

Tully, that the arranging for this expenditure be laid over until next meeting. The visiting committee reported calls on three stick members.

BURNABY NEWS

The concert held in the Agricultural hall at Central Park on Saturday 19th, under the auspices of the Women's Institute, was a splendid success and nearly fifty dollars was raised for a bed in the military hospital at New Westminster to be one of those in the Burnaby Ward. A sale of home cooking was conducted prior to the concert and a large fruit cake was raffled which went to Mrs. Wm. Wright. Reeve Fraser was in the chair, and among those taking part in the programme were: Miss Beverly Jones, Miss G. Cashel, Madame E. Stewart, Miss J. Pennington, Miss Eileen Gilley, Miss May James and Mr. Walter Baird.

TYNEHEAD NEWS

The monthly meeting of the Women's Institute was held in the public hall here on Wednesday, ten members being present. Mrs. C. Flumerfelt had an interesting paper on "What Women Should Know About Banking," and gave a good deal of useful information on the subject. She also read an instructive article from one of the magazines on "How to Safeguard Our Homes." Refreshments were provided by Mrs. Atcheson and Mrs. McAskill and served by the girls of the News Club. One pair of socks was donated by Mrs. Downing and one dollar collected by Mrs. Davis for yarn was handed in. The younger members of the institute have learned to knit, and all of their knitting was very nicely done. It was proposed to form a Conservative Association of women, but it was laid over to another meeting.

Department of Agriculture,
Victoria, B. C., 5th May, 1917.
To Secretaries of Women's Institutes,

TO MAKE VINEGAR No Need for Farmer's Wife to Buy.

There is no need for the farmer's wife to buy vinegar when she can make it so easily and in much better quality at home. Vinegar may be made from various fruits and cereals, such as grapes, apples, pears, prunes, peaches, raspberries, apricots or crabapples, also corn or navy beans, all make good vinegar. While apple and crab-apple vinegar are considered the best standard vinegars, they are not to be compared for flavor with peach vinegar, which is best of all to an epicurean. Prune vinegar is fairly good, but better if mixed with apple or peach.

Take a 50-gallon hogshead and put into it three gallons of pure water (pure rain-water, filtered if possible, and not from a cedar roof); fill the barrel to within eight inches of the top with fruit juice; put in one pound of raisins and a pinch of yeast (not quite half a cake). If the juice be pear or prune add two pounds of brown sugar or white beet sugar will do. The barrel must, of course, be headed. Set in a warm room, with bung-hole up. Leave bung-hole open, but tack a wire screen over it.

As soon as the vinegar has ceased working, place the barrel in a clean cellar, with bung lightly corked, so that any gas will be able to escape. It should set a year before being sold, as it does not acquire the

desired quota of acid until thoroughly ripened, and the inspector often destroys good vinegar simply because in his ignorance he does not know how to distinguish the unripe article from that adulterated with water. If you are out of vinegar and far from market the bean vinegar is quickest made. Take a two-gallon glass jar; fill nearly full of water and sweeten it quite sweet with brown sugar. Wash a large teacupful of navy beans and put into the sweetened water, and set in a warm room where the sun will strike it most of the day. In a week you can strain and use. Cornmeal vinegar is made the same way; instead of the beans add to the sweetened water two cups of cornmeal. Apple, crab-apple, pear and peach vinegar are good for all purposes. Raspberry vinegar makes a good summer drink, especially combined with unfermented pineapple or orange juice, and sweetened ice water. Cherry vinegar, like peach vinegar, is fine for making sweetened salad dressing for fruit and nut salads. The bean and corn vinegar are also good for general use, and, being perfectly clear, are preferred by some for such salads as cucumber or artichoke.

Vinegar is usually made from raw juice, but when one has no press and wishes to make a small quantity the apple and peach parings may be cooked in a minimum of water and put through a jelly bag, then a little sugar, raisins and yeast added in proper proportions. I have made a pint at a time, and set it away to ripen in a fruit jar, and have helped my father make hundreds of gallons.

ANTS IN THE HOUSE

Sometimes ants are troublesome in the house, especially in the kitchen. A sponge with sweetened water, leave it where the ants are for a few minutes. They will crawl into it. Then drop it into boiling water to kill the ants and repeat. Another method is to grease a plate with lard. The ants will crawl onto it and get stuck. Kill them by dipping the plate into hot water.

COTTAGE CHEESE

An Inexpensive Meat Substitute

Cottage cheese is one of the important meat substitutes, say specialists of the United States department of agriculture. It contains a larger percentage of protein (the chief material for body building) than most meats and furnishes this material at a lower cost. In every pound of cottage cheese there is about one-fifth of a pound of protein, nearly all of which is digesti-

ble. Meats, on the other hand, usually contain less protein and, besides, have a certain waste, such as bone and other inedible material. A pound of cottage cheese daily would supply all the protein required by the ordinary adult engaged in a sedentary occupation.

TO RENEW WINDOW BLINDS

A splendid way to renew old window blinds is to put them on a table or flat surface, wipe all dust from them, and with a paint-brush and a can of paint you can make them look like new, no matter how soiled they are. Paint one side at a time, and when it is dry, turn and paint the other side.

TO CLEAN VELVET

Stretch the velvet tightly, pile side up, over a basin of boiling water. Get some one to brush up the pile briskly with a stiff whisk, as the steam rises through it. If the material is really soiled and not merely crushed and flattened, sponge it lightly with gasolene, taking care that there is no artificial light or fire in the room.

MAKING TOWELS LAST

When kitchen towels become thin, lay two of the same size together, one on top of the other, and stitch around the edges on the machine; also diagonally across the middle. The double towel will last for a long time.

DATE GEMS

Cream $\frac{1}{2}$ cupful of butter with $1\frac{1}{2}$ cupsful of sugar, add 2 well-beaten eggs, beat well and add 1 cupful of sour milk or cream, 2 cupsful of flour sifted, with 1 teaspoonful of baking soda, 1 cupful of chopped dates and 1 teaspoonful of orange extract. Divide into well-buttered gem pans and bake in a quick oven.

BAKED SYRUP PUDDING

Two tablespoonsful of golden syrup, 1 cupful of bread-crumbs, 2 cupsful of milk, 1 teaspoonful of butter, 1 tablespoonful of chopped orange-peel, 3 tablespoonsful of raspberry jam and 2 eggs. Put the crumbs into a basin, add the peel cut into small pieces. Boil the milk, pour it over the crumbs, stir in the golden syrup, butter, the yolks of eggs, one by one, stirring each well. Beat the whites up stiffly and stir them in. Spread the jam over the bottom of a pudding dish. Pour in mixture and bake in a slow oven for 30 minutes. Serve with hot milk.

Canadian Northern Railway



TRANSCONTINENTAL



LEAVE VANCOUVER

9:00 A.M. SUNDAY.....WEDNESDAY.....FRIDAY, 9:00 A.M.
SCENIC ROUTE BETWEEN VANCOUVER AND TORONTO. SHORT LINE TO
EDMONTON AND PRAIRIE POINTS. NEW AND MODERN EQUIPMENT. ELECTRIC
LIGHTED STANDARD AND TOURIST SLEEPING, DINING AND COMPART-
MENT OBSERVATION CARS.

DAILY LOCAL SERVICE

7:00 p.m. Leave.....VANCOUVER.....Arrive a.m. 11:00
9:45 p.m. Arrive.....Chilliwack.....Arrive a.m. 8:15
11:00 p.m. Arrive.....Hope.....Leave a.m. 7:00
Full particulars may be obtained from any Canadian Northern Agent.
DISTRICT PASSENGER OFFICE 605 HASTINGS ST. WEST
Telephone Sey. 2482.