a la Surprise

Butter or oil a plain pudding mold very
thoroughly, and line it throughout with thoroughly, and line it throughout with mashed potato, seasoned as for the table, keeping the potato rather for the table, keeping the potato rather for Fill the centre with flaked (cooked) fish, mixed with just enough thick sauce (dr.wn butter) to hold it together; cover with potato. Let it steam about half an hour; unmold on a hot serving dish. Serve with plenty of drawn butter sauce, canned peas or string beans, and either lettuce or cabbage with French dressing. If two narrow strips of parchment paper be fitted into the mold, at right angles one to the other, and greased thoroughly, they will aid in unmolding the dish.

Drawn Butter Sauce for Chartreuse

Fish left over, when a whole fish, as fresh haddock or cod, has been cooked, is suitable for a chartreuse. The water in which the fish was boiled should be used for sauce. To make a pint of sauce cook one-fourth a cup of flour and half a teaspoonful, each, of salt and black cook one-tourth a cup or hour and hair a teaspoonful, each, of salt and black pepper in one-fourth a cup of vegetable oil made hot; add half a cup of cold water and a cup and a half of the hot fish broth and stir until boiling. Add the cold water first, or, if the fish broth be cold use two cups of broth and no cold water. Just before serving the sauce, beat into it two tablespoonfuls of butter, a little at a time.

Canned Corn Custard (To serve 8)

Heat 2 tablespoonfuls of butter sub-Heat 2 tablespoonfuls of butter substitute, in it cook a slice of onion and half to a whole green pepper, shredded very fine, stirring constantly, until yellowed and softened. Add 2 cupfuls, or a pint can of corn, a teaspoonful of salt, ½ teaspoonful of paprika, 3 eggs, beaten light, and 2 cupfuls of milk. Mix all together, thoroughly, and turn into a buttered baking dish. Bake in a pan of boiling water until firm in the center. Serve hot or cold, as the main dish at luncheon or supper, or serve as an entree at dinner. or supper, or serve as an entree at dinner

Hot Apple Dessert Dish

Hot Apple Dessert Dish

Pare, quarter, core and slice 5 or 6
apples. Put these in a serving dish suitable for the oven in layers with seeded
raisins and 1 cupful of sugar, cover and
let bake until the apple is tender. Remove the cover and set marshmallows
over the top of the apples, using as many
or as few as desired; return the dish to
the oven, for a moment only, to heat the
marshmallows and brown them slightly;
serve hot with or without cream. The
dish must be watched closely after the
marshmallows are added, as they melt
and color at a very low heat.



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ON THE HOME HIKE

First Contemptible: "D'you remember halting here on the retreat, George?"
Second D'to: "Can't call it to mind, somehow. Was it that little village in the
od there own by the river, or was it that place with the cathedral and all them factories?