

are much about naturally a good a bite of some.

ned very satis- both time and attributes her and difficulty ears of careless-

she said, "that Now I am suf-

all we have to animals in many

sponded, "that al part well or work right."

esson, and now up for the de- But it is a diffi- less care,—for the body when these all have to

well in harvest- se, sufficient, if ed to creep in all stent good feed- y of the year.— vrier the work there is for the s, milk, cheese ein foods build d tissue. In g any vigorous more of these ratively idle— e, of course, n, and not eat as that might the system.

and good work ing also a due tes, or starch and vegetables alts, acids and body in good

course, contain s and carbohy- m a "staff of and rich milk So, also, is ery thoroughly e hours boiling his reason it is lge in winter ously, unless, cooker, which aking porridge

are very good fruit to begin and rich milk, e. For variety e place of the ot sufficient to ay always be

(meat broth) wing, followed atoes and one for the last ie, bread and cooked fruit place of the

ls great choice. d meat with a salad without any attractive with biscuits; acaroni with ancakes with e with cream, evening meal. e, must be on g of the meal, and tea will

en before go- better than a milk—and a tter.aily rationing t of the body s." You will is given for oughnuts, etc. Johnny cake muffins with antial salad" that contains hopped meat opped celery; ked fish and gs choppedopped pea- dressing must

be added, and the salad served on lettuce leaves.

Lighter salads, such as those made with green peas or beans, asparagus, beets, apples and celery, apples and onions, potato and egg, cucumbers, etc., should always be served with cold meat. They are not substantial enough to taste just right alone, nor to give the required amount of nutriment for the meal,—unless, indeed, oil dressing is used.

Oil dressing, which is used almost everywhere in the United States, is not yet much favored in Canada, especially in the rural districts. A taste for it, as for olives, has to be acquired, but once one has learned to like it there is no dressing equal to it. And certainly it is very nutritious.

To make it one requires: a good, strong Dover egg-beater; a strong round-bottomed bowl; a bottle of good, sweet olive oil; an egg-yolk or two; a pinch of salt; teaspoonful of mustard; dash of cayenne (if liked); some vinegar or lemon juice—and plenty of elbow-action. All the ingredients—except the elbow-action—must be ice-cold if possible. Put the egg-yolks, salt, mustard and pepper in the bowl and beat well, then pour in a few drops of the oil, and beat, then a few drops of the vinegar or lemon, and keep on, beating hard all the time and gradually increasing the quantities of oil and vinegar, until it becomes smooth and thick, like rich, solid cream.

An easier way—if not quite so rich—is the following: Rub the bowl with onion, and in it put 2 saltspoons salt, a dash of cayenne, 1 tablespoon of vinegar. Mix and add 2 or 3 tablespoons oil, and stir all together with a lump of ice until it thickens and looks opaque. Remove the ice.

If one does not like the oil dressings one may like either of the following:

Cooked Dressing.—Take 3 eggs, well beaten; 1 teaspoon salt; ½ saltspoon cayenne; 1 tablespoon butter; 1 cup cream, two-thirds cup vinegar; juice of 2 lemons. Stir salt and mustard together, and add the well-beaten yolks. Beat well and add the vinegar, lemon (or vinegar), butter, cream and whites of the eggs beaten until foamy. Cook in a double boiler, stirring constantly until thick.

Cream Dressing.—This is very easily made, and is very nice, especially on a salad made of lettuce leaves, sliced radishes and a little onion cut in bits. Put a level teaspoon of salt in a bowl. Mix with half a cup of sweet cream, and pour in 2 tablespoons vinegar or lemon juice, stirring rapidly so it will not curdle. A very nice dressing for chopped onions, or chopped onions and lettuce mixed, is a little thick sour cream beaten with a dash of salt. Use just enough to moisten the salad, and no more.

NOW we have got quite away from the subject with which we started—but the subject of salads is fascinating to everyone who has anything to do with summer cookery, is it not?

As a last word then,—keep the physical strong, that it may best serve the world's work, whether that called for be food-production, or brain work. The soldier is required to be, as nearly as possible, perfect physically, because it has been found that physically perfect soldiers are, as a rule, the best in the field. Not less is a physically fit body required for the gentler arts of peace and the strenuous demands of the intellect.

JUNIA.

Renovating Furniture.

IN almost every city there is a man (maybe two) who makes a specialty of fixing up old furniture. As a rule he loves his work, and is a keen judge of the really beautiful in wood, line and finish, delighting in taking an old piece that shows possibilities, and making it into a thing of use and beauty. If one has any old furniture that is really "good," but so battered and scratched as to be not fit for use, it pays to find such a man, even after long searching. He may charge a good deal for his work but the result can only be most satisfactory.

A woman whom I know is very fond of good, old furniture, of graceful lines. She has "a nose for woods," we tell her, and can spot a piece of fine walnut or rosewood every time, no matter how battered and gray the exterior may be. In all sorts of out-of-the-way places, almost "for a song" she has picked up old chairs,

tables and sofas, which, mended, polished and re-upholstered, now grace her drawing-room, and she is proud to know that there is no more beautiful furniture in the city. A few weeks ago, for instance, she found, in an old second-hand shop, a chair which looked so disreputable that the shop-keeper only asked 25 cents for it. Recognizing solid walnut, she bought the chair, took it all apart and brought it home in her trunk. The "real artist in furniture" whom she has discovered, got to work at it, and now, polished to a soft gloss and furnished with a cushioned seat of shadow chintz, to match the inside curtains, it holds an honored place in a den, before an old desk picked up somewhat similarly and put through a similar transformation. It is now a unique and beautiful addition to the room.

So if you have any fine old furniture that looks too far gone for use, do not let it go to waste. The new "golden oak," etc., (an abomination to all real furniture-

fanciers) "cannot hold a candle" to old walnut, rosewood, or mahogany. Neither can any of the modern oak furniture—although some very beautiful pieces may be got in the fumed, Flemish, Old English and weathered finishes.

True, you can get fine modern furniture in real mahogany, walnut and rosewood, but they cost a figure absolutely prohibitive, as a rule, to all but quite rich people. So, unless you happen to be one of those lucky mortals, look well to your old furniture. If it has come down from your grandmother's days it is likely to be hand-made, and "solid" (instead of veneered or merely stained pine, etc.)—and filled with possibilities.

JUNIA.

Sandwiches For War Time.

By all means have picnics, but let the refreshments take the place of a real

meal. This will be in accordance with war regulations. The following recipes for sandwiches may be found useful in preparing the "basket." Be sure to wrap them in waxed paper for carrying. This will keep them fresh and attractive.

Use brown bread, etc., for the substantial portion, and try some of these fillings:

1. Hard-boiled eggs chopped, seasoned and well moistened with melted butter and vinegar to which a speck of mustard has been added.
2. Baked beans mashed smooth and mixed with salad dressing.
3. Flaked fish and chopped cucumber with salad dressing.
4. Chopped peanuts and banana pulp, with a little lemon juice or salad dressing.
5. Minced celery and apple mixed with salad dressing.
6. Chopped nuts of any kind well moistened with salad dressing. Put lettuce leaves between also.



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