Sales of The Woods Milling Company, Limited, Canada

The Woman's World

THE Womans department of the Standard is conductea by Miss Hazel Winter of Fredericton, supervisor of the Women's Institutes of NewBrunswick, and all matter for publication in this page must be submitted to Miss Winter for approval.

Salads Their Preparation And Use

A salad makes an acceptable dish at any time of the eyar, but is especially valuable during the summer months, when salads may be so easily prepared and yet form a wholesome, nutritious and refreshing part of a meal.

A few years ago salads seldom appeared on the table. Then it was only a dish of green herbs dressed with vinegar and other condiments. Salads are now made in an endless variety of ways and nowadays it is considered an important part of the dinner,—even by families of moderate means. We use eggs, many kinds of meats, fish, fruit and almost all kinds of vegetables, cooked as well as raw, and combined with a salad dressing containing oil, butter and cream, and other nutritive ingredients.

This increase in the use of salads is very encouraging for a number of easons. They may be easily prepared and if the dressing be on hand are quickly prepared. They add variety to the diet on account of the number of ways in which they can be prepared. It is a splendid way of preparing and using up "left-over" vegetables. Then, as said before, salads are refreshing, appetizing and stimulate the appetite.

Salad Dressing.

Three tablespoons flour, three tablespoons sugar, one tablespoon mustard, one teaspoon salt, three tablespoons butter, or olive oil, Cayenne, three eggs, one cup vinegar (weak), one cup milk (cr cream.)

Method: Measure and mix dry ingredients. Add eggs slightly beaten. Mix well. Add vinegar. Add milk very slowly. Blend well. Cook in double boiler until thick. Add butter just before removing from fire. Strain and cool.

The ways of making Salad Dressing are numerous, but the one given above seems to meet with general approval, and if the method for making this is carefully followed and all the measurements are level, the result will be a thoroughly bended dressing.

How many are careful to clean out the shells when using eggs If you fail to do so you are losing the most nutritious part of the egg, called Albumin, which lies nearest the shell.

A common mistake is made by adding butter at time of combining. This should not be done as the heat causes the butter to decompose and this, of course, lessens the keeping quality of the dressing. Butter should never be added until just before removing dressing from stove. Otherwise this Dressing may be kept for considerable time in a glass sealer. Instead of butter, olive oil may be used.

Olive Oil.

Olive oil has a very high food value, but I fear its qualities are not generally known. It is obtained from the olive, a stone fruit much used in the south of Europe and the East. Pickled olives are relished very muct as appetizers. (The taste for pickled olives is decidedly an acquired one.) Olive oil is obtained from the lime seed olive, by pressure; the seeds give fifty-eight per cent. of oil. This oil occupies first place among vegetable oils. It never gets rancid, does not dry, nor does it freeze at ordinary temperature, and might be used in this country altogether to the exclusion of Cod-liver Oil. It should be kept in a dark place, as long exposure to light causes it to become cloudy.

Olive Oil is used to a large etxent in Salad making. Some Salads, as already said, are made only of olive oil, vinegar, salt and pepper. This is called a French Dressing and is, of course, very easily prepared.

Olive Oil has a very high food value, is slightly laxative and assists in the digestion of food. Besides its use in the making of dressings, it may be used for frying purposes. Some people relish very much meats and eggs fried in olive oil, also doughnuts and in this way the nourishment is received into the body through the pores of the skin. Hot olive oil is a splendid household liniment. So you see its uses are so varied and its food value so high, it should be used whenever possible. Personal peculiarities must, however, be taken into consideratlon. Some persons find it almost impossible to use olive oil on account of its peculiar fatty flavor.

Salad Plants.

These are Lettuce, Watercress and Parsley. Of these probably Lettuce is best known as a bed for a salad. Lettuce, besides making the salad more attractive, adds to its food valauea. Lettuce contains a small quantity of iron (which you know is necessary for the blood), also a substance called lime-salts, which stimulatae the appetite. Then lettuce is cooling and easy of digestion.

Lettuce should be separated by removing leaves from stalk, discarding the wilted leaves. Wash carefully and see that no insects still cling to it. Perhaps you know that lettuce has been known to be a carrier of typhoid, therefore one should be very careeful to plant it in a sanitary place. Keep it in the coldest place possible until crisp and ready for use. Lettuce should be dried before using or dressing will run off.

The Salad Proper.

In salad making four things are absolutely necessary:—

1st. Everything should be cold.
2nd. Everything well blended.
3rd. All vegetables crisp.
4th. Everything well mixed.

As said before, salads may be made from meats, vegetables or fruits, with the addition of the dressing. All vegetables used in salad-making should be thoroughly washed and put in water until crisp and put in a cold place until serving time. Canned goods or cold-cooked "left-overs" are well utilized in salads.

Meats for salad should be freed from skin and gristle, cut in small pieces and allowed to stand mixed with the dressing before combining. Fish should be flaked or cut in tubes. The dressing may be added when making up the salad, or if one chooses, a small pitcher of dressing may be placed on the table and added as one desires. By this latter method whatever salad material remains is in good condition for another time.

Cucumber and Tomato.

Arrange sliced tomatoes on a bed of lettuce leaves. Pile on each slice, cucumber cubes cut one-half inch square. Serve with dressing.

Tomato Basket With Peas.

Select a small, shapely, bright red tomato, scoop out pulp and seeds. Refill basket with cold cooked peas moistened with French dressing. Arrange on lettuce leaves.

Celery, English Walnut-and- Pimento Salads. Taken from Janet Mc-Kenzie Hill Cook-Book.

Add one-third a cup of beaten cream to three-fourths a cup of mayonnaise, a cup and a half of sliced celery, three-fourths a cup of English walnuts, and two chopped pimentoes, after cutting from the latter some fanciful figures. Arrange in nests of lettuce, garnish each with one of the figures, a nut, and celery, and place celery tips between the nests.

Banana and Pimento Salad.

Sprinkle sliced bananas with lemon juice, to avoid discoloring. Dispose on lettuce leaves, and sprinkle with strips of pimento. Garnish with mayonnaise whitened with whipped cream. (Instead of using pimento finely chopped walnuts may be sprinkled over the banana after the dressing has been added.

Take a medium sized cabbage, roll back the outer leaves. Scoop out the inside, chop until fine, mix with salad dressing and then refill the cabbage, arnish Gwith parsley.

Waldorf Salad.

Scoop out the inside of medium sized rosy apples and mix with finely chopped walnuts and celery and the salad dressing. Replace filling in apples. Garnish with parsley.

Orange Baskets.

Cut oranges into shape of baskets. Remove fruit and mix with nuts and salad dressing; refill baskets and garnish with parsley.

The last three recipes were used at the Household Science Short Course at Sussex and made very delicious tasting and dainty appearing salads.

Making Institutes Progresive

At a recent meeting of the Corn Hill Branch of the New Brunswick Women's Institute, Mrs. Chtser Keith, the President, addressed the members on this subject. Many of our Institutes have done much towards improving the schools, thus helping the children. Why cannot Branches which have done nothing towards helping their schools, and especially te newer Institutes, follow out this plan which Mrs. Keith gives in the following paper?

Have a Special Work to Do.

I believe to be progressive we must have some special work to do or some special object in view. We must have an interest outside our meetings and Institute. Our motto, "For Home and Country" is well worth considering.

So far our thoughts have been helping each other, helping the members and all whom we come in contact with, and surely we have been helped in our meetings. The rubbing against other people's ideas is bound to sharpen our own.

But now let us think how we can help all, everybody, and first our own community. In some places they raise money to build public halls, gymasiums, etc. In Ontario nearly every form of public work has been undertaken by the women, but especially do they try to help the children. And looking over our big, scattered community, I believe we cannot do better than commence our outside work with the children. By helping the children we help the community, for the children of today are te men and women of tomorrow. All we do to help the children mentally, morally or physically will be worthy of our greatest effort.

Help the Children Through the School

And further, I believe we can best reach the children through the school. Everybody knows th conditions of our schools are far from perfect. We ave the three different schools to consider, and of course everyone is the most interested in the school their children go to, but we want to have a broader view. The boys and girls of Corn Hill Corner mingle with the boys and girls of Corn Hill East, anda Anagance Ridge at the Church Sunday School and Hall, and at other public affairs. By helping one we help the other.

At our June meeting we will discuss ways of improving the conditions of schools and how best we can help the teacher and children, but in regard to the work in view, I will suggest a few ways in which we might help the children.

Offer Prizes.

First, we might offer prizes to the schools for perfect attendance or highest generald standing, or any subjects that the teachers or inspectors think most important. Or we might offer rewards to the classes. I think it is always better when giving them to individuals, because when giving them to individuals it often causes jealousy and in the end the competition is generally left to a few of the brighter children, while rewards to classes tend to encourage loyalty to class, thoughtfulness for others, etc.

There are many other ways that we. There are so many things that the men do not take any interest in and only the women understand their importance. We could see that our storekeepers are not selling tobacco in any form to minors. We could give all the support we could to the Temperance Organization in this place. In fact where to begin to consider the ways in which we could help the children—our future citizens, are so numerous, I'm sure if the Institute decided to follow this line of work, we would never run short of having something to do.

TESTED RECIPIES

(Continued from last Saturday)

Lemon Sherbet.

Juice of one lemon, one cupful milk, one cupful sugar.

Method:—Place lemon and sugar in can; when ready to freeze add milk.

Caramel Ice Cream.

One quart cream, two cupfuls milk, one and one third cupfuls sugar, one egg, one tablespoonful flour, one eight teaspoonful salt, one and one half tablespoonful vanilla.

Method:—Prepare same as vinilla ice cream, using half sugar in custard; remaining half caramelize and add slowly to hot custard.

LESSON VII.

Cheese:—Various methods of cooking; its high food value compared with other more expensive foods.

Macaroni and Cheese.

Twelve sticks or one cupfuls mararoni, three tablespoonfuls flour, one half teaspoon salt, three tablespoonfuls butter, two cupfuls milk, one cupful grated cheese, one cupful buttered crumbs.

Method:—Break macaroni into one inch pieces; cook in a large amount of salted boiling water; when tender put in colander and pour cold water through it, make sauce, add cheese, and when melted add macaroni. Turn into a buttered baking dish, cover with crumbs. Bake in a hot oven until brown.

Hot Cheese Sandwiches.

Six slices bread, grated cheese, one half cupful milk, butter one egg, salt and cayenne.

Method:—remove crusts, spread bread with butter, cover alternate slices with cheese; season, press other side down on it. Dip in egg and milk. Serve hot after frying.

Cheese Relish.

Cut thin slices of fresh bread spread with butter; cover with grated cheese, season with salt and cayenne. Roll up bread, fasten with wooden pick, brown in oven. Serve hot or cold.

Cheese Fondue.

One cupful scalded milk, one cupful grated cheese, one half teaspoonful salt, one cupful soft stale bread crumbs, one tablespoonful butter, yolks three eggs, whites three eggs.

Method:—Mix first five ingredients, add yolks of eggs beaten until lemon colored. Cool, cut and fold in whites of eggs beaten until stiff. Pour in a buttered baking dish, place in a pan of hot water and bake twenty minutes in a moderate oven.

LESSON VIII.

Plum Pudding Without Eggs.

Two cupfuls flour, one cupful bread crumbs, one cupful chopped raisins, one cupful molasses, one cupful milk, one teaspoonful soda, one teaspoonful allspice, one teaspoonful nutmeg, one teaspoonful cinnamon, steam two or three hours.

Carrot Pudding.

One cupful potatoes(grated, one cupful carrots, one cupful raisins, one cupful currants, one cupful suet, one cupful sugar, one cupful flour, one teaspoonful soda, dissolved in a little hot water.

Sauce.

Method:—Mix butter, flour and sugar; stir over fire until butter is melted. Add water, cook until the right consistency. Flavor.

Two tablespoonfuls butter, one tablespoonful flour, one cupful sugar, one cupful boiling water. Flavoring.

Lemon Sauce.

One half cupful sugar, one cupful boiling water, one and one half tablespoonful flour, two tablespoonfuls butter, one and one half tablespoonful lemon juice, few grains salt.

Method:—Mix sugar and cornstarch, add water gradually, stirring constantly; boil five minutes, remove from fire, add butter and lemon.

Cream Sauce.

One quarter cupful butter, one cupful powdered sugar, one half teaspoonful vanilla, one quarter cupful heavy cream.

Method:—Cream the butter, add sugar gradually, vanilla and cream beaten until stiff.

Hard Sauce

One-third cup butter, two-thirds teaspoonful vanilla or one cup powdered sugar, one-third teaspoonful lemon.

Method:—Cream butter and add sugar gradually, vanilla and cream beaten until stiff.

LESSON IX.

CANDY.

Fondant.

One cupful sugar, one eight teaspoonful cream of tartar, one third cupful boiling water.

Method:—Put the ingredients in a saucepan, stir until sugar is dissolved, then remove the spoon. Heat gradually to the boiling point and boil slowly until syrup will thread or a soft ball can be formed in water. Remove from fire, let stand until it ceases bubbling, then pour slowly on an oiled plate. Let stand undisturbed until a dent can be made in the surface, then beat with a wooden spoon until white and creamy. Work with hands until perfectly smooth. Put in a glass jar seal to exclude the air and let stand twenty four hours. If during boiling crystals form on sides of saucepan, wipe off with a damp cloth.

Chocolate Fudge.

One cupful granulated sugar, one cupful brown sugar, two thirds cupful milk, two tablespoonfuls butter, two ounces chocolate, one teaspoonful vanilla.

Method:—Put sugar and milk in a granite saucepan, beat to boiling point, then add butter and chocolate, stirring until it is melted. Boil until it forms a soft ball in water. Remove from fire, cool slightly, add vanilla and beat until creamy, and mixture begins to sugar slightly around the edges of saucepan. Pour at once on buttered pans. Cool slightly and mark in squares.

English Walnut Bars.

Melt one cupful of fondant, flavor and stir into it one third cupful chopped walnuts. Turn into a small oiled pan and when cool cut in bars with a sharp knife. Wrap each bar in waxed paper.

Maple Cream.

One and one half cupful brown sugar, two teaspoonfuls butter, one third cupful milk, one half chopped meats. Make as fudge.

Stuffed Dates.

Color fondant, roll in balls, put in date in place where stones have been and stuff with nuts.

Salted Almonds.

One cupful shelled almonds, two teaspoonfuls butter, salt.

Method:—Blanch and dry almonds, place in pan. Put butter or olive oil over them, brown in oven stirring constantly; drain on salted paper.

Neapolitan Cream Blocks.

Work one pound fondant until soft and creamy. Divide into three parts, leave one part white, flavor with vanilla. To second add the grated chocolate to make brown. To the third add grated rind of orange, rub to paste and add enough icing sugar to make of same consistency as others. Work each piece throughly. Dredge pastry board with icing sugar and roll white portion to a square cake about one half inch in thickness. Roll chocolate and orange portions in same way. Place layers on top of one another, roll gently once or twice, press all together, trim edges. Cut in squares or bars.

Cream Mints.

Melt one cupful of fondant over hot water, stirring all the time. Thin slightly by adding a few drops of peppermint, and color if desired. Drop from tip of teaspoon on an unbuttered smooth tin plate and, when firm remove.

Almond Cream.

Work fondant in balls, place nut on top.

The closing afternoon of the Course was devoted to Salads and Salad dressing. As a paper is soon to be published in the Standard on "Salads, Their Preparation and Use," the recipes used at the Course will be included in this paper. c—cup; tsp—teaspoon; tbsp—tablespoon; 3 tsp—1 tbsp; 16 tbsp—1 cup.

Do As Others Do, Take

this time-tested—world proved—home remedy which suits and benefits most peoples Tried for three generations, the best corrective and preventive of the numerous ailments caused by defective or irregular action of the organs of digestion and elimination has been proved to be

BEECHAM'S PILLS

(The Largest Sale of Any Medicine in the World)

If you have not tried this matchless family medicine, you do not know what it means to have better digestion, sounder sleep, brighter eyes, clearer complexion, which come after Beecham's Pills have cleared the system of impurities. Try them now—and *know*. Always of the same excellence—in all climates; in every season—Beecham's Pills are

The Tried, Trusted Remedy

Prepared only by Thomas Beecham, St. Helens, Lancashire, England. Sold everywhere in Canada and U. S. America. In boxes, 25 cents.

Flour trial is essential but—it is not your work!

Flour varies from time to time in baking quality. This is because wheat continually varies according to soil conditions, etc.

Therefore, if baking results are to be constantly high, baking tests are essential. It is unreasonable to expect you to make these tests at your expense.

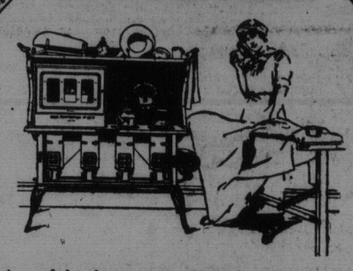
PURITY

So from each shipment of wheat delivered at our mills we take a ten pound sample. This is ground into flour. Bread is baked from the flour. If this bread is high in quality and large in quantity, we use the shipment. Otherwise we sell it.

By simply asking for FLOUR bearing this name you can always be sure of more bread and better bread.

"More Bread and Better Bread" and "Better Pastry Too" 523

A COOL KITCHEN



A cool kitchen on ironing day is possible with a

New Perfection Wick Blue Flame Oil Cook-stove

The heat is all in the burner—none in the room.

The New Perfection is cheaper than coal—and cooks better. Broils, bakes, roasts, toasts.

In 1, 2, 3 and 4 burner sizes. Ask to see the 1914 model 4 burner, cabinet range with fireless cooking oven. At all hardware and general stores.

Royalite Oil Gives Best Results

THE IMPERIAL OIL CO., Limited

Toronto Quebec Halifax Montreal St. John Winnipeg Vancouver

TWO WOMEN SAVED FROM OPERATIONS

By Lydia E. Pinkham's Vegetable Compound—Their Own Stories Here Told.

Edmonton, Alberta, Can. — "I think it is no more than right for me to thank you for what your kind advice and Lydia E. Pinkham's Vegetable Compound have done for me.

"When I wrote to you some time ago I was a very sick woman suffering from female troubles. I had organic inflammation and could not stand or walk any distance. At last I was confined to my bed, and the doctor said I would have to go through an operation, but this I refused to do. A friend advised Lydia E. Pinkham's Vegetable Compound, and now, after using three bottles of it, I feel like a new woman. I most heartily recommend your medicine to all women who suffer with female troubles. I have also taken Lydia E. Pinkham's Liver Pills, and think they are fine. I will never be without the medicine in the house."—Mrs. FRANK EMSLEY, 903 Columbia Avenue, Edmonton, Alberta.

The Other Case.

Beatrice, Neb.—"Just after my marriage my left side began to pain me and the pain got so severe at times that I suffered terribly with it. I visited three doctors and each one wanted to operate on me but I would not consent to an operation. I heard of the good Lydia E. Pinkham's Vegetable Compound was doing for others and I used several bottles of it with the result that I haven't been bothered with my side since then. I am in good health and I have two little girls."—Mrs. R. B. CHILD, Beatrice, Neb.

EVERY WOMAN is interested and should know about the wonderful Marvel Whirling Spray Douche

Ask your druggist for it. If he cannot supply the MARVEL, accept no other, but send stamp for illustrated book—sealed. It gives full particulars and directions invaluable to ladies. WINDSOR SUPPLY CO., Windsor, Ont. General Agents for Canada.

Don't remain Weak, Anaemic, 'Nervy' 'Run-Down'

Don't let your life be clouded by indifferent health — don't suffer needlessly — don't remain Weak, Anæmic, "Nervy," "Run-Down." Let 'Wincarnis' (*the wine of life*) give you *new* health, *new* strength, *new* blood, *new* nerves, and *new life*. 'Wincarnis' is a tonic, a restorative, a blood-maker, and a nerve food—all combined in one clear, delicious beverage. It strengthens the weak, gives *new rich blood* to the Anæmic, new nerves to the "Nervy," sleep to the Sleepless, new vitality to the "Run-Down," and *new life* to the Ailing. And it is the *only* Wine Tonic of any repute *that does not contain drugs*.

Begin to get well FREE. Send for a liberal free trial bottle of 'Wincarnis.' Enclose 6 cents stamps for postage. You can obtain regular supplies from all leading Stores, Chemists and Wine Merchants. COLEMAN & Co., Ltd., Wincarnis Works, Norwich, England.

WINCARNIS

The Wine of Life

Recommended by over 10,000 Doctors.

Representative for the Dominion of Canada: Mr. Frank S. Ball, 103 St. Francois Xavier street, Montreal. 'Phone No., Main 3079. Telegrams "Dajohn," Montreal.

"Stick-Fast" DRY PASTE

MADE INSTANTLY WITH COLD WATER

WHITE, SMOOTH AND WILL NOT SOUR

FOR PAPER HANGING PUTTING ON LABELS PASTING OF EVERY DESCRIPTION

SAVES TIME, LABOR WORRY, TROUBLE & EXPENSE

LOOK FOR ELEPHANTS ON THE PACKAGE - NONE GENUINE WITHOUT - 15c AND 25c

ORDER A BOTTLE TODAY

Proven Quality

When choosing silverware it is both economy and satisfaction to purchase

1847 ROGERS BROS.

This brand, known as "*Silver Plate that Wears*" ranks first in quality and has been best for over 60 years. Made in the heaviest grade of plate.

Sold by Leading Dealers

A Real Lever Stimulation

GOLD WATCH FREE.

A straightforward generous offer from an established firm. We are giving away Watches to thousands of people all over the world as a huge advertisement. Now is your chance to obtain one. Write now, enclosing 25 cents for one of our fashionable Ladies' Long Guards, or Gents' Albertn, and carriage paid to wear with the watch, which will be given Free. These watches are guaranteed five years, should you take advantage of our marvellous offer. We depend you to tell your friends about us and show them the beautiful watch you'll think also how you need to be true, but send 25 cents to-day and gain a Free Watch. You will be pleased.—WILLIAMS & LLOYD, Wholesale Jewellers (Dept. 11), 68, Cornwallis Road, London, N., England.