

ABOUT THE HOUSEHOLD

Delectable Dishes.

Carrot Jam.—Wash the carrots and scrape them clean, then boil until quite tender. Mash them very smoothly and to each pound of pulp add three-quarters of a pound of sugar, a generous pinch of ginger and a half teaspoonful of grated lemon rind. Boil all together until it sets when a little is dropped on a plate and then put up in sterilized jars as usual.

Green Tomato Pudding.—Line a pudding mold with suet pastry and fill with green tomatoes, sliced and peeled. The tomatoes should be put in between layers of sugar and seasoned with lemon juice. Cover the top with a lid of the pastry, fasten up as usual and boil hard for two hours. When cooked turn out of the mold and serve with a simple syrup sauce flavored with ground ginger.

Vienna Steaks.—Chop together one-half pound each of raw, veal and beef. Season with three-fourths teaspoon salt, paprika and a little celery salt, one-eighth teaspoon nutmeg, one teaspoon lemon juice and a few drops of onion juice. Add one beaten egg. Mix thoroughly and let stand three hours. Make into small steaks and pan broil. While hot spread with butter and sprinkle with salt and pepper.

Plum Sago.—Soak three and one-half ounces of fine sago in a pint of water for at least an hour, and then put both into a saucepan and bring to a boil. Continue boiling very gently, stirring frequently, until the sago is quite clear. Stone and skin one pound of plums and add them, together with six ounces of sugar, and keep the whole simmering until the plums are soft. Then pour into a well-rinsed mold and when cold turn out on a glass dish and serve with whipped cream.

Tomato Cream Soup.—Heat one quart of strained stewed tomatoes to boiling; add two tablespoonfuls of flour rubbed smooth in a little cold water. Let the tomatoes boil until thickened, stirring constantly that no lumps form, add salt, also one-half a teaspoonful of celery salt. Have ready one cup of hot rich milk or cream, add the cream or milk to the tomatoes, and let all boil together for a minute, serve with bread cut in inch squares and browned in a hot oven.

Vinegar Cabbage.—One cabbage, seasoning one ounce of butter, one cupful of best malt vinegar. Shred the cabbage finely and boil rapidly in salted water until it is quite tender. Stand on one side of the stove to keep hot and make a sauce by blending the butter and the seasoning with a cupful of vinegar. Pour the sauce over the cabbage, cover the saucepan and let it stand on one side of the stove for five minutes, as before. It is then ready to serve.

Apple Pie.—Sift together one heaping teaspoonful baking powder and one pint of flour, add a piece of butter as large as a walnut, one pinch salt, one beaten egg, sweet milk enough to make a soft dough. Roll it out one-half inch thick, butter a square biscuit tin and cover the bottom and sides with dough; fill the pan with quartered juicy apples, sprinkle with a little cinnamon and molasses. Bake in rather quick oven until the crust and apples are cooked a light brown. Sprinkle a little sugar over the top five minutes before removing from oven.

Sweet Pickled Damsons.—Put two pounds of damsons in a large jar with one pound of cube sugar. Cover with thick paper and stand in the oven till the fruit is tender, but not at all broken. Drain off the syrup and add to it one-half pint of vinegar, six cloves, the same of allspice berries, ten peppercorns and a bit of ginger and mace. Boil all these ingredients together, and when cold pour them over the damsons, which should have been placed in jars or bottles. If bottles are used they should be corked and the corks waxed over. The pickle is fit for use at once, but improves by keeping. It is excellent with fried steaks and chops, as well as with cold meat.

Carrot Chowder.—One cupful of diced raw carrot, one cupful of diced

For a Quick Pick-Up

Luncheon try that most delicious, nourishing, whole wheat food, **Triscuit**, the shredded wheat wafer-toast. It contains all the body-building material in the whole wheat grain, including the bran coat which promotes healthful and natural bowel movement. It is real whole wheat bread without yeast, baking powder or chemicals of any kind—an ideal food for children because it compels thorough mastication and ensures perfect digestion. A crisp, tasty "snack" for picnics or excursions. Toast in the oven and serve with butter, soft cheese or marmalades.

Made in Canada

raw potatoes, one cupful of sliced raw onions, one tablespoonful of chopped parsley, one cupful of milk, half a tablespoonful of flour, half a tablespoonful of butter, season. Boil the carrots and onions in a quart of boiling water for fifteen minutes with the lid off the saucepan; add the potatoes, cover and boil for twenty minutes; stir in the milk and seasoning and boil for five minutes. Melt the butter in a cup and stir the flour into it smoothly. Add to the contents of saucepan, boil all together for another five minutes, sprinkle in the parsley and serve.

Macaroni Stuffed Cabbage.—One head hard, white cabbage, one and one-half cups cooked macaroni, one tablespoon flour, three tablespoon butter, one cup sweet milk, four tablespoon grated cheese, salt to taste. Cut outer leaves from cabbage and one thick slice from top. Stand in salted water for ten minutes or so. Wash in cold water and boil until fork will pierce it. Remove, drain and cut out center. Melt two tablespoon butter, add flour and when smooth milk. Cook until thickened, add cheese and salt to taste. Put remainder of butter over cabbage, sprinkle with cayenne, and fill hollow alternately with layers of macaroni and sauce. Bake until cabbage is tender and browned on top.

Home-Made Fireless Cooker.

A fireless cooker is almost a necessity in the up-to-date kitchen, but the expense is a serious consideration with the young housewife. However, a very satisfactory substitute can be made at virtually no cost and will prove an economical means of boiling and stewing. Get a stout wooden box, if possible with a hinged lid, line it with newspapers or packing paper; then cover the papers with baize or felt. Cover the lid inside in the same manner. Press enough hay firmly into the bottom of the box to form a compact layer six inches deep. Fill the box with hay, pressing it well against the sides, and make nests for the pans or casseroles you intend to use, leaving a partition of hay between the top of the pots and the box lid. To fill this space you make a mattress like cushion of baize and fill it tightly with hay. It must fit the top of the box tightly and be six inches thick. See the contents of the pans are absolutely boiling when put in. If opened during cooking they must be reboiled. You can make any kind of stew, of meat, game or poultry, by cooking it over the fire in the usual way for twenty minutes, and when boiling putting it into the hay box, covering it up with the cushion, shutting up the lid and leaving it six hours. Lentils, pea or mixed vegetable soups require thirty minutes' boiling on the fire and four hours in the hay box. Boiled meat requires thirty minutes' boiling for a small joint and forty-five for one of five pounds and four to five hours in the hay box. Beefsteak pudding requires an hour steady boiling on the fire and four to five hours in the hay box; suet pudding the same. Soft vegetables, like potatoes, and cereals, like rice, sago, tapioca, macaroni, require five minutes' boiling and one and a half hours in the box. Haricot beans, lentils, carrots, turnips, require twenty minutes' boiling and three hours in the box. Oatmeal porridge can be cooked fifteen minutes on the fire, then left all night in the box, and be given five minutes on the fire before serving at breakfast. Any kind of fruit can be stewed in the hay box. It is best to make a syrup of sugar and water, add cloves, lemon or any flavoring liked, bring to the boil, add the fruit and let it simmer ten minutes; put into the cooker and leave three hours. Small fruit takes less time. Any dish that is to be eaten hot must be brought to the boil after taking it out of the hay box before serving.

Useful Hints.

Mend knitted underwear with a crochet needle. Sweet oil will remove finger marks from furniture. If you wish fish to be crisp, do not cover while cooking. A sharp instrument should never be used to remove dirt from beneath the finger nails. When chestnuts are in season they are a delicious addition (boiled) to a simple salad. Baked stuffed tomatoes or peppers

will be much improved if brushed over with olive oil. Do not leave the furnace ashes uncovered after sifting. Sprinkle with water and cover tightly. Tea that is long steeped loses a delicate flavor and develops a large amount of tannic acid. Vegetables containing sugar will not keep their sweetness long and should be cooked as soon as possible. Croquettes should stand in a warm place for half an hour before frying; this makes them brown more quickly. In covering jelly with paraffin it is best to melt the paraffin and turn it over the jelly while the latter is hot. For peach stains, wet the stain, spread it with cream of tartar, and place in the sun. Then wash as usual.

A good flavor can be added to the scalloped potatoes by adding a sweet green pepper, boiled and chopped fine. Bread should not be put into a too hot oven. It should not brown for the first ten minutes, and then only gradually.

If garbage is burned it should be first dried; otherwise steam is created and the moisture is injurious to the firebox. Milk strainers can be cleaned by rubbing a cake of soap over the wire and then pouring boiling water through the strainer. Eggbeaters should be rinsed as soon as used, and any dish that has had eggs in it should be filled with cold water until it is used.

To prevent cakes, pies and other pastry from burning on the bottom sprinkle the bottom of the oven with fine, dry salt, and your cake or pies will bake perfectly.

When coal is red-hot it has parted with most of its heat; therefore, dampers should be closed before it reaches that stage to prevent the heat from going out the chimney. When preparing asparagus for the table, it is well to strip off the beads all the way up to the head, because it is these little pockets that catch the sand, and washing does not remove it. If you wish to keep a very low fire going in the furnace, do not clean the ashes from the fire for several days, but just enough draught to light it.

A simple and splendid filling for pin cushions can be made of dried coffee grounds which do not pack down and never rust the needles. Be sure all the coloring is out of the grounds before filling the pin cushions.

To get rid of ants in the house point the edges and cracks of the floor with oil of pennyroyal. The ants will disappear very quickly. Care must be used in the use of the drug, as it is a poison. Cayenne pepper is also very effective in ridding the house of ants. Sprinkle it about freely wherever ants are seen.

AUSTRALIAN PEARLS.

United States is the Market for Pearl Fishers' Finds.

Most of the present yield of Australian pearls is going to the United States. Pearlers are getting less for their product than three or four years ago before the great war began. Most of the pearling fleet is laid up and the few boats that are at work at Thursday Island and Broome are in commission only to keep hands employed. This is a state of affairs far removed from that when four specimens sold for \$85,000 and another was obtained which is valued at \$25,000. Meantime a Commonwealth Government commission to inquire into the possibility of introducing white labor into the pearling industry has drafted a report which will recommend that matters be left largely as they are at present. That is to say virtually that white men are not a success as pearl divers. "Pearling," remarks an Australian pearler, "is a precarious business and many men go 'broke' at it. But as with mining there is a peculiar fascination about it. You never know your luck. Once a man embarks in the game he generally keeps going in the hope of some day striking a pearl of great price."

Good Excuse.

"She says she wishes she could see herself as others see her." "That's just an excuse for spending a lot of time in front of a mirror."

INSURES PERFECT BAKING RESULTS

MAGIC BAKING POWDER

CONTAINS NO ALUM - MADE IN CANADA

THE FASHIONS

The Silhouette of the Hour.

There is a quiet dignity and simplicity about the styles, in which we notice that Fashion has taken Moderation to be her watchword. At least for a while—who can say for how long?—she seems to have given up everything that savors of exaggeration. Having realized that the extreme shortness of the skirts was too exaggerated, she has ordained that skirts shall be longer. The average length of the skirt to-day is about six inches from the floor. There are some Paris houses which have gone to the other extreme, however, and have made dresses with skirts that reach the floor, but the majority of them have struck a happy medium, and it is not at all likely that the days of trailing skirts will come back again.

Dresses, too, are free from that extravagant flare which characterized them before, and for the attainment of which we often had to resort to artificial means. This season the flare is conspicuous for its absence, one might say, for most of the dresses hang in straight, soft folds. Nothing has been taken from the width of the skirts. They are just as ample, and the skirt that measures from three to three and a half yards around the hem is still considered a conservative width.

Straight Lines Favored

Although the straight effects predominate in the more practical styles, in afternoon and evening dresses there



The Straight Lines of the New Silhouette.

are some soft droppings to be seen. Apron effects, too, in the form of soft pleated or gathered bits of the material, hang loosely in front of some of the dresses.

The waistline in the new fashions is generally in the normal position where nature meant it to be, but will probably not be stationed there for any

length of time. There have been not a few examples of the low waist of the Moya Age and this seems to be gaining popular favor at a great rate. A good many one-piece dresses are made with the skirt attached at a low waistline, and a girdle is either tied loosely at that point or arranged at the normal line.

Navy Blue Serge for Autumn

The dark blue serge dress for autumn is ubiquitous, and when it is not trimmed with colored beads or embroidery it is the exception. Some of the beaded and embroidered designs



An Attractive Afternoon Frock

are quite elaborate, but in others it is just a simple touch here and there that gives character to a dress and furnishes the correct spot of color.

Although it is evident that navy blue and black are the favorite autumn colors, still there is quite a large range of other colors to choose from, and they have the advantage over the two former in that they are newer. One gets tired of dark blue and black, so the new colors are welcome not only for the sake of the variety but because they are in themselves very beautiful. Plum and purple have been adopted by Paris, probably on account of their being the colors that are used for second mourning, and the same is true of gray also. Among the other fashionable colors are the rich, warm burgundy, dark green and mustard yellow. In addition to these, brown in several lovely shades is favored.

The silhouette of the hour is well depicted in the illustration of the one-piece frock shown here. The design is such that it may be developed in two materials if desired. The gathered side sections of the skirt, as well as the sleeves and side body, might be of satin and the remainder of the dress of serge. Bone buttons form a straight unbroken line down the front from collar to hem. The collar is open at the throat, for women seem to prefer the open neck to the high, even for autumn wear.

Another frock typical of the style

of the season is seen in the second illustration. It shows the close bodice, which ends in front in a pointed tab falling over the deep crush girdle. A tassel finishes the tab. This lends a fashionable touch often introduced in this season's frocks. On the skirt the large pointed pockets are the novelty. The points are embroidered to match the front of the waist.

These patterns may be obtained from your local McCall dealer or from The McCall Co., 70 Bond St., Toronto, Ontario.

A MAIL CARRIER'S ADVENTURE.

Exciting Experience With a Mountain Lion.

It was a cold, blustery day in mid-December and the westerly wind raged across the Montana hills. The air was filled with snow that had fallen the day before and that the wind was now blowing into deep drifts.

Jack Reynolds, the mail carrier, had ridden out from Rocky Ford to the end of Sixteen Mile Range, where his route stopped, and now, late in the afternoon, he was fighting his way home again in the teeth of the biting wind and snow. He was well-prepared for the cold; for besides a fur coat with a high collar, he had wrapped a pair of blankets round his body and at his feet were covered with three pairs of woolen socks and heavy fur-lined boots. The slopes of Sixteen Mile Range were covered with a dense forest of pine and fir, and the road that through the woods is both narrow and winding. It is a great trapping country, and bear, elk, wolves and mountain lions are all to be found in the woods. It was nothing unusual for the mail carrier to catch sight of several of these animals during one of his trips, but he had never had any trouble with them, and never expected to have any.

On this afternoon as dusk was drawing on, Reynolds came round a sharp curve in the road and saw a large mountain lion standing in the middle of the trail. At the sight of the man the lion turned and ran into the dense forest, and Reynolds thought no more about it.

He had ridden on a mile or so when his horse gave a sudden snort of surprise and terror and jumped forward. Reynolds turned his head just in time to see the lion jump for him. It had been stealthily following him ever since he first saw it.

Reynolds dug his heels into the horse's side, but he was too late to escape the lion's leap. The creature landed just on the back of the saddle and ran its claws into the horse to keep its hold. The horse screamed and struggled, but the lion held on and seized the man by the back of the neck with its sharp teeth. Fortunately the collar of Reynolds' fur overcoat kept the teeth from his flesh.

The mail carrier tried to free his right hand from the blanket that he had wrapped round him, but the terrified horse was bucking and kicking so wildly that Reynolds could not do much. Meanwhile the lion was doing its best to bite through the fur collar that protected Reynolds' neck, although the activity of the horse obliged him to give a good deal of attention to the simple matter of sticking to his place on the animal's back.

At last Reynolds did get his hand free from the blanket, tore the mitten from his hand and got his six-shooter from his belt. He raised it back of his head and shot three times, but the horse bucked so wildly that he missed each shot. There were no more shells in the gun, but he had several in his belt. He got ten cartridges out of the belt and slipped three of them into his six-shooter. The rest fell to the ground.

Seizing the saddle horn as firmly as he could, Reynolds raised the weapon again and shot two of the cartridges behind him. At the second shot the lion screamed and fell backward. The horse at once began to run as fast as it could, and it was some time before Reynolds could stop it. Then he turned and rode back.

The lion was trying to get up. It was hit in the shoulder, and it could not stand on its right foreleg. The mail carrier discharged his last cartridge. The ball struck the lion in the head, and it fell dead.

Reynolds quieted his horse, which was trembling and sweating with fear and then picked up the body of the lion and tied it securely to the saddle; the skin was too valuable to lose. In this manner he made his way through the fast-falling night to his cabin. It was an unusual tale he had to tell his wife and children that evening round the supper table.

At a depth of two thousand fathoms under the sea the pressure of water is two tons to the square inch, and the temperature is only just above freezing point.

TO THROW OFF THE GERMAN YOKE

RUSSIA DETERMINED FOR FINAL VICTORY.

"We Will Never Bow Before the Germans," Is Voice of the People.

When one sits in Petrograd on a cold winter day in a half-heated room and sees before one the questionable blessing of spending five hours in a queue to get one pound of sugar, one is bound to become rather pessimistic. It seems that the Russians, even in Petrograd, where usually German influence has been specially felt, are in quite a particular frame of mind, writes a London correspondent in Russia.

A few nights ago I spent the evening with the family of a small merchant. Everything was as usual; even the "samovar" was there, though soon it is bound to become more or less of a luxury, owing to scarcity of charcoal.

"Peter Ivanovitch," said I to him, "how does the war affect your business?"

"Very much indeed," said he. "A few more months of the war and I shall be forced to close my shop. 'Isn't the war dreadful?'"

"You see," he went on, "you foreigners do not quite understand what war means for Russia. The Germans have been sucking our blood for centuries and we let them do it. We are rather slow in deeds. The Germans have gradually enveloped our whole life, social and political, directing it for their own economical advantage, and we did not move. Then, through their banks, they began to buy up Russian land to the detriment of our peasants. They began to form syndicates to control the whole of our industries—they began to dream of making Russia their colony. Then at last we woke up and now these neighbors who have abused our hospitality will be swept off the map. There can be no other result of the war. We shall sacrifice everything for that purpose. We will never bow before the Germans!"

Faith in the Duma.

Everybody is keen on the war. Amongst the peasants there are some who have returned from the front wounded. Not one of them asked me how long the war was going to last. The only question was, when they learned that I came from Petrograd, when the Duma was going to assemble. They have an implicit faith in the Duma and are persuaded that if it sat permanently the Russian Army would be by now in Berlin. They believe also that it is due to the pro-Germans, who want a speedy, patched-up peace, that the Duma has been prorogued. But they are as determined to fight to a finish as was my friend the merchant of Petrograd.

"We still have plenty of men capable of fighting," said the Mayor of the village to me, "and if they at Petrograd should begin negotiations for peace before the Germans are finally crushed, we shall force them to continue."

Life in the Villages.

One would never say, judging by the appearance of the villages, that Russia is engaged in the most dreadful war the world has ever known. The fields are tilled as usual. It is true there was a scarcity of labor during harvest time, but students of the universities and the higher classes of the Secondary schools organized detachments of volunteers, the "Druzhina," who did their best to counterbalance the scarcity.

In one of the villages which I visited, there were some Austrian prisoners who were sent during harvest time to help, and remained afterwards. They were on very friendly terms with the peasants and had already begun to talk a little Russian. There is less friendly feeling for the German prisoners of war, and there were some conflicts, but then the German is always haughty, and though a prisoner of war, treats the Russian peasant as his inferior.

Shell Spoils German Beer.

Lieut. Fischbach, the adjutant of one of the Prussian regiments on the eastern front, writes home to Berlin: "There was joy in one of our companies recently. One of the soldiers had received a large barrel of genuine Bavarian beer from his father, and he invited his comrades to share the precious beverage with him. As the barrel contained sixty-eight gallons every man of the company would have received about a quart, but the Russians spoiled the feast. Just as the barrel was about to be tapped a shell struck the cask and the beer squirted in all directions. Two men were killed and three others severely wounded."

Sugar Barons of Japan.

The sugar production of Formosa has risen since the island was taken over by the Japanese in 1895 from 75,000 to 360,000 tons annually. Millions of dollars have been invested by Japanese in sugar mills in Formosa, and the war has further stimulated the trade in sugar there. According to the Manchuria Daily News, 31,000 tons of Formosa sugar are to be sent to Australia, 2,000 tons to Hong-Kong, 15,000 tons to Canada, and 25,000 tons to India, China, Manchuria and Korea.



Serbian Troops Build Sanctuary in Honor of King Peter

THE troops of the reorganized Serbian army north of Salonika recently erected a sanctuary with their own hands in honor of King Peter. This shows mass being held just before the troops are going forth to battle.

AFTER A DAY OUT DOORS

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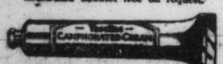
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