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Cool Dishes for Hot Days By "Aunt Fanny," Peterboro Co.

Just imagine wearing a dress of some heavy woollen material having long sleeves and high neck some of these hot days when we are busy washing, ironing or baking! It would be anything but comfortable.

It is just as necessary for us to practice a change of diet in summer so that our systems may not be over-loaded with heating foods as it is for us to wear lighter clothing. Some farmers' wives tell us that this change of diet is all very well for those living in the city, but men who work hard on the farm must have plenty of nourishing foods in order to keep their strength. Quite true, but nourishing foods do not necessarily mean heating foods.

Meat is a heat-furnishing food, yet

how often we find it forming the saple dish the year round. While it would not be wise to banish meat entirely from the summer menu, we should plan, however, to have it take the place of an occasional dish rather

than the main one. Beans, cheese, and eggs are all very nourishing foods, and will take the place of meat to a large extent. Enough beans for two or three meals may be boiled or baked on wash morning. There are many different ways of preparing cheese dishes for variety. I noticed some good cheese recipes in Farm and Dairy not long Eggs in many homes are not relished as much at this season of the year as earlier. though, we can make an egg omelette or have deviled eggs. When prepar-ing deviled eggs I cook them quite hard, cut in two, and remove the yolk, mix it with salad dressing, and place in the whites again.

Vegetables, of course, should have a large place in our summer menu, both cooked and raw. Salads, are easily made and very palatable and cooling. Some of my favorites are cabbage, beet, lettuce and nut, are cabbage, beet, lettuce and nut, potato or fruit salad. I sometimes make a fish salad of some kind, usually salmon or sardines. I take two hard-boiled eggs, chop them fine, a few small cucumber pickles, add to the fish, and mix thoroughly with mayonnaise. Fresh fish make a very delicious salad, if when cold they are shredded, mixed with lettuce, tomatoes or cucumbers and mayonnaise

dressing Cooked desserts are not as digestible in summer as in winter, and we can usually fill this part of the menu In the early part of the with fruit. season banaras and oranges are available, and later on the small fruits, which we often have in our own gar-

This change of diet question is an important one and worthy of much consideration, as it means the preservation of the health of the family.

An Ant Remedy

A Kansas farm wife endeavoured accessfully for many months rid her pantry of ants-red ants, big ants, black ants, little ants, and ants without any cognomen. She used all the known and unknown remedies, the products of the drug stores and a host sure-to-cure concoctions-and the ants seemed to thrive and grow bigger.

Borax and alum, kerosene and cu-Borax and alum, kerosene and cu-cumber peelings, ginger, red pepper, salt and suiphur followed one after another. She tried hiding the sugar and the other wares of the pantry. Everything was a failure. One day she dropped some whole-cloves on the pantry shelf and forgot to clean them up. Such is the slender thread upon why our great about her

tions hang. Not an ant about her house now. The one cure is cloves, powdered or whole, it seems to make no difference -- Ex



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