

pepper, sugar and nutmeg, and stir it over the fire until it is thoroughly hot and almost dry. Then add a good-sized piece of butter or a tablespoonful or two of thick cream; arrange it neatly on a hot dish and garnish it with sippets of fried bread.

#### The Broad Bean.

It is unusual to find the nutritious broad bean grown in any quantity, but served with ham and white sauce it is esteemed by many. Sowings must be made in spring. The following note is from a famous cook: "The majority of cooks make the error of serving these beans in their stews; unless they are very young and small the skins should always be removed, for they are indigestible and help to spoil the flavour of the beans. If boiled in an abundance of salted water (which should be quite boiling when they are put in) until the skins begin to crack, the latter can be easily removed. The beans may then be mashed with warm butter, seasoned with salt, pepper and a very little sugar, or they may be served with almost any kind of white sauce.

"When no longer young, broad beans, after being boiled, may be passed through a wire sieve, then seasoned with salt, pepper and grated nutmeg and heated in butter with a few spoonfuls of cream or thick white sauce."

#### Globe Artichoke.

THE globe artichoke is rarely grown, but it is one of the most delicious of vegetables, the portion eaten being the head, and not as in the case of the

if preferred, the crumbs may be mixed with an equal quantity of mild grated cheese. If only the bottom portion of the artichoke is required (and it is useful for many entrees and savouries), remove all the leaves and the choke and trim the little green cups and then boil them in salted water until they are quite tender.

In France, the land of good cooking, globe artichokes are washed and placed in a large sauce pan of boiling water with a handful of salt, the waterpot fully covering them. They require boiling about an hour, and when a leaf can be pulled out easily they are done. When taken out of the water leave them to drain with the points downward, and they are usually eaten with a sauce made of oil and vinegar, pepper and salt.

These notes on a few uncommon vegetables may serve to bring to the notice of those who are seeking for fresh and dainty dishes some vegetables rarely seen on our tables. It will be a pleasure if others will add to them with the special object of serving them separately, as asparagus, for instance, always is in Europe.

### Enemies of the Bee

IN the Bulletin concerning "The Honey Bee," issued by the Canadian Department of Agriculture, reference is made to the enemies of the bee and the plants that are most suitable for producing first-class honey.

There are two species of Wax Moths, which are also known, among other

### A WONDERFUL HYDRANGEA



This huge plant is in the garden of Mrs. T. E. Lord, of Hull, Que. It measures 15 feet across, and at one time this fall had more than 700 flowers.

Jerusalem artichoke, the root. It should be planted in spring. Many consider the artichoke is the most delicate in flavour of all the vegetables, and the notes on ways of cooking it should interest those who are unacquainted with this appetizing dish. Serve it as a distinct course. Globe artichokes should be cooked as soon as possible after they are cut, and when they have been trimmed and thoroughly cleansed boil in slightly salted water until the leaves can be easily detached. Drain them on a hot, soft cloth, and serve them with melted fresh butter, seasoned with salt, pepper and a few drops of lemon juice or tarragon vinegar. The butter should be heated, but not allowed to boil, and make the sauce-boat in which it is served very hot.

Globe artichokes may be served in many ways; for instance, instead of being boiled entire divide into quarters, remove the choke, and cut the leaves, leaving only about a quarter of an inch. Place each piece as it is trimmed into cold acidulated water to prevent any discoloration, and then cook the artichokes in salted water, to which a small quantity of lemon juice has been added. When they are tender, drain them, and serve with a rich, white mushroom sauce or thick brown sauce.

The vegetable may also be scalloped; place it in a small buttered pie or grating dish, and wash it with some good, white sauce, then cover the top with finely sifted bread crumbs (seasoned with salt and pepper) and small pieces of butter and bake in a quick oven until brown;

popular names, as "bee moths" and "wax worms." They are the Larger Wax Moth (*Galleria mellonella* L.) and the Lesser Wax Moth (*Achroia grisella* Fab), and the larvae or caterpillars of both species are the destructive stages of the insects' life histories as they eat through and destroy the combs. The name, strictly speaking, is somewhat of a misnomer, as the caterpillars do not appear to feed on pure wax but on the combs which contain pollen, the cast-off tissues of the developing brood and other debris, and they burrow long tunnels through the wax which are lined with a strong protective web of silk.

It should be pointed out that all evidence points to the fact that damage is inflicted only to those colonies which are weak, either on account of queenlessness, lack of stores or neglect. Strong colonies do not suffer and, even though the pest obtains entrance, the caterpillars are quickly removed, especially if the stock is Italian. In weak colonies and in stored combs, however, they may cause very great damage.

The Larger Wax Moth is the more common and destructive. Its life history, briefly, is as follows: There are usually two broods during the season. The first brood appears in May and the second brood in August. The moth measures about three-quarters of an inch in length; it is most commonly of a dull grey colour. When they are at rest on a weathered board or the side of the hive, entering at dusk, or in the crevices of the hive, they are not liable

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