



I find it best for cleanliness

Don't call the plumber when the sink drain gets clogged. A little Gillett's Lye will probably clear it in a few minutes. Scores of other uses around the household.

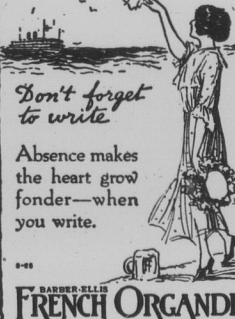
GILLETT'S PURE FLAKE LYE



For Quick Hot Water

Fill an SMP Enamelled Tea Kettle. Set it on the stove. No Kettle will boil water quicker. That means convenience, time saved, too. All SMP Enamelled utensils are very fast coming to the boil and in their job of cooking. Not only quicker to cook with, but easier, more quickly cleaned after. The best way you look at it. Think this over.


SMP
Enamelled
TEA KETTLES
Save Fuel



Don't forget to write.

Absence makes the heart grow fonder—when you write.

FRENCH ORGANDIE
Writing Paper



A Sweet Breath at all times!

THE FLAVOR LASTS

After eating or smoking, Wrigley's freshens the mouth and sweetens the breath. Nerves are soothed, throat is refreshed and digestion aided. So easy to carry, the little packet!

WRIGLEY'S
(after every meal)

WRIGLEY'S
(after every meal)

Croup at Night No Longer Feared by Canadian Mothers

Direct Treatment with Vaporizing Salve Immediately Reached Congested Air Passages.

Many Canadian mothers, who in the past have worried over croup and children's colds, are delighted with the "external" remedy for colds, Vicks VapoRub. You just rub Vicks over breast and chest for croup, children's colds, bronchitis or deep chest colds. When so applied the body heat releases the ingredients and vapors which are inhaled directly into the affected air passages, loosening the phlegm and reducing the inflammation.

VICKS VAPORUB
OVER 17 MILLION JARS USED YEARLY

Of Interest to Women

The study of new kitchen equipment is a fascinating one. Besides the many new labor saving devices, cooking pots and pans of various shapes, there are the little convenient things for ornamental cookery that good cooks love to own. These things are not very expensive, but we usually have to hunt them in specialty shops rather than at the usual household departments.

A new and convenient serving fork for lifting vegetables from the pot is a wide-tined affair with a sharp, blade-like rod running across the tines at the bottom. This blade may be used to cup up the vegetables for pan-frying. The handle is just the right length to hold conveniently.

The new deep, oblong aluminum ladle has a convenient pouring lip and a wooden handle that does not get hot. Serving the soup in the kitchen, the ladle holds just enough to fill the dish properly, so all are served alike. This fact speeds up the service.

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A potato creamer is one way of making mashed potatoes popular with the family. It is formed of three cross rods framed on a long handle, and after the potato has been mashed it is beaten with the creamer, which breaks up every lump that the masher missed and makes them as light as whipped cream. With a little butter, pepper, salt and cream added, the creamer whips the seasoning through the mass. When creamed set the potato pot into a larger one with boiling water in it to reheat the potato, then serve.

ACIDS DON'T HURT ALUMINUM.
Aluminum jelly cake tins and deep dish pie plates are a little more costly than the other kinds, but they are lovely to use. The pans bake perfectly without burning, and they are so easily washed! Another point is corrected in the new cast aluminum utensils so that acid does not affect them. This fact is emphasized by the appearance of reamers for orange or lemon juice made of metal, both in individual sizes or in large sizes for general family use.

There are several kinds of new pastry wheels made in wood, enamel tin and aluminum wares, and one of glass. There is also a pinwheel looking one that is considered especially fine for sealing the crusts of fruit pies so that the juices won't run out in the oven. These sealers are considered even more effective than the pie plates of paper that many women favor.

In most kitchens, corks of vinegar and other bottles constantly in use are either broken or lost. Now, however, there are marvelous kitchen corks with carved and painted wooden figures or symbols of what the bottle contains. The figures are grotesque and comical, and are three or more inches tall; so that they are colorful and decorative on the shelves. The corks are topped with the figures in the peasant countries of Europe, famous for their wood carvings.

Wooden salad forks and spoons are also topped with the little painted figures, which makes them very attractive servers used with a salad bowl of colorful, peasant pottery. A gay addition to the seasoning shelf is a Chinese ginger jar. The jar is painted in gay coloring and the straw harness is made a glossy black. In the jar is stored the dry sage leaves for flavoring, and tightly corked they keep perfectly. Certain of the imported jam and marmalade pottery jars and pots, from abroad, are coming in for their share of decoration, and with the new corks they add colorful bits of decoration to the kitchen shelves.

Little scoops made of aluminum the very handy for sugar, salt, tea and coffee canisters. The scoops are just like the big one in shape, with round little solid handles.

SOME NEW RECIPES

MEXICAN SALAD

3 green peppers, 4 ripe tomatoes, 2 tablespoons lemon juice, 1 head lettuce, 12 olives, ½ teaspoon salt,

garlic if liked.

Remove stems and seeds from peppers and cut in thin slices. Peel and slice tomatoes. Slice olives. Put lettuce and tomatoes in bowl and over these put the peppers and olives. Mix salt and lemon juice, beat in the olive oil gradually, pour over salad. Take ripe tomatoes, scoop out inside and fill with cream cheese, which has been mashed and beaten to a cream. Serve on lettuce with dressing.

5 crisp lettuce leaves, ¼ cup chopped olives, ½ cup finely chopped, ¼ cup chopped almonds, chicken.

Arrange lettuce leaves attractively on plate. Put chicken in middle of lettuce leaves, keeping it in a circle. Put olives in circle on edge of chicken doing the same with almonds. Use French dressing.

Would suggest using stuffed olives for color as well as flavor.

FRENCH DRESSING.
½ tsp. salt, ¼ tsp. paprika, 2 tsp. vinegar, 4 tsp. olive oil.
Mix ingredients and stir until well blended. Some prefer addition of a few drops of onion juice.

Banana Ice Cream

Mash with a fork 2 bananas and 3-cup of sugar, add juice of 1-2 lemon, and just before freezing add 2 cups milk and 1 jar cream and a few grains of salt.

Charlotte Russe

1 pint cream, ¼ cup powdered sugar, 1 tsp. extract.
Mix ingredients. Have very cold and whip to stiff froth. Line dish with sponge cake or lady fingers, fill with whipped cream and serve cold.

MARKET THE BROILERS
(Experimental Farm Note)
Now is the time to be selling the broilers. If there is a market for

these, young chickens, are about supplying it. It pays better to sell now rather than later, all chicks intended for the table, and as for broilers such as the Leghorns, one cannot afford to keep them until fall and then sell for the price of winter.

If a market is not already arranged, it would be well to see about it at once. Usually the broiler market should not be too far away. The best places to look for customers are as follows (named in order of highest prices): private families, clubs, high-class hotels, summer hotels, high-class boarding houses; dealers, etc.

The best time to sell the broilers is when they weigh from 1 to 2 pounds each. The earlier in the season, the smaller the weight that will be taken, and the larger the price.

The most satisfactory way to market is to kill and dress before shipment, (all but dealers require them dressed,) but for longer distances, and in warm weather especially, if sold to dealers they may go alive.

The Borden Co. Limited

That the Canadian Mother May Have Quick and Ready Information On Feeding Her Child

BORDEN'S EAGLE BRAND MILK

In the following charts and data we provide the Canadian mother with the necessary information she may require for the use of Borden's Eagle Brand Milk for her child. You will note that the directions provide for a child from three days of age through until the child is 24 months old.

In addition to the directions for feeding Borden's Eagle Brand Milk, the mother should read carefully the suggestions which should be adopted in connection with the use of Borden's Eagle Brand Milk. The Borden Company Limited is proud of the fact that it has been helpful in the raising of many, many Canadian infants into sturdy boys and girls and men and women who are a credit to their country. For further information, do not hesitate to write direct to The Borden Company Limited—Montreal.

TABLE OF DILUTION STRENGTH AND TIMES OF FEEDING "EAGLE BRAND" CONDENSED MILK

AGE	Hours Between Feedings	Feedings During the Night	Quantity At each Feeding	Quantity Fed in 24 Hours	Teaspoonfuls of "EAGLE BRAND" to ounces of boiled water	Feedings in 24 Hours
3 to 7 Days	2	2	1 to 1½ ozs.	10 to 15 ozs.	1 teaspoonful "EAGLE BRAND" to 11 ounces water	10
2 to 3 weeks	2	2	1½ to 3 ozs.	15 to 30 ozs.	1 teaspoonful "EAGLE BRAND" to 2 ounces water	10
4 to 6 weeks	2	1	2½ to 3½ ozs.	22 to 33 ozs.	2½ teaspoonfuls "EAGLE BRAND" to 4 ounces water	9
6 weeks to 3 months	2½	1	3 to 4½ ozs.	24 to 36 ozs.	8 teaspoonfuls "EAGLE BRAND" to 4 ounces water	8
3 to 6 Months	3	1	4 to 5½ ozs.	28 to 38 ozs.	4 teaspoonfuls "EAGLE BRAND" to 5 ounces water	7
6 to 9 Months	3	0	5 to 7 ozs.	30 to 42 ozs.	5 teaspoonfuls "EAGLE BRAND" to 6 ounces water	6
9 to 12 Months	3½	0	7 to 9 ozs.	35 to 45 ozs.	6 teaspoonfuls "EAGLE BRAND" to 7 ounces water	5

IMPORTANT.—In preparing feeding mixtures it is imperative that all utensils, bottles, nipples, etc., should be sterilized in boiling water before use. Feed at regular intervals in morning, noon and evening. Measure contents from the can, and in measuring be careful to pour from can to spoon, allowing the milk in the spoon to level itself. Repeat this procedure with every spoonful measured, using the same spoon every time. This will insure accurate measurement and produce the best results.

DIET FOR CHILD DURING THE SECOND YEAR

Usually after the twelfth month, the mother should select a diet schedule. Every new article of food should be carefully prepared, and given at first in very small quantities. All meals are to be given with nothing between meals. With many children this expansion of the diet list is attended with considerable difficulty. They are thoroughly satisfied with milk, and refuse all other form of nourishment. In such cases, withhold the milk until the more solid articles of food have been accepted. If both are given at the same time, the child will prefer the milk and when he has finished drinking it he will refuse the solid food. The following diet schedule will permit the mother to select a suitable meal from the foods listed. It is never advisable to make a change in diet during very hot weather.

NOTE.—One teaspoonful of EAGLE BRAND CONDENSED MILK added to one ounce of boiled water results in a mixture equivalent in nutritive value to whole milk. When over the word milk appears in the following diet, EAGLE BRAND should be diluted accordingly.

12th TO 15th MONTH—FIVE MEALS DAILY

7 A.M.—Oatmeal, barley, or wheat jelly, one to two tablespoonfuls in 6 or 8 ounces of milk. Stale bread and butter, or rusk and butter.

9 A.M.—The juice of one orange.

11 A.M.—Scraped raw beef, one to three tablespoonfuls, mixed with equal quantity of bread and moistened with beef-juice. Or a soft-boiled egg mixed with stale bread-crumbs; a piece of rusk and 6 or 8 ounces of milk.

3 P.M.—Beef, chicken, or mutton broth, with rice or stale bread broken into the broth. Six ounces of milk, if wanted. Stale bread or butter or rusk and butter.

Many children at the above age will take and digest apple-sauce and prune pulp; when these are given, milk should be omitted.

6 P.M.—Two tablespoonfuls of cereal jelly in 8 ounces of milk; a piece of rusk. Stale bread and butter.

10 P.M.—A tablespoonful of cereal jelly in 8 ounces of milk.

The following suggestions have proved to be helpful when properly used with bottle feedings, and they may be used in conjunction with Eagle Brand Condensed Milk.

Always pour the milk from the can into the spoon—allowing it to level itself but not run over. You can readily understand that by dipping the spoon into the can you get more than a level spoonful, because of the milk that would adhere to the bottom of the spoon.

When you have added the milk to the water stir thoroughly. After opening, it is safe to leave the milk in the original can.

ORANGE JUICE

When baby is four months old, give one teaspoonful of strained orange juice, diluted with equal quantity of boiled water, once daily before feeding time. Gradually increase the amount until you are giving the strained juice of a half of an orange undiluted, once daily before feeding time. Orange juice may be continued until child is old enough to eat other fruits as well as oranges.

OATMEAL JELLY

When baby is five months old, add one teaspoonful of oatmeal jelly to each feeding. Gradually increase the amount until you are adding three tablespoonfuls of oatmeal jelly to each feeding. To make oatmeal jelly add four ounces of oatmeal to one pint of water; boil for three hours in a double boiler, and add enough water so when cooking is completed a thin paste will be formed. This white hot is forced through a strainer to remove coarse particles. When cold it may be continued until child is old enough to eat well cooked whole cereals.

15th TO 18th MONTH—FOUR MEALS DAILY

7 A.M.—Oatmeal, hominy, cornmeal, each cooked three hours the day before they are used. When the cooking is completed the cereal should be of the consistency of a thin paste. This strained through a colander, which upon cooling will form a mass of jelly-like consistency. Of this give two or three tablespoonfuls, served with milk, 8 or 10 ounces of milk as a drink. Toast.

9 A.M.—The juice of one orange.

11 A.M.—A soft-boiled egg mixed with stale bread-crumbs, or one tablespoonful of scraped beef, mixed with stale bread-crumbs and moistened with beef-juice. A drink of milk. Rusk or bran biscuit, or stale bread and butter.

3 P.M.—Mutton, chicken, or beef broth, with rice or junket or with stale bread broken into the broth. Custard, corn-starch, plain rice pudding, junket, stewed prunes, baked apple or apple sauce.

6 P.M.—Farina, cream of wheat, wheatena (each cooked two hours). Give one to three tablespoonfuls, served with milk. A drink of milk. Rusk or stale bread and butter.

10 P.M.—A soft-boiled egg mixed with stale bread-crumbs, or one tablespoonful of scraped beef, mixed with stale bread-crumbs and moistened with beef-juice. A drink of milk. Rusk or bran biscuit, or stale bread and butter.

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When you have added the milk to the water stir thoroughly. After opening, it is safe to leave the milk in the original can.

CONSTIPATION

Oatmeal water very often relieves this condition. To make oatmeal water add one heaping tablespoonful of oatmeal to one pint of water, and boil for three hours in a double boiler. This will make a little more than half a pint of thick gruel to which add one pint of water that has been boiled. After straining mixture through fine strainer, you should have a little more than a pint of whitish liquid. This should be used with each feeding instead of the plain boiled water. If you find that this makes bowels too loose, dilute oatmeal water with plain boiled water.

Barley or rice water may be used instead of oatmeal water. If necessary two to three drops of plain cod-liver oil may be given twice daily added to the morning and night feedings.

DIARRHEA

Give nothing but plain boiled water for twenty-four hours. Then start feeding with barley water, or rice water, to which has been added a little salt to improve the taste. If these feedings are retained, and bowel movements lessened, small amounts of very weak regular feedings may be started and gradually increased according to baby's condition. If you find baby does not improve after trying the above suggestions, consult your doctor at once.



Old Dutch
Chases Dirt

For cleaning Kitchen Sinks use Old Dutch. It removes visible grease and dirt as well as invisible impurities. Ensures healthful cleanliness all through the kitchen. Won't scratch, contains no hard grit, lye or acids.

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