

About the House

Useful Hints and General Information for the Busy Housewife

With Corn Meal.

Indian Meal Bread.—One and one-half cups Graham flour, one cup corn meal, one-half tablespoon soda, one teaspoon salt, one-half cup molasses, one and two-thirds cups milk. Mix and steam as Boston brown bread.

Crisp Corn-Meal Cake.—One cup milk, one-half cup white corn meal, one-half teaspoon salt. Mix the ingredients and heat slowly until the boiling point is reached. It is not necessary to stir. Spread on a shallow buttered pan to a depth of about one-fourth an inch. Bake in a moderate oven until crisp.

Apple-Corn Bread.—Two cups white corn meal, two tablespoons sugar, one-half teaspoon salt, one teaspoon soda, one teaspoon cream of tartar, one and two-thirds cups milk, three tart apples pared and sliced. Mix the dry ingredients, add milk and beat thoroughly. Add the apples. Pour into a well-buttered shallow pan and bake thirty minutes in hot oven.

Fruit Gems.—One cup corn meal, one cup milk, one teaspoon salt, one teaspoon baking powder, one-half cup raisins, one-half cup currants, one-half cup cream. Cook the meal and salt in the milk for a few minutes. When cool add the baking powder and beat thoroughly. Add the fruit and cream and bake in well-buttered muffin tins.

Boston Brown Bread With Cream.—One cup rye meal, one cup corn meal, one teaspoon salt, one-half cup molasses, two eggs, one and a half cups thin cream. Sift the dry ingredients. Add molasses, yolks of eggs well beaten, and cream; lately, fold in the whites of eggs beaten stiff. Pour mixture into buttered mold, steam three hours; then bake one hour in a moderate oven.

Boston Brown Bread.—One cup corn meal, one cup rye meal, one cup Graham flour, two and one-half teaspoons soda, one teaspoon salt, three-fourths cup molasses, two cups sour milk, or one and three-quarter cups sweet milk. Mix and sift the dry ingredients and add the molasses and milk. Beat thoroughly and steam three and a half hours in well-buttered, covered molds. Remove the covers and bake the bread long enough to dry the top. This may be made also with one and one-half cups corn meal and rye meal and no Graham flour.

Buttermilk Waffles.—Three cups water, two cups corn meal, two cups wheat flour, one cup sweet milk, four eggs, two tablespoons butter, two teaspoons salt, one and one-half teaspoons soda, buttermilk or sweet milk enough to thin batter. Cook the meal, water, salt and butter together in a double boiler for ten minutes. When the mush is cool add the eggs, beaten separately until very light. Sift the flour and soda together. Add the flour and the sweet milk alternately to the corn meal mixture. Finally add the buttermilk. This mixture is improved by standing a short time.

Parched Corn-Meal Biscuits.—One cup yellow corn meal, two teaspoons salt, two cups peanut cream. Put the meal into a shallow pan and heat in the oven until it is a delicate brown, stirring frequently. Make the nut cream by mixing peanut butter with cold water, and beating it. It should be the consistency of thick cream. While the nut cream is hot, stir in the corn meal, which should also be hot. Beat thoroughly. The mixture should be of such consistency that it can be dropped from a spoon. Bake in small cakes on a greased pan. If preferred, these biscuits may be made with cream or with butter in place of peanut cream, and chopped raisins may be added, one cup being the allowance for the quantities given above.

Sour Milk Corn Bread.—Two cups corn meal, two cups sour milk, two tablespoons butter. Two tablespoons sugar, white or brown. One and a half teaspoons salt. Two eggs. One teaspoon soda. One tablespoon cold water. There are two ways of mixing this bread. By the first the meal, milk, salt, butter and sugar are cooked in a double boiler for about ten

minutes. When the mixture is cool, the eggs are added well beaten and the soda dissolved in the water. By the other method all the dry ingredients, including the soda, are mixed together, and then the sour milk and eggs well beaten and the butter are added. If the second method is followed the cold water is not needed. The bread should be baked in a shallow iron or granite pan for about thirty minutes.

Beaten Corn Bread.—Three-fourths cup white cornmeal. Three-fourths cup of wheat flour. One teaspoonful sugar. One-half teaspoon salt. One tablespoon lard. Water. Mix and sift the dry ingredients and rub the lard thoroughly into the mixture by means of a fork. Add a little water, enough to moisten the mixture throughout, but not too much, as it must be crumbly. Spread on a board and beat thoroughly with a rolling pin or mallet, as is done with beaten biscuits, folding it over frequently to introduce air. Roll out about one-half inch thick, cut into small pieces and bake in a moderate oven. In camp this can be baked in a hot greased pan propped up before a hot fire.

Gluten and Corn Bread.—Two and one-fourth cups yellow or white cornmeal. Three-fourths cups gluten, rye or wheat flour (preference being in order named). One and a half cups boiling water. One tablespoon sugar. One-half yeast cake (or one cake if haste is an object) dissolved in one-fourth cup lukewarm water. Two tablespoons butter, lard or a mixture of the two. Three teaspoons salt. Pour the cornmeal into a dish of boiling water. It is not sufficient merely to pour the boiling water over the meal in a cold dish. If yellow meal is used, heat it a little in addition to pouring it into the boiling water or mix meal and water and heat in a double boiler. When cool mix with the other ingredients and knead thoroughly. Place in a baking tin and bake when risen sufficiently.

Relicious Pie and Cake Fillings.

Dried Apple Pie Filling.—Three cups of molasses, three cups of dried apples, one cupful of sour milk, one cupful of sugar, three cupfuls of flour, three-quarters cupful of butter, one cupful of seedless raisins, two eggs, two teaspoonfuls of soda, one teaspoonful of powdered cloves, one teaspoonful of powdered cinnamon. The apples must be soaked in water overnight. In the morning chop fine and cook slowly in the molasses for about two hours. Then remove from stove and when cold add the other ingredients. Beat the eggs thoroughly and stir them into the mixture and bake in a slow oven.

Dried Fig Filling.—One-half pound chopped figs, one and one-half cups of water, one and one-half teaspoonfuls of sugar, two eggs and two tablespoonfuls of powdered sugar. The chopped figs are simmered for half an hour in the water, and when nearly finished, sugar is added. The dish is then removed from the stove and when cool the beaten yolks of the eggs are added. Pour the mixture over the pie crust and bake until the yolks are set. The whites of eggs are beaten with powdered sugar and the meringue poured over the fig pie and browned.

Meringue Date Pie.—One-half pound of dates, two cupfuls of milk and one egg. The dates are heated slowly in the milk and as soon as soft are stoned and pressed through a colander. A beaten egg is added to the dates, or one teaspoonful of dissolved cornstarch can be substituted, if preferred, and poured on the pie crust. Before it is removed from the stove a meringue can be added or it may be served with stiff whipped cream.

Lady Baltimore Filling.—Three cupfuls of granulated sugar, one cupful of chopped raisins, one-half cupful of figs, one-half cupful chopped nut meats. The sugar is dissolved in boiling water and cooked until it threads, when it is poured slowly over the stiffly beaten white of an egg and stirred. Then chopped nut meats, raisins and figs are added and the cake filled and iced with the mixture. Chocolate filling for layer cake. Two cupfuls of sugar, one-quarter cupful of chocolate, three-quarter cupful of milk, one tablespoonful of butter, one teaspoonful of vanilla. The grated or chopped chocolate, sugar and milk are boiled over a hot fire for about six minutes and then removed from stove. Vanilla is added and the whole beaten hard until the mixture has become sufficiently thickened, when it is poured quickly over layers.

Things to Remember.

Salt in whitewash makes it adhere better. The stove with a red top will have a cool oven. Always use the coldest of dishes to serve salad on. Dried fruits are safer bought in packages than in bulk. It is a good idea to have regular days for each kind of work. If the shoes are too tight, the feet will get cold very quickly. Peel onions under cold water to prevent the eyes from smarting. Warm gingerbread, cottage cheese and apple sauce are delicious together.

Sprinkled on a carpet before sweeping salt will lay the dust and revive the color.

Coffee made with an egg has a rich flavor, which egg alone can give. Peeling a potato is like taking the cream from milk—you lose the best part.

Butter for the cake should never be warmed or melted, but beaten to a cream.

If bread is allowed to get too light before it is put into the oven it will be sour.

Olives and English walnuts ground together and moistened with mayonnaise make a good sandwich. Orange peels thoroughly dried, then put on a bed of coals, will shoot forth spikes of many-colored flames.

Before putting a cork in a bottle put a few drops of glycerine on it. The cork will then be easily removed.

A nice way to serve cream cheese with salad is to roll it into a ball and place it on the side of the salad dish.

Always take the draughts of the kitchen range when you have finished cooking a meal, thereby saving fuel. Place the cake tin inside a larger tin, place the cake tin inside a larger tin, or in a dripping tin containing salt.

Onion juice—applied by rubbing the freshly cut red onions across the surface to be pasted—makes a satisfactory strong adhesive for pasting labels on glass, tin or other metals.

It saves time in packing school lunches to do them always in the same place, with the lunch boxes, paraffin paper, sharp knife, and paper napkins all close at hand. Fruit soups are made of sifted, stewed fruit, thickened like cream soups with cornstarch, tapioca or arrow root and flavored to taste. They should be chilled before serving.

A use for old kid gloves can be made by cutting the palms of the gloves out and sewing them neatly into the knees of children's stockings. This will prevent them from wearing into holes.

Grease spots on the pages of books should be sprinkled with finely-powdered pipeclay, then a piece of tissue paper laid over the pipeclay, and the paper pressed with a warm iron. Rub off with India rubber.

When colored clothing is stained with mud, let it dry and brush out all you can. Then apply a mixture of salt and flour; let it remain on, and dry place for a day or two, then brush off.

THE EDUCATION OF OFFICERS

SEVERE TRAINING AT BRITISH MILITARY COLLEGES.

Cadets Are Forced to do Eighteen Months Work in Six Months.

Training of cadets at Sandhurst and Woolwich, is quite a different matter from what is in times of peace. In pre-war days the shortest time cadets spent before getting commissions was eighteen months. Now the minimum is six months. And even this period may be abbreviated if the great army in the field calls for officers in a hurry. There are no vacations for cadets or instructors—nothing but hustle, hustle, hustle.

As between the Royal Military College at Sandhurst and the Royal Military Academy at Woolwich, virtually the only difference is that at the latter establishment the engineers and artillery are more thoroughly grounded in the science appertaining to their particular branches of the service.

At Sandhurst, which, by the way, is an exceptionally gloomy barrack-like building, situated in exceptionally quiet surroundings at Camberley, Surrey, there are usually several hundred cadets, and they are organized in companies on the same basis as a battalion of infantry.

Punishments for Cadets. Specially selected officers of the regular army act as company commanders. They have the power of inflicting certain punishments on the cadets for breaches of discipline, but as the cadets are deemed to be gentlemen and are designed for a career the primary duty of which is to lead men, the company commanders are expected to maintain discipline among them by gaining their esteem and respect rather than by punitive measures. Rustication and the sentencing of a

MAGIC BAKING POWDER

IS THE MOST IMPORTANT ITEM IN YOUR GROCERY ORDER — SEE THAT YOU GET IT — COSTS NO MORE THAN THE ORDINARY KINDS CONTAINS NO ALUM

cadet to lose places in the list of successful candidates for commissions are the heaviest punishments for minor offences. Removal from the college is a punishment reserved for more serious offences, but a cadet may be "removed" for other than disciplinary offences for any of the following reasons: First, moral or physical unfitness; second, unsatisfactory progress in his studies or physical exercises, and, third, if reported by the commandant as not likely to become an efficient officer.

Medals Are Granted.

To take some of the disciplinary and routine work off the shoulders of the company commanders, who are also instructors, promotion to non-commissioned rank is granted to a number of cadets in each company, and one cadet is given the rank of under-officer. The latter acts as a substitute to his company commander and assists him greatly in maintaining the general tone of the company. The under-officer's job is much sought after, because it carries with it a good many little privileges, as well as an accession of dignity.

In order to encourage industry in study a medal is granted to each of the two best qualified cadets of each half-yearly batch, while a sword is bestowed on the cadet considered to be the best qualified cadet of the year.

The principal subjects in which practical as well as theoretical instruction is imparted to cadets at the college are military field work (fortifications, bridge building, demolitions, etc.), tactics and typography (sketching, map reading and making, etc.). In addition, drill, riding and gymnastics are also taught.

The theoretical instruction is given to the cadets in the "hall of study," as the schoolroom is termed. Practical demonstrations of all matters that are dealt with theoretically are given in another place.

It is not of course, all discipline and work at the college, for every sort of healthy sport and recreation is encouraged, and, as a matter of fact, enforced to a certain extent. Anything, however, in the shape of gambling or extravagance is very sternly discountenanced. The rules in this respect might, indeed, be said to verge on the sanctioning, so very stringent are they.

Rules Are Strict.

At one time the cadets used to be a favorite mark for racing tipsters and the money lenders' fraternity's alluring circulars, but are not so any longer. The reason they have ceased to be so is because a cadet who now receives such circulars is under strict injunction to report the fact, and will therefore ensue to the tempters.

Extravagance also at one time held a very gay reign at the college, but was banished because of its bad moral effects on the wealthy lads and because it made the positions of the poorer cadets so embarrassing. Now no cadet is allowed to even incur a messing bill (over and above the ordinary charges of seventy-five cents a day, which the Government pays) of more than \$15 a month, including beer and wine, on which he may not spend a greater sum than twenty-five cents a day, without the sanction of his company officer. This sanction is given only on special occasions, such

as for the purpose of entertaining a guest.

Horses, ponies and dogs are not allowed to be kept by the cadets. Nor are the embryo officers, much as sport is encouraged among them, permitted to ride at race meetings, play polo or hunt the game on the estate.

Afternoon tea with each other is one "dissipation" which is allowed the cadets, but nothing in the shape of intoxicating liquor is permitted to be introduced into their rooms. Lights in rooms have to be turned out at 10:30 p.m. except on Saturdays, and Sundays, when an extra hour's grace is granted. Under-officers may, however, keep a light burning for another hour.

THE FASHIONS

We have lately been hearing rumors from Paris that the period of the Directorate is likely to make itself felt again in our dress. Although these rumors have not been confirmed from all sides, here and there a costume appears highly suggestive of this period, so it will hardly be looking too far ahead to give it some consideration. Period styles keep recurring every little while, and for some time we have had no strain of the Directorate in our dress, so there will be little wonder if it should return very soon. And there will be little regret, too, for there is a certain dignity and stateliness about the costume of this period that makes it a favorite among many women.

In the accompanying sketch is a dress which shows the Directorate influence very markedly. This type of dress strikes the eye at once as being very distinct from other styles. At first glance one might easily mistake it for a coat on account of the large collar rising high at the back of the neck, the equally large revers and the double-breasted effect of the short, fitted body. At this season of the year a dress in coat effect is especially desirable, and one of this type has many charms. The long tunic parted in front and attached to the rather short-waisted body can be worn to advantage by the woman of average proportions.

Tunics are quite fashionable this season and there is a large variety of different styles. A novelty seen very



Reflecting the Directorate Style

recently was in the form of a long tunic reaching to the hem of the skirt, but it was placed only across the back of the skirt, barely starting from the hips. The dress in question was made of soft navy blue silk and the tunic was of very fine serge in a matching shade.

Collars, high in the back and open in front, on the order of the one in the illustration, are very good style. Even in separate collars to be worn with dresses and suits, the style that goes well up in the back and almost touches the hair is one of the very newest from Paris. Most collars continue to be very large, though some small ones are seen.

A Skirt of Many Gores.

In the matter of separate skirts, there is a striking novelty which has made a strong appeal to many women. This is the fourteen-gored skirt, of

which an illustration is shown here. Not even the number of gores has deterred them from taking a fancy to this skirt, the novelty and the effectiveness of it having far outweighed the task of making it. The most effective developments are in two materials, making the alternate gores of the different materials. Needless to say, in this lies the chief beauty of the skirt. One may use the same material in two contrasting colors or contrasting materials in the same shade. These skirts are often made in two colors of serge, as black and white, or brown and white; or they are made in combinations of serge and satin, broadcloth and velvet, or taffeta and serge. Taffeta or corduroy in two colors is very often employed with good results also.

As to Separate Blouses. The waists to go with separate skirts and suits are, as a rule, very simple. White and pale flesh-colored blouses are still favored, though the fashion of having the blouse match in color the suit with which it is to be worn is again coming in. For this reason there are some dark blouses seen. Satin and Georgette are combined for waists that form part of the

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New Gored Skirt with Simple Waist

costume. The sleeves and upper part of the waist are generally of Georgette and the lower part which comes nearest the skirt is of satin. Striped satin is also used for waists combined with Georgette or chiffon. A charming model for dressy wear was made of blue and white striped satin with white Georgette. It had a large cape-collared.

These patterns may be obtained from your local McCall Dealer or from the McCall Co., 70 Bond Street, Toronto, Ontario.

Japan's Factory Law.

Japan's new factory law which became effective September 1st affords food for thought. By its provisions a ten-year period is established during which an employe may be worked 13 to 14 hours a day. There are 40,000 children between 12 and 14 years of age and more than 100,000 children between 14 and 16 who work in Japanese factories. A skilled workman receives about 40 cents a day and his scale runs down to a few pennies to young children. Japan has just instituted a new freight line in which to transport her products to foreign markets. This is the sort of competition which is preparing for the war sets world trade channels open.

TO END CATARRHAL DEAFNESS AND HEAD NOISES

If you have Catarrhal Deafness or head noises go to your drug-gist and get 1 ounce of Parmitin (double strength), and add to it 1 pint of hot water and 4 ounces of granulated sugar. Take 1 table-spoonful four times a day. This will often bring quick relief from the distressing head noises. Clogged nostrils should open, breathing becomes easy and the mucus stop dropping into the throat. It is pleasant to take. Any one who has Catarrhal Deafness or head noises should give this prescription a trial.

Some Observer.

"I'm glad you never married, auntie."
"Why, my dear?"
"Cuz if you had a man to look after like my ma you wouldn't have half as much time to be good to me."

St. Kilda is the only place in Great Britain where wild sheep exist.

FROM SUNSET COAST

WHAT THE WESTERN PEOPLE ARE DOING.

Progress of the Great West Told in a Few Pointed Paragraphs.

The question of a Greater Vancouver is being revived in that city. New Westminster has completed its work in Boundary road, Lulu Island. Twenty-two mineral claims were recorded at Nanaimo during September. Fish are again arriving in more plentiful quantities at Prince Rupert. Whale-hunting steamer are still busy on the west coast.

A shipment of 150 steers to Chicago, from Lethbridge, brought over \$13,000 to the shippers. Straw baling is in progress in many parts of the Fraser Valley. Straw is selling at 25 cents per bale.

More than 1,500 Indians were employed this past season in hop-picking in the Chilliwack and nearby sections. Dog salmon, which used to sell for 5 cents each, are now 25 cents in Vancouver.

South Vancouver has sent 1,300 men to the colors since the outbreak of war. Of these, 862 left families or dependents.

A heavy windstorm which caught the Steveston fishing fleet one day recently caused the loss of four Japanese fishermen.

A panther, which measured nearly seven feet from tip to tip, attacked two children at Cowichan Lake, and was shot.

Logging operations of considerable dimensions are being conducted by the B. C. Manufacturing Company of Lulu Island, in Glen Valley.

An outbreak of typhoid fever in St. Ann's Convent, Victoria, caused the death of two sisters, and the serious illness of twelve others.

Trail's electrolytic copper refinery which has now been in operation for a few weeks, will shortly begin the shipment of electrolytic copper.

A roll of honor containing more than 100 names of men from Cosquiam municipality who have enlisted for active service is being prepared. Salmon fishing along the Alberni Canal has been at its height during the past few weeks, and good hauls are being made by the boats that are properly equipped.

An aggregate production for the mines of British Columbia this year of from \$45,000,000 to \$50,000,000 is the prediction made by Hon. Lorne A. Campbell, Minister of Mines. A total of \$322,000 has been added to the funds of the City of New Westminster as a result of tax receipts up to the end of September, the conclusion of the first discount period.

Victoria Automobile Association conferred with the Auto Club of Southern California in regard to having uniform direction posts at all the important crossroads from Mexico to Alaska.

At Burnaby the board of works adopted estimates for work to be done in the various wards amounting to \$20,990, about \$12,000 of which will be expended on Hastings street east and Barnet road.

At the Matsqui tax sale this year thirty-seven parcels of land were sold, bringing in \$4,057.26, which was approximately \$1,000 more than the charges against the land sold. There were 124 parcels of land which passed into the hands of the municipality.

DREAM RESTORES HIS SPEECH.

Welsh Soldier Recovers the Power in London Hospital.

Many remarkable instances of the recovery of soldiers of the power of speech, lost through shell shock or wounds, have been told. The latest is that of a Welshman, Private Morris, who had his voice restored in a dream. He was injured during the battle of the Somme, and on recovering consciousness found that he had lost the power of speech. While in a hospital in London he dreamed that he was back in the trenches and that a shell burst near him. He shouted at the top of his voice, and on waking was spoken to about it. To his astonishment he found he was able to reply, and he has now completely regained his speech.

Danish Germany Suffers More.

A Danish-American who has been visiting the country of his birth this summer and spent several weeks in the district along the Danish-German border, writes to a friend in London that practically everybody there, on both sides of the frontier, is in mourning, for all these people have relatives or friends fighting in the German front. The Germans have sent the regiments consisting of young men from northern Schleswig to the most exposed positions and the number of Danish-speaking men who have lost their lives is already larger than the total number of Danes who fell in the war against Prussia and Austria in 1864.

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Slightly on the Large Side.

The Recruit: "Sergeant, would you mind changin' this pair o' boots for me? They're too big. (Apologetically) I think what you was lookin' at on the paper was my age, not the size of my feet."—London Opinion.