

# The Housekeeper's Page



WITH the beginning of the hot months begins all over again the housekeeper's annual warfare against the fly. It is not a pleasant subject, but if by facing it the discomfort and annoyance can be lessened, and thousands of the insects prevented from

coming into existence at all, then it must be faced. Science has proved that the fly is more than an annoyance, he is a positive menace to health, carrying about with him on each of his six adhesive feet germs picked up from the refuse in which he lives and moves, and has the greater part of his being. When the housekeeper realizes this, she will redouble her vigilance to keep flies away from the premises altogether.

So long as the insects are swarming out of doors, it is next to impossible to keep at least some of them from gaining an entrance. They must be prevented from coming around the place at all.

The fly can be exterminated. Why is it that one house will be free from the pests, and another under the same natural conditions will be overrun with them? The difference is one in degrees of tidiness. Leave nothing about for the fly to feed upon or breed in, and he takes himself elsewhere or starves. Flies cannot breed in dry places, therefore the ground around the kitchen should be drained and dry. Never throw out even clear water from the kitchen door. It is in decaying fruit, vegetables, and refuse generally that flies multiply with great rapidity. If the place is kept systematically free from decaying organic matter there will be no flies. The garbage pail in which such is collected should be of metal, with a close-fitting cover, and should be emptied frequently. If it is allowed to stand long enough to emit an odor, or if it is not emptied clean out when it is emptied, flies will find their way to it, as they are attracted by malodorous things. In the country, where there are barns and stables, myriads of flies will come to life unless the out-buildings where animals have lived through the winter are cleaned out in the spring. Especial care should be taken to keep the premises about the kitchen of farm-houses clean and free from all waste matter.

Dishes containing food should be kept covered when set in the pantry, and fruit kept under wire screens. Uncooked meat, even when fresh, has an odor which is very attractive to flies. Spilt milk, fruit juices, etc., must be washed up at once. Some cooks have an unfortunate habit of slopping whatever they touch, and where there are slops there will be flies. Scrupulous cleanliness, within doors and without, is the great protection against flies. As the general public has not yet taken the lessons of science to heart in this regard, the use of screens on doors and windows is necessary.

## Hot Weather Breakfasts

The housewife who has to cater to the fickle appetites of the members of the family in hot weather finds breakfast the most difficult meal of the day. No one comes to the table with zest on a morning that is already hot as the prelude to a scorching day, and yet it is necessary that nourishing food should be provided and eaten. The housewife probably feels no more energetic than anybody else, but her sense of duty is strong and active, and she tries to tempt the flagging appetites by serving the breakfast as attractively as possible, and making all the changes she can from the ordinary routine.

Many housewives do not recognize the possibilities of the out-door meal in summer. Where there is a verandah that is wide enough to accommodate table and chairs, cool and shady in the morning, what could be pleasanter than to have breakfast there? If the verandah is too conspicuous from the street—vines and climbing plants can screen it another season if started in time—it is possible to put up awning curtains to give the desired privacy. For porch curtains for this or other uses choose blue and white, or some equally cool-looking color, rather than the heat-suggestive red and white.

Similarly, for table decoration avoid flowers of brilliant hues, particularly at breakfast time. The difference between the effect of a vase of

white and pink or pale mauve sweet peas, or purple pansies in a low flat dish, and that of a bowl of orange nasturtiums, however handsome in themselves, is actual, not theoretical. The sight of green on the table is refreshing, and, failing flowers, a small well-kept fern in a blue and white dish, is a very satisfactory centre piece. Breakfast china patterned in a small design in pale green and white, or other delicate coloring, is better than more ornate ware. All these things tell.

For a summer breakfast, the first dish is usually fruit, preferably fresh fruit, ringing the changes on the different kinds in season. For a change, one can have a green salad of some kind. If the family is fond of tomatoes, slice a few fresh from the ice, and serve on crisp lettuce leaves, moistened with just a little lemon juice and salad oil. Something of this kind makes a good appetizer.

Cooked oatmeal, which has a heating tendency, may be exchanged with advantage for some other cereal during July and August. Once in a while have rice or tapioca. Cooked in milk enough to be quite thin, and then cooled to a jelly, and served with cream and sugar or whipped cream; rice makes a delicious breakfast dish. This is a good way of using cooked rice left over from the day before, reheating it in milk.

Baked eggs are a change from the poached and boiled forms, of which one tires at times. Here is an attractive way of serving them: Butter a number of little tin moulds or gem pans, break an egg into each carefully so as to keep the yolk whole, and set the moulds in the oven till the egg is well set. Have the plates heated, put on them small squares of softened and buttered toast, turn the eggs out of the moulds, and garnish with sprigs of parsley or watercress.

Hot breads, especially those with much shortening, are too heavy for the summer breakfast. Corn meal muffins and gems can be served hot or cold. Even on hot days it is better to have the breakfast beverage, tea or coffee, hot.

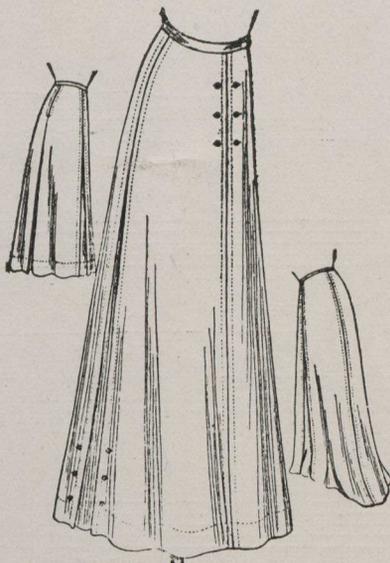
## Cool Drinks in Season

While the weather is hot, there is a strong temptation to fly to iced drinks. Now, while as much cold water can be taken as one wants, iced water has its attendant dangers. It is the throat and mouth that call for the cooling drink, and the stomach is apt to revenge itself if it is drenched with quantities of iced water. A pitcher of water set on the ice until it is as cold as at the ordinary winter temperature for drinking is as refreshing as the ice water, and is more healthful.

Iced tea is a favorite summer luncheon beverage, but it should not be made too strong. As soon as it is brewed it is strained over the cracked ice, and left to get cold, but not to the icy degree.

Lemonade, the most popular of summer drinks, can be varied agreeably without much trouble. The addition of mint makes it very refreshing. The fresh green leaves of the mint are used. Pick them from the stalk, wash thoroughly, and squeeze the lemon juice over them. A handful of leaves is enough for the juice of a couple of lemons. Make a thin syrup of sugar and water, and pour it boiling hot over the mint and lemon juice. Let it stand a little, then add some cold water, strain, and set aside to cool. More water may be added when serving, if desired.

Fruit juices in cold water are pleasant and healthful drinks, and are easily prepared. Make a syrup of sugar and water, add the small strawberries, raspberries, cherries, or other small fruit, crushed in their own juice, strain, and bottle for use.



LADIES' FOUR-GORE SKIRT.  
PARIS PATTERN No. 3299.

With separate skirts as much worn as they are this season a new model is always welcome. In the illustration we show one which has several points of novelty about it. The small number of pieces means that it will be found simple to construct, and the four gores allow it to be made of either wide or narrow material. The skirt has four gores and at the centre of the front and back the cloth is turned back and stitched to give the effect of a slot seam. At each side is a real slot seam, with a strip of material sewed underneath the turned-back edges of the material. A skirt of this description will be excellent in Panama, brillantine, pongee, linen, or gingham of good quality. It will be suitable for either long or short skirts, and may be trimmed with buttons or braid or both, or it may be entirely untrimmed. The pattern is cut in 6 sizes, 22 to 32 inches waist measure. To make the skirt in the medium size will require 4 yards of material 36 inches wide.



LADIES' SHIRTWAIST.  
PARIS PATTERN No. 2962.

Closing at the left side of the front under the wide panel effect and made up in Persian lawn, this is a dainty little model. The first three tucks either side of the front are stitched their entire length, while the others are stitched to nearly the bust line. The caps of the new-fashioned sleeves are also tucked and trimmed with insertions or embroidery, similar embroidery trimming the cuffs. The pattern is in 7 sizes—32 to 44 inches bust measure. For 36 bust the waist requires 5 1/4 yards of material 20 inches wide, 4 1/2 yards 24 inches wide, 4 yards 27 inches wide, 3 3/4 yards 36 inches wide, or 2 3/4 yards 42 inches wide; 2 1/2 yards of insertion.

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