



Woman's Interests



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These Are Picnic Days.

nic lunch to be worth the name, is, wholesome, satisfying and plain, simple food well prepared and attractively packed, tastes good in the big outdoors.

picnic lunch that was enjoyed and relished by all who partook of it consisted of beef hash, lettuce sandwich, pickles, sponge cake, milk, and fruit. Two pantries contributed to the feast and not more than half an hour was spent in preparation. The hash was prepared, put in a spider, covered, and packed. Lettuce was washed and wrapped in damp cloth; pickles, put in jelly glass with cover; and cake, were each wrapped in paper and all packed in the lunch box; cold milk was put into a thermos bottle, ground coffee in a small cloth bag in the pail in which the lunch was to be made.

For a camp fire by the roadside, the hash and coffee were cooked while the remainder of the lunch was spread on a grove nearby.

Another picnic lunch eaten on the shore of a lake might have taken a few minutes for little work and real enjoyment.

A picnic menu might include fried potatoes, fried white fish, butter, jelly sandwiches, ginger bread, milk and coffee for the menu. Those proficient in building and camp cookery might include the fish, potatoes and coffee. Others attended to laying the table and placing the food. Everyone enjoyed the eating and no one objected to necessary dishwashing with a sponge for a dishpan.

Hot picnic dish—6 cups sliced raw potatoes, 2½ cups ground raw ham, ½ cup sweet whole milk, ½ teaspoon salt, 2 teaspoonfuls flour. Put the potatoes and ham in a buttered and oiled baking dish in alternate layers beginning with potatoes and finishing with ham, sprinkle the flour over the different layers, add the salt (too much as ham is salt) and bake in a slow oven for one to two hours. When done, wrap in clean cloth, then in several thicknesses of paper and it will keep hot for an hour or more.

Tea and nut bread—3 cups bread flour, 1 cup ground peanuts, 1 cup

ginger, 1 tablespoonful soda. Mix the sugar, fat, molasses and vinegar thoroughly. Add the soda and egg and beat well. Sift the ginger with three cups of flour, beat well. Add remainder of flour, knead into shape, set in cold place for an hour or until chilled. Roll thin and bake on inverted tins in not too hot an oven. The dough is very stiff after adding last flour. No flour is needed when rolling preparatory to cutting the cookies.

Preserving Eggs for Winter.

Spring and early summer are the best times for preserving eggs for winter use. Then the eggs are not only better in quality but are more plentiful and therefore cheaper.

One of the most satisfactory methods is to put them in water glass. The solution should be in the proportion of one part water glass to nine parts of water which first has been boiled and cooled. Place eggs in a stone jar and pour liquid over them. Ten quarts will be a sufficient quantity for 15 dozen eggs.

Powdered water glass is on the market, and if prepared according to directions on the package, is more satisfactory than the liquid. Either one, though, is excellent.

If water glass is not available, an equally effective preservative may be made by slacking 2 pounds of quick lime in a small quantity of hot water and mixing with 2 gallons of water and 1 pound of salt. Allow this mixture to settle and use the clear liquid on top. It will suffice for about 12 dozen eggs.

It should be remembered in putting eggs away that all those having thin shells, or cracks should be discarded. These are as good as any for immediate use.

Never wash the eggs that are to be "put down" for winter eggs. Use only perfectly clean eggs.

Fifty dozen eggs will be enough for a family of five during the months of October, November, December and January when the price is highest.

Candling does away with the danger of putting down unfit eggs. If more people knew how simple the process is, the practice would be more general. An effective apparatus may be made as follows: take a cardboard box large enough to contain a lantern and punch a few holes in the top for ventilation; level with the height of flame cut a hole about the size of a half dollar and the apparatus is complete. To use it, darken the room, light the lantern, and hold the egg over the hole, close up to and before the circular opening. A good egg will appear clear with the yolk seen dimly in the center. The air space will be about the size of a dime. If the egg is dark and has a freely moving yolk it is unfit for use.

Minard's Liniment in the house. Chinese play 600 years old was recently performed in English in London.

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