

BREAKFAST.

Wheat Germ. Apples. Cream.
Gems. Butter.
Broiled Beef Steak.
Scalloped Potatoes.
Milk.

LUNCHEON.

Cream of Celery Soup. Butter.
Whole Wheat Bread.
Rice Pudding with Apple Sauce.
Cocoa.

DINNER.

Clear Soup. Mashed Potatoes.
Roast Beef. Lettuce Salad.
Tapioca Cream Pudding.
Water.

(To be continued.)

How to Starch a Shirt.

After they have become "bone dry" put the shirts, collars and cuffs through a wheat starch made by pouring foaming hot water over a smooth batter obtained by stirring wheat flour and cold water together until it is the consistency of thin cake batter. This should be boiled slowly for two hours and then strained through a cheese-cloth to leave it perfectly free of lumps. Add to each quart of boiling starch a teaspoonful of white wax, such as is especially prepared for laundry use.

The secret of a good smooth finish to stiff-starched clothes is in the method of starching. This must be carefully done. Spread a shirt-bosom over a clean board, and with a piece of thin cloth rub the starch into the bosom with strong, firm strokes. There should not be a wrinkle in the linen after it is thoroughly wet and starched, and all superfluous starch is wiped off with a cloth. The wristbands and neckbands are treated the same way, and the shirt is again hung out to dry. When it is thoroughly dry—"bone dry" again—the shirt and collars and cuffs are dipped for a moment in boiling water and quickly wrung through the wringer, with the rollers pressed as tight together as they can be turned. The pieces should now be left to stand for at least two hours before they are ironed.—*The Gentlewoman.*

Care of Woollens in Summer.

This is the time to put away heavy furs and woollens, for the moths are already beginning to fly. If furs and clothing are put away with moth eggs in them, all the odors in the world will not save them, as any furrier will tell you. The time when the eggs are laid is when the warm spring days come and the heavy garment is hung in the closet, but not put away for fear it may be needed again. Then perhaps it is worn once or twice and then hung up again, and in the hurry of spring work forgotten until the moths are noticed. Then the furs are taken out hastily, perhaps brushed a little, and put away smothered in camphor or something else as useless and expensive. In the

fall, when the clothes are taken out, there is a wailing, and nobody can understand how it happened, when the clothes were put away so carefully and such a lot of moth stuff used.

The proper way is to lay the heavy clothing in a chest as soon as it is not in daily use, but so that it can be taken out and worn when cold days come. When the cold weather is quite gone, then every article should be taken out and hung on the clothesline on a clear day; if there is any wind, so much the better, as the dust will blow away. After beating with a light switch of some kind brush the clothes carefully. Never put clothes away with soiled spots on them. Scour them all out. When all the clothes are beaten thoroughly and brushed and cleaned, fold each article separately, and with care as to the folding. Then see that the chests are absolutely tight, that there are no cracks in them anywhere. If there are, paste newspaper over the cracks and see that there is not even the smallest crevice for the moth to enter, for if there is one she will surely find it. Wrap up each article separately, either in old sheets or in old towels or in papers; see that all are absolutely clean. Pack them in with care, so that they will not be crushed or wrinkled, and spread a sheet over the top and tuck it in closely all over the things. Close the chests, and, if there will be no need to open it during the warm season, paste paper over the edges of the cover. But if it closes tightly there will be no danger from moths. That is the whole secret of keeping woollens safe from moths.

Everyday Recipes.

LOBSTER SALAD.—Cut one pint of lobster meat in dish, season with a French dressing and keep it on ice until ready to serve, then mix with half of the mayonnaise dressing. Make nests or cups of the crisp lettuce leaves. Put a large spoonful of the lobster in each leaf, with a tablespoonful of the mayonnaise on the top. Garnish with capers and pounded coral, sprinkled over the dressing, and with lobster claws and parsley round the edge.

CREAMED OYSTERS.—In a saucepan put two tablespoonfuls of butter, four tablespoonfuls of flour, one scant teaspoonful of salt, one-third of a teaspoonful of white pepper and a dash of cayenne. Place all over a moderate fire until thoroughly blended; add gradually one and one-half cupfuls of scalded milk and stir until smooth and thick. Cover and set aside. In a clean saucepan put one tablespoonful of butter, an eighth of a teaspoonful of mace, an inch of thinly pared lemon rind and fifty oysters which have been picked over, washed and drained. Shake over the fire until the oysters are well plumped and ruffled. Draw forward the sauce, add to it the oysters with the juice which has exuded from them, stir all together for a moment, and serve.

TOMATO SOUP.—Boil together for a half hour a quart of tomatoes and a pint of water. Have ready in a double boiler a quart of milk heated to the boiling point. Mix together a tablespoonful of flour and two of butter, mix with a little of the hot milk and

To the Farmers of this Canada of Ours....

WE heartily thank you for the liberal and increased patronage which has made the past year a record breaker in our business. Remember, we do not class our

Queenston Cement

with the Water-Limes and Hydraulic Cements now on the market, but guarantee it equal to the Imported or Domestic Portlands for all farm structures, such as Basement Walls for Stables, House or Cellar Walls, Cisterns, Hog Pens, Poultry Houses, and for all kinds of Stabling.

Kindly investigate our **System of Ventilation.** This system is fully covered by letters patent, but to our patrons we make no charge.

Write for our New Pamphlet for 1899, containing valuable information, prices, etc.

Isaac Usher & Son, Queenston, Ont.