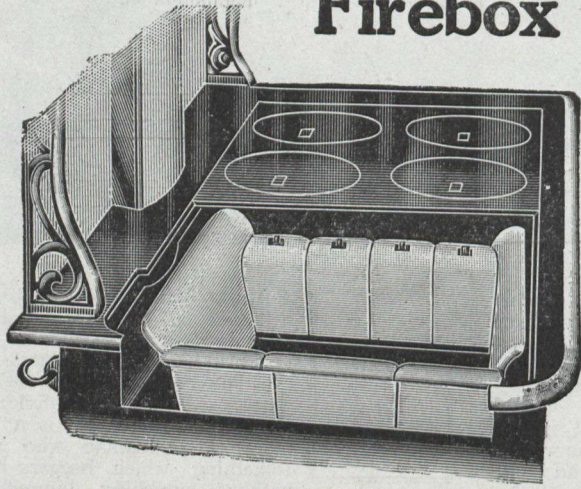


The Stretchable Firebox



Durability in a firebox depends mostly upon its ability to expand when hot and to contract when cold, without cracking.

Ever notice that steel rails are laid with a space at the ends—it is wider in winter than in summer. That space allows for stretching in the warm summer weather.

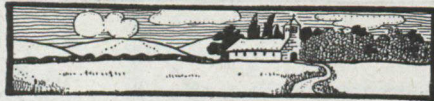
Kootenay fireboxes are made of nine pieces of pure semi-steel. They can expand without cracking. That is why Kootenay fireboxes last so long. If you do have to change a piece it comes out with a tap of a hammer—no bolts, no rivets or other fastenings—just good accurate fitting.

"Service in the Kitchen."—Booklet Free

This is only one of the many features of the Kootenay Range described in a beautiful little booklet, "Service in the Kitchen," which will be mailed free on request. It tells all a woman wants to know about a range before she buys it.

McClary's Kootenay Range

London Toronto Montreal Winnipeg Vancouver
St. John, N.B. Hamilton Calgary Edmonton Saskatoon 72



The Honey Habit

Practical Recipes

WITH gardens everywhere, blossoms everywhere—and plenty more to follow them—was there ever such fat forage for a bee?—such inviting promise of stores of nectar just waiting to be gathered?

And with sugar and butter on the list for very special saving—was there ever such appreciation ready for the product of the hive?

And lastly, with the urgent encouragement of governments and production experts reaching us on all sides—won't we see to it that there will be many, many more bees to reap this rich part of our harvest, that will otherwise be wasted—the wonderful sweetness hidden in the many-times multiplied blossoms of our fruit and vegetable gardens, in our fields of buckwheat clover and every flowering plant?

Of course, there will be more bees and more honey. And we women, to be abreast of these quickly moving times, must multiply our uses of the Queen Sweet.

As a sugar saver, honey has won our respect; as a giver of new richness, an exquisite flavor, it has charmed our palates. Its further claims on our regard are that it retains moisture an amazing length of time, keeping cakes or breads made with it extraordinarily fresh; that it is very easily digested, and lastly, that it has a rare gift of agreeability in combination with its fellows—it will bring out the best of the flavor in fresh or cooked fruits, in all that goes to make a cake, a dessert, a sweetmeat, as well as add its own peculiarly delicious taste.

Simple to Substitute

LITTLE experiment serves to encourage one to substitute honey in baking, in preserving or in making sauces or sweets. For all practical purposes, it is safe to use a cupful of honey in place of a cupful of sugar, remembering only that with about an equal amount of sweetener, one has added some water, so that the liquid allowed in the recipe should be cut down by about a quarter of a cup.

If honey is to be used as a syrup or as sauce for a pudding, or with dry cereals, it may be diluted with hot water; this will make it less sweet, more "pourable" and it will go farther. Either in its original or dilute form, honey is a delicious substitute for butter, served with bran or corn breads or pancakes, and helps tide over that period between the finishing of last year's fruit supply and the advent of the new one.

Here are a few "honeyed ways"—you will be able to adapt many of your pet recipes to them and will be delighted with the subtle new deliciousness that honey will give even to old and well-liked dishes.

Nut and Honey Muffins

HALF a cup of honey, 1 cup flour, ½ teaspoon baking soda; ¼ teaspoon salt; 2 cups bran, 1 tablespoon melted butter, 1½ cups milk, ¾ cup walnuts, chopped fine. Sift flour, soda and salt together and mix them with the bran. Add other ingredients, mix well and drop into gem tins. They will require about twenty-five minutes in a hot oven. Quantity for about twenty muffins.

Honey Fruit Cake

HALF a cup shortening, ½ cup brown sugar, ½ cup honey, 1 egg, ¾ cup milk, 2 cups flour, 1 teaspoon baking soda, ½ teaspoon salt, ½ teaspoon ginger, ½ teaspoon nutmeg, ½ teaspoon cloves, 1 teaspoon cinnamon, 1 cup raisins, chopped peel, currants or dates cut and mixed and dusted lightly with a little of the flour. Cream shortening and sugar together, add honey and the egg well-beaten. Mix and sift together all the dry ingredients and add them, alternately with the milk, to the first mixture. Beat well, add the fruit and bake in a well-greased, floured pan that is rather deep. Have the oven at moderate heat.

Honey Nuts

THE following quantities will make about a hundred little cakes of the "emergency" variety, that can be kept in a cannister against the time of sudden need. They are good, too, for the soldier's box. One cup shortening, 1 cup honey, 1 cup brown sugar, 1 cup chopped nut meats, 1 egg, 2 scant teaspoons baking soda, 1 teaspoon salt, 1 teaspoon cinnamon, 4 cups flour. Sift dry ingredients, beat the egg light, and mix in order given. This will make a stiff batter and should be dropped by teaspoons on a greased pan. Bake in a moderate oven.

—have you received your copy of Mrs. Knox's war-time book on "Food Economy?"

THIS little book contains 138 practical recipes for delicious foods like the one given below, most of them made from 'left-overs' of meat, vegetables and fruits that are ordinarily wasted—all of them approved by the leaders of the food conservation movement.

It will help you to meet your patriotic duty in saving the foods needed by our Soldiers and our Allies. Send for a free copy. A post card will bring it if you mention your dealer's name and address.

Charles B. Knox Gelatine Co., Inc.
Dept. F 180 St. Paul St. W., Montreal, Que.

KNOX SPARKLING GELATINE



Fruit Jelly

A cup of fruit juice left over from fresh fruit (or canned) may be used for a jelly dessert. Heat fruit juices, add a tablespoonful Knox Sparkling Gelatine first softened in one-half cup cold water, juice of one-half lemon, and sweeten to taste. For a dessert serve with a little top cream lettuce leaves with or without mayonnaise dressing. A sliced banana or any fruit may be added when it begins to thicken, or at serving time, jelly may be surrounded with some seasonable fruit.

Matching Tastiness with Economy!

Economy is certainly a virtue these days, and a pleasant one if taste is considered.

Try Mapleine, the golden flavour, the flavour that is different, in your dainty summer desserts—puddings, sherbets, ices, whipped cream. Makes a fine spread for the morning hot cakes.



2 oz. Bottle 50c.
Send 4c in stamps and carton top for our new Mapleine Cook Book.

Write Dept. CW
Crescent Mfg. Co.
25 Front St. E., Toronto

(M186)

MAPLEINE The Golden Flavour

FRECKLES

Now Is the Time to Get Rid of These Ugly Spots.

There's no longer the slightest need of feeling ashamed of your freckles, as Othine—double strength—is guaranteed to remove these homely spots.

Simply get an ounce of Othine—double strength—from your druggist, and apply a little of it night and morning and you should soon see that even the worst freckles have begun to disappear, while the lighter ones have vanished entirely. It is seldom that more than one ounce is needed to completely clear the skin and gain a beautiful clear complexion.

Be sure to ask for the double strength Othine, as this is sold under guarantee of money back if it fails to remove freckles.



FREE Rex Wonder or Rose Bud Ring

Set with rose bud or Rex sparkler. Your size for 12c, both for 22c. Warranted 5 years. Gold filled.

Rex Jewelry Co., Dept. 6 Battle Creek, Mich.

E-B-EDDY TALKS

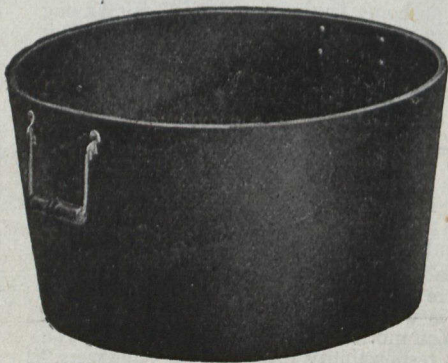
THE great war has made many changes in our daily work, and not the least important of these is the change in Household Supplies.

Zinc, iron and tin are in great demand for war purposes—consequently, the price has been soaring for years. Tubs, pails and washboards are consequently much dearer than before.

To meet this condition, we have increased our output of INDURATED WARE—known to you as fibreware. We are now making more than a thousand tubs, washboards and pails daily of this material in our great mills at Hull.

INDURATED WARE is vastly superior to the old-fashioned "patent" pails and tubs. It is durable, light in weight, smooth, easily cleaned and sanitary. Housewives find that it actually lasts five or six times as long as Iron and Tin, and costs no more.

The tub pictured here is equally as good for Baby's bath as for the family washing, and it will not rust, warp or break.



Ask your dealer to show it to you. We guarantee you complete satisfaction and actual saving.

E. B. EDDY COMPANY, LIMITED
HULL 1851 - 1918 CANADA