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by nurses, and vocational training teach-
ers, and other folk engaged in charitable
or conspicuously service-giving work.
Anyhow we should get sick of uniforms
if everybody wore them; I doubt if even
the men who are always railing at wo-
men's clothes would care for them. And
why should we all dress alike? All
men don't look well in the same things,
and women have just as much right to
look as well as they can, with as much
variety too, as the flowers of the fields
and woods, which are infinite in variety
as perfect in beauty.

No, standardization doesn't mean don-
ning a uniform. I think the idea was
very well put in this column, a few weeks
ago, by "Iconoclast," Norfolk Co., Ont.
Her idea, you remember, was to have a
standard minimum and maximum for
skirts (the chief offenders) and permit
liberty in other ways. "If given liberty
with trimmings and draperies," she said,
"we would do away with the monotony
of a national dress, and no one would
look ridiculous."

To come down to the concrete; let
Mrs. A., for instance, who is short and
stout and needs a longish skirt, have the
maximum length (say 5 inches off the
ground), and the maximum width (just
a good stepping width for her); and let
Miss B., who looks better with an 8-inch-
high and yard-and-a-half-width skirt,
suit herself in the matter.—But let
everybody taboo the "trailer," the
"flare," the "hobble," the "barrel," the
"balloon" and all the other freaks of
which we have been, or may be, possible
victims!

My own idea is that right now the
fashions are more sensible and more
artistic than ever before; then if every-
one else agrees, why should we not
keep to them and defy the fashion-
changers who may try to make us
wear the very opposite? The skirts
may be anywhere from 5 to 8
inches off the ground—a good stepping
height, and sanitary. They are just
wide enough to step in nicely, and no
wider. And they are almost invariably
"two-piece," easily made, easily ironed,
and economical of material. The
one-piece dresses are easily put on and
always together at the waist; so are the
smocks and "monkey" blouses, and coat
and chemise dresses. The necks are low
and comfortable, but if you prefer a
higher neck you can wear it without
looking queer. Sleeves may be short or
long; personally I like them elbow length
(or shorter for very young girls) in sum-
mer, and long in winter. Always there
is a looseness that permits either no corset
at all or a very low one (provided a
brassiere is worn), and small waists are
distinctly out of fashion, a proviso that
permits women to be as healthy as they
like. Hats go down well on the
head, as they should, and have very little
trimming, depending upon "line" for
their effect, and so the sight of a woman
with a decorated upper storey is spared
us. Best of all fairly low, broad heels
mark the only kind of shoes really fash-
ionable for walking. I saw a whole window-
ful of high white boots on sale to-day at
\$3.00 a pair, and every pair had high
Louis heels! That tells a story, doesn't
it?

Next winter or spring or later we may
see the fashion magazines flooded with
designs for wide skirts or voluminous
draperies that almost double the expense,
wide sleeves or heaven knows what!
Can't we hang on to the patterns we
have now (even stock up on those that
appeal to us) and keep our independence?
The styles above listed give a consider-
able variety, while infinitely more is
afforded by different materials and the
little touches that may be made to give
so much diversity. Why give up the
good things with which we are satisfied,
for freaky ones that some manufacturer
tells us we must have.

Worth Thinking Over.

"To stop learning is the great
tragedy of life.—F. B. Gilbreth.

Inevitably the child trained to be
just and kind toward the defenseless
animal becomes just and kind to-
ward his fellows. Here lies the
connection between humane edu-
cation and good citizenship and in-
ternational peace.—Our Dumb Animals.

Warm Weather Desserts.

Gelatine and Custard.

DELICIOUS dishes may be made with
gelatine. Get the pure, unflavored
gelatine. To prepare it dissolve
the required amount in a little cold water,
then add boiling water, stock, fruit-
juice or milk, and follow with other
ingredients if called for. Stir until
thoroughly dissolved, pour into a wet
mould and set away in a cold place
over night to set. Always keep gelatine
dishes closely covered to prevent germs
from entering.

Meat Aspic.—Meat aspic is the basis
of many delicious dishes for luncheon
or tea. To make it take 4 tablespoons
powdered gelatine, 1 quart highly seasoned
chicken or beef stock, 1 cup cold water,
juice of 1 lemon, 1 bay leaf, 1 clove, dash
of cayenne, and the whites and shells of
2 eggs. Any other seasoning liked may
be used. Soften the gelatine in the cold
water, then add it, with the whites and
shells of the eggs, to the stock. Boil 5
minutes, then allow to stand. Skim
and strain through 2 thicknesses of cheese-
cloth. This forms the foundation liquid.
To it add anything you like,—chopped
meat or chicken, shredded fish or lobster,
cooked vegetables of any kind, raw cab-
bage or celery or a mixture of them.
The meat or vegetable should be cold
when added. Pour all into a wet mould
and let harden. Garnishing of slices
of hard-boiled egg, stars of boiled beet,
or strips of pimento may be pressed
into the mould first, to look pretty when
the contents are turned out. Turn
out on a platter with lettuce leaves,
parsley or celery tops all round.

Cucumber Aspic.—Take 2 tablespoons
powdered gelatine; 4 large cucumbers,
grated, 1½ cups cold water, 2 tablespoons
vinegar, 2 whole peppers, blade of mace,
salt, white pepper, ½ cup chopped celery,
cabbage or hard-boiled egg and half of
a small onion grated. Remove seeds
from cucumber. Mix pulp with vinegar
and spices and bring to a boil. Take
off the stove and add the gelatine previous-
ly soaked in cold water, and chopped
celery. Serve on lettuce leaves with
thick salad dressing.

Tomato Aspic.—Two tablespo-
powdered gelatine, ½ cup cold water,
3½ cups tomatoes, ½ onion cut fine,
2 tablespoons vinegar, 1 bay leaf, 2
cloves, cayenne, salt and white pepper.
Boil all together 10 minutes, then strain.
Add gelatine previously dissolved in the
cold water. Mould in a ring (you can
do this by placing a tumbler or small
bowl in a larger dish) and leave over
night to stiffen. Fill centre with chopped
apples, nuts and celery mixed with mayon-
naise, or cut in slices and serve on lettuce
leaves with a spoonful of thick salad
dressing on each slice.

Tapioca Custard.—Four cups scalded
milk, ½ cup tapioca, 4 eggs beaten
separately, ¾ cup sugar, ½ teaspoon
salt, 1 teaspoon flavoring. Soak the
tapioca 1 hour in enough cold water to
cover; drain, add to hot milk in double
boiler and cook until the tapioca is trans-
parent, probably an hour. Add half
the sugar to the mixture and half to the
egg yolks with the salt. Pour the hot
mixture into the egg mixture slowly,
beating all the time. Return to the
double boiler and cook a minute or two,
stirring until the custard thickens slightly.
Remove from the fire, add the stiffly
beaten whites, chill and flavor. This
serves eight.

Bread Custard.—Four cups milk, 2
cups stale bread crumbs, ½ cup sugar,
2 eggs, ½ teaspoon salt, ½ teaspoon nut-
meg. Soak the crumbs in the milk ½
hour. Beat the eggs slightly and add
to them the salt, sugar and flavoring.
Combine the two mixtures, turn into a
buttered pudding-dish; set in a pan of hot
water and bake slowly until the custard
is set. The top should be lightly browned,
and a knife inserted in the middle should
come out clean. Serve warm or cold,
with or without sweetened and flavored
cream. Dot the top with bright jelly, jam
or marmalade. This serves six.

Boiled Custard.—Two cups scalded
milk, 3 egg yolks, ¼ cup sugar, ½ tea-
spoon salt, ½ teaspoon flavoring. Beat
the yolks slightly, add salt and sugar,
then pour the scalding milk slowly into
the egg mixture, stirring constantly.
Return to the double boiler and continue
stirring until the mixture thickens
slightly and coats the spoon instead of
running off as milk alone will. Remove
from the hot water at once, strain, cool,

flavor, and serve cold. Sliced bananas
or oranges combine well with this pudding.

Floating Island.—Make boiled custard
as above, and when almost done partly
fold into it some of the 3 egg whites
beaten stiff, arranging a few separate
spoonfuls on top.

Note.—Remember that the great secret
in making custard of eggs alone (without
cornstarch) is to cook it at a moderate
heat, whether in the oven or on top of
the stove. If it boils it becomes watery.
Also it must be removed just as soon as
done. The same rule applies to custard
ices.

Custard and Cornstarch.

Custard Souffle. Rub two scant table-
spoonfuls of butter to a cream; add two
tablespoonfuls of flour and pour on
gradually one cupful of hot milk. Cook
for eight minutes in the double boiler,
stirring often. Separate the yolks and
whites of four eggs; put the whites on ice,
beat the yolks. Add two tablespoonfuls
of sugar and add to the milk and set
away to cool. Half an hour before
serving beat the whites of the eggs stiff
and cut them in lightly. Bake in a
buttered pudding dish in a moderate
oven for thirty minutes. Serve at once
with creamy sauce. Always bake a
custard very slowly, and remove the
moment it is done.

Cornstarch Puddings. All through the
summer cornstarch puddings are tempt-
ing, also they supply a good per-
centage of the starchy (carbohydrate)
element of food upon which we can do
hard work. By having a "foundation"
recipe, many variations may be made.
Foundation Recipe: Two and one-half
tablespoonfuls cornstarch to 1 cup liquid,
2¼ tablespoons liquid. Scald the milk
in double boiler. Water or fruit juice
may be used instead. Mix the starch
with the sugar and pour into the scalding
liquid, stirring constantly until it thick-
ens. Cook 10 or 15 minutes. Remove
from the stove, add flavoring and pour
into moulds. **Variations:** The founda-
tion may be varied by adding (1). Ex-
tract, such as vanilla, almond, etc. (2)
Caramel—2 to 4 tablespoons to 1 cup
cornstarch mixture. (3) Chocolate—1
square or 3 tablespoons cocoa to 1 cup.
(4) Cocoanut—¼ to 1 cupful. (5)
Chopped nuts or raw fruit as desired.
If caramel is used it may be added just
before removing from stove. It is made
by browning sugar in an old saucepan
and stirring in boiling water (about half
the quantity) cooking until of the right
consistency. The chocolate may be scrap-
ed down and melted in the double boiler
before the milk is added. The cocoa
may be mixed either with the corn-
starch or with a little of the warm milk.
Foundation Recipe When Egg is Used:
One egg slightly beaten, pour above
mixture over the egg just when ready
to take from fire, beat well then add
flavoring. If this mixture is returned
to the stove (over hot water) and the
stiffly beaten white of an egg or two
carefully folded in, a spongy custard
will be produced.

Lemon Cornstarch Pudding: Take
juice and half of the rind of 1 lemon, 1
egg, 1 cup boiling water, 1 cup sugar, 3
tablespoons cornstarch. Mix the yolk
of egg and lemon juice in a bowl. Mix
the cornstarch, grated rind and sugar,
add the boiling water and stir constantly
over hot water. Add the juice and egg
mixture. Boil 2 minutes, then fold in
the stiffly-beaten egg white. Serve with
whipped cream or thin boiled custard.
May be served hot or cold.

Orange Cornstarch Pudding: Six
oranges, 2 egg yolks, 2 tablespoons corn-
starch, 3 tablespoons sugar, 1 pint milk,
½ teaspoonful almond extract. Mix
sugar with cornstarch and add heated
milk. When thick stir in slightly-beaten
egg yolks. Have the oranges peeled,
divided carefully into sections and all the
tough membrane removed. Pour the
cornstarch mixture over, cover with a
meringue made of the egg whites. Place
in lower part of oven to stiffen then
remove to the top for a moment to brown.
To make the meringue beat the whites
stiff then beat in 2 tablespoons sugar
to each white. Pineapple, berries, cooked
or raw pears, etc., may be used instead
of the oranges.

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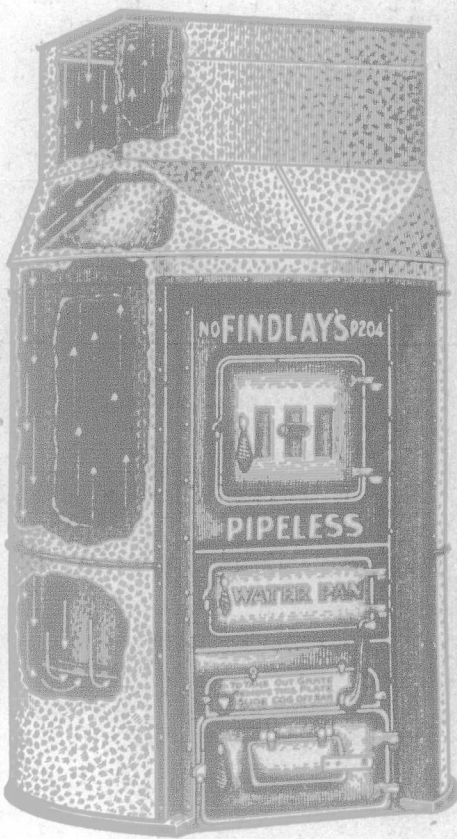
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