

# About the House

## Useful Hints and General Information for the Busy Housewife

**Miscellaneous Recipes.**  
**Honey Salad Dressing.**—Beat together three tablespoons olive oil, two tablespoons honey, one tablespoon lemon juice and a few grains of salt. Use immediately.

**Pineapple Salad.**—One small pineapple, lettuce hearts and honey salad dressing. Pare pineapple and remove eyes, chip into thin, small slices, dress with salad dressing and let stand thirty minutes. Serve on lettuce hearts.

**Winter Succotash.**—Soak one pint of dried lima beans and one pint of dried sweet corn over night. Drain and rinse with fresh water, cover with cold water, add two slices of bacon or smoked ham and boil until tender. Season with salt and pepper to taste. Serve hot.

**Ginger Bread.**—One cup of sugar, two cups of molasses, one cup of lard, one tablespoonful of soda dissolved in one-half cup of hot water, one cup of buttermilk or sweet milk. Thicken with flour, add ground ginger to taste. Bake in buttered pan 45 minutes.

**Ginger Pudding.**—One-half cup molasses, one and one-half tablespoons melted butter, one-half cup sour milk, one and five-eighths cups bread flour, one tablespoon orange juice, one-half teaspoon salt, one-half teaspoon ginger, grated rind, one-half orange, one teaspoon soda. Dissolve soda in sour milk and add to other ingredients. Beat all thoroughly, pour into well-buttered mold and steam about fifty minutes. Serve with orange sauce.

**Date Bread.**—To one pint light wheat flour sponge add two teaspoons sugar, pinch of salt and enough whole wheat flour to make batter as stiff as can be stirred with wooden spoon. Wash, stone, and cut into bits enough dates to make two cupsful. Add dates to batter, mold, put in pan and let stand in warm place until light; then bake in moderate oven.

**Waffles.**—Sift together a lightly-measured pint of flour and a half tablespoonful of salt. Rub in a level tablespoonful of butter. Separate four eggs and beat the whites until they will stand alone and the yolks until lemon-colored and thick. Add the yolks to the flour mixture, alternating with sweet milk until a pint of milk has been used. Lastly, fold in the whites and bake.

For apple dumplings make some paste same as for apple pudding, divide into as many pieces as dumplings required. Peel and core the apples, roll out your paste large enough, put on the apple with some sugar in centre, close up the paste, tie tightly in cloths, and boil for one hour. When you take them out dip them quickly in cold water; put them in a cup while you untie them and they will turn out whole.

In making scones take 1 lb. of prepared flour, 1 teaspoonful of sugar, pinch of butter size of walnut, small pinch of salt, as much milk as will make into a nice consistency. Have the griddle very warm and thoroughly clean before starting, as it greatly depends on the firing. Put flour into a basin with sugar; rub butter in till it is quite powdered with the flour; add salt, and with a knife mix the milk, as this makes the scones lighter.

For oatcakes put 2½ handfuls of fine oatmeal in a bowl, with a teaspoonful of sugar and a little salt. Four over this ¾ pint of boiling water in which 1 oz. of butter or dripping has been melted. Mix well with a spoon, then turn out on the board and knead with the hands in a round. Take the rolling pin and roll out very thin, taking care to dust the pin well with meal to keep it from sticking. Nicely round the edges with finger and thumb. Cut in four. Have the griddle nice and hot, bring it to the edge of the board, and slip the cakes on to it. Fire on one side until the edges begin to curl up, then toast the other side in front of the fire. An hour or two in a moderately hot oven makes them nice and dry and crisp.

**A New Layer Cake.**—One large tablespoonful of butter, one cup sugar, two cups of self-raising flour, one egg, one cup of milk. Cream butter and sugar. Add the egg, well beaten, and the milk. Sift the flour gradually into the mixture, and beat thoroughly. Bake in three layers in well greased tins. For the filling: Three tart apples, rind and juice of one lemon, one egg and a cup of sugar. Peel and grate the apples, add the grated rind and juice of lemon. Stir in egg, well beaten, and the sugar. Cook the mixture in a bowl, set in a pan of boiling water until it is quite thick, spread over two layers, and put the third layer on top after it has slightly cooled.

**Some Useful Hints.**  
 Macaroni and cheese baked is a good substitute for meat.  
 The winter breakfast should contain both cereals and fruit.  
 Dry flour rubbed on tin with a newspaper will clean it beautifully.  
 French-fried potatoes dipped in cornmeal before frying are excellent.  
 Fish, fruit and salads should be frequent in the menus for the brain worker.

A bottle of dried-up glycer will become soft if a little vinegar is placed in the bottle.

If a little salt is sprinkled in the bottom of a frying-pan the fat will not splash over the stove.

When mashing potatoes, always use boiling, not cold milk. Beat hard and the potatoes will be light and fluffy.

To keep rugs from turning up at the ends sew coat weights at each corner. They also keep them stationary.

When frying chickens or fish, to avoid the grease from splattering, sift in a tiny bit of flour just before putting them in.

When boiling meat, which is inclined to be tough, add one teaspoonful of vinegar. This makes it tender, and gives a good flavor.

When cooking rice, if necessary to stir, always use a fork instead of a spoon, as the spoon crushes the grains and makes it look mushy.

There is nothing better for removing sticky and soiled places from the rugs than ammonia. If this fades the color, rub with chloroform.

Milk will never burn if, before heating, a little cold water is put into the saucepan and brought to the boil. Then eat the milk in the usual way.

Combs will soon warp if washed with soap and hot water. It is best to put a little ammonia in lukewarm water and scrub the comb with a nail brush.

Raisins will stone much more easily if they are placed in the oven until they are heated through. They can then be easily split and the stones removed.

Burning the fingers can be avoided by equipping the metal knobs on pot and kettle covers with good-sized corks, wired on with bits of picture wire.

A few flowers of a kind grouped loosely in a vase make a much prettier bouquet than a large number crowded together. Do not put too many colors together; the effect is better with only one or two.

When vegetables or other foods become scorched, remove the kettle at once from the stove and put it into a pan of cold water. In a quarter of an hour you will be surprised to find the suggestion of scorch almost if not entirely gone.

So many people are busy knitting socks for the soldiers that the following hint may come in useful. When the socks are quite finished darn the heels and toes on the wrong side by picking up the stitches and darning so as not to show them on the right side of the socks. This makes them last twice as long again before wearing into holes.

**WHITE AND BLUE SERGE FOR SUITS.**  
 When the various European countries unconsciously exerted their influence on styles by their entry into the war, or their equally difficult stand of neutrality, the bolero was again introduced into the woman's wardrobe, it being the Spanish note. It is a model that has always been a great favorite. It is generally becoming and may be made at home with results as good as if fashioned by a tailor. Fine blue



Plain and Striped Taffeta.

serge, sateen, or trimmed with a design in gold braid or galoon, is most often seen in the bolero models; often the upper portion of the pleated or gathered skirt is of taffeta in black or the same tone as the serge. Collars and cuffs of taffeta and taffeta covered buttons are also used with good effect.

**Stripes and Checks.**  
 In both the suitings and the soft silks being fashioned into frocks and suits for southern wear and early

spring, the popularity of stripes and checks is quite as marked as it was last season; the combination of black and white and soft gray is also noticeable. The soft wool suitings in checks ranging from the very tiny pattern to the aggressive checker-board designs are all good, relieved with a touch of vivid green, rose, or orange; black taffeta and moire are also effective for trimming these suits and tailored frocks. The striped silks are usually combined with a plain satin or silk, in a tone that harmonizes with or is an effective contrast to the predominating color in the striped material. Sheer fabrics, crepe Georgettes, chiffon-cloths, silk volles,



6919-6503 Serge Bolero Suit.

and the various other transparent fabrics promise to be as good for sleeves, collars and other trimming purposes as they have been for the past few seasons.

**Net Blouses Practical.**  
 Blouses of chiffon-cloth, chiffon, and similar materials, dainty and becoming to a degree, were never very durable. It was really heart-breaking when one had a particularly becoming and rather expensive blouse, to have it begin to pull out and wear under the arms and at the elbows after only one or two wearings. This was partially done away with when cotton net was introduced for lining these waists; this season we have the net blouse itself, often lined with net or chiffon-cloth. These waists are delightfully sheer and they have a wonderful wearing quality.

Often the net blouse is trimmed with a linen cuff, or another equally pretty lace in a rather heavy pattern. Then again collar and cuffs are of a picot-edged Georgette in a delicate tone of rose, yellow, or pale pink. Novelty buttons in quaint effective colorings are sometimes used at the closing of collar, or down the front, forming unusually attractive trimming details.

The softly colored blouse of crepe Georgette has by no means taken a back seat because of the popularity of the net favorite; these are being brought out, if anything, in prettier and more charmingly colored designs than ever before. Rose pink is a favorite shade; it combines so well with the dark blues, browns and other tailored suit colors.

**Hats and Parasols.**  
 Small and medium sized hats as always are the first outputs for the early spring. Many of the prettiest of them show a combination of straw and taffeta. One especially attractive medium-sized hat displayed was of tete de Negro satin; the brim turned up a trifle on the left side and the frame was covered smoothly save for a cord effect around the outer edge of the brim and at the top of the crown. The only trimming was a severely straight upstanding wing made of the satin, edged with a cut ruching of mauline in the same shade of brown as the hat. The effect of the hat was smart and tailored. Another pretty small hat was made half of straw braid and half of draped one side, the taffeta being changed over one side of the crown, finishing in a high upstanding loop on the side. Imitation Gaura in a soft shade of gray was effective trimming on another small hat. In parasols there are many novelties as always at the opening of a season. Some Japanese embroidered designs; a particularly pretty fancy parasol was of dark taffeta gathered and tasseled at the points.

Patterns can be obtained at your local McCall dealer, or from The McCall Company, Department "W," 70 Bond Street, Toronto, Canada.

**The Burning Question.**  
 Queenie—Have you ever kissed a girl?  
 Oswald—Is that an invitation or are you gathering statistics?

A lazy man is always on the wrong side of the human profit and loss account.



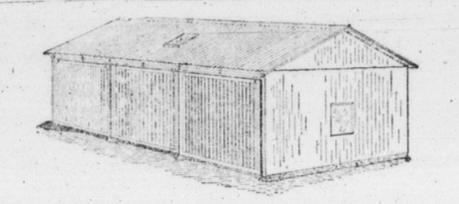
**English Women's War-Time Labors**  
 WOMEN are employed in the forge and welding shops by a Wilsden firm who are engaged in Government work. The women seen at work are all married; they work from nine to twelve, go home to prepare their children's dinner; return at two and work until five, occasionally going back later in the evening when their children are in bed. The photo shows them forging the immensely strong sockets for jointed tent poles.

**IMPLEMENT SHEDS**  
 What the Farmer Should Have to Protect His Machines.

Articles on implement sheds in the various farm papers have been very interesting to me. Maybe it is because I am reading hundreds of letters every day from farmers who want information on farm buildings, and may be it is because I like to get the different view points. Anyway, it is interesting, writes Mr. Edward Dreier.

Down in Illinois, about seven years ago, there lived a man who had a 600 acre farm—a man who knew more horse sense about farms than most people do. He raised record crops and won prizes at all the local fairs. He had fine stock and horses, and was considered a success. He was supposed to make more profit per acre than any man in his neighborhood. His yields were better and he raised better things than his neighbors, yet those neighbors—some of them—made more money than he did.

After the first year in that farm, this man hardly ever went to the field to work without being obliged to send one of the men to the barn or to town for some repair to an implement. He got so that he always carried a piece



of bale wire wherever he went. Something was continually going wrong. A bolt would break, a casting would crack, or something else would be rusted out. Bale wire would be used until the repair could be made. The account book every Saturday night showed entries for repairs of this kind that for anything else.

One entry I will always remember. There was a fine big roan colt that we called "The Indian" because he was such a terror. I was going to hitch him to the corn binder on Saturday to take a little of the "devil out of him." On Saturday morning he hitched "The Indian" and two other horses and started cutting corn. About half an hour later, we heard a yell from the field and saw Art with his hands full. "The Indian" was playing tricks. To make the story shorter, we shot "The Indian" that night. A bolt had broke with a rattle and the high-strung Indian was off. The other two horses got some of his fright and then ran. "The Indian" tripped and fell, pulling the others down. When the mess was untangled "The Indian" was down with a broken leg.

The entry that Saturday night read "1 horse (Indian) broken leg, shot, \$365." The next week there were entries for repairs to the corn cutter.

Another time we were driving a pair of colts to a surrey. We went over a

**Champion Pessimist.**  
 This one has the merit of being true, anyhow.  
 The official pessimist of a small western city, a gentleman who had wrestled with chronic dyspepsia for years, stood in front of the post office as the noon whistles sounded. "Twelve o'clock, eh?" he said, half

to himself and half to an acquaintance. "Well, I'm going home to dinner. If dinner ain't ready I'm going to raise trouble; and if it is ready I ain't going to eat a bite."

## THE ROCKY MOUNTAINS.

By Francis Talling, Vancouver, B.C.

Sing me a song of the mountains high  
 Whose summits seem to touch the sky,  
 Where verdant trees the base surround  
 While yet their crests with snow are crowned.

There are the lakes, on the hills near by,  
 Those placid mirrors are never dry,  
 And Oh, it must be the angels please  
 To be reflected in Lake Louise.

Whose waters are clear and sparkling fair,  
 And the highest peaks are mirrored there.

As angels come and their steps retrace  
 You can see their beauty face to face.

When those shining ones each evening take  
 Their way to the markin of the lake,  
 The mountain tops are tinged with gold  
 By radiance from the angel fold.

Each craggy hold and misty dell,  
 Each rocky cliff and rivulet tell  
 Of Beauty that's hid away, away,  
 Only revealed by the light of day.

The rocks are bare and rough and old,  
 And the walls are high and bleak and bold;  
 Down in the valley the river flows,  
 Fed from above by the mountain snows.

Paradise Valley and Castle Crags,  
 On Victoria the glacier rides,  
 The trail leads on to Abbot Pass,  
 A canyon deep 'neath Lefroy's mass.

Stately mountains to Cataract Creek,  
 Flowing directly to Wapita Lake,  
 Through Alpine grandeur, hard to surpass,  
 To Great Slate range, a Citadel Mass.

And on and on through the mountains old,  
 Whose glacial tops are ever cold,  
 Feeding the lakes and the forest stream,  
 That like a silver ribbon is seen.

Stealing its way o'er the slippery rock,  
 Curling and dancing from drop to drop,  
 As though it were playing hide and seek,  
 Until lost to view in the river deep.

The river flows with a rush and roar,  
 And is lashed in foam against the shore,  
 But wending its way to the ocean deep,  
 The turbulent stream is hushed to sleep.

Come with me, then, to the hills away,  
 Where the Lions watch from day to day,  
 Silent sentinels, they ever guard  
 The Narrows and Inlet of Burrard.

**THE VAGARIES OF THE ADELIE.**  
 A Sailor's Experience With the Penguins.

Mr. R. E. Priestley, of Captain Scott's antarctic expedition, relates an amusing experience with Adelie penguins off Flagstaff Point. The Terra Nova had landed a party to take off geological specimens, but the men had some difficulty in keeping the penguins away from the boat.

As we lay alongside the ice foot, says the author in his "Antarctic Adventure," we blocked the birds' access to their rookery, but that did not seem to bother the penguins in the least. They would rise out of the water a few yards off, take a glance at the boat, which they doubtless took for a stranded floe, and then disappeared. From previous experience, I knew what was coming and looked with interest for the next act, but the boatman who was helping me get the specimens on board was now to the vagaries of the Adelie. I was unable to judge which was the more surprised, the sailors or the penguins, when the latter landed, half a dozen at a time, upright in the bottom of the boat. Certainly the penguins were most annoyed; and directly they found that they were trapped they assaulted the poor man with unreasoning fury, so that it was no easy matter to pitch them back into the sea.

It was on a similar occasion that an Adelie, seeing what he thought was a handy piece of ice, leaped out of the water and landed on the knees of the boatman who was in the stern. He looked the man in the face, gave one hysterical squawk of horror, and shot into the sea. I have never seen a face show greater astonishment than that of our respected boatman, unless it were the penguin's.

**Same Effect.**  
 Sharp: "I punctuated my tire the other day."  
 Friend: "Punctuated! You mean punctured, I suppose."  
 Sharp: "P'shaps I do; but anyway, I came to a full stop."

**The Cheer of Trouble.**  
 One joy that trouble Always sends To cheer you up Is kindly friends.

## HEALTH

The Eyes.

The eyes require the greatest care. In the morning, in the afternoon, after exposure to sun and dust or to the glare of snow, and at night, it is necessary to bathe the eyes and eyelids with tepid water or an eye lotion, drying them gently with a soft towel. The eyelids should never be rubbed. More harm has come from incorrect eye bathing, or no bathing at all, than can at first be imagined.

When you realize that the eyes are the most important organ of the body, you will learn to respect them properly. It is generally after the sight has become impaired by bad habits of one sort or another that the power of sight receives its proper respect.

A few precautions, properly converted into a steady habit, will keep the eyes strong and prevent the necessity for wearing glasses. The first rule is to keep the eyes clean. It is a simple matter to keep a bottle or boric acid solution on the washstand with an eye cup, and to use it two or three times a day. Some doctors will tell you that either cold or warm is as effectual, but I find that a weak solution of the boric acid, to which is added ten drops of camphor to an eight-ounce bottle, cleanses, strengthens and heals the eyes better than any other lotion known.

The present-day use of strong electric lights has done much to weaken the eyesight of people. They do not realize it until their eyes show weakness and cause them pain—the result is fatal.

Reading in a half light is not so dangerous as reading while facing the light. Exposing the eyes to the hot rays of the sun, not only weakens the sight, but renders the eyelids weak and liable to granulation. If amber colored or smoked glasses were worn at all times when in the strong light of the sun, motoring or even walking, the sight would be preserved years longer than it is at the present day.

### Headache.

Headache is a thing that may spring from a variety of conditions. There may be only a very slight pain or an almost unbearable agony; and the symptoms may be of little or no significance, the result, for example, of a passing indigestion, or it may indicate a disease of most serious character. In trying to relieve the pain, the first thing to do is to ascertain the cause. The sufferer should observe whether the pain is continuous or whether it comes and goes, and in the latter case, whether the attacks occur regularly and whether they return at any particular time of day.

Continuous headache is often owing to an organic disease within the skull—perhaps an abscess or a tumor pressing on the brain—or, more commonly, to an infiltration of the brain membranes that is the result of a disorder of the blood. A headache of the latter origin is often much more severe at night, and either absent or endurable during the day.

Persistent headache is often present in kidney disease or in arteriosclerosis. In arteriosclerosis the headache, if not constant, often occurs when the patient wakes in the morning, and is accompanied by cramps in the calves of the legs and by dizziness.

Periodical headaches are sometimes neuralgic or of nervous origin—as in migrain, or sick headache—sometimes malarial, and perhaps even more frequently still the result of eyestrain. Headaches from eyestrain are likely to come on toward the end of the day, or at night, especially after much reading, sightseeing, or a visit to the "movies." In fact, headaches that come on late in the day, in people who have not been fitted to glasses, especially if the eyes at the same time look tired or reddened, or feel as if a hair or a grain of sand had got into them, may be almost certainly laid to eyestrain.

### BRITISH SHIP-BUILDING.

Said to Be Hampered by War's Call For Workmen.

While the vast resources of the various ship-building yards of Great Britain are largely concentrated on naval work, it is believed that during the next few months much of the urgent naval ship building will be completed and a certain number of men released for mercantile building and repair work.

At present, however, there is great difficulty in fitting new mercantile vessels with proper machinery and other equipment, largely through the number of men engaged on Admiralty work, and more recently by the new recruiting campaign, which is slowly but surely depleting the yards of necessary workmen. Despite these drawbacks seven new vessels have just been completed on the Clyde, including the New Zealand passenger steamer Aotea, 15,000 tons, the Leyland and motor liner Bostonia, and the motor ship Montevideo.