

## Keeping Cool in Hot Weather.

This has been a cool summer, for the most part, but with the dog days the thermometer may go up at any moment and the matter of keeping cool will become a problem.

Wise people say to keep your temper always, but in hot weather especially, as choler (as well as "collar") tends to add to the temperature. Hand in hand with this injunction might go a hint to leave fat of all kind out of one's diet as much as possible during the hottest part of the summer. Fat creates warmth in the body just as stoking coal into a furnace heats up the furnace; that's why Eskimos find it wise to regale themselves on seal oil and blubber in the face of their arctic atmosphere. Down here in Canada fat pork, suet pudding, etc., may be ideal enough for January and February, but they should be given a long absence during July and August. Oatmeal and cornmeal are also heating to the blood; to a less extent, however.

In short, during hot weather it is well to keep rather closely to a diet whose list is made up of the following: lean meat (preferably beef), eggs, cheese, fish, salads, green vegetables, light puddings, custards, bread and rolls, with plenty of raw fruit and cooling drinks. Ice-cream is likely to be popular, but is not really very cooling, as the cream of which it is composed contains a large percentage of fat—a heat-producer. Water-ices and sherbets are really better for comfort though not so valuable from the standpoint of nutriment.

Use plenty of fresh vegetables during warm weather,—lettuce, green onions, "greens" of all kinds, tomatoes, cucumbers, radishes—all are helpful. Speaking of greens try this for supper some evening: Boil spinach or beet-tops, drain dry and flavor nicely with pepper, salt and butter. Serve on hot buttered toast, and put a poached egg on top of each mound of green.

The next point is to "dress" for hot weather. You can't be cool with thick clothing that keeps out all the breeze, and, thanks be, in this Twentieth Century there are all sorts of cool cotton materials from which to make dresses. Muslins, cotton voiles and dimities stand first, perhaps, for very hot days, with thin silks, cotton crepes, seersuckers and fine ginghams and linens following closely after.

You may find a net corset a great comfort, and be sure to do away with high collars. If a "low neck" is not becoming try tying a narrow baby-ribbon about the throat to take away the effect of long bare neck. If this does not recommend itself, then fall back upon the little net yokes with collars that are the next best to nothing at all about the neck.

Simplify work during hot weather;—this is a great aid. For instance, if you have an upper verandah or porch put the beds out there, with a few curtains to run between as screens when necessary. If there is no verandah a tent on the lawn may answer the purpose. The littering up of bedrooms is saved by this, and, besides, sleeping in the open air is so much better for all concerned. Mosquito netting protectors over the beds will remove all annoyance of insects; or, if one can afford it wire netting may be arranged all around the sleeping-porch.

Simplify work again by doing everything possible out of doors, so saving the house from muss and upset. Even serve the meals on a verandah or porch, or in a shady spot in the back yard, if convenient.—And study out dishes that may be made in the cool of the morning and served as cold desserts. Custards of different kinds are good, and mousses that are quite easily made if one has ice and an ice-cream freezer; yet nothing, perhaps, can quite equal bread and fruit with or without cream.

Of course a fireless cooker is a great help in saving the heating-up of the kitchen. With one of them and an oil-stove even preserving and canning may be done out of doors. If you have not these modern labor-savers try setting up an old cookstove out of doors or in a back shed. It will simplify matters

greatly, leaving the house cleaner and cooler, and giving an added excuse for staying out of doors.

Have plenty of utensils arranged in convenient places, and so save steps. In short—simplify everywhere.

Do as little dish-washing as possible,—by doing away with extra and unnecessary plates, etc., as far as you can while still keeping up the attractiveness of the table. Do away also, with ironing, as far as possible, and choose to work during the coolness of morning and evening rather than in the very heat of the day. It often seems that even men would be wise to extend the noon-hour to two or even three, taking the extra on to morning or evening instead.

Try warm, soapy water on the maple syrup, restoring the pile of the velvet afterwards by steaming it over a hot iron.

## RECIPES WANTED.

Dear Junia,—I have read your helpful columns with interest for a number of years, and am at last coming for help. Can you please find me a receipt for: 1, Jewish Passover Bread or Biscuit; 2, Flead Cakes.

Thanking you in advance.

DEVONSHIRE LASS.

Can anyone send these recipes for "Devonshire Lass"?



If You Have an Upper Verandah or Porch Put the Beds On It.

Finally take plenty of baths and be sure to drink plenty of cold water. Evaporation from the body is excessive during hot dry weather, and water must be taken to supply its place. For variety have lemonade, lime juice and iced tea. These are all especially nice for sending out to the men in the harvest-field, where plain water left standing even for a short time is likely to become brackish and unpalatable.

## REMOVING STAINS.

We have been taking your paper for some years and like it very much, I am asking a favor of you. What will take milk stains out of an Alice blue silk dress, and maple syrup stains out of navy blue velvet?

CANADIAN.



A Good Place to Live in Hot Weather.

Rub magnesia on the milk stains and leave over night, then brush out. If this does not remove the stain try the following, from Scientific American. Mix 5 parts glycerine with 5 of water and 1 part ammonia. Try it on some under part of the garment to see if it removes the color. If it does leave out the ammonia. Apply with a soft brush, leave 6 or 8 hours, then rub with a clean cloth, and scrape off if necessary with a knife. Brush over with clean water, press between cloths and dry. If any mark still remains rub with dry bread. To restore the gloss brush with a thin solution of gum arabic, dry and iron.

cream, hence it is not necessary, when making them, to have a freezer. Any can or covered mould will do, packed in a larger pail with salt and ice. When making them well whipped cream is necessary, and the mixture must never be stirred during the freezing.

Strawberry Parfait.—Beat until stiff 1 pint cream, add 1 cup strawberry juice and 1 cup sugar. Put into a mould and pack in salt and ice from 4 to 5 hours. Garnish with fresh berries.

Frozen Chocolate.—Cook 3 squares chocolate with 1 cup boiling water with a dash of salt for 5 minutes. Turn into a quart scalded milk, add 1 cup sugar and 2 teaspoons vanilla. Cool

and freeze. Serve in glasses with whipped cream on top.

Cherry Salad.—Take the stones out of cherries and put hazel nuts in their place. Serve on lettuce with a salad dressing mixed with whipped cream.

Raspberry Jam.—Take 6 quarts raspberries and weigh. Heat an equal weight of fine, granulated sugar. Mash a few of the berries in a granite kettle with a wooden masher and continue until all the fruit is used. Heat slowly to the boiling point and add the heated sugar. Again bring to the boiling point and simmer about 40 minutes.

Raspberry Jam No. 2.—Mash the berries, add equal parts of sugar and let stand half an hour. Put on the stove in a kettle containing 1/2 cup water to prevent sticking. Boil until it thickens. Put into jars or tumblers, and when cold cover with melted paraffin. Blackberry and strawberry jam may be made in the same way.

Raspberry Sauce.—Work 1/2 cup butter until creamy, and add 1 1/2 cups confectioners' sugar very gradually, while stirring and beating constantly, then add 1/2 cup raspberry syrup very gradually. Garnish with whole berries and serve with blanc-mange or other dessert.

Raspberry Syrup.—Mash 2 quarts berries, sprinkle with 4 cups granulated sugar, cover and let stand over night. In the morning add 1 cup cold water, bring slowly to boiling point and let simmer 20 minutes. Drain through a double thickness of cheesecloth and again bring to the boiling point. Bottle, seal and keep in a cool place. This is a good foundation for fruit drinks and sauces.

Raspberry Jelly.—Over a small box of berries sprinkle 1 1/2 cups powdered sugar and let stand until sugar is melted. Crush through a colander. There should be a pint of juice, but if not add enough water to make up a pint. Dissolve 2 tablespoons gelatine in 1 cup warm water and stir into the fruit juice, then set in a cool place to harden. Serve with whipped cream and raspberry juice.

## The Scrap Bag.

### COLORING RUGS.

A writer in an American magazine tells how she renewed a dining-room rug that had become faded. First, she beat it well and cleaned the spots with soap and water, then she laid it flat on the ground and applied dye, hot, with a scrub brush. The only warning she gives is not to use dye that is too dark, as that will make the rug look muddy.

### POPPIES FOR BOUQUETS.

When gathering poppies for bouquets carry a pail of water instead of a basket, and plunge the stems at once into it. The flowers will not droop, and the leaves will not fall off so soon.

### CLEANING A HAT.

Panama or other white hats that have become soiled may be cleaned very nicely by washing them with peroxide of hydrogen which may be bought at any drug store. Apply with a brush.

### LAUNDERING YELLOW CLOTHES.

If white clothes have become very much yellowed keep wet and hanging in bright sunshine for two or three days. Or mix together coal-oil, clear lime water and turpentine in equal parts. Add 1 cup of mixture to a boiler of the clothes and boil half an hour.

### LAUNDERING COLORED PRINTS AND GINGHAMS.

It is said that colored cottons will not fade if treated as follows: Make a gallon of flour starch, straining it as usual. Pour half of it into two pails of soft water and wash the clothes in this until clean. Put the rest of the starch in the rinsing water, dry in the shade, and iron on the wrong side. . . . Another good plan to keep colored things from fading is to soak them in water to which a little turpentine—a teaspoon to the half-gallon—has been added. Wash as usual.

### ANTI-TYPHOID VACCINATION.

Anti-typhoid vaccination has been used upon all the Canadian soldiers and