

About the House

Useful Hints and General Information for the Busy Housewife

Selected Recipes.

Johnny Cake.—One cup of cornmeal, one-half cup of flour, one teaspoonful soda, salt, two tablespoonfuls molasses, one tablespoon sugar, sour milk to mix.

Oatmeal Cookies.—Mix one teaspoonful butter with one cup granulated sugar, add two eggs, two and one-half cups of rolled oats (raw), two teaspoonfuls baking powder. Put a teaspoonful of the mixture on a greased and heated pan. Bake about five minutes, or until a light brown in color.

Potato Special.—Mash several cold boiled potatoes, add butter, one egg, pepper and salt. Mix, shape into balls, roll in flour and fry in butter. Arrange on platter with slices of cold roast chicken. Garnish with lettuce leaves.

Cabbage with Eggs.—Drain a well-boiled cabbage and chop it up very fine. Put into a frying pan two tablespoonfuls of butter and one of flour for every quart of chopped cabbage. When hot, add the cabbage, season with salt, pepper and one or two tablespoonfuls of vinegar. Stir constantly for six or eight minutes, then put it in a dish, smooth the outside and garnish with quarters of hard-boiled eggs.

Missionary Cake.—One cup brown sugar, one cup cold water, two cups raisins, one-third cup lard, one-quarter nutmeg, one-quarter teaspoon cloves, one teaspoonful cinnamon, pinch of salt. Boil all together about five minutes; let cool; then add one teaspoonful baking soda dissolved in water, one-half teaspoonful baking powder. Sift with two cups of flour and bake in medium hot oven about thirty minutes.

Root-Drop Cakes.—Mix two pounds of flour, one ditto of butter, one ditto of sugar, one ditto of currants, clean and dry; then wet into a stiff paste with two eggs, a large spoon of orange flower, ditto rose-water, ditto sweet wine, ditto brandy; drop them in a tin plate floured, a very short time bakes them.

White Taffy.—Four cups of granulated sugar, one cup of vinegar, one quarter cup of water. Boil and do not stir or move until it is done. When it hardens in water pour onto buttered plates, then flavor with vanilla salt, pouring on plates of taffy, but don't stir. Then, when enough loosen from plates, take up and pull into taffy. Then cut off and place on smaller plates to cool.

Corn Bread.—One and one-half cups corn meal, quarter cup flour, one tablespoon sugar, ½ teaspoonful salt, 2 tablespoonfuls baking powder, one tablespoon butter, one and one-quarter cups milk, one egg. Mix and sift the flour, corn meal, baking powder, salt and sugar together twice, then into these dry ingredients cut the butter with fork until in fine bits. Beat the egg slightly and add the milk to it, then add this milk-and-egg mixture to the dry ingredients and beat all well together. Pour into a shallow well-greased cake pan and bake in a hot oven for about thirty minutes.

Prune Cake.—One cup of sugar, two-thirds cup of butter, yolks of three eggs, one cup of cooked and chopped prunes, one-half teaspoonful of nutmeg and an equal amount of cinnamon added to the flour; one and one-half cups sifted flour, the grated rind of half a lemon and a teaspoonful of the juice, three tablespoonfuls of sour cream or milk, one level teaspoonful of baking soda dissolved in a tablespoonful of hot water and added to the cream. Mix in order given and bake in moderate oven.

Boiled Noodles.—One egg, one-half teaspoon salt, grating of nutmeg, dash of cayenne and flour. Beat egg, add seasonings and enough flour to make stiff dough. Work on floured board until smooth and elastic. Cut off small portions and roll each as thin as a wafer. Slash into strips with sharp knife and cook in boiling water or soup stock twenty minutes. May be dried before cooking and stored until wanted. Serve sprinkled with breadcrumbs which have been browned in hot butter to golden color.

Cake With Custard.—Moisten with lemon juice enough stale cake to cover bottom of glass dish holding one quart. Make soft custard by scalding two cups milk and pouring slowly over two beaten egg yolks, mixed with three tablespoonfuls sugar, one teaspoon butter, and a little salt. Cook in double boiler until it thickens. Strain, and when partly cool add one-half teaspoon vanilla and pour over cake. When ready to serve, beat whites into stiff froth, add one tablespoon sugar and a little lemon juice when heating. Drop lightly, by spoonfuls, on top of custard and put bits of jelly on meringue.

Spice Cake.—Boil four cupfuls sugar, one-third cupful lard, eight cupfuls raisins, four cupfuls water, one nutmeg, one and one-half teaspoonfuls ground cloves, four teaspoonfuls cinnamon and level teaspoonful salt, three minutes, then cool and add eight cupfuls flour, two tea-

spoonfuls baking powder, four teaspoonfuls soda dissolved in warm water, one and one-half cupfuls nut meats and a small piece of citron. Put in a deep round baking pan and bake in slow oven. Frost with maple frosting and mark eyes, nose and mouth with raisins or nut meats.

Things To Remember.

Salt or soda and a damp cloth will remove stain from dishes.

A tough chicken can be made tender by steaming it for three hours before roasting.

Fruit is a more economical dessert than puddings, when eggs are so high. If you use sour cream for butter making, it should be soured quickly. Fresh air and plenty of rest and water will go a great way towards curing a cold.

Garments that are soaked in hot soapy water for a time before they are washed will be snowy white.

A little cold boiled potato added to the filling for fowl will prevent it from being too dry.

Discarded rubber garments may be cut up into mittens to be used when blacking the stove, etc.

It is wise to once in a while take out the rollers of the carpet sweeper and wash them thoroughly. They will sweep much cleaner.

If you have to light a coal fire in the kitchen every morning see that kindling, etc., are all laid ready to hand the night before.

To freshen stale loaves of bread, moisten slightly with cold water, just merely running the wet hand over surface, then place in hot oven a short time.

Old magazines or catalogues will save your oilcloth, by using them to get your smutty cooking on. When the top leaf is soiled it may be torn off.

If when frying fish the pieces are put in the hot fat with the skin side uppermost and allowed to brown before turning they will not break.

Using coarse threads for stitching does not insure longer service, as the thread stands out on the surface of the cloth, causing it to receive constant rubbing and thereby wearing away before the garment.

To prepare pumpkin for pie, do not stew. Cut the pumpkin in half and bake, open side down. By this means all moisture will be drained away. When pumpkin is soft (not browned) the skin can be removed readily and the flesh mashed. To each cup of pumpkin pulp add one level teaspoon salt, one teaspoon mace, one teaspoon cinnamon, two-thirds cup karo syrup. Add one well-beaten egg and one cup each of cream and boiling hot milk. Beat well together and bake either with or without a crust. Many persons like the latter way, and serve it as a custard.

SERVICE TO ALASKA.

C.P.R. Steamer Will Make Three Trips for Tourists.

As was the case during the past season the C.P.R. steamship Princess Charlotte will make three round trips in the Alaska tourist service next year, which becomes effective June 8, 1917.

The list of tourist sailings between Victoria, Vancouver, and Skagway, which has just been announced by the B.C. Coast Service, provides for three round trip sailings for the Princess Charlotte, seven for the Princess Alice and seven for the Princess Sophia, making 17 round trip sailings all told for the summer season of 1917.

The advent of the palatial steamship Princess Charlotte in the Alaskan tourist trade last summer was such a pronounced success that the company had no alternative but to arrange for her return to the northern run next year, when it is expected tourist travel north will break all records. The schedule has been arranged earlier with a view to giving plenty of time for the arrangement of advance bookings.

The company proposes making a feature of this delightful travel route, and specially illustrated and descriptive literature is being prepared for distribution all over the continent. The accommodation on the Princess Charlotte will be largely reserved for parties booking in the East. A large number of inquiries regarding the northern tours have already been made in the East by parties who were unable to take the trip last summer.

An Expert Opinion.

A man who kept a road house in Rhode Island, was called upon to testify in a suit as to the number of cubic yards that were handled in some filling work near his place. He showed very little knowledge of the matter, and his idea of a cubic yard was so indefinite that it seemed doubtful whether he knew what the term meant. In order to make its meaning clear, the judge said:

"Listen, witness! Assume this inkstand to be three feet across the top this way and three feet that way and three feet in height, what should you call it?"

"Well, Your Honor," said the witness, without hesitation, "I should say it was some inkstand."



A Chic Spring Bonnet of Green Braid on New Lines

As spring approaches Dame Fashion goes into council with her talented aides and decides just what will be the prevailing modes for the coming season. This spring there is offered a most charming assortment of new and novel bonnets, in which the one shown above is truly representative, although in itself distinctive. The hat is of green braid, the lines new and attractive. The bonnet is just the thing for wear with spring suits. It is simply trimmed.

HISTORY OF THE LITHUANIANS

PROPOSED TO ESTABLISH THE KINGDOM OF LITHUANIA.

An Ancient Folk Little Known to the World Who Inhabit the Eastern Shore of the Baltic.

The recent peace proposals by Germany suggest the establishment of the kingdom of Lithuania, concerning which there is very little known by the civilized world and which has about five million inhabitants.

Lithuania is situated on the eastern shore of the Baltic Sea and forms an oblong, being 200 miles long and 200 miles wide. The date when the Lithuanians first settled in their native country is not exactly known, but there is a belief expressed by the German and Lithuanian scientists that they came before the birth of Christ.

Lithuania is mostly a low land, but here and there the landscape is broken by picturesque ridges and mountains. The soil varies from poor sandy to a black rich one. The Lithuanians, according to German explorers, are descendants of the old Arian race, speaking a language similar to the old Sanskrit and ancient Greek. They are mostly an agricultural nation.

Character of the Lithuanians. There is no country in the world in which ancient culture is so mixed with the later inventions. Throughout the territory will be found small huts built beside the more modern dwellings, such as houses, dishes, tableware, with ornaments in the old style, are mixed with those produced in the modern factories made of iron, zinc and tin. Most of the clothing, food-stuffs and all agricultural implements are produced at home. However, there are places where everything is produced in the factories, the same as in modern Europe.

The Lithuanians lived in closely settled villages, but in 1864, after the abolition of serfdom, the Lithuanians started to divide their villages into farms, and the cultivation of the crops was carried on according to the modern methods. The abolition of serfdom gave an opportunity for the Lithuanian peasant to send their children to the schools and to educate them. Lithuania was always fond of education.

At the commencement of the nineteenth century there were several mothers in the villages who taught their children by their old methods to read and write, and at the time of the abolition of serfdom there were several men and women in every village who understood how to read and write and were able to start a new era in Lithuania of modern culture and industry.

Nowadays, education has become so popular that there is no village in the country which has not at least two or three men with the highest education, such as priests, teachers, doctors and lawyers. This intelligence arose from the peasantry and inspired the desire in all classes of the Lithuanian people to become a free and independent nation.

History of the People. Lithuania started the historical life in the beginning of the thirteenth century. Before that time her clans were scattered through the country and each had its own ruler. At the begin-

ning of the thirteenth century the German merchants came to Lithuania and discovered a new territory for their commerce but the Lithuanians were heathens and prevented the German merchants from penetrating into the interior of their country. Therefore, the merchants brought with them military powers consisting of the Knights of the Cross and Knights of the Sword. Under the strokes of these orders the Lithuanian clans began to unite in the State and there were elected dukes as leaders of the military and civil life, and Lithuania formed an independent State from 1201 until 1569, in which year it was united with Poland in the so-called Polish-Lithuanian Republic. Then her history was merged with the history of Poland, and Lithuania lost its identity as an independent nation.

In 1795 the united Polish-Lithuanian Republic was conquered by Russia and Lithuania was divided into two parts, viz.: the government of Kaunas, Vilnius and Suwalki, which were annexed to Russia, and the districts of Koenigsberg and Gumbino to Germany.

The Lithuanians, being united with Poland, were forced by the Polish Government and priests to use the Polish language and schools, and in those countries Lithuania was Polandized. When Lithuania fell into the hands of the Russians she was forced to adopt the Russian schools, language and culture.

Progress of Lithuania. There was before the war very few railroads and good highways, and the advancing Lithuanians wanted to improve Lithuania by building new railroads and highways, but the Russian Government, on account of strategic plans, prevented the Lithuanians doing this because of the close proximity of the German border, and thus the advancement of Lithuanian industry and commerce was suppressed.

Lithuania is rich with large rivers, from which she can obtain electricity, and there were good opportunities for the engineers to build dams for purposes of producing electricity, but the above-mentioned suppression prevented it.

Taking into consideration the growth of the Lithuanian culture during the last ten years, it can be seen that the nation is worthy of freedom and should be an independent nation, and we are of the opinion that Germany believes this from the way she spoke about Lithuania in the peace proposals to the Allies, and now it is only natural that the Allies and the neutral nations should understand and realize the desire of the Lithuanian people.

One-fifth of the earth's surface belongs to the British Empire.

GERMAN GIVES NEW VERSION OF WAR

DISTINGUISHED GERMAN HISTORIAN'S VIEW OF STRIFE.

Conflict Has Proved There Are Limits to Any "Knock-out" Strategy.

The London Times says: Prof. Meinecke of Freiburg University, the distinguished historian, contributed to the Frankfurter Zeitung recently the most remarkable article on the history of the war which has appeared in any German newspaper. Being compelled to lie about the origin of the war, German writers generally have had to lie about all inconvenient events during the war.

Prof. Meinecke, on the other hand, adopts the convenient formula that it was only "in a political sense" that Germany "began the war as a defensive war," while in a military sense it was distinctly a "knock-out war" (Niederwerfungskrieg). Thus, happier than other German writers, he is able to tell the truth about the Battle of the Marne and admit that the battle for Verdun was a failure.

First Phase of War. Prof. Meinecke has the courage to describe the first phase of the war as follows:

"Our first object was to overthrow France rapidly and compel her to make peace. If we succeeded we would then turn quickly and carry out the same military idea against Russia, with the best prospects of success. Then we would conclude a final peace with England, who would have been disarmed by the Continent. This peace would have had to assume the character of a compromise, since we did not hope to overthrow England's naval supremacy."

"This whole programme, brilliantly begun, collapsed at the gates of Paris and the Battle of the Marne. This battle was not a tactical victory, but a great strategic success for the French. Perhaps our programme would not have collapsed if we had carried through our original strategic idea with perfect strictness, keeping the Marne forces strictly together and for a time abandoning East Prussia."

Prof. Meinecke sketches subsequent events much as follows: The Germans took to trench warfare and the enemy did likewise. The Germans tried but failed to break through at the Yser and Bruck-Bawka, and the French tried but failed to break through Champagne. The German people began to argue that the war had become a war of attrition. Then the Germans succeeded in breaking through Galicia, but ultimately they had to settle again in defensive positions. The British and French then tried, but failed again, to break through in the west, and the battles of Loos and Champagne followed.

Battle of Verdun. Prof. Meinecke then gives the following account of the battles of Verdun and the Somme:

"An argument used a year ago was that a decision must be sought, not in the tangible, distant East, but in the concentrated West—the nerve centre of the enemy's forces. The decision, however, must not be a decision in the old sense that we should break through a particularly critical position, destroy one of the most important of the French fortresses and prove to the French that they could no longer win. That was the origin of the undertaking against Verdun. This time a new politico-military idea led only to a heroic episode; but, meanwhile, our enemies pulled themselves together for still more gigantic achievements. England learned the use of universal military service and the construction of industry for the production of a mighty supply of arms and ammunition. At the same time she leaned upon the industrial strength of America, so, while Japan helped, she was able to equip the new Russian formations, the apparatus which we had smashed the year before."

"Thus in June and July, 1916, it came—the great double offensive of our enemies, East and West. The result was that we had to interrupt operations at Verdun. The enemy's offensive also achieved partial successes, especially in the East, although the real object—to break through and roll up our lines—could not be achieved. This was due to

the fact that in the interval we still further developed the possibilities of trench warfare."

Results of Somme Fight.

Prof. Meinecke says the Battle of the Somme led to the conviction in Germany that it was no longer possible to arrive at a military decision in a full peace-compelling sense. So he describes the German peace overture as arising naturally from the idea that the sacrifices which would be demanded by a continuation of the war would no longer bear any relation to military results, and it would be statesmanlike, intelligent and wise to abandon the intention of destruction and seek a reasonable compromise.

As regards the real guarantees which Germany professes to require, he makes two final observations: One is that Germany has taught all the small Powers of Europe that they are risking their lives if "they touch the electric wire which protects Central Europe." The other is that the war has proved there are limits to the possibilities of "knock-out strategy in a war between great Powers." Consequently a knock-out policy aimed at procuring fundamental revolutions in the relations of European Powers does not pay.

Thus, according to the professor, the motto of the future will be "not overthrow, but balance."

Although no other writers are allowed to confess German failure, his account of the peace manoeuvre is confirmed in other quarters. There is now little or no talk of German benevolence and German dislike of bloodshed. It is argued simply that its enemy ought to be persuaded to agree with Germany that a compromise is inevitable and then discuss peace based upon the war map.

I WILL SERVE.

Dedicated to National Service Commission Campaign.

By "Patriot."

If my King and country need me, I will serve;

Tho' to sacrifice they lead me, I'll not swerve;

For the laggards and the slackers Are the Germans strongest backers— They will get what they deserve— I will serve.

If they want me in the trenches, I will serve;

'Mid the shrapnel and the stench— I will serve;

For my country and my King I will suffer anything;

All my service they deserve, I will serve.

I'll not loaf while others toil, I will serve;

Can I plan the foe to fall? I will serve.

Power of muscle and of brain Surely will the vict'ry gain; With more vigor, vim and yerve, I will serve.

None shall ever charge that I Did not serve;

None shall taunt with "You're the guy Who would not serve!"

When a wounded man I meet Limping down the busy street He'll not hint, "You had cold feet!"— I will serve.

In the mill or in the field, I will serve;

Britons ne'er to foemen yield, I will serve;

If I cannot man the guns I can send supplies in tons

Thus, to help defeat the Hun, I will serve.

In the hot munition shop, I will serve;

That the war may sooner stop, I will serve;

Lest on me should rest the guilt For a brother's life-blood spilt, Glad, I offer mind and nerve— I will serve.

The more some people get the more they seem to think it necessary to have.

Miss Vance: "He was talking to you about me, wasn't he?" Miss Speitz: "Well, yes." Miss Vance: "I thought I heard him remark that I had a thick head of hair." Miss Speitz: "Well, he didn't mention your hair, dear."

Magistrate: "Officer, what's the matter with the prisoner? Tell her to stop that crying. She's been at it for fifteen minutes." (More sobs.) Officer: "Please sir, I think she wants to be bailed out."

Health

Preserve the Eyesight.

What do we really know about our eyes after all? Not very much, indeed. And yet they are the very light of life and through their medium we enjoy the most wonderful blessings that are bestowed upon mortals. It is a wonder that with all our negligence in regard to their care, protection and preservation our eyes serve us as well and faithfully as they do.

While we have no control over the size and the color of our eyes, which comprise a great deal of their physical beauty, we can by our mental attitude influence the spiritual beauty, so it is our own fault if our eyes lack in attractiveness of expression.

What we see in the eyes of those with whom we come in daily contact attracts or repels us, for the eye is the most expressive feature of the face, reflecting every delicate shade of feeling and emotion, despite the will of its owner. Are we sympathetic and interested in our fellow beings—our eyes show it. Are we cold, haughty and aloof—our eyes betray us.

Note the pupil of the eye expanded with pleasure, joy and health, contract to a mere pinpoint with illness, or deaden with self-absorption.

We can help to preserve our eyes by taking heed to the kind of light in which we read, especially avoiding night reading with a poor light, as this is sure to cause eye-strain and perhaps the necessity for wearing glasses. Resting the eyes by gazing at distant objects when employed on close work is very beneficial, and an eye bath at night and morning is to be commended, using for it a solution of one teaspoon of boric acid to a glass of water that has been boiled or some reputable preparation that can be purchased at slight cost.

If glasses are needed do not hesitate to wear them, but if by care and attention you can put off the evil day without injury to the eyes, it would be well to take heed while there is yet time.

Permanent injury may be caused by neglecting to take eye trouble in the early stages. Consult a reputable oculist when requiring glasses, as it is neither money nor eyesight saved to go to someone who is not perfectly reliable.

Cause of Corns.

Corns are hard growths which occur on the toes or some other part of the feet. They are generally the result of wearing a shoe too small for the foot. They are thickenings of the outer layer of the skin, in the center of which is a nail-like peg which projects downward and hurts when pressed upon. Soft corns form between the toes, and are only different from others in that they are soaked with perspiration all the time. The corn itself is composed of a lump of the outer skin which is caused by the pressure of the shoe at that spot.

However, the corn would not result unless the pressure were taken off at intervals, and this, of course, is done when you take the shoe off. It stands to reason that if the pressure were continuously applied to the spot, the skin, instead of overgrowing at that precise point, would waste away. The overgrowth of the skin is due to the irritation produced by the pressure.

Health Notes.

Gum arabic applied to a burn will stop the pain immediately, as it shuts off the air.

It is said a teaspoonful of salt added to a pint of warm water and rubbed into weak ankles occasionally will strengthen them.

Hiccups can frequently be cured by taking a mouthful of water, pressing inward the tragus (the little projection in front of the ear) and then swallowing the water.

A tiny bell can be tied around the neck of bottles containing poison, or a piece of sandpaper can be pasted to the cork, to distinguish these bottles from other drugs in the dark.

A teaspoonful of syrup, made from spring onions stewed in brown sugar and taken at night is said to induce sleep and is very healthful. A glass of warm milk upon retiring induces sleep.

Sandwiches made of buttered crackers sprinkled with paprika will frequently cause sleepiness.

Hang-nails and roughness of the cuticle around the nails are caused by unwise cutting of the cuticle or by entire neglect. A little cold cream applied to the nails, and pushing the cuticle back very gently, avoiding cutting it whenever possible, will work wonders.

Home-made Article.

The River Clyde has been brought up to its present navigable condition by means of dredging, and the Glasgow people are very proud of it. One day a party of American sightseers turned up their noses at the Clyde.

"Call this a river?" they said. "Why, it's a ditch in comparison with our Mississippi, or St. Lawrence or Delaware."

"A well, mon," said a Scotch bystander, "you've got Providence to thank for your rivers, but we made this ourselves."

What's become of the old-fashioned housewife who always came to the front door in the morning wiping her hands upon the corner of her apron?



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