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A little wholesome co-operation anywhere should get the same results.

With kind regards; yours very truly,
S. B. McCREADY,
Field Sec. for Community Organization,
610 Confederation Life Bldg., Toronto

An enclosed slip contains the following: "There are many lines of community activity developing throughout the Province, such as the eleven-acre Memorial Park in Lobo Township, Middlesex County, the organization of the Matilda Community Association at Brinston, in Dundas County, and the purchase of a five-acre athletic field in Campbellville, Halton County, through the leadership of the Amateur Athletic Association. It will be our aim to make such good work understood widely, so that the movement may be extended. Our Field Secretary's services are available to communities desiring them."

Also a copy of a questionnaire is enclosed. Anyone can get this questionnaire by writing to the Social Service Department, 610 Confederation Life Building, Toronto, for it. We hope you, Reader, will write for it and answer the questions.

Doing so may pave the way to beginning a striking progress along many lines right in your locality.

Tomatoes in Variation.

Tomato Omelette.—Slice stale light bread, and after wetting it in the following tomato sauce, fry light brown in sweet drippings or butter. Sauce: after stewing one quart of ripe tomatoes, season with butter, salt, pepper and sugar if liked. Rub through a colander.

Tomato Omelette No. 2.—Scald, peel and remove the cores from six large tomatoes. Stew till soft, then pass through a sieve.

Add three tablespoonfuls of bread-crumbs, four eggs well beaten and mixed with four tablespoonfuls of sweet milk. Salt and pepper to taste.

Mix well and bake in a moderate oven. Serve with butter.

Fried Green Tomatoes.—Green tomatoes and those just beginning to turn may be cut into rather thin slices, rolled in flour, and fried in butter. When done make a gravy by adding some milk or water and more flour if needed. Pour over and serve.

Tomato Fritters.—To one quart of stewed tomatoes, add milk to make them a little thin, about one-half cup of flour, or enough to make them of the consistency of waffles, fry in boiling fat and serve hot.

Tomato Hash.—Take bits of any cold boiled meat, chop fine, season with salt, pepper and butter and place in a baking pan; cover with cooked tomatoes that have been seasoned with salt, pepper and butter and place in the oven to brown. Serve hot. A little sugar may be added if liked.

Tomato Toast.—Cook and season to taste nice ripe tomatoes and pour over slices of nicely toasted bread, serve hot. Nice for breakfast or supper.

Tomatoes and Macaroni.—Boil one pound of macaroni in three pints of salted water for fifteen minutes. Take up in a deep platter, sprinkle thickly with grated cheese and pour over this a sauce made of well-cooked and strained tomatoes. Season with salt and pepper.

Green Tomato Pickles.—Over a half bushel of sliced green tomatoes, sprinkle one and a half cupfuls of salt and stand over night. In the morning drain off all the water and place in a jar with layers of grated horseradish and whole mustard seed. Cover with good cider vinegar either hot or cold. Place a weight on to keep all under the vinegar and in a few days they are ready for use.

Tomato Salad No. 1.—Scald and peel ripe tomatoes. Chop with celery and pour off the juice. Add any good salad dressing.

Tomato Salad No. 2.—Arrange in layers, slices of ripe tomatoes and green cucumbers. Dress with cream mayonnaise.

Tomato and Salmon Salad.—Place a layer of crisp lettuce leaves in salad bowl then a layer of peeled and sliced tomatoes, next a layer of salmon, then tomatoes, heaping some salmon in the centre to finish. Moisten each layer with mayonnaise dressing.

Stuffed Tomatoes.—Get them as large and firm as possible; cut a round place in the top of each, scrape out all the soft

parts; mix with stale breadcrumbs, cooked green corn, onions, parsley, butter, pepper and salt. Chop very fine and fill the tomatoes. Carefully bake in a buttered pan. Have the oven moderately hot, they burn easily.—Sel.

Pickles and Catsup.

Pickled Onions.—Peel small white pickling onions and put in a jar with a teaspoonful of whole pickling spice to each jar. Boil cider vinegar, allowing 1 tablespoon sugar to each quart. Let it cool and pour over onions to fill jars. Cover or cork well at once.

One Can Sweet Pickled Cucumbers.—Select small cucumbers; scrub and wash, sprinkle with salt and cover with cold water. Use half a cup of salt to two quarts of water. The next morning, drain, rinse in cold water, drain again and pack in a fruit jar; pour in vinegar to cover the cucumbers; prepare more cucumbers, day by day. When the jar is filled, drain off the vinegar, and add to the cucumbers green or red peppers, whole cloves, white mustard seed, ginger root, a few bits of mace or a piece of bay leaf. Scald three cups of vinegar and one-fourth a cup or more of sugar; pour over the cucumbers filling the jar to overflow; adjust the rubber and cover and set aside.

Old-Time Tomato Catsup.—Slice a peck of ripe tomatoes and two dozen onions. Let them boil one hour. Then press through a sieve. Add one quart of vinegar, one pint of port wine, one tablespoonful of ground cloves, one tablespoonful of allspice, half an ounce of mace, four nutmegs, grated, one tablespoonful and a half of pepper, one scant teaspoonful of cayenne, and half a cup of salt. Scald over the fire and store in fruit jars or in bottles, covering the corks with sealing wax.

The spices and wine aid in keeping the catsup, still it is best to store the catsup in small cans or bottles that no more may be exposed to the air than will be used in a short time. We see no reason why spice extracts should be better than the ground spices.—*American Cookery.*

Spiced Peaches.—Peaches should be peeled, but the pits not removed. Add to five pounds of fruit three of granulated sugar, one quart of best cider vinegar, one teaspoonful ground cloves, and one teaspoonful of allspice. Place all in a porcelain lined kettle, and boil slowly for three-quarters of an hour, when they are ready for bottling. The self-sealing jars, such as are used for preserves, are best for these also. The peaches should be carefully removed from the syrup, and placed, one at a time, in the jar until it is nearly full. Then pour in syrup enough to fill the jar to the brim. Seal while hot, as ordinary preserving is done, and let them stand for three or four days, when they will be ready for use.

Drying Fruits.

THERE are many good commercial driers on the market, and directions go with them, but fruit can be dried very well in the sun, on a home-made rack over the stove, or on plates in a slow oven. Berries are dried whole; apples, peaches, pears and quinces dry better if cut into rings or quarters. A clean, bright knife, enamelled or granite vessels, and an apple-corer are required for the work. A good test for the heat in oven or drier drying is that the product should never be so hot that it cannot be grasped with the hand. Start with a temperature of about 110 degrees F. and increase to 130 degrees F. Dry until tough and leathery; crisp drying, as for vegetables, is not necessary.

When done pour from one box to another, once a day, for a few days, and if any sign of moisture appears, return to the oven for half an hour.

When drying in the sun never leave out after sundown, as then moths may deposit their eggs and cause trouble later. Bring the racks into the house and finish in the oven, or cover closely over night and return to the sun next day. Store in tight boxes or bags, or tightly-covered jars, in a dry place.

Some Extra Hints.—Peaches are easily peeled if dipped first in a kettle of boiling water for 1½ minutes, then plunged into cold water. Cut in two, remove the pit and lay on the drier with the pit side up so that none of the juice (and flavor) will be lost.

Pears are nice when cut lengthwise