

About the House

Useful Hints and General Information for the Busy Housewife

Dainty Dishes.

Pepper and Celery Salad.—Three cups chopped celery, one cup broken walnut meats, pepper cups for individual service and mayonnaise sufficient to make celery and walnut mixture of right salad consistency. Fill pepper cups and set on ice. Garnish with nut meats and celery.

Apple cream is a tasty dessert. Peel and core tart apples; slice and weigh them and to three pounds take one cupful of sugar; put in a granite kettle with the grated rind and the juice of one lemon; two cloves and one in ch of stick cinnamon, simmer slowly until the apples are very tender, then rub through a colander. Sauté one pint of fresh cream, mix with it the apple pulp and serve cold.

Planked Steak, Potatoes.—Heat plank through before placing meat on it. Brush meat over with olive oil, dust with pepper and salt and lay plank in broiling oven for fifteen or twenty minutes. When steak is nearly done, take plank from oven and garnish by pressing mashed potatoes through pastry tube in little nests around steak. Fill nests with buttered peas.

Onion Soup With Cheese.—Four medium sized onions, three table-spoons butter, one quart stock, American cheese, toast. Slice onions thin and cook them gently in butter until perfectly tender, but not browned. Add to stock and let simmer five minutes. Cut slices of cheese one-fourth inch thin and lay on toast. Set in oven until cheese melts, put slice of toast in each soup plate and pour soup over it.

Prune Soufflé.—Wash one pound prunes thoroughly in several waters and soak over night in warm water to cover. Place over fire in morning with one-half cup sugar and simmer slowly until they are soft and tender. Stone and pass through sieve. Crack pits, chop kernels fine and add to prune pulp. Beat whites of three eggs very stiff and fold in. Place in baking dish and bake about twenty minutes, until puffed up and whites of eggs set. Have oven at moderate heat.

Jellied Chicken Salad makes a fine luncheon dish. Cut up into small cubes sufficient cold cooked chicken to make a quart. Season well with salt and pepper, add two cupfuls of celery cut fine, and moisten thoroughly with plain gelatine dissolved in a little hot chicken stock. Pour into pans the depth of about half an inch and set in a cool place until firm. At serving time, cut the jellied chicken in strips, arrange on a bed of lettuce.

To make walnut salad break the shells of some walnuts, remove the kernels carefully, blanch them to remove the skins, place them on a dish, squeeze over them the juice of one or two lemons, sprinkle with salt and pepper, and let them macerate for three hours, turning them about occasionally. At the end of that time they will be ready for serving, and will make a very nice dish arranged on a lettuce leaf. If the juice of some unripe grapes can be obtained, it will be preferable to the lemon juice.

To make codfish-balls shred one cup of raw codfish and press into the cup, put two and one-fourth cups of potato cubes in a saucepan, add the fish and cover with boiling water. Cook until the potatoes are tender, but not mushy. Drain in a colander, mash thoroughly. Add one-eighth of a teaspoonful of salt, a quarter teaspoonful of pepper, one tablespoonful of vegetable oil, beat with a fork until light and fluffy, add one egg well beaten and beat again. Shape into balls, brush over with beaten egg, toss in fine breadcrumbs and fry in smoking hot oil. Drain on white paper and serve hot, decorated with sprigs of parsley.

Jellied Apples.—Pare and halve tart apples, then core, making good sized cavity in each half. Put two cups sugar on to boil with two cups water and in about ten minutes add apples, letting them cook slowly until tender and transparent. Take out apples, drain and arrange in dish, filling cavities with orange or strawberry marmalade mixed with chopped nuts. Add enough water to syrup in which apples were cooked to make one pint, flavor with lemon extract and stir into liquid one tablespoon gelatin or jelly powder dissolved in a little cold water. If pink gelatin is not used, color pink with fruit coloring, and pour over apples in dish. When cold and firm, turn out and serve with custard sauce.

Household Hints.

Corn and milk-fed chickens are tenderest. Cakes without butter require a quick oven.

No tea table is complete without a lemon dish. Plunging soiled linen into boiling water will set the stains. It pays better to buy regular scrub clothes than to use up old rags.

If very warm bedroom slippers are desired, they can be lined with shaker flannel.

It is a good idea to keep one pint jar just for melting chocolate, then no chocolate is wasted.

The Fashions

Spanish Combs and Scarfs Worn.

The Spanish influence, they call our tendency this season toward ruffles, flounces, laces, full short skirts, and basques. Whether it will really be an important issue in the summer fashions is yet to be seen; so far it is being noticed only in a strong leaning toward the deep Spanish flounce of lace on dance and dinner dresses, and on lingerie summer frocks.

In the fascinating Fandango, danced in the second act of Goyescas, the dancer wears a charming little frock of yellow, with two deep black lace flounces joined to veil the skirt from



Novel Skirt Drapery.

below a deep yoke depth; the frock is so dainty and graceful that it should incline us all to Spanish lace flounces.

The Vogue of Lace.

Much lace is being used on dresses aside from flounces. One of the favorite methods is to veil a deep band of lace in the bodice, as shown in our first illustration, and another use is shown in the sleeves and front panel effect on the other frock. The metal laces, rather heavy in weave, are especially effective for veiling purposes. The gold and silver bandings are most attractive. Often in the costume blouse the lace is attached to a fresh colored lining, or is veiled first with pale pink chiffon and the pink in turn veiled with the dark blue black, or other shade of the blouse.

Raglan and Drop Shoulders.

Becoming and graceful for all types is the drop-shoulder, especially when



A Charming Use of Lace.

the blouse or frock is fashioned of a soft, drapy stuff like crepe Georgette, chiffon or some of the soft silk crepes. The fad for trimming these soft materials with colored beads is one of the most artistic and effective notions we have seen for many a day. A blouse in Russian style, imported recently by one of our smart shops, was fashioned of a dull copper-colored

New Records Created by The Sun Life of Canada

PROGRESSIVE business methods, backed by forty-five years of fair-dealing, have achieved for the Sun Life of Canada during 1915 records that are new in the Canadian life assurance field.

Assurances of over \$34,000,000 issued and paid for in cash; Total Assurances in Force of over \$250,000,000; Total Payments to Policyholders since organization of more than \$52,600,000; Assets in excess of \$74,000,000; a Cash Income of nearly \$16,000,000 and an Undistributed Net Surplus of over \$7,500,000—all are high-water marks in the annals of Canadian life assurance.

Their achievement maintains the established prestige of the Sun Life of Canada as

A Leader Among the Life Companies of the Empire

The following substantial and uniform increases registered during the past year clearly demonstrate the strength of the Company's position:—

	1915	1914	INCREASE
Assets at December 31st.	\$74,328,423	\$64,187,656	\$10,138,767 (15.8%)
Cash Income	15,972,672	15,002,275	970,397 (6.1%)
Surplus Distributed to Policyholders	985,487	801,703	183,784 (23.0%)
Net Surplus at December 31st.	7,545,531	6,003,791	1,541,740 (25.7%)
Total Payments to Policyholders	7,129,479	6,101,247	1,028,232 (16.9%)
Assurances Issued and Paid for in Cash	34,873,851	32,107,289	2,766,562 (8.6%)
Assurances in Force	257,404,160	218,209,835	39,194,325 (17.9%)

THE COMPANY'S GROWTH

YEAR	INCOME	ASSETS	LIFE ASSURANCE IN FORCE
1871	43,000.00	50,000.00	1,000,000.00
1880	200,000.00	250,000.00	5,000,000.00
1890	1,000,000.00	1,500,000.00	25,000,000.00
1900	5,000,000.00	7,500,000.00	125,000,000.00
1915	15,972,672.00	74,328,423.00	257,404,160.00

T. B. MACAULAY, F.I.A., F.A.S., S. H. EWING, FREDERICK G. COPE
PRESIDENT AND MANAGING DIRECTOR, VICE-PRESIDENT, SECRETARY

SUN LIFE ASSURANCE COMPANY OF CANADA

1871 HEAD OFFICE MONTREAL 1916

MEAT TO BE SCARCE ABROAD AFTER WAR

SERIOUS PROBLEM FACES THE EUROPEAN COUNTRIES.

Stock Breeding on a Great Scale Needed to Replenish Supply.

None too plentiful before the war, meat is likely to become a real luxury in Europe after peace is declared and remain so for a considerable time until stock breeding has progressed on an immense scale.

The Central Power group believes it will find itself better off than the Entente group in this respect, but both groups will certainly find it a serious problem. At the expiration of two years of warfare—which period will soon be reached—it is estimated the Entente Powers will be left with 1,519,000 head of meat animals, while the Central group, owing to the territories occupied by their armies, would in that time lose only 2,000,000 head through overconsumption due to the war.

Commenting on the situation, the Paris Revue des Deux Mondes points out that France lost 20 per cent. of its meat animal stock by the occupation of ten departments by the Germans. France lost through this 1,519,000 head of cattle, 14,804,310 sheep and 814,919 pigs. This means, says the periodical, that France is deprived of an annual meat production of 411,000 tons.

The livestock of Belgium also was lost by the Entente, this being estimated to amount to about 2,000,000 head of cattle, 18,000,000 sheep and 2,000,000 pigs. Germany gained thus the meat production of roughly 39,000,000 animals in the western theatre alone.

Though the Russians saved much of their livestock in Poland and the invaded Russian provinces, nearly 40,000,000 meat animals fell into the hands of the Germans and Austro-Hungarians. Against this must be charged the losses sustained by the Central Powers in Galicia and East Prussia, said to amount to about 8,000,000 head, because in East Prussia much of the stock was driven off beforehand, while the Galician livestock had already been drawn on heavily by the Austro-Hungarian troops.

The livestock found in Serbia is estimated at about 8,000,000 head of meat animals, so that the Central Powers have in their favor a balance of about 78,000,000 animals. This means a meat production of roughly 1,910,000 tons a year.

Central Powers' Supply.

This cannot be looked upon as an increase altogether of the Central Powers' food supply. In the territories from which this livestock comes, a population of about 35,000,000, whose wants must be met, of course. Nevertheless, the meat production of the territories occupied by the German and Austro-Hungarian troops being some 38,218,000,000 pounds an-

ually, which is 1,692 pounds per capita, a large surplus is left for the occupying troops. A daily meat ration of eight ounces for each inhabitant of the districts held, would place at the disposal of the Germans and Austro-Hungarians 20,700,000,000 pounds a year. Even in view of the fact that the meat consumption of the Central Powers' armies is 450 pounds for each man a year, this quantity would go far toward maintaining the men in the field.

That pork and pork fats are hard to get at present in the Central Powers' countries may be hard to understand in the light of these conditions. But the following explanation of this fact is given here. Pork has been the favorite meat of the men at the front, owing to its heat-producing qualities, and in addition, last year, when the grain and potato-crops of the Central Empires were decidedly poor, too many pigs were butchered in order to lessen the demand for feed.

Entente States which are least favorably situated in their meat supply coming from home production are Great Britain and Italy. The annual per capita consumption in Great Britain is about 150 pounds. Of this, 60 per cent. has to be imported. A table recently compiled by the Italian economist Ferretti shows that Italy has already used one-half of its horned cattle to feed its army.

Russia's 8,000,000 Men.

Russia is probably best off in this respect, though heavy demands on its meat production have been made. To feed its army, estimated at 8,000,000 men under arms, took in the first year no fewer than 300,000,000 head of meat animals.

Between the average normal meat consumption of the nations at war, ranging from 110 to 150 pounds per capita, and the consumption of meat by some 25,000,000 men under arms, ranging from 220 to 250 pounds a man in the Italian and French armies, respectively, and reaching 450 pounds a man in the German, Austro-Hungarian and Russian armies, there is a difference of roughly 3,450,000 tons. According to French economists, it takes 142,000,000 animals to produce this annually.

The total meat animal stock of the belligerent States was 343,700,000 head at the start of the war. The excess consumption by the armies of Europe is, therefore, a little more than 41 per cent. of the annual supply of meat, a serious matter when it is considered that with these inroads on livestock the rate of reproduction is also much decreased.

For the time being the problem affects the Central Powers mainly in the supply of pork. The man at the front prefers that meat to any other because, in army terms, it "sticks to the ribs" better. Mutton is not a favorite, because the men think it too "light," and beef is enjoyed only if it has been cooked in the field kitchen. Pigs, however, are prolific reproducers, and a few years' chance to multiply will make them as plentiful as ever. With horned cattle a quick rehabilitation in this manner is not possible, and beef is for this reason likely to remain a scarce article long after peace is declared.

NEWS FROM ENGLAND

NEWS BY MAIL ABOUT JOHN BULL AND HIS PEOPLE.

Occurrences in the Land That Reigns Supreme in the Commercial World.

Glasgow School Board are considering the advisability of closing the old town school.

The Admiralty have intimated that herring fishing cannot be permitted on the Forth as it was last year.

Narrative Farming Society has decided that there will be no seed show or public dinner this spring.

Dr. McNamara has stated that as far as the Admiralty were concerned the construction of a canal from the Forth to the Clyde was not contemplated.

A class for the study of the Russian language has been started during the present winter at Edinburgh University, and also at Leith Technical College.

The Executive Council of the Highland Association at a meeting in Edinburgh, have agreed to petition the Treasury for the grant for the testing of Gaelic in schools.

The death is announced of Mr. Robert Sim, formerly postmaster at Lonsborough, at the age of 73 years. The family of Sim have carried on the work of the postoffice for 90 years.

A young man named William Mannion was sentenced at Glasgow Sheriff Court to one month's imprisonment with hard labor for making a statement likely to prejudice recruiting.

While the inmates of Morningside Lunatic Asylum, Edinburgh, one of the largest in Scotland, were asleep, five broke out in the female section. All the inmates were rescued with difficulty.

A portion of Lochinch Castle, the Wigtownshire seat of Major the Earl of Stair, who is at present a prisoner of war in Germany, has been converted into a home for convalescent soldiers.

There is a proposal in Edinburgh to provide facilities for the housing and training in useful occupations of Scottish soldiers who have had the misfortune to lose their sight in the war.

Lord Inverclyde, presiding at the annual meeting of the Glasgow Ship-owners' Association, declared that shipowners had done all in their power to assist the Government at the present time.

At a conference of the Scottish Football Association and the Scottish Football League held in Glasgow, it was decided to expel from football any player or official who bets on the result of matches.

Mr. Alexander Yule, aged 73, and Mrs. Gardiner, aged 71, residing in Perth, were married recently. This is the third time the lady has been married and Mr. Yule was a widower. About half a century ago the couple were sweethearts.

The honorary treasurer of the Incorporated Corn Trade Association of Leith, has handed to the Lord Provost of Edinburgh a cheque for \$2,500, the amount subscribed by the corn trade towards the funds of the Scottish Red Cross Society.

QUEER JOBS FOR WARSHIPS.

The Navy Attends to Other Work Beside Sea Fighting.

A couple of French warships were sent out into the Mediterranean some years ago to wage war against a school of porpoises which were doing an immense damage to the fishing industry in those waters, and after three days' hostilities, during which quick-firing guns were used with considerable effect, the vessels returned to port triumphant, having practically annihilated the enemy.

A year or two ago a warship of the Australian fleet was given the strange job of capturing or destroying a mysterious sea monster which had been reported off the Falkland Islands, the scene of the recent German naval defeat. It is pretty safe to say that the officers, if not the crew, entertained grave doubts of the actual existence of the frightful creature which had been described; it was too terrifying, hideous, gigantic, and ferocious. But shortly after the ship arrived in the waters where the monster was supposed to lie in wait for vessels, the officer of the watch described a strange-looking beast making towards his ship, and it was immediately guessed that this must be the substance of all the alarming tales. And a pretty good substance it proved, too.

An attack was made upon it, and after some hours' fighting with harpoons and quick-firers, the mysterious monster, which proved to be a seal-elephant between 13 and 14 years long, was slaughtered and taken aboard.

Some years ago the Norwegian Government sent out a powerful little fleet of warships, armed with mines, torpedoes and quick-firing guns, to exterminate a vast horde of seals which was denuding the sea on the north-west coast of all fish life. But the Government had reckoned for tens of thousands of seals, whereas there were millions, and so unending was their number that the fleet had eventually to admit itself defeated, with the loss of one man and two slightly wounded, owing to an accident, and to "retire in order," having exhausted all their ammunition.—London Tit-Bits.

A tight man and a loose dog are equally dangerous.

Any woman may drive her husband to drink, but she can not make him take water.