

## PAGE OF INTEREST WOMEN

## HOME ECONOMICS

MRS. ELIZABETH KENT, MacDONALD COLLEGE.

**VEGETABLES ALL THE YEAR.**  
An increase in the use of vegetables would mean more roses in the cheeks, better circulation and better general health. A greater desire for vegetables could be cultivated by the use of a wider variety, especially in the winter.



months, and by better cooking. Many families confine their vegetable life in winter to turnips, potatoes, cabbage and carrots, but with a very little planning they could add onions, celery, cauliflower, beets and parsnips. The real secret of getting more vegetables used lies in the art of cooking them. They

should be cooked so that the family will say that they "taste like morsels." While vegetables always taste best when they are just taken from the earth, there will be little deterioration if they are well stored. They are best when cooked and served simply, steamed, boiled or baked, and served with butter or its equivalent. They are best creamed, and the sauce should never be so highly seasoned as to conceal the desirable vegetable flavor.

In the cooking there is a point at which they are done, and if they are cooked beyond that point, the food value is impaired, the flavor is lost, and a strong flavor turn bitter, and the good appearance which should be taken into account is lost. To prevent overcooking, drain as soon as the test shows that they are tender and save the stock for soup.

Two classes of vegetables require different handling. The first class, the large quantity of starch, such as potatoes, should be put on in boiling water, covered closely, and boiled gently, while non-starchy vegetables such as cabbage should be left uncovered and boiled rapidly. If the flavor is very pronounced the water should be drained off and replaced with more boiling water during the process of cooking. One thing can be repeated, there should be a greater amount of well-cooked vegetables in common use.

should be sick. I long for ice cream and candy. They are my favorites. BINGO went on telling Nodart so many wonderful tales of the south that the northern puppy soon became discontented with his lot.

"Why not come home with me," said BINGO. "You can hide away my hamper. There is lots of room for you and my help will help to keep me warm on the journey."

So the plot was hatched, and when BINGO's master opened up the hamper after they had arrived home, out jumped two dogs. Nodart had come as a stowaway to the south country. (Nodart's experience in the south country will be told tomorrow.)

## SOCIAL AND PERSONAL

Master Frank MacDonald, 238 Wolfe street, is suffering from an attack of influenza.

Mr. and Mrs. John Grant, Amherstburg, announce the engagement of their daughter, Elizabeth E. Grant, to Mr. Charles E. Grant, of Chicago, the marriage to take place at the latter part of February. Miss Grant is expected home for a few days.

## Cynthia Grey's Mail-Box

"Warm all your words with love before you speak them."—A. Eugene Bartlett.

**Requests.**  
I am inclosing 10 cents for your wonderful stocking pattern, if you will be so kind as to send it to a stranger, and also would like to see the pattern of the butterfly pattern. Would ask for the crocheting patterns if possible, will let me have them.

I wonder if any of the Boxes would exchange pieces of silk or velvet for crocheting patterns. I am Irish, but, unlike Irish, I am pro-Sim. Daisy.

**ANS.—**Kindly send in your name and address, with pen name, in case of replies to your request.

I visited your Mail-Box once before, and received such good help that I am coming once more. I would be very pleased to get some yoke patterns from Molly Ben, Veronica, Freckles and Bunchy offered. I will send my contribution to the children's FLORENCE.

Another bird on your bush asking for help, and do not intend to take up too much space of your valuable page. I would like to see the Lazy Day crocheting pattern, and could anyone oblige me with a nice crocheting edge for a centerpiece?

**From a Soldier Boy.**  
Dear Miss Grey: While reading your Mail-Box I happened to see a letter signed Swastika, and if I may I would like to thank the young person for the good-will toward the returned boys. I find just lately among the younger people that the boys are not appreciated as they were when they were overseas. I am a returned boy, and although I was not old enough to go, I felt it my duty to go. I cannot be called a man yet, as I am under 21 years of age. Inclosed you will find 10

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cents, as I see by your letters nearly everyone sends that. I would like to know what it is for, and with your kind permission I will send all the small change I get during the next week and following weeks also. Once again I use this opportunity of thanking you for your good thought for me! I will return them to the Mail-Box if required. I have just learned to crochet, and if someone would please send me some edgings for pillowcases I would be very much obliged. JACKALOO.

Another Mickey wants copy of recitation "The Kaiser's Dream."

I enjoy all your Boxite letters very much; was ruffled at Beapole for some days, but as someone else squared my account with her I will not say anything. Cynthia says be brief, so here goes for some help. Can any of you tell me how to make a paper head rope portiere? I saw one completed, but as the people were strangers I did not like to ask. What must I put between each large paper head, and how are they strung; are they on one string at the top, or does it come over the

**HARRY E. H.**  
**A REMNANT OF THE CANADIANS.**  
They're coming! Look! The Canadians! coming from the firing line! See, they're hallooing, and are crumpled, branded with a dark red stain; Every man a Canadian warrior, carrying still a noble stride, and with their heads and throats turn backward—half have crossed the Great Divide.

Every man a noble hero, never flinched Home and country, freedom, honor, war-cry of Canadians shout. Like a living wall they faced it— "Back, you bloodthirsty Hun!" We're a barrier to your murders of our women. First among them, the Canadian.

See the remnant now returning, blackened by the smoke of battle. Bloodstained, wounded, but still cheerful, after storming gates of hell. "Left incline!" the order came, and eyes right are slowly turned— There's a cross upon the wayside marks a spot their true hearts burned.

There we laid our noble leaders. "Why," you ask, "the grave so large?" There our major and his company fell most nobly in that charge. We'll go back again tomorrow with our sacrifice in hand. For our wives and loved ones waiting in our dear Canadian land.

And when the war is over, and we bow at the peace shrine, All will tell the glorious story how the Canadians kept the line. How they dropped the tools of labor, took up bayonets, guns and went. Let their homes and all their loved ones Fought and died like sons of Ghent.

**HARRY E. H.**  
**ANS.—**It was just very nice of you to write your appreciation instead of just thinking it. Although our space is valuable, we have made room for your verses. Which is for the sick children's memorial hospital fund. We appreciate your interest without knowing the cause we are contributing to. Really fine people have not forgotten, and never will forget what our splendid Canadian boys have done for Canada. We are glad you wrote to us.

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pretty hard to crawl out this morning when it is about 15 below.

I am reading the Tarzan books now. They are written by Edgar Rice Burroughs, and are very good.

Will Mustnott and Isbell or anyone else who has some comic recitations, please send some for me? I will return them to the Mail-Box if required. I have just learned to crochet, and if someone would please send me some edgings for pillowcases I would be very much obliged. JACKALOO.

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**Advertiser Patterns**  
Owing to the pattern manufacturers increasing the price of patterns to us all patterns advertised from this date will cost

15 CENTS EACH.

3044—This is a good model for satin, duvety, foulard, faille, crepe or crepe de chine, or for combinations of serge and satin, velvet and silk. The waist is in kimono style. The skirt is a gathered two-piece model.

The pattern is cut in three sizes, 16, 18 and 20 years. Size 16 will require 2 1/2 yards of material. The skirt measures 1 2/3 yards at the foot.

A pattern of this illustration mailed to any address on receipt of 15c in silver or 10c and 2c stamps.

Name .....

Town .....

Province .....

Age (if child's or miss's pattern)....

Measurement: Bust..... Waist.....

Caution: Be careful to inclose the above illustration, and send size of pattern wanted. When the pattern is sent measure, you need only mark 38, 40, or whatever it may be. When in waist measure, 22, 24, 26, or whatever it may be. If a skirt, give waist and length measure. When miss's or child's pattern write only the figure representing the age. It is not necessary to write "inches" or "years." Patterns cannot reach you in less than ten days from the date of application.

**Had Eczema FOR OVER 28 YEARS.**

Eczema or Salt Rheum manifests itself in little round blisters, which contain an extremely irritating fluid. These break and subsequently a crust is formed, and the intense burning, itching and smarting, especially at night or when the part is exposed to any strong heat is almost unbearable.

The success which Burdock Blood Bitters has met with in skin diseases of such severity is due to its wonderful blood-cleansing and purifying properties, and we know of no other remedy that has done or can do so much for those who are almost driven to distraction with the terrible torture.

Mr. James Walker, 152 Niagara street, Hamilton, Ont., writes: "I have been using Burdock Blood Bitters for some months past, and it has made me feel better than I have for years. I have suffered with eczema for over 28 years, and have tried almost everything you could think of. I was recommended to use Burdock Blood Bitters, and I am now clear of my skin trouble. It is certainly a good remedy, and I shall recommend it to all my friends."

Manufactured for over 40 years by The T. Milburn Company, Limited, Toronto, Ont.

**YOUR OLD CARPETS**  
Made into new, beautiful, fluffy, reversible rugs.

**CANADA RUG COMPANY**  
48 Carling Street. Send for Leaflet. 11-37

**Cut Fowers, Fern, Pians, Etc.**

Funeral Designs Our Specialty.

**West Floral Co.**  
PHONE 217. 240 DUNDAS ST. W.

pole and back down to the floor and lashed. John's Wife, do I know you? You have swiped my apple pie wrinkle anyway. Original Loney, your letters are amusing. Come often. I would like a correspondent who lives well, the farther away the better. "Ood," you'll say. Well, yes, I am odd, but someone please write, and as Miss Grey says be brief, here goes. My envelope awaits some kind reader's address. THE OWL.

I would like to get the Old Shanty Boys' Song or Gary's Rock, and I have been wondering if it would be asking too much of a Lumberjack, who wrote the letter which appeared in Mail-Box on January 5, to send another copy. I will return favor in any way I can.

**IRISH THREE.**  
P.S.—Inclosed please find 10 cents for the famous stocking-foot pattern, which I want for a friend.

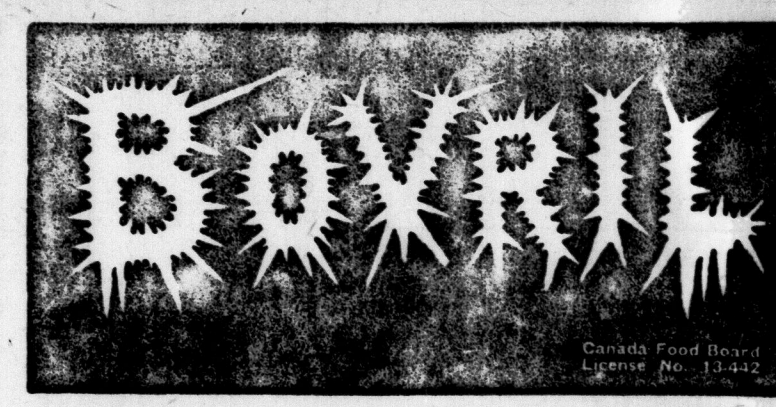
I am a newcomer to your page, and hope there will be room for me. I am ten years old. I'm taking music lessons, and in the fourth book at school. I would like the song called "Everyone Was Out of Step But Jim." I'm a lover of books. My favorites are the Bessie Books.

**BOOKWORM.**  
Ans.—Send me your name and address, little Bookworm, mentioning what your request was, so that I can mail your song as soon as it is received in the Mail-Box.

Can you, Miss Grey, or any of the readers tell me through your Mail-Box, who composed the sacred piece of music entitled, "Compassion." The first line, I think, is "Callst thou, oh, Saviour, Callest Thou to Me." I would like very much to get this piece as soon as possible, but don't know who the composer is.

If Peggy K. would soak her apron in a handful of salt dissolved in some cold soft water it will set the color before washing. This is good for all new prints.

**CORDA.**



## NUXATED IRON

If you are not strong or well you owe it to yourself to make the following test: see how long you can work to yourself to make walk without becoming tired. Next take two five grain tablets of NUXATED IRON three times per day for two weeks. Then test your strength again and see how much you have gained. Many people have made this test and have been astonished at their increased strength, endurance and energy. Nuxated Iron is guaranteed to give satisfaction or money refunded. At all good druggists.

**HORLICK'S**  
Malted Milk for Infants  
A safe milk diet, better than cow's milk alone. Contains rich milk and malted grain extract.

**RESORTS—ATLANTIC CITY, N. J.**  
**CHARLES**