

WOMAN'S PAGE

FROM ALL SOURCES

Britain Gathered Small Boats for Tigris Service.

Even Small Excursion Vessels That Were a Feature of Outings on the Thames Were Made Use Of in Mesopotamia.

River boats for the Tigris were an absolute, primary necessity. They could not be built in Mesopotamia or anywhere else in time to relieve the desperate situation. They could not be materialized by the wave of any magician's wand. Well, what then? Then they would have to come out of other rivers elsewhere and make their way across the sea and up through the Persian gulf, writes Editor Franklin Egan in Saturday Evening Post.

They were requisitioned from the Ganges and the Indus and the Irrawadi, from the Nile and the rivers of Africa, and even from the Sinking River in the Hwang-ho. From everywhere they have come; it has been one of the bravest and strangest achievements of the war; and one hears with a feeling of awe especially of the fact that more than eighty of the ships have failed to arrive. A few from everywhere have come along with the high hopes of British sailors, and usually with the sailors, too—to the bottom of the seas they were never made to venture on.

Where is it you go on the Thames? Penny steamers? To Richmond? To Putney? To Henley? To queer little landings here and there round London where crowds of people gather on gala days and where happy summer memories are made? Yes, to places like that. There is a holiday penny steamer. And I wonder if there are any Englishmen with no memories to make that sound music in their ears?

But the Thames penny steamers, too, were needed on the Tigris to help meet the tremendous emergency. So gravely they set out. Eleven of them started, but only five of them achieved the impossible. Five of them got to the Tigris and are now listed by number in the great fleet under a class initial, though I think I ought to add that by British officers and men they are especially identified and especially loved.

As I watched the curious, flat-bottomed, high funneled, double decked, bristly down stream with her two crowded barges in tow I was seeing visions of the kind of heroism that makes one pray for the Tigris. The matter of fact, nonchalant British sailors on her frail decks preparing for such a voyage as was never before undertaken, the raw sea—her sides boarded up and her one-time spick and spanness begrimed with every possible speck—moving out of the snug security of the busy, bustling city bounded Thames into the open, high salted Atlantic. I followed her course across the perilous Bay of Biscay and saw her creep down the long coasts of Portugal and Spain and through the strait past Gibraltar.

After that I would come a hopeful, careful, long crawl across the mine strewn and submarine infested Mediterranean. Port Said in safety! The Suez canal—contributing a brief rest of relaxation—the Red sea, the Arabian sea, the Persian gulf, and finally with what a sigh of relief—the broad current of the Shatt-el-Arab and the almost rippleless serenity of the blessed Tigris!

I don't know what happened to the six that failed, but one hears that "their backs were broken by the high seas." That was the chief danger they had all had to face; and the hundreds of others from other faraway rivers, too. Eighty of the others went down at once—travelling in the Eighty-six! They should be honorably counted among England's honorable losses at sea, and they never have been.

Canals Now Fish Ponds.

Actual stocking of New York's new fish ponds in the beds of the old Erie and Champlain canals is in full swing. The necessary construction work has been completed and the fish used for stocking purposes are being rushed from various points to the canals and liberated at once.

The first consignment consisted of a large number of yellow perch fry, which were planted in one of the sections of the old Erie canal near Amsterdam, according to the conservation commission, a quantity of perch spawns was collected by state employees in Adirondack lakes, where these fish are a menace to other fishes in the same waters. It was therefore accomplished a double benefit.

Destroying Airplanes.

British aviators and mechanics are compelled to destroy their own machines to prevent the Germans from obtaining a seriously guarded secret about the new type plane. Occasionally it is necessary for the aviator to sacrifice his own life together with his airplane. Such an instance is described in an official report of a brave aviator who deliberately blew himself and the airplane to pieces with a bomb to evade capture by a German flotilla of destroyers.

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CHARLES R. E. SCOTT,
Sole Adm.
Lunenburg, June 26th, 1918.

Australia Has Measured Up to the Great Demands

Made by the European War

THE HON. C. VAUGHAN, M.P., former Premier of South Australia, tells in Munsey's the engrossing story of how Australia has played her part in the war. She has had many problems to face, among them the serious one of transportation. Of this Mr. Vaughan writes:

"The Suez route of 12,000 miles from England to Australia is too much exposed to submarine attack to be of much service during war except for fast transports and passenger ships. Even among these the toll has been so heavy that the Red Sea passage is virtually closed for commercial navigation. The Cape route offers better chance against the underwater warfare, for both the Indian ocean and the Pacific have only spasmodically been infested by raiders.

"Australia's war problem, however, has not been so much concerned with trade routes as with tonnage. The year 1914 presented no serious transportation difficulties, for a season of drought had left the Commonwealth with no wheat and little wool to export. Nature, however, ever correcting her balance, made up for her parsimony of 1914 by coming to us with full hands in 1915, and Australia then reaped the largest harvest on record.

"Even in an ordinary year our railroads and storage facilities would have been severely strained in the task of getting this lavish yield of Mother Earth to the seaboard; but with the growing shortage of shipping the grain piled itself up in immense stacks at inland centres, waiting for the vessels that never came. Disaster loomed ahead like a menacing rock before a storm-driven mark; depends wholly upon the sale of that grain from farmers, and merchants buy the grain from farmers, only as they sell their cargoes in Mark Lane.

"The situation was saved only by the creation of a Government wheat pool, in the organization of which I personally assisted. Under this plan the Commonwealth Government and the Governments of the States, by inducing states assumed control of all wheat grown, advancing to the farmer 72 cents a bushel, with a guarantee of further payments as the wheat was shipped and sold.

"The harvest of 1915, 1916, and 1917 were abnormal, the total of approximately 470,000,000 bushels. This yield of twelve million tons of wheat overtaxed the world's available merchant marine in ordinary times. With an insatiable appetite the imperative need for storing this wheat at Australia's seaboard became obvious. Possessing no elevator storage, the states were compelled to improvise. Immense quantities of many of them a quarter of a mile in length and as high as their own weight would allow.

"These granaries became the breeding ground for myriads of mice. A plague of the subterranean rodents swept over the land like a flood, and wheat stacks crumbled and fell, spilling the golden grain in all directions. Many Pied Piper's of mice were vices, and in time, by rebagging and restacking in mice-proof stacks, the loss of the harvest had disappeared. Rain and cold weather finally disposed of the greatest mice pest that Australia has ever experienced.

"At this time Mr. Hughes, the Australian Prime Minister, stepped into the field as the biggest trader in the world. He had to dispose, if he could, of several millions of tons of wheat, a wool crop valued at millions of dollars and a metal production which is one of the largest in the world. He disposed of the lot to Great Britain, with the exception of a few small deals with France and the United States.

"During the famous conference of 1915 in Paris Mr. Hughes was approached by an emissary of the French Government, who had heard that the Australian Premier had some wheat to sell and who said that France was prepared to purchase. The price was arranged satisfactorily, and then the Frenchman was asked how much wheat he wanted.

"'Sir, my country will take all that you can spare,' he replied with a grandiloquent gesture.

"'All we can spare!' repeated Mr. Hughes. 'Will 2,000,000 tons do you for the present?'

"'A rapid calculation into French terms ensued, and then the emissary, with hands raised, ejaculated:

"'Mon Dieu, I did not know there was so much wheat in all the world!'

"'France was satisfied with 100,000 tons.'

"In the wake of the wheat pool came the wool pool, all Australian wool being taken over by the Federal Government and sold to Great Britain in a single transaction. Appraisal boards satisfactorily adjusted the values of different clips, basing their calculation upon the average minimum price of 30 cents a pound.

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BELLE BACKMAN,
Sole Adm.
Lunenburg, June 26th, 1918.

The "Stock" Recipe

One of the elements in keeping cool during trying periods of hot weather is to keep from being "fussed up" over things; when the mind is placid the body finds it easier to keep cool and comfortable, and the nerve-strain is greatly lessened.

Of course, every sensible woman will cut down sharply on extra work in hot weather, and will drift naturally into out-of-doors living and simpler meals with the dog-days. Yet a certain variety is necessary for the table: with too much monotony appetites fall away, and it is very needful that food be eaten with a relish during the strenuous days of harvest, which make so steady a drain on the energy of those who must work in the fields. That every good home-maker realizes this is very evident from the frequency with which one hears it said: "If I only knew what to get for meals!"

One of the ways by which this problem may be simplified is to have a few good "stock" recipes, "things to make" that are always sure and that may be varied in a score of ways without much taxing of brain or ingenuity. The following are a few recipes that have been tested and found satisfactory.

Stock Layer Cake

The stock batter is made as follows: Beat together 1 cup butter and 2 cups sugar. Next add 3 beaten eggs, then 1 cup sweet milk and 2 cups flour sifted with 1 teaspoon cream of tartar and 1/4 teaspoon soda. The oven should be moderate.

Variation No. 1

Bake the batter in two layers. When done split each in two, then put the four layers together with plain vanilla boiled custard, or lemon or orange icing or whipped cream.

Variation No. 2

Bake as above in two layers. When done put crushed raw fruit of any kind between and on top, and serve with good cream and sugar. This makes a splendid fruit short-cake.

Variation No. 3

Use the same batter, but mix with it chopped nuts or bits of lemon peel. Bake in one layer in a moderate oven.

Variation No. 4

Divide the batter in two, and with one part mix a square or two of chocolate melted. Bake and put together with jelly. Put whipped cream on top. Or the light and dark batters may be put in the baking-dish in alternate spoonfuls and baked in one loaf as a "marble cake."

Variation No. 5

Divide the batter in four. Color one part with melted chocolate and another with pink cake-coloring, leaving two layers white. When baked put the four together in this way: brown for the bottom layer, then white, then pink, then white on top. Jelly may be used between. This makes a very pretty "ribbon cake" when cut in slices.

Variation No. 6

When part of any of these cakes has become stale it may be steamed and served with a good sauce as hot pudding. Or it may be made into a delicious "trifle" as follows: Crumble the cake in a glass dish, mixing with it some chopped nuts. Over all pour some fruit juice of any kind. Finally add a little boiled custard and serve cold.

Stock Fruit Pudding

Keep an enamelled or "granite" pudding-dish of just the right size on hand. Put fruit of any kind, with sugar to sweeten, in the bottom and cover with batter or pastry. If the fruit is firm you may use the batter; if very juicy, as when stewed or canned fruit is used, the pastry may be preferable.

Pastry for Pudding

Sift together 2 cups (level) of flour and 1/2 teaspoon of baking powder. Rub in a heaped dessert spoonful of butter, and add a little cold water to make into pastry. If the butter is very fresh a pinch of salt should be sifted in with the flour. A teaspoonful of sugar may be added also if liked. Mix the dough with a knife and handle just as little as possible. Bake in a hot oven. If the pastry is brushed over with a little sweet milk before it is put into the oven it will brown prettily.

Roly-poly

Roll out the pastry made as above, spread with jam roll up and bake or steam. Serve with cream and sugar.

Apple Pudding

Cut the cores out of nice tart apples and peel them. Cut off bits of pastry made as above (do not roll it first) and place an apple on each piece. With floured hands work the pastry up around the apple. Fill the whole in the centre with sugar and add a clove or two, then work the pastry all over the top. Brush with milk and bake from 1/2 to 3/4 hour in a sharp oven. The pastry should be divided evenly into as many pieces as there are apples. The quantity of pastry given should cover 4 to 6 apples, depending on size. Serve with cream and sugar.

Fruit and Cornstarch Pudding

An easily made pudding very nice for a hot day has its foundation any kind of fruit—berries, currants, gooseberries, etc. Stew the fruit with enough sugar to sweeten it nicely. When cooked enough add cornstarch to thicken, blended in a little cold water. Serve cold with rich, sweet cream and sugar. If liked, the beaten white of an egg may be folded into the mixture, and the pudding served with a boiled custard made with the yolk of the egg.

Cream Pie

Beat 1 egg, add a large cup of milk, a tablespoonful of cornstarch dissolved in a little sugar. Cook until thick enough, stirring constantly, then flavor with vanilla and pour into the pie-shells. When cold cover with a thick layer of whipped cream.

This makes a very nice pie just as given, but the recipe may be varied in many ways. 1 Cooked cherries may be put in the bottom of the pie-shell and the filling poured over. 2 Mashed bananas may be added. 3 Sections of oranges may be added. 4 Shredded coconut may be added.

Household Hints.

A little methylated spirit added to the rinsing water will make white silk look equal to new.

Never leave a spoon in anything required to boil quickly; the spoon conducts heat away from the liquid.

To remove grease from wallpaper, rub the spot over once or twice with a piece of flannel dampened with alcohol.

A good substitute for emery cloth is to sift fine ashes through a piece of muslin, place in a jar, and keep for cleaning steel.

When the tags come off quite new laces, smear the ragged ends over with black sealing-wax and press into a point while the wax is warm.

Should the top of a finger get badly squeezed it should at once be dipped into hot water and kept there for a few minutes. The heat will cause the nail to soften and expand, and so enable the blood to flow freely again, when the pain will at once be lessened.

Few people know the value of pumice stone powder, a few cents of which will remove grease stains etc., from the richest and most delicate of silks and materials if laid over the spot and allowed to remain there for twenty-four hours, when it should be carefully washed off.

Never use soda for a burnt saucepan, because if you do it will burn again when next used. Instead fill it, when cooking is done, with cold water to which a good spoonful of salt has been added, and leave it to soak for twenty-four hours. Then boil up the water, and the burnt portion will come off quite easily.

In making soups always put the meat in cold water. Corned beef and ham should be put in boiling water. A tablespoonful of vinegar put in the pot will make tough meat or chicken tender.

To roast beef allow twenty minutes to a pound.

All vegetables should be put in boiling water.

Cut hot brown bread by putting a string around the loaf the right thickness for a slice and

Anything mixed with water

requires a hotter oven than any thing mixed with milk.

A dish of cold water put in the oven will prevent cake from burning.

In making tea allow one teaspoonful for each person and one for the pot. Allow one tablespoonful of coffee for each person and one for pot.

Always pare fruit with a silver knife.

Always sweep a carpet the way the nap runs.

If new tinware is rubbed over with fresh lard and then thoroughly heated in the oven before it is used it will never rust afterward, no matter how much water is used in it.

Open canned fruit or vegetables and pour into dish several hours before they are served.

Use wide mouthed glass jars for rice and cereals that you do not buy in a package; paper bags soon tear and dust and insects enter unchallenged.

System is a great time and money saver in the home; hazardous methods are wasteful in every direction.

When you wish to cut neat squares of butter, wrap the knife in a piece of paraffin paper.

Mattresses should be sunned as often as possible; this makes them sweet and free from germs.

Bands of linen for baking dishes scalloped or cross stitched in some simple design are a good gift idea.

If you have old white corset shirt waist buttons sew them to the ends of your lingerie ribbons to keep them from slipping through the beading.

In heating the oven the draughts should be closed when the coal is started.

Recipes

Corn Starch Pudding

One quart of milk; take 1 pint and when nearly boiling add 2 table-spoonfuls of cornstarch dissolved in cold milk and a little sugar. When ready to take off stir in the whites of 2 eggs beaten stiff. Make a custard of the other pint of the milk and the yolks of the eggs and pour over the pudding when cold. This same pudding is delicious with whipped cream poured over it. This alone, with cake, makes a delicious dessert.

Chocolate Pudding

Small baker's loaf bread crumbs, 3 cups milk, 1 egg, 1/2 cup sugar and 2 squares of chocolate. Put bread in pudding dish, moisten with milk, add beaten eggs and sugar and grated chocolate, and bake 1 hour.

Sauce

1 egg (beaten) add sugar, 1 1/2 cups (powdered) and small piece of melted butter, flavoured with vanilla.

Marshmallow Pudding

Take 1 pound of white and pink marshmallows, cut very fine; 1 cup of nuts and 1/2 cup raisins (chopped fine) mix all together with 1/2 wineglass of home made grape juice, set away for at least 1 hour and then add 1/2 pint of cream, stiffly beaten, and add to the mixture, set away in a cold place, and serve for a dessert with these sandwiches or rich cookies.

Fruit Cake

One cup butter, 2 cups sugar, 1 cup milk, 1 cup molasses, 2 eggs, 4 cups flour, 1 teaspoon soda, 1 1/2 cups raisins, mix in order given; stone and quarter raisins; bake in a deep pan, a mixture of raisins, citron and currants may be used.

Plain Fruit Cake

One-half cup butter, 1 cup sugar, 1 egg, 1 cup sour milk, 2 1/2 cups flour, 1 scant teaspoon soda, 1 1/4 cups raisins, 1/2 cup currants, 1 teaspoon cinnamon, 1 teaspoon mace.

Cheap Raisin Cake

One-half cup butter, 1 1/2 cups sugar, 1 cup sour milk, 1 teaspoon soda, 1/2 teaspoon each of cinnamon and nutmeg, 3 cups of flour mixed with 1 1/2 cups raisins stoned, chopped and flour with part of the measure of flour.

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