

THE COOK'S CORNER

Send in your favorite recipes, for publication in this column. Inquiries pertaining to cooking are solicited, and will be replied to, as soon as possible after receipt of same. Our Cook Book sent free for two new yearly subscriptions at \$5.00 each. Address, Household Editor, this paper.

Canning and Preserving

Our new Cook Book contains a large number of tested recipes for canning all kinds of vegetables and fruit, not the "cooking school" kind of recipes but good reliable recipes, tested and contributed by Ontario's housewives. You can get a copy of the Cook Book free by sending us only two new yearly subscribers to The Canadian Dairyman and Farming World, at \$1 each. Address, Editor, Cook Book Department, Canadian Dairyman and Farming World, Peterboro, Ont.

Our Graham Gems

Into one teaspoon molasses, stir thoroughly one heaping teaspoon baking soda. When it is a mass of foam, add 1 pt. sour milk—clabbered milk is the best—and stir this well with the molasses. Now put in a teaspoon of salt and stir in 3 parts wheat flour to 1 part graham flour, until you have a dough so stiff it will stand alone. Drop by spoonfuls on hot, greased pans and cook in hot oven until they are a golden brown. Serve hot with butter. There is never any waste of these in

a family where there are children for they will eat them cold as readily as they will cake.

Honeyed Baked Apples

In baking apples, honey for sweetening is truly delicious. Wash the apples and core them, but do not peel; a bit of cinnamon may be put in the holes made by removal of the cores. Put the apples into a baking pan with just enough water to cover the bottom of the pan. When the apples have cooked 30 minutes, add the honey and bake them frequently until done. For very sour apples, use a half gilt of honey to every six apples. Eaten hot or cold with or without cream they are very good.

Mixed Vegetable Salad

This is an excellent way to use left-over vegetables. Cut cold cooked string beans into thin strips, a fourth of their quantity in raw onion cut in very thin slices. A third of their quantity in cold boiled potatoes, slices thin. Add a sliced cucumber. Mix lightly with French dressing and serve on crisp lettuce leaves.

Cabbage Pickle

Slice heads very fine put in a jar, then cover with boiling water; when cold drain off the water and season with salt, black and red pepper, cinnamon and cloves; cover with good strong vinegar. This is always good and convenient and superior to the "kraut," which gets stale when spring weather arrives.

A Traveller's Ironing Outfit

When we go away on a vacation or take a trip from all "the comforts of home," we frequently feel the need of pressing a waist or a gown or kerchief. On such an occasion we do not want to bother any one with heating irons—indeed, there are times when a hot iron is out of the question.



They Nickle Stove

A bright idea was hit upon by a clever and original fellow to "do up" and keep fresh and crisp her dainty summer waists, organdie and other dresses. She was puzzled to know how she could keep her waists looking fresh and dainty.



Covered Bread Board

without having to pay some one to press them. She bought a "bread board," such as is used for rolling pastry on, and was careful to see that it would fit in her trunk. She covered it with a piece of cloth.



By batting, then with a piece of an old sheet, after which it was slipped into a case made of brown linen bound with red braid.

On the cover of the case was a pocket containing iron-holders, which were covered with the brown linen. Then she bought a nickel-plated flat-iron, an iron stand, a bottle of alcohol and a little alcohol stove, the kind that generates gas. Thus equipped she was ready for her trip, for with her "travellers' ironing outfit" she was mistress of the situation when it came to pressing and "doing up" dainty things in her wardrobe.

Another girl, who had gone to the city to live, and who had heard of this bright idea thought it would be a saving of time and money if she had an apparatus in her room; this even if she was at home, where she could easily get an iron. So she has treated herself to an outfit, and says that the appearance of her wardrobe is greatly improved, for by having her pressing outfit at hand she will often "give the press that saves nine," when if it were not convenient it would never be done. This smart girl even presses her tailor suits, thereby saving herself many a penny.

Vegetables as Medicine

Water cress is an excellent blood purifier.

Lettuce has a soothing effect on the nerves and is excellent for sufferers from insomnia.

Tomatoes are good for a torpid liver, but should be avoided by gouty people.

Celery is a nerve tonic; onions also are a tonic for the nerves.

Spinach has great aperient qualities, and is far better than medicine for sufferers from constipation.

Beetroot is fattening and good for people who want to put on flesh.

Parsnips possess the same virtues as sarsaparilla.

Cranberries correct the liver.

Asparagus stimulates the kidneys. Bananas are beneficial to sufferers from chest complaints.

Celery contains sulphur and helps to ward off rheumatism.

Honey is a good substitute for cod liver oil.

The juice of a lemon is excellent for sore throat. It should not be swallowed but used as a gargle.

Carrots are excellent for gout.

The Sewing Room

Patterns 10 cents each. Order by number, and state if for children, give ages. For adults, give bust measure for waists, and waist measure for skirts. Address all orders to Pattern Department, this paper.

Up-to-Date Fashions

Have you patronized our pattern department lately? We have a new column for up-to-date and stylish fall styles. Our patterns are reliable and seasonable. They have given good service to a large number of women this year. Why not try ordering one or two and give them a trial? If you desire patterns of anything in particular that are not illustrated in the Pattern Column, send our Household Editor a post card telling your wants. They will be promptly attended to. All patterns, ten cents each.

OPEN DART FITTING DRESSERS 5622.

Underwear that does away with bulk over the hips is much to be desired. Here are drawers that are roomy, shapely and comfortable. They are made with the leg portions finished with frills or hems. They are to be perfectly smooth over the hips while the upper edge is finished with a shaped underbinding.

Material required for the medium size is 3 yds 36 inches wide, with 1 yd of interlock and 4 yds of edging.

The pattern is cut for a 28, 30, 32, 34, and 36 in waist and will be mailed on receipt of ten cents.

DOUBLE BOX PLAIRED SKIRT WITH FINED UP BETWEEN 5706.

The double box plaired skirt is one of the latest novelties. The skirt is made with plain, narrow panels, which are stitched to the box plaires to the box plaires. The panels are stitched to the box plaires to the box plaires. The panels are stitched to the box plaires to the box plaires.

Material required for the medium size is 15 yds 37, 39, 41, 43, 45, 47, 49, 51, 53, 55, 57, 59, 61, 63, 65, 67, 69, 71, 73, 75, 77, 79, 81, 83, 85, 87, 89, 91, 93, 95, 97, 99, 101, 103, 105, 107, 109, 111, 113, 115, 117, 119, 121, 123, 125, 127, 129, 131, 133, 135, 137, 139, 141, 143, 145, 147, 149, 151, 153, 155, 157, 159, 161, 163, 165, 167, 169, 171, 173, 175, 177, 179, 181, 183, 185, 187, 189, 191, 193, 195, 197, 199, 201, 203, 205, 207, 209, 211, 213, 215, 217, 219, 221, 223, 225, 227, 229, 231, 233, 235, 237, 239, 241, 243, 245, 247, 249, 251, 253, 255, 257, 259, 261, 263, 265, 267, 269, 271, 273, 275, 277, 279, 281, 283, 285, 287, 289, 291, 293, 295, 297, 299, 301, 303, 305, 307, 309, 311, 313, 315, 317, 319, 321, 323, 325, 327, 329, 331, 333, 335, 337, 339, 341, 343, 345, 347, 349, 351, 353, 355, 357, 359, 361, 363, 365, 367, 369, 371, 373, 375, 377, 379, 381, 383, 385, 387, 389, 391, 393, 395, 397, 399, 401, 403, 405, 407, 409, 411, 413, 415, 417, 419, 421, 423, 425, 427, 429, 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