

The Canadian

Bride's Reference **BOOK**

THE CANADIAN

BRIDE'S

— REFERENCE —

B O O K



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TO THE BRIDE

THIS book is presented to you at the commencement of your married life, by the various manufacturers, merchants, and others, whose advertisements are within these covers, and whose names appear on the following page. Their object is twofold:—

FIRSTLY—They wish to be permitted to express to you their very sincere good wishes for your continued happiness, and to be helpful in a practical manner at this time when you are faced with so many new problems.

SECONDLY—They desire to draw to your attention the virtues of their products, and to assure you of prompt and courteous service at all times.

We take pleasure in stating that all the firms represented in the making of this gift to you, are highly reputable, and in every way worthy of your patronage.

BON VOYAGE,

The Publishers

Gas—the Modern Miracle

YOU probably remember the story of the Hindu who, when told that white men walk on water, absolutely refused to believe such an absurdity. He had never seen a river frozen over. Consider what might be the attitude of, let us say, an Eskimo, told that the white men freeze things with a flame!

But that is what a gas refrigerator does. A tiny flame takes the place of all moving parts. There is nothing to wear out, and the refrigerator is noiseless. You always have an abundance of ice cubes, milk is kept pure and sweet, green stuffs cool and crisp. Ask to see a gas refrigerator. You'll be agreeably surprised.

Then look at the new gas ranges. The strides and improvements made in gas ranges in the past few years have been tremendous. If you have any old-fashioned prejudices against a gas range prepare to shed them, as you are bound to after seeing one. The ovens are automatically controlled, and the stoves are made in the most bewitching array of color schemes. Ovens are insulated to prevent the heat escaping into the kitchen, thus leaving a cool atmosphere for the housewife to work in.

With a gas hot water heater you have gas twenty-four hours a day, or, in other words, hot water when you want it, for GAS IS QUICK, and economical.

Have you ever seen a gas clothes dryer? Clothes are dried as fast as you watch them, and dried clean. No dust or soot-laden wind touches them.

The gas fireplace has the much sought after approval of no less an authority than Harley Street, London, England, the advice of which usually costs a good deal of money. "Tit-Bits" recently stated that the highest consumption per acre of gas in any residential district is in Harley Street.

"Tit-Bits" said: "Many people still believe that gas fires are unhealthy. The housewife often places a bowl of water in front of her gas fire to absorb the fumes or 'moisten the dried air.' This is quite an erroneous impression. According to one prominent authority on the subject of gas, the bowl of water never served any useful purpose unless it was that of relieving the ever present anxiety on the part of the housewife. Modern research has led to the production of a gas fire which is non-injurious in any way and superior to any other kind of heating in the home."

See for yourself the marvellous strides made in the domestic use of gas.

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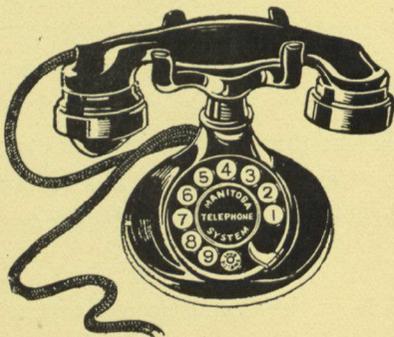
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—in the privacy of her own room, with the neat little instrument on the work-table at her elbow she has the whole circle of her acquaintance at instant call.

Saves her all the drudgery of shopping, the tedium of inconvenient social calls, the risks of delay in matters of urgency.

*When hubby is away, she can get him by **LONG DISTANCE** and converse as freely as if he were sitting by her side. It is the greatest convenience —and the least expensive—you can give her.*



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My True-Love Hath My Heart

*My true-love hath my heart, and I have his,
By just exchange one to the other given;
I hold his dear, and mine he cannot miss;
There never was a better bargain driven:
My true-love hath my heart, and I have his.*

*His heart in me keeps him and me in one;
My heart in him his thoughts and senses guides;
He loves my heart, for once it was his own;
I cherish his because in me it bides:
My true-love hath my heart, and I have his.*

—Sir Philip Sidney.



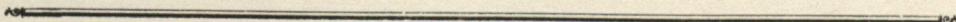
The Canadian
BRIDE'S REFERENCE BOOK

Marriage

(DEPT. OF HEALTH, OTTAWA, CANADA)

MARRIAGE is a partnership. What is a partnership? It is a binding contract by which two people agree to unite, putting together their work and possessions, agreeing to share gains and losses. Marriage is the highest form of partnership. It is sacred, lasting and ennobling. It is, and it creates, the highest relationship of human life, and it calls for the best that is in you and gives beauty, dignity, and glory to you, to your home and country.

You and your husband will gain a great deal by this new relationship. But of course it will make some changes in your lives which you should accept cheerfully, even if these changes seem a little hard at first. No partnership can be all gain and no loss. But the gains of marriage are infinitely greater than the losses if the marriage is a right one. Do not say even to yourself—"why should I give up my opinion because I am married?" That is not the point. It is not "my opinion" now. It is "our opinion." Sometimes the two opinions will be the same; if not, just have a little patience and good sense and think how you can agree. Of course, there are many things that you and your husband can have your own opinions about. The world would be a very dull place if we were all alike. You will find that your husband knows some things that you do not know, and you know some things he does not know. But do not hurt his feelings, men are just as sensitive as women, and nobody can have his or her way about everything—give and take. Above all, do not run off and tell anyone else about a difference—don't take it seriously. Don't forget to smile. Kindness, patience, good temper, and good sense will always win and they build that trust in each other which makes happiness and a love that endures when everything else passes away. Avoid the first quarrel. Don't have it. Keep away from it. Never have the first. Don't quarrel, wait a little.



He means well and so do you. You never know when some tiny little thing may bring you near to a quarrel, but don't go to sleep that night without "making it up." You did not mean to hurt his feelings and he did not mean to hurt yours.

"Respect for each other's individuality touches in some way the heart of every problem of married life. This respect is based on justice, and justice wrongs no rights but rights every wrong. It is the Golden Rule raised from mere theory to the dignity of a living reality. In the home it means freedom, right, sympathy, tolerance, harmony and peace. The husband can find no help in the counsel of his wife in an emergency, if he has stifled her power of individual thinking, or permitted it to become dulled and deadened through disuse. If either attempt to rule the other it will be found but a petty victory, and empty triumph. The lasting good of each must be in love with no thought of competition, no desire of superiority."*

Be prepared to do your share in the new partnership of home life. Your husband goes off and does his job. You have your job, which is just as big as his. Men make houses, women make homes. The making of a home is no easy job. You will find in it a place and a use for all your gifts, no matter how strong and clever you are. Besides the care and management of the home, you would like to have a good idea of everything that concerns your husband, for you are his best helper, and he will be depending on your advice and judgment. As a rule the most successful men are those who talk things over with their wives. As the old proverb says: "He who would thrive must ask his wife." When he puts his plan into words, and asks your advice about it, then he understands it better himself, and often you will give him an idea he did not think of before.

Then you are a citizen. You have a vote. Canada needs a good vote from you. You want to know about Canada and her government and take your share in it. Read the papers and talk them over with your husband. Think! Use your mind every day.

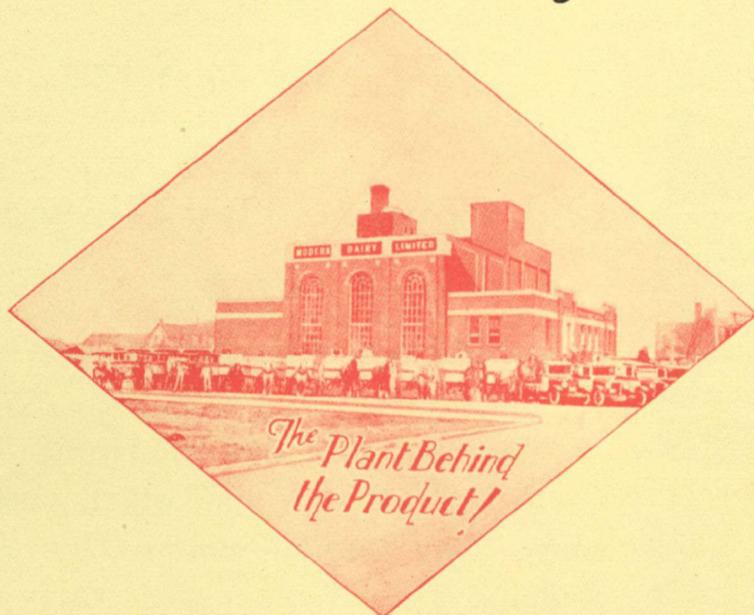
*W. G. Jordan



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(See page 19)

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Financing the Home

PUBLISHED BY AUTHORITY OF THE MINISTER OF
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IN this day no other subject receives so much attention and is discussed so widely as the increased cost of living. We may combat this high cost of living in three ways: first, by increasing the income; second, by legislating to control prices; third, by the wise expenditure of the present income. It is the purpose of this bulletin to discuss the third method.

Present conditions can be met only by wise spending. Judicious spending means greater savings. The old proverb says: "A penny saved is a penny earned."

The harmony of the home largely depends on the wise disbursement of the income. Money affairs is the rock on which more families split than on any other. Often the first altercation arises over some misunderstanding regarding money matters.

There are several plans for the disbursement of the family income; three of which are most common. The first is termed by one author the "doling method." This is the arrangement in which the husband "doles" out money to his wife dollar by dollar, for the necessities for the home. At times the money is given with an air of benevolence and condescension. This plan puts woman in the wrong position, and is humiliating to a self-respecting wife. Imagine a woman who works day in and day out, ministering to the needs of her husband and children, having to go to her husband and timidly and apologetically ask him for money for some new shoes for herself or clothes for the children! Woman is a productive factor in the home; her work has an economic value; and this being so, she merits due recognition. On the other hand, it is impossible for her in this method to spend wisely because she lacks the opportunity to grasp the financial situation as a whole, and she sees only a very small part, and that not in relation to the rest. Usually it is the woman's own fault if she finds herself in this position. If she is willing to accept her share of the responsibility, and insists on having it, she will be likely to get it.

The second method is the allowance method, which is not desirable in the usual acceptance of the term. If a family budget is planned and an allowance is made for clothing, foods, upkeep, etc., and this is agreed upon by both, and the amount for certain divisions is given over to the wife to be expended for that purpose—if this is what is meant by allowance, no one will object to it, because it is based on an understanding of the whole situation, and husband and wife alike get the broad vision of the whole.

But when an allowance means that on pay day the husband hands over a certain amount which is arbitrarily arrived at by him, and which is not

considered in its relation to the whole, it is based on the wrong principle. It is wrong because it places the husband and wife on an unequal footing. It presupposes that the wife is intellectually inferior to the husband.

The third method is called the equal partnership method, and is the ideal one to many right thinking persons. In this the home is treated as a business, the wife being a partner on an equal footing with her husband, and as such having a right to a voice in the use of the family income—let us not say the husband's income. As it is a partnership, each knows all there is to be known about the family finances; and, where practicable, a joint bank account is used. This plan is based on the spirit of confidence, trust and co-operation, on which every home must be based if it is to achieve success as a home. In this plan expenditures are made only after they have been fully and freely discussed by the partners, and an agreement has been reached.

How many women know exactly what their husbands' financial circumstances are? How many wives know sufficient about the financial end of the business that in the event of the removal of their husbands by illness or sudden death they could carry on the business to good advantage? Can one blame a woman for being extravagant on the one hand or miserly on the other if she knows nothing of the extent of the source from which she draws? When a man can trust his wife with his name, his honor, and to be the mother of his children, surely he can trust her to be an equal partner in the business of his home.

Household Accounting

Every business firm keeps a careful record of all money spent and all received, this being their only way of knowing whether the company is running at a gain or loss. For the same reason it is necessary to keep such records in the home. It is necessary to keep these records in order to know what is the actual cost of running the home. These records are called the household accounts.

The two most common objections to keeping household accounts are: first, that they are too intricate for the inexperienced person; second, they take too much time. In answer to the first, no one advocates an elaborate set of books, and the household accounts may be so simple that they are not a worry to any one. In answer to the second objection, I would say that the results fully warrant any time spent on them, as any one who has once established the habit of accounting will agree. At any rate, it need take very little actual time.

The advantages of keeping household accounts are many, the following being among the most obvious.

1. Accounting enables one to know where the money has gone.
2. It enables one to know if an undue amount has been spent on one thing and not enough on another.

3. A comparison of the expenditures of one month with those of another month or of one year with another is possible.

4. In the accounts one may have an accurate record of where and when an article was bought, and of the cost. This is therefore a guide for future purchasing. In case of loss, an estimate of the value of articles is easily obtained.

5. Accounts show up leaks in the expenditures which may have been unnoticed hitherto.

6. Accounting encourages thrift.

In order to keep accounts the expenditures are divided into certain classes. The usual classification gives five large divisions: Food, Shelter, Clothing, Operating Expenses, and Advancement or Higher Life, as it is sometimes termed. Each of these divisions is then sub-divided to suit the individual family. For instance, the main division, Food, may be sub-divided into the following classes: meat, milk, butter and eggs, fruit and vegetables, staples.

The account for Food includes the money spent for meals taken away from home, and some authorities include that spent for ice, as they claim that this is bought to preserve food.

Shelter includes the money spent for rent and transportation to and from work (as greater distance from work often means lower rent). Or if the house be owned, Shelter then includes house insurance and taxes; and, rightfully, interest on the value of the house should be added.

The division for Clothing is usually best sub-divided into a section for each member of the family, and includes the cost of all clothing, dressmakers' and tailors' wages and the cost of cleaning and renovating.

By Operating Expenses is meant the amount spent for the upkeep of the home. This includes that paid for fuel, light, telephone, wages of help, laundry supplies, toilet accessories and repairs, household linen, doctor and drugs. Authorities differ on the placing of this last item. Some advocate classifying it under Advancement. This is immaterial, and it is a matter for the individual to decide for herself.

The various sub-divisions under Advancement are: life insurance and savings, church and charity, education, recreation and travel, gifts, lodge and club dues, papers and magazines, etc.

Let it be understood that these divisions are not hard and fast, but are given merely to serve as suggestions for the homemaker, who must classify her expenditures to suit her own particular problem. For instance, in the above classification no mention is made of an automobile. If the automobile were necessary to the business, it might be a separate division of the Operating Expense. On the other hand, if it be a luxury, and kept only for pleasure, then it would be classed under recreation.

Methods of Accounting

The two methods of keeping household accounts most commonly used are the account book and the card system. Either system answers the purpose equally well, and it is a matter for individual choice which one the home accountant shall use. There are advantages and disadvantages in each, and it is necessary for the homemaker to decide which best suits her needs.

The account book may be just a two column cash book with the receipts in one column and the expenditures in another, but this is not advisable because it affords no opportunity for classification of expenditures, and, therefore, does not serve as a basis for comparison between the amount spent for each division, as it should. Accounts of this kind fail, because any account or record of expenditure that is not used to control the expenditure for subsequent period is of comparatively little value. So the account book with columns for the different divisions is best. One may procure these account books all ready ruled with division and sub-divisions all provided for. The objection to these is that they are comparatively expensive, and then no standard ruled account book fits every family, so in using these some adjustment usually must be made. For instance, in this book there may be five columns for clothing, and there might be eight members in the family, or, on the other hand, only three. Again, the family that lives in a house has its rent and fuel as two different items of expenditure, while the apartment dweller pays his rent and fuel as all rent. To overcome these difficulties, an ordinary stiff-backed horizontally-ruled book may be obtained, which the housewife may rule to suit her needs, after planning her classification of expenditures. This sort of book is cheaper and answers the purpose better.

Space must be provided at the back of the book for a summary, so that at the end of each month the totals may be entered, and at the end of the year a complete statement may be obtained.

The method of keeping household accounts in a book is probably easier for the inexperienced person, and having the expenditures for each division and sub-division on the one page makes it easier for the eye to make a comparison and to grasp the matter as a whole. But if a mistake is made it is difficult to rectify it without marring the page, and it cannot be added to very satisfactorily.

The card system is being used with satisfaction by many. It seems more elastic than the book method. If a mistake is made, the card may be destroyed and a new one made. It can be made to fit the needs of any family, and can be added to at any time. The untrained person is likely to be afraid to try it, but it is very simple. The 4" x 6" cards are the best to use, and these may be obtained in bunches of 100 at from 40 to 70 cents.

A filing tray is necessary to hold these. Fibre and wooden trays, covered or uncovered, may be obtained at from \$1.25 to \$4.00 at any store which keeps office supplies. Then a set of guide cards are necessary. These are quoted at 50 cents to \$1.00 per set. It is quite possible to make a home-made filing tray and to cut guide cards from colored cardboard.

The card system plan is excellent. There should be a guide card for each large division, i.e., Food, Clothing, etc. Then behind this guide card in the tray or cabinet place as many cards as there are sub-divisions in this large division, e.g., behind the Clothing guide card there would be a card for Mother, Father, Mary, John, etc. Each of these cards would be ruled and have a space for each day in the month and the name of the sub-division at the top. At the end of the month the amounts on these cards should be totalled and the totals entered on a summary card kept at the back of the box. At the end of the month a wire clip may be slipped over the month's cards and new ones set in behind for the next month.

As was said before, it is immaterial which system is used in the home. The housewife may choose which one suits her taste and needs best.

Budgeting

In a former paragraph it was mentioned that accounts are of comparatively little value if they are not used to control expenditures for the next period of time. The accounts of one year should be used to formulate the budget for the following year. A budget is a pre-arranged plan for the disbursement of the income. Before one enters on any important course of action, one usually plans his course of procedure first. If a family intends to build a house, they consult an architect and have a complete set of plans made before they begin operations at all. Only in this way can they secure a satisfactory product. Each part must be considered in relation to the whole. So in spending of the income, it is just as necessary to have a pre-arranged plan or budget. It is just as unwise to spend the income without previously planning the expenditures, each in relation to the other, as it would be to build a house room by room and expect them to form a satisfactory and convenient home when finished. To spend hit and miss usually results in worry and uneasiness because the spender is not sure whether she will come out even; nor does she know how much she can save; nor has she any means of arriving at a decision as to whether she can afford certain things.

A budget should be made at the beginning of the year, after a summary of the expenses for the previous year has been made; and the whole family should help to plan it. It is of no use for the wife to make a budget if her husband does not agree to help follow it. There are many factors which

influence the planning of a budget: e.g., the actual income of the family; whether the home is in the city, town or country; the number of the family; the aim or standard of living of the family, etc.

The necessities must be planned for first; and the family's standard of living will determine what are necessities and what are not. For example, a professional man might consider that certain books, magazines and lectures are necessities in his profession, while a mechanic, earning about the same salary, would not require them at all.

Where the home is, and whether or not it is owned or rented, influence the amount set apart for Shelter, as rents are higher in the city than in the small town.

The occupation of the wage earner may influence the budget in that different occupations demand different expenditures; e.g., a salesman in a store requires to spend more on his clothes than does the teamster; and yet he may not be earning any more money.

Again, parents may aim to educate their children, and, in order to do so, they may have to cut down expenses in some way. Then their apportionment for Advancement would be high while some other divisions would be low, probably Clothing.

Each family must make its own budget. Standard budgets serve as a guide in making one's own, but cannot be followed entirely. (These can be obtained at any book store.)

The lower the income the greater is the percentage set aside for Food, because regardless of income, the body of one individual requires approximately the same amount of food for upkeep as that of another. The percentage for Shelter and Operating Expenses and Clothing remain almost constant throughout. As the income increases the percentage for Advancement or Higher Life increases. This is the region of choice, and the family living on the low income has to do without.

When the budget is made out, then it behooves each member of the family to endeavor to follow it. If the amount for Clothing is overstepped one month, then the next month it should be that much less. The insurance premium may come all in one payment, but the monthly amount should be regularly laid aside; and when the time for payment comes the money will be ready. The money for the winter's fuel will come from every month in the year, and will not cause a lean period in the household at one time of the year.

Budgeting an irregular income offers some difficulties. The income of a doctor, of a lawyer and of many others may vary from month to month and from year to year. The only way to do in a case of this kind is to work on the average of the previous year, and to live well within it. Any surplus may be saved and invested.

The following Budgets have been worked out by economic experts
For Family of Two

Income	\$150.00	\$200.00	\$250.00	\$300.00
Per Month				
Rent	\$35.00	\$50.00	\$60.00	\$75.00
Food	35.00	40.00	45.00	50.00
Clothing	25.00	30.00	35.00	40.00
Insurance	15.00	20.00	25.00	30.00
Savings	12.00	18.00	25.00	30.00
Advancement	10.00	15.00	25.00	30.00
Miscellaneous	18.00	27.00	35.00	45.00
Total	\$150.00	\$200.00	\$250.00	\$300.00

Income Per Year \$4,000.00 — \$10,000.00

For Family of Four

Income	\$4,000.00	\$5,000.00	\$7,500.00	\$10,000.00
	Per Mo.	Per Mo.	Per Mo.	Per Mo.
Rent	\$ 75.00	\$ 75.00	\$120.00	\$135.00
Food	70.00	75.00	100.00	130.00
Clothing	50.00	60.00	65.00	80.00
Insurance	30.00	50.00	75.00	100.00
Savings	30.00	45.00	100.00	165.00
Advancement	33.00	40.00	65.00	75.00
Miscellaneous	45.00	75.00	100.00	145.00
Total	\$333.00	\$420.00	\$625.00	\$830.00

RENT—Include in this, rent, or payment on home.

FOOD—Include all groceries, vegetables, fish, meat, ice, milk, confectionery, also meals bought outside, unless these latter be taken care of under amount set aside for Advancement.

CLOTHING—All wearing apparel, or material for same, shoes, underwear, tailoring, cleaning and pressing, sewing, etc.

INSURANCE—All premiums, whether for Life, Accident, Fire, Burglary, Automobile or any type of Insurance.

SAVINGS—The sums actually deposited to such account.

ADVANCEMENT—Includes education, travel, theatres, entertaining, tobacco, books, etc., should also embrace all donations.

MISCELLANEOUS—This requires the most careful consideration. Include all household necessities, carfare, pocket money, automobile expense, laundry, furniture, fuel, light, telephone, taxes, etc.

Table of Weights and Measures

3 teaspoons (dry)	= 1 tablespoon	2 wine glasses	= 1 gill
4 teaspoons (liquid)	= 1 tablespoon	2 gills	= 1 cup
12 tablespoons (dry)	= 1 cup	2 cups	= 1 pint
16 tablespoons (liquid)	= 1 cup	1 pint (liquid)	= 1 pound
4 tablespoons	= 1 wine glass	2 pints	= 1 quart
1 wine glass	= 2 ounces	4 quarts	= 1 gallon

Equivalents

Butter—2 tablespoons	= 1 ounce	Meat—2 cups, chopped	= 1 pound
Butter—2 cups	= 1 pound	Raisins—1 cup, stemmed	= 8 ounces
Bread crumbs—1 cup, stale ...	= 2 ounces	Rice—1 $\frac{7}{8}$ cups	= 1 pound
Currants—1 cup, cleaned	= 6 ounces	Suet—1 cup chopped	= 4 ounces
Corn Meal—3 cups	= 1 pound	Sugar—Brown, 2 2-3 cups	= 1 pound
Eggs—10 average size	= 1 pound	Sugar—Confectioners', 3 $\frac{1}{2}$ cups=	1 pound
Flour—4 tablespoons	= 1 ounce	Sugar—Granulated, 2 cups ...	= 1 pound
Flour—4 cups, sifted	= 1 pound	Sugar Powdered, 2 2-3 cups....	= 1 pound
Flour—Graham, 4 $\frac{1}{2}$ cups	= 1 pound	Salt—6 tablespoons	= 8 ounces
Flour—Whole wheat, 4 cups =	1 pound	Tea—1 cup, dry	= 4 ounces

Measurements

All measurements are level; levelling done with back of knife.
 Standard tablespoon, teaspoon and half pint measuring cup are used.
 Flour, powdered sugar and soda should be sifted before measuring.
 To measure butter, lard, etc., pack cup or spoon and level with knife.
 For a half spoonful divide through centre lengthwise.
 For a quarter spoonful divide half crosswise.
 For an eight spoonful divide quarter diagonally.

Principal Methods of Cooking

BAKING—Cooking in an oven.

BOILING—

Cooking in boiling water. Heat reduced after the first few minutes of boiling, i.e., maintained slightly under boiling point.

BRAISING—

A combination of stewing and baking; necessitating a roaster with a tight cover or braising pan.

BROILING—

Cooking by direct application of heat, as, over a glowing fire or under electric element or gas flame in oven.

FRICASSEING—

A combination of frying and stewing.

FRYING—Cooking in hot fat, deep enough to cover food to be cooked.

PAN-BAKING }
PAN-BROILING }

Cooking in frying pan or on griddle with little or no fat.

SAUTE-ING—

Cooking in small quantity of hot fat.

STEAMING—

- (a) Moist-cooking in steam.
- (b) Dry-cooking in double boiler.

STEWING—

Cooking for a long time in water below boiling point.



EXCELLENT DOUGHNUTS

- | | |
|-------------------------------------|---------------------------|
| 3 cups flour | 4 teaspoons baking powder |
| 2 tablespoons "Domestic Shortening" | 2 eggs |
| $\frac{3}{4}$ cup sugar | 1 cup sour cream |

Cream the "Domestic Shortening," add the sugar and beaten eggs. Add the cream alternately with the flour and baking powder mixture, which has been sifted 2 or 3 times. Roll out on a slightly floured board to $\frac{1}{4}$ -inch thick. Cut out with doughnut cutter. Fry in deep "Domestic Shortening," hot enough to brown a cube of bread in 60 seconds. Drain on unglazed paper and sprinkle with powdered sugar.



DOMESTIC—The Perfect *All Purpose Shortening* - -

DOMESTIC is the better shortening because it is a *pure vegetable* product—made by a special process. It contains no animal fat. Good as the best butter but far more economical to use—it costs less than butter or lard—and you use less.

You do not have to learn special recipes for the use of DOMESTIC. Follow the recipes you have tried and found to be good. You can also use it in place of butter or lard in any recipe in this book—only use about one-quarter *less* DOMESTIC. You pay less—you use less.

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Time Table for Cooking

VEGETABLES

Artichokes, boiled, according to age	¼ to 1 hour	Mushrooms, stewed, about	15 min.
Asparagus, boiled	15-25 min.	Onions, boiled, if young	½ to 1 hr.
Beans, dried, baked in moderate oven	8 to 10 hrs.	Onions, boiled, if old	2 hrs. or more
Beans, string, boiled according to age	1 to 3 hrs.	Parsnips, boiled, according to size	½ to 1½ hrs.
Brussels Sprouts, boiled	10-20 min.	Peas, green, boiled according to age	¼ hr. or more
Beets, boiled, according to size 1 to 3 hrs.		Peppers, stuffed, baked	35 min.
Cabbage, winter	1 hr. or more	Potatoes, boiled	¾ to 1 hr.
Cabbage, young	½ hr.	Potatoes, baked	1 to 1¼ hrs.
Carrots, boiled, if young	20-30 min.	Pumpkin, stewed	4 to 5 hrs.
Carrots, old, whole	1 hr. or more	Spinach, covered closely	30-45 min.
Cauliflower, boiled	20-30 min.	Squash, boiled	20-30 min.
Celery, boiled	½ hour	Squash, baked, about	1 hour
Corn, green, boiled	10-20 min.	Tomatoes, baked	½ to 1 hr.
Dandelions, boiled	20-35 min.	Tomatoes, stewed	½ hour
Lentils, boiled	2 hrs. or more	Turnips, boiled, according to age	35-45 min.

MEATS

Bacon, broiled	4 min.	Mutton, saddle of, roasted rare, per lb.	10 min.
Beef, underdone	per lb. 9 to 10 min.	Mutton, stuffed shoulder, well done, per lb.	16-18 min.
Beef, fillet of, rare, in moderate oven	30-45 min.	Mutton, leg of, boiled gently, per lb.	17 min.
Beef, brisket of, boiled gently, per lb.	30 min.	Pork, leg, loin or shoulder, roasted, per lb.	20-30 min.
Beef, corned, boiled gently, per lb.	30 min.	Pork spareribs	per lb. 15-20 min.
Beef Sirloin, roasted in oven, rare per lb.	9 min.	Steak, broiled	5-15 min.
Chops, broiled	8-10 min.	Tongue, salted, boiled	3 to 4 hrs.
Ham, boiled gently	per lb. 20 min.	Tripe, boiled about	5 hrs.
Ham, broiled	4 min.	Veal, cutlets	3 min.
Liver, baked or braised, from 1 to 2 hrs.		Veal, fillet or loin of, roasted in slow oven	per lb. 20 min.
Liver, broiled	4 min.	Veal, stuffed shoulder, roasted in slow oven	per lb. 20 min.
Meat for Bouillon, simmer gently, per lb.	35 min.	Venison, roasted rare	per lb. 10-15 min.
Mutton, leg of or loin of, roasted, per lb.	10-12 min.		

POULTRY

Chicken, boiled gently, or roasted, per lb.	20 min.	Goose, roasted, according to size	1 to 3 hrs.
Chicken, broiled	20 min.	Partridge, roasted in oven	25-35 min.
Duck, baked in hot oven	30-60 min.	Pigeons, roasted	20-30 min.
Duckling	25-35 min.	Prairie chicken, broiled	4-6 min.
Fowl, old, roasted or boiled gently, per lb.	20-30 min.	Rabbit, roasted in oven	½ to ¾ hour
Grouse, roasted in oven	30-35 min.	Turkey, boiled gently	per lb. 20 min.
		Turkey, roasted in oven, per lb.	15-20 min.

TIME TABLE FOR COOKING—(Continued)**FISH**

Fish, broiled, small	5-8 min.	Fish, baked, 4 to 5 lbs.	1 hour
Fish, broiled, large	15-25 min.	Fish, baked, slices according to thickness	per lb. 8-15 min.
Fish, boiled, thin fish	per lb. 5-10 min.	Fish, Sauteing, about	25 min.
Fish, steamed, according to thick- ness	per lb. 20 min.	Fish, Scalloped	20-30 min.
		Fish, fried, deep fat	1-5 min.

Time for Baking

Bread, brown, steamed	3 hrs.	Custard, in moderate oven	20-30 min.
Bread, brick loaf	40-60 min.	Ginger Bread	20-30 min.
Bread, nut	50-60 min.	Graham gems	30 min.
Biscuits	10-20 min.	Pies	30-45 min.
Cake	15-45 min.	Pudding—Bread, rice, tapioca. $\frac{3}{4}$ to 1 hr.	
Cake, fruit	2 to 3 hrs.	Pudding—Indian or plum	2 to 3 hrs.
Cake, sponge	45-60 min.	Pudding, steamed	$\frac{1}{2}$ to 3 hrs.
Cookies	10-15 min.	Rolls	10-15 min.

Time for Frying

Croquets	4-6 min.	Fish Balls	3 min.
Doughnuts	3-5 min.	Fritters	3-5 min.

Sauces and Vegetables to serve with Meats and Fish

- BEEF, BOILED**—Turnips, root or green vegetables.
- BEEF, ROAST**—Horseradish, mushroom, tomato or cranberry sauce; any vegetable in season.
- CHICKEN, BOILED**—Bread, cream, celery or oyster sauce; currant or cranberry jelly; boiled onions or any delicate vegetable.
- DUCK or GOOSE, ROAST**—Apple sauce; macaroni, root or any green vegetable.
- FISH, BAKED**—Parsley, mushroom or Hollanaise sauce; any desired vegetable.
- FISH, BOILED**—Tomato, lemon, egg or tartare sauce; green peas, potatoes, etc.
- MUTTON or LAMB**—Mint sauce or currant jelly; green peas, asparagus, cauliflower, turnips, boiled onions, corn, squash, spinach or string beans.
- PORK, ROAST**—Same as roast Duck.
- TURKEY, ROAST**—Cranberry sauce; currant, cranberry or other acid jelly; beans, corn, onions, squash, turnips, sweet potatoes, tomatoes, and any of the greens.
- VEAL, BOILED OR ROAST**—Horseradish, tomato or onion sauce; asparagus, spinach, parsnips, Irish or sweet potatoes.

Setting the Table

To set the dinner table correctly for a formal dinner is an art in itself.

Arrange table pad, tablecloth, centrepiece of flowers, fruit or a plant and candlesticks. Use a snowy linen tablecloth, falling gracefully over the side with the four points almost touching the floor.

A place is laid for each guest following diagram.

Place a service plate in the centre of each space, close to the edge of the table.

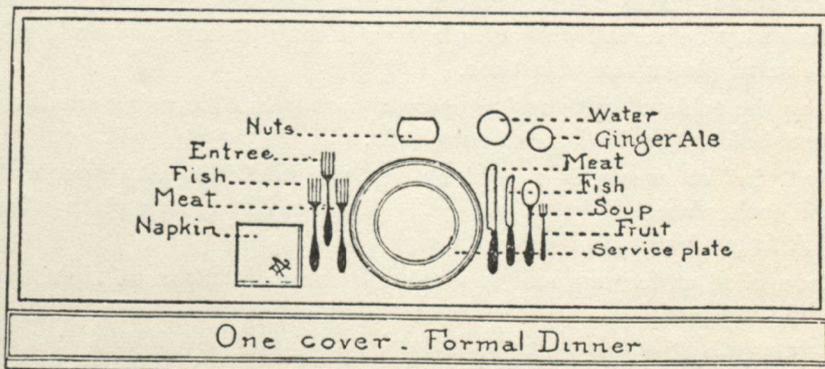
Silver to be used first is placed farthest from the plate, thus gradually eliminating the outside pieces as the various courses are served. Knives are placed at the right, cutting-edges toward the plate; the forks, tines upward, at the left. The handles of all the silver are placed one inch from edge of the table. It is not considered good taste for more than three knives or three forks (not including the oyster fork) to be placed on the table at one time. Extra silver should accompany the course for which it is to be used. The bread-and-butter plate and spreader are not used at a formal dinner.

Water, ginger ale or wine glasses should be filled two-thirds full and placed just above the knives.

An individual nut dish is placed above the service plate.

Salts and peppers should be between each two guests.

The dinner napkin is from twenty to twenty-four inches across. It is folded square and placed at the left of the forks or upon the service plate.



The illustration above shows the formal dinner cover in detail with the correct placement of the china, silverware and glassware.

Table Service

At a formal dinner the first course is on the table when the guests enter the dining room. It consists of oysters, a canape, a fruit cocktail, grapefruit or something else of the same kind. Oysters on the half-shell are served bedded in crushed ice, in a soup plate and placed on the service plate. A cocktail is served in a cocktail glass which is placed on a doily-covered plate which in turn is placed on the service plate. The silver for the first course may be on the table beside the soup spoon or it may be served with the course.

After cocktail course is completed, the waiter removes with the left hand, one at a time the cocktail service which includes cocktail glass, doily, small plate and spoon, leaving the service plate.

The soup in soup plates or bouillon cups and saucers (not in tureen), is placed on the service plates and when this course is over the entire soup service including the service plates are removed with the left hand and the plates for the entree placed with the right hand. The waiter passes the entree on a platter held on a folded napkin on his left hand. Each guest serves himself.

At the conclusion of this course the plates are removed and empty warmed dinner plates placed for the meat course. The meat should be carved before it is brought to the table and after the waiter has served each person he serves the vegetables and rolls in turn with left hand. In serving, have necessary silver in place on each service dish and present side of serving dish to each guest. Place a napkin under each serving dish. After the vegetables have been served to each guest they are removed but may be passed once again before the conclusion of the course.

Next dinner plates are removed with left hand and replaced with salads. The salad may be served on each plate or it may be served from a platter. Remove salad plates one at a time.

Clear the table of salts and peppers and crumb table using small napkin and plate, before the dessert is brought in.

Next the ice cream is served on ice cream plates with spoon at the right of each plate. Cake is passed. Remove ice cream plate with left hand. A finger bowl is placed with right hand.

Place filled coffee cup and saucer with spoon in place at right of each guest. Serve sugar and cream from tray. Finger bowl is removed by guest, and plate used for bon-bons passed last by waiter.

Everything should be passed and served from left, with exception of extra silver and beverages, which are placed at right, from right.

Coffee may be served in the drawing-room if desired.

Recipes

Hors d'Oeuvres

Hors d'œuvres served as the first course should be small portions, since their purpose is to whet but not satisfy the appetite. Served in this way, they replace the fruit cocktail course and immediately precede the soup course, if there is one; or they may precede the main course, if no soup or fish course is included.

A Choice of Hors d'Oeuvres

Canned shrimps marinated in boiled salad dressing; stuffed, hard-cooked eggs, garnished with strips of green pepper; celery stalks filled with a mixture of pimento cheese and ripe olives and cut in two inches pieces; cooked frankfurters skinned and cut in thirds crosswise; and diced cucumbers and tomatoes mixed and marinated in French dressing and then drained.

Fruit Hors d'Oeuvres Combination

Canned or fresh peaches, pared, stoned, cut in eights and dipped in finely chopped pistachio nuts or almonds; canned or fresh pineapple, pared, cored, cut into segments and dipped in powdered mint leaves; fresh whole strawberries; blackberries or raspberries dusted with powdered sugar; water-mellon or cantaloupe, diced or cut into balls, marinated in French dressing and then drained; canned or fresh pears, pared, cored, and cut crosswise or in segments, then dipped in orange juice; seeded grapes, bits of orange, bits of grapefruit; these are a few or the many combinations which can be arranged in a compartment hors d'œuvres dish and served as the first course.

Star Hors d'Oeuvre

Peel and cut large boiled beets into one-quarter inch slices. Cover with French dressing while hot and set away to cool. Shape into stars with a cooky cutter. Cut a circle from the centre of each slice large enough to fit inside of it a slice of stuffed olive surrounded by a ring of hard-cooked egg white. Serve on a very thin slice of bread toasted in melted butter and sprinkled heavily with chopped parsley around the star.

Hors d'Oeuvres Warrene

To prepare this appetizer, brown eight rounds of toast in the frying-pan, using half butter and half lard. Mince three hard-boiled eggs, season them highly with salt, pepper, a dash of Cayenne, a few drops of Worcestershire sauce, two tablespoons of grated cheese, and add equal parts of catchup, mayonnaise and melted butter enough to moisten the eggs liberally. Spread this mixture thickly on the toast rounds, set them in the oven a minute, garnish them with cress, and serve.

Crab Cocktail

Meat from 2 crabs, or 2 cans of canned crabmeat, 1 large green pepper (cut fine), 4 pimentoes (cut fine). Mix together 1 cup mayonnaise, 1 tablespoon Worcestershire sauce, ½ bottle Heinz chili sauce, and the juice of 1 lemon; add pepper, salt and paprika to taste.

Oyster Cocktails

Put into each glass ten drops Worcestershire sauce, 1 tablespoon tomato ketchup, about 10 drops onion juice. Then drop in from three to five oysters.

Lobster Cocktail

For six cocktails, mix 5 tablespoons tomato catsup, 2 tablespoons lemon juice, 10 drops tobasco sauce, 1½ tablespoons of finely chopped celery, and salt to taste.

Pour this over 1 cup of lobster meat (cut in pieces). Chill thoroughly.

Appetizer

Rounds of bread, toasted and buttered; then spread lightly with anchovy paste, then a slice of tomato, cucumber, onion and lastly a slice of hard-boiled egg. Over all this put mayonnaise into which has been stirred contents of 1 can caviar. Serves 6 to 8 persons.

Normandy Appetizer

3 Hard-Cooked Eggs	1/3 Cupful of Tomato Catchup
1¼ Teaspoonful of Anchovy Paste	2 Tablespoonfuls of Piccalilli
¼ Teaspoonful of Salt	6 Ripe Olives
⅛ Teaspoonful of Paprika	Watercress
6 Toast Rounds	Pearl Onions or Capers

Cut hard-cooked eggs in halves lengthwise. Remove yolks and mix them well with anchovy paste, salt and paprika. Refill whites, place on toast and cover with tomato catchup. Garnish with piccalilli, ripe olives, watercress and pearl onions or capers.

Fruit Cocktails

As a first course at any meal, what is more decorative than large luscious strawberries with their hulls on, served on a fruit plate around a mound of sifted confectioner's sugar? To have this mound smooth and attractive make a cone of stiff paper about one and one-half inches long. Pack sugar in firmly, then invert on the plate and remove paper.

For variety, sections of grapefruit or orange may alternate with strawberries. Section of pineapple with the skin on, removed by cutting around each eye of the pineapple, may be used instead of strawberries.

Strawberries and Orange Juice

Fill fruit cocktail glasses with hulled strawberries. For each glass mix the juice of one-half orange with two or four tablespoons sugar. Pour over the strawberries and let stand until thoroughly chilled.

Grapefruit and Strawberries

Fill grapefruit baskets with sliced strawberries and grapefruit sections. Cover with syrup made of equal parts strawberries and sugar mashed together and rubbed through a sieve, or mix two tablespoons honey and two teaspoons lemon juice. Pour over the grapefruit and strawberries, and garnish with a sprig of mint.

Fruit Cocktail

Combine equal portions of white cherries stoned, pineapple cubes, orange sections, and strawberries. Sprinkle with sugar, a few grains of salt, orange juice, and pineapple syrup. Pack in ice and salt until almost frozen and serve at once.

Fruit Cocktail

1 Can of Sliced Pineapple	1 Lemon
3 Oranges	3 Cupfuls of Sugar
	2 Grapefruit

Cover the sugar with water, enough to make a heavy syrup. Add the lemon juice to the syrup and let cool. Dice the fruit and pour all juices into the syrup and strain. Place fruit in cocktail glasses in layers. When ready to serve pour the chilled syrup over the fruit.

Ambrosia

4 Oranges	1 Grapefruit
½ Cupful of Water	½ Cupful of Sugar
	Cherries

Two hours before using, extract the juice of oranges. Halve the grapefruit; with a teaspoon take out each section and cut in two. Dissolve water and sugar. Mix all together and chill. This makes an attractive first course served in sherbet glasses with cherries.

Frozen Pineapple Cocktail

Combine 2 cupfuls of orange quarters with 2 cupfuls of canned grapefruit from which the syrup has been drained. Drain 1 large can of pineapple until you have ½ cupful of juice. Pour this over the orange and grapefruit and add 2 cupfuls of powdered sugar, stirring until it is completely dissolved. Freeze. Serve in amber glasses and garnish with tiny green cherries.

Fruit Cocktail

2 Cupfuls Crushed Pineapple	3 Tablespoonfuls Lemon Juice
1 Grapefruit (pulp and juice)	20 or 30 After Dinner Mints
Mint Leaves	Red Cherries

Mix fruits and crushed mints together, let stand until mints are dissolved. Chill. Garnish with mint leaves and cherries. This makes 10 servings.

White Fruit Cup

1 Cup White Grapes
1 Cup Bartlett Pears

1 Cup Fresh Pineapple
1 Cup Grapefruit

Skin the grapes, remove seeds and quarter. Skin, section and cut up the grapefruit. Cut pineapple and pears fine. Cover with the juice of the pears. Add the juice of 1 lemon and sugar to taste. Let stand in refrigerator at least 2 hours. Garnish with preserved raisins or any preferred touch of color.

Grapefruit with Cherries

Cut the grapefruit in halves, remove the seeds, add sugar if wished, and on top of each half place a green cherry. The green cherries come in small bottles like Maraschino cherries, but are colored a deep green instead of red. Grapefruit fixed in this way is particularly attractive as the first course for a formal meal.

White and Green Cocktail

In cocktail glasses put a mixture of white fruits, grapefruit, white cherries, white grapes, canned pears, with their juice, and sweetened if necessary, and top with a green cherry.

Grapefruit-Mint Cocktail

Cut the grapefruit in cubes, being careful to keep all the juice. Add enough sugar to sweeten it, and put in cocktail glasses, with four or five mint leaves arranged around the glass at regular intervals, with the tips of the leaves at the rim of the glass. Sprinkle chopped mint leaves over the top of the fruit. This combination is especially cool and refreshing, particularly if cubes of orange are used with the grapefruit, when it does not interfere with a green and white color scheme.

Canapes

Anchovy Canapes

2 Tablespoonfuls Mayonnaise
4 Eggs
2 Tablespoonfuls Anchovy Paste
6 Rounds Brown Bread

6 Anchovies or Sardines
Salt, Pepper, Celery-salt, Curry,
and Parsley
Juice $\frac{1}{2}$ Lemon

Canapes may be served on the rounds of the brown bread, spread with anchovy paste with a dash of the lemon juice, a sprig of parsley, and an anchovy or sardine on top of the egg mixture. Paprika will give a touch of color.

Yellow Tomato Canapes

Scald and peel small regular shaped yellow tomatoes, scoop out the pulp and fill with chopped pickled beet moistened with a little French dressing. Serve each tomato on a slice of red pickled beet. Insert a sprig of watercress or parsley in each.

Beverages

Iced Coffee

Fill tall glasses one-half full of chipped ice. Put two tablespoonfuls of cream in each glass and pour over freshly made hot coffee. Serve with powdered sugar and a bit of whipped cream.

Iced Tea

Make hot tea, increasing the quantity of tea to four teaspoonfuls for each pint of water. Fill iced-tea glasses about one-half full of chopped ice and over this pour the hot tea. Serve with lemon in quarter or eighth sections or orange slices. One tablespoonful of lemon or orange juice may be added to the tea. The flavor is much finer by chilling the hot tea quickly.

Iced Cocoa or Chocolate

Fill tall glasses one-half full of cracked ice. Pour over freshly made hot cocoa or chocolate. Garnish each with one tablespoonful of whipped cream.

Egg Nogg

Beat one egg well, add $\frac{3}{4}$ tablespoonful sugar and beat again. Add 1 teaspoonful vanilla or speck nutmeg or speck cinnamon and $\frac{3}{4}$ cup of milk or cream.

Egg Nogg

Beat yolk of one egg until thick and lemon colored. Add $\frac{3}{4}$ tablespoonful sugar, beat again. Add the flavoring and milk. Pour into glass and lay on top the stiffly beaten white. Serves one.

Coffee

Allow 4 tablespoonfuls of finely ground coffee to four cups of boiling water. Use one part Mocha to two parts Java. Let percolate for 10 minutes. Serve with plain or whipped cream. The addition of the white of one egg mixed with a little cold water and added before cooking improves it.

Vienna Coffee

Beat up white of 1 egg in 1 pint of cream and place in the cup with sugar and pour the coffee over it.

Raspberry Vinegar

Fill a jar with fresh ripe raspberries and cover with pure cider vinegar; let stand 1 week; then strain through a cloth, pressing out all liquid. To each pint of this liquid, add $1\frac{1}{2}$ pounds of granulated sugar and boil until it is dissolved. Skim off all scum, and remove from fire and allow to cool before bottling. Cork tightly. Serve two tablespoons to a glass of iced water.

Raspberry Mint

To 1 quart of lemonade sweetened to taste add $\frac{1}{2}$ cupful crushed raspberries and the bruised leaves from a sprig of mint. Chill for two hours and serve in tall glasses.

Fruit Punch

1 Quart Black Tea	Juice of 1 Dozen Lemons and 1
1 Can Grated Pineapple	Dozen Oranges
2 Quarts Fruit Juice	

Sweeten to taste and add enough iced water to make amount of punch required.

Grape Juice

Pick and wash ripe Concord grapes; place in an enamel kettle and almost cover with water. Cook until grapes are thoroughly cooked. Strain through a jelly bag. Reheat and add sugar to taste. Bring to a good boil, then seal hot.

Cocoa or Chocolate

Bring 1 cup milk to a boil, but do not allow to boil; add 1 rounding teaspoon cocoa or chocolate to 1 teaspoon of sugar, and mix to a paste with milk and stir into the hot milk. Place a marshmallow in cup.

Ginger Ale Tea

$1\frac{1}{2}$ Cups Strong Hot Tea	$\frac{1}{4}$ Cup Lemon Juice
1 Cup Sugar	1 Pint Gingerale
1 Cup Orange Juice	1 Pint Water
Fresh Mint	

Pour hot tea over sugar and stir until dissolved. Add strained orange and lemon juice and water. Chill and put in vacuum bottle. When ready to serve add ice-cold ginger ale.

Wassail

Wassail is a real Christmas Eve drink and must have a place on the menu. It requires two quarts of cider, two cupfuls orange juice, $\frac{2}{3}$ cupful of lemon juice, two sticks of cinnamon, half a teaspoonful of whole cloves, half a teaspoonful each of grated nutmeg and ground allspice. Core three tart apples, cut in rounds and baked till tender. Place the apples in the punch bowl or one in each mug, bring the other ingredients to the boiling point and pour over them. Sweeten if desired and serve steaming hot.

Non-Alcoholic Cocktails

Punch

3 Quarts Water

3 Cups Sugar

Boil 8 minutes. Add 1 cupful of strong black tea, juice of 12 oranges, 12 lemons, 1 can of pineapple, 1 cupful ginger ale, 1 pint of Concord grape juice or raspberry or strawberry juice.

Fruit Punch

1 Can Grated Pineapple

1 Quart Strawberry, Currant or
Grape Juice

3 Cups Boiling Water

1 Bottle Sparkling Water

1 Cup Tea, (freshly made)

Juice 6 Lemons

1 Quart Sugar or 3 Cups Syrup

Juice 10 Oranges

4 Quarts Water

Grate pineapple and boil with the water 20 minutes. Strain through jelly bags, pump out all possible; let cool and add rest of fruit juice, tea and syrup. If sugar be used add a pint of water to sugar and let boil 6 or 8 minutes; cool before using. Add sparkling water just before serving. If possible make punch a few hours before serving and chill. Strawberries, mint leaves or sliced bananas may be added.

The Mabel Fruit Punch

To one small sized bottle of Red Concord California pure concentrated grape juice or Concord loganberry, add 2 bottles of light-colored ginger ale and 1 lemon sliced thin and half a cupful of chopped mint leaves. Serve very cold.

West Point Punch

Use the juice of 12 lemons, grated rind of 6, 1 large can of grated pineapple, 1 quart of tea, 2 cupfuls sugar—more if desired, water to make 1 gallon, 4 bottles ginger ale. Add sliced bananas as a garnish.

Pineapple Hi-Ball

Mix 2 cups water and $\frac{1}{4}$ cup sugar, boil 3 minutes and chill. Add 2 cups syrup drained from canned Pineapple and 2 cups carbonated water and serve immediately with crushed ice in each glass.

Pineapple Orange Cup

Cut 3 large oranges in halves and remove pulp. Cut edges into saw teeth. Peel and dice 1 large banana. Mix banana, orange pulp cut in pieces and 1 cup Crushed Pineapple. Heap in orange cups. Top with Maraschina cherry.

Pineapple Frost

Mix 2 cups syrup from canned Pineapple, 1 cup ice water, 2 tablespoons lemon juice and $\frac{1}{3}$ cup sugar. Stir until sugar dissolves. Pour into glasses one-fourth full of cracked ice. Top with a spoonful of meringue and sprinkle with nutmeg. To make meringue add $\frac{1}{4}$ cup sifted powdered sugar and 1 teaspoon lemon juice to 1 stiffly beaten egg white.

Cranaps

Cover 1 quart of cranberries with water. Cook until quite tender. Strain through bag. When cold add to 1 quart of apple juice, sweeten to taste and chill. This is a very good drink.

Hurry-Up Yost Punch

Make a foundation syrup of:

1 Cup Sugar	½ Tablespoon Whole Cloves (in cheesecloth)
1 Cup Water	1½ Three-inch Cinnamon Sticks

Cook mixture slowly until a well-flavored syrup is made. Remove spices, cool; add juice of 6 oranges, 6 lemons, 1 cupful of grapefruit juice and 1 cupful of pineapple juice. Add peach juice, white-cherry juice and water in right proportions to taste.

Tropical Punch

1 Cup Sugar	1 Can Grated Pineapple
1 Pint Water	Juice 3 Lemons
6 Whole Cloves	1 Quart Ginger Ale

Boil the sugar and water together to make a syrup. Add the pineapple, cloves, lemon-juice, and the lemon rinds. Cool, strain, and add the ginger ale just before serving.

A pleasing variation, if you wish a hot drink, is to serve this basic punch without ginger ale in hot tea, accompanied by candied cherries and crystallized ginger; Russian style. Another variation is to add Tropical Punch to hot grape juice.

Tomato Juice Cocktail

1 Cupful Tomato Juice	Bay Leaf
1 Tablespoonful Mild Vinegar	1 Slice Onion
2 Teaspoonfuls Sugar	1 Tablespoonful Lemon Juice
	1 Celery Stalk

Use either canned tomato juice or juice pressed from fresh tomatoes. Mix with vinegar, sugar, bit of bay leaf, 1 teaspoon grated or chopped onion, lemon juice and bruised celery stalk. Let stand for 15 minutes, strain through cheesecloth, chill and serve.

Southern Bouquet

1 Cupful Grape-juice	1 Cupful Sugar and
1 Cupful Sweet Cider	¼ Teaspoonful Nutmeg (mixed
½ Cupful Grapefruit Juice	together)
1 Large Orange (finely sliced)	Mineral Water

Blend the ingredients and chill. When needed add the mineral water and serve. The beverage recipes may be increased if a larger amount is required.

Christmas Mead

4 Tablespoonfuls Melted Strained Honey	1 Cupful Orange Juice
1 Cupful Lemon Juice	1 Cupful Sweet Cider
	3 Drops Worcestershire Sauce
Mineral Water	

Shake the ingredients thoroughly and chill. Add the mineral water just before serving.

Apricot Punch

½ Cupful Lemon Juice	½ Teaspoonful Almond Extract
2 Cupfuls Canned Apricot Juice	Dry Ginger Ale

Blend the ingredients together, chill, and add the ginger ale, which has been chilled in the bottle just before serving. Garnish with green cherries.

Soups

Soup should be included in the dietary of every household. The thin meat stocks or clear soups are used to stimulate the appetite. The cream of vegetable soups and the heavy vegetable pulp soups, such as split pea or bean soup and the milk chowders are rich in food value and very nutritious.

There are two main classes of soups, those made with meat stock and those made without meat stock.

Soups made with meat stock are classified as follows:

Bouillon—Made from lean beef, clarified and seasoned. (Ex. Clam Bouillon.)

Consomme—Made from more than one kind of meat, highly seasoned, usually cleared.

Brown Soup Stock—Made from lean beef, browned and highly seasoned.

Soups made without meat stock are as follows:

Cream Soup—Made of vegetables or fish, with milk and a little cream and seasonings, always thickened.

Puree—Made by adding pulp of cooked vegetables to milk or cream. Milk is thickened with flour. Stock is sometimes added.

Bisque—Made from shell fish, milk and seasonings.

Always make meat soups with cold water to which salt has been added, and gradually bring to boiling point, then gently simmer.

Soup Stock

1 Large Shank Soup Bone	2 Stalks Celery
1 Large Carrot	1 Large Onion
1 Large Turnip	1 Bay Leaf

Put soup bone in kettle; add enough cold water to cover well. Vegetables sliced and salt and pepper to taste. Cook until meat falls from bone; then strain. This stock may be used as foundation for noodles, macaroni, spaghetti, vermicelli, rice, barley or sago. Chicken, veal, lamb or mutton may be used as stock for same.

Vegetable Soup Stock

Put into a kettle 1 quart of tomatoes, 3 pints of water, and place over the fire; add 1 onion, 1 or 2 pared potatoes and 1 carrot (finely chopped), 1 teaspoon of celery salt, 2 bay leaves, and cook slowly for 1 hour. Run through a colander and add salt to taste. Add to this cooked macaroni, spaghetti, vermicelli, corn, or rice.

White Stock

3 lbs. Knuckle Veal	1 Onion
2 Quarts Cold Water	3 Peppercorns
½ Tablespoonful Salt	3 Stalks Celery or
	¼ Teaspoonful Celery Seed

Wipe the veal, cut the meat fine and break the bones. Put it into the kettle with the cold water and salt. Simmer until meat falls from the bones and the liquor reduced to one-half. Skim as it boils. When clear, add the seasonings. Strain and when cool remove the fat. Use it for white or delicate soups.

White Almond Soup

Make the stock for soup at least a day ahead from a knuckle of veal weighing about four pounds. Place it in three quarts of cold water, allow it to come slowly to the boiling point and then simmer for one and a half hours, replenishing the water as it boils away. Half an hour before removing from the fire add one stalk of celery cut in pieces, one onion sliced and three teaspoonfuls of salt. The next day when the stock has cooled and the fat has collected at the top, it may be easily removed. Strain and heat the stock, thickening it with three tablespoonfuls of cornstarch moistened with cold water. Add a quarter cupful of almonds which have been blanched and put through the meat grinder. On each serving put a tablespoonful of whipped cream and either sprinkle with paprika or grated yolks of hard-cooked eggs.

Vegetable Soup

Put soup bone (veal, mutton or beef) in kettle with enough water to cover well, add salt and cook at least two hours. Strain into another kettle and add the cut up vegetables except potatoes. Boil for an hour then add the cut up potatoes and boil for one-half hour. Season.

Onion, carrots, celery, parsley, peppercorns and tomatoes or bay leaf or any combination of vegetables may be used. Barley or rice may be cooked with the vegetables and served with the soup; or the vegetables may be cooked the required length of time and strained through a colander, then boiled again and served.

Foundations for Cream Soups

2 Cups Milk	1½ Teaspoons Salt
2 Tablespoons Flour	Speck pepper
4 Tablespoons Butter	1 Teaspoon Grated Onion
	Dash of Paprika

Use double boiler. Melt butter, add flour and seasonings while stirring. Add colk milk. When thickened, add vegetable water and pulp. Cook 35 minutes.

Cream of Asparagus Soup—add to above 2 cups asparagus water and 1 cup cooked asparagus pulp.

Cream of Carrot Soup—add to above 2 cups carrot water and 1 cup cooked carrot pulp.

Cream of Cauliflower Soup—add to above 2 cups cauliflower water and 1 cup cooked cauliflower pulp.

Cream of Celery Soup—add to above 2 cups celery water and 1 cup cooked celery pulp.

Cream of Pea Soup—add to above 2 cups pea water and 1 cup sieved, cooked or canned peas.

Cream of Potato Soup—add to above 2 cups potato water and 1 cup cooked riced potatoes.

Corn Soup

1 Can Corn	1 Tablespoon each Sugar and Flour
1 Pint each, Milk and Water	1 Teaspoon Salt
1 Tablespoon of Butter	Pepper and Paprika

Boil the corn and water together 15 minutes; put through the vegetable press into boiling water and add seasoning. Cook flour in the butter; add to soup and boil about 5 minutes.

Corn Chowder

One-quarter pound pork (cut fine). Fry in kettle with 1 large onion (cut in cubes), for 5 minutes without burning. Cover with water and cook until tender. Add 3 crackers, 1 can corn, and cook 10 minutes. Add 3 cups milk and season to taste.

Chicken Cream Soup

Allow half a pound of chopped chicken meat, two teaspoonfuls of salt, and one and a half quarts of cold water to come slowly to the boiling point, then simmer forty-five minutes; add one cupful of finely diced potatoes, two-thirds cupful of chopped carrot, half a cupful each of chopped celery and cabbage, and cook until tender. Just before serving add about two cupfuls of cream, or scalded milk with two tablespoonfuls of butter.

Oyster Stew

1 Quart Oysters	½ Cup Butter
2 Quarts Milk	Salt and Pepper to taste

Wash and carefully pick over oysters. Reserve liquor, heat to boiling point, and strain. Add oysters to liquor and cook until edges begin to curl. Scald milk with other ingredients in double boiler. Add oysters and liquor to hot milk and serve.

Mock Mushroom Soup

For this you will need one and one-half quarts of thick cream sauce, seasoned very highly with salt, pepper, a dash of Cayenne, a teaspoonful each of scraped onion and minced pimento. Just before taking up the sauce, add two or three dissolved bouillon cubes. Serve this in bouillon cups with a teaspoonful of whipped cream. Serve with bread crumbs.

Tomato Soup

1 Quart Tomatoes	1 Slice of Onion
1 Pint Water	1 Teaspoon each, salt and sugar
4 Cloves	½ Teaspoon Soda
2 Tablespoons each, Butter and Flour	

Cook the first six ingredients together for 20 minutes; strain, add the soda; melt the butter, add the flour and gradually add the hot strained tomatoes. Boil up and serve immediately.

Puree of Chestnuts

1 Pint Chestnuts	1 Tablespoon Butter
1 Pint Milk	Salt and Pepper
1 Cup Cream	1 Egg

Scald the milk, shell and blanch chestnuts. Cook till very soft in boiling salted water to cover. Mash them in the water left in the pan, and rub them through a fine strainer into the scalded milk. Add the cream, salt, pepper and butter. Heat, and when ready to serve stir the beaten egg in quickly and serve at once with croutons.

A Slave To House Work?

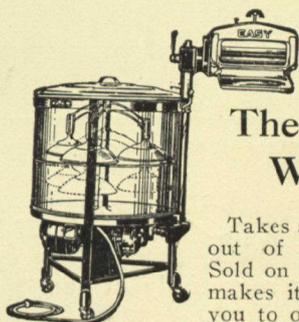
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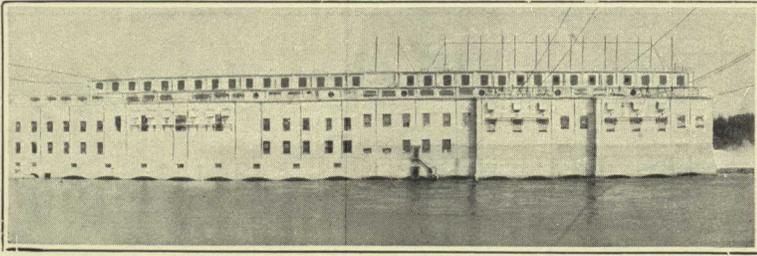
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City of Winnipeg Hydro Power House at Pointe Du Bois

HYDRO—A Willing Servant in our Homes

MANY talk regretfully of the "good old days," and a reference to the newspaper files of 25 years ago clearly demonstrates that food commodities then cost only a fraction of the present prices—and that clothing, fuel and rent were proportionately lower.

But who would be willing to exchange the present for the past so far as electric lighting is concerned? In 1905, the thrifty housewife paid 20 cents per kilowatt hour. Today she pays only one-sixth of this figure, or 3 1/3 cents!

The citizens of Winnipeg have themselves to thank for this startling reduction in the cost of electricity.

In 1906 a by-law was passed authorizing the expenditure of 3¼ million dollars for the construction of a municipally owned power plant at Pointe du Bois on the Winnipeg River, 77 miles distant from our City.

In 1911 current from the citizens' own plant was brought into Winnipeg, and the rates promised by the advocates of really cheap power came into immediate effect.

Since then further reductions in rates have been made and today electrical energy in Winnipeg is distributed at a price second to none in the world.

The result is apparent in the liberal use made by the citizens of Winnipeg of electricity in their homes. Nowhere, does this mysterious force lighten the drudgery of manual labor in the home to such an extent as it does in Winnipeg. Ironing, washing, cooking, house cleaning—duties that formerly occupied long and tedious hours of a woman's day are now performed by electrical ironers, washing machines, ranges and cleaners in a tithe of the time and infinitely more efficiently. The bride of today has more leisure for self-improvement, more time to devote to her family, and has gained hours of recreation that the household duties of 25 years ago prohibited.

The remarkable progress made by Hydro can be attributed to two causes—economical and efficient management and the loyal support accorded our city power utility by its owners. With a continuance of this support, there is no reason to believe that Winnipeg will ever lose its well deserved title of "The City of Cheapest Power."

Lentil Puree

1½ Cups Lentils	4 Tablespoons Butter
2 Quarts Cold Water	3 Tablespoons Flour
1 Chopped Onion	1 Teaspoon Salt
4 Tablespoons Chopped Pork	⅛ Teaspoon Pepper
	1 Pint Milk

Soak lentils over night, drain, cook until tender with the water, pork and onion. Then press through sieve. In another saucepan melt the butter, add the flour, and stir until smooth. Then add the lentil pulp, salt, pepper and milk. If too thick, add more milk. Serves six.

Split Pea Soup

Made the same as lentil puree only using 1 cupful of split peas instead of the lentils.

Bean Soup (dried)

Made the same as lentil puree only using 1 cupful of dried beans instead of the lentils.

Accompaniments to Soups**Bread Curls**

Shave white bread paper-thin, bend the slices over the edge of a baking tin, and set them in the oven a minute until they are crisp.

Croutons

Cut bread into small cubes and toast in the oven, or fry in deep fat.

Marrow Dumplings (for any clear soup)

Take the marrow from a large marrow-bone; mash marrow fine with a fork and add ½ cup bread crumbs, a small onion, chopped fine, a little parsley, chopped fine, a small pinch of sage, a very little nutmeg, salt and pepper. Bind the whole with 1 raw egg; mix well and roll into small balls. Drop into clear soup or bouillon, and boil for 10 minutes.

Dumplings (for soups and stews)

2 Cups Flour	½ Teaspoon Salt
3 Teaspoons Baking Powder	1 Tablespoon Fat
	Milk

Sift together the flour, baking powder, and salt. Cut in the fat. Add milk to make a soft dough, about ¾ cup. Drop the dough by spoonfuls from the tip of a spoon into the boiling stew. Care should be taken to drop each piece on a piece of meat or vegetable so that it may not be immersed in the liquid. Cover the kettle closely. Steam twelve minutes. Be sure that the liquid is boiling the entire time. Do not remove the cover until the dumplings are cooked.

Cracker-Crumb Soup Dumplings

2 Eggs
1½ Tablespoonfuls of Butter

6 Unsalted Crackers
⅛ Teaspoonful of Nutmeg

These ingredients when put together according to the following directions make excellent light dumplings to serve as a soup garnish. Stir the slightly beaten eggs gradually into the well-creamed butter, then add the cracker crumbs sprinkled with the nutmeg. Drop by small teaspoonfuls into rapidly boiling soup and cook three or four minutes before serving. These are equally as good when the soup is reheated for a second meal.

Fish

Preparation of Fish

Remove the scales and the fins, split and clean. Wash inside and out with salt water.

Broiled Fish

Clean the fish, remove the head and tail, and split down the back. Broil over the coals on a greased broiler or in a gas-broiling oven, turning occasionally. Cook until the fish is firm; season with salt, pepper, and lemon juice.

Fried Fish

Clean the fish and wipe dry. Sprinkle with salt and dip in flour, corn-meal, or crumbs. Cook in a frying-pan with enough fat to keep from sticking, turning when one side is browned.

Baked Fish

Clean the fish and stuff and sew. Dredge with flour, salt and pepper. Dot with butter and bake in a hot oven (500 degrees F.). Cook until the flesh is firm and separates easily from the bone.

Stuffing for Fish

2 Cupfuls Soft Bread Crumbs
2 Teaspoonfuls Chopped Onion
1 Teaspoonful Salt

Pepper
2 Teaspoonfuls Lemon Juice
3 Tablespoonfuls Fat (melted)

Baked Salt Mackerel

Soak the fish overnight in enough cold water to cover. Drain, dredge with flour, place in a baking-pan, half cover with milk, and bake slowly in a moderate oven (350 degrees F.) until the fish is tender. Baste occasionally and add more milk if necessary. Before serving a little cream may be added.

Scalloped Fish

- | | |
|----------------------------|-----------------|
| 2 Cupfuls Cold Flaked Fish | 1 Cupful Crumbs |
| 1½ Cupfuls White Sauce | Salt and Pepper |

Season the fish, mix with white sauce, place in a greased baking-dish, cover with crumbs, and bake in a hot oven until the crumbs are brown. Two hard-cooked eggs, cut in slices, may be used instead of one-half cupful of fish. Two tablespoons of chopped green pepper or pimento may be added for seasoning.

Creamed Codfish

- | | |
|-----------------------|-----------------------|
| ½ Pound Boned Codfish | 2 Cupfuls White Sauce |
|-----------------------|-----------------------|

Scald the fish with boiling water to remove some of the salt, pick in pieces, and reheat in the white sauce.

Salmon Cutlets

- | | |
|-------------------------------|---------------------------|
| 2 Cupfuls Flaked Salmon | Paprika |
| 1 Cupful Thick White Sauce | 1 Teaspoonful Lemon-juice |
| 1 Teaspoonful Chopped Parsley | Salt |

Mix in the order given and spread on a platter to cool. When cold shape like a cutlet. A stick of macaroni may be inserted in the end to represent a bone. Tuna-fish or lobster may be used instead of salmon. Fry in deep fat until brown and drain on paper.

Codfish Balls

- | | |
|------------------------|------------------------|
| 2 Cupfuls Salt Codfish | 2 Eggs |
| 4 Cupfuls Potatoes | 1 Tablespoonful Butter |
| | Pepper |

Cut the fish in pieces, wash, and cook with the potatoes, which have been pared and diced. When the potatoes are tender pour off the water and shake over the fire until dry. Mash, add beaten eggs, butter, and pepper. Beat well. Drop by spoonfuls into deep fat, frying until brown, and drain on paper.

Creamed Fish in Pepper Cases

Parboil halved large sweet peppers five minutes; arrange closely in a shallow buttered glass baking-dish; fill with flaked halibut or haddock moistened liberally with highly seasoned, rather thick hot cream sauce; sprinkle tops with grated cheese, press a small cube of tomato lightly on each, dot with butter; brown in a hot oven.

Any kind of fish can be served in this way.

Lobster a la Newburg

- | | |
|------------------|----------------------------------|
| 2 Small Lobsters | Yolks of 4 Eggs |
| 1 Cup Cream | Salt, Cayenne and Mace to taste. |
| ½ Cup Butter | |
| | 2 Tablespoons Brandy and Sherry |

Cook the lobster meat (cut in small pieces) for about five minutes, add seasonings, brandy and sherry, and simmer five minutes longer. Combine the beaten yolks with the cream and pour slowly into the cooking mixture. Serve on hot buttered toast or crisp crackers.

Shrimps a la Newburg

2 Pounds of Shrimps	3 Tablespoons Flour
6 Tablespoons Butter	1 Cup Thin Cream
1 Teaspoon Salt	1 Cup Milk
Few Grains Cayenne	Yolks of 2 Eggs
2 Tablespoons Lemon Juice	Patty-shells or Toast Points

Use fresh or canned shrimps. Cook for 3 minutes in 4 tablespoons of the butter. Add salt, cayenne, lemon juice, and cook for 1 minute more. Remove the shrimps, add 2 tablespoons of the butter, the flour, cream and milk. When thick and smooth add the yolks of the eggs, slightly beaten, and the shrimps. Cook for 1 minute, and serve at once on patty-shells or toast points.

Baked Halibut Fillets

Lay required number of halibut fillets in a dish, sprinkle with minced onion, salt and lemon juice, and let stand an hour. Dip in egg and then in crumbs—or seasoned corn-meal—and saute richly. Lay on a liberally buttered shallow glass baking dish, surround with cream sauce and bake 20 minutes.

Baked Finnan Haddie

2 Lbs. Fish	½ Cup Water
½ Cup Milk	Butter, Size of Egg

Soak the fish in warm water for about an hour. Bake about one-half hour with the milk and water, basting often. Remove to platter and strain the gravy over the fish. More butter may be added if desired.

Salmon Loaf

1 Lb. Canned Salmon	4 Tablespoons Melted Butter
2 Eggs (beaten lightly)	Salt and Pepper
1 Cup Cracker Crumbs	¼ Teaspoon Nutmeg or Juice
½ Cup Milk or Cream	of ½ Lemon

Mix all together leaving part of the cracker crumbs for the top and bake about 20 minutes or steam about one-half hour.

Sauce for Loaf

Liquor from can of Salmon	2 Tablespoons Butter
1 Cup Milk	1 Tablespoon Corn Starch

Heat milk, add liquor and butter and thicken with corn starch. Season and pour over loaf when served.

Shell-Fish

While shell-fish cannot always take a direct route from the water to the pan, it is essential that they be alive until ready for cooking. Lobsters, clams, crabs and oysters, although a thousand miles from the sea, must be alive when they reach your kitchen. To have the best results cook shell-fish a short time, as long cooking toughens them. This is exemplified by the famous "leather" oyster, which attains that consistency when overcooked.

Lobster

Place the live lobster in a kettle of boiling water, add a tablespoonful of salt, and boil twenty minutes. Split in halves and remove the intestinal vein, which runs the length. If the lobster is to be broiled it may be boiled five minutes, split, cleaned, and placed on a broiler for ten minutes. The lobster may be served in the shell, or the meat may be removed and served with a sauce or with a salad dressing.

Creamed Lobster Pattie

2 Cups Diced Boiled Lobster	2 Tablespoons Flour
1 Cup Mushrooms (broken into pieces)	$\frac{1}{2}$ Teaspoon Salt
$\frac{1}{2}$ Onion (sliced)	Dash of Cayenne
1 Tablespoon Green Pepper (minced)	Dash of Nutmeg
1 Tablespoon Parsley (minced)	2 Egg Yolks (beaten)
1 Tablespoon Pimento (cut into small pieces)	$1\frac{1}{4}$ Cups Evaporated Milk
3 Tablespoons Butter	$\frac{1}{4}$ Cup Water

Melt the butter in a double boiler, add the onion, pepper, parsley, pimento and mushrooms, stir and cook all together for ten minutes. Add the flour, mixing thoroughly. Dilute the Evaporated Milk with the water and pour 2 cups slowly into the mixture, reserving $\frac{1}{2}$ cup. Add the lobster and cook ten minutes longer. Just before serving, add the remaining $\frac{1}{2}$ cup of diluted milk to the egg yolks and pour into the lobster, cook five minutes longer and serve immediately in pattie cases or on toast points.

Hard-Shell Crabs

Hard-shell crabs may be cooked as lobsters. The meat is usually removed from the shell, and combined with sauce or salad dressing. For deviled crabs, combine the meat with a white sauce, highly seasoned, return to the shell, cover with buttered crumbs, and bake in a hot oven (500 degrees F.) until the crumbs are brown.

Soft-Shell Crabs

With a sharp knife remove the spongy material under the points of the backshell and the small pointed piece at the lower end. Dip in seasoned crumbs, egg diluted with water, and crumbs again. Fry in deep fat, turning when brown on one side, and drain on paper.

Fried Oysters

Clean the oysters and dry with a cloth. Season with salt and pepper. Have ready two dishes of crumbs and one dish of beaten egg and water (one egg beaten with one tablespoonful of water). Dip first in crumbs, then in egg, then in crumbs. Fry in deep fat. Drain on paper; serve at once.

Panned Oysters

25 Oysters	1 Teaspoonful Salt
2 Tablespoonfuls Butter	Pepper

Clean the oysters. Have ready a hot, dry saucepan or frying-pan. Pour in the oysters and cook, stirring constantly, until the edges curl. Add the butter and seasoning and serve on slices of toast.

Scalloped Oysters

2 Tablespoonfuls Butter	Pepper
2 Cupfuls Bread Crumbs	1 Pint Oysters
1 Teaspoonful Salt	$\frac{3}{4}$ Cupful Oyster Liquor

Melt the butter. Mix with the crumbs and add seasoning. Butter a baking-dish and arrange the crumbs and oysters in two layers. Before adding the last layer of crumbs add the oyster liquor. Bake twenty minutes in a hot oven (450 degrees F.).

Creamed Oysters with Celery

25 Oysters	1 Cupful Chopped Celery
	$1\frac{1}{2}$ Cupfuls White Sauce (medium)

Clean the oysters and cook until the edges curl. Add the oysters and the chopped celery to the white sauce. When hot pour over slices of toast. The celery may be omitted and one-fourth teaspoonful of celery salt added.

Scallops

Clean, drain, and dry scallops with a cloth. Season well, dip in crumbs, egg diluted with water, and crumbs again, and fry until brown in deep fat. Drain on paper.

Meats

Roast Beef

Wipe the roast and sprinkle well with salt and pepper and dredge with flour. Place it on a hot rack in a hot pan. Sear the surfaces in a hot oven for ten or fifteen minutes. Reduce heat and add sufficient water to cover the bottom of the pan. Baste every fifteen minutes if a self-basting roaster is not used. Cook ten to twenty minutes for each pound roast weighs, according to preference for rare or well done meat. Add more water as it cooks out but let the water cook away toward the last. When done remove to a hot platter. Pour off the fat and add 1 pint of hot water to sediment left in the pan. Place on the stove and scrape the sides and bottom of the pan, boil up and thicken with 2 tablespoons flour and 4 tablespoons of cold water rubbed smooth. Boil well, season the gravy with salt and pepper, and strain. An onion cut up and placed over the meat while cooking improves the flavor.

Yorkshire Pudding

1 Cup Flour	2 Eggs
½ Teaspoon Salt	1 Cup Milk

Sift salt and flour together. Add the milk gradually and stir till smooth. Add the well beaten eggs. Bake in hot well greased gem pans, basting with some of the beef drippings after they are well risen. Bake for 35 to 40 minutes. Cut in squares if baked in a roasting pan.

Pot Roast with Vegetables

3 Pounds Beef	½ Onion
3 Tablespoons Flour	2 Tomatoes
1 Tablespoon Beef Dripping	1 Sweet Green Pepper
1 Teaspoon Salt	½ Cup Diced Celery
Pepper	1 Cup Hot Water

Wipe meat with a damp cloth. Dredge with flour, salt and pepper. Put the beef dripping in a kettle and sear the meat well on all sides. Add about half the water, cover tightly and simmer gently. Do not let the water cook entirely away, but keep adding a little at a time. Cook until tender, about three hours. Prepare the vegetables and add during the last hour of cooking. A Dutch oven or covered casserole is excellent for cooking pot roasts. Pot Roast may be cooked without the vegetables if desired.

Broiled Beefsteak

Trim off all fat and wipe steak with cloth wrung out of hot water. Place under top element in electric oven, on broiler, or on hot broiler, which has been greased, cook over clear fire; turning every ten seconds the first minute to sear both sides. Steak one inch thick requires six minutes if liked rare, and eight minutes if liked well done. Season with salt and pepper and place on hot platter. Serve with a sauce or melted butter.

Pan-Broiled Steak

Trim off all fat and wipe steak with cloth wrung out of hot water. Heat frying pan smoking hot and rub well with fat. Place steak in the pan and sear each side quickly. Lower heat and cook more slowly for four minutes turning several times. Add salt and pepper and place on hot platter. Add three or four tablespoons of hot water to the frying pan to dissolve the glaze, pour over the steak and serve.

Flank Steak

Select a flank steak and have it scored. Put 2 tablespoons of butter in a frying pan and when hot, put in the steak, which has been previously rolled in flour. Allow both sides to be nicely browned, then put a layer of sliced onions and ½ cup tomatoes on top of steak. Add enough water to keep from burning and cook slowly for 2 hours. Season with salt and pepper.

Stewed Beef

This method is suitable for chuck, short rib, flank, rump or round of beef, (also mutton, lamb or veal). Remove skin and superfluous fat from meat, cut in pieces suitable for stewing; dredge with flour and sprinkle with salt and pepper. For a brown stew, melt a little fat in a kettle and sear the meat a delicate brown. Cover with boiling water and gently simmer for two to four hours or until tender. Prepared vegetables may be added last hour of cooking. Thicken the gravy with flour, stirred smooth with a little cold water. Serve with dumplings. (Recipe for dumplings found under accompaniments to soups.)

Beef Loaf

1½ Lbs. Raw Beef (chopped fine)	2 Well Beaten Eggs
¾ Cup Rolled Cracker Crumbs	1 Teaspoon Salt (small)
½ Cup Chopped Suet	1 Cup Hot Water
	Pepper

Mix in order given and bake in well oiled pan ¾ of an hour.

Boiled Tongue

Use a corned tongue and soak in cold water for several hours or over night if very salty. Wipe, cover with cold water and bring to a boil slowly. Boil for about five minutes, skim, reduce heat and cook slower until tender. Blanch in cold water to remove skin and roots. Reheat and serve. Tongue requires about 4½ to 5 hours of cooking.

Beef Tongue Savory

3 or 4 Pounds Fresh Beef Tongue	A Few Celery Leaves
1½ Quarts Cold Water	1 Turnip
3 Sprigs Parsley	1 Parsnip
1 Large Onion	3 Carrots
4 Stalks Celery	1 Teaspoon Salt

As a distinctive touch to a popular dish, the rare flavor of the almond raisin sauce combined with the tongue will be relished by all who have a taste for fine cookery. Wash the tongue thoroughly, cover it with water, add the vegetables peeled and cut into slices, and finally the salt. Bring it slowly to a boil, cover, and let it simmer for two and a half hours. Then strain the liquor, dissolve in it a bouillon cube and allow to cool for use in the sauce. Skin the tongue and cut it in this crosswise slices as a preliminary to serving with this sauce.

Roast Veal

Season with salt and pepper, rub all over with butter, then dredge with flour. Bake same as roast beef, only allow about 20 minutes to the pound and cook in a much slower oven, after having thoroughly seared the surface of the meat to seal up its juices. Add fat dripping if necessary.

Sweet potatoes are very nice, cooked around the veal roast. Baste the same as the meat.

Breaded Veal Chops

Wipe meat, sprinkle with salt and pepper, roll first in bread crumbs, then in beaten egg, and again in fine bread crumbs. Saute in the pan with 2 tablespoons butter and 1 of oil for about fifteen or twenty minutes. Turn often. Serve with a tomato sauce.

Jellied Veal Loaf

1 Knuckle Veal	¼ Teaspoon Paprika
¼ Teaspoon Black Pepper	1 Large Green Pepper
1 Tablespoon Salt	

Cover the veal with cold water and simmer until the meat drops from the bone, two and a half to three hours, seasoning at the end of the first hour. When done, strain off the liquor and return it to the fire, with the finely chopped green pepper and paprika, to boil until reduced to two cupfuls; then add the meat, finely shredded. Pour into a loaf pan to chill and serve cut into very thin slices.

Veal Birds

Have round of veal cut in thin slices. Cut slices into pieces about 2 inches wide and 4 inches long. Spread with minced parsley, or a small strip of bacon, and season with salt and pepper. Roll up and fasten with tooth-picks. Brown nicely in half butter and half lard. Add a small amount of water and let simmer. Add more water as necessary. When tender, thicken liquid in the pan and add a little sour cream.

Veal Loaf

1½ Lbs. Lean Veal	½ Teaspoon Lemon Juice
¼ Lb. Fat Salt Pork	1½ Teaspoons Salt
1 Egg	Pepper
2 Crackers (rolled)	Few Drops Onion Juice
2 Tablespoons Cream	

Put veal and salt pork through meat grinder. Mix all together, press into a baking pan, brush with white of egg and bake slowly for two hours, basting with melted butter. Serve, cut in thin slices.

Liver and Bacon

Fry the desired number of bacon slices on both sides till crisp. Remove to a hot platter and place in the warming oven. Cut the liver in slices one-third to one-half inch thick, cover with boiling water and let stand five minutes. Dry and roll in flour and sprinkle with salt and pepper. Fry in the smoking hot bacon fat until they are browned on each side. Serve on the hot platter, garnish with the slices of bacon.

Sweetbreads a la King

Parboil 1½ pound of sweetbreads. Melt 4 tablespoonfuls of butter in a sauce pan. Cook gently in it 2 tablespoonfuls of finely chopped green pepper for 5 minutes, add 3 tablespoonfuls of flour, blend well, add 1 teaspoonful of salt, and stir in 2 cupfuls of milk, stirring well. Add to this cream sauce the diced sweetbreads, 2 tablespoonfuls of finely chopped pimento, and a small can of mushrooms or a cupful of fresh cooked mushrooms. When thoroughly heated stir in the beaten yolk of an egg, cook for 1 minute, and serve at once on patty-shells or toast points. Garnish with parsley or watercress.

Roast Pork

Trim and wipe the meat, rub well with salt and pepper and sage, and dredge with flour. Place in a hot roasting pan until meat is seared. Reduce heat and roast thirty minutes to the pound. Fried apples or apple sauce is very nice accompaniment for roast pork.

Roast Virginia Ham

Soak a whole or one-half ham over night in cold water. Drain off water and trim off hard skin near end of bone. Cover with cold water and cook slowly until tender, allowing about 20 minutes to the pound. Let stand in water until partly cool, then take out of kettle and remove skin and excess fat. Sprinkle with brown sugar and fine bread crumbs mixed together, using one-half as much crumbs as sugar. Rub well into the fatty surface and stick generously with whole cloves. Place in a roasting pan and pour one cup of cider in the bottom of the pan. Bake in a moderate oven 400 degrees F. until well browned. Baste frequently while ham is cooking. Serve hot or cold as desired.

Slices of canned pineapple may be placed over the ham at intervals of about 2 inches, and held in place with toothpicks, a clove may be inserted in the centre of each slice. These should be placed on the ham (instead of the above dressing and cider) during the last one-half hour of cooking.

Baked Slice of Ham

Two pound slice of ham, centre cut. Place ham in small baking pan; rub 2 tablespoons mustard and 2 of brown sugar into each side of ham. Fill pan with milk up to top of slice. Cover top with slices of apple. Bake in a very slow oven for one and one-half to two hours. Serve with apple sauce or apples halved and cooked in a thick syrup.

Barbecued Spareribs

3 Pounds of Pork Spareribs	¼ Teaspoonful of Tabasco Sauce
2 Onions	⅛ Teaspoonful of Chili Powder
½ Cupful of Catchup	1 Cupful of Water
1½ Teaspoonfuls Smoked Salt	

For preparing this dish, you will need a heavy pot to which there is a well-fitting heavy lid. Put half of the ribs in the bottom of the pot and cover with a layer of thinly sliced onion and half of the sauce made from

the catsup, smoked salt, tabasco sauce, chili powder and water, all thoroughly mixed together. Add the rest of the ribs, the onions and sauce in the same way. Cover and bake in a moderate oven—375° F.—for about two hours. When done the meat will be tender and brown, with a rich well-blended and individual flavor that has no outstanding trace of the great variety of spices and seasonings added. With plain boiled hominy this makes a hearty dinner main course.

Ham Loaf

¾ Pound of Boiled Ham Trimmings	1 Egg
¾ Pound Trimmings of Roasted Pork	½ Cupful of Milk
½ Cupful of Fine Bread Crumbs	1½ Tablespoonfuls of Tomato Catsup
¼ Teaspoonful Pepper	

Grind the trimmings left from a whole ham to make three-quarters of a pound. Mix lightly with ground pork, the crumbs, the pepper and the catchup and add the beaten eggs with the milk. Pat into a loaf pan and bake forty-five minutes in a hot oven—400° F.—reducing the heat after fifteen minutes to 350° F. for the remainder of the time. Cut into thin slices. This is equally delicious served hot or cold.

Roast Lamb

Wipe the meat with a damp cloth, sprinkle with salt and pepper and dredge well with flour. Place in a hot roasting pan, in a hot oven. Baste with water and drippings as soon as flour browns. Continue basting every fifteen minutes until done. Reduce the heat of the oven after the first half hour. Lamb requires about twenty minutes to the pound.

Gravy: Drain off most of the fat, leaving about 3 or 4 tablespoons; dredge into it about 3 tablespoons of flour and brown well. Add about one pint of cold water, cook slowly, stirring constantly until thick and smooth. Strain if necessary.

Braised Leg of Lamb

Wipe with damp cloth, remove bone, trim, stuff, sew and tie it up. Melt 2 tablespoons butter in braising pan, add ½ onion, 1 tablespoon finely cut carrot and turnip. Stir for five minutes, then put in the lamb with a dredging of flour over it. Cover and cook slowly for about fifteen minutes. Add 1 quart of boiling water or stock and salt to taste and 12 peppercorns. Cover closely and bake about 3 hours, uncovering the last half hour to brown nicely. Remove strings and place meat on hot platter. Pour off some of the fat in the braising pan and cook until reduced to about 1¾ cup. Strain, thicken with 3 tablespoons butter and 4 tablespoons flour cooked together until well browned. (Recipe for stuffing will be found in Sauces and Stuffings.)

Lamb's Kidneys

Soak, pare and cut in pieces 2 pairs of lamb kidneys. Sprinkle with salt and pepper. Melt 2 tablespoons of butter in frying pan, add the kidneys and cook for five minutes; sprinkle well with flour and add 1 cup of boiling water or stock and cook for five minutes longer. Season with more salt and pepper, onion juice, Worcestershire Sauce, or mushroom catsup may be used if desired. Kidneys must be cooked only a short time or for several hours. They are tender after cooking a few minutes but soon toughen.

Poultry

To Dress, Clean and Truss Poultry

First, the fowl should be singed to remove the hairs. Rubbing the fowl with alcohol, then burning the liquid off, is the best method. When this is finished, wash the fowl well with cold water and wipe it dry. Cut the head off, leaving the neck intact, make a lengthwise slit through the skin down the back of the neck, and loosen it all round, then push it back so that the neck may be removed, leaving the skin to be fastened neatly over the back. Cut off the feet, first making an incision in the side of the leg, then bending the latter back to expose the sinews, insert a skewer or fork under each sinew separately and pull it out. This is a very important proceeding in turkeys and the larger fowl, for the sinews—there are seven in each leg—make the legs unpleasant to manage at the table. Next cut the legs off just below the joint; otherwise the flesh will shrink during the roasting, leaving an unsightly bone.

After cutting off the neck, insert the finger and loosen the crop, taking care not to break it. When it is free, cut the tube that connects it with the intestines; cut away the vent, which will free the main entrail; then make a slit large enough to admit two fingers; loosen all the strings and tubes which fasten the entrails to the body, and when you can pass your fingers all about the inner surface of the body, without obstruction, draw out the entire mass of entrails, intestines, heart, liver and gizzard, in a ball. Do not leave any fat which may be present about the vent in the fowl; and take care to remove the lungs, which will be found close to the back.

Preparing the Giblets

Prepare the giblets, heart, liver and gizzard carefully; to the liver will be found attached a small dark green bag, the gall. Be especially careful not to break it, for everything that it touches will be impregnated with its bitter, unpleasant flavor. Cut it away with a bit of the liver, and put the liver in cold water. The gizzard is a hard, silvery blue lump; it must be cleared of all tubes, fat and skin, then cut carefully on the wide side and peeled, leaving the inner part whole. Place the outer flesh in cold water with the liver, and throw the inner pocket away. Cut the stringy bits from the heart; then pour boiling water over the feet and let them stand for a few moments; dip them into cold water, and the entire skin may be peeled from them, leaving the feet white and clean. Put heart and legs in water with the giblets and add the neck; from these a most excellent stock for gravy is to be prepared. Place them over the fire with a pint of water, a slice or two of onion, half a carrot, half a teaspoonful of salt and a sprig of parsley. Simmer slowly for an hour; then strain and set aside. When cold the stock should have become a firm, deliciously flavored jelly.

Preparing the Fowl for Roasting

If the fowl, whether turkey, chicken, goose or duck, is to be roasted, it must be placed at first in an oven heated to 400 to 425 degrees Fahrenheit in order that the outer surfaces may be seared and browned, and the juices sealed inside. As soon as the fowl is brown, decrease the heat to 325 or 350 degrees and continue the cooking, allowing twenty minutes to the pound for a stuffed, fifteen for an unstuffed fowl.

To make a proper appearance on the table a fowl should be most carefully trussed. When preparing the fowl for the oven cut away the neck as close to the breast as you can, then fold the skin from the neck down over the back, compactly, and secure it with a toothpick or a smaller skewer. Stretch the wings out and tuck them back over the skin; if the tips have not been removed the wings will not need fastening, as they will lock securely in place. Press the breast bone down firmly and fasten the legs to the body with skewers. Draw the skin down over the ends of the legs and fasten with a stitch or two, using a heavy needle and fine twine. It may be well to tie a piece of twine about the fowl to hold all in place. The cord and skewers are removed before serving.

Roast Turkey

Clean and singe as for poultry.

For a ten-pound bird prepare the stuffing by boiling a pound and a half of chestnuts in salted water till tender, then shell, peel and mash fine, forcing the pulp through a sieve or potato ricer. Mix it with one-quarter cup of creamed butter, two cups of very fine bread crumbs, and enough cream or milk to moisten well. Season with a teaspoon of salt, pepper and paprika to taste. Fill the turkey with the stuffing, then truss into shape and rub with salt; spread with softened butter and dredge with flour. Sprinkle flour in the pan also, and place the turkey breast down on it. Baste during first half hour with hot water and butter, then with the fat in the pan; do not add water to the pan until the turkey has been in the oven at least half an hour. Turn the turkey on its back after it has been cooking an hour, to prevent the juice from escaping. Serve on a hot platter with tiny sausages for a garnish; for sausages are delicious with turkey, but they should never be placed in the stuffing.

Oyster stuffing is also popular and very delicious; it is made in various ways. Here is a very delicious one: Mix together three cups of soft bread crumbs and a quart of small oysters drained and cleaned; one quarter to one-half cup of melted butter, one teaspoon of salt, with pepper and paprika to taste, also a tablespoon of powdered sweet marjoram or summer savory.

Giblet gravy is the most appropriate for serving with the turkey; make it by pouring most of the fat from the roasting pan, then stir in two tablespoons of flour and brown carefully, stirring all the time. Next, add slowly the stock in which the giblets and neck were cooked, and simmer till it thickens, adding water if necessary; season well, strain and add the finely chopped giblets.

Giblet Dressing for Turkey

Boil and chop fine the giblets, taking out all the gristle. Mix with one and one-half pints breadcrumbs and one-half pint cracker crumbs. Add one well beaten egg, one-quarter pound salt pork chopped fine, one teaspoon pepper, one tablespoon chopped parsley, one tablespoon sage, one teaspoon salt.

Roast Chicken

Clean, dress, stuff and truss the chicken. Rub it with pepper and salt, dredge the roasting pan with flour and place the chicken in it, after covering the breast and legs with a paste made by rubbing together 3 tablespoons of butter with 2 tablespoons flour. Place in a hot oven and when flour is browned baste with $\frac{1}{4}$ cup of butter melted in $\frac{1}{2}$ cup boiling water. Reduce oven heat and baste every ten minutes until chicken is done. Cook 20 minutes to the pound.

Deep Chicken Pie

Boil a fowl until it will almost fall from the bones, then cut meat into small pieces. Season and arrange in a deep baking dish.

Make a sauce, rubbing 3 tablespoons butter into 3 tablespoons flour. When well blended, add 1 cup cream or milk, and 3 cups of the hot chicken stock. Cook until smooth and thick and pour over the chicken in the deep dish.

The crust requires 2 cups flour, 2 teaspoons baking powder, $\frac{1}{2}$ cup shortening, 1 lightly beaten egg and 1 cup milk. Mix well and spread, with a spoon, over the contents of the dish. Bake in a quick oven.

Individual Chicken Pies from Left Over Chicken

3 Cups Chicken Stock	3 Cups Chicken (cut in pieces)
4 Tablespoons Flour	1 Cup Cooked Celery (cut fine)
$\frac{1}{2}$ Teaspoon Salt	1 Cup Cooked Carrots (diced)
$\frac{1}{8}$ Teaspoon Pepper	1 Cup Cooked Peas
	$\frac{1}{8}$ Teaspoon Paprika

Heat chicken stock and thicken with flour mixed to a smooth paste with a little cold water. Add salt, pepper and paprika. To this seasoned and thickened stock, add chicken, celery, peas and carrots. Fill individual baking dishes (or one large casserole) with this mixture. Cover with flaky pastry rolled to $\frac{1}{4}$ inch thickness. Bake in hot oven (400° F.) about 20 minutes or until pastry is golden brown. If you make one large pie, bake it in a slower oven so that it will heat through while pastry browns.

Oven Fricassee of Chicken

Dress a plump young chicken and cut it into pieces at the joints, country style. Dredge each piece with flour and brown in a frying pan, or split the chicken down the back and sear under the broiler. When well browned place in a roaster or large casserole dish and pour in enough milk to cover the bottom, about 2 inches. Evaporated milk may be used. Season and cover closely. Bake at 250 degrees F. for about 2 hours. Use the milk for gravy, thickening with 1 tablespoon flour to each cup liquid used.

Fried Chicken

Wash and cut up a young chicken weighing about one and one-half pounds. Sprinkle with salt and keep in a cool place for several hours. Then pepper each piece and roll in flour. Have the skillet half full of hot fat. Put in the chicken, cook for a few minutes over a hot fire, then cover the skillet and reduce the heat a little and cook slowly until tender, turning the chicken, when a golden brown, to the other side. Serve on a hot platter garnished with thin slices of lemon and sprigs of parsley.

The gravy is made as follows: Pour off nearly all the hot fat remaining in the skillet, add one tablespoon of flour, stir until blended and add one cup of cream or rich milk. Season with salt, pepper and a trace of sugar. Let it boil up and serve. If the liver is floured and placed in the back of the chicken, it will cook with less popping of grease.

Chicken Croquettes with White Sauce

2 Cups Cooked Chicken	1 Teaspoon Lemon Juice
$\frac{1}{2}$ Teaspoon Salt	$\frac{1}{2}$ Teaspoon Scraped Onion
$\frac{1}{4}$ Teaspoon Celery Salt (if desired)	1 Cup White Sauce

Mix ingredients in the order given. Cool the mixture. Roll in beaten eggs, then in crumbs and fry in hot fat.

The white sauce is made as follows:

2 Tablespoons Butter	1 Cupful Milk
4 Tablespoons Flour	Salt and pepper to taste

Melt butter, add flour, stirring to a smooth paste. Then add milk gradually. Stir over the fire until smooth and thick.

In frying the croquettes use sufficient fat to fill the kettle about two-thirds full.

Chicken Terrapin

The chicken terrapin is prepared in the following way:

Put two four-pound fowls in boiling water with 3 stalks of celery and 2 onions. Season with salt and paprika when nearly tender. When cold cut in $\frac{1}{2}$ inch pieces, add 2 hard-boiled eggs, cut up, 1 can French peas, 1 can French mushrooms, and 1 can of pimento, the contents of the two last named cans being cut fine. All this can be prepared in the morning; cook the chickens the day before. Make a sauce of real cream and thicken slightly with butter and a little flour. When the sauce is well cooked and quite thick add the chicken and other ingredients. If the whole is too thick, thin with some of the chicken stock, and at the last some lemon juice, just a squeeze. Serve in patty-shells or on squares of toast. This recipe serves twelve.

Roast Capon

Roast capon with walnut stuffing is a dish for the gods. Prepare the capon according to general rules and make the stuffing by mixing together 2 cups of fine soft bread crumbs, 1 cup chopped English walnut meats, $\frac{1}{4}$ cup melted butter, $\frac{1}{2}$ teaspoon marjoram, a tiny pinch of mace, a well beaten egg, with salt, pepper and paprika to taste. Roast carefully and serve with a tart jelly, and brown gravy or giblet sauce.

Chicken Chow Mein

Make a smooth cream sauce of 4 tablespoons of butter, 4 tablespoons of flour, $\frac{1}{2}$ teaspoon of salt, 1 cup of chicken broth (or milk), and 1 cup of thin cream. To this add the diced meat from a medium sized chicken (or 12 or 14 ounces of canned chicken) and a can of chicken a la king. Serve on Chinese noodles, which have just been taken from the can and reheated in a slow oven.

Chicken and Noodles en Casserole

Stew a medium sized chicken till tender. Replenish with water during cooking so that there will be 6 or 7 cups of broth. Take out 2 cups of broth. In the remaining broth, when at a boil, put 1 pound of fine noodles. Cook

gently till tender and the broth will be absorbed. Meanwhile dice the meat of the chicken and place in a good sized casserole. Pour over it the 2 cups of broth, which has been thickened with 1 tablespoon of flour softend with milk. Spread the cooked noodles on top, cover with buttered crumbs, and bake till brown in a moderate oven. This can be prepared early in the day, placed in the ice box, and put in the oven just in time to heat through and brown before serving.

Squabs and Small Birds

Squabs and small birds are almost invariably broiled; they are split down the back and spread flat, brushed with softened butter and seasoned lightly, then placed in a very hot oven for ten minutes and finally finished by broiling to a delectable brown. They are served on slices of toast, buttered and moistened with the pan gravy.

Lettuce or Romaine salad with French dressing and tart grape jelly go very well with this dish.

Chicken Baked in Milk

Select large chickens but not over one year old. Clean and cut into pieces for serving. Sprinkle with salt, pepper and roll in flour. Saute in 2 tablespoons of drippings until a golden brown. Arrange pieces in a baking dish and cover with 1 pint of heated milk. Cover and bake in a moderate oven until tender—from 1½ to 2 hours at 350° F. Thicken the liquid with 2 tablespoons of flour and enough milk to make a smooth paste. Five minutes before serving add a chopped green pepper. If the milk is curdled by the time the chicken is tender, remove the chicken and strain the gravy before thickening.

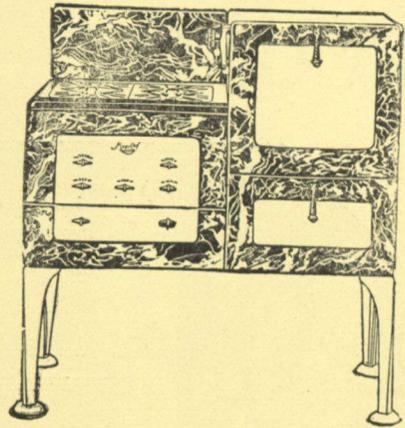
Wild Duck

Wild Duck is always served rare—raw perhaps would be the better term to describe the state which the true epicure demands; and it is rarely stuffed. Instead of stuffing, it is rubbed inside and out with salt and pepper and placed in a very hot oven for from ten to eighteen minutes. With it are served fried hominy, currant jelly, celery, artichokes or Brussels sprouts with hollandaise sauce.

Old Fashioned Stuffing (for Roast Goose)

4 Onions (minced fine)	1 Tablespoon Butter
2 Heaping Tablespoons Sage	2 Egg Yolks
1 Large Cup Soft Bread Crumbs	Salt and pepper to taste

Mix dry ingredients all together, then fold in the butter and egg yolks which has been beaten. The stuffing is put inside the body, the cavity being carefully closed with a small skewer or sewn up, in which case thread must be removed before serving.



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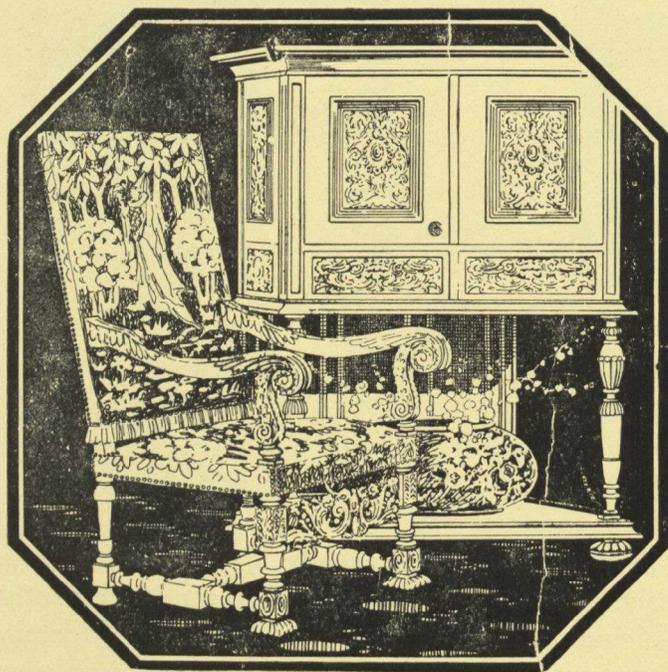
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Potato Stuffing (for Roast Goose)

½ Dozen Large Boiled Potatoes	2 Eggs
¼ Cup Melted Butter	2 Small Onions
1 Small Cup Cream	Salt and pepper to taste

Put the potatoes through ricer, add butter, cream, eggs, which have been beaten until light, and the onions, chopped very fine. Beat lightly until all the ingredients are nicely blended. Season with the salt and pepper.

Apple Stuffing (for Goose or Duck)

4 Medium Sized Apples	1 Teaspoon Poultry Seasoning
1½ Cups Soft Bread Crumbs, or Cooked Rice	1 Teaspoon Salt
	¼ Teaspoon Paprika
	⅛ Teaspoon Pepper

Pare, core and quarter the apples. Cook in small amount water 5 minutes, then drain off liquid. Mix seasonings with bread crumbs or rice and combine with apples.

Raisin Stuffing (for Goose)

Melt 1 tablespoon of butter in a double boiler. Add 2 tablespoons each of sugar and currant jelly, 1 cup seeded raisins, 2 cups of chopped tart apples, and cook until tender. Remove from the heat and when cool mix with 2 cups of soft bread crumbs, 2 tablespoons butter, a beaten egg, 1 teaspoon of salt and ¼ teaspoon pepper.

Meat and Fish Sauces**Tartar Sauce**

Mix 1 tablespoon vinegar, 1 tablespoon lemon juice, ¼ teaspoon salt, and 1 tablespoon Worcestershire sauce over hot water; brown one-third cup butter and add very slowly to mixture. Keep warm but do not allow to boil.

Horseradish Sauce

3 Tablespoons Grated Horseradish	¼ Teaspoon Salt
1 Tablespoon Vinegar	4 Tablespoons Heavy Cream
	Few Grains Cayenne

Beat cream stiff and add to other ingredients.

White Sauce

1 Cup Milk	¼ Teaspoon Salt
2 Tablespoons Flour	Dash of pepper
	2 Tablespoons Butter

Use double boiler. Melt butter, add flour and seasonings, add cold milk. Cook 25 minutes.

Brown Sauce

1 Cup Brown Soup Stock or	2 Tablespoons Fat
1 Cup Bouillon	¼ Teaspoons Salt
2 Tablespoons Flour	Pepper, Slice Onion, Parsley, Bay Leaf, etc.

Prepare like white sauce. Add ½ cup sauted mushrooms if desired.

Egg or Cheese Sauce

Add ½ cup grated cheese or 4 sliced hard-cooked eggs to the above white sauce.

Maitre d'Hotel Sauce

3 Tablespoons Lemon Juice	⅛ Teaspoon Pepper
¼ Cup Butter	½ Teaspoon Finely Chopped Parsley
	½ Teaspoon Salt

Cream butter and add other ingredients. Chill and cut in small circles. Serve on steak or fish.

Uncooked Cranberry Relish

2 Cups of Cranberries	1 Small Orange
	1½ Cups of Sugar

A fitting accompaniment to roast fowl, this relish is easy to make but should be used within a few days after preparation, as it will not keep indefinitely. Wash the cranberries carefully and run them through the meat grinder with the orange. Stir in the sugar and let the mixture stand. It can be served as soon as the sugar is dissolved.

Sauce Hollandaise

½ Cup Butter	1/3 Cup Boiling Water
¾ Tablespoons Lemon Juice	¼ Teaspoon Salt
Yolks of 2 Eggs	Few Grains Cayenne

Add yolks of eggs, lemon juice and seasonings to one-third of the butter; place in a saucepan over boiling water and stir until butter is melted. As it thickens add the rest of the butter, a bit at a time, add the water and cook one minute.

Paprika Butter

3 Tablespoons Butter	½ Teaspoon Lemon Juice
¼ Teaspoon Dry Mustard	1/3 Teaspoon Paprika

Melt the butter in a small saucepan, blend in the mustard, lemon juice and the paprika. Pour over the steak.

Vinaigrette

1 Tablespoon Vinegar	1 Shallot
4 Tablespoons Olive Oil	2 Sprigs Parsley
¼ Teaspoon Pepper	2 Chives
½ Teaspoon Salt	2 Sprigs Chevil

Chop the parsley, shallots, chives and chevil; place in a bowl with seasonings and vinegar, stir together, then add the oil slowly. Mix well together and serve.

Walnut Sauce (for Fish or Steak)

One-half teaspoon mustard, $\frac{1}{4}$ teaspoon salt, $\frac{3}{4}$ tablespoon Worcestershire sauce, 5 tablespoons walnut catsup, 4 tablespoons butter. Heat until butter is melted and serve hot over fish or steak.

Mushroom Sauce

Wash and rub 1 pint of mushrooms; sprinkle with salt to remove skins. Put into a saucepan with a little salt, blade of mace, nutmeg, 1 pint cream and a piece of butter rolled in flour. Boil until done, stirring all the time.

Mint Sauce

One-half cup vinegar, $\frac{1}{4}$ cup finely chopped mint leaves, 1 tablespoon powdered sugar. Add sugar to vinegar, when dissolved pour over mint and let simmer 20 minutes.

Mint Jelly (for Roast Lamb)

Soak $\frac{1}{4}$ box gelatine in $\frac{1}{4}$ cup cold water. Pour $1\frac{1}{4}$ cups boiling water over 6 branches mint, and cook slowly for $\frac{1}{2}$ hour, then pour over gelatine and $\frac{1}{2}$ cup sugar. When dissolved, add juice of 2 lemons and strain into small molds. When well set, unmold and serve with lamb. Better to make the day before using.

Plain Cream Tomato Sauce

$1\frac{1}{2}$ Cups Canned Tomato Soup	1 Tablespoon Butter
$1\frac{1}{2}$ Tablespoons Flour	$\frac{1}{4}$ Cup Cream
1 Teaspoon Sugar	Pinch of Soda
Salt and Paprika	

Blend together over water the butter, sugar, and flour; add the tomato soup, stirring constantly until smooth and thick. Season to taste; then add the pinch of soda and the cream. Stir well, and it is ready to serve.

Savory Sauce

$1\frac{1}{2}$ Cups Canned Tomato Soup	3 Cloves
1 Tablespoon Butter	$\frac{1}{2}$ Bay Leaf
1 Tablespoon Flour	1 Small Onion
1 Small Carrot	3 Sprigs Parsley
$\frac{1}{2}$ Teaspoon Salt	3 Stalks Celery
1 Teaspoon Sugar	3 Hot Peppercorns
$\frac{1}{2}$ Cup Water	$\frac{1}{8}$ Teaspoon Paprika

Place the tomato soup, water, spices, and the vegetables, sliced, in a saucepan; simmer slowly for 20 minutes and strain. Blend the flour and butter together, add sugar, and stir in the tomato soup. Season with salt and paprika.

Tomato Olive Sauce

3 Slices Bacon	2 Cups Canned Tomatoes
1 Teaspoon Minced Onion	3 Cloves
1 Tablespoon Green Pepper	Salt and Pepper
½ Cup Minced Green Olives	

Cook the bacon until crisp. Remove from the pan and mince. Add the onion and pepper to the fat left in the pan, and cook until tender. Add the tomatoes, olives, and cloves, and cook gently for 5 minutes. Add the minced bacon. Season if necessary. Serve as a sauce with cold cuts, with hot broiled tongue, or with an omelet.

Giblet Sauce

Make a sauce with 4 tablespoons of flour and 4 tablespoons of fat (from turkey liquid); stir until smooth; add 2½ cups of stock in which the giblets were cooked. When thick enough add the chopped giblets and season well with salt and pepper.

Universal Sauce

3 Egg Yolks	1 Tablespoon of Worcestershire Sauce
4 Tablespoons of Oil	1 Tablespoon of Prepared Mustard
¼ Teaspoon of Sugar	2/3 Cup of Rich Slightly Soured Cream
⅛ Teaspoon of Salt	3 Tablespoons of Vinegar

This is equally good as an accompaniment to a cold meat course or as a hors d'œuvre with pickled herring. Blend the eggs, oil, sugar and seasonings with vigorous beating for several minutes, then stir in the cream and the vinegar.

Salads and Salad Dressings

French Dressing

(Foundation Recipe)

1 Teaspoon Salt	3 Tablespoons Vinegar or
1 Teaspoon Sugar	Lemon Juice
¼ Teaspoon Paprika	¾ Cup Olive Oil

Put seasonings in a bowl and gradually add lemon juice or vinegar, or a mixture of these acids. Then beat in gradually the oil. Continue beating until thickened.

Variations of French Dressing

Indian—To ½ cup French dressing add ¼ teaspoon curry powder, 1 chopped hard-boiled egg, and 1 tablespoon chutney.

Cheese—Soften 1 cake cream cheese, add 1 grated onion and 3 tablespoons French dressing.

Italian—To ½ cup French dressing add 1 teaspoon anchovy paste, 1 teaspoon tomato paste and 1 teaspoon each chopped parsley and grated cheese.

Roquefort—To ½ cup French dressing add 2 tablespoons Roquefort cheese which has been broken in pieces, and 1 tablespoon rich cream.

Spanish—To $\frac{1}{2}$ cup French dressing add 1 teaspoon minced onions, 2 teaspoons chili sauce, 1 teaspoon chopped pimentos.

Vinaigrette—To $\frac{1}{2}$ cup French dressing add 1 teaspoon each of chopped green olives, capers, chives and sweet pickle.

Ketchup—To the foundation recipe add $\frac{1}{4}$ cup tomato ketchup and mix thoroughly.

Tarragon—In foundation recipe use Tarragon vinegar for this dressing and add 1 hard cooked egg chopped very fine.

Mayonnaise

(Foundation Recipe)

$\frac{1}{2}$ Teaspoon Mustard

$\frac{1}{2}$ Teaspoon Salt

$\frac{1}{8}$ Teaspoon Pepper

$\frac{1}{8}$ Teaspoon Paprika

1 Egg Yolk

2 Tablespoons Vinegar

1 Cup Pure Olive Oil

Beat the egg yolks, add the seasonings and acid. Stir until blended. Add the oil slowly at first, then more rapidly, beating with a whisk or rotary beater. When finished, mayonnaise should be firm enough to put through a pastry tube. It can easily be thinned for salads requiring a thinner dressing.

Variations for Mayonnaise

Caviare—To $\frac{1}{2}$ cup mayonnaise add 2 tablespoons of caviare. This is especially good to use with a molded cheese salad.

Currant—Mix equal parts mayonnaise and whipped cream. With fork beat in enough currant jelly to give color to the dressing. Delicious for fruit salad.

Anchovy—To $\frac{1}{2}$ cup mayonnaise add 2 tablespoons chopped anchovies and 2 chopped gherkins.

Tartar—To $\frac{1}{2}$ cup mayonnaise add 1 teaspoon minced onion and 2 tablespoons each chopped capers, gherkins, and parsley.

Thousand Island—To $\frac{1}{2}$ cup mayonnaise and 3 tablespoons chili sauce, 1 chopped hard-cooked egg and 2 tablespoons chopped cress or parsley.

Horseradish—To $\frac{1}{2}$ cup mayonnaise add 2 tablespoons of horseradish. Good on meat salad.

Chutney—To $\frac{1}{2}$ cup mayonnaise add 2 tablespoons chutney.

Olive—To $\frac{1}{2}$ cup mayonnaise add 2 tablespoons finely chopped stuffed olives.

Boiled Dressing

(Foundation Recipe)

1 or 2 Eggs

1 Teaspoon Mustard

2 Tablespoons Sugar

2 Tablespoons Flour

1 Tablespoon Butter

1 Teaspoon Salt

$\frac{1}{8}$ Teaspoon Paprika

1 Cup Milk or Cream

$\frac{1}{2}$ Cup Vinegar

Beat egg, then add other ingredients in order given. Cook in double boiler until thick.

Variations of Boiled Dressing

Whipped cream dressing—Fold into foundation recipe, when cool, $\frac{3}{4}$ cup whipped cream.

Fluffy dressing—When making foundation recipe, separate the eggs, use the yolks as directed, and lastly fold in the stiffly beaten egg whites after dressing is cooked and cool.

Pimolo dressing—To foundation recipe, when cool, add 1 finely chopped hard cooked egg, 1 chopped pimento, and 1 tablespoon chopped dill pickle.

Fruit Salad Dressing

$\frac{1}{2}$ Cup Pineapple or Fruit Juice	1 Tablespoon Cornstarch
Juice of 1 lemon	Whites of 2 Eggs
4 Tablespoons Sugar	Whipped Cream

Mix fruit and lemon juice and place in double boiler. Gradually stir in beaten egg whites with cornstarch. Cool, then add whipped cream.

Pineapple Salad De Luxe

Dice cold boiled chicken and add two-thirds as much finely-cut celery as chicken. Then for each person you place a slice of canned Pineapple on lettuce leaves. Upon each slice you lay four tips of canned asparagus and cover with the chicken mixture. Garnish with sliced stuffed olives and serve with mayonnaise dressing.

Potato and Egg Salad

To a pint of chopped or sliced potatoes add $\frac{1}{2}$ cup of chopped cabbage and celery, a little minced pickle and parsley and 1 hard boiled egg. Serve with boiled dressing.

Blushing Apple Salad

5 Apples	$\frac{1}{4}$ Cup Nut Meats
$\frac{1}{4}$ Pound of Cinnamon Candies	2 Tablespoons of Milk or Cream
$\frac{1}{4}$ Pound Cream Cheese	Mayonnaise

Lettuce

Pare and core the apples and simmer slowly in a syrup made of the candies and 2 cupfuls of hot water. Any cinnamon hard candy with a bright red color may be used. Let the apples cook until they are tender, but not soft, turning them so that the whole surface is flavored and tinted. Drain and cool, then fill the cavities with the cream cheese moistened with the milk or cream and mixed with the nuts, chopped. Place each apple on a bed of shredded lettuce and top with a tablespoon of mayonnaise.

Imperial Salad

Dissolve 1 package of lemon gelatin in 1 cup of boiling water. Add 1 cup of cooked pineapple juice and 1 tablespoon of vinegar. When cool stir in these diced ingredients: $\frac{1}{2}$ cup of celery, $\frac{1}{2}$ cup of cucumber (which have been lightly sprinkled with salt), 1 cup of cooked pineapple, $\frac{1}{4}$ cup of pimento, and $\frac{1}{2}$ cup of blanched and shredded almonds. Chill in individual molds, and serve with a boiled dressing.

Chicken Salad De Luxe

Dice cold boiled chicken and add two-thirds as much finely cut celery and tomatoes and $\frac{1}{2}$ cupful of chopped walnuts. Mix with mayonnaise and serve a spoonful on a slice of pineapple. Garnish with whole nut-meats.

Cucumber-Cream Cheese Salad

1 Tablespoon of Gelatine	2 Tablespoons of Lemon Juice
$\frac{1}{4}$ Cup of Cold Water	2 Tablespoons of Onion Juice
$\frac{1}{2}$ Cup of Boiling Water	1 Cup of Grated Cucumbers
$\frac{1}{4}$ Cup of Sugar	$\frac{1}{3}$ Teaspoon of Salt
1 3-Ounce Package of Cream Cheese	

This salad, so refreshing in flavor, is enjoyed with salmon. Soften gelatine in the cold water and later dissolve it and the sugar in the boiling water. Add salt, juice of lemon and onion, with the cucumber which has been grated without removing the peel. Let chill until it begins to set, whip with egg beater until a thick froth, then fold in well the softened cheese. Pour cucumber mixture into salad mold and cool until firm.

Jellied Spring Salad

1 Package Lemon Gelatine	1 Teaspoon Vinegar
1 Cup Boiling Water	1 Cup diced cucumbers
1 Cup Ice Water	1 Cup Thinly Sliced Radishes
1 Teaspoon Salt	1 Cup Diced Onions

Dissolve gelatine in boiling water. Add ice water, salt, and vinegar. When slightly thickened, stir in cucumbers, radishes, and the tender young onions. Turn into individual molds or one large mold. Chill until set. Serve garnish with watercress. Serves 6.

Savoy Salad

Place 2 or 3 leaves of white lettuce on each of the required number of individual serving plates. When it is time to serve the salad, add 2 or 3 spoonfuls of mayonnaise mixed with $\frac{1}{2}$ -inch cubes of pineapple. Garnish each serving with 2 balls of cheese, 1 of yellow and 1 of cream, sprinkling 1 side of the latter with paprika. This salad should be accompanied by toast strips.

Easter Salad

6 Hard-cooked Eggs	1 Teaspoon Worcestershire Sauce
$\frac{3}{4}$ Cup Chopped Celery	Shredded Lettuce
Mayonnaise	

Rub the yolks of the eggs through a sieve over the celery, chopped very fine, and mix with enough mayonnaise flavored with the Worcestershire sauce to make a moist mixture. Form into balls, each about an inch in diameter, and serve on a nest of shredded lettuce surrounded with a border of the egg whites finely minced. This makes a seasonal and attractive Easter salad.

Sorority Salad

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| 1 Pound of Cottage Cheese | $\frac{3}{4}$ Cup of Grated Carrot |
| 1 Quart Finely Shredded Cabbage | Mayonnaise |

Mold a little cottage cheese on the centre of a salad plate and surround with a border of the shredded cabbage mixed with the carrot and enough mayonnaise to moisten it pleasantly. Garnish the cheese, if desired, with a carrot flower, using wedge-shaped petals cut from a thin slice of carrot, and a slender strip of green pepper for a stem. An equal quantity of small pieces of tomato may be substituted for the carrot, with a poinsettia of tomato used for garnish. Pineapple tit-bits are also delicious in combination with the cabbage and may be interestingly served with a few chopped pistachio nuts scattered over the top.

Frozen Fruit Salad

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| $\frac{1}{2}$ Tablespoon Gelatine | 1 Cup Pitted Cherries |
| 2 Tablespoons Cold Water | 1 Cup Sliced Peaches |
| $\frac{3}{4}$ Cup Cream (whipped) | 1 Cup Canned Pineapple (cut in pieces) |
| $\frac{3}{4}$ Cup Mayonnaise | |

Soak gelatine in cold water 5 minutes. Dissolve over boiling water. Add dissolved gelatine to mayonnaise and whipped cream which have been folded together. Combine with fruit and turn into a covered mold. Pack in 4 parts ice and 1 part salt and let stand about 4 hours. For an electric refrigerator, turn mixture into ice trays and allow to freeze. The length of time required will depend on the kind of refrigerator. Serve on crisp lettuce with extra mayonnaise, if desired.

Shrimp Salad

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| 1 Pint or 2 Tins Shrimps | 1 Sweet Pepper |
| 4 Cold Boiled Potatoes | 1 Small Onion |
| 2 Stalks Celery | Salt and Pepper |

Cut shrimps in 2 or 3 pieces, cube potatoes and celery, add seasonings. Add sufficient French or boiled dressing.

Cheese Salad

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| 2 Cream Cheese | Cream to Moisten |
| $\frac{1}{2}$ Cup Chopped Pimento | Salt and Pepper |

Mix cheese with the pimento. Season and moisten with the cream. Line shallow baking pan with paraffin paper, and put under pressure on ice. When chilled, cut in squares, arrange on lettuce leaves; garnish with stripes of pimento, radiating from centre. Serve with French dressing.

Ginger Ale Salad

½ Cup Boiling Water
1 Package Lemon Gelatine
1½ Cups Ginger Ale
¼ Cup Chopped Nuts
¼ Cup Chopped Celery
1 Cup Assorted Canned Fruits
1 Tablespoon Chopped Ginger

Pour boiling water over gelatine, stirring until dissolved. Cool and add ginger ale. Again set in a cool place until the mixture begins to thicken, then add nuts, celery, fruits, and chopped ginger. Pour into cold, wet, individual molds and when set, unmold on individual beds of lettuce or other salad greens. Serve with a dressing made by combining 3 tablespoons of lemon juice, 3 tablespoons of sugar, and 1 beaten egg. Cook over hot water until thickened and then add gradually to 1 cupful of cream, whipped. Cool and serve. This makes 8 individual molds of small size.

Spring Fruit Salad

Arrange a slice of fresh pineapple on crisp lettuce for each serving. For 6 servings peel 2 medium-sized bananas, cut into thin slices, and cover with one-third cup of lemon juice. Let stand 5 minutes; drain, arrange around edge of pineapple slice. Stem 2 cups of strawberries and arrange some in the centre of each pineapple slice. Serve with a mixture of half mayonnaise and half whipped cream folded together.

Mock Chicken Salad

To 1 cup of cold diced pork, add 3 hard-cooked eggs chopped, ½ a cup of diced celery, ¼ cup of cold string beans, cut fine, and 1 teaspoon of minced parsley. Marinate in highly seasoned French dressing for an hour. Drain. Moisten well with mayonnaise—about ½ a cup will be needed. Arrange in a mound on a platter lined with lettuce leaves. Garnish with parsley and encircle the mound with rings of green pepper and slices of tomato that have been marinated in French dressing.

Picnic Salad

Cook 4 potatoes with the skins on, peel and dice. While still warm, marinate with Tarragon French dressing and let stand overnight. Add a dozen chopped, stuffed olives, 4 chopped sweet gherkins, ½ cup of finely diced celery and 2 hard-boiled eggs, chopped. Mix all with mayonnaise and chill. Place crisp lettuce leaves in individual fluted paper dishes and heap with the salad.

Asparagus Salad

Drain the liquid from one can of asparagus tips. Marinate (mix well) in French dressing and chill. Slip 4 or 5 asparagus tips through a ring cut from a red or green pepper or lay a strip of pimento across them. Arrange on crisp lettuce and serve with ketchup dressing.

Cabbage and Peanut Salad

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| 1 Small Head Cabbage | 1 Teaspoon Salt |
| $\frac{3}{4}$ Cup Chopped Peanuts | $\frac{1}{8}$ Teaspoon Paprika |

Discard outside leaves of cabbage and cut head in quarters. Let stand in ice water until crisp. Drain and chop. Mix with peanuts and add salt and paprika. Serve with boiled dressing and garnish with strips of pimento.

Lobster Salad

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| 4 Cups Cooked Lobster (cut in pieces) | $\frac{1}{2}$ Teaspoon Salt |
| $\frac{1}{2}$ Cup Celery (cut in small pieces) | $\frac{1}{8}$ Teaspoon paprika |

Mix lobster, celery, salt and paprika together. Marinate (mix well) in French dressing and chill thoroughly. Arrange fresh, crisp leaves of lettuce on platter and pile lobster in the centre. Spread the lobster with Mayonnaise dressing and decorate with slices of hard-boiled egg, capers and pickle fans.

If there is any coral in the lobster it may be pressed through a sieve and used in the garnishing.

Canned lobster may be used in this recipe.

Fruit Salad

(Pineapple and Marshmallows)

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| 1 Large Can Pineapple | $\frac{1}{2}$ Pound Marshmallows |
| | $\frac{1}{4}$ Pound Almonds |

Squeeze out most of the juice from the tin of pineapple and cut in small pieces. Add the marshmallows cut in small pieces and the almonds. Mix all together and pour over dressing made as follows:

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| 4 Egg Yolks | Juice of 1 Lemon |
| 1 Tablespoon Sugar | $\frac{1}{4}$ Cup Cream |
| | Pinch Salt |

Cook in double boiler and when cool add $\frac{1}{2}$ cup whipped cream. Put all together and let stand in cool place 6 to 10 hours.

Entrees

Chicken Forcemeat

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|-------------------------------------|-------------------------------|
| 1 Cup Chicken | 3 Tablespoons Butter |
| 1 Cup Cream | $\frac{1}{2}$ Teaspoon Salt |
| $\frac{1}{2}$ Cup Fine Bread Crumbs | $\frac{1}{2}$ Blade Mace |
| 3 Egg Whites | $\frac{1}{8}$ Teaspoon Pepper |

Prepare the meat by chopping, pounding and rubbing through a sieve. Boil the bread, mace and cream together until they are cooked to a smooth paste, about 10 minutes; then take from the fire, add butter, then the meat and seasoning. Beat whites of eggs well and add the last thing. Test to make the texture right and set away to keep cool until wanted.

Game and veal forcemeat are prepared in the same way.

Chicken Croquettes

2 Cups Chopped Cold Fowl	1 Teaspoon Lemon Juice
1 Cup White Sauce	¼ Teaspoon Onion Juice
½ Teaspoon Salt	1 Teaspoon Chopped Parsley
Few grains Cayenne	

Mix the meat and seasonings, combine with the white sauce. Cool, shape, crumb and fry in deep fat. Drain on soft paper.

Croquettes Blanc

To make these you will need 2 cups of flaked whitefish, haddock or halibut and 1 pint of very highly seasoned thick white sauce, almost as thick as drop-batter. Combine these ingredients lightly, let them cool on a platter, shape them into croquettes, roll them in crumbs, then in seasoned egg to which 2 or 3 tablespoons of cold water have been added, then again in fine crumbs, and fry a rich brown in very hot, deep fat, placing not more than six croquettes at a time in the frying-basket.

Ripe Olive Croquettes

½ Cup Ripe Olives	¼ Small Onion
¼ Cup Walnuts	Pepper or Paprika
1 Teaspoon Salt	2 Eggs
1½ Cups Soft Bread Crumbs	

Cut the meat from the pits before measuring the olives. Run the olives, nuts, onion, and bread through a meat-grinder. Season, mix with the eggs, slightly beaten, and form into small balls. Dip in fine crumbs, egg and crumb again, and fry in hot deep fat. These are delicious served with salads.

Vegetable Croquettes

With Cheese Sauce

2 Cups Potatoes (riced or mashed)	2 Teaspoons Cream
1 Cup Cooked Green Peas (fresh or canned)	Beaten Egg
1 Cup Diced Carrots (cooked)	1 Teaspoon Salt
	¼ Teaspoon Worcestershire Sauce
Fresh Bread Crumbs	

Be sure peas and carrots have been thoroughly drained of all water. Mix potatoes with a fork. Add salt and Worcestershire sauce; then the cream. Mix thoroughly together with a fork. Shape into croquettes of any size or form you like. Dip in beaten egg, then in bread crumbs. Drop in hot Crisco, 375° to 385° F. (or when a piece of bread browns in 40 seconds). Cook until brown. Drain on soft paper and serve hot with cheese sauce.

Cheese Sauce

2 Tablespoons Flour	Dash of Worcestershire Sauce
½ Cup Grated Cheese	1 Teaspoon Crisco
¼ Teaspoon Salt	1 Cup Milk

Blend flour and Crisco together in sauce-pan over fire. Add milk. Bring to boil over fire, stirring until smooth. Then stir in cheese and salt. Add Worcestershire Sauce.

Sweet Potato Puffs

4 Medium-sized Sweet Potatoes
1 Egg (well beaten)

Bread Crumbs
Dash Pepper

½ Teaspoon Salt

Boil potatoes until soft. Peel and put through the ricer. Add salt, pepper and egg. Cool. Drop teaspoonful into grated bread crumbs. Toss with fork or fingers until covered, then drop into hot Crisco, 385° to 395° F. or when a piece of bread browns in 20 seconds, until brown, about 2 minutes.

This amount will serve 4 to 6 people.

Chicken Timbales

For Chicken Timbales, melt 3 tablespoons of butter; add ½ cup soft bread crumbs and 1 cupful of milk. Cook for five minutes, stirring constantly. Add ½ teaspoon of salt, a little pepper and paprika, 1 tablespoon chopped parsley, 1½ cups cooked chicken cut in dice, and 3 eggs slightly beaten. Mix well and turn into individual buttered timbale molds, filling them two-thirds full. Set molds in pan of hot water, cover with greased paper, and bake at 325° F. for 30 minutes. Serves 6.

Tuna-Salmon Timbale

Season 2 cups canned tuna with salt, paprika, pepper and nutmeg, and add 1½ cups milk and ½ cup cream. Add slowly 2 beaten egg whites and ½ tablespoon butter. Prepare 2 cups canned salmon in the same way. Grease a fish-mold. Put the tuna into the mold and press down lightly. Then cover the tuna layer with the salmon. Set the mold in a pan of boiling water and cook for 20 minutes in a slow oven (350° F.). Garnish with pimento and serve with lemon juice and a sauce if desired.

Peanut Souffle

½ Cup Finely Ground Peanuts
1 Tablespoon Flour

2 Egg Whites
¼ Teaspoon Salt

¼ Cup Milk

Scald the milk, add the flour stirred in a little cold water, and the ground peanuts. Cook five minutes, stirring occasionally. Remove from the stove, fold in the stiffly beaten egg whites and turn into greased molds. Set the molds into a pan of hot water and bake slowly until firm. Turn on to a warm plate.

Macaroni, Spaghetti, Egg and Cheese Dishes

Boiled Macaroni

$\frac{3}{4}$ Cup Macaroni

8 Cups Water

3 Teaspoons Salt

Have the water boiling in a saucepan; and add the salt. Put in the macaroni a little at a time and boil it briskly for 20 minutes or until it is tender.

Drain carefully. Hold the strainer for a moment under the cold water in order to keep every piece separate. It is now ready to use in any number of dishes.

As a Vegetable

Well-seasoned, tender macaroni occasionally makes a most welcome substitute for potatoes. Just drain it and serve with a piece of butter melting on it, or with a white or cheese sauce. Or it may be put in a baking dish, a sauce poured over, and browned with or without grated cheese on top.

Chicken with Noodles

Pile stewed chicken with its gravy on a hot platter. Surround with noodles, boiled in salted water. Or use macaroni, spaghetti or boiled or steamed rice.

Macaroni and Fish

Arrange in a bake dish alternate layers of cooked macaroni and any flaked cooked fish, which has been removed from the bones. Cover with white sauce and sprinkle with crumbs and grated cheese. Brown in the oven.

Macaroni and Oysters

Cook the macaroni in boiling salted water. Put half of it in a buttered bake dish. Put in a layer of oysters, picked over, drained from the liquor. Seasoned well with salt and pepper and dots of butter. Put the rest of the macaroni on top, cover with buttered crumbs, and carefully pour over it, enough milk to moisten. Brown in a hot oven.

Macaroni Mousse

1 Cup Macaroni (broken in 2-inch pieces)

1 Tablespoon Chopped Onion

$1\frac{1}{2}$ Cups Scalding Milk

$1\frac{1}{2}$ Cups Grated Cheese

1 Cup Soft Bread Crumbs

$\frac{3}{8}$ Teaspoon Salt

$\frac{1}{4}$ Cup Melted Butter

$\frac{1}{8}$ Teaspoon Pepper

1 Pimento, chopped

Dash of Paprika

3 Eggs

1 Tablespoon Chopped Parsley

Cook macaroni in boiling salted water, blanch in cold water and drain. Pour scalding milk over bread crumbs, add butter, pimento, parsley, onion, grated cheese and seasonings. Then add well-beaten eggs. Put macaroni in thickly buttered loaf pan and pour milk and cheese mixture over it. Bake about 50 minutes in a slow oven, until loaf is firm. Serve with mushroom sauce.

Macaroni and Cheese

Half cup of macaroni (boiled), $\frac{1}{2}$ cup grated cheese, 1 cup cream sauce. Break macaroni into inch pieces and drop into 3 cups of rapidly boiling water (to which has been added $\frac{3}{4}$ teaspoon salt). Cook until tender, drain in a sieve and rinse in cold water. Make a cream sauce of 1 cup milk, 2 tablespoons flour, 1 tablespoon butter, $\frac{1}{4}$ teaspoon salt, and a little pepper. Melt butter and flour and stir over fire until frothy. Add milk, stirring constantly until it thickens. Add the cheese and macaroni and reheat. Tomatoes may be substituted for cheese and heated in the oven with a layer of bread crumbs.

Meat and Macaroni Souffle

Cook until tender about 1 cup broken pieces of macaroni. Place layer in a baking dish, cover with a layer of finely chopped cold meat (ham, lamb, veal or fowl will be good), seasoning the meat with salt, pepper and a dash of Worcestershire sauce. Beat 2 eggs until light, add 1 cup milk, and pour over the macaroni and meat. Bake in a slow oven until set in a light custard, nicely browned.

Spaghetti and Hamburger Steak

1 Package Spaghetti	$\frac{1}{2}$ Pound Hamburger Steak
$\frac{1}{2}$ Can Tomatoes	$\frac{1}{2}$ Onion (chopped fine)
$\frac{1}{4}$ Pound Grated Cheese	$\frac{1}{2}$ Tablespoon Butter

Boil spaghetti till tender. Let Hamburger steak, tomatoes and onion simmer together for 30 minutes, then add cheese and butter and simmer 15 minutes longer. Make a nest of the spaghetti on platter and pour meat mixture into it. Mushrooms added at the same time as cheese improve the flavor.

Plain Omelet

4 Eggs	$\frac{1}{2}$ Teaspoon Salt
4 Tablespoons Milk	1 Tablespoon Fat

Beat the eggs together. Add the milk and salt. Heat a pan; melt the fat in it. Pour in the mixture, taking care that it sets smoothly. Turn the flame low so that it will cook slowly. When firm, place in the oven or under heat (if grill is used) for a few minutes to cook the top. Place again over the flame. Hold the pan by the handle. Place a spatula or pancake-turner under the section of the omelet nearest the handle. Tip the pan to a vertical position, then slowly and carefully fold three times and turn.

Shrimp Omelet

1 Tablespoon Flour	1 Tablespoon Fat
1 Cup Milk (scalded)	Dash Salt, Pepper, Curry
1 Can Shrimps	

Melt the fat and blend with the flour. Add the seasonings and scalded milk. Stir until the mixture begins to thicken; then add the shrimps, and cook over hot water until the sauce thickens. Make a plain omelet and cover it with the shrimp sauce. Chicken, ham, mushrooms, peas, or mixed vegetables may be substituted for the shrimps.

Fluffy Omelet

½ Teaspoon Salt	1 Tablespoon Fat
2 Tablespoons Tapioca	4 Egg Yolks (beaten until thick)
¾ Cup Milk (scalded)	4 Egg Whites (stiffly beaten)

Add the salt and the quick-cooking tapioca to the milk, and cook in a double boiler for 10 minutes, stirring frequently. Add the fat. Combine with the egg yolks, stirring constantly. Fold in the egg whites. Pour into a hot greased frying pan (9 inches in diameter). Cook over a low flame for 17 minutes. Omelet is sufficiently cooked when a knife inserted comes out clean. Dry the top of the omelet in a slow oven (275° F.) for 5 minutes. Cut across at right angles to the handle of the pan, being careful not to cut all the way through. Fold carefully from handle to opposite side and serve on a hot platter. The tapioca keeps the omelet from falling.

Spanish Sauce

1 White Onion	¼ Teaspoon Salt
2 Tomatoes (chopped)	1 Dash Curry
½ Green Pepper	2 Tablespoons Fat

Saute the onion and pepper in the fat. When thoroughly cooked add the other ingredients and a cup of boiling water. Cook until the mixture is soft and the water has evaporated. Pour over the omelet piping hot.

Meat Omelet

Chop ham, beef, chicken, or pork into small pieces. Saute until a golden brown and fold into a plain omelet. Choose a flavor of jelly that suits the meat—such as currant with beef omelet, cranberry with chicken—and serve as an accompaniment.

Tomato Omelet

1 Tablespoon Fat	1 White Onion
½ Can Tomato Soup	1 Green Pepper
Dash Salt and Pepper	

Saute the finely chopped onion and pepper in the fat. Add the soup. Allow to simmer on stove. Pour over either a plain or fluffy omelet.

Corn Omelet

2 Tablespoons Fat	2 Tablespoons Flour
½ Cup Milk	1 Can Corn

Blend the flour and fat. Then add the corn and milk. Thicken slightly. Make a plain omelet, and before folding spread with some of the corn mixture. Serve the remainder around the omelet.

Jelly Omelet

Mix a plain omelet. Before folding, spread with currant jelly, raspberry or strawberry jam, or orange marmalade. Sprinkle with powdered sugar before serving.

Cheese Omelet

Make a plain omelet. Before folding, sprinkle with grated cheese and place under the flame, or in the oven, until the cheese is melted. When ready to serve sprinkle with more grated cheese and paprika and garnish with parsley.

Bacon Omelet

Broil bacon until delicately browned and very crisp. Chop about $\frac{1}{2}$ cup and fold into a plain omelet. Garnish the omelet with bacon strips.

Florentine Eggs

Drain and chop 2 cups cooked Spinach. Season with salt, pepper and 2 tablespoons melted butter. Place in flat baking dish, making nests for as many services as desired. Fill each nest with 1 uncooked egg. Pour over each 3 tablespoons well seasoned white sauce. Cover with grated cheese and cook in moderate oven about $\frac{1}{2}$ hour.

Egg-Tomato Luncheon Dish

One can tomato soup, 4 eggs, 6 slices bacon chopped in small pieces. Brown the bacon in a frying-pan and pour over it, fat and all, a can of tomato soup. When this mixture simmers, break four eggs into it, and let them poach until firm. Remove the eggs to a platter, pour the mixture around and garnish with parsley or bits of sweet pickle.

Cheese Delight

2 Eggs	$\frac{1}{8}$ Teaspoon of Pepper
$1\frac{1}{2}$ Cups of Stale Bread	$\frac{1}{4}$ Pound of American Cheese
$1\frac{1}{2}$ Teaspoons of Salt	1 Pint of Milk

To the 2 eggs, beaten, add the bread broken into bits, the salt, pepper, cheese which has been grated, and the milk, scalded. Pour into buttered custard cups or individual casseroles, place them in a pan containing a little hot water and bake as custards in a rather slow oven, 325° F., for an hour or until firm, when a silver knife inserted in the centre should come out clean. This may be baked in a large casserole or baking dish, if preferred. Flecked with paprika or chopped parsley, it is an attractive dish.

Cheese Roast

1 Pound Can Kidney or Navy Beans	Salt, pepper and paprika to taste
$1\frac{1}{2}$ Pound Cheese	1 Tablespoon Butter
1 Cup Bread Crumbs	1 Onion (chopped fine)

Run beans and cheese through meat chopper. Cook onions in butter and a little water. Mix all ingredients thoroughly, then mold into a loaf or roll, moisten with melted butter and water and roll in bread crumbs. Bake in oven at moderate temperature till nicely browned, basting occasionally with melted butter and water or good drippings. Serve with tomato sauce.

Piquant Cheese

Mix 1 tablespoon cornstarch with a small quantity of cold milk, and then add it gradually to two cups scalded milk, stirring constantly. Stir in 1 medium-sized onion finely chopped, $\frac{1}{2}$ cup grated cheese, 1 teaspoon salt, pinch of paprika and a pinch of curry powder. Cook in a double boiler until thick, stirring frequently. Serve very hot on buttered toast.

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Cheese Pudding

4 Slices Buttered Bread	2 Cups Milk
1 Cup Grated Cheese	1 Teaspoon Salt
2 Well-beaten Eggs	1 Small Teaspoon Mustard
Dash of Cayenne	

Cut bread in small cubes; put alternate layers bread and cheese in baking dish. Beat eggs, add milk and seasoning, pour over bread. Let stand 10 minutes. Bake about 25 minutes.

Eggs a la King

6 Hard-cooked Eggs (sliced)	½ Teaspoon Salt
¼ Cup Salad Oil	2½ Cups Rich Cream
3 Tablespoons Chopped Pimientos	½ Cup Mushroom Liquor
6 Tablespoons Chopped Green Peppers	2½ Tablespoons Flour
1 Tablespoon Capers	1 Tablespoon Fat
1 No. 2 Can Mushrooms (drained)	Paprika

Saute the mushrooms 5 minutes in the salad oil, then add the mixture to the sliced eggs, capers, peppers, and pimientos, and add a dash of paprika and the salt. Prepare a white sauce of the fat, flour, cream, and mushroom liquor. Add the egg mixture, heat thoroughly, and serve on diamond-shaped slices of buttered toast. Serves 4 to 6.

Scalloped Eggs and Shrimp

4 Hard-cooked Eggs	1 Tablespoon Chopped Parsley
1 Cup Cooked or Canned Shrimp	2 Cups (well-seasoned) Medium White Sauce
½ Cup Buttered Crumbs	

Slice the hard-cooked eggs and add with the shrimp and parsley to the white sauce. Pour into a well-greased casserole dish, top with the buttered crumbs, and bake in a hot oven of 450° F. for fifteen minutes, or until the crumbs are brown. Serves 6.

Cheese Balls

1 Cup American Cheese (grated)	¼ Teaspoon Worcestershire Sauce
¼ Cup Ground Bread Crumbs	¼ Teaspoon Salt
1 Egg	

Separate the egg. Mix the bread crumbs with the yolk. Add the cheese, salt and Worcestershire Sauce. Fold in the stiffly beaten white. Shape into balls and roll each in bread crumbs before frying, or simply drop by spoonful into deep hot fat (375° F.). Fry until delicately brown. Drain on soft paper and serve hot. This makes 8 cheese balls.

Cheese Dreams

Bread	Cheese	Butter
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Cut thin slices of bread, remove crusts, and butter. Place thin slices of cheese on half of the slices, sprinkle with salt, paprika and cayenne; cover with another slice of bread and brown quickly on each side in a little fat in a frying-pan, or toast them quickly in the broiler oven.

White Monkey on Toast

1 Pint Milk	1 Teaspoon Flour
4 Tablespoons Cheese (grated)	2 Tablespoons Butter
1 Egg (well-beaten)	Salt, Pepper, Cayenne

Let simmer 5 minutes and serve on hot buttered toast.

Vegetables

French Fried Potatoes

Select small potatoes. Wash and pare them. Cut in halves lengthwise, then in quarters and eighths (like orange sections). Soak in cold water 1 hour. Drain. Dry between towels and fry in deep hot fat until a golden brown. Drain on brown paper and sprinkle with salt.

Julienne Potatoes

Wash and pare potatoes. Cut in $\frac{1}{4}$ -inch strips, as uniform in size and length as possible, or cut with special Julienne knife. Soak in ice water $\frac{1}{2}$ hour. Drain. Dry, fry and drain as above.

Potato Chips

Pare potatoes. With a sharp knife or special slicer cut into very thin slices, crosswise. Soak in ice water 1 hour. Drain. Dry between towels and fry in deep hot fat until a delicate brown. Drain on brown paper and sprinkle with salt.

Potatoes Piquant

Use small hot cooked potato marbles, cut from raw potatoes with a cutter. Dredge them lightly with salt, toss in 2 or 3 tablespoons of melted butter, place them in a hot serving dish, and sprinkle them thickly with alternate rounds of minced parsley and paprika. Small new potatoes may be scraped, cooked whole and served in this way.

Potato Cheese Balls

Season hot mashed potatoes with salt, butter, paprika, one or more slightly beaten egg yolk, and use $\frac{1}{4}$ as much grated cheese as there is potato. Shape, crumb and fry.

Potato Balls

Season hot mashed potatoes with salt, paprika, butter and chopped parsley. Mix with it a slightly beaten egg, shape in balls, roll in flour and fry in deep fat.

Deviled Potatoes

Deviled potatoes may be almost completely prepared before the hostess leaves the house. Cook, peel, and cut 8 medium-sized potatoes into dice. Keep in a refrigerator. Meanwhile prepare the following sauce: Melt 2 tablespoons of fat in the top of a double boiler. Add 1 tablespoon of flour, $\frac{1}{2}$ teaspoon chopped onion, 2 teaspoons of prepared mustard, and $\frac{1}{2}$ teaspoon salt. Stir until smooth, then pour over 1 egg and $\frac{1}{4}$ cup vinegar which have been beaten together. Return to the double boiler and cook 3 minutes more. When the hostess returns, she may saute the potatoes in a frying pan until golden brown on both sides, arrange in a serving dish, and pour over all the reheated sauce. This recipe serves 6.

Luncheon Potatoes

4 Large Potatoes
2 Small Onions

1½ Cups Cream Sauce
½ Cup Cheese

Butter

Slice the potatoes in thick slices and the onions in thin slices. Put on stove with a little water and partly cook; drain. Put a layer of potatoes and onions in a greased casserole or baking dish, then bits of butter and cover with the cream sauce into which the cheese has been added. Cover with a layer of fine cracker crumbs and bake in a moderate oven until done.

Duchess Potatoes

With a teaspoon remove the centres from baked potatoes. Mash, season with butter, salt, pepper and milk and beat until light. Return to the skins, sprinkle with grated cheese and place in the oven to brown.

Carrots a la King

Cut delicate, tender carrots into slim "fingers" and dice these into inch lengths. Cook until very tender, salting toward the end, and drain well. Prepare, for a very liberal quart, about a pint of rich, highly-seasoned white sauce made of part cream, to which have been added, while cooking, a dash of cayenne pepper, 1 teaspoon of scraped onion and 1 tablespoon each of finely diced celery, minced parsley and minced red sweet pepper. Pour sauce over carrots, combine lightly and serve very hot.

Owendan String Beans

Drain and rinse 1 quart canned string beans, heat in clear water, drain and add about 1 cup of diced cooked celery. Saute 1 minced small onion in 1 tablespoon of butter; add 1 cup of canned tomato pulp, a dash of cayenne pepper and 1 clove; add to the beans and celery. Combine, add 1 teaspoon each of salt and sugar, cover closely and simmer, shaking occasionally, about ½ an hour. Add 2 tablespoons of butter and it is ready to serve.

Perfection "Sweets"

Pack layers of thickly sliced cooked sweet potatoes in a well-buttered baking dish, alternating with layers of thinly sliced mellow apples, dotting each layer with bits of butter, and sprinkling sparsely with salt and liberally with light brown sugar. Potato, sugar and butter should form the top layer. Pour over ¼ cup of hot water and bake, covered, in a hot oven (400° F.) until apples are soft. Uncover to brown. Five minutes before serving put 2 rings of marshmallows on the top, and set in the oven until lightly golden.

Minnesota Bean Pot

½ Pound Kidney Beans	½ Pound Ground Round Steak
1 Medium-sized Onion (sliced)	6 Small Red Peppers
⅛ Pound Diced Fat Pork	1 Quart Canned Tomatoes
3 Teaspoons Salt	

This is a very simple recipe for a famous dish, but one which has a delightful blending flavor. We make it in large quantity, canning all but enough for the first meal. Wash the beans and soak overnight well covered with water. In the morning, cook the onion with the pork until slightly browned, then add the beef, peppers, tomatoes, salt, drained beans and 1 quart of water. Bring to the boiling point slowly and cook gently until tender, about 2½ hours. Then remove the peppers and serve with crisp crackers.

Baked Cauliflower with Tomato Sauce (plain)

1 Head Cauliflower	1½ Cups Boiled Macaroni
1½ Cups Tomato Sauce	¼ Cup American Cream Cheese
Buttered Bread Crumbs	Salt and White Pepper

Break the cauliflower into sprigs and boil in slightly salted water for 20 minutes. Line a baking dish with the buttered bread crumbs, and arrange the cauliflower and macaroni in alternate layers in the dish. Add the grated cheese to the tomato sauce and stir over the fire until smooth. Season with the salt and pepper to taste and pour over the contents of the dish, cover with buttered bread crumbs, and bake in a moderate oven (350° F.) for about 30 minutes. Cabbage may be cooked in the same way.

Rice Fritters

Boil 1 cup of rice in 1 pint of milk until soft and the milk is absorbed, then remove from the fire, add the yolks of 3 eggs, 1 tablespoon of sugar, and 2 tablespoons of butter. When cold, fold in the stiffly whipped whites of the eggs, drop by spoonfuls into hot cooking oil and fry a deep buff color. Serve with lemon or cream sauce.

Tomato Fritters

One pint of finely chopped and well-drained tomatoes, add ½ cup of sweet milk, 1 teaspoon of salt and 1 teaspoon of baking powder, sifted in 1 pint of flour. Beat all together thoroughly, drop in spoonfuls on a hot, well-buttered griddle, fry brown on both sides, and serve hot.



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The Art of Working in Metal

THE first known uses for metal carries us back to the copper age in the fourth millennium B.C. The Bronze and Iron ages succeeded that period as man became more familiar with working in metals.

Gold and Silver in the hands of the early Egyptians, Hebrews and Greeks were fashioned into things of great beauty. But vessels and plate of these precious metals have ever been the possessions of the very wealthy and means were sought by which something of the privilege might be extended to people in every walk of life. The method known as "Sheffield Plate" evolved from many less successful attempts to cover a cheap metal with a precious one. This was accomplished by joining a sheet of silver to one of copper and fabricating articles of various uses from it the ornamental parts being made of silver and soldered on. The advent of electricity, however, gave stimulus to further effort and "Electro-plating" resulted. Elkington's in England and De Ruoz in France were co-discoverers of this process. (It may not be amiss to note here that Mr. J. Coupland of the Winnipeg Silver Plate Co. served as a young man in the plating department of Elkington's which, today, remains one of the world's leading silverware manufacturers.) Electro-plating at this time was made practical by the application of the Voltaic Cell, which converted chemical energy into electrical energy. Heavy copper wires encircled the vat from which were suspended the Anodes (or pure silver plates) and the Cathode (or article for plating). The current carried silver from the anode and from the solution (whose cyanide and silver salt content made a suitable conductor) to deposit itself upon the article, the thickness of the coating varying with the amount of current used.

The process is much the same today except that dynamos have taken the place of cells and electrical equipment is much improved.

In the replating of old or damaged silverware there is more to be done than the above would indicate: what is left of the old silver must be removed, dents taken out, scratches polished out and whatever repair is necessary, and great care must be taken in the preliminary cleaning before plating. When the article is sufficiently plated it is put through the "finishing" process, emerging with the mirror-like finish or the semi-bright, whichever is desired. It is now a new piece of silverware and something, the result of many hands, graces some "average" home with all the pristine glory that once upon a time only the powerful and rich knew!

The principle of electro-plating in other metals is the same as silver.

Corn Fritters

2 Cups Canned Corn	2 Teaspoons Salt
1 Cup Flour	¼ Teaspoon Paprika
1 Teaspoon Baking Powder	2 Eggs

Chop corn, drain and add flour, baking powder, salt and paprika mixed and sifted together. Add egg yolks beaten until thick, and fold in egg whites beaten stiff. Fry and drain.

Macedoine of Summer Vegetables

Cook separately in salted water carrots diced the size of peas, little diamonds of string beans, tiny onions, midget lima beans, or any number of reasonable vegetables. Drain them and combine them in a hot saucepan. Add 2 tablespoons of butter, salt to taste, ½ teaspoon sugar and a dash of cayenne. Mix lightly and serve very hot. Heap the vegetables in the centre of a hot platter with the croquettes around them.

Casserole of Green Peas and Asparagus

Cut 6 slices of bacon in small pieces and brown in a skillet. Prepare 2 cups well-seasoned thin white sauce. In a greased casserole arrange in alternate layers 1½ cups fresh, cooked asparagus (1 bunch) cut in pieces, and 1½ cups fresh, cooked peas. Add the browned bacon and 2 tablespoons of bacon fat to the white sauce and pour it over the vegetables. Cover top with seasoned mashed potatoes and bake for 20 minutes at 400° F. Serves 6.

Boston Baked Beans

2 Cups Dry Pea Beans	1 Large Spoon Dry Mustard
1 Large Spoon Salt	½ Pound Salt Pork
Pepper	¼ Cup Molasses
1 Onion (if desired)	

Soak the beans overnight in cold water. In the morning par-boil until the skin will crack when blown on. Put in an earthen bean pot with rest of ingredients and bake in a moderate oven for about 6 hours or until nicely browned and soft. Keep covered with water. Adding water from time to time as it boils out. Uncover for the last half hour of cooking.

Ten Minute Cabbage

Shred very fine enough cabbage to make 1 quart. Add 1 cup of milk, and cook rapidly for 10 minutes. Add 1 teaspoon of flour rubbed to a paste with a little cold water. Season well with salt, pepper, paprika, and butter. Serve at once.

Fried Tomatoes with Cream Sauce

Select firm, smooth tomatoes, not too ripe. Remove the stem and cut in thick slices without peeling. Roll in seasoned flour and cook slowly in hot drippings until tender and brown. Lift carefully to platter. Add a little flour, if necessary, to the pan and thin cream or milk. Boil, season and pour over the the tomatoes. Serve with duchess potatoes.

Bread, Muffins, Biscuits, etc.

White Bread

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|-----------------------------|--|
| 1 Quart Water | 1 Tablespoon Salt |
| 1 Tablespoon Lard (large) | 1 Yeast Cake (dissolved in warm water) |
| 2 Tablespoons Sugar (large) | |
| Flour enough to knead stiff | |

To the lukewarm water add the dissolved yeast cake, and stir until completely dissolved, then add the melted lard, salt and sugar. When salt and sugar are thoroughly dissolved, stir in well-sifted flour with a large spoon until a dough is formed sufficiently stiff to be turned from the mixing bowl to the bread board in a mass. The quantity of flour used to above wetting should be about 3 quarts. Knead this dough, adding flour from time to time, until it becomes smooth and elastic and ceases to stick to the fingers or the board. Then put in a well-greased earthen bowl or large pan and cover with a bread towel or blanket and set to rise in a warm place free from drafts, over night. In the morning, knead well and again set in the earthen bowl covering as before, and set for another rising. As soon as light, form into loaves, place in greased bread pans, brush with melted butter or lard, cover with towel and let stand for $1\frac{1}{2}$ hours or until very light, and then bake for 1 hour.

Rolls

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|--------------------------------|----------------------------------|
| 1 Cup Milk | 2 Tablespoons Sugar |
| 1 Teaspoon Salt | 3 Tablespoons Melted Butter |
| 1 Yeast Cake | $\frac{1}{2}$ Cup Lukewarm Water |
| Flour enough to knead smoothly | |

Start at about 9.30 in morning. Heat milk to scalding point, add salt, sugar and melted butter; when cool add the yeast cake that has been dissolved in the tepid water and stir in enough flour to make very stiff. Turn onto bread board and knead this dough, adding flour from time to time, until it becomes smooth and elastic and ceases to stick to the fingers or board. Put it back into the earthen pan or mixing bowl, cover with a towel and set to rise. When it is double its bulk, cut or knead it down and let rise again. Cut down again and at about 2 o'clock form it into small rolls, dip in melted lard and place in well-greased baking pans. Let rise until twice their bulk and bake in a moderate oven until done, about 25 minutes.

Corn Bread

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|---------------------------------|--------------------------|
| 1 Cup Corn Meal | 2 Tablespoons Sugar |
| 1 Cup Flour | 1 Egg |
| 4 Teaspoons Baking Powder | $1\frac{1}{2}$ Cups Milk |
| 4 Tablespoons Melted Shortening | Salt |

Mix and sift dry ingredients together. Add milk, melted butter and beaten egg and beat thoroughly. Put in shallow pan and bake in hot oven about 25 minutes. Makes 1 sheet 8 inches square.

Steamed Brown Bread

1 Cup Bread flour	1½ Teaspoons Soda, dissolved in
1 Cup Graham Flour	¼ Cup Hot Water
½ Cup Corn Meal	½ Cup Molasses
1 Teaspoon Salt	2 Cups Sweet Milk

Pour into well-greased tightly covered baking powder tins until half full. Place tins in boiling water and boil for 1½ hours. Be sure that the water does not come up over half way.

Baking Powder Biscuits

2 Cups Flour	2 Tablespoons Shortening
4 Teaspoons Baking Powder	¾ Cup Milk (or half milk and
½ Teaspoon Salt	half water)

Sift together flour, baking powder and salt; add shortening and mix thoroughly with steel fork. Add liquid slowly to make soft dough. Roll or pat out with hands on floured board to about ½ inch in thickness. Cut with biscuit cutter, first dipped in flour. Place on slightly greased pan and bake in hot oven 10 to 12 minutes. If a shorter biscuit is desired, use 3 or 4 tablespoons shortening.

Nut Biscuit

Make as for Baking Powder Biscuits, using 1 cup whole wheat flour and 1 cup white flour instead of the 2 cups white flour. Also add 2 tablespoons sugar, ½ cup chopped pecan or walnut meats to dry ingredients and put a pinch of chopped nuts on top of each before baking.

Fruit Biscuits

Make as for Baking Powder Biscuits, using 1 cup whole wheat or Graham flour and 1 cup of white flour instead of the 2 cups white flour. Also add 2 tablespoons sugar, ½ cup chopped dates or seeded raisins to dry ingredients.

Lightning Biscuit

Follow basic recipe for Baking Powder Biscuit, using ¼ cup more milk to make soft dough. Drop by spoonfuls on greased baking sheet or in muffin tins and bake immediately in hot oven for 10 minutes.

Quick Coffee Cake

2 Cups Flour	4 Teaspoons Baking Powder
3 Tablespoons Sugar	2 Tablespoons Shortening (melted)
½ Teaspoon Salt	1 Cup Milk

Sift dry ingredients into bowl; add melted shortening and the milk to make a stiff batter. Mix well and spread ½ inch thick in greased pan; add top mixture. Bake about 30 minutes in moderate oven at 400° F.

Top Mixture

3 Tablespoons Flour	3 Tablespoons Sugar
1 Tablespoon Cinnamon	3 Tablespoons Shortening

Mix dry ingredients, rub in shortening, and spread thickly over top of dough before baking. Makes 1 9-inch coffee cake.

Cheese Straws

1 Cup Grated Cheese	Dash Cayenne Pepper
1 Cup Flour	$\frac{1}{4}$ Teaspoon Paprika
1 Teaspoon Baking Powder	1 Egg
$\frac{1}{2}$ Teaspoon Salt	2 Tablespoons Milk

Mix together cheese, flour, baking powder, salt, cayenne pepper and paprika; add beaten egg, mix well. Add milk enough to make a stiff dough. Roll out $\frac{1}{8}$ inch thick on floured board; cut into strips 5 inches long and $\frac{1}{4}$ inch wide. Bake 10 minutes in hot oven.

Nut Bread

1 Cup Sugar	$\frac{1}{4}$ Cups Milk
1 Egg	4 Teaspoons Baking Powder
4 Cups Flour	$\frac{1}{2}$ Cups Nuts (chopped)
	1 Teaspoon Salt

Beat egg until light, gradually add sugar and mix well. Sieve and measure flour and add baking powder. Then add gradually to the egg and sugar mixture; add nuts and bake in 2 well-greased pans. Let rise for 20 minutes. Bake in moderate oven for 40 minutes.

Date and Nut Loaf

1 Cup Dates	1 Tablespoon Butter (melted)
1 Teaspoon Soda	$1\frac{3}{4}$ Cups Flour
$\frac{3}{4}$ Cup Boiling Water	1 Teaspoon Salt
1 Egg	1 Teaspoon Vanilla
$\frac{2}{3}$ Cup Brown Sugar	$\frac{3}{4}$ Cup Walnuts

Chop dates, add soda and pour over this the boiling water. Let cool slightly then add beaten egg and other ingredients in order given. Bake in moderate oven nearly 1 hour.

Blueberry Cake

1 Cup Sugar	4 Cups Pastry Flour
$\frac{1}{2}$ Cup Butter	2 Teaspoons Cream of Tartar
3 Eggs (beaten)	1 Teaspoon Soda
1 Cup Milk	3 Cups Blueberries

Instead of the 2 teaspoons of cream of tartar and the 1 teaspoon of soda, you may use 3 teaspoons baking powder.

Cream the sugar and the butter together, add beaten egg and stir well. Gradually add the sifted flour (with baking powder) and the milk. Add the blueberries very carefully so as not to break them. Bake in moderate oven 20 to 25 minutes.

Pop-overs

2 Eggs	2 Cups Flour
2 Cups Milk	$\frac{1}{2}$ Teaspoon Salt

Beat eggs until light; add milk, continue beating and add flour and salt. Bake in HOT muffin tins in a hot oven about 20 minutes. Serve immediately.

Muffins

2 Cups Flour	½ Teaspoon Salt
3 Teaspoons Baking Powder	2 Eggs
1 Tablespoon Sugar	1 Cup Milk
4 Tablespoons Shortening	

Sift dry ingredients together, add beaten egg, milk, melted and cooled shortening; mix all together well. Half fill muffin tins and bake in moderate oven 18 to 20 minutes.

Waffles

1½ Cups Flour	1¾ Cups Milk
1½ Teaspoons Baking Powder	1 Egg
¼ Teaspoon Salt	2 Tablespoons Butter (Melted)

Mix dry ingredients, add milk slowly, egg beaten very light and then melted butter. Beat batter for 2 minutes with egg beater and drop by spoonfuls on well-greased, hot waffle iron.

Scotch Scones

2 Cups Bread Flour	5 Tablespoons Shortening
4 Teaspoons Baking Powder	½ Teaspoon Salt
2 Tablespoons Sugar	½ Cup Milk
2 Eggs	

Mix and sift dry ingredients, put in shortening. Add milk and eggs, and mix thoroughly. Toss on a lightly floured board, pat with hands to ¼ inch thickness. Spread half with jelly and cover with the other half. Cut into squares, then crosswise to form triangles. Brush with milk and bake in a hot oven for 15 to 20 minutes.

Golden Rolls

One pint of bread flour, 4 tablespoons of Indian meal, 1 teaspoon of salt, 1 tablespoon of sugar, 4 teaspoons of baking powder are the ingredients to be used. Combine these and then work into the mixture with the finger tips 4 tablespoons of lard. Moisten this dough with milk (make it as soft as possible), brush with melted butter or lard, cut in small rounds, fold over like Parker House rolls, and bake in a hot oven. Brush them with butter again after they are done.

Huckleberry Muffins

4 Tablespoons Lard	½ Cup Huckleberries (or other small, firm fruit)
½ Teaspoon Salt	4 Tablespoons Sugar
2 Cups Flour	¾ to 1 Cup Milk
4 Teaspoons Baking Powder	1 Egg

Blend lard, sugar and egg together in one operation. Mix and sift 1½ cups flour, baking powder and salt and add alternately with the milk to the first mixture. Mix lightly. Don't try to smooth out the batter. Dredge berries with ½ cup flour and stir in gently. Bake in greased muffin pans in hot oven 400° F.) 25 to 30 minutes. This recipe makes 12 muffins.

Blueberries may be used if desired.

Pies and Pastry

Pie Crust

2 Cups Flour	½ Cup Water (Ice)
1 Cup Shortening	1 Teaspoon Baking Powder
	1 Teaspoon Salt

Sift flour with baking powder and salt, rub in the shortening. Add the ice water. Roll out, spread with lard and roll out 2 or 3 times. Spread the top crust with butter and lightly roll it in.

Pumpkin Pie

1 Cup of Canned Pumpkin	Molasses to taste
2 Cups Milk	1 Teaspoon Ginger
Sugar to Sweeten	½ Teaspoon Cinnamon
	Salt

Heat before filling crust. Bake in one crust slowly until the point of a knife inserted in filling will come out clean.

Apple Pie

4 or 5 Sliced Apples	2 Tablespoons Butter
½ Cup Sugar	¼ Teaspoon Cinnamon or
1 Teaspoon Lemon Juice	Nutmeg

Line pie-tin with pastry. Place rows of sliced apples, sprinkle with sugar mixed with cinnamon and lemon juice. Dot with the butter. Dampen edge of crust with water and cover with top crust. Press edges together. Prick top crust to let out steam. Bake in moderate oven until apples are done and crust is nicely browned.

Custard Pie

3 Eggs	Pinch Salt
2 Cups Milk	1 Teaspoon Vanilla or Nutmeg
3 Tablespoons Sugar	1 Teaspoon Flour

Line a deep pie plate with pastry. Mix the flour with the sugar, add to the scalded milk and cook 5 minutes. Beat eggs until light and add to the scalded mixture slowly; add flavoring and salt, strain into the plate. It is done when the knife blade makes a clean cut.

Cocoanut Custard Pie

2 Cups Milk	3 Eggs
½ Cup Sugar	½ Teaspoon Vanilla
½ Cup Shredded Cocoanut	Pinch Salt

Beat eggs, add sugar, cocoanut, and milk. Turn mixture into a pastry shell which has previously been baked over an inverted pie pan and bake in moderate oven for ½ hour.

Lemon Pie

1 Cup Sugar	2 Eggs (separated)
3 Tablespoons Corn Starch (heaping)	1 Lemon (Juice and Rind)
1 Teaspoon Butter	1 Cup Boiling Water

Mix sugar and the corn starch well; add butter and the boiling water and cook until thick and clear. Remove to back of stove, add the beaten yolks of the eggs and the lemon juice. Put in previously baked crust and place meringue on top.

Meringue for top of Lemon Pie

2 Egg Whites	3 Tablespoons Sugar
	$\frac{1}{2}$ Teaspoon Vanilla

Beat eggs until very stiff, add sugar and continue beating with egg beater for 3 minutes. Flavor with vanilla and place on top of pie. Bake slowly in a moderate oven until nicely browned.

Pineapple Pie

$\frac{1}{2}$ Cup Sugar	$\frac{1}{2}$ Cup Hot Milk
$\frac{1}{8}$ Teaspoon Salt	2 Egg Yolks
2 Tablespoons Corn Starch	1 Cup Crushed Pineapple
	$\frac{1}{2}$ Teaspoon Vanilla

Mix sugar, salt and corn starch and slowly add the hot milk. Cook in double boiler until the cornstarch is thoroughly cooked, or about 40 minutes. Pour onto egg yolks, return to double boiler and cook until eggs thicken, or about 3 minutes. Cool and add well-drained pineapple and vanilla. Pour into a baked crust and cover with a meringue made of the following:

2 Egg Whites	2 Tablespoons Powdered Sugar
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Beat the egg whites until very stiff, add the sugar and place on top of pie. Bake in a hot oven until nicely browned.

Orange Cream Pie

1 Cup Strained Orange Juice	6 Tablespoons Flour
1 Cup Boiling Water	$\frac{1}{4}$ Teaspoon Salt
2 Tablespoons Lemon Juice	2 Egg Yolks
Grated Rind of 1 Orange	2 Tablespoons Butter
$\frac{3}{4}$ Cup Sugar	$\frac{1}{4}$ Pint 32 per cent Cream

Mix flour, sugar and salt, add the egg yolks, beaten until light. Pour over this mixture the boiling water, add butter and cook in a double boiler until the mixture thickens. Remove from stove, add orange juice, lemon juice and grated rind of orange. Pour into a baked pie shell. When cool cover the top with whipped cream.

Chess Pies

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| 1 Cup Chopped Raisins | 1 Cup Sugar |
| 1 Cup Chopped Nuts | ½ Cup Melted Butter |
| 3 Eggs (yolks) | 2 Tablespoons Cream |

Fill large muffin pans with pie crust. Fill these with the above mixture and bake in moderate oven. Top with a meringue made of the egg whites (as for lemon pie).

Butterscotch Pie

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| 1 Cup Light Brown Sugar | 1 Tablespoon Flour |
| Butter Size of an Egg | 2 Eggs |
| | 1 Cup Milk |

Melt butter until slightly brown, put in sugar and 3 tablespoons milk. Let boil thoroughly, then add the yolks of eggs, flour and milk, which have previously been well-beaten together. Bake in single crust, putting meringue on top.

Mince Meat and Mince Pie

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| 1 Cup Finely Chopped Lean Beef | ½ Cup Suet (chopped) |
| 2 Cups Finely Chopped, Tart Apples | 1 Cup Sugar |
| 1 Cup Chopped Seeded Raisins | ½ Cup Strong Coffee |
| 1 Cup Currants | ½ Tablespoon Ground Cloves |
| ½ Cup Finely Chopped Citron | 1 Tablespoon Cinnamon |
| 1 Teaspoon Salt | ½ Tablespoon Nutmeg |
| | ½ Cup Meat Stock |

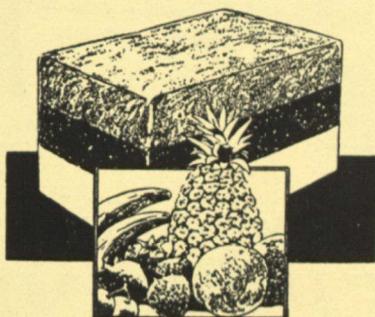
Boil meat until tender. Cool in the liquor, then put through the chopper. Mix the materials together in the order named. Simmer slowly for about 1 hour, bottle hot and seal. This makes about 2½ pints. When making the pie, line a deep plate with crust, fill with mince meat, using 1 quart, and then put over the top 1 tablespoon of cream, 1 tablespoon of sugar, a few whole, seeded raisins, and 2 teaspoons of butter in bits. Put on the top crust and bake in rather hot oven for about 30 minutes.

Puddings**Chocolate Bread Pudding**

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|---------------------|----------------------------------|
| 1 Pint Milk | 3 Eggs |
| 1 Pint Bread Crumbs | 5 Tablespoons Chocolate (grated) |
| | ½ Cup Sugar |

Scald milk, add bread crumbs and chocolate. Take from fire and add beaten egg yolks. Bake in pudding dish 15 minutes. Make meringue of beaten whites of the eggs and 3 tablespoons sugar. Spread over pudding and brown. Serve cold with whipped cream.

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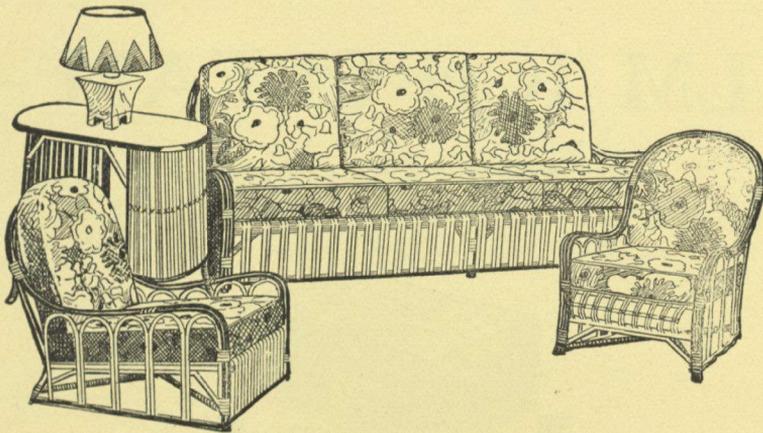
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Chocolate Blanc-Mange

2 Cups Milk	2 Large Tablespoons Flour
4 Tablespoons Sugar	1 Square Chocolate
1 Egg	Salt

Scald milk, add egg beaten with sugar and flour, add melted chocolate and cook until thick, stirring until creamy. Pour into sherbet glasses and serve ice cold with whipped and sweetened cream.

English Plum Pudding

1 Cup Bread Crumbs	½ Cup Figs
1 Cup Brown Sugar	1 Cup Flour
2 Teaspoons Baking Powder	¾ Cup Beef Suet
3 Eggs	½ Teaspoon each of Cinnamon, Cloves, Nutmeg, and Allspice.
½ Cup Seeded Raisins	½ Cup Fruit Juice or Brandy
½ Cup Citron	¾ Cup Milk
1 Cup Currants	1 Teaspoon Salt

Mix flour and bread crumbs, add finely chopped suet, sugar, salt, baking powder, spices, fruit, milk, well-beaten eggs and finally the fruit juice or brandy.

Pour into well-greased mould and steam for four hours. This may be prepared several weeks in advance and reheated when needed. Serve with brandy sauce.

Orange Pudding

4 to 6 Oranges	3 Eggs
1 Cup Sugar	3 Tablespoons Sugar
2 Cups Milk	1 Tablespoon Cornstarch
3 Teaspoons Icing Sugar	

Peel and slice the oranges, sprinkle over them a cup of sugar and let them stand at least 2 hours. Put milk in double boiler and let it come to a boil. Beat the yolks of the eggs with 3 tablespoons sugar, and the corn starch; on this pour the boiling milk and stir until smooth, then return to the hot water and cook and stir until it thickens. Cool and then pour over the oranges in the serving dish. One-half hour before dinner beat the whites of the eggs with the icing sugar and pour over the pudding. Set it in the oven in a pan of cold water and just let it brown slightly on top. To be eaten cold.

Brown Betty

2 Cups Soft Bread Crumbs	1½ Cups Sugar
4 Cups Tart Apples (chopped or cut small)	¼ Teaspoon Salt Cinnamon
2 Tablespoons Butter	

Put a layer of apples in a well-buttered pudding dish, sprinkle a little of the sugar and salt over them. Dust with cinnamon. Then put a layer of bread crumbs and dot with bits of butter, and continue adding alternate layers of apples, spices, bread crumbs, etc., until all are used up, having the top layer of bread crumbs. Dot with butter over the top. Cover and bake in moderate oven (350° F.) about 1 hour. Take cover off last fifteen minutes to brown it. Serve with hard sauce. This will serve six people.

Banana Biscuit

Line a round mold with sweet crackers. Fill with commercial vanilla ice cream. Chill. Garnish with banana slices and top with a peach-half.

Chilled Lemon Foam

1 Cup Sugar	3 Tablespoons Lemon Juice
2 Cups Cold Water	$\frac{1}{8}$ Teaspoon Salt
2 Tablespoons Cornstarch	1 Egg White

This is a summer-weather dessert, cool, light and refreshing. To make it, boil together the sugar and $1\frac{1}{2}$ cups of the water 5 minutes, then stir in the cornstarch mixed with the remaining water. When thick, put in the double boiler to cook 15 minutes. Add the lemon juice and salt and when cold fold in the stiffly beaten egg whites. Pile lightly in glass serving dishes and put in the refrigerator to chill until ice cold before serving.

Raisin-Rice Pudding

$\frac{1}{2}$ Cup Seeded Raisins	2 Eggs
$\frac{1}{3}$ Cup Rice	$\frac{1}{2}$ Cup Sugar
3 Cups Milk	1 Cup Water
	$\frac{1}{4}$ Teaspoon Nutmeg (may omit)

Wash rice and place in double boiler with 1 cup water. Cook until water is absorbed. Add 2 cups milk, cook with rice until tender. To the remaining 1 cup milk add the sugar, spice and well-beaten eggs, combine with rice, add raisins, pour into pudding dish, set in pan of hot water and bake until custard is set. All measurements for this recipe are level.

Rice Pudding

4 Cups Milk	$\frac{1}{2}$ Teaspoon Salt
$\frac{1}{4}$ Cup Rice	$\frac{1}{4}$ Cup Sugar
	Nutmeg

Wash the rice, mix it with the other ingredients, and pour into a buttered baking-dish. Bake 2 hours in a very slow oven, stirring at least 3 times during the first hour to break the crust which will form. One-half cup of raisins may be added when the pudding is mixed. Serve very cold.

Corn-Starch Pudding

$4\frac{1}{2}$ Tablespoons Cornstarch	Salt
$3\frac{3}{4}$ Cups Milk	$\frac{1}{3}$ Cup Sugar
2 Eggs	$\frac{1}{2}$ Teaspoon Vanilla

Scald 3 cups of milk. Mix the corn starch with the remainder of the cold milk and add to the scalded milk in the double boiler, stirring constantly until the mixture thickens. Cover and cook for at least 20 minutes. Beat the eggs and add the sugar and salt. Pour some of the hot mixture slowly over the mixed egg and sugar, stirring constantly, and add to the mixture in the double boiler. Cook 3 minutes, add the vanilla, and pour into molds to cool. To make a light, fluffy pudding the yolks and the whites may be beaten separately, the yolks mixed with the sugar, and the whites folded in after the pudding has been removed from the fire. For chocolate pudding mix three or four tablespoons of cocoa with the corn starch. The eggs may be omitted.

Baked Custard

3 Eggs	3 Cups Milk
3 Tablespoons Sugar	1 Teaspoon Vanilla
Salt	Nutmeg

Beat the eggs enough to mix the yolks and whites and add the other ingredients. Pour into custard cups and set in a pan of hot water. Bake in a moderate oven until the custard is set. This may be tested by trying with a knife, and if the mixture is jellied it is ready to remove from the oven. Set the cups where they will cool quickly.

Bread Pudding

With the addition of buttered bread use the same ingredients as for baked custard. Butter slices of bread and arrange in a baking dish. Separate the yolks from the whites and mix the yolks, milk, sugar, salt, and flavoring, and pour over the bread in the pudding dish. Set in a pan of hot water and bake in a moderate oven until the custard is set. Beat the whites of the eggs until foamy and add three tablespoons of sugar. Continue beating until this meringue is thick and spread lightly on top of the custard. Return to the oven to brown.

Soft Custard

2 Cups Milk	Salt
2 Tablespoons Sugar	2 to 4 Egg Yolks
	Flavoring

Scald the milk in a double boiler. Beat the yolks, add the sugar and salt, and pour the hot milk slowly onto this mixture. Return to the double boiler and cook, stirring constantly until the custard coats a spoon. Remove at once from the fire and set into cold water. Add the flavoring. The more yolks used the thicker the custard will be. A thin custard should be used as a sauce for snow pudding or other desserts. A thick custard may be poured over stale cake, macaroons or cut fruit, salted nuts or marshmallows.

Fruit Pudding

2½ Cups Milk	3 Tablespoons Cornstarch
½ Cup Brown Sugar	½ Cup Raisins
Salt	½ Cup Stoned Prunes

Scald 2 cups of the milk and add the brown sugar and salt. Mix the corn starch with the ½ cup of cold milk and add to the hot milk, stirring until smooth and thick. Add the fruit and cook in a double boiler at least 20 minutes. Pour into molds to cool.

Mocha Ice-Box Cake

Cream $\frac{1}{4}$ pound of butter; add 1 cup of confectioner's sugar gradually, 4 eggs, unbeaten, $\frac{1}{3}$ cup of strong black coffee, and 1 teaspoon of vanilla. Add $\frac{1}{4}$ cup of chopped black walnut meats and enough more sugar to make almost as thick as frosting. Line a small loaf-cake pan with wax paper, cover with ladyfingers, a layer of filling, ladyfingers, etc., till full. Chill for several hours. Serve a slice topped with whipped cream. Or prepare filling beforehand and serve on top of 2 ladyfingers; cover with 2 more, another layer of filling, and a bit of whipped cream.

Baked Almond Pudding

$1\frac{1}{2}$ Cups of Ground Dry Toast	1 Teaspoon of Vanilla
1 Quart of Milk	$\frac{1}{2}$ Teaspoon of Cinnamon
2 Egg Yolks	2 Tablespoons of Shredded Cocoanut
1 Whole Egg	or
$\frac{1}{2}$ Cup of Sugar	6 Dry Macaroons

Soak the toast in the milk. Add the eggs, beaten until light with sugar and cinnamon; stir in the cocoanut or crumbled macaroons and vanilla. Pour into a well-buttered shallow dish and bake in a moderate oven— 350° F.—until done, about 40 minutes. Spread lightly with almond meringue and brown in a slow oven— 300° F.

Almond Meringue

2 Egg Whites	A Few Drops of Vanilla
6 Tablespoons of Sugar	$\frac{1}{2}$ Cup of Blanched Almonds

Whip the whites of eggs to a foam and then gradually sprinkle on the sugar, beating until stiff. Flavor with the vanilla and fold in the almonds, finely crushed.

Star Pudding

1 Quart of Scalded Milk	4 Teaspoons of Cornstarch
$\frac{3}{4}$ Cup of Sugar	3 Egg Yolks
$\frac{1}{4}$ Teaspoon of Salt	$\frac{1}{2}$ Teaspoon of Vanilla
2 Ounces of Unsweetened Chocolate	$\frac{3}{4}$ Cup of Sugar
	$\frac{1}{4}$ Cup of Milk
	3 Egg Whites

Make the top six ingredients into a custard by first mixing together the cornstarch, sugar and salt, then adding to it the scalded milk. Cook over hot water, stirring continually until thick, cover and cook 15 minutes. Then stir into slightly beaten egg yolks and cook a minute longer. Add the vanilla



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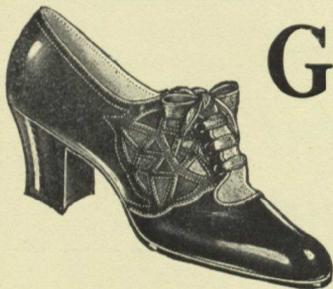
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and pour into pudding dish. Make the lower four ingredients into a meringue to spread over the top by melting the chocolate, adding the sugar and milk to it and slowly folding it into the stiffly beaten egg whites. Bake in a moderately hot oven—400° F.—until it cracks starlike on top, about 40 minutes. Serve cold in sherbet glasses.

Cream Tapioca

¼ Cup Pearl Tapioca or	1/3 Cup Sugar
1½ Tablespoons Granulated Tapioca	Salt
2 Cups Scalded Milk	2 Eggs
1 Teaspoon Vanilla	

If pearl tapioca is used soak 1 hour in cold water and drain. Granulated tapioca does not need soaking. Add the tapioca to the milk and cook in a double boiler until it is transparent. Add the sugar and salt to the egg yolks, and to this add slowly some of the hot mixture. When thoroughly mixed add to the mixture in the double boiler and cook until it coats a spoon. Remove the top of the double boiler, set in cold water, and add the stiffly beaten egg whites. Add the flavoring and pour into a pudding dish. Serve very cold.

Junket

1 Junket Tablet	¼ Cup Sugar
1 Tablespoon Cold Water	1 Quart Milk
Salt	½ Teaspoon Vanilla

Crush the junket tablet and dissolve in the cold water. Heat the milk until just lukewarm, add the sugar, salt, and vanilla, and stir until dissolved. Add the dissolved tablet and pour at once into individual serving dishes. Let stand in a warm place until it sets. Cool and serve with a bright red jelly as a garnish or with whipped cream and candied cherries.

Lemon Jelly

2 Tablespoons Gelatine	2½ Cups Boiling Water
½ Cup Cold Water	1 Cup Sugar
½ Cup Lemon Juice	

Soak the gelatine in the cold water, add the boiling water, and dissolve thoroughly. Add the sugar and the lemon juice and pour into molds to harden. If a clear jelly is desired the lemon juice should be strained through a cheese cloth before adding.

Other Jellies

Use the recipe for lemon jelly, substituting any fruit juice for half the boiling water and for half the lemon juice. If cut fruit is to be added let the mixture cool until it begins to thicken, add fruit, pour into mold, and chill. If a fancy product is desired, pour into the mold enough of the gelatine mixture to cover the bottom. Cool quickly, arrange a layer of fruit upon the hardened jelly, and cover with more of the gelatine mixture, which should be cold in order not to melt the first layer. Let this cool until set, and continue this process until your mold is full. To make coffee jelly, omit the lemon juice and two-thirds of the sugar and use cold boiled coffee of the usual breakfast strength to take the place of the boiling water.

Gelatine Cream

1 Tablespoon Gelatine	½ Cup Sugar
3 Cups Milk	Salt
1 Teaspoon Vanilla	3 Eggs

Add the gelatine to the milk and scald in a double boiler. Beat the yolks of the eggs, and to them add the sugar and salt. To this add some of the hot mixture, and when well mixed add to the milk and gelatine, stirring constantly. Cook until it thickens, add the vanilla, and remove from the fire. Add the whites of the eggs, stiffly beaten, pour into molds, and cool. To vary this recipe 1 cup of boiled coffee may replace 1 cup of milk, or 8 or ten macaroons may be ground and sprinkled over the pudding when it is removed from the molds.

Snow Pudding

1 Tablespoon Gelatine	1 Cup Sugar
¼ Cup Cold Water	1/3 Cup Lemon Juice
1 Cup Boiling Water	3 Egg Whites

Soak the gelatine in cold water, dissolve with the boiling water, add the sugar and lemon juice, stir until the sugar is dissolved, and cook quickly. When thick beat until frothy. Beat the whites of the eggs, add to the gelatine mixture, and continue beating until it is stiff enough to hold its shape. Cool and serve with soft custard.

Fruit Snow

2 Egg Whites	½ Cup Strained Fruit Pulp
	Sugar

Beat the eggs until stiff, add the strained fruit, sweeten to taste, and continue beating until the mixture will hold its shape. Pile into individual glasses and serve with soft custard.

Sauces

Hard Sauce

Cream $\frac{1}{3}$ of a cup butter, and gradually add 1 cup sifted powdered sugar, beating constantly. Add a few drops of any desired flavoring and 2 or 3 drops of boiling water, and continue beating until light and fluffy. Then set aside to chill thoroughly.

Hot Chocolate Sauce

To $\frac{1}{2}$ cup of sugar add $1\frac{1}{2}$ cups water and boil 3 minutes. Mix together 6 tablespoons cocoa, pinch of salt and 1 tablespoon of cornstarch, moisten with $\frac{1}{2}$ cup cold water. Then add the boiling syrup and cook for 10 minutes over a low flame, not allowing it to boil. Add $\frac{1}{2}$ teaspoon vanilla, and serve hot.

Banana Sauce

Scald $1\frac{1}{2}$ cups milk. Mix together 3 tablespoons sugar, 2 tablespoons of flour and the mashed pulp of 2 bananas. Gradually add the hot milk to the mixture, and cook until thick, stirring constantly. Add $\frac{1}{2}$ teaspoon vanilla and serve either hot or cold.

Allemande Sauce

To the whites of 2 eggs add the juice of 1 lemon. Beat until stiff and gradually fold in 4 tablespoons of fruit sugar. Chill well before serving.

Carmel Sauce

Put 1 cup granulated sugar in a hot frying pan and melt over medium heat until the syrup is a light brown color, stirring constantly. Carefully add $\frac{1}{2}$ cup boiling water and boil for 10 minutes.

Mousseline Sauce

Scald 1 cup milk. Beat 1 egg well and to it add 2 tablespoons sugar; mix well and then add the scalded milk gradually. Cook over hot water until thick enough to coat a silver spoon, stirring constantly. Add $\frac{1}{2}$ teaspoon vanilla, and set aside to cool. When cool, add $\frac{1}{2}$ cup thick cream, whipped, and blend well together.

Apricot Sauce

Heat 1 cup cooked apricots and juice. Then strain through a sieve, mashing as much pulp through as possible. Add 1 tablespoon lemon juice and reheat. Mix together 2 tablespoons sugar and 2 teaspoons cornstarch, and to them add the hot fruit juice. Cook until thick (about 10 minutes), stirring constantly. This sauce is particularly good over cornstarch pudding of plain boiled rice.

Maple Syrup Sauce

Put $\frac{1}{2}$ cup maple syrup, $\frac{1}{2}$ cup brown sugar and 1 cup boiling water in a saucepan, and bring to the boiling point. Mix 2 tablespoons cornstarch in a very small amount of cold water, and then add the boiling liquid to it. Heat until thick and clear, stirring constantly. Add 1 tablespoon butter.

Fruit Sauce

Any fruit juices such as peach, plum, pineapple, cherry and so forth, may be used separately or combined as delicious pudding sauces. Allow 1 tablespoon cornstarch for each cup of fruit juice, and add sugar to taste. Naturally, less sugar will be required when using preserved fruit juices than for the unsweetened. Lastly, add 1 tablespoon butter.

Lemon Sauce

Boil 1 cup sugar and 4 tablespoons water, then add 2 tablespoons cornstarch and 1 tablespoon butter, lastly add juice and grated rind of 1 lemon. Serve at once. Vinegar is sometimes added to season.

Custard Sauce

Beat the yolks of 3 eggs slightly, add $\frac{1}{4}$ cup sugar or syrup and speck of salt. Stir constantly while adding gradually $1\frac{1}{2}$ cups scalded milk to the yolk mixture. Return to the double boiler and cook until mixture thickens, stirring constantly. Flavor with $\frac{1}{2}$ teaspoon vanilla and chill.

If cooked too long, custard will curdle. Should this happen, beating with an egg beater will restore the smooth consistency. When eggs are scarce, use 2 yolks and $\frac{1}{2}$ tablespoon cornstarch.

Frozen and Icy-Cold Desserts

Walnut Chocolate Sundae

1 Square Chocolate	1 Cup Sugar
1 Tablespoon Butter	$\frac{1}{2}$ Teaspoon Vanilla
2 Tablespoons Corn Syrup	1 Quart Vanilla Ice Cream
$\frac{1}{3}$ Cup Boiling Water	1 Cup Walnut-meats

Melt chocolate over hot water, add butter, corn syrup and pour on gradually the water. Remove from over hot water, bring to boiling point, add sugar and boil five minutes, cool slightly and add vanilla. Put a scoop of vanilla ice cream in dessert glass, pour chocolate sauce over ice cream and sprinkle generously with coarsely chopped walnut meats. Serve at once. This sauce may also be served over plain cake.

Tutti Frutti Sauce for Vanilla Ice Cream

1 Cup Sugar	$\frac{1}{4}$ Cup Raisins
$\frac{1}{2}$ Cup Water	$\frac{1}{4}$ Cup Candied Cherries
$\frac{1}{2}$ Cup Figs	$\frac{1}{2}$ Cup Macaroon Crumbs
	$\frac{1}{4}$ Cup Chopped Walnuts

Boil sugar and water together for 5 minutes. Add figs, raisins and cherries which have been put through the food chopper. Cook 3 minutes longer. Cool slightly; add walnuts broken in small pieces and macaroon crumbs.

Cafe Mousse

½ Cup Ground Coffee	4 Egg Yolks
1 Cup Boiling Water	1 Cup Sugar

1 Quart Double Cream

Pour the boiling water over the ground coffee and let it stand on stone while you beat yolks of eggs and stir in the sugar. Strain coffee twice, and pour over beaten yolks and sugar. Cook in double boiler until mixture thickens, like custard. Let cool and add 1 quart cream (whipped stiff). Pack in ice and salt and when thoroughly chilled, turn in the coffee mixture. Pack in ice and salt as for ice cream and let stand for 6 hours.

Orange Mousse

6 Oranges	1 Cup Sugar
1 Lemon	1 Pint Cream
1 Teaspoon Gelatine in a little Hot Water	½ Cup Powdered Sugar
	Lemon Juice

Dissolve the gelatine in the hot water, add juice of lemon and oranges and 1 cup sugar. Turn into freezer and freeze, and place on top the cream, whipped and sweetened, with the powdered sugar. Flavor with the lemon juice. Pack in ice and salt and let stand for 5 hours. Serves 10.

Italian Sorbet

4 Cups Water	1½ Cups Grapefruit Juice
2 Cups Sugar	½ Cup Lemon Juice
1½ Cups Orange Juice	¼ Cup Loganberry Juice

Make a syrup by boiling sugar and water; cool; add fruit juices and freeze.

Maple Mousse

1 Cup Maple Syrup	1 Teaspoon Gelatine in
4 Eggs	½ Cup Cold Water
½ Cup Nuts	1 Pint Whipping Cream
	1 Teaspoon Vanilla

Heat maple syrup and pour over beaten yolks. Return the mixture to double boiler and cook, stirring constantly until like custard; then add the dissolved gelatine. Remove from fire and cool. When cold, add cream (beaten stiff) and stiffly-beaten whites of eggs, nuts, and 1 teaspoon vanilla. Turn into mold which has been dipped in cold water; pack in equal parts of ice and salt and let stand for from 4 to 6 hours. Serves 8 to 10.

Fruit Bisque

½ Pint Whipping Cream	1 Small Can Grated Pineapple
1 Egg White	½ Cup Chopped Nuts
½ Cup Sugar	10 Maraschino Cherries

Beat cream stiff, add the sugar and beaten egg white. Drain the pineapple and chop the cherries. Add these and the nuts, the cream and flavor with vanilla. Remove the dasher from a quart ice cream can and put in the bisque. Pack in ice and salt for 12 hours. When ready to serve, set the can in hot water for a second to loosen bisque from the sides, and turn it out onto a platter. Cut in slices and serve. Serves 6 to 8.

Pineapple Sherbet

2 Cups Sugar
4 Cups Water
2 Lemons (juice and pulp)
1 Can Shredded Pineapples
2 Egg Whites

Boil sugar and water for 20 minutes. When cool, add the juice and pulp of the lemons, the pineapple and the whites of eggs, beaten stiff. Put in freezer and freeze.

Frozen Strawberries

2 Boxes Ripe Strawberries
 $\frac{1}{2}$ Pint Whipping Cream
 $\frac{1}{2}$ Cup Sugar

Mash the berries and mix with the sugar; set aside for an hour or two. When ready to freeze, whip the cream stiff and mix with the berries and sugar. Pack like a mousse, in ice and salt, and leave for 3 hours. Peaches may be used instead of strawberries, using 6 large, or 9 small peaches.

Canton Sherbet

4 Cups Water
2 Cups Sugar
Juice of 4 Lemons
2 Ounces of Chopped Preserved Ginger
3 Tablespoons Cornstarch

Let the water come to a boil, add the sugar and corn-starch, which have been mixed together. Boil about 3 minutes, and pour over it the lemon juice and ginger. Chill and freeze.

Chocolate Ice Cream with Condensed Milk

2 Squares Unsweetened Chocolate
 $\frac{2}{3}$ Cup Boiling Water
Few Grains Salt
2 14-oz. Cans Sweetened Condensed Milk
Water
1 Tablespoon Vanilla

Melt chocolate over hot water. When melted, slowly add boiling water. Dilute condensed milk with sufficient water to make five cups of liquid. Scald and add slowly to chocolate mixture. Add salt and strain. When cool, add vanilla and freeze, using three parts ice to one part salt.

Cranberry Sherbet

Cook a quart of berries in water to cover them until they are soft enough to crush easily; then rub them through a sieve, add two cups of sugar and the juice of a lemon, stir over the fire until the sugar is well dissolved, then cool and freeze just to the mushy stage. Serve in sherbet glasses with the roast fowl.

Blackberry Blanc Mange

Molded blackberry blanc mange, well chilled and served in sherbet glasses topped with whipped cream, is delicately lovely. A few perfect berries may be reserved for a garnish. Use crushed or broken berries for the blanc mange, adding $1\frac{1}{2}$ cups of water to 3 cups of fruit. Stew until very soft, then strain and return the liquid to the fire, add a tablespoon of lemon juice. Sweeten with $\frac{1}{2}$ cup sugar and thicken with $\frac{1}{2}$ cup cornstarch moistened with an equal quantity of water. Simmer twenty minutes, then pour into molds and chill.

Plum Fluff

Plum fluff may be partially frozen or merely chilled to the last degree and served with or without whipped cream. Peel, stone and mash very fine enough ripe red plums to make a pint of pulp. Whip the whites of 2 eggs to a partial froth, then begin adding the plum pulp gradually. Whip until light and very stiff, adding a tablespoon of confectioners' sugar from time to time until $\frac{3}{4}$ of a cup has been used, and beat steadily as the mixture increases and stiffens. Pile lightly in tall dainty glasses and chill, or partially freeze in the refrigerator pans.

Raspberry Tapioca

Raspberry tapioca is an attractive dessert when served icy cold on a warm summer's day. Cover a pint of berries with a cup of sugar and leave for an hour. Meanwhile soak $\frac{1}{2}$ a cup of pearl tapioca in a pint of water until swollen—about 30 minutes. The time will depend upon its dryness. Add the sugared berries and any juice that has drained from them and stir over the fire until it boils. Chill and dip out in sherbet glasses and serve with cream, plain or whipped. Currant, strawberry or blackberry tapioca may be made in the same way and are equally as good.

Wild Rose Bavarian

Wild rose bavarian is just as colorful and delicately delicious as it sounds. It calls for 1 pint each of ripe red raspberries and currants. Add 1 cup water to the fruit and boil rapidly until very tender. Press through a sieve, add $\frac{3}{4}$ of a cup of sugar to the pulp and bring to the boiling point, then thicken with 2 tablespoons of cornstarch smoothed in a little cold water, cooked 20 minutes over boiling water, stirring until thickened. Cool slightly, then fold in the stiffly whipped whites of 2 eggs. When cold, fold in $\frac{1}{2}$ a cup of heavy cream whipped until stiff and pour into tall slender glasses to chill. Serve icy cold, with a spoonful of whipped cream and a whole raspberry on each glass.

Strawberry Surprise

2½ Cups Preserved Strawberries

3 Cups Boiled Rice

Italian Cream

Add 1 cup berries to boiled rice and heat in double boiler until rice has absorbed juice of berries. Put rice into greased mold or deep round cake-pan. Set in refrigerator to chill for 3 hours. When ready to serve, unmold on serving plate, and cover thickly with Italian cream. Garnish with the largest berries.

To serve, cut in slices like cake and over each slice pour some of remaining fruit.

Italian Cream

1½ Cups Sugar

2 Egg Whites

½ Cup Water

1 Cup Whipped Cream

Cook sugar and water together in sauce pan, stirring until sugar is dissolved. Continue cooking until syrup spins a thread when dropped from tip of spoon (to 240° F). Pour slowly over well-beaten egg whites, beating constantly while adding. Continue beating until cool, then fold in stiffly-beaten cream. Spread thickly over rice mold. This Italian cream is less sweet than frosting and more flavorsome than whipped cream.

Raspberry Ice

Raspberry ice may be served at a luncheon, afternoon tea, late dinner, picnic or smart dance with equal propriety. Crush 3 cups of ripe berries and add the juice of 1 lemon or 1 lime and $\frac{3}{4}$ of a cup of sugar. Make a thin syrup of $1\frac{1}{2}$ cups of water and $\frac{3}{4}$ of a cup of sugar boiled five minutes. Cool, add the berries, strain through a fine sieve and freeze, using eight parts of ice finely crushed to one part of salt, which is the best proportion for freezing ices. After the mixture is frozen stiff, remove the dasher and pack in four parts of ice to one part of salt to ripen at least an hour before serving.

Peach or Nectarine Ice

Peach or nectarine ice calls for a pint of crushed peach or nectarine pulp, a $\frac{1}{4}$ of a cup each of orange and lemon juice, 5 peach kernels, $1\frac{1}{2}$ cups of water and $1\frac{1}{4}$ cups of sugar. Boil sugar and water 5 minutes, adding the peach kernels, cool, add the fruit juice and strained peach pulp, and freeze as usual.

Frozen Melange

Frozen melange is merely a very nice fruit ice to which has been added, when partially frozen, any preferred fresh fruits cut up or otherwise prepared and sprinkled heavily with sugar for an hour or longer before using.

Fruit Coupe

Fruit coupe is rather an elegant dessert, but very simply made. Merely place a layer of fresh fruit, prepared as for the melange, between two layers of fruit ice, and top each serving with a generous spoonful of whipped cream.

Strawberry Ice

Wash and hull 1 quart strawberries, sprinkle with 1 cup sugar, mash, cover, and let stand two hours. Rub through a sieve; dilute with 1 cup cold water. Add a few grains salt, and lemon juice to taste.

Freeze strawberry ice in the usual way and use to line an ice cream mold or baking powder boxes. Fill centre with vanilla ice cream, or whip 1 cup cream, sweeten with $\frac{1}{4}$ cup powdered sugar, flavor with $\frac{3}{4}$ teaspoon vanilla, and add $\frac{1}{2}$ cup dry meringues broken in pieces, or $\frac{1}{2}$ cup macaroon crumbs, or even a few chopped peanuts. Put in centre of mold, cover with greased paper and with tin cover, pack in 3 parts ice mixed with 1 part salt, and let stand 3 or 4 hours. If more convenient, put the strawberry juice unfrozen in a mold, put whipped cream on top, prepared as above, cover and pack in ice and salt. Or serve the frozen strawberry ice in glasses, or in meringues; garnish with whipped cream, and sprinkle with chopped nut meats.

Loganberry Ice

3 Pints Loganberries
 $1\frac{1}{2}$ Pints Sugar

3 Pints Water
 Juice 3 Oranges

Juice 3 Lemons

Cook until berries are tender and then strain. Mix sugar with the hot strained liquid, the juice of the oranges and the juice of the lemons. Mix all together and freeze. A delightful ending to a substantial dinner.

Ice-Box Cooking

Ice cream requires a temperature of at least 20° F., or below. Mixtures which are too sweet will not freeze except at a very low temperature, and the proportion of 1 part of sugar to 4 parts of liquid is the highest than can be recommended. You will find that this proportion is sufficiently sweet.

Ice cream will freeze in four hours or more. Sherbets or frappes will freeze in about three hours, depending upon the amount. Ice cream and whipped cream desserts may stand overnight if you wish. Sherbets are better if served as soon as they are stiff, as they have a tendency to develop ice-crystals on long standing.

It is possible to adjust most mechanical refrigerators to give the degree of cold required. In some kinds you may do this yourself; in others your dealer will do it for you. But the real purpose of a refrigerator is the safe preservation of food, and nothing should be done to endanger this. Rather decrease the proportion of sugar used and serve a sweet sauce with your dessert.

Frozen desserts and salads may be made with whipped cream, whipped evaporated milk, or gelatine as a base. Ice creams made of unwhipped cream or milk in a mechanical refrigerator will not have the same consistency as those which have been made in a freezer where the revolving dasher constantly beats in air and breaks up the freezing mass so that the finished product has increased in bulk and is smooth from constant agitation.

To obtain a frozen dessert of smooth texture when "cooking" in the ice-compartment it is necessary to stir the mixture at intervals during the freezing. This may be done by stirring with a spoon when it is partially frozen, and at ½-hour intervals until it is stiff. An alternate method is to remove the half-frozen mixture to a chilled bowl and quickly to beat smooth and fluffy with a rotary beater. Return to the ice-compartment, and when frozen stiff repeat the process; then return to the ice-compartment again, and freeze until ready to serve.

Parfaits, mousses, and some molded salads do not need to be stirred while freezing. One teaspoonful of granulated gelatine or ¼ package of fruit-flavored gelatine to a cup of liquid will give a smooth texture. You can freeze any of your favorite whipped cream desserts or mayonnaise salads by cutting the gelatine to this proportion.

When making frozen desserts or salads, if all uncooked ingredients are chilled before they are combined it will reduce the time of freezing. All cooked mixtures should be allowed to stand until they are at room temperature before they are put in the ice-compartment. This will make a difference in the amount of current consumed. Water freezes at a temperature of 32° F., but as other ingredients are dissolved in water the freezing-point becomes lower and lower.

Frozen Pineapple Salad

- | | |
|----------------------------------|------------------------------|
| 1 Can Crushed Pineapple | $\frac{3}{4}$ Cup Mayonnaise |
| $\frac{1}{2}$ Cup Chopped Pecans | 2 Cups Pitted White Cherries |
| | 1 Cup Cream |

Drain the fruits and add to the cream, which has been whipped and blended with the mayonnaise. Stir in the pecans, mix well, and turn into a refrigerator-tray to freeze.

Fruit Fluff

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|------------------------------|----------------------------------|
| 1 Level Tablespoon Gelatine | 1 Teaspoon Lemon Juice |
| $\frac{1}{4}$ Cup Cold Water | 1 Cup Cream (whipped) |
| 4 Bananas | Few Grains Salt |
| 1 Orange | $\frac{3}{4}$ Cup Powdered Sugar |

To the bananas, which have been thoroughly mashed, add the fruit juices and a level tablespoon of grated orange rind. Add the gelatine, which has been soaked for 5 minutes in the cold water and dissolved over hot water. Beat in the sugar and fold in the whipped cream. Pour into a refrigerator-tray and chill.

Cocoanut Blanc-mange

- | | |
|------------------------------|--|
| 2 Tablespoons Gelatine | $\frac{1}{2}$ Teaspoon Vanilla |
| $\frac{1}{2}$ Cup Cold Water | 1 to $1\frac{1}{2}$ Cups Boiling Water |
| 2 Cups Condensed Milk | $\frac{1}{2}$ Cup Cocoanut |
| | Few Grains Salt |

Soak the gelatine in the cold water and dissolve in the boiling water. Add the condensed milk, vanilla, and salt. Chill until it begins to stiffen. Stir in the cocoanut. Chill in a refrigerator-tray.

Chocolate Rice Cream

- | | |
|------------------------------|-----------------------------|
| 1 Level Tablespoon Gelatine | $\frac{1}{4}$ Teaspoon Salt |
| $\frac{1}{2}$ Cup Cold Water | 1 Cup Cooked Rice |
| $\frac{1}{4}$ Cup Sugar | 1 Cup Evaporated Milk |
| 3 Tablespoons Cocoa | 1 Teaspoon Vanilla |

Soak the gelatine in the cold water for 5 minutes. Add the sugar, cocoa, and salt, which have been mixed together. Add the cooked rice and vanilla. Chill the mixture until it begins to thicken, and add the whipped evaporated milk. Pour into a refrigerator-pan and chill. (Evaporated milk must be heated for 5 minutes, and then thoroughly chilled before whipping.)

Angel Parfait

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|------------------------------------|--|
| $\frac{1}{2}$ Cup Granulated Sugar | 2 Tablespoons Cold Water |
| $\frac{1}{2}$ Cup Water | $\frac{1}{2}$ Cup Candied Fruit (cut fine) |
| Whites 2 Eggs | 3 Tablespoons Fruit Juice or Thick Syrup |
| 1 Teaspoon Gelatine | |
| | 1 to $1\frac{1}{2}$ Cups Heavy Cream (whipped) |

Boil the sugar and water until it threads. Slowly add to the whites of eggs, beating constantly. Add the gelatine, which has been soaked in cold water and dissolved over hot water. Add the candied fruit, which has soaked in the fruit juice overnight. Chill until it begins to set; then fold in the cream. Freeze for 4 hours.

Chocolate Parfait

1 Cup Sugar	2 Squares Unsweetened Chocolate
1 Cup Water	2 Cups Cream (beaten until stiff)
3 Egg Whites (stiffly-beaten)	1 Tablespoon Vanilla

Cook sugar and water to 238° F., or to soft-ball stage. Pour slowly over the stiffly beaten whites of eggs, beating constantly; beat until cool. Fold in unsweetened chocolate that has been melted and cooled; cream, beaten until stiff; and vanilla. Mold. Pack in 2 parts of ice to 1 part of salt; let stand 3 to 4 hours, or place in freezing trays of refrigerating unit and let stand 3 to 4 hours. Serves 8.

Biscuit Tortoni

$\frac{3}{4}$ Cup Macaroon-crumbs	$\frac{1}{2}$ Pint Cream (whipped)
$\frac{3}{4}$ Cup Top Milk	$\frac{1}{2}$ Teaspoon Vanilla
$\frac{1}{4}$ Cup Sugar	$\frac{1}{4}$ Teaspoon Almond Extract
	Few Grains Salt

Combine $\frac{1}{2}$ cup of the macaroon-crumbs with the milk, sugar, and salt. Soak for 1 hour. Fold in the whipped cream and flavoring, pour into paper charlotte-russe cups, and cover with the remainder of the macaroon-crumbs. Freeze for 4 hours in a refrigerator-tray.

Blackberry Granito

Crush a quart of very ripe blackberries and sprinkle with 1 cup of sugar. Let stand in a warm place for an hour, add a pint of water and press through a dampened cheesecloth. Stir in 3 tablespoons of orange juice and 1 tablespoon of lime or lemon juice and freeze in the refrigerator-pans for about 4 hours without stirring. When firm, serve in sherbet glasses with ladyfingers or thin crisp cookies.

Granitos or granites are ideal desserts for the mechanical refrigerator, for they require very little or no stirring whatever during the freezing process. The texture is granular and icy, never smooth and velvety.

Frozen Orange Roses

1 Orange	$\frac{1}{2}$ Cup Cream
1 Tablespoon Corn Syrup	1 Tablespoon Sugar
	Yellow or Orange Color

Grate yellow rind from $\frac{1}{2}$ orange, add 3 tablespoons orange juice and corn syrup and let stand $\frac{1}{2}$ hour. Beat cream until it begins to thicken, add sugar and orange juice slowly, add a little color and beat until stiff. Put through pastry bag and tube into electric refrigerator pan and leave 3 hours or until frozen, or pack in individual aluminum molds, cover with wax paper held in place with an elastic band and pack in ice and salt until frozen.

Ice-Box Cake

2½ Dozen ladyfingers	4 Egg Yolks
2 Squares Chocolate	1 Cup Butter (unsalted)
½ Cup Granulated Sugar	1 Cup Powdered Sugar
¼ Cup Water	4 Egg Whites
	1 Cup Whipped Cream

Separate ladyfingers and line bottom and sides of mold with them. Put chocolate, granulated sugar and water into double boiler. When mixture is smooth add well-beaten egg yolks very gradually. Cook until thick and smooth, stirring constantly. Remove from fire and cool. If butter is salted remove salt by working it with water, then cream butter with powdered sugar. Add egg mixture, then stiffly beaten egg whites. Pour mixture into lined mold, then cover with a layer of ladyfingers. Put in ice box and let stand 24 hours. When ready to serve, remove to platter and cover with sweetened whipped cream. Makes 8 servings.

Ice-Box Dessert

Beat together 1 dozen ladyfingers, ¼ pound of sweet chocolate, 3 tablespoons of coffee, 3 tablespoons of sugar, and 3 eggs. Melt the chocolate in the coffee, take from the fire, and add the beaten egg yolks and sugar, then fold in the stiffly-beaten whites. Place a layer of ladyfingers in a mold, cover with the chocolate mixture, then another layer of each until all is used. Keep in ice box overnight. Serve with whipped cream. Six servings.

Plum Cream Sherbet

½ Can Prune Plums	1 Cup Whipped Cream
1/3 Cup Sugar	2 Teaspoons Gelatine
½ Cup Milk	Few Grains Salt
	Scarlet Color Paste

Mix prune plums, stoned and cut in pieces, with sugar, milk, cream beaten stiff, salt and red color paste to give desired shade. Freeze in electric refrigerator, stirring as often as it begins to freeze.

Maple Mousse

Beat 4 eggs slightly, and over them pour slowly 1 cup of hot maple syrup, stirring constantly. Cook over hot water till the mixture thickens; cool. Add 2 cupfuls of heavy cream, whipped. Freeze in the trays of the electric refrigerator or pack in a mold and freeze in ice and salt for 3 or 4 hours.

Strawberry Mousse

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| 2 Cups Strawberries | 2 Teaspoons Gelatine |
| 1 Cup Sugar | 1 Tablespoon Lemon Juice |
| 1 Cup Whipping Cream | |

Crush the berries, mix with sugar, and let stand for 45 minutes. Meanwhile, soak the gelatine in 2 tablespoons of cold water and melt over hot water. When the strawberries are ready, add the lemon juice and gelatine to them, and combine with the cream, beaten stiff. Place the mixture in the freezer, pack in 3 parts ice to 1 part salt, and let freeze for 3 hours. Serve in tall glasses with wafers. Or freeze in the trays of an electric refrigerator.

Tutti Frutti Ice Cream

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|-----------------------------|----------------------------------|
| 3 Cups Milk | ¼ Cup Candied Cherries (chopped) |
| 4 Egg Yolks | 2 Cups Cream |
| 1 Cup Sugar | ½ Cup Macaroon-crumbs |
| ½ Teaspoon Salt | 1 Tablespoon Vanilla |
| ½ Cup Figs (finely chopped) | ¼ Cup Raisins (chopped) |

Scald milk in double boiler. Beat egg yolks slightly; add sugar and salt. Combine with scalded milk and cook over hot water until thickened, stirring occasionally to keep free from lumps. Remove from fire, add chopped fruit and cool. Beat cream until stiff and fold into custard mixture with macaroon crumbs and vanilla. Freeze, using eight parts ice to one part salt or turn into trays of electric refrigerator, first removing partitions. If the refrigerator is used, stir mixture every half hour for 3 or 4 times.

French Apricot Frappe

Two cups canned apricot pulp (rub drained, canned apricots through coarse strainer), 3 cups whipped cream, 1 cup powdered sugar (more if preferred), and 2 teaspoons vanilla or 1 tablespoon lemon juice. Add the stiffly beaten cream to the apricot pulp, sweeten, add the vanilla, and put into refrigerator-trays and freeze. Serve in frappe glasses, and top with whipped cream. Serves 12 to 15.

Frozen Tomatoes

Mash a 1-quart can of red tomatoes, removing all the hard particles. Add salt and pepper to taste, a little chopped onion, and chopped celery. Pour the mixture into the trays of an electric refrigerator to freeze, or pour in small baking powder cans and pack in ice and salt for 3 or 4 hours. Cut into blocks and serve on lettuce topped with a spoonful of mayonnaise.

Tomato Frappe

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|--------------------|-------------------------------|
| 2 Cans Tomato Soup | Crisp Shredded Lettuce Leaves |
|--------------------|-------------------------------|

Freeze the tomato soup in a refrigerator-tray for 4 hours, stirring at the end of 1 hour and every ½ hour thereafter. Turn out onto shredded lettuce in a sherbet glass and serve with the main course.

Cakes

Cup or Layer Cakes

1/3 Cup Butter	3/4 Cup Milk or Water
1 Cup Sugar	1 1/2 Cups Flour
1/4 Teaspoon Salt	2 1/4 Level Teaspoons Baking Powder
2 Eggs	1/2 Teaspoon Flavoring

Cream the butter and the sugar together thoroughly. Beat the yolks and stir in. Sift the flour with the baking powder and salt and add alternately with the milk. Beat all together lightly and flavor with 1/2 teaspoon vanilla and 1/2 teaspoon almond or lemon. Beat the egg whites until light and cut in very carefully. Bake in either patty tins or in two layers.

Spice Cake

1 Cup Sugar	1/2 Teaspoon Salt
1 Cup Sour Milk	2 Cups Flour
1 Teaspoon Soda	1 Teaspoon Cinnamon
1/2 Cup Shortening	1/2 Teaspoon Cloves
1 Teaspoon Baking Powder	1/2 Teaspoon Mace
1 Egg (beaten)	1/2 Teaspoon Nutmeg
1 Cup Raisins	1 Cup Nuts (chopped)

Add the soda to the sour milk, sift the flour with the salt and spices and dust a little of it over the raisins. Mix in order given. Bake in a moderate oven until done.

Ginger Cake

1 Cup Sour Cream	1/2 Teaspoon Cream of Tartar
1/2 Cup Molasses	1 Teaspoon Salt
1 Egg	1 Teaspoon Cinnamon
1 Teaspoon Soda	1 Teaspoon Ginger

Flour to make a soft dough

Graham Cracker Cake

1/2 Cup Butter	1/2 Cup Flour
1 Cup Sugar	1 1/2 Teaspoons Baking Powder
1 1/2 Cups Powdered Graham Cracker Crumbs	3/4 Cup Milk
	3 Eggs

Roll crackers, sift crumbs through sieve. Cream butter and sugar, add beaten egg yolks. Alternately add crumbs and baking powder and the milk. Bake in three-layer pans in a moderate (not hot) oven. Put together and frost with mocha frosting.

Date Squares

1 3/4 Cups Oatmeal	1/2 Teaspoon Salt
1 1/2 Cups Flour	1 Cup Brown Sugar
1 Teaspoon Soda	3/4 Cup Butter

Add the oatmeal to the other dry ingredients, which have been previously well mixed and sifted together; when thoroughly combined, rub in the butter. Spread a layer of the resulting rich crumbs in the bottom of a well-greased pan and on this spread a layer of the following date filling.

Jelly Roll

3 Large Eggs	1 Teaspoon Baking Powder
1 Cup Fine Sugar	1 Cup Pastry Flour
½ Teaspoon Lemon Extract	¼ Teaspoon Salt
2 Tablespoons Cold Water	

Separate eggs, beating yolks and sugar together till quite thick; add extract, then add lightly the stiffly beaten egg whites. Sift together 4 times flour, baking powder and salt; fold very lightly into egg mixture alternately with the cold water. Turn into a jelly roll pan, which has been lined with well greased paper. Bake in moderate oven for about 10 minutes; turn out on a clean, slightly damp cloth. Remove paper; cut crisp edges from sponge, spread with jelly and roll quickly while the sponge is still warm. Sift fine sugar on top.

Chocolate Fudge Cake

2 Cups Sifted Cake Flour	2 Egg Yolks (beaten light)
3 Teaspoons Baking Powder	3 Squares Unsweetened Chocolate, (melted)
½ Teaspoon Soda	1¼ Cups Milk
¼ Teaspoon Salt	1 Teaspoon Vanilla
½ Cup Butter or other Shortening	2 Egg Whites (stiffly beaten)
1 Cup Sugar	

Sift flour once, measure, add baking powder, soda and salt, and sift three times. Cream butter thoroughly, add sugar gradually, and cream together until light and fluffy. Add egg yolks and chocolate, then flour and milk alternately, a small amount at a time. Beat after each addition until smooth. Add vanilla. Fold in egg whites. Bake in two greased 9-inch layer pans in moderate oven (350° F.) for 30 minutes. Put layers together with Fudge Frosting. Double recipe to make three 10-inch layers. (All measurements are level.)

Fudge Frosting

2 Cups Sugar	2/3 Cup Milk
2 Squares Unsweetened Chocolate	2 Tablespoons Butter
2 Tablespoons Corn Syrup	1 Teaspoon Vanilla

Cook sugar, chocolate (cut in small pieces), corn syrup, and milk, stirring until sugar is dissolved. Then stir occasionally to prevent burning. Cook until syrup forms a very soft ball when tested in cold water (232°F). Remove from fire. Add butter and cool to lukewarm (110°F). Add vanilla and beat until frosting is creamy and of right consistency to spread.

Angel Food Cake

1 Cup Egg Whites (8 to 10)	1¼ Cups (castor or fine) Granulated Sugar (sifted)
¾ Teaspoon Cream of Tartar	¼ Teaspoon Salt
1 Cup Cake Flour (sifted once, measured, and sifted 4 times)	¾ Teaspoon Vanilla Extract
¼ Teaspoon Rose or Almond Extract	

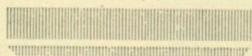
Pour the egg whites on a large platter or large bowl, add salt and beat with a flat egg beater until foamy. Add cream of tartar and continue beating until eggs are stiff enough to hold up in peaks, but not dry. Fold in the sugar, 1 tablespoon at a time. Add flavoring. Fold in the flour in the same

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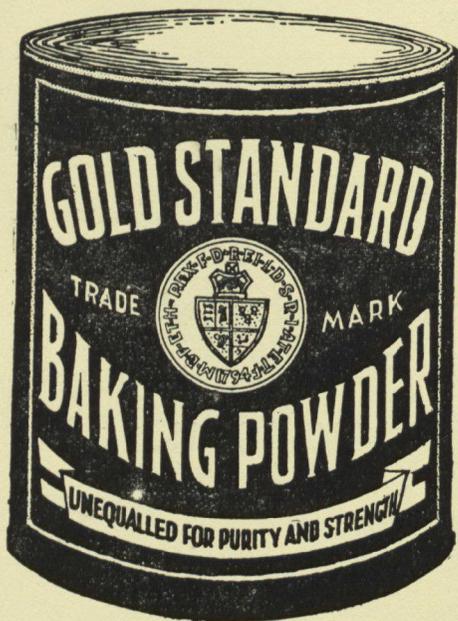
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manner as the sugar. Pour into an ungreased angel cake tin and bake in a very slow oven 50 to 60 minutes, increasing heat slightly when cake is almost done. Remove cake from oven and invert tin for 1 hour or until cake is cold. Remove cake from tin with a broad-bladed knife.

Sponge Cake (egg yolks only)

6 Egg Yolks	$\frac{1}{2}$ Teaspoon Salt
1 Cup Sugar	2 Teaspoons Baking Powder
$\frac{1}{2}$ Cup Boiling Water	$1\frac{1}{2}$ Cups Cake Flour
1 Teaspoon Lemon Extract	

Beat egg yolks until light with a Dover egg beater; add sugar gradually, then hot water, beating meanwhile. Add flour, sifted with baking powder, and salt, and beat thoroughly. Bake in a moderate oven about 45 minutes, or in 2 layers about 25 minutes. Put layers together with cream filling.

Orange Cake (with raisins)

$\frac{3}{4}$ Cup Butter	2 Cups Flour
$1\frac{1}{2}$ Cups Brown Sugar	1 Whole Ground Orange
2 Eggs	1 Cup Raisins (ground)
$\frac{3}{4}$ Cup Sour Milk	1 Teaspoon Soda

Dissolve soda in milk. Cream the butter and the sugar, add beaten eggs, add milk, flour, orange and raisins. Bake in shallow pan. Ice with white icing.

Raisin Cake

$\frac{3}{4}$ Cup Boiling Water	3 Teaspoons Baking Powder
2 Cups Seeded Raisins	$\frac{1}{2}$ Teaspoon Salt
$\frac{1}{2}$ Cup Butter or Substitute	$\frac{1}{2}$ Teaspoon Nutmeg
$1\frac{1}{4}$ Cups Sugar	$\frac{3}{4}$ Teaspoon Cinnamon
3 Eggs	$\frac{1}{4}$ Teaspoon Cloves
3 Cups Sifted Flour	$\frac{1}{4}$ Teaspoon Mace

Pour water over raisins and set aside to cool; drain, saving water.

Cream butter and gradually add sugar until thoroughly creamed. Add eggs well-beaten. Sift flour again, with baking powder, salt and spices. Dredge raisins with a portion of flour. Add rest of flour and raisin water alternately to mixture, beating well between each addition. Fold in floured raisins and pour into paper lined pan. Bake $1\frac{1}{4}$ to $1\frac{1}{2}$ hours in moderate oven (360° F.) If tube pan is used, bake 1 to $1\frac{1}{4}$ hours. When cooled, cover with a white icing with raisins.

Marble Cake

6 Tablespoons Shortening	½ Cup Milk
½ Teaspoon Mace	½ Teaspoon Cloves
1 Teaspoon Desired Extract	¾ Cup Sugar
2½ Teaspoons Baking Powder	3 Eggs
½ Teaspoon Cinnamon	⅛ Teaspoon Salt
1¾ Cups Flour	

Stir the shortening and gradually work in the sugar, the eggs well beaten, and the extract. Sift together dry ingredients, add them alternately with the milk to the first mixture, and beat well. Take out ½ of the mixture and add spices to it. Then put the plain and the spiced batter into the cake pan in alternating tablespoons and bake in moderate oven (350° F.).

Golden Spice Cake

(One Egg)

(All measurements are level)

2 Cups Sifted Cake Flour	¼ Teaspoon Allspice
4 Teaspoons Baking Powder	4 Tablespoons Butter or other shortening
¼ Teaspoon Salt	1¼ Cups Brown Sugar
1 Teaspoon Cinnamon	1 Egg (beaten light)
¼ Teaspoon Cloves	¾ Cup Milk
¼ Teaspoon Nutmeg	1 Cup Raisins (puffed in oven, then floured)
¼ Teaspoon Mace	

Sift flour once, measure, add baking powder, salt and spices and sift 3 times. Cream butter; add sugar gradually, and cream thoroughly. Add egg, then flour and milk alternately, a small amount at a time. Beat after each addition until smooth. Pour batter into greased pan, 8 x 8 x 2 inches, reserving a small amount. Sprinkle raisins over batter and cover with remaining batter. Bake in moderate oven (350° F.) 50 minutes. Cover top and sides with boiled white frosting. May also be made without raisins.

Cocoanut Layer Cake

½ Cup Butter	2 Cups Pastry Flour
1 Cup Sugar	¼ Teaspoon Salt
2 Eggs	1 Teaspoon Flavoring
2 Teaspoons Baking Powder	¾ Cup Milk

Cream the butter and sugar thoroughly together, add flavoring; beat eggs very light and gradually beat them into the butter and sugar. Sift flour, baking powder, and salt, add lightly to first mixture alternately with milk; turn into greased layer cake pans and bake in moderate oven from 15 to 20 minutes.

Fruit Cake

6 Eggs (beaten)	1 Teaspoon Mace
½ Cup Butter	¾ Cup Citron Peel
1 Cup Brown Sugar	¼ Cup Lemon Peel
2 Cups Flour	1 Cup Currants
1½ Lbs. Seeded Raisins	½ Lb. Glazed Cherries
1 Lb. Sultana Raisins	¼ Lb. Glazed Pineapple
½ Cup Jam	¼ Lb. Dates
1 Square Bitter Chocolate (melted over hot water)	¼ Lb. Preserved Ginger
½ Teaspoon Soda in 1 tablespoon hot water	½ Cup Brandy or Fruit Juice
2 Teaspoons Cinnamon	¼ Cup Honey
2 Teaspoons Allspice	½ Teaspoon Nutmeg
	½ Teaspoon Cloves
	Pinch Salt

Mix all together well. Bake slowly 3 hours.

Brownies

4 Tablespoons Shortening	1 Teaspoon Vanilla
1 Cup Granulated Sugar	2/3 Cup Flour
1 Egg	1 Teaspoon Baking Powder
2 Squares Chocolate (bitter)	⅛ Teaspoon Salt
½ Cup Nuts (chopped)	

Melt the shortening over hot water; add the sugar; mix well and then add 1 egg. In the same container that the shortening was melted in, melt the chocolate, add vanilla, mix thoroughly. Add flour sifted with the baking powder and salt. Mix in the nuts which have been chopped not too finely. Spread very thinly on greased and floured shallow baking pan and bake in slow oven for about 30 minutes. Cut in squares before removing from pan and while still hot.

Boston Cream Pie

Use either jelly roll or sponge cake batter. Bake in one deep layer pan; split and spread thickly with vanilla cream filling.

Cocoanut Macaroons

1 Egg White	1 Cup Cocoanut
1 Cup Granulated Sugar	2 Cups Cornflakes

Beat the whites, then add the sugar gradually, beating it all the time. Add the cocoanut, then the cornflakes. Drop on greased tins and bake until a light brown, in a moderately warm oven (350-400° F.).

Icings and Fillings

Boiled White Icing

$\frac{3}{4}$ Cup Granulated Sugar 1 Egg White
 $\frac{1}{3}$ Cup Boiling Water

Dissolve the sugar in the boiling water. Let boil until, when a little poured from the spoon will spin a long thread. Pour the syrup in a fine stream on the white of 1 egg beaten very stiff. Beat continually until cold and stiff enough to spread without running. If cooked or beaten too hard, beat in lemon juice or water a few drops at a time. If not cooked long enough (too thin) set the bowl of frosting over the fire in a pan of boiling water and heat constantly until the icing thickens perceptibly.

Chocolate Icing

2 Squares Unsweetened Chocolate Piece of Butter (same size as
 Powdered Sugar Chocolate)
 3 Tablespoons Boiling Water $\frac{1}{2}$ Teaspoon Vanilla

Melt the chocolate and the butter in a bowl in the oven or over hot water. Add immediately the boiling water, stir for a minute or until it thickens, then add at once sifted powdered sugar and stir until smooth. Keep adding the sugar until right consistency to spread on cake. This is a very nice shiny frosting but ingredients must all be ready to assemble very quickly.

Seven-Minute Icing

1 Unbeaten Egg White 3 Tablespoons Cold Water
 $\frac{7}{8}$ Cup Granulated Sugar $\frac{1}{2}$ Teaspoon Baking Powder

Place all the ingredients except the baking powder in the top of the double boiler. Place over boiling water and beat with beater for 7 minutes. Add $\frac{1}{2}$ teaspoon flavoring and baking powder; beat and spread on cake.

Butter Icing

3 Cups Confectioners' Sugar 1 Teaspoon Vanilla
 $\frac{1}{2}$ Cup Butter 1 Egg Yolk or White
 Hot Cream if necessary

Cream the butter; add egg; gradually work in the sugar, beating until very smooth. Add vanilla, and if necessary thin with hot cream. Icing should be stiff enough to have points stand up from the surface when the spoon is quickly lifted but should not break off bluntly. If a pure white icing is desired use an uncolored margarine and the egg white only.

Ginger Frosting

2 Cups of Confectioners' Sugar 2 Tablespoons of Butter
 2 Tablespoons of Molasses ½ Teaspoon of Ginger
 Boiling Water

The rich spiciness of ginger frosting gives just the right balance of flavor to a chocolate cake and is one of the simplest of frostings to make. Merely sift the sugar and ginger together and stir in the molasses. Then gradually blend this mixture into the softened butter. If too stiff, add just enough boiling water to make of a spreading consistency and put on the cake immediately.

Caramel Icing

Simply substitute brown sugar for white sugar.

Marshmallow Icing

Before adding vanilla, add 1½ cups marshmallows cut in small pieces and continue beating until mixture holds its shape.

Orange Icing

1 Cup Sugar 1 Egg White
 ½ Cup Water ½ Teaspoon Orange Juice or
 1 Egg Yolk 1 Teaspoon Orange Extract
 Orange Rind

Boil sugar and water without stirring until syrup spins a thread when dropped from spoon. Pour slowly onto egg white which has been beaten until stiff. Beat constantly with egg beater until mixture holds its shape. Then fold in gradually egg yolk, orange rind and juice and spread on cake.

Cream Filling

7/8 Cup Sugar 2 Eggs or 4 Egg Yolks
 1/3 Cup Cake Flour 2 Cups Scalded Milk
 ¼ Teaspoon Salt 1 Teaspoon Vanilla or
 ½ Teaspoon Lemon Extract

Mix dry ingredients, add eggs, slightly beaten, and pour on gradually scalded milk. Cook 15 minutes in double boiler, stirring constantly until thickened, afterwards occasionally; cook and flavor.

Vanilla Cream Filling

½ Cup Sugar 2 Eggs
 2 Tablespoons Cornstarch 1 Cup Scalded Milk
 ¼ Teaspoon Salt 2 Teaspoons Butter
 ½ Teaspoon Vanilla

Mix sugar, cornstarch, salt and beaten eggs. Pour on gradually scalded milk; add butter. Cook in double boiler until thick and smooth, stirring constantly; add flavoring.

Chocolate Cream Filling

1 Cup Sugar	2 Cups Scalded Milk
1/3 Cup Flour	2 Teaspoons Butter
1/4 Teaspoon Salt	1 1/2 Squares Unsweetened Chocolate
2 Eggs	1 Teaspoon Vanilla

Mix dry ingredients. Add eggs slightly beaten. Add the scalded milk slowly and cook in double boiler until thick and smooth. Add chocolate which has been melted, butter and flavoring.

Strawberry Filling

1 Egg White (unbeaten)	3/4 Cup Powdered or Confectioners' Sugar
1/2 Cup Drained Strawberry Pulp	

Place all in bowl and beat with wire egg whip until very stiff.

Pineapple Cream Filling

1 Cup Shredded Pineapple	1/2 Pint Cream
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Drain the juice from the pineapple and spread thickly over lower part of cake. Place a layer of the cream which has been whipped and slightly sweetened thickly over the pineapple.

Nut and Fruit Filling

2 Cups Granulated Sugar	1/4 Cup Chopped Nuts
2/3 Cup Boiling Water	1 Cup Mixed Figs, Raisins, Citron, Cherries and Pineapple cut fine
Whites of 2 Eggs	

Boil sugar and water without stirring until syrup spins a thread. Beat egg whites until dry; add syrup gradually, beating constantly. When cool, add nuts and fruit. Spread between layers of cake.

Cookies

Ginger Snaps

1 Cup Molasses	1 Teaspoon Ginger
1 Cup Sugar	1/2 Teaspoon soda
1/2 Cup Butter	1 Egg
1 Teaspoon Cinnamon	2 Cups Flour
	1 Teaspoon Baking Powder

Boil together molasses, sugar, butter, spices and soda for 5 minutes. Cool and add the egg, beaten, and flour sifted with baking powder. Roll very thin on floured board and cut in strips 1 inch wide and about 4 inches long. Place on greased baking pans or cooky sheet and bake in moderate oven for 6 minutes.

Vanilla Snaps

- | | |
|--|-------------------------------------|
| 1 Cup White Sugar | $\frac{1}{2}$ Teaspoon Salt |
| $\frac{1}{2}$ Cup Butter or Shortening | 2 Cups Flour |
| 2 Eggs | 2 Teaspoons Milk |
| 1 Teaspoon Vanilla | 1 Teaspoon Cream of Tartar |
| | $\frac{1}{2}$ Teaspoon Soda in Milk |

Cream the sugar and shortening well together, add the eggs well beaten, then add the flour sifted with the salt and cream of tartar, and the milk and soda alternately. Add vanilla lastly. Roll wafer thin and bake on well greased cooky sheet in moderate oven.

Flaked Oat Cookies

- | | |
|------------------------------|---------------------|
| 1 Cup Sugar | 1 Teaspoon Soda |
| $\frac{3}{4}$ Cup Shortening | 2 Cups Flour |
| 2 Eggs | 2 Cups Flaked Oats |
| 4 Tablespoons Sour Milk | 1 Teaspoon Cinnamon |

Cream sugar and shortening. Add well beaten eggs. Add the soda to the milk. Then alternately milk and flour and cinnamon. Mix thoroughly. Drop on greased tins, allowing space for spreading. Bake in moderate oven.

Grand Nut Cookies

- | | |
|---|-----------------------------|
| 1 Cup Brown Sugar | $2\frac{1}{2}$ Cups Flour |
| $\frac{1}{2}$ Cup Butter and Lard Mixed | 1 Large Handful Rolled Oats |
| 2 Eggs | 2 Teaspoons Cream of Tartar |
| $1\frac{1}{2}$ Teaspoons Soda in | 1 Teaspoon Vanilla |
| 3 Tablespoons Boiling Water | $\frac{1}{2}$ Cup Nuts |
| Little Salt. | |

Mix like cookies above.

Kisses

- | | |
|--------------------|-----------------------|
| 1 Cup Castor Sugar | 1 Cup Cut Dates |
| Whites of 2 Eggs | 1 Cup Cut Nuts |
| | 1 Teaspoon Cornstarch |

Beat egg whites for 10 minutes, then gradually add the castor sugar 1 tablespoon at a time, then the cornstarch. Stir in nuts and dates. Drop tiny spoonfuls on well greased white writing paper and bake in a very, very slow oven for 30 minutes.

Pinwheel Cookies

- | | |
|--------------------------|--|
| $\frac{1}{2}$ Cup Sugar | $1\frac{1}{2}$ Cups Flour |
| $\frac{1}{2}$ Cup Butter | $1\frac{1}{2}$ Teaspoons Baking Powder |
| 1 Egg Yolk | $\frac{1}{8}$ Teaspoon Salt |
| 3 Tablespoons Milk | $\frac{1}{2}$ Teaspoon Vanilla |
| | 1 Square (1 oz.) Chocolate (melted) |

Cream butter, add gradually the sugar, add egg yolk and beat the mixture well. Add the milk, add the flour which has been sifted with baking powder and salt. Add vanilla. Divide dough into halves. To $\frac{1}{2}$ of this mixture add melted chocolate.

Roll the white dough into a thin rectangular sheet, then roll the chocolate mixture into a sheet the same size. Place white dough over the chocolate and gently press together.

Roll up as for jelly roll into a tight roll about 2 inches in diameter. Set

in ice box for several hours to become firm. Cut into $\frac{1}{4}$ -inch (thin) slices with a sharp knife and lay, cut side down, on a greased cooky sheet. Bake in a moderate oven for about 8 to 10 minutes. Makes four dozen cookies.

Ice-Box Cookies

1½ Cups Shortening	1 Teaspoon Cinnamon
1 Cup Brown Sugar	½ Teaspoon Salt
1 Cup Granulated Sugar	4½ Cups Flour
3 Eggs	1½ Teaspoons Soda

1 Cup Nut-Meats

Cream the shortening thoroughly, add the sugars gradually, then the beaten eggs. Mix well. Then add the dry ingredients, which have been sifted 3 times and mixed with the nut-meats. Pack in a mold or form into a roll about the size of a rolling pin, wrap in wax paper, and leave in the refrigerator overnight. With a sharp knife slice as thin as possible, lay on an oiled cooky sheet, and bake for 12 to 15 minutes in a moderate oven until a golden brown. The dough for these cookies may be kept on hand in a cold place, and when needed may be quickly cut and baked.

Pecan Cookies (Drops)

Cream together 1 cup brown sugar and $\frac{1}{2}$ cup of shortening ($\frac{1}{4}$ pound). Stir in 1 egg, $\frac{1}{2}$ teaspoon of vanilla, 1 cup of sifted pastry flour, and $\frac{1}{2}$ cup of broken pecan meats. Drop from a teaspoon on buttered pans, placing $\frac{1}{2}$ a pecan in the centre of each cake. Bake in a moderately slow oven, so that the cakes dry as they brown.

Nut-and-Fruit Drops

Cream $\frac{1}{2}$ cup of shortening and 1 cup of brown sugar together. Beat in 2 egg yolks and $\frac{1}{4}$ teaspoon each of vanilla and almond flavoring. Stir in 2 cups of pastry flour and 1 cup of chopped nuts, raisins, dates, and candied pineapple. Drop in $\frac{1}{2}$ teaspoons on greased pans. Place $\frac{1}{2}$ a candied cherry on each cake and bake in a moderate oven.

Norwegian Cakes (Cuts)

Cream $\frac{1}{2}$ cup of shortening and $\frac{1}{2}$ cup of sugar together until light. Add the well-beaten yolks of 3 eggs and 1 teaspoon of lemon extract. Fold in 1 cup of sifted pastry flour, and lastly add the beaten whites. Spread this batter out on greased pans to the depth of about $\frac{1}{3}$ -inch. Sprinkle the top with granulated sugar and 1 cup of chopped blanched almonds. Place in a moderate oven and bake until a delicate brown. Remove from the oven, and with a sharp knife cut into small diamond-shaped pieces. Return to the oven immediately, and bake again until each piece is dry. The oven must be very slow for this, so that the cakes do not get too brown.

These cakes are decidedly different.

Lightning Cakes (Cuts)

Beat 1 cup of sugar and 2 eggs together. Stir in 1 cup of flour and 1 teaspoon of baking powder, sifted together. Add $\frac{1}{2}$ teaspoon of vanilla and $\frac{3}{4}$ cup of melted butter. Spread over greased pans to the depth of about $\frac{1}{3}$ -inch, and sprinkle with $\frac{1}{2}$ cup of chopped pecans, walnuts, or almonds. Bake in a fairly quick oven until brown. Cut immediately into squares, and the cakes are ready to serve.

Jelly Delights (Slices)

Beat 1 egg and 1 cup of sugar together until light. Flavor with vanilla, lemon, or almond. Gradually add $2\frac{1}{2}$ cups of sifted pastry flour. Then knead in $\frac{1}{4}$ pound of cold shortening until the dough is well blended. Form into rolls or "sausages" about 2 inches in diameter, and set in the ice box for several hours. Then slice with a sharp knife in thin slices and bake on greased pans in a moderate oven until a light brown. Just before serving, spread the under sides with jelly, and put two and two together.

These can also be spread with chocolate icing, but they're good enough to serve just the way they are.

Walnut-and-Date Cookies (Slices)

Beat $1\frac{1}{2}$ cups of brown sugar and 1 egg together. Flavor with vanilla. Stir in 1 cup of finely chopped walnut meats and 2 cups of sifted flour. Knead in $\frac{1}{2}$ cup of cold shortening. Form into rolls about $1\frac{1}{2}$ inches in diameter, and set in the ice box for 7 or 8 hours. Then slice in thin slices, spread with date mixture, and in the centre of each cake place a blanched almond. Bake in a moderate oven until a light brown.

Date dressing: Moisten $\frac{1}{2}$ pound of pitted dates with the juice of 1 orange. Place over a slow fire until the mass is blended. Then stir in 1 tablespoon of butter and 1 tablespoon of honey.

Deep Fat Frying

Never until a pure 100 per cent vegetable shortening appeared on the market, did the average housewife fry with perfect confidence. "Domestic Shortening," a pure vegetable shortening, having a frying temperature between 341° F. to 383° F. and a high smoking point from 428° F. to 437° F., readily proves itself an ideal frying shortening, because it is not essential to have the shortening smoke to produce a crisp, brown, fried food, free from all sogginess.

When fat begins to smoke, it begins to decompose, it then loses some of its nutritive value and becomes very indigestible. Lard and butter, both animal fats, smoke at a much lower temperature, thus demanding much more care on the part of the cook if decomposition and the resulting indigestible products are to be avoided.

"Domestic Shortening" can be heated hot enough to fry perfectly long before it burns. It is also economical, especially in deep fat frying. It will not absorb the odour or flavor of any food cooked in it and is not altered by reheating to frying temperature. After using "Domestic Shortening" for deep fat frying, strain it to remove any crumbs of food. Occasionally it should be put on to heat with some sliced raw potato to clarify it. After the fat has ceased to bubble and the potato is brown, it may be poured through cheese cloth into a clean receptacle.

Right Temperature for Frying

The old-fashioned smoking test can not be used with "Domestic Shortening," because "Domestic Shortening" does not smoke until it burns, and then it is too hot for frying. The only accurate, simple household test for temperature in deep fat frying is by means of a cube of bread.

It requires about twenty to twenty-five minutes with moderate heat to bring 2 lbs. of "Domestic Shortening" to the right temperature for frying. The cube of bread should then be dropped in, and by using the following table you can determine the right temperature for the particular kind of food being used.

Time Table for Deep Fat Frying

Cooked Mixtures, Croquettes, etc.	Bread browns in 40 seconds
Raw Mixtures, Fritters, Doughnuts, etc.	Bread browns in 1 minute
French Fried Potatoes or other Fried Vegetables	Bread browns in 1½ minutes
Raw Meats, Chops, Cutlets, etc.	Bread browns in 2 minutes

All foods to be fried in deep fat should contain or be cooked with egg. The egg coagulates instantly when it comes in contact with the hot "Domestic Shortening," thereby preventing the absorption of fat.

Besides all kinds of croquettes and cutlets, such foods as oysters, clams, scallops, fish fillets and slices of egg plant are made ready for cooking in this way.

The proper method is to roll the pieces to be fried lightly in crumbs, then drop in slightly beaten egg and then in the crumbs again. The crumbs may be either dried bread rolled out and sifted, or crackers. The egg should be beaten slightly with a fork and two tablespoons of milk or water added to each egg. After the final crumbing, they should be placed in a frying basket that has been dipped in the hot "Domestic Shortening." They should be immersed in the fat and cooked until golden brown, when they are ready to be drained on brown, unglazed paper, and served with sauce.

Economy Croquettes

2 Cups Minced Meat	1 Tablespoon "Domestic Shortening"
3 Cups Mashed Potatoes	1 Egg
½ Teaspoon Poultry Seasoning	2 Tablespoons Water
½ Cup Stale Bread Crumbs	

Mix poultry seasoning and salt with minced meat. Add melted "Domestic Shortening." Shape potatoes into balls, hollow in the centre. Fill with minced meat and cover with potatoes. Shape into round balls.

Beat the egg, add the water and roll balls in bread crumbs. Dip in egg mixture and roll in bread crumbs again. Fry in hot "Domestic Shortening" (380° F. to 390° F.) when an inch cube of bread browns in 40 seconds. Drain and serve with tomato sauce.

Doughnuts

1 Large Cup White Sugar	1 Teaspoon Soda
2 or 3 Eggs	1 Cup Sour Milk
1 Teaspoon Salt	1 Teaspoon Lemon
1 Teaspoon Baking Powder	1 Teaspoon Vanilla
1 Teaspoon Cream of Tartar	2 Tablespoons Lard (melted)

Flour to make soft dough

Beat eggs until very light, add sugar and stir well. Sift a little flour with the salt, baking powder, soda and cream of tartar and add to the above alternately with the sour milk. Add melted lard, lemon and vanilla. Add only sufficient flour to make a very soft dough but one you can handle. Roll out to about $\frac{1}{2}$ -inch thick and cut with doughnut cutter. Drop in steaming hot fat and cook until nicely browned, turning once. Drain on unglazed paper. Sprinkle powdered sugar over each doughnut if desired.

Fritter Batter

1 Cup Flour	$\frac{1}{2}$ Teaspoons Salt
$1\frac{1}{2}$ Teaspoons Baking Powder	1 Egg
	$\frac{2}{3}$ Cup Milk

Sift flour, baking powder and salt together into bowl. Add egg which has been beaten and the milk. Beat until smooth and fry as directed.

Berry Fritters

Any fresh berries, or even canned ones, may be used in fritters by stirring 1 cup of the berries (well drained, if canned ones are used) into $1\frac{1}{2}$ cups of the batter. Drop by spoonfuls, when well mixed, into hot oil, and fry as usual.

Orange Fritters

Divide oranges into sections, remove the seeds, dip in batter and fry.

Pineapple Fritters

Dip halves of slices of canned pineapple in batter and fry.

Banana Fritters

Peel the bananas, cut in halves, then each half again in the opposite direction. Sprinkle with lemon juice and powdered sugar, let stand, then drain if any juice is visible, dip in batter and fry.

Corn Fritters

1½ Cups Milk	1/3 Teaspoon Pepper
2 Cups Canned Corn	3 Teaspoons Baking Powder
2 Cups Flour	1 Tablespoons Melted Shortening
1½ Teaspoons Salt	2 Eggs

Add milk to corn; add flour sifted with salt, pepper and baking powder; add shortening and well-beaten eggs. Beat all together well and fry by spoonfuls in fat hot enough to brown a piece of bread in 60 seconds. Drain and serve immediately. Makes 16 fritters.

Vegetable Fritters

Cut in small pieces cooked cauliflower, egg plant, oyster plant, and string beans. Put in plain fritter batter and fry in deep fat hot enough to brown a piece of bread in 40 seconds.

Waffles

One Egg Waffles

1½ Cups Flour	1¾ Cups Milk
1½ Teaspoons Baking Powder	1 Egg
¼ Teaspoon Salt	2 Tablespoons Melted Butter

Mix dry ingredients, add milk slowly, egg beaten very light and the melted butter. Beat batter for 2 minutes with egg beater and drop by spoonfuls on well greased, hot waffle iron.

Pineapple Breakfast Waffles

Mix 2 cups flour, 4 teaspoons baking powder and ½ teaspoon salt. Add 1 cup milk, 2 beaten egg yolks, 1 cup crushed or grated pineapple and 1 tablespoon melted fat. Fold in 2 stiffly beaten egg whites and bake in a hot, well-greased waffle iron until brown.

Pecan Waffles

1½ Cups Pastry Flour	½ Teaspoon Soda
½ Teaspoon Salt	1¼ Cups Sour Cream
1 Teaspoon Sugar	3 Eggs
½ Cup Pecan Nut Meats	

Sift pastry flour with salt, sugar and soda and stir in sour cream slowly. You may use rich sour milk or a mixture of sour cream and sour milk. Add egg yolks well beaten. Fold in egg whites beaten stiff and add nut meats which have been broken in pieces. Cook in hot waffle iron and serve at once.

Pickles and Preserves

Sliced Cucumber Pickles

1 Quart Small Cucumbers (sliced thin)	1 Tablespoon White Mustard Seed
1 Medium Sized Onion (sliced thin)	1 Tablespoon Grated Horseradish
1 Red or Green Pepper	Pinch of Tumeric
1 Cup Brown Sugar	Vinegar to Cover

Sprinkle the cucumbers, onion and pepper with salt and let stand for three hours. Then add the sugar, mustard seed, horseradish and tumeric and add enough vinegar to cover. Heat well but do not boil. Put in hot sterilized bottles and seal.

Ripe Cucumber Pickles

2 Dozen Ripe Cucumbers (large)	4 Cups White Sugar
2 Bunches Celery	1 Cup Flour
2 Quarts Onions	4 Teaspoons Mustard
Salt	½ Teaspoon Tumeric
3 Pints White Vinegar and Water	

Put the cucumbers, celery and onions through the coarse meat chopper. Sprinkle with salt and let stand over night. In the morning drain well and add the sugar, flour, mustard, tumeric and weak vinegar. Boil until thick, about one hour. Seal in hot sterilized bottles.

Pickled Beets

Boil a large pan of beets, care being taken that the stems are not cut off too near the beet root. While hot put into hot sterilized jars. The small beets may be put in whole, while the larger ones should be cut in pieces about the size of the smaller ones. Have ready and pour over them the following hot liquid:

1 Pint Cider Vinegar	1 Small Tablespoon Salt
1 Cup Sugar	1 Cup Beet Juice

If hot beets are plunged into cold water for a few seconds the skins and stems are easily removed. Do this before bottling.

Pickled Onions

Skin ½ peck of silver skin onions and sprinkle a cup of salt over them. Leave for 2 hours and pour off the brine, then pack in bottles. Pour on some sharp cold vinegar with a teaspoon of Keen's mustard mixed in, along with 3 tablespoons of whole spices. Seal and put away for a few weeks before using.

Chili Sauce No. 1

1½ Dozen Ripe Tomatoes	2 Cups Brown Sugar
3 Peaches (ripe)	1 Teaspoon Ground Allspice
3 Pears (ripe)	1 Teaspoon Ground Cinnamon
2 Green Peppers	1 Teaspoon Salt
1 Sweet Red Pepper	⅛ Teaspoon Cayenne Pepper
3 Onions	1 Pint Vinegar

Put the onions and peppers through the meat grinder. Cut up the fruit and tomatoes in pieces, put all together and boil for two hours. Seal in hot sterilized bottles or jars. One package of raisins may be added and cooked with above if desired.

Chili Sauce No. 2

1½ Dozen Ripe Tomatoes	2 Tablespoons Salt
6 Onions	1 Cup Brown Sugar
6 Sour Apples	¼ Teaspoon Cayenne Pepper
3 Green Peppers	1 Cup Vinegar

Put the onions and peppers through the meat grinder. Chop up the tomatoes and apples fine. Cook all together for about 1½ hours. Seal in sterilized bottles or jars.

Chili Sauce No. 3

30 Ripe Tomatoes	8 Tablespoons Sugar
2 Green Peppers	1 Tablespoon Ground Allspice
2 Red Peppers	1 Large Stick Cinnamon
8 Onions	1¼ Teaspoons Mustard
4 Teaspoons Salt	1 Quart Vinegar

Peel and slice the tomatoes. Chop the peppers and the onions and combine with the tomatoes and the other ingredients and cook all together until it is thick. Seal in sterilized bottles or jars.

Green Tomato Pickle

1 Peck Green Tomatoes	¼ Cup White Mustard Seed
1 Dozen Onions (small)	½ Cup Pickling Spices (in cheesecloth bag)
3 Red or Green Peppers	1 Tablespoon Cloves
¼ Cup Horseradish	7 Cups Sugar
¼ Cup Celery Seed	
	Salt

Slice the tomatoes and onions and sprinkle each layer with salt. Let stand over night; in the morning drain. Scald in weak vinegar (1/3 vinegar and 2/3 water) and drain again. Add chopped peppers, sugar and spices, cover with vinegar and cook until tender. Remove the bag of spices and seal in sterilized bottles while hot.

Green Cucumber Pickles

1 Peck Small Cucumbers

1 Cup Salt

Wash in cold water. Place in crock and add the salt with enough cold water to cover. Let stand 24 hours. Drain from brine and scald cucumbers in a weak vinegar. Drain and pack either in crocks or Mason jars.

Boil together the following:

1 Gallon Vinegar

2 Tablespoons Peppercorns

1 Cup Brown Sugar

2 Tablespoons Allspice

1 Tablespoon Powdered Alum

1 Tablespoon Cloves

1 Ounce Cinnamon

Pour this over the cucumbers and seal.

Mustard Pickles

1 Pint Small Cucumbers

1 Pint Cauliflower

1 Pint Large Cucumbers

3 Red Peppers

1 Pint Pickling Onions

3 Green Peppers

1 Cup String Beans

1 Cup Carrots

1 Pint Small Green Tomatoes

Cut the large cucumbers in small pieces. Cut the string beans diagonally in inch pieces. Cut the cauliflower in small pieces. Chop the peppers. Use small or sliced carrots. Cut the tomatoes in halves or quarters. Soak over night in brine. Drain them in the morning and soak them in water for 3 hours. Mix a sufficient amount of vinegar and water in equal quantities to cover the vegetables. Allow them to stand in this vinegar for an hour and then scald them in it.

3 Pints Vinegar (hot)

2 Cups Sugar

 $\frac{3}{4}$ Cup Flour

1 Teaspoon Turmeric

1 Teaspoon Celery Salt

4 Tablespoons Mustard

Add the hot vinegar to the other ingredients slowly, stirring it to make a smooth paste. Cook the mixture over a pan of hot water until the sauce thickens. Drain the vegetables slowly and thoroughly. Pour the mustard dressing over them while they are hot, and simmer them for 5 minutes. Pack the pickles into hot clean jars and seal.

Sweet Pickled Peaches $\frac{1}{2}$ Peck Peaches

2 Cups Vinegar

2 Pounds Brown Sugar

1 Ounce Stick Cinnamon

Cloves

Boil the sugar, vinegar and cinnamon for 20 minutes. Dip the peaches quickly in hot water, then rub off the fuzz with a towel. Insert four cloves in each peach. Put into the syrup and cook until soft using $\frac{1}{2}$ of the peaches at a time. Soaked dried peaches could be used if desired.

Green Tomato Mince-Meat

1 Peck Green Tomatoes	3 Lemons
3 Pounds Brown Sugar	1 Pound Currants
1 Cup Vinegar	2 Teaspoons Cloves
1½ Cups Suet	2 Teaspoons Nutmeg
2 Pounds Raisins	2 Teaspoons Casha
6 or 8 Tart Apples	Salt to taste

Chop and drain the tomatoes. Cover with cold water and drain again. Squeeze the juice from the lemon and add to tomatoes. Put the rind of the lemon through the meat grinder and add. Mix all the ingredients together. Cook all together until suet is clear.

Genuine Old Mince-Meat

3 Pounds Lean Beef	2 Lemons (grated rind and juice)
1 Smoked Tongue	2 Lemons (grated rind)
3 Pounds Suet	4 Pounds Brown Sugar
4 Pounds Puffed Raisins	1 Teaspoon Cloves
¼ Pound Chopped Candied Lemon-peel	1 Teaspoon Mace
4 Pounds Chopped Apples	1 Teaspoon Black Pepper
2 Pounds Currants	2 Teaspoons Grated Nutmeg
1 Pound Sliced Citron	1 Teaspoon Allspice
¼ Pound Chopped Candied Orange-peel	2 Tablespoons Salt
	1 Teaspoon Cinnamon
	Cider to moisten

Boil the beef and add salt while cooking. Soak the tongue over night in cold water. Boil it the next morning in fresh water, and let cool in its liquor. Put the suet and the beef and tongue through the meat grinder. Mix the meat with all the other ingredients. Will keep in a stone jar or bottles.

Jams, Jellies and Conserves**Orange Marmalade No. 1**

6 Oranges	4 Lemons	1 Grapefruit
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Wash the fruit, slice very thin, first cutting in quarters to remove the seeds. To each pound of sliced fruit add 3 pints of cold water, let this stand 24 hours, then boil 2 hours or until peel is perfectly tender. Let stand until next day. To each pint of boiled fruit add 1 pint of granulated sugar, boil together for 2 hours or until it jellies. This rule make 20 glasses.

Orange Marmalade No. 2

8 Oranges	½ Cup White Corn Syrup
2 Lemons	6 Pints Water
4 Pounds Sugar	

Wash the oranges and lemons, quarter them, remove the seeds, and slice very thin. Add the water and allow to stand for 24 hours. Put on to cook, and boil for 1 hour. Remove from the stove. Add the sugar and syrup and allow to stand for 24 hours longer. Boil again for 1 hour. Pour into sterilized glasses and seal with paraffin.

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Pear Marmalade

1 Large Orange
2 Pounds Pears

1 Large Lemon
2 Pounds Sugar

Grind the orange and the lemon, removing the seeds only. Pare the pears and put through the meat grinder. Cook all together for about $\frac{3}{4}$ of an hour or until clear.

Grapefruit Marmalade No. 1

3 Grapefruit

3 or 4 Lemons

Slice very thin. To each pint of sliced fruit add 3 pints of cold water and let stand 24 hours. Cook until tender and set aside for another 24 hours. To each pint of liquid add 1 pint of sugar. Cook until transparent or about an hour.

Grapefruit Marmalade No. 2

1 Grapefruit
1 Orange

1 Lemon
Sugar

Water

Prepare and grind or chop the fruit coarsely. Add 3 times its measure in water; cover and let stand over night. Next morning add as much sugar as you have liquid and boil slowly until the syrup jells. Pour into sterilized glasses and seal.

Lemon Marmalade

3 Lemons

2 Grapefruit

3 Cups of Water to each Cup of Fruit

Slice fruit very thin or put all through meat grinder after removing seeds. Pour the water over the fruit and let it stand over night. Boil 1 hour and let stand over night again. In the morning add $1\frac{1}{2}$ cups of sugar to each cup of fruit. Boil until thick.

Pineapple Apricot Marmalade

1 Large Can Crushed Pineapple

2 Pounds Dried Apricots

6 Cups Sugar

Soak the apricots for 24 hours in plenty of water. Crush, but do not drain. Add the sugar and pineapple. Stir well. Boil slowly for 1 hour, counting time from the boiling point. Turn into sterilized glasses and seal. This recipe makes 5 quarts.

Date Marmalade

1 Package Dates
3 Cups Water
 $\frac{1}{4}$ Cup Lemon Juice

1 Orange
1 Cup Chopped Walnut Meats
 $\frac{1}{2}$ Cup Sugar

Pit and chop the dates. Add the water and cook until soft. Add the lemon juice. Slice the orange rind very thin and add with the sugar. Cook slowly until the orange rind is tender and transparent. Add the nut meats just before removing from the fire. Pour into sterilized jars and seal.

New England Apple Marmalade

5 Pounds Sugar
5 Pounds Tart Apples
2 Lemons

2½ Cups Water
2 Oranges

Heat the sugar and water together until the sugar is dissolved. Slice the oranges and apples very thin, and add the juice of the lemons and oranges. Add to the syrup and boil very slowly until thick, about 1 hour and 15 minutes. Turn into sterilized glasses and seal.

Carrot Marmalade

8 Large Carrots
4 Lemons

6 Cups Sugar
1 Teaspoon Salt

Put carrots and lemon rinds through food chopper. Cover with water, salt, sugar and lemon juice, and cook until thick.

Grape Jam

1 Cup Bottled Grape Juice
3 Cups Sugar

5 Cups Pulp of Cooked Apples Rubbed Through Sieve
1 Cup Liquid Pectin

Combine the grape juice, apple pulp, and sugar, and cook together until thick. Remove from the fire, and stir in the pectin. Pour into sterilized glasses and seal.

Fig Jam

Take equal parts of dried figs and apricots; soak over night in water to cover. Cook until tender. Add ½ as much sugar as fruit, ½ as much water as sugar. Cook the mixture until it has the consistency of jam. Nut meats or raisins chopped fine may be added. Turn into sterilized glasses and seal.

Prune-and-Orange Jam

1 Pound Dried Prunes
¼ Cup Sugar

4 Oranges
½ Cup Water

Wash the prunes thoroughly and allow to soak over night. Cut the pulp from the pits. Put the pulp through a food chopper. Peel the oranges and cut in small pieces. Cut the rind of 2 oranges into small pieces. Mix the orange rind and pulp with the prune pulp. Add the sugar and water. Cook over a low flame until thick. Turn into sterilized glasses and seal.

Peach Jam

Cut peaches in small pieces and to every cup of fruit add 1 cup of sugar. Boil until clear, like marmalade. One cup of walnuts, rolled, may be added if desired. Put in small glasses and cover with paraffin.

Strawberry and Rhubarb Jam

Follow the rule for making peach jam, using equal quantity of rhubarb and strawberries. Instead of strawberries, other berries or pineapple, pears or peaches may be used.

Jellies

Fruit should be under-ripe and free from defects and it is best to pick fruit in dry weather and not immediately after a rain.

Wash fruit and use just enough water to prevent fruit from burning. Cook thoroughly, then strain through a jelly bag. For each pint of juice, allow a scant pound of granulated sugar. While the juice is heating, heat the sugar thoroughly in the oven and add to the juice, after the juice has boiled for 20 minutes. Allow the jelly to boil for a few minutes or until a little dropped on a saucer jellies.

Mint Jelly

Wash a generous bunch of mint. Finely chop and cook for 15 minutes in $2\frac{1}{2}$ cups boiling water. Add 1 cup sugar and 2 tablespoons gelatine softened in $\frac{1}{2}$ cup cold water. Cool and add $\frac{1}{2}$ cup lemon juice. Strain and color green with vegetable coloring. Turn into individual molds and let stand until jelly will hold its shape. Turn and serve with lamb.

Clear Cranberry Jelly

Cook 2 quarts of cranberries in enough water to cover them completely. When they are soft strain and allow 1 cup of sugar to each cup of juice. Boil quickly, stirring in the sugar. When it jellies, pour immediately into hot sterilized glasses and seal.

Gooseberry Conserve

4 Quarts Gooseberries	6 Oranges (pulp and juice)
4 Pounds White Sugar	Rind of Four
2 Pounds Seedless Raisins	1 Cup Vinegar
2 Pounds Chopped Walnuts	Cinnamon and Cloves to Taste

Cook slowly till thick. Seal in jars.

Grape Conserve

5 Pounds Grapes	2 Pounds Seedless Raisins
3 Pounds Sugar	$\frac{1}{2}$ Pound English Walnuts

Separate skins from pulps. Scald pulps and put through colander to remove pits. Boil pulps, skins and sugar for 20 minutes; add raisins and cook for 15 minutes longer. Remove from heat, add walnuts and seal.

Pear Conserve

4 Pounds Pears	$\frac{1}{2}$ Pound Crystallized Ginger
2 Lemons	4 Pounds Sugar

Boil the lemons until soft when tried with a pin, and cut into small pieces. Cut the pears and the ginger into small pieces, mix all well together with the sugar, and boil 2 hours.

Plum Conserve

3 Pounds Blue Plums	3 Oranges
3 Pounds Sugar	1 Pound Raisins (seeded or seedless)

Walnuts (if desired)

Cook until thick like jam.

Candies

Hints in Candy Making

To chop nut meats spread them on a table or bread board; use a butcher knife and hold the point down on the table with the left hand; with the right hand work the knife up and down on the nuts, taking only a few at a time.

In cooking fudges, caramels and brittles, always use a kettle large enough to allow candies to boil up, for these candies will boil over in small utensils.

Always remember that the best substitute for butter is butter. In other words, it is impossible to make good candy of inferior ingredients.

You have, of course, a favorite fudge recipe, but here's a hint: if you find it too hard after beating it, do not cook it over again; add creamed butter and knead until it is the proper consistency.

In making peanut candy use the raw unblanched Virginia peanuts. They will roast in the hot syrup, thereby giving the full flavor of the nut to the candy.

Candies containing cream, butter or molasses should not be cooked on too hot a fire, or they are apt to stick. They require gentle stirring, violent stirring having a tendency to return them to a sugar stage. Aluminum kettles are less likely to burn.

In cooling candies a marble-top table is best, for candy must cool quickly. Never make a large batch and try to cool it on a small platter. Never place candy in an ice box when finished; it absorbs the moisture or humidity in the box.

A well-buttered square layer-cake pan is best to mold candy in before cutting into squares.

Soft-ball stage: When a few drops in cold water will hold together so you can roll them between the fingers.

Hard-ball stage: When a few drops in cold water will form a firm ball.

Brittle stage: When a few drops in cold water will form brittle strings.

Fudge in the Making

In making fudge, as in all candy making, the candy thermometer should be used, as by its use, all guess-work is eliminated. Select a saucepan which is sufficiently large for the ingredients used, and will allow for the boiling and beating. Into the saucepan put:

2 Cups Granulated Sugar
1 Cup Top Milk

2 Squares Chocolate
½ Teaspoon Salt

Place over slow heat and stir constantly until sugar is dissolved. Place thermometer in position in the saucepan and continue boiling gently without stirring until the thermometer registers 238° F., or until candy forms a soft ball, which can be handled, when tried in cold water.

Take from fire and stand saucepan in a pan of cold water until fudge mixture is almost cold, being careful not to disturb pan. When lukewarm, remove saucepan from water and add 2 tablespoons butter and ½ teaspoon

vanilla. Begin to beat—gradually working in the butter. Continue the beating, pushing the spoon forward, lifting up the mass, turning it over and bringing it back until the whole mixture is creamy and thick. When stiff enough to knead, turn at once onto a buttered plate. Then with a spatula shape the mass into an oblong or square, about 1 inch thick; allow it to cool slightly, and cut into the desired sized pieces.

Chocolate Fudge No. II

2 Cups Sugar	2 Ounces Chocolate
½ Cup Milk	1 Teaspoon Vanilla
½ Cup Corn Syrup	1 Tablespoon Butter
½ Cup Nut-meats	

Combine the sugar, milk syrup, and the chocolate, and cook, stirring frequently to prevent scorching, until when dropped into cold water it forms a ball which can be picked up and held for a moment between the thumb and finger (238° F.). Remove from the fire and let it cool at room-temperature until you can hold your hand against the side of the pan long enough to count five. Add the flavoring, nuts, and butter, and stir until it begins to lose its transparency. Pour at once into buttered square pans, and cut, when firm, into squares.

Chocolate Marshmallow Fudge

2 Cups Granulated Sugar	1 Square Chocolate
1 Cup Milk or Cream	3 Tablespoons Butter
Marshmallows	

Boil sugar, milk and chocolate, until it forms a soft ball in cold water. Then add the butter. Take from fire and set aside to cool. When lukewarm, beat to a cream as for any fudge, and pour into buttered pans, in which have been placed enough marshmallows to give one for each square of fudge.

Brown Sugar Fudge

2 Cups Brown Sugar	1 Tablespoon Butter (if milk is used)
1 Cup Rich Milk or Cream	½ Cup Chopped Nuts
1 Small Teaspoon Vanilla	

Bring to a boil, stirring constantly, and when it forms a ball in cold water take from fire and beat until creamy, add nuts and vanilla and pour into a buttered pan.

Divinity (brown sugar)

2 Cups Light Brown Sugar	¾ Cup Water
1 Cup White Sugar	½ Cup Corn Syrup
2 Egg Whites	

Boil till it can be heard when hit on side of kettle, after trying a little in cold water. Beat slowly into the stiffly-whipped whites of 2 eggs. Beat until stiff enough to drop on paper.

Divinity Fudge (white sugar)

2 Cups Granulated Sugar	Pinch Cream of Tartar
$\frac{3}{4}$ Cup Corn Syrup	2 Egg Whites
$\frac{3}{4}$ Cup Water	$\frac{3}{4}$ Teaspoon Vanilla
Pinch Salt	$\frac{1}{2}$ Cup Nuts (pecans or walnuts)

Mix the first five ingredients together and place in an aluminum kettle that has a side handle, cover kettle for five minutes after batch comes to a boil and cook until a thread forms when dripped from a spoon. Remove kettle from fire and cool in kettle for ten minutes. Beat the whites of the eggs stiff, place on a large platter and pour the candy over them, beating constantly. When stiff enough to spoon out on buttered plates, add vanilla and the nuts. This candy can be kept soft for several days by placing it in a candy jar or in a covered vegetable dish.

Pulled Molasses Candy

2 Cups Molasses	3 Tablespoons Butter
1 Cup Sugar	1 Tablespoon Vinegar

Place over fire and stir until sugar is dissolved. Boil until it forms slightly brittle lump in cold water; add vinegar. When cool enough to handle, pull until hard and light in color.

Molasses Taffy

2 Cups Molasses	2 Cups Granulated Sugar
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Boil together, stirring frequently to prevent the scorching of the molasses. Cook until the mixture is brittle when a teaspoonful is dropped into cold water (270° F.). Pour while boiling hot into shallow buttered platters. Allow to cool until it can be handled. Gather it into a ball and pull until cold enough to cut. Stretch it a little at a time into a rope about 1 inch in diameter, and cut with strong shears into inch lengths.

Marshmallows

$\frac{1}{2}$ Package Gelatine	2 Cups Sugar
9 Tablespoons Water	$\frac{1}{2}$ Cup Water

Soak the gelatine in the water for 15 minutes. While this is soaking, cook the sugar and water together until it forms a soft ball in water, then take from the fire and beat, adding the gelatine, 1 tablespoon at a time. Beat for 20 minutes; put in a pan dusted with powdered sugar; cool and cut in squares. Roll in powdered sugar. Is much better if it stands for two or three days.

Sea Foam

$\frac{3}{4}$ Cup Brown Sugar	1 Tablespoon Butter
$\frac{1}{4}$ Cup Water	1 Teaspoon Vanilla
1 Egg White	3 Tablespoons Cocoa
	$\frac{1}{4}$ Teaspoon Salt

Mix the sugar, cocoa, salt and water, and stir over a gentle heat until syrup will spin a thread, which is slightly below soft ball stage. Add butter and vanilla. Pour slowly, beating all the time, into the egg white, which has been beaten until stiff and dry. Beat until mixture will stiffen. Drop from spoon on a buttered plate or greased paper and leave until hardened. Chopped nuts may be sprinkled over each piece.

Turkish Delight

1 Ounce Gelatine	1 Pound Granulated Sugar
$\frac{1}{2}$ Cup Cold Water	$\frac{1}{2}$ Cup Boiling Water
	Juice of 1 Lemon

Dissolve the gelatine in the cold water. Let stand $\frac{1}{2}$ hour. Put on to cook the sugar and the boiling water. When boiling, add dissolved gelatine and boil 20 minutes. Flavor with juice of the lemon. Pour out in pan and let stand over night. Cut in squares and roll in icing sugar. To color, use a little of the tablet that comes with gelatine. Instead of the lemon juice use orange juice or use $\frac{1}{4}$ cup more water flavored with oil of wintergreen, oil of cloves, cinnamon, or fruit extracts.

Quick Peanut Brittle

1 Cup Shelled Peanuts	$\frac{1}{2}$ Cup Corn Syrup
2 Tablespoons Butter	$\frac{1}{2}$ Cup Molasses
$1\frac{1}{2}$ Cups White Sugar	$\frac{1}{2}$ Cup Water
	$\frac{1}{4}$ Teaspoon Baking Soda

Combine the sugar, syrup, molasses, water and butter, and boil while stirring until it reaches a temperature of 270° F., or until it is very brittle in cold water. Remove from the fire, and stir in the separated nut-meats and soda, distributing the nuts evenly. Pour in a very thin layer on a well-buttered pan. When cool, crease with a knife into squares.

Opera Caramels

2 Cups Sugar	1 Teaspoon Vanilla
$\frac{3}{4}$ Cup Milk	1 Tablespoon Butter

Put the ingredients in a granite saucepan and boil them. When the candy forms a soft ball in cold water, remove from the stove and place the pan in cold water for a few minutes; then beat until creamy. Pour into a greased tin and cut in squares. Chopped nuts or cocoanut may be added while stirring.

Butterscotch

3 Cups Brown Sugar	$\frac{1}{2}$ Cup Cold Water
$\frac{1}{2}$ Cup Vinegar	1 Tablespoon Butter (large)

Cook until brittle when tried in cold water. Flavor with lemon extract.

Crackerjack

6 Quarts Popped Corn	1 Cup Molasses
½ Cup Sugar	¼ Teaspoon Baking Soda
1 Tablespoon Hot Water	Pink Coloring

Place the popped corn in a large buttered pan. Boil the molasses and sugar until the mixture snaps in cold water, then add the soda, dissolved in a little hot water with enough pink coloring to make it the desired color. Let the candy foam up and pour it over the popped corn, stirring, so that each grain may be coated. Nuts may be added if desired.

Pop-corn Balls

2 Quarts Popped Kernels	1 Tablespoon Butter
1 Cup Sugar	¼ Teaspoon Salt
½ Cup Molasses or White Corn Syrup	1 Teaspoon Vinegar
	1 Teaspoon Vanilla

Place the popped kernels in a large pan. Melt the butter, add the sugar, molasses or syrup, and boil without stirring until the mixture reaches 250° F., or until it cracks when tried in cold water. Remove it from fire and pour it very slowly over the corn kernels, turning them until they are well coated. Shape into small balls and wrap in wax paper.

Honey Corn-Balls

6 Quarts Buttered and Slightly Salted Popped Corn	½ Cup Sugar
	1½ Cups Strained Honey

Boil the sugar and the honey until it becomes brittle when dropped into cold water. Have the corn salted and buttered and pour the syrup over it, stirring, to mix the two thoroughly. Keep warm while forming into balls. Don't crush them too firmly and they will be light and fluffy.

Stuffed Dates

Stone large perfect dates, and lay them on oiled paper. Have already prepared a filling of broken walnut-meats, pecan-meats, chopped salted peanuts, peanut butter, marshmallows, finely cut candied ginger, or any other candied fruit or nut-meat. Stuff each date cavity. Roll them in sifted granulated or powdered sugar and pack them in wax paper or ornamental box. Chill before packing.

Golden Syrup Toffee

½ Cup Walnuts	2 Cups Granulated Sugar
½ Cup Golden Syrup	½ Cup Water
Whites 2 Eggs	Flavoring

Put water, syrup, and sugar to boil until it threads. Beat whites of eggs to a stiff froth and pour the boiling syrup on them. Beat until partially cool, add cup of broken walnuts and flavoring. Pour in a flat dish, and when nearly cool cut in squares.

Haystacks

1½ Cups Granulated Sugar	¼ Cup Molasses
½ Cup Corn Syrup	⅛ Teaspoon Salt
½ Cup Sweet Cream	1¼ Pound Shredded Cocoanut
3 Teaspoons Butter	

Mix the ingredients, with the exception of the butter and cocoanut. Cook to a soft-ball stage, add the cocoanut and butter, and pour out on a buttered platter to cool. When cool enough to handle form into cone-shaped haystacks and wrap in wax-paper or place on a buttered platter.

Grilled Almonds

Blanch a cup of almonds and dry them thoroughly. Boil a cup of sugar and a quarter of a cup of water until it hairs. Then put in the almonds. Let them fry, as it were, in the syrup, stirring occasionally; they will turn a faint yellow. Brown before the sugar begins to change color. As soon as this change of color begins, remove the saucepan from the fire, and stir until the syrup turns back to sugar and clings irregularly to the nuts.

Salted Pecans

Place in iron frying pan in medium oven ½ a pound pecan nut-meats and two tablespoons of butter and stir frequently to keep from burning. When nuts are thoroughly heated, remove from oven and sprinkle with a ¼ teaspoon of salt.

Candied Cranberries

Candied cranberries make very fascinating confections. The berries must, of course, be very perfect for candying. A syrup of 1 cup of sugar and a quarter of a cup of water boiled until it becomes very brittle in cold water is prepared; then the berries, a very few at a time, are dropped into it and cooked just two or three seconds, when they are skimmed out and drained on a sieve. Sprinkle lightly with granulated sugar while drying.

Taffy Apples

1 Small Can Corn Syrup (1½ lbs.)	2 Tablespoons Butter
1 Pound Granulated Sugar	Wooden Skewers or Lollypop Sticks
Small Red Apples	

Use either the dark or light syrup and boil it, the sugar, and the butter together to 270° F., or until a little tried in cold water is brittle. Remove from the fire and add a little red coloring, especially if the apples available are not very red. Thrust the sticks firmly into the cores of the apples, dip them into the syrup, twirl them around in this and then in a bowl of ice water, which will harden the coating quickly and evenly. Place them in a rack, which may be made by making holes in a paste-board box filled with sand. Have everything ready before beginning the dipping and then work quickly.

Breakfast Menus

Breakfast for Late Sleepers

SLICED ORANGES
CREAMED SMOKED TONGUE AND CUCUMBERS
With
TOAST POINTS
WAFFLES
With
STRAWBERRY SAUCE
COFFEE

Breakfast for Morning Bridge Players

BAKED PEARS ON THE HALFSHELL
*Halves of Pears Baked in the Skin and Glazed
With Sugar Syrup Flavored With Lemon*
CRAB FLAKE or LOBSTER OMELETTE
OLIVE MUFFINS
*Plain Muffin Mixture With Finely Chopped
Green and Black Olives*
COFFEE or TEA

Ten o'Clock Breakfast

(For Women's Club Committees)

FRUITED RICE STEAMED IN MILK
*Rice Steamed in Custard Molds With Figs,
Dates or Raisins*
BROILED FISH, BACON or HAM
CORN MUFFINS
COFFEE

Late Breakfast-Luncheon

(For Matinee Commuters)

SLICED GRAPEFRUIT WITH SPICED
CRANBERRIES
*Pare the Grapefruit, Break in Half Lengthwise,
Then Cut in Cross wise Slices and Garnish
the Edge of the Plate with the Cranberries*

VIENNESE BROILED LAMB CHOPS
*Lamb Chops Stuffed with a Slice of
Liver Sausage*

ESCALLOPED POTATOES

BAKED BEETS WITH MINT SAUCE

ENGLISH PANCAKES
*Eight or Ten Thin Pancakes Put Together
with Preserves and Cut as Layer Cake*

Breakfast for Early Morning Golfers

WEDGES OF ICED HONEYDEW MELON
*Ordinary Slices of Honeydew Melon, Cut
Crosswise Into Inch Pieces to be Held in
the Fingers and the Melon Eaten from
the Rind*

ESCALLOPED SWEETBREAD AND MUSHROOMS

TOASTED ENGLISH MUFFINS
With
TANGERINE MARMALADE

COFFEE

Luncheon Menus

PINEAPPLE AND GRAPEFRUIT COCKTAIL
 CLAM PATTY STUFFED OLIVES
 CUCUMBER AND GREEN PEPPER SALAD
 FRENCH DRESSING
 WAFERS
 CAKE A LA MODE
 COFFEE

Luncheon

TOMATO BOUILLON
 OLIVES CELERY
 FRIED or BROILED SCALLOPS WITH
 SAUCE TARTARE or SHRIMP OMELETTE
 JULIENNE POTATOES GREEN PEAS
 ROLLS BUTTER-BALLS
 ASPARAGUS SALAD, VINAIGRETTE DRESSING
 WAFERS
 MERINGUES WITH WHIPPED CREAM
 COFFEE

FRUIT COCKTAIL
 CREAM OF CELERY SOUP
 SLICED TONGUE POTATO CROQUETTES
 BUTTERED ASPARAGUS
 PARKER HOUSE ROLLS
 VEGETABLE SALAD FRENCH DRESSING
 BISCUIT TORTONI or ICE CREAM AND CAKE
 NUTS BON BONS
 COFFEE

Inexpensive Luncheon for Eight (Yellow Color Scheme)

HORS D'OEUVRE WARRENE
 MOCK MUSHROOM SOUP BREAD CURLS
 CROQUETTES BLANC
 POTATOES PIQUANT, MACEDOINE OF SUMMER
 VEGETABLES
 GOLDEN ROLLS
 SAVOY SALAD DESSERT AFRICAIN
 COFFEE



Supper Menus

*CHICKEN CHOW MEIN ON CHINESE NOODLES
 SPICED PEACHES
 PARKER HOUSE ROLLS
 JAM TARTS

*SHRIMPS A LA NEWBURG
 STUFFED OLIVES HOT ROLLS
 *MOCHA ICE-BOX CAKE

*CHICKEN AND NOODLES EN CASSEROLE
 *IMPERIAL SALAD
 TINY GRAHAM ROLLS
 SWEET PICKLES
 *SPONGE CAKES A LA MODE

*OYSTER AND EGG RAREBIT
 or

*SWEETBREADS A LA KING
 VEGETABLE SALAD
 BREAD-STICKS

*MAPLE MOUSSE SALTED ALMONDS

*CHICKEN SALAD DE LUXE
 *DATE MUFFINS
 RIPE OLIVES

*ICE CREAM ECLAIRS WITH CARMEL SAUCE

*Recipes marked with * may be found elsewhere in this book.

Dinner Menus

Courses for a Formal Dinner

First Course

COLD HORS D'OEUVRES

FRUIT or FISH COCKTAIL

or

OYSTERS or CLAMS IN SHELLS

Second Course

CONSOMME or BOUILLON

Third Course

FISH

Fourth Course

ENTREE

Fifth Course

MEAT AND VEGETABLES

Sixth Course

FROZEN PUNCH

Seventh Course

GAME or POULTRY AND SALAD

Eighth Course

HOT or COLD DESSERTS

Ninth Course

FROZEN PUDDING or ICES

Tenth Course

FRUITS

Eleventh Course

COFFEE

Formal Dinner of Eight Courses

FRUIT or CRAB FLAKE COCKTAIL

CONSOMME

CELERY OLIVES

BROILED TROUT TARTAR SAUCE CUCUMBERS
CROQUETTES

ROAST TURKEY GIBLET SAUCE DRESSING

CRANBERRY JELLY SWEET POTATOES

SAUTED CAULIFLOWER ONIONS AU GRATIN

TOMATOES STUFFED WITH NUTS AND
CHOPPED CELERY

MAPLE MOUSSE

NUTS MINTS

COFFEE

For an Informal Dinner

FRUIT COCKTAIL or CREAM SOUP

CELERY OLIVES

ROAST CROWN OF LAMB CHESTNUT STUFFING

BUTTERED PEAS CARROTS VINAIGRETTE

MINT JELLY

HEARTS OF LETTUCE ROUQUEFORT DRESSING

CAFE PARFAIT MACAROONS

DEMI-TASSE

Notes

Notes

Keep Your Home Bright and You Will Keep it Happy

**Paints, Varnishes, Enamels, properly applied will keep that home
Bright and Happy**

Rules to be Observed to Get Best Results

1. Buy Good Paint Products.
2. Buy from reliable Paint House.
3. A Reliable Paint House can and will supply correct information.
4. Ask your Dealer all the questions you can think of.
5. Always read directions on the label of product before using.

RESULT—Just the Job you expected to get.

Useful Information for Keeping a Home Well Decorated

1. Use a Good and Clean Brush—Your Paint dealer will supply you with the right kind.
2. For Old Work—wash the article to be decorated; then sandpaper it lightly with No. 00 sandpaper.
3. With a flat paddle stir Paint, Enamel, or Stain for ten minutes—then pour from one can to another half a dozen times—it will then be properly mixed.
4. New work should be well sandpapered; then given a Priming Coat, as per label directions.
5. When Enamelling or Lacquering—have plenty of material on your brush, and Flow on evenly—do not brush too much.
6. Flat Paints are ideal for all rooms except Kitchen and Bathroom—finish the latter with Enamel or Gloss Paint, it washes easier.
7. Flat Paint can be washed—but not easily. If you have to wash it—wash from bottom of wall up—then you won't leave streaks.
8. **Never Paint or Varnish over Wax**, or any trace of Wax. Wash Wax off—1st with Turpentine, then again with soap and water, and sandpaper lightly before painting or varnishing.
9. **Never Shellac Floors**—Shellac is Brittle and will break away in patches—will turn White when wet. If you wish to refinish your floors, consult a reliable Paint Dealer.
10. **Never Put Linseed Oil on a Floor.**
11. Call your Paint Dealer about your Paint problem. His experience is valuable. He will gladly guide you.

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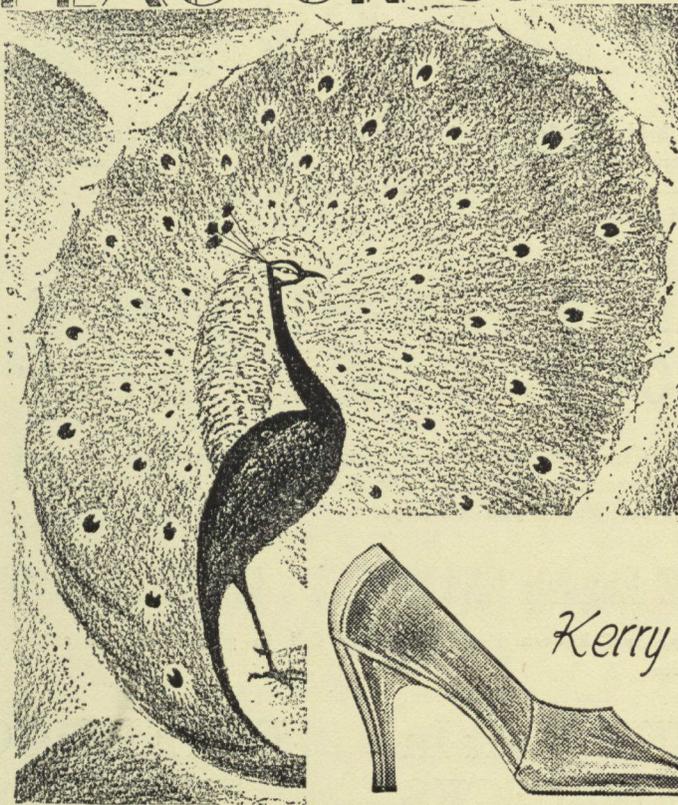
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The Human Foot

THE HUMAN foot is a wonderful structure. In it are twenty-six bones, fifty-two in both feet, or one-quarter of all the bones in the body. Along with the bones are muscles, tendons, ligaments, nerves and blood vessels, and all reacting on unhealthy feet. These bones are arranged in groups known as "arches." There are four of these "arches": One, the inner longitudinal arch which extends from the great toe to the heel; Another, the outer longitudinal arch which runs from the little toe to the heel; Third, the transverse arch which crosses the foot at the instep, and the fourth, the anterior metatarsal arch which runs across the foot just behind the toes. These arches form three bearing points carrying bodily weight and insuring bodily balance, they lie between the points at the heel, the great toe and the little toe acting as shock-absorbers and protecting the muscles and tissues around the bones.

It will be seen, therefore, that the foot is a very delicate mechanism. It is the foundation of the body and just as a crack in the foundation of a building can affect the whole structure, so a bone misplaced, an arch weakened, a muscle or tendon distorted, can cause pain to the whole body. Weak, tired and troubled feet turn to the shoe trade for relief and need the same skilful sympathy and understanding that is required from the doctor.

The shoe merchant who makes it his life work to promote happy feet among his customers, has the joy of realizing that his service constitutes no small factor in the health and happiness of his community. One could go on at considerable length discussing the many ailments of the feet and invariably trace them to improper fitting of shoes.

The competent, expert shoe fitter, can by the exercise of proper care and study of his customer's foot, almost wholly prevent foot troubles.

Fitting and care of the feet, are all being given greater attention in the high class shoe shops and in fact in many of these a knowledge of anatomy and physiology of the feet and the action of the bones therein, is a qualification required of the expert shoe salesman.



The Prevention of Overweight

WHILE this article is prepared mainly for those who are overweight and wish to reduce, it should be said that prevention of overweight, like all other unhealthy conditions, is better than cure. Young adults who will recognize the first warnings of "getting stout" and face the serious dangers that are almost sure to ensue within a few years, will act with extreme good judgment if they at once revise their manner of living as regards diet and exercise, so as to keep the body weight within normal limits. They will find their constant reward in the increase of pleasure, good health and added years that will follow. Young adults who are overweight do not show the changes brought about by disease as do older overweights.

There are certain diseases that have long been known to be associated with overweight. So definite has been this association that life insurance companies have been reluctant to place standard insurance on people with more than moderate overweight, and where it is excessive, insurance has been refused altogether. This practice of the insurance companies shows that they consider overweight as a very serious disability, and, indeed, treat it as though it were a disease. The records of the insurance companies show that the length of life is seriously reduced in people with marked overweight and, where this overweight is excessive, the loss in years of expected life may be as many as ten.

The first step in the production of overweight is a lessening of activity and exercise. Then comes the deposition of fats around and in the vital organs of the body, which may cause interference with the action of the heart, kidneys and blood vessels. Diseases of these organs are a common accompaniment of overweight, which may well be an important factor in their production.

Diabetes is present in the members of the family of overweight individuals to a much greater extent than is the case with persons of normal weight. This is significant both in the tendency to the heredity transmission of diabetes and because diabetes is such a constant companion to obesity. Hereditary tendency to overweight is usually dependent upon a hereditary type of build and environment. A great many overweight adults declare that they have "always been fat" which means that with them overweight was a fact at an early age. This is the type usually spoken of as the hereditary overweight, and while the bony structure or type of build cannot be influenced greatly, overweight can be prevented from becoming a dangerous factor, though it may be more difficult to accomplish lasting results.

Most cases of overweight are noticed at about the 25th year, although the beginning was probably somewhat earlier. Chief among the causative factors is the leading of a sedentary life in which overeating and under-exercising play an important part. Any unusual accumulation of fat, such as occurs at puberty and the menopause, during pregnancy or convalescence from an illness or operation, tends to become permanent. The body accommodates itself to this added burden which in turn curtails activity and makes further increases in weight easy. In some persons disease of the glands of internal secretion cause overweight. Orthopedic defects such as fallen arches, poor posture or bone disease may so lessen activity as to cause overweight.

How To Reduce Sanely and Safely

As people grow older, they cut down their activity and exercise, but, at the same time, their appetite for food continues or even increases. This is especially true of those who are city dwellers, and many people are in this class. Their mode of life is conducive to the development of overweight. Less and less of the food they take in the body is burnt up in work, and more and more is stored in the form of fat. Such overweight is about equally prevalent among males and females.

Fortunately, overweight in almost every case can be controlled and even when present for a long period of years can be reduced with safety. More care in reducing is necessary with older persons and with those individuals whose overeating is of long standing than with healthy adolescents or young adults. It is brought on chiefly by overeating and underexercising and is removed by reversing the process within limits of safety which vary with the individual. Reduced eating does not mean starvation in the sense of real or lasting suffering from hunger; but it does mean the control of appetite and the avoidance of the concentrated portion of our diets, as starches, sugars and fats which are high in food value. These articles should be replaced largely by fruits, meat, vegetables which are bulky foods of relatively poor fattening value.

To understand what and how much to eat, it is necessary to know a little of the human machine. In the steam-engine, fuel is burned to produce steam which in turn furnishes power. Our food is our fuel and when digested and absorbed gives the energy necessary to live and move. As coal is valued by the number of heat units in each pound, so also is food measured. In the case of food, the fuel or heat units are called calories and are used to designate the nutritional value of the various foods. The average adult engaged in a sedentary occupation requires food valued at about 2,300-2,800 calories a day. If more are taken, fat may be stored in the body; if less are taken, nature uses the fat already stored to make up the deficit.

This is the principle behind all safe and scientific plans of weight reduction. Less food is eaten than the required number of calories and thus the surplus body fat is removed. By eating approximately 1,200-1,400 calories each day instead of 2,300-2,800 calories, there will be a loss of about one or one and one-half pounds each week. A diet properly selected enables one to accomplish this without serious discomfort or annoyance. If at the same time well regulated and well directed exercise is taken, flabby muscle becomes solid and firm. Hand in hand with any program for weight reduction should go a plan of regular exercise properly prescribed to suit the individual.

The plan we recommend to those desiring to reduce weight is as follows :

FIRST—a thorough physical examination made by a physician to determine that the overweight has not been accompanied by or caused any serious disease of the heart, kidneys, blood vessels, or other organs. The possible presence of diabetes, anemia or glandular insufficiency should be carefully determined. Where such impairments are found, special advice will be given. Do not attempt to reduce without consulting your physician!

SECOND—the determination of the amount of overweight and the approximate length of time in which overweight shall be eliminated.

THIRD—the planning of a diet which from time to time should be adjusted to the individual needs in order to bring about the gradual adequate reduction in weight and provide satisfactory nourishment.

FOURTH—exercise suitable for each person, as determined by your doctor.

Dangers of "Reducing" Drugs

Commercial obesity cures make wildly extravagant claims and nearly always promise to effect reduction without dieting or exercise. Unless dangerous drugs are used, these claims are impossible of substantiation. They are either useless or dangerous or both.

Glandular extracts, particularly those from the thyroid gland, have been extensively advocated, but their use likewise should be discouraged except under the constant guidance of a physician. If thyroid extract is needed, it should first be determined by careful metabolism tests and should only be given when the individual is under the care of a physician. It is not uncommon for people to take thyroid gland extract without a doctor's order and seriously damage their heart and other organs.

The Non-Fattening Diet

Eating habits both personal and racial, financial problems, eating in restaurants or boarding houses, make it manifestly impossible to outline a diet which will be suitable for each individual who undertakes to reduce weight. In general, the plan consists in arranging the menu in an attractive way which will at once provide sufficient food to satisfy hunger and body

needs, and, at the same time, contain the reduced number of calories. It has proved more satisfactory to have the caloric content of various foods learned by reference to food tables and a very short experience teaches the most common food values. This knowledge is fundamental and a necessary aid to weight reduction. To aid the busy person in the matter of making choice of foods, there is given in this article a menu for each of the meals of the day, permitting a series of choices.

Each portion described below is equal to approximately one hundred calories. If the daily diet is to contain 1,400 calories, it is advisable to allow 300 calories for breakfast, 300 calories for lunch, and 800 calories for dinner. All food eaten contains calories and must be counted. For the first three or four weeks it will be necessary to measure carefully the portions described. This will gradually become unnecessary as one's experience becomes greater. Keeping a list of all food eaten during the day, together with the number of calories, serves as a very valuable reminder.

Food Tables

The following food tables give portions which contain approximately 100 calories. These portions are called units. A diet to contain 1,400 calories will be made up of 14 units, 1,500 calories will contain 15 units. For convenience in planning meals, the food is given first, the allowed amounts second, in the following table:

	Breakfast	3-4 units
	Lunch	3-4 units
	Dinner	8 units
FRUIT	100 Calories	
Apple	1 large apple	
Apple sauce	3/8 cup	
Apple, baked	1/2 large with 2 tablespoons juice	
Apricots, stewed	1/4 cup	
Banana	1 large banana	
Berries	1 cup	
Cantaloupe	1 melon, 4 1/2 inches in diameter	
Cherries	1 cup	
Dates	4 dates	
Figs	1 1/2 figs	
Grapes	20 grapes	
Grapefruit	1/2 grapefruit	
Orange	1 large orange	
Peach	3 medium peaches	
Pear	2 medium pears	
Pineapple, fresh.....	2 slices, one inch thick	
	Pineapple, canned	1 slice with 2 tablespoons juice
	Plums	4 medium plums
	Prunes, stewed.....	2 with 2 tablespoons juice
	Rhubarb, stewed	1/2 cup
	Tangerine	2 tangerines
	CEREAL	100 Calories
	Shredded Wheat Biscuit.....	1/2 biscuit with 1/4 cup milk and 1 teasp. sugar
	Corn Flakes	} 1/2 cup cereal with 1/4 cup milk and 1 tea- spoon sugar
	Puffed Rice	
	Puffed Wheat	
	Corn Meal	} 1-3 cup cooked cereal with 1/4 cup milk and 1 teaspoon sugar
	Cream of Wheat..	
	Farina	
	Oatmeal	
	Rice	
	Wheatena	

**BREADSTUFFS AND
COOKIES**

100 Calories

Bran Muffins	1 small
Bread, white	} medium loaf, slice one-half inch thick
toast	
Graham	
whole wheat.....	
Bun, sugar	½ small
Coffee cake	cube 1½ inches
Cookies	1 cookie, 3 inches in diameter
Corn Bread	slice, 2 in. by 2 in. by 1 in.
Doughnut	½ medium
Griddle cake	1 cake, 4 in. in diameter
Muffin	¾ muffin
Roll	1 roll
Waffle	½ waffle, 6 in. in diameter
Zwieback	3 pieces

SOUPS

100 Calories

Asparagus (cream)	½ cup
Bean	½ cup
Bouillon	4 cups
Celery (cream)	½ cup
Chicken	1 cup
Clam Chowder	¾ cup
Consomme	4 cups
Corn (cream)	½ cup
Oyster Stew	½ cup
Pea	3/5 cup
Tomato, clear	1 cup
cream	½ cup
Vegetable	1 cup

VEGETABLES

100 Calories

Asparagus	20 stalks
Beans, lima	½ cup
string	2 cups
Beets	4, 2 inches in diameter
Cabbage	2 cups
Carrots	4-5 young
Cauliflower	small head
Celery	30 stalks
Cold Slaw	1 cup
Corn, canned	1/3 cup
on the cob	2 ears, 6 inches long
Cucumbers	2, 7 inches long
Lettuce	2 heads
Onions, raw	3-4 onions
creamed	2 onions
Parsnips	3 large slices
Peas, canned	¾ cup
fresh	¾ cup
creamed	½ cup

Potatoes, baked	1 medium
boiled	1 medium
creamed	2/5 cup
fried	½ cup
mashed	½ cup
Radishes	30 radishes
Sauerkraut	2 cups
Squash	1 cup
Spinach	2 cups
Sprouts	2 cups
Tomatoes, canned	2 cups
raw	2-3 medium
Turnips	1 cup

**MEAT, FISH AND
SEAFOOD**

100 Calories

Bacon	4 small pieces
Beef, dried	4 slices, 4 in. by 5 in.
Beef Stew	2/5 cup
Bologna	1 slice, 4 in. diam., ⅛ in. thick
Chicken	¼ cup
Chow Mein	¼ cup
fricassee	¼ cup
a la King	¼ cup
Clams	6-12 clams
Corned beef.....	1 slice, 4 in. by 1 in. by 1 in.
Codfish, creamed	½ cup
Duck	very small portion
Frankfurter	1 small frankfurter
Halibut	3 in. by 2¼ in. by 1 in.
Ham	slice 4 in. diam., ⅛ in. thick
Hamburg Steak	2½ in. diam. and ⅞ inches thick
Ham omelette	1/3 cup
Lamb Chop	1 chop, 2 in. by 2 in. by ½ in.
Liver	2.1 oz.
Lobster	¾ cup
Mackerel	medium portion
Oysters	2/3 cup solid or 6-12 oysters
Pork Chop	½ average chop
Roasts, beef... slice 5 in. by 2½ in. by ¼ in.	
lamb	slice 5 in. by 2½ in. by ¼ in.
veal	slice 2 in. by 2¾ in. by ⅛ in.
pork	slice 2 in. by 2¼ in. by ⅛ in.
Salmon, canned	½ cup
fresh	average portion
Sardines	3-6 sardines
Sausage	2 small
Scallops	½ cup
Smelts	3 average

Steak, sirloin	2 in. by 1½ in. by ¾ in.
Tongue	2 small slices
Trout	3, 8-inch trout
Tuna fish	½ cup
Turkey	small portion
Veal cutlet	2/5 serving

SALADS 100 Calories

Crab meat	1/3 serving (2 oz.)
Egg	2/5 serving (1.4 oz.)
Potato	½ serving (1.7 oz.)
Tomato and cucumber....	⅝ serving (2 oz.)
Tomato and lettuce ...	½ serving (2.7 oz.)
Sardine	1/3 serving (1.1 oz.)
Waldorf	2/5 serving (1.2 oz.)

MISCELLANEOUS 100 Calories

Apple Sauce	⅔ cup
Baked Beans	1/3 cup
Baking Powder Biscuits	2 small
Butter	1 in. by 1 in. by ¼ in.
Candy, chocolate creams	1 piece
fudge	1 in. cube
milk chocolate....	2 in. by 1 in. by ⅛ in.
Cheese souffle	½ cup
Crackers, Graham	2 crackers
saltines	6 crackers
soda	4 crackers
Cranberry sauce	¼ cup
Cream cheese	2 in. by 1 in. by ⅜ in.
Cream sauce	1/6 cup
Dressing (stuffing)	1/6 cup
French dressing	1½ tablespoons
Gravy	2 tablespoons
Hash	2 ozs. or 1 heaping tablesp.
Hard sauce	1 tablespoon
Honey	1 tablespoon
Ice cream soda	1/3 average soda
Jam	1 tablespoon
Jelly	1 tablespoon
Macaroni, cooked	1 cup
Macaroni and cheese	½ cup
Maple syrup	1 tablespoon
Mayonnaise	1 tablespoon
Olives	4 large
Peanut butter	1 tablespoon
Pickles	1 tablespoon
Popovers	1 popover
Raisins	¼ cup
Rarebit	1½ tablespoons rarebit, ½ slice toast
Rice, cheese and tomatoes	¼ cup
Stuffed pepper	1 pepper

Sugar	3 teaspoons
Sundaes	1/3 portion
Tomatoes, stuffed	1 tomato

DESSERTS 100 Calories

Angel cake	2 in. by 2 in. by 2in.
Apple snow	1 cup
Apple tapioca	¼ cup
Apple dumpling	1/3 medium
Bread pudding	¼ cup
Brown Betty	1/5 cup
Cake, layer	2½ in. by 2½ in. by 1 in.
plain	1¾ in. cube
Charlotte Russe	½ Charlotte Russe
Chocolate Blanc Mange	¼ cup
Coffee jelly	1 cup
Cornstarch pudding	¼ cup
Cream puff	¾ cream puff
Custard, cup	1/3 cup
soft	1/3 cup, scant
Fig pudding	⅝ cup
Floating Island	1/3 cup
Fruit cake	1 in. cube
Gingerbread	1 in. by 2 in. by 2 in.
Jello	½ cup
Junket	½ cup
Macaroons	2 macaroons
Ice Cream	¼ cup
Plum Pudding	1 in. cube
Pie, apple....sector, 1½ in. at circumference	
custard....sector, 2 in. at circumference	
lemon sector, 1 in. at circumference	
mince sector, 1 in. at circumference	
pumpkin....sector, 2 in. at circumferen	
pumpkin..sector, 2 in. at circumference	
squash.... sector, 2 in. at circumference	
Prune souffle	2/5 cup
Rice pudding	½ cup
Tapioca	2/5 cup
Sherbet	¼ cup
Strawberry shortcake	1/3 average portion

EGGS 100 Calories

Egg, boiled or poached	1 large
fried	1 small
scrambled	¼ cup
omelette	1 egg

BEVERAGES 100 Calories

Cocoa	½ cup
Coffee	1 cup with 2 teaspoons sugar and 1 teasp. cream

Fruit juice	½ cup
Milk	¾ cup
Postum	1 cup with 2 teaspoons sugar and 1 teasp. cream
Tea	1 cup with 2 teaspoons sugar and 1 teasp. cream

DAIRY PRODUCTS

AND FATS 100 Calories

Bacon fat	1 tablespoon
Butter	1 tablespoon
Cheese, cottage	5½ tablespoons
full cream	2 in. by 1 in. by ¾ in.
Neuchatel	2 tablespoons
Swiss	4½ in. by 3½ in. by ¾ in.

Cream, 18% fat	¼ cup
40% fat	1 1/3 tablespoons
Oleomargarine	1 tablespoon
Olive oil	1 tablespoon

NUTS 100 Calories

Almonds	12 to 15 nuts
Brazil nuts	2 nuts
Butter nuts	4 to 5 nuts
Hickory nuts	15 nuts
Peanuts	20 to 24 peanuts
Pecans	12 meats
Walnuts	8 to 16 nuts

SALAD DRESSING WITH MINERAL OIL

1 cup mineral oil	pinch of salt
1 egg yolk	little pepper
½ teaspoonful of mustard	

Mix the egg yolk with the salt, pepper and mustard in a cup with an egg beater. To this, add slowly, drop by drop, the mineral oil. If the dressing should be too thick, it may be diluted with white distilled vinegar. If a tart taste is desired, add 6 teaspoons of lemon juice, or an amount of vinegar that will give the required tartness. This dressing should be flavored to taste, just as is any mayonnaise.

This dressing may be used freely and the caloric content disregarded.

A Few Food Facts

It should be possible for any person using these tables to construct a diet and to calculate the approximate number of calories consumed. Each individual should know the foods of high caloric value, that is, those that furnish so much of the fat of the body and which must be avoided if body weight is to be lowered.

The plan of dieting in weight reduction is to eliminate the concentrated starchy and fatty foods and substitute for them bulky foods which contain less fat-producing qualities but which give adequate nourishment and satisfy the appetite.

The fat-forming concentrated foods are of several classes and consist of such substances as first, butter, cream, fatty portions of meat, vegetable oil and nuts; second, starchy foods, such as bread and pastry; the bread being taken, as a rule, with butter, giving a very concentrated fat and starch combination, while pastry has both fat, in the form of butter, and sugar; third, sweets and sugars. Sugars are used largely to add to the palatability of certain foods.

Eating between meals is very largely responsible for a great many cases of overweight, and this is especially true of those who have to do with the preparation and cooking of food in the home. Of all foods taken between

meals, candy is perhaps the worst. A few harmless looking pieces of candy may contain more calories than a large meal. The habit of eating only three times a day should be the first step in one's reduction scheme. If candy is desired, eat it at the end of the meal as a dessert and allow the proper number of calories. Do not eat candy in addition to the meal as is so frequently done.

The non-fat-forming foods consist in general of the bulky vegetables, fruits, lean meat, fish and fowl without fat.

In addition to fats, sugars and proteins all diets should contain an adequate amount of minerals and vitamins. These necessary articles are present in fresh fruits and vegetables, fish, meat, eggs and milk, and should be included in a reducing diet.

The ultimate test of whether or not the diet is the right one rests with the scales, and when body weight is gradually being reduced one can be reasonably sure that the diet is satisfactory. Too rapid loss of weight is not advised. The problem should be approached by determining what the normal weight is for age and height, and what reduction can be brought about with safety and satisfaction.

Determination and persistence are the very essence of success in weight reduction; indeed, unless one determines at the onset to follow the matter through, it is quite as well, if not better, never to begin. The one serious stumbling block in the way of success is appetite. If one keeps busy and active during the reduction, there is less time to think about being hungry and it is easier to persevere. Days of leisure are apt to be more difficult than busy days. At times during the weight reduction period, there comes the feeling of emptiness which is sometimes spoken of as depression, and this feeling gives a strong urge to take some of the forbidden foods. A measure that often is used to relieve this feeling consists of a cup of beef bouillon or vegetable soup, omitting of course, the flour or other starches.

Typical Menus

(Showing an average total of 1,400 calories per day)

BREAKFAST	Calories	BREAKFAST	Calories
Roll	100	Cereal	150
Egg (Fried)	100	Coffee	100
Coffee	100	Slice Toast	100
LUNCH		LUNCH	
Soup	150	Spinach	50
Cold Slaw	50	Cold Meat	150
Frankfurter	100	Banana	100

DINNER

Fish or Meat	200
Celery	25
Lettuce, Tomato and Cucumber	50
Whole Wheat Bread	150
Butter	100
Rice Pudding	150

BREAKFAST

Calories

½ Glass Orange Juice	100
Poached Egg	100
Slice Dry Toast	100

LUNCH

Lamb Chop	100
Potato (Medium)	100
Apple	100

DINNER

Rice and Tomato (½ cup)	200
Spinach (cup)	40
Bread (2)	200
Butter (1)	100
Pie (Average)	250

BREAKFAST

Calories

Banana	100
Chop	100
Toast	100

LUNCH

Cream Cheese	100
Crackers (3)	100
Iced Tea	100

DINNER

Lamb	200
Potato	100
Peas	100
Lettuce	25
Bread	100
Butter	100
Apple Sauce	150

BREAKFAST

Calories

Grapefruit	100
Roll	100
Coffee	100

LUNCH

Crackers (3)	100
Milk (small cup)	100
Cake	100

DINNER

Hamburg Steak	100
Macaroni and Cheese (½ cup)	100
Tomato (1) and Cucumber (1)	50
B. P. Biscuit	150
Butter	100
Coffee	100
Jelly	100
Cake	200

BREAKFAST

Calories

Orange	100
Egg	100
Toast	100

LUNCH

Baked Beans	150
Potato	50
Roll	100

DINNER

Hash	200
Onions	100
Radishes	25
Bread	150
Butter	100
Apple Fritter	200

BREAKFAST

Calories

Coffee	100
Toast	100
Apple	100

LUNCH

Ham	150
Baked Beans	100
Tea (2 teaspoonfuls sugar)	70

DINNER

Hash (3 tablespoonfuls)	300
Lettuce	25
Bread	100
Butter	100
Berries	100
Cake	150

BREAKFAST

Calories

Berries	100
Toast	100
Coffee	100

LUNCH

Stew	150
Turnips	50
Half of a Baked Apple	100

DINNER

Consomme	50
Chicken	200
Rice	100
Gravy	50
Tomato (1) and Cucumber (1)	50
Biscuit	150
Butter	100
Jelly	100

DINNER

Roast Beef	200
Potato	100
Spinach	40
Asparagus	50
Biscuit	200
Butter	100
Peas	100

General Rules For Living

All food should be carefully and thoroughly chewed in order to facilitate digestion and absorption, and one eats less if the food taken is slowly and well masticated. Water should be drunk plentifully between meals; and there is no objection to the drinking of one or two glasses of water with each meal, if the water is not used to wash down unmasticated or partially masticated food.

If one who has led a sedentary or inactive life is genuinely desirous of reducing his weight, he must change somewhat his mode of living and working as more exercise is necessary. Through exercise, excessive fat is burned up and gotten rid of. Likewise it is often true that through lack of exercise, the accumulation of fat results and as a possible consequence the serious chronic diseases have their beginning. Vigorous walking is a first class form of exercise for every one, and five miles a day is not too much for those who would keep themselves fit. Exercise in the open air is especially beneficial, but because of uncertain weather conditions, cannot as a rule, be taken every day. It is imperative to follow prescribed calisthenics for ten or twenty minutes daily in addition to such out of door activities as can be included.

A daily evening hot bath aids in cleansing that great organ of elimination of poisons, the skin. A cold sponge or shower taken after the setting up exercises in the morning is usually very beneficial and starts the day off well.

How To Avoid Constipation

A regular daily movement of the bowels is essential for good health and is very important for one undertaking a weight-reducing regime. It should be brought about through exercise and diet whenever possible, and drugs should be used only as a last resort. If there is a tendency toward chronic constipation, this condition may be aggravated during a period of weight reduction. The following suggestions will be found beneficial where this condition is present. In planning your menus, try to include—

BREAKFAST—Any fresh or stewed fruit—such as prunes, apples, apple sauce, peaches, pears, grapefruit.

Take two tablespoonfuls of agar-agar flakes in fruit juice or water. Do not try to chew the agar, as it tends to stick to and get between the teeth and is unpleasant. A glass of water should be drunk at this time.

LUNCH—Always include vegetables or fruit, or both.

DINNER or SUPPER—Usual meal including at least two green vegetables such as spinach, beet or dandelion greens, cabbage, asparagus, lettuce, string beans, oyster plant, carrots, cauliflower, brussel sprouts, boiled onions, squash, peas, celery, tomatoes, lima beans, parsnips, turnips, kohlrabi egg plant.

GENERAL INSTRUCTIONS:

On rising, drink at least one glass of cold water. Cold water stimulates intestinal activity. Exercise for ten or twenty minutes.

Eat slowly, chew the food well, do not wash down unchewed food with water.

Drink at least one glass of water between meals.

Keep a regular time for going to stool, either after breakfast or after dinner at night. The rectum, properly trained, will form the habit of emptying at the same time every day.

Mineral oil, 1 or 2 tablespoonfuls night and morning, may be taken if necessary. (Use the salad dressing made of mineral oil.)

Place a foot-stool in front of the toilet seat, so that resting your feet on it will bring your knees up close to your chest. You will find this to be a real help.

What Is Your Best Weight

Those who are engaged in reducing their weight will wish to be guided by tables of weight which represent the best physical condition for their age and height. Heretofore, tables showing the average weights have been very widely used for this purpose. Recent insurance experience has shown, however, that such average tables are often misleading. The average weights are by no means the best weights. At ages under 30, the best conditions apparently exist among those whose weights are from five to ten pounds above the average. After age 30, the most favorable conditions are found among those whose weights are below the average. The amount below average increases with advancing age, and at age 50, persons seem to be at their best when their weights are as much as 20 or 30 pounds below the average. Insurance experience shows that underweight is definitely an advantage so far as long life is concerned. It is erroneous to suppose that weight necessarily increases with age as former average tables suggested. This increase with advancing age is, of course, a common occurrence, but there is every indication that it is a disadvantage, except among tall men, and should be avoided.

There follows a table of weights which can be used as a goal to be reached by men desiring to reduce their weight. The figures are not the very best weights possible for each age and height, but they are, nevertheless, sufficiently low and sufficiently accurate to make them a desirable limit. When such weights have been attained by an overweight, there is every reason to believe that he has accomplished what was intended at the beginning of the reduction from the health-point of view.

Average Weights According to Age and Height

The following table is based on a study of about 200,000 insured men. The average weights for women are about 10 pounds less.

HEIGHT (with shoes on)		WEIGHT IN POUNDS ACCORDING TO AGE (As ordinarily dressed)								
Feet	Inches	Age 20	Age 25	Age 30	Age 35	Age 40	Age 45	Age 50	Age 55	Age 60
5	0	117	122	126	128	131	133	134	135	135
5	1	119	124	128	130	133	135	136	137	137
5	2	122	126	130	132	135	137	138	139	139
5	3	125	129	133	135	138	140	141	142	142
5	5	132	137	140	142	145	147	148	149	149
5	6	136	141	144	146	149	151	152	153	153
5	7	140	145	148	150	153	155	156	158	158
5	8	144	149	152	155	158	160	161	163	163
5	9	148	153	156	160	163	165	166	168	168
5	10	152	157	161	165	168	170	171	173	173
5	11	156	162	166	170	174	176	177	178	178
6	0	161	167	172	176	180	182	183	184	184
6	1	166	173	178	182	186	188	190	191	191
6	2	171	179	184	189	193	195	197	198	198

It must be remembered that weight depends to a large extent upon build. Persons of large bodily frame and relatively short legs are naturally heavier, even though they may not be "fat," than those of slender frame and relatively long legs. Hence in applying this table to yourself, it may be necessary to modify the figures somewhat because of your build.

Insurance studies indicate that weight slightly above the average is favorable among young persons up to about age 30 or 35; at older ages, the best results are shown where the weight is somewhat below the average. Any rapid change in weight without a satisfactory reason should receive prompt attention.

Illustration of a Typical Case

A woman 40 years old, who is 5 feet 4 inches tall, weighs 190 pounds. After a careful physical examination, her physician tells her that according to the Height-Weight chart, she should weigh about 136 pounds and is, therefore, 54 pounds overweight.

Instead of continuing on her usual diet, which has contained at least 2,500 calories, it is decided to reduce the number of calories to 1,400 a day.

This allowance will permit 300 calories for breakfast, 300 calories for lunch, and 800 calories for dinner at night. The following articles of food would give the correct number of calories:

BREAKFAST

Choice of banana, orange or apple	100 calories
Cup of coffee with cream and sugar	100 calories
One roll or large slice of toast without butter	100 calories
	300 calories

LUNCH

Cup of consomme or bouillon	25 calories
Choice of vegetable or fruit salad without dressing or average portion of cold meat	100 calories
2 small slices of whole wheat bread without butter	150 calories
	275 calories

DINNER

Choice of 2 lamp chops, 1 pork chop or medium sized (2 in. by 3 in.) piece of steak	200 calories
1 medium sized potato	100 calories
Large portion (1 cup) spinach, string beans or cold slaw	50 calories
2 slices of bread with small amount butter	250 calories
Choice of small piece of pie, cake or pudding	200 calories
	800 calories
Total calories for the day	1,375
Calories allowed	1,400

Helpful Suggestions

1—Measure the quantity of the food exactly for the first few times and it will be only a short time before the amounts and values are remembered.

2—Learn to calculate the calories in articles of food.

3—Keep an account on a piece of paper or in a notebook of the food eaten with the calories and do not allow the total to go above the allotted number each day. This promotes accuracy and is well worth doing.

4—Weigh each week and if there is not a loss there is something wrong, probably in the food calculations. Rarely there will be an abnormal glandular condition which will account for not losing the calculated number of pounds. The usual loss of weight, if instructions are followed, will be from one to two pounds a week.

5—Experience shows that weight reduction is not very well borne during the winter months, due to the increased heat demand of the body. A person who has lost considerable weight would do well to maintain rather than lose weight during cold weather. While weight reducing may be commenced in the winter, the warm weather is more conducive to best results.

6—About one-fifth of the calories in a reduction diet containing 1,200-1,400 calories should be taken in the form of meat, fish, eggs or milk. If this is done, depression, lack of energy, weakness and anemia will be absent.

7—If a considerable amount of weight is to be reduced it is well to stop for several months after the loss of 20-25 pounds. A maintenance diet will prevent a gain in weight until your physician advises a second or even third reduction.

8—It is much wiser to eat three small meals regularly each day than to omit entirely one whole meal.

9—There are probably no dangers to a carefully conducted weight reduction. No untoward effects have been personally observed where sufficient care has been provided.

10—The success of reducing depends upon you, yourself—your conscientious, rigorous observance of the rules of the reducing game. It is a game of self-denial and of courage—but your health is worth the effort.

11—The reduction of weight is scarcely more difficult than the maintenance of a reduced weight at the new level. Great care is therefore necessary after a successful termination of a weight reduction program to prevent a gain.

Underweight

To alter favorably extreme degrees of underweight several things are necessary:

1st—Examination should be made by a competent physician to determine that disease is not present and causing the underweight.

2nd—All social, physical and environmental errors should be corrected.

3rd—Less energy should be expended and more rest should be taken.

4th—More food must be digested and assimilated than is used each day, so that there can be storage surplus and a gain of weight. Special attention must be paid to the type of food eaten, care being taken to choose a balanced diet, food which is of high caloric value and easily digested. The diet should contain between 2,200 and 3,000 calories a day. Fats in the form of butter, cream, bacon, nuts and vegetable oils should be taken in large enough quantities to make up a considerable portion of these calories. A light, easily digestible lunch, in the form of a glass of milk and a few crackers taken at bedtime as well as between meals may be of benefit.

The most important things to remember in connection with underweight are that, underweight in itself, unless extreme, is desirable from a standpoint of longevity and that a physician should decide whether a normal or dangerous type of underweight is being considered.

Horse Radish

By W. A. TAYLOR, WINNIPEG

THE HORSE RADISH is a plant of the Mustard family, and was originally known to the Province of Brittany, France, where it was used as one of the greatest and most efficacious of Herbs in the treatment of various diseases. At a later date it was brought to the North American Continent where it was soon learned that the tough white roots of the Horse Radish, ground or grated, served as a very palatable condiment with meats. Since then, there have been many experiments conducted by "Household Physicians" who have discovered that Horse Radish is not only of value for its taste and added flavor to other foods, but that it is of great food value in itself, and above all, that it has curative qualities above the ordinary.

The advance of science in this particular branch as in many others, has given us a better knowledge of the potential value of Horse Radish as well as a more complete knowledge than the Herbalist of old possessed, of its danger. It should be fresh, and packed in bottles, as tin not only spoils the flavor but also has the effect of destroying its nutritive and curative value.

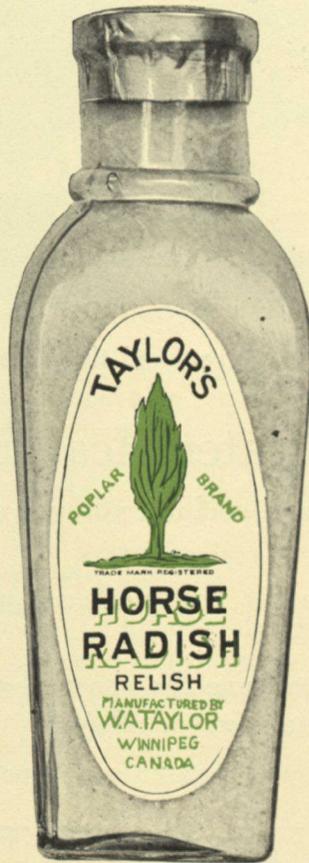
The fresh root of this well-known perennial is a stimulant, and is particularly efficacious in rheumatic, paralytic, scorbutic, dropsical and dyspeptic affections. It has been found that a warm infusion of the fresh root of Horse Radish, in cider, drunk freely every night, will induce a heavy perspiration and prove exceedingly helpful in the cure of dropsy and other less serious physical ailments, while it is axiomatic that the fresh root grated in vinegar and eaten with meat at dinner, not only promotes digestion, but gives strength to a weak stomach.

No meal is complete without Horse Radish; no table is properly set, unless it occupies a space; children like it instinctively, and so do adults, and if more were eaten today—as was the case in olden days when heavy meat meals were practically the only meals—there would be fewer weak stomachs and more happy people.



HORSE RADISH

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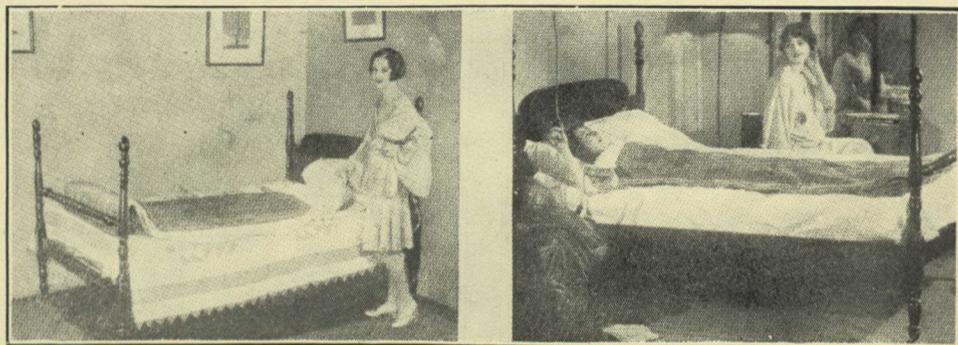
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"Is very beneficial for rheumatism, paralysis, dropsy and dyspepsia. The root grated in vinegar and eaten with meat at dinner, strengthens the stomach and promotes digestion" (from the **"Household Physicians"** by Herbert E. Bufferson, M.D., Fellow, Mass.; Medical Society: J. Herbert Smith, M.D., Prof. of Materia Medica, Boston University, School of Medicines and others).

*Taylor's POPLAR BRAND Horse Radish is the Pure Root,
grated in vinegar*

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WINNIPEG

Excess of Waste Poisons in the Body

The Root of Nearly All Diseases

SCIENTISTS have long realized that if a method could be found for stimulating the tiny living cells to throw off this waste—to arouse the waste channels to carry it out of the system more promptly—all body cells and tissues would be healthy and the largest part of human ills would be wiped out.

This end has been sought for centuries by drugs, by manipulation, by massage, by electric treatments of various sorts, all seeking the same end—

To vibrate the tiny cells; to stimulate them to activity; to hasten elimination; then to encourage assimilation of new food supplies by live, healthy tissue.

It has been realized that drugs are, after all, a foreign element in the body. Manipulation and massage reach localized parts of the body and affect only indirectly the innermost organs.

Heat has been a remedial agency for countless human ills from the beginning of the human race. Hot stones gave way to hot water bottles and in turn to heating pads.

Electricity has been the great hope of corrective therapeutics, particularly since radio has opened a new sphere of science in the study of the unquenchable waves of electro-magnetic force which travel the whole world around. At first, high-frequency machines were used, but their application was only local. Magnetism alone had the same limitations.

If only electrical energy, magnetism and a gentle heat could be made to reach all the tissues of the body at once, elimination would be general. So that wastes, removed from local spots, would be dumped onto other organs to cause new troubles! Thousands have studied the problem.

* * * * *

During seventeen years of patient, at times painful and discouraging effort, in literally thousands upon thousands of tests, the VIT-O-NET has worked its slow but sure way to that goal.

Even after perfection was attained in the laboratory and in the factory, it was determined that VIT-O-NET should not be marketed to the general public until ample proof of its health-building properties had been established fully. For years it was sold principally to hospitals, physicians and sanitariums. These institutions have purchased blankets and used them regularly to relieve suffering and to save life.

Over 13,000 actual users by their grateful acknowledgment of recovery from all manner of "elimination diseases," attest the fact that VIT-O-NET not only has reached the solution of the problem, but has established its success by literally thousands of successful recoveries.

Prevention of Goiter

What Is Goiter?

GOITER is one of the oldest diseases known, affecting children and grown-ups, especially girls. But only during the past twenty years have we been getting at the exact cause of this disease and working out practical methods of prevention.

It is more common in certain parts of the country, sometimes called goiter districts. Simple goiter is an enlargement of the thyroid gland, which lies in the front of the neck, and normally is too small to be seen.

We know that this enlargement is due to a lack of iodine. There are periods when goiter occurs more frequently, as during the years from twelve to sixteen, during pregnancy, and also during or following any chronic or severe infection.

The work of the thyroid gland is to keep growth and development at a normal rate, and at these times the amount which the thyroid gland is called upon to do is greatly increased.

How Can We Detect Goiter?

This enlargement of the thyroid gland shows by a swelling in the front of the neck. You may suspect the presence of goiter in yourself or in your children when you can see a lump in the front of the neck which moves up and down on swallowing. Prompt treatment would cure most cases, but all could be prevented.

Why Do We Have Goiter?

The secretion of the thyroid gland is necessary for normal growth and development. The important thing in this secretion is iodine. It has been often proved that if the thyroid has iodine so that it can produce the needed secretion, it will not enlarge (or form goiter); but if there is a lack of iodine in the body, the thyroid enlarges in its effort to secure it. It was also found that only a very small amount of iodine was needed to keep the thyroid supplied. This fact made clear the method of prevention.

Why Check Goiter?

Goiter may injure the mind as well as the body of the boy and girl in school. It slows normal growth, being sometimes found with dwarfism and feeble-mindedness. If allowed to grow, an operation may be necessary, or it may lead to cancer of the thyroid, or very serious poisoning and nervous conditions. It is then no longer "simple" goiter, but a grave disease, sometimes causing death.

How Can We Prevent Goiter?

A small amount of an iodine once a week through the periods when most needed will prevent goiter. Therefore, it is well, to eat once a week, a chocolate iodine tablet. This is so prepared that it tastes like good chocolate candy, yet contains enough iodine to prevent goiter. In many communities iodized table salt is being widely used as a general goitre preventive. The simple and efficient method of preventing it before it appears should be known and practiced under the doctor's direction in every home in districts where goiter is common. Any one with actual goiter should not start treating it with any form of iodine without the advice of his or her physician.

Can Goiter Be Mastered?

Because only a physician can tell the difference between a simple goiter and a toxic or poisonous one, because iodine might make the condition of a poisonous goiter worse rather than better, it is most important that iodine be taken only after the doctor's examination.

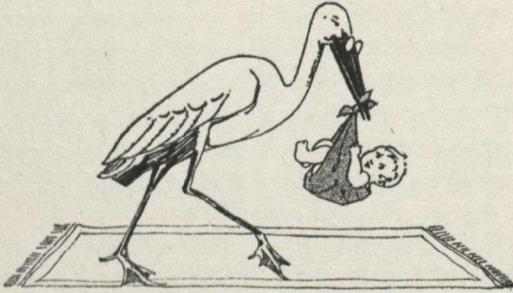
Goiter is more frequent in girls than in boys, but if the thyroid is kept supplied with iodine, by taking the tablet or the iodized salt regularly at school or at home, neither need have it. For women the most important period is through pregnancy, for here we protect two thyroids. If every mother through each pregnancy would keep her thyroid supplied with iodine, she would not develop goiter and her child would have a normal thyroid at birth.

By this practical method, Goiter can be mastered.



The Baby is Coming

DEPARTMENT OF NATIONAL HEALTH, OTTAWA



YOUR greatest happiness is coming to you in the birth of your baby, a happiness that will be renewed by every child that comes to you. Children are the security of the home and nation. When children come you know that your home will not pass away with your generation. It will last for another generation and the promise of the new homes which your children will one day make for themselves, surrounds the future of your home. A home without children is a sad contrast. It lacks interest, happiness, reality, stability. Its end is in sight. It has lost the greatest loveliness and usefulness of the normal home.

Be Glad

You have the promise of a child. The angel of the Lord is coming to your door. God and man will help you with your burdens and share your joy. Through you and your child, the stream of human life will flow on to eternity. New duties, new interests and new pleasures will fill your days.

Be Brave

This is not some strange thing which is going to happen to you. It is the right, natural and healthy thing for you, just as it was for your own mother when you were born. Too sacred to be spoken, the dearest wish of a true woman is to be a mother.

Be Cheerful

Go on with all your regular work and interests and recreation, but moderately, and you and your husband should plan so that you will be free from any strain or extra work.

Do you keep a diary? Would you not like to keep a very private diary at this time?

Do not give up anything that does you good, or gives you pleasure, ex-

cept for a satisfactory reason. Do not listen to any silly, gloomy stories. Ask the Doctor.

You know better than to "worry" or "fuss!" Keep up your heart and keep up your health. If you have a few silly ideas come into your head, just put them out again and think of something "pure, lovely and of good report." We all have silly ideas come into our heads sometimes, but they do no harm if we just think of something else, or go out for a walk. Cheer up and be happy.

You know we have the health we deserve. Keep the laws of health, live a normal life, and you will be well. Many mothers find their health at this time better than ever. If there is anything the matter with you, do not say—"O, I suppose it cannot be helped." It can be helped. See the doctor. If you are too far away to go to see him, then write to him and tell him what is the matter.

Health is the great riches. If you love your husband, and your baby and yourself—be well; keep your good health. You can.

Pre-Natal Care

The care of the child begins long before it is born. Upon the mode of living during pregnancy and the care of the mother at confinement will largely depend her own future health, and the health of her baby.

Signs of Pregnancy

Pregnancy may be suspected upon the appearance of certain characteristic symptoms.

The early signs are:

- Cessation of the regular monthly periods.
- Morning sickness.
- Changes in the breasts.
- Disturbances of urination.

Cessation of the regular monthly periods—This is usually the first evidence of pregnancy noticed.

Morning Sickness—is a feeling of nausea which may, or may not be accompanied by vomiting. This condition usually occurs on getting up in the morning, though it may be present at any time during the day. Morning sickness usually begins about the fifth week and lasts until the third month. If it continues after this time, or is unusually severe, it should be drawn to the attention of the physician. The nausea may often be prevented by taking a light breakfast, such as a slice of dry toast and weak tea or coffee,

or dry crackers, in bed, half an hour before rising. In some cases, the taking of several small meals instead of three large ones during the day, will prevent vomiting.

Changes in the Breasts—The breasts usually become tender, increase in size, and may have a sensation of fullness and tingling. On the occasion of the first pregnancy, the colour about the nipples undergoes change.

Disturbance of Urination—The desire to urinate is frequently increased during the first three months.

Later signs of Pregnancy—The signs appearing later are:

- (1) Appearance of milk in breasts.
- (2) Increase in size of abdomen.
- (3) "Quickening" or "feeling life"—due to movements of the child.

Duration of Pregnancy

The probable date of the confinement will be 280 days from the first day of the last menstrual period. This may be more readily calculated by counting back three months from the first day of the last period and adding 7 days.

Medical Care

As soon as pregnancy is suspected it is advisable to report to a physician for complete physical examination. A sample of urine should be taken on the first visit. The sample should be from four to six ounces, taken from the whole amount passed in the 24 hours, using a clean vessel and a clean bottle.

Regular supervision by a physician is advisable during the entire period of pregnancy. This supervision will include: (1) Examination of urine—monthly during the first seven months; every two weeks in the seventh and the eighth month; and weekly in ninth month. (2) Blood pressure estimated once a month. Even though the physician may live at a distance and the visit may mean inconvenience, or even hardship, nothing should be permitted to interfere with its being made.

Hygiene of Pregnancy

The woman who is in good health needs to make little change in her daily life. One of the most desirable requisites to normal pregnancy is a cheerful frame of mind. Worry should be avoided. The expectant mother must remember, however, that there is a vast difference between being unworried and unconcerned. Being unworried implies that everything has been done for health and safety; being unconcerned means that no care has been given to the present or future welfare of the mother and her child.

There are many old superstitions associated with pregnancy which should have been discarded long ago, as for example, that certain undesirable impressions received by the mother will result in birth marks or influence the appearance or disposition of the infant at birth. There is no scientific foundation for such ideas, and no attention should be paid to them.

Some women have cravings for certain articles of food, etc. If harmless, these should be satisfied, but the expectant mother should be brought to realize the wisdom of moderation in all things.

Many women are rather diffident about appearing in public, particularly during the last two or three months of pregnancy; this idea should be discouraged and every effort made to continue the ordinary social activities.

Exercise

The ordinary household duties should be continued, providing they are not too onerous; heavy lifting or unusual strain should be avoided. Walking is the best exercise. Long automobile and train trips are not advisable, especially during the first four months and during the last month.

Rest

As the pregnant woman tends to tire more easily than formerly, she should rest at least one hour in the middle of the day, and should have at least nine hours sleep. The digestive organs will not properly function if the body is overtired; this is an additional reason for not becoming fatigued.

Dress

Underwear should be warm, loose, light and suspended from the shoulders; a union suit does away with bands around the waist. Care should be taken in the wearing of ordinary corsets; in fact, special maternity corsets are to be preferred, particularly after the fifth month, when support of the abdomen is needed. Tight brassieres and round garters are to be avoided. Dresses specially adapted for pregnant women are easily obtained. Shoes should be larger than ordinary and have low broad heels; high heels should not be worn, as they tend to throw the body out of the natural position and increase the danger of falling.

Care of the Breasts

The breasts and nipples should be washed daily with soap and water and dried carefully. This will tend to prevent cracks or fissures. If the nipples do not protrude or are inverted, they should be drawn out gently several times every day in the last three months. If the breasts are heavy and pendulous a support will relieve the discomfort. Do not use lotions or poultices unless prescribed by the doctor.

Bathing

The daily bath may be either tub or sponge. The morning is the better time, but some women find a warm bath at night induces sleep. Tub baths may be taken until near the end of the pregnancy, when with increasing weight the danger of slipping and falling becomes serious; under these circumstances a sponge bath in tepid water should be substituted for the tub bath.

Teeth

Teeth are frequently troublesome during pregnancy. The teeth should be examined as early as possible and all defects corrected; they should be carefully brushed after each meal and at bed time, using salt and water, lime water, milk of magnesia or baking soda and water as a mouth wash. The mother's diet should include plenty of food containing lime salts; this will help to prevent decay in the mother's teeth and ensure earlier and stronger teeth in the infant.

Diet

During pregnancy the diet need not differ materially from that to which the expectant mother has been accustomed, provided it is a suitable one. If one is in the habit of taking tea and coffee, it is not necessary to stop their use, but the amount should be limited. Any article of food or drink which causes discomfort or distress should be avoided.

The expectant mother would do well to avoid: too much meat, (one small serving a day is sufficient), meat soups and meat gravies; rich, indigestible or fried foods; an excess of fats, sugars and alcoholic beverages. The "essential foods"—such as milk, green vegetables, fruit and eggs should form a large part of the diet:

Avoid salt after the fifth month.

The following suggestions may be useful in arranging a diet:

Milk—1 quart daily of which 2 or 3 cups is taken plain as a drink. The rest is used on cereal or milk toast; in cocoa, egg nog, malted milk; in milk soups and milk puddings, viz. bread, cornstarch, custard, junket, rice, etc.

Cereals—Whole grain and well cooked oatmeal, rolled oats, pettjoh, wheatena, cracked wheat, rice.

Bread—Preferably made of whole wheat, rye, graham, cornmeal or oatmeal.

Fruits—Orange, apples, bananas (ripe), pears, peaches, figs, prunes.

Vegetables—Spinach, squash, marrow, cauliflower, beets, peas, beans, celery, lettuce, tomatoes.

Meat—Should be broiled, roasted, or made into a stew. Meat may be used once daily. In some cases it may have to be eliminated entirely.

Fish—May be used on days meat is not given. It should be baked, boiled or broiled.

Water—is necessary to health; drink six glasses of water every day.

Elimination—The bowels should move daily. Establish the habit of going to the toilet at a regular time. Ordinary raw bran, flaxseed (raw or steeped) and molasses used instead of sugar, are helpful in constipation. If this is not sufficient, mineral oil, senna, syrup of figs, milk of magnesia or cascara are gentle laxatives. Obstinate constipation requires the attention of the physician.

Satisfactory functioning of the kidneys during all stages of pregnancy is one of the most important items in a mother's care of herself; the urine passed in twenty-four hours should be not less than three pints. Notify the doctor at the earliest possible moment after scanty urine or swelling of feet, hands or eyelids is noticed. A little care early may prevent serious trouble later. Drinking from six to eight glasses of water a day is helpful.

Discomforts and Complications of Pregnancy

Heartburn—is a burning feeling in the throat and stomach and has nothing to do with the heart. This is often relieved by taking a cup of rich milk, a small amount of cream or a tablespoonful of olive oil fifteen or twenty minutes before meals. The avoidance of fried or greasy foods or rich desserts, with the meals, is advisable. A teaspoonful of baking soda or magnesia in water will aid in relieving the discomfort.

Flatulence—or excessive gas in the intestinal tract may be present. Daily bowel movements and smaller and more frequent meals will probably lessen the discomfort.

Pruritis (Itching of the Skin)—may be relieved by bathing the uncomfortable parts with a solution of baking soda or using bran in the bath, patting, not rubbing, with a soft towel, and using talcum powder liberally. Pure soap only should be used.

Swelling of the Feet—is very common and is due to increased pressure on the veins returning from the lower parts of the body. If the swelling is not relieved by elevating the feet, the physician should be consulted.

Cramps in the Legs—are also due to pressure; rubbing the legs gently and applying heat will relieve them. Bending the feet forward as far as possible and holding in that position will also bring relief.

Varicose Veins—may be caused by round garters or being on the feet too much. Elevating the feet, wearing a properly fitted abdominal band, and bandaging the legs before rising with a stockinette or flannel bandage cut on the bias, will probably relieve the condition.

Hemorrhoids or Piles—this condition is increased by constipation and demands the advice of the attending physician.

Danger Signals—Persistent headache, more or less severe, which may be accompanied by flashes of light before the eyes, or dizziness.

Swelling of hands, feet and eyelids, particularly in the morning.

Lessening in quantity of urine passed. The amount passed in the 24 hours should be at least three pints.

Bleeding (however slight) and particularly if repeated irregularly.

Persistent vomiting, especially after the third month.

Sharp pain, especially if felt in the lower right or left side of the abdomen and accompanied by slight bleeding.

Any one of these symptoms must be taken as a danger signal and warrants early consultation with the physician. Prevent serious trouble by reporting to the doctor immediately.

Register the Baby's Birth

The baby now requires special attention on a particular point—the fact that he has been born must be recorded. It is the duty of the baby's parents to register his birth. The form may be secured from the physician and should be forwarded to the Clerk of the municipality. A Birth Certificate is just as important to the baby as a Marriage Certificate is to the parents.

See that the baby's birth is promptly and properly registered.

The baby may need his birth certificate—

To prove himself a British subject.

To demand his right to go to school till 16 years of age.

To prove himself his parents' son, should he inherit.

As evidence that he is old enough to go to work.

To establish his age—insurance companies demand proof of age.

To prove his right to hold public office.

It is the doctor's duty to send the notification of birth to the Division Registrar—but it is the parents' duty to make the registration. **DON'T FAIL.**

Once registered, a record can always be obtained from the Registrar-General's Department of your province.

Care of the Infant

The Outfit for the Baby—must be prepared in advance. It is a mistake to waste the mother's energy in the preparation of an elaborate layette, since many of the first garments are outgrown before they are worn out.

The chief requisites of the baby's wardrobe are:

The clothes should be warm without being heavy.

They should be loose enough to provide for freedom of movement.

They should be easy to launder.

The following is a list of the clothes necessary for a young baby for the first few weeks:

- 3 flannel bands, soft and unhemmed, 18 inches long, 4 inches wide, (to be replaced by sleeveless vest when navel is healed.)
- 3 shirts, cotton and wool, or silk and wool, size 2.
- 3 Gertrude petticoats, flannel or flannelette.
- 3 Gertrude petticoats, lawn or cotton.
- 3 dresses, lawn, cotton or flannelette.
- 4 nightdresses, flannelette.
- 3 pairs white woolen stockings or bootees.
- 3 dozen diapers, 27 inches square, of "shrunk" diaper cloth. (Larger diapers are needed as the baby grows older.)

Knitted sweaters and pullover panties for extra warmth.

At night take off all clothes worn during the day and put on a fresh shirt, diaper and night gown. The night gown should be long enough so that the feet will be well covered and there will be no need of stockings.

When placed outside in the cold weather, a warm woolen cap and a coat which covers the legs should be worn, a sleeping bag made of blanket cloth is very convenient.

When the child begins to creep, the woolen bootees should be replaced by stockings and leather moccasins with seams on the outside; later soft leather laced boots (not patent) with flexible soles are advisable.

A soiled garment should never be put back on the baby. Constant changing of diapers is necessary when the baby is awake, but it is unwise to wake it to change it unless it is restless or the bowels have moved. It should be changed when it is taken up to be fed.

Rubber pants or waterproof diapers should not be used as they are not clean, and may cause chafing, also the elastic tends to constrict the waist and knees. An additional pad, folded diaper or in cool weather, knitted pants, will obviate the necessity for this garment.

Do not overload the baby with clothes.

The Bed

The baby should have its own bed; it may be a plain enamelled cot, a bassinette or a lined clothes basket. The mattress should be firm and even; a hair mattress is preferable. Table felting or "silence cloth" folded smoothly several times is a good substitute; this material has the advantage that it can be boiled and dried in the sun.

All bedding should be thoroughly aired and shaken out each day. Sheets and pads that have been soiled should be washed and thoroughly dried before using.

Cover the mattress with a rubber sheet, then a cotton sheet, over this put a cotton pad and finally another cotton sheet. The baby may then be covered by a cotton sheet and a light woolen blanket.

For the first few weeks the baby is better without a pillow. The bed should be so placed that it is away from all draughts, but a window in the baby's room should be open all of the time. The light should not fall directly on the face.

Mosquito netting large enough to cover the basket or cot is necessary to keep out the flies, mosquitoes, etc.

The Bath

Until the cord falls off and the navel heals the baby should be given sponge baths in a basin with lukewarm, boiled water and a bland soap. After this, a tub bath may be given, and the necessary requirements for this are:

1. Low table on which the tub may sit and on which the baby may be undressed and dressed.
2. Bathtub (tin, galvanized iron, enamelled or rubber).
3. Soap.
4. Bath apron of turkish towelling or flannel.
5. Soft wash cloths and towels.
6. Talcum powder.
7. Absorbent cotton.
8. Warm boracic acid solution (1 teaspoon to pint of water).
9. A bath thermometer.

Directions—Before handling the baby the mother should first wash her own hands carefully, to remove all dirt.

The temperature of the bath should be from 98° to 100°F. until baby is 6 months old. If you have no thermometer you may use water that feels warm to your elbow. By the sixth month the temperature of the bath for healthy infants may be lowered to 95° F., and by the end of the first year to 90° F.

When bathing a baby in a tub let him rest upon your left arm, which is slipped under his back from the baby's right side. The right hand is left free for washing the baby.

A baby should always have his own towels and wash cloths; cheese-cloth makes excellent cloths, and the towels should be soft.

The baby's head should be washed carefully every day. If yellowish scales appear on it, the head should be rubbed at night with vaseline or sweet oil. In the morning, after washing it, the head should be very gently brushed with a baby's soft hair brush.

The best time for bathing the baby is before the morning feeding between 8 and 9 o'clock. After the bath the baby will be ready to be fed and go to sleep.

Baby's Development

The baby should have:

A steady gain in weight.

Bowel movement every day.

A good appetite.

No vomiting.

A clear skin.

Bright, wide open eyes.

Very little crying.

Quiet, unbroken sleep, with eyes and mouth closed.

A constant growth in stature and intelligence.

Other points of normal development—

The soft spot in the top of the head (fontanelle) begins to close at fourteen months and should be entirely closed at two years.

The baby learns to hold up his head, unsupported, during the fourth month.

He laughs aloud from the third to the fifth month.

From the fifth to the seventh month he reaches for toys and holds them.

At seven or eight months he is usually able to sit erect.

During the ninth and tenth months he makes the first attempt to bear his weight on his feet, and can usually stand with assistance at eleven or twelve months.

He begins to walk alone in the twelfth and thirteenth month and walks without aid at the fifteenth or sixteenth month.

At one year usually a few words can be spoken, and at the end of the second year the baby makes short sentences.

Children differ in the rapidity of their development, some being slower and some faster, therefore the mother should not be unduly alarmed at variations from this statement, although marked differences should put her on guard.

Weighing the Baby



Steady increase in weight is generally recognized to be an indication of healthy development. Gain or loss should be drawn to the attention of the physician. It is very important to have the baby weighed regularly—if possible, once a week. Scales with weights are more accurate than spring scales. Baby should wear the same amount of clothing each time it is weighed.

On certain occasions there may be a normal loss in weight; for example, a few days after birth, and at or about six months when a vigorous child may lose slightly as the result of exercise. A normal baby gains about an ounce a day from the end of the first week up to the fourth month. After that the gain is about four ounces a week till the 12th month. Thus the average weight at birth is about 7 pounds; at 6 months about 14 pounds; at 12 months about 21 pounds. Do not be too anxious to fatten the baby. The fattest baby is not the healthiest baby.

Summer Care of the Baby

Bathing—Bathe the baby morning and evening, and on very hot days give a sponge bath in the middle of the day. Keep the skin dry and well powdered.

If he is suffering from prickly heat, sponge with a solution of baking soda (1 teaspoonful to 1 pint of water) several times a day.

Clothing—The clothing should be very light; a thin shirt, diaper and muslin dress are sufficient.

Sleeping—Put him out of doors in the shade during the daytime, cover him with white mosquito netting; do not use a heavy covering as it excludes the air.

Food—If breast fed, continue nursing unless ordered by the physician to stop. Feed not oftener than every four hours and be sure to give plenty of cool boiled water between feedings.

If bottle fed, be sure the milk is perfectly sweet, is boiled and kept on ice and the bottles thoroughly cleaned and sterilized. Do not overfeed, as a child requires only about three-quarters as much food in hot weather as in the colder months.

Diarrhoea—At the first symptoms, stop all feeding. Give as much cool boiled water, without sugar, as the baby will take, and consult the physician.

Flies—Every effort should be made to protect the child and his food and dishes from flies, as disease germs may be carried in that manner. All

doors and windows should be screened and soiled diapers should be kept in a covered vessel till washed.

Sunshine

Sunshine is necessary for the normal growth of all infants, particularly for the prevention of rickets. The infant should be kept in the open air and sunshine whenever possible. In the winter time he should be taken out for a time each day between the hours of 11 a.m. and 2 p.m. and the sun allowed to shine directly on the face. The sun will not hurt the closed eyes. In young infants the head may be turned to one side if thought necessary.

Sun baths should be given daily whenever possible. In cool weather the baby may be placed in front of an open window, as the sun's rays are not effective enough through ordinary window glass. On mild days he may be taken out of doors. The clothing should be gradually removed, exposing the hands and feet to the sun the first day for 5 minutes, then arms and legs the second day, and proceeding each day in this manner until the child's whole body is exposed to the sun's rays. The Sunshine Table will be found a useful guide in giving baths:

Sunshine Table

Gradual Exposure of Baby's Body	DAY															
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
	Number of Minutes															
Hands and wrists } Feet and ankles }	5	10	15	20	25	30	35	40	45	50	55	60	60	60	60	60
Ankles to knees		5	10	15	20	25	30	35	40	45	50	55	60	60	60	60
Knees to hips			5	10	15	20	25	30	35	40	45	50	55	60	60	60
Hips to chest, front and back				5	10	15	20	25	30	35	40	45	50	55	60	60
Chest to neck, front and back					5	10	15	20	25	30	35	40	45	50	55	60

Directions

On the first day expose hands, feet, and ankles for five minutes.

On the second day, at the end of the first five minutes of exposure of the hands, feet and ankles, roll the sleeves to the elbows and uncover the legs

to the knees, for a second five minutes. The first day's parts will then have had ten minutes and the new parts but five.

Proceed each day in this manner, uncovering the parts indicated, the newest part always getting but five minutes on its first day uncovered.

By the sixteenth day the whole child gets a sixty-minute bath.

Sun baths should be given daily whenever possible.

General Precautions in Giving Sun Baths

Protect the baby's head from intense heat in very hot weather. The infant should be protected from the wind in the colder months.

There should be no exposure just before or just after meals.

There should be no exposure just after a warm bath.

In July and August the exposure should be before eleven o'clock or after three o'clock, as the mid-day sun is too hot.

In winter from 10 to 1 o'clock is the best time.

Sleep

The baby should sleep alone. A young baby sleeps 18 to 22 hours out of 24. At six months of age he sleeps about 16 hours, 12 hours of this should be night sleep with only the interruption of the 10 p.m. feeding. He should sleep 2 hours in the morning and from 1 to 3 hours in the afternoon.

At one year of age he should sleep 14 hours.

At two years of age he should sleep 12 hours.

A daytime nap of 1 to 2 hours should be continued till the child is 5 or 6 years old.

A well trained baby will go to sleep when put in bed without being rocked, patted or sung to sleep.

If the baby sleeps lightly it may be because he has been tickled, played with or tossed about. He should be protected from all such excitement.

The baby should never be given soothing syrups unless definitely ordered by the physician, as practically all of these preparations contain alcohol, opium or morphine.

Do not waken the baby to change his diaper, he will not take cold if he has woolen covers over him.

The baby should be taught to go to sleep at 6 p.m. Do not take him out at night, as this breaks the habit of his regular hour for sleeping and he is fretful in consequence.

The daytime naps should be taken out of doors if possible. The night sleeping room should be darkened and well ventilated with open windows. A screen may be placed around the baby's bed to protect him from draughts.



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Is the **ORIGINATOR** of the Frank's system of hair growing and has had most successful results for both sexes during the past ten years in the treatment of:

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Care of the Scalp

By F. A. FRANKS

207 Montgomery Building, Winnipeg

MAY I express the hope that you will both accept my most sincere wishes for a happy married life, with the best of health to attend it and an everlasting luxurious head of hair to enable you to retain that youthful and healthful look all your life.

In order to maintain the hair properly, cleanliness is essential, and only those soaps specially made for shampooing should be used. Refrain from using slickbacks, hair placers, and certain so-called hair tonics, these all have a deleterious effect upon the hair and when constantly used are very harmful. The washing of the scalp ordinarily, should not be indulged in more often than once in ten days; although of course, this is determined by occupation; that is, some people work in a dusty, dirty place, in which case, of course, the hair and scalp must be cleansed more often. In order to keep the blood and oil glands of the scalp functioning properly, it is necessary to brush the scalp once per day with a moderately stiff brush, which must always be kept clean, as must any comb that is used. It is very common for both men and women to wear hats of others, avoid this, it is a most dangerous practise, as dandruff is easily conveyed. An itchy scalp is a danger sign, do not delay; procrastination is always dangerous, but in this case particularly so. See a specialist at once, otherwise that slight itch may spread to eczema.

Remember, "a stitch in time saves nine," and most certainly treatment in time saves your scalp, and follicle roots, prevents dandruff scale, and retains the lustre of your hair.

The earlier scalp disorders are attended to, the better. By so doing you will save your scalp, your hair, your appearance, and your money.



Teething

The development of the teeth begins at least six months before birth. A nutritious diet for the prospective mother is the best way to ensure healthy teeth for the baby. Foods containing the elements needed to build strong teeth and bones are: fresh fruits and vegetables, butter, milk and whole grain breads.

Teething is a normal process and should not be accompanied by an upset. Although nearly all infants are more fussy when teething, healthy babies should have no serious trouble cutting their teeth. Sickness at teething time usually comes from faulty feeding and for this reason, extra care has to be given to the cleanliness of the bottles and the preparation of the food.

Teething begins at about six or eight month and the first tooth may appear in a healthy baby any time after this. The lower middle teeth usually come first. At one year, a normal baby should have six to eight teeth; at one and a half years there should be 12; at 2 years 16 teeth; and at 2½ years the entire set of 20 should be cut. A baby who has no teeth at the end of the first year is not developing properly, probably due to errors in diet. The doctor should be consulted.

The health of the second teeth depends very largely on the care given to the first set; they should be cleaned daily with a soft brush, and the child taken to the dentist regularly after the third year. It is necessary that every precaution be taken to avoid decay of the temporary set of teeth.

The use of soothing syrups, paregoric or other sedatives during teething should be absolutely avoided, as they are not only useless, but positively harmful.

During the second year, if the baby's teeth have erupted properly, hard, dry foods, such as crusts or zwieback, should be given in order to stimulate the proper development of jaws and teeth. The tendency to keep a baby too long on an exclusively soft diet for fear that solid food will upset him should be discouraged.

Care of Special Organs

Eyes—The baby's eyes should be protected from dust, wind and the glare of strong lights. Cross eye or squint, swelling, redness or any discharge should have medical attention.

Clean the eyes and eyelids, using balls of absorbent cotton dipped in warm boiled water, rubbing from the nose out. A separate piece of cotton should be used for each eye.

Mouth—Never put a finger inside the baby's mouth. If the mouth must

be washed use a twisted piece of sterile absorbent cotton, wet in warm boiled water.

Nose and Ears—The baby's nose should be cleaned every day with a piece of absorbent cotton, wet in warm boiled water, and the external ear cleaned in the same way. All cotton used for cleaning nose, mouth, ears and eyes should be burned.

Genital Organs—Cleanliness is the principal treatment. Male infants should be examined early by the physician to see whether or not circumcision is needed. Any swelling or redness of the parts should be reported to the physician.

Habits and Training

The Baby's Schedule for the Day

If on 4-hour feeding	If on 3-hour feeding	
6.00 a.m.	6.00 a.m.	Feeding
8.15 a.m.	8.15 a.m.	Cod Liver Oil, then orange juice
8.30 a.m.	8.30 a.m.	Bath
10.00 a.m.	9.00 a.m.	Feeding
10.20 a.m.	9.20 a.m.	Out of doors until feeding time, Sun bath
2.00 p.m.	12.00 noon	Feeding
2.20 p.m.	12.20 p.m.	Out of doors
	3.00 p.m.	Feeding
	3.20 p.m.	Out of doors.
5.15 p.m.	5.15 p.m.	Bath and change to night clothes
5.45 p.m.	5.45 p.m.	Cod Liver Oil
6.00 p.m.	6.00 p.m.	Feeding
6.20 p.m.	6.20 p.m.	To bed, lights out, and windows open
10.00 p.m.	10.00 p.m.	Feeding
2.00 a.m.	2.00 a.m.	Feeding—(for first three months only)

"Don'ts" for the Baby

Don't omit giving plain boiled water without sugar between feedings.

Don't take the baby to a house where there is sickness.

Don't allow anyone who is sick to come near the baby.

Don't feed the baby from a spoon or cup that has been used by any other person without first washing it thoroughly.

Don't allow the baby to be kissed on the mouth.

Don't let the baby use a pacifier or "comfort" or suck an empty bottle.

Don't play with the baby just after feeding it.

Don't take the baby out at night.

Don't test the heat of the baby's food by putting the nipple in your own mouth.

Don't use a baby walker; babies should not be encouraged to walk or stand until they are ready for it.

Don't forget to give the baby Cod Liver Oil and orange juice.

Don't let flies get on the baby or on anything belonging to him.

Don't neglect diarrhoea but consult a doctor immediately.

Don't give the baby tea, coffee, candy, cakes or scraps from the table.

Infant Feeding

The Breast Fed Baby is the Best Fed Baby

Nurse your baby because—Breast milk is the perfect food.

Breast milk contains all the food essentials in the proper proportions that are necessary for the best growth of the baby.

It is easy to digest and thus protects the baby from stomach and bowel trouble.

It gives the baby a better chance to grow up. Five bottle fed babies die for every one breast fed.

It tends to protect the baby from communicable diseases.

It is absolutely free from germs and dirt.

It does not sour or spoil.

It needs no preparation.

It is cheaper than artificial food.

Advice to Nursing Mothers

The breasts and nipples should be kept clean by washing with boiled water or boracic acid and water before and after nursing. The hands should be thoroughly washed before touching the breasts. Keep the nipples covered with clean, soft cotton sterilized or freshly ironed. If the nipples become sore, the physician should be notified. If a nipple shield is used it should be washed and boiled each time before using.

Good health in the mother is essential to the health of the nursing infant, the presence of any serious physical ailment is bound to influence the well being of the baby. If the supply of milk is scant at first every effort should be made to establish a satisfactory supply.

The diet should be plain and wholesome, avoiding foods which are liable to cause indigestion. Tea and coffee may be taken in moderation; alcoholic beverages should, however, be avoided. One quart of milk should be taken daily and an ample supply of water.

Every effort should be made by means of a diet of fresh fruits, vegetables, and the use of bran or flaxseed in a cooked cereal, to avoid constipation.

Cathartics should only be taken on the advice of a physician. It is essential that the nursing mother have at least eight hours undisturbed sleep at night, and a rest of at least an hour in the middle of the day.

If the mother has even a slight cold she should protect the baby by covering her nose and mouth with a handkerchief or clean muslin tied over her face.

The length of time at the breasts varies, as some babies are more energetic in nursing than others and some breasts are more easily nursed than others. It is not well to leave the baby at the breasts longer than fifteen or twenty minutes. In the first five minutes the baby gets as much as in the next ten minutes.

In order to ensure a sufficient supply of milk, it is necessary that the breasts be emptied after each nursing. If this is not done by the baby it is suggested that it be done by the method known as "Manual Expression."

Manual Expression of Milk

The hands should be scrubbed thoroughly with warm water, soap and nail brush, for at least one minute.

The breasts and nipples should be washed with clean absorbent cotton and warm water.

The hands should be dried thoroughly on a clean towel and kept dry.

A sterilized (boiled) wide mouthed glass or bowl should be used to receive the milk.

The Movements are—

1. The left hand should be used in emptying the right breast and the right hand for the left breast. With the thumb above and the fingers below about one inch from the nipple and just outside the dark area, the breast should be pressed gently but firmly backward.

2. While keeping up the pressure backward, the thumb and finger should be brought together behind the nipple.

3. The fingers and thumb should then be brought forward and the milk thus expressed, collected in the sterilized bowl. In doing this it is not necessary to touch the nipple. These movements should be continued for about ten minutes. Even if only a drop or two of milk is obtained at first, the stimulation thus given to the glands leads to further secretion of milk.

Conditions Prohibiting Nursing

The presence of certain conditions, such as, tuberculosis, anaemia, heart or kidney disorders, or infectious disease, may make it necessary to discontinue breast feeding, but the mother must be guided only by the physician's decision in this matter.

Signs of Too Much Breast Milk

- Rapid increase in weight.
- Spitting up or perhaps vomiting a little directly after feeding.
- Usually colic and gas.
- Free perspiration.
- Passage of large amounts of urine—the diapers constantly wet.
- Bowel movements frequent, large, and green in color.

Signs of Insufficient Breast Milk

The Baby:

- Does not appear satisfied after nursing.
- Is stationary in weight or gains very little.
- Is fretful and impatient, while nursing.
- Is restless and not sleeping enough.
- May vomit as the result of continuous crying.
- Is usually constipated, requiring a laxative every day and the movements are small.
- The urine is scanty and the diaper may be yellow or brick red from the urine.

To determine whether the child is or is not getting enough milk, weigh before and after nursing three or four times in one day. The difference between the weight before and after nursing will decide how much has been taken at one feeding.

If the amount of milk is too great, shorten the length of the feeding time.

Discomfort or vomiting may result from the taking of the milk too rapidly; this may be remedied by putting the infant to the breast for two or three minutes, then taking the breast away from the baby and waiting for one or two minutes and repeating this until the nursing period is ended; or the mother can compress the base of the nipple with her fingers while the baby is nursing. If neither of these measures is successful, one-half to one ounce of plain boiled water or barley water may be given before each nursing.

If the child is not taking sufficient milk, the mother should be given a more abundant diet of meat, vegetables, milk and cooked cereals (including corn meal gruel). Massage of the breasts two or three times a day may also increase the supply.

Milk Requirements

- A new born baby's stomach only holds one tablespoonful.
- A month old baby should get $2\frac{1}{2}$ to 3 ozs. at each feeding.

From the second to the sixth month a baby should get 3 to 6 ounces at each feeding.

From the sixth to the twelfth month a baby should get 5 to 8 ounces at each feeding.

Stools of a Breast Fed Baby

The normal stool is a bright orange shade, but for the first three or four days of life a normal baby usually has four or five stools a day of dark greenish brown colour and of sticky consistency. They gradually become lighter in colour until at the end of the first week they are of a mustard shade. After the first ten days if more than four in a day, it is advisable to report the condition to the physician.

Overfed infants may have from four to seven loose stools a day, usually immediately after feeding.

Underfed infants are usually constipated with small movements.

Do not give castor oil to the newly born baby nor later unless ordered by the physician, as it tends to be followed by constipation.

Additional Foods for the Breast Fed Baby

Cod Liver oil should be given in the second month unless in the middle of summer when it may be omitted during the hottest weather. Begin with ten drops twice a day, increasing gradually to one teaspoonful three times a day and continuing this amount. This treatment is an aid in the prevention of rickets.

Orange Juice—a teaspoonful of strained juice should be given daily beginning at the fourth month and increased until by the sixth month the juice of half an orange is taken. This should be continued throughout the second and third year.

In the sixth month, one to two rounded tablespoonfuls of well cooked cereal (cream of wheat or farina) mixed with cow's milk which has been boiled for three minutes may be given before the 10 o'clock feeding; no sugar should be added to the mixture.

In the seventh month, an ounce or two of strained vegetable soup (see recipe) may be given before the two o'clock feeding.

In the ninth month, one to three tablespoonfuls of vegetable pulp may be added to the strained soup.

A half slice of sweiback or bread browned in the oven may be given after the sixth month.

Constipation in the Breast Fed Baby

This condition may be the result of errors in feeding.. The absence of sufficient water is a common cause. One to two ounces of boiled water

should be given daily in the early months, and the amount gradually increased until six or eight ounces is taken at the end of 12 months. Orange juice, prune juice and tomato juice also may be given. Massage of the abdomen by gently rubbing up the right side, across about the level of the navel and down the left side, is also helpful.

If medicine must be used, a teaspoonful of milk of magnesia will probably be sufficient to correct the disorder.

If the bowels have not moved for a couple of days, an enema or injection into the bowel may be necessary, using about five ounces of warm, boiled water with a small amount of soap dissolved in it.

Colic in the Breast Fed Baby

May be due to too frequent nursing or overfeeding. Rubbing the abdomen gently or laying the baby on its stomach on a hot water bottle, or a warm flannel, may relieve the condition. Giving half a teaspoonful of peppermint water mixed with a little warm water or a soda mint tablet dissolved in warm water will probably be followed by an eructation of gas that will give great relief.

Weaning the Breast Fed Baby

The baby should not be weaned without first consulting the physician. Under normal conditions a child should be weaned before it is nine or ten months old. It is not considered wise to wean during the summer months unless the child is under the constant supervision of the doctor. It is of no advantage to the baby to continue nursing after the first year, as the mother's milk becomes deficient in certain constituents, particularly iron.

The best method of weaning is to substitute a bottle of boiled cow's milk and water in equal parts with a very small amount of sugar (less than a teaspoonful) for one nursing. The next day, two feedings may be substituted for two nursings and after a day or two, the number increased to three. This is continued until the baby is entirely off the breast. If the infant has been taught from the first to take water from a bottle the process is made much easier. The normal baby can be entirely weaned in about two weeks.

Care of the Mother During Weaning

Use a snugly fitting breast binder.

Limit the amount of fluids taken.

Take a laxative such as magnesia, every day.

If there is much discomfort, the breasts may have to be emptied by means of a breast pump and an ice bag applied.

The Bottle Fed Baby



Cow's milk is the best substitute for breast milk. Every precaution however, must be taken to obtain milk which is fresh and absolutely clean.

If possible, the milk should be from a mixed herd, not one cow's milk. The cows should be healthy, well cared for in clean surroundings and milked in a cleanly manner. It is wise to obtain milk from tuberculin tested cattle.

In the country districts, as soon as the milk is obtained, it should be strained through absorbent cotton, covered and put in a cold place.

In the cities, towns and villages the milk should be delivered in sealed bottles only. Milk sold in open cans should never be fed to children. The top of the bottle should be washed off before the cover is taken off, to prevent dirt from getting into the milk. Care should be taken to keep the milk in a cool, clean place, preferably in ice box, until required.

In preparing the milk for the infant, the physician should be consulted as to the amount to be given and the proper dilution.

It is advisable to make up the food required for twenty-four hours at one time and the proper amount for each feeding should be put in a separate bottle.

Everything that comes in contact with the food must be clean. The hands should be washed with hot water, soap, nail brush and dried with a clean towel, and the dishes used in the preparation of the food should be boiled before using.

Care and Preparation of Bottles and Utensils

The following articles are convenient for making up the feeding:

1. Enamelled or aluminum double boiler, 1½ or 2 quart size.
2. Large kettle or pan in which the bottles may be boiled.
3. As many bottles as there are feedings in a day.
4. A nipple for each bottle.
5. Bottle brushes.
6. A graduated measuring glass (in ounces).
7. A two quart pitcher.
8. A funnel.
9. A long handled spoon for stirring the food.
10. A tablespoon.

Rinse the baby's bottle immediately after each feeding, first with cold

water, then wash with warm water, soap and bottle brush if necessary. Rinse well again in clear hot water and drain dry.

To sterilize bottles before beginning the day's feedings:

Fill the number of clean bottles to be used with water. Place in a pan of water so they will be well covered with water. Boil five minutes. Remove with the help of a fork and clean towel. Drain dry. Cover with a fresh clean towel until ready to be filled.

Put the utensils to be used, i.e., graduate tablespoon, etc., into the same pan of water which was used for the bottles. Boil five minutes. Remove and drain dry. Keep all utensils on a fresh clean tray or pie-plate while in use. Note: If convenient, and pan is large enough, bottles and utensils may be sterilized together.

After preparing the day's set of feedings wash all utensils immediately with cold water, then with warm water and soap if necessary. Rinse well. Dry and put away by themselves until time to prepare next day's feedings.

Use plain, straight-sided, graduated bottles—round or flat, with sloping shoulders, and no sharp curves.

Use plain rubber nipples, not collapsible, but soft enough to be easily turned inside out for cleaning.

Nipples should be washed immediately after using, boiled once a day, and kept in solution of borax in water (1 teaspoon borax to 1 cup of water).

Preparation of Feedings

If cow's milk has been ordered by the physician, heat the amount of milk which has been ordered, in a double boiler till it is steaming, then remove the inner part of the double boiler and place on the direct heat. Let the milk boil up (bubble not simmer) for three minutes. The use of the double boiler for heating the milk will prevent scorching.

The sugar and water or other ingredients ordered by the physician may then be added, the mixture stirred well and strained again into the large pitcher which has previously been boiled, then poured while still hot into the bottles. Put a stopper of clean absorbent cotton in each bottle, this will prevent a scum being formed at the top of the feeding. The bottles should then be set in a cool place.

Before each feeding the bottle should be warmed by setting in a pan of hot water, then a nipple which has been well rinsed after taking from the borax solution should be put on, and the bottle well shaken. Never keep the feeding bottle warm all night or for long periods as fermentation is likely to take place.

The temperature of the milk may be tested by letting a few drops fall upon the wrist. The nipple should never be put in any mouth but the infant's.

The hole in the nipple should be large enough so that the milk will drop easily when it is turned upside down, but not so large that it will flow rapidly.

Hold the baby on the arm in the same position as for breast feeding. The bottle should be held so the neck of the bottle is continually filled.

The feeding should be all taken in twenty minutes.

If the child takes the food too rapidly, remove the nipple and use one with a smaller hole.

Stools of the Normal Bottle Fed Baby

A healthy bottle fed baby has usually one stool in the twenty-four hours, occasionally two. They are yellow or brown, perfectly smooth without any curds or undigested matter present.

White dry stools occur usually when too much cream is being fed.

Curds or lumps in the stool if very hard, usually occur when the milk has not been boiled. If the lump can be easily flattened out, it is probably due to too much cream being given. If the stools are very frequent, green, frothy and sour smelling, passed with considerable gas and the buttocks are red and sore, too much sugar is probably being given. When blood, mucus or pus is found in the stool it should be drawn to the attention of the physician at once.

Signs of Underfeeding

If the baby cries when his bottle is taken away and again before the next feeding time, he is probably not getting sufficient food.

If the baby's gain in weight is more than normal (see gain in weight page), is restless, vomiting his food and has loose bowel movements, he may be taking too much or too rich food.

The physician should be consulted in both of these conditions.

Water

The infant needs plenty of cool unsweetened water to drink. Luke-warm, boiled water should be given to a young infant, particularly in the warm weather. Cold water should never be used. The water may be given between feedings from a bottle or, to a very young infant, from a teaspoon.

Additional Foods for the Bottle Fed Baby

These are the same as those suggested for breast fed infants. It is particularly important that Cod Liver Oil and orange juice or tomato juice should be given to bottle fed children. The use of patent foods is not advisable unless especially ordered by the physician. They are all expensive and are ordinarily not as good as modified cow's milk.

Pasteurization

The Best Known of Treatments for Milk

AN AUTHORIZED INTERVIEW WITH DOCTOR C. H. MAYO,
OF ROCHESTER, MINNESOTA

DR. CHARLES H. MAYO, world-famous physician and surgeon of Rochester, Minnesota, has declared in an authorized interview that, in his judgment, pasteurization is the best of all the known treatments for the nation's milk supply, and, in the final analysis, for all of its dairy products.

"The nation's milk constitutes a problem that is the source of no little concern to our health authorities particularly," said Dr. Mayo, "and to our medical practitioners generally."

"Properly handled," he added, "the situation is not a particularly difficult one to control; neglected, it may quickly become a menace involving countless lives."

Dr. Mayo has spoken, not alone as one of the ranking members of his profession, but as the chief health officer of the city which the Mayo brothers have made renowned. Since becoming induced to shoulder the responsibilities of that office, Dr. Mayo has inaugurated many regulations for milk producers and distributors that have given to consumers in and about Rochester a supply of dairy products as near 100 per cent. in purity and food properties as good cows, medical science, care, and common sense can make them.

There have been several pasteurization plants installed in Rochester during the past few years, and all the milk from Dr. Mayo's Holstein and Guernsey herds undergoes the same rigid supervision and treatment that prevails elsewhere throughout the countryside.

"After having studied for many years the problem of safe milk," Dr. Mayo has officially declared, "I am of the opinion that pasteurization is the only known treatment which adequately serves the purpose for which it was intended, namely, that of destroying germ cells without materially reducing the food properties. I do not contend that pasteurization will make unclean milk clean. I do contend, however, and can prove by records, that pasteurization will and does make unsafe milk safe."

Dr. Mayo asserts that pasteurization, which is accomplished at 145 degrees of heat over a period of not less than thirty minutes, destroys germs, "organisms so delicate," he stated, "that it is quite unnecessary to heat the milk at a higher temperature."

"With proper care thenceforth," Dr. Mayo continued, "no more germs can make their entry into the milk, and the consumer will obtain an absolutely safe and nutritious product."

The comment of Dr. Mayo relative to epidemics and the part which the milk supply generally plays in them is interesting.

"Even though we are able through rigid and constant supervision of our herds and their surroundings to offer the public reasonable protection against impure milk, epidemics have not been prevented," he said. "This fact indirectly supports what I have previously stated as my belief, that pasteurization, while not making unclean milk clean, will make unsafe milk safe.

"In case of epidemic it has been demonstrated that pasteurization properly performed will destroy the germs responsible for the disease and its spread and consequently restore the community to normal, healthy conditions. Often we have found hundreds made ill by impure supply from one unhealthy cow. It is comparatively simple to trace trouble of that sort to a herd which is infected, but to trace it to a single animal is a much more difficult matter.

"But whether the contamination originates from one or a dozen cows, pasteurization is an absolute insurance against a continuance of the outbreak, and furthermore a complete and certain check."

Dr. Mayo declares that the opposite of the pasteurization treatment, which aims to destroy germs by instant and continuous chilling, "signally fails of purpose for the reason that it does not destroy."

"Such treatment," said Dr. Mayo, "prevents germs from multiplying, and nothing else. Multiplication is resumed, however, immediately the chill is sufficiently out of the milk."

Dr. Mayo gave it as his opinion that pasteurization delays the process of souring.

"Souring is a natural process in milk that comes with age, and to many is not objectionable," Dr. Mayo stated. "Souring prevents putrefaction. Preventing souring by destroying the lactic acid organisms which produce the souring makes the putrefactive process more rapid unless the milk is kept cold."

Questioned as to the often-repeated statement that pasteurized milk is not the best for babies on the theory that its food value has been reduced, Dr. Mayo declared that "babies, fed raw and pasteurized milk, show a slight average difference in the net daily gain in weight during the feeding period when given orange or tomato juice. The slight difference might truthfully be said to be in favor of the milk that has undergone the pasteurization treatment."

Dr. Mayo expressed the opinion that "it is within the province of the Board of Health of any community to insure good and safe milk.

"The protection of the public can be insured by pasteurization," he said. "It is the only safe way."

Ch Mayo

Notes

Notes

Cheese, the Protein Food

IN **CHEESE** the housewife has one of the simplest forms of protein food, easily digested, no waste, and always ready for use.

The discovery of cheese is legendary, and, like the discovery of butter, is attributed to the Arabs.

Long before the time of Christ, so tradition has it, an Arab herdsman, after a day of hot travel, sat down in the cool shade to eat his lunch of dates and milk, which he carried in a skin bottle made from the stomach of a calf. When he opened his skin bottle, and poured the liquid into the gourd cup which he carried, to his surprise a thin watery liquid came forth. It was pleasant to the taste, so he drank it. His curiosity being aroused, he investigated and found his skin bottle contained something solid inside; he quickly cut it open and lo, and behold! a white mass of moist material. Good tasting? Yes! So he ate it, and as he went about his duties that afternoon, pondered over what had happened. That change in the milk had decided possibilities. It was good food—a little squeezing made it a solid mass and much easier to carry than milk. He related his experience and purposed trying it again, and his tribe took up the idea.

Thus, if tradition be credited, did the world learn to make one of the most widely used and popular foodstuffs ever added to the diet of mankind.

Cheese is more extensively used in European and Asiatic countries than on the American continent. The following countries have established statistic bureaus which keep tab on all economic matters, and from them we learn the per capita consumption of cheese per year, is as follows: Switzerland, 23 lbs.; Holland, 13.5 lbs.; France, 13.5 lbs.; Denmark, 13.2 lbs.; Germany, 9.5 lbs.; Britain, 9 lbs.; Scandinavia, 7 lbs.; United States, 4.4 lbs.; and Canada, 3.54 lbs.

It would seem that there is a co-relation of cheese-eating and racial strength. The biggest cheese eaters, the Swiss, are a sturdy lot—they have ability to climb mountain scarps, wrest a living from patches of soil among the rocks and hills of their native land, and stand to the last man whenever they have figured in struggles for existence.

Next in line are the Dutch and the Danes—stout folk both of them, daring mariners, skilful farmers and great fighters, who have written their names large in history. Then come the French, the Germans and the British—all of them peoples whose vigor and importance in history need no comment. It is said of the hardy English miner that his mid-day meal is "cheese and bread" instead of the usual "bread and cheese" lunch.

Some say that these people live in temperate or cool climates, and that fondness for cheese might run with climate. Again, let us see. No one associates the Arab with anything but his hot desert lands; yet no one will ever dispute the hardihood and historial importance of these pastoral tribes—and cheese is a favorite article of diet with Arabs.

India affords us an instructive case in point. In this crowded land of many creeds and races, the people pre-eminently able to take care of them-

selves are those in the northwest, Rajputs, Sikhs, and the like. Cheese and other dairy products are favorite articles of food with them. Elsewhere in India are teeming millions who have always seemed destined to exploitation at the hands of stronger races; and these people have made little use of cheese and dairy products.

We come now to the question of greatest interest to us as a people: What is the position of Canadians in this matter? The figures already given on the per capita consumption of cheese show that we in Canada are the lightest cheese eaters of any quoted. As we might expect, the people coming to Canada brought their cheese-making arts with them, and in the older settled parts of Eastern Canada, particularly in Ontario and Quebec, cheese-making became the chief line of dairy farming. In time, Canada became noted for its large exports of fine cheese. Notwithstanding our large make of cheese, Canadians have not become great cheese eaters. Perhaps our food habits have not developed along right lines, although food tastes are guided largely by the availability of foods.

Now that cheese in various forms is available to almost every family in the nation, we are making it part of our business to bring to Canadian housewives the excellent qualities of cheese as **a food**. It contains muscle-building material—**PROTEIN**—of a quality particularly suited to the best growth of children, as well as adult maintenance. Its mineral elements, calcium and phosphorus, for the building of bones and teeth, are especially valuable. Cheese contains vitamins so much needed by growing children or hard workers. **Cheese, then, is a superior food.** Because it is concentrated, its fuel value per unit of weight is very high. The kind of protein found in cheese is so valuable that if it were the only source of protein in a diet, it would, given in sufficient quantity, be adequate, not only to maintain life, but to support normal growth.

Cheese is in the **low-cost** diet. Suppose we examine the matter from the point of view of the typical Canadian family of modest income. That family probably is accustomed to think of cheese as a relish, a tit-bit, and to rely on other foods for most essentials in the diet. To consider cheese as a rich source of both protein and fat, as well as vitamins and minerals, is uncommon. This family does not realize that cheese is not only an excellent food, but a splendid "**buy**" for the money.

Cheese is the most highly concentrated source of highest quality protein known, from 20% to more than 30% of its total weight being tissue-forming foods—yet pound for pound, it is among the cheapest protein foods that can be bought. In addition, it is also an excellent source of calcium, phosphorus and vitamin A.

From 90% to 99% of the total weight of cheese is digested—there is practically no waste—yet it costs no more than good protein food of which a quarter to a half by weight may be of little nutritive value to the body.

Staple kinds of cured cheese keep indefinitely—there is no spoilage waste—and they can be served in a score of appetizing ways, thus placing these kinds of cheese among the handiest and most economical foods with which a larder could be stocked.

Let us mention just a few of the ways **CHEESE** may be used: Toasted Cheese Sandwich, Cheese Fondue, Welsh Rarebit, Cheese Omelette, Rice and Peas with Cheese, Cottage or Cream Cheese Salad. In fact, all Cheese properly prepared goes well with Salads. Cheese is peculiarly a hot-weather food.

A Suggestion *To Young Wives—*

FOR MANY thousands of women, "*Cheese*" is the answer to that troublesome question, "What shall I have, that is savoury, inexpensive, and easy to prepare?"

In *Cheese* the housewife has one of the simplest forms of protein food, easily digested, no waste, and always ready for use.

With little skill and effort many cheese dishes can be prepared in your own kitchen in a few moments, and—what is tastier than "*Cheese and Crackers*" following a good dinner?

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On Keeping Furs

FURS are like flowers. They are the products of the open. They breathe. They need air—clean, cool, circulating air. Like the flowers of the garden, they will wilt if they are shut away in dark or stuffy chests or closets. They dry out and become dull and lifeless, and it may be fairly said that the moth-ball, or the conditions that usually go hand in hand with the moth-ball, has ruined as many valuable pelts as have moths themselves.

The first and last rule for the successful keeping of furs is not to keep them at all but to send them to the vaults of a reliable furrier when they are not in active use.

The home has not the facilities for the safe storage of these valuable garments, nor for that very thorough after-season cleansing that is so essential to the preservation of their original beauty.

The experienced furrier reproduces in his vaults the conditions to which furs are born. With cold storage machinery he lowers his temperature to a degree that reproduces Arctic atmosphere. With humidifying apparatus he washes and moistens the air that is kept in constant circulation by scientific ventilation and the use of electric fans. The furs are in their element and, under these conditions, their natural oils, on which they depend for their beauty, may be preserved indefinitely.

The experienced furrier knows the danger that lurks in a single moth egg that may be overlooked, and undertakes the cleaning of his clients' furs with a thoroughness that cannot be duplicated in the home. With compressed air and specially constructed high-power blowers he scours into the roots of the fur—down to the leather itself, separating each individual hair and searching out all trace of dust and moth egg. No home beating nor brushing can hope to achieve the furrier's meticulous cleanliness, and it is false economy indeed to attempt to save the furrier's nominal charge for his valuable knowledge and his service.

In these days of commercial aspiration many stores with cellar space to spare and warehousing companies with storage room to sell have entered the field of fur storage, and usually their space is offered at charges slightly lower than those of the practising furrier. Few of them are properly equipped for this highly specialized class of work and none of them has the furrier's expert knowledge of the various skins and the particular treatment each requires.

The reputable furrier's charge for his services and full summer storage of furs, including collection and delivery, is usually in the neighborhood of 3% of the owner's own valuation of the garments. It is small indeed for the return the furrier gives, when it is borne in mind that, in addition to his storage and his cleansing, he assumes all risk of fire, burglary and damage; and the peace of mind alone that is enjoyed by the young housewife who knows that her valuable furs are in really safe keeping is well worth the nominal figure that is asked.

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How to Keep Well

GOOD health is the greatest asset in the world. Without it life means little to anyone.

Good health goes hand in hand with happiness. It radiates cheer and optimism. It makes for success in life.

On the other hand, ill health is accompanied by unhappiness and often by misery. It emits gloom and pessimism. It leads to failure in life.

Good health is largely of our own making.

A generation ago, every household expected more or less illness as a matter of course, and was devoutly thankful so long as it did not bring death. A human being who had uniform, uninterrupted good health was regarded as blessed by rare good luck.

Today we know that perfect good health is a human right; that nature wants us to have it; that we can find out how to have it, how to keep it, and how to get it back if we have lost it.

Remember that while there are some people who are perfectly healthy and others who are incurably ill, the great majority of us form a class between these two. Most of us can become perfectly, wholly healthy and, in time, even the class of incurably ill may be reduced to a small, insignificant fraction of the race.

We all want to be well and happy. In order to attain this end we should all know the simple rules of life that tend to bring good health within our reach. Then, knowing these rules, we should follow them so that they become a part of our daily life.

Right Living

The whole subject of good health can be brought into our understanding by the message in the two words "right living." This is far more than a question of conduct, for "right living" also includes the care of the body at work, rest and play, and particularly in the matter of eating, of digestion, and in the elimination of waste.

How long shall we persist in disregarding the fundamentals of right living? When we break nature's laws we suffer in consequence. But nature is not unsympathetic and, if we only do our part and obey her commands, she will help to restore health and keep us in fit condition.

The Care of Your Body

Do you lack perfect health in any degree or in any direction? If so, make your body (outside, inside, physically, mentally) clean and sweet, and health will move in.

Are you perfectly, joyously healthy? Keep your body clean and sweet, and health will remain in it through the utmost number of years granted to human man.

To make such a clean, sweet habitation of your body is not a dull and laborious task. It is a pleasant and joyous one.

It does not call for sacrifice of the pleasures of living; on the contrary, it will bring you new, vivid pleasures such as are experienced today only by that happy minority to whom every breath is delicious, to whom every expansion of ribs is a delight.

In Which Group Are You?

There is a limit to the stature, strength and vitality that the individual can obtain, and no amount of training and care will carry him above his limit; but it is a well-known fact that most men fail by a wide margin to reach the maximum physique, health and vitality of which they are capable. Furthermore, many men wear out and destroy their bodies by unhygienic living far more rapidly than would be the case from normal wear and tear under conditions of hygienic living.

On the basis of physical conditions, men fall into four distinct groups.

First—the well set-up healthy individual, who appreciates the esthetic and economic value of a fine body and takes good care of it.

Second—the weak, undeveloped man with flabby muscles, stooped head and shoulders, flat chest, relaxed and prominent abdomen. This is the most common type in our cities today. Many of these men are plodding on a plane of 40 or 50 per cent. efficiency of health, while it is within their grasp to be on a 70 or 80 per cent. plane.

Third—the thin, nervous individual who is often well endowed mentally, is energetic and ambitious, but lacks physical stamina; he is like a small frail boat equipped with a high-powered engine; the engine wears itself out and shakes the hull to pieces because there is not enough weight and strength to give stability and endurance.

Fourth—the fourth type is the familiar, fat, over-fed, often jolly and "don't care" individual; he loves a good dinner, loathes physical exertion, and usually pays the penalty for over-indulgence and neglect of exercise by reduced efficiency and short life.

What Should a Normal Man Be Able To Do?

Men vary so much in so many ways that no single standard is applicable to all. However, in applying the tests suggested below, it is understood that they are intended for neither the exceptionally strong and athletic, nor the weak and diseased.

1—WALKING. A man should be able to walk seven miles in two hours and not feel stiff or tired the next morning.

2—RUNNING. A sound man under forty-five should be able to run a mile in eight minutes. (Stationary running, lifting the heels high, 500 steps in four minutes may be substituted.)

3—LIFTING. Lie face down on a rug, palms on floor beneath shoulders; hold body rigid and push up until elbows are straight. A man in good condition should be able to push up ten times.

4—TEST FOR ABDOMINAL MUSCLES. Lie flat on back with arms stretched over head; sit up and bend forward until fingers touch toes. The ability to repeat this exercise ten times indicates a healthy tone of the abdominal walls.

Other tests which may be used to advantage when conditions permit are: rowing or paddling five miles in 90 minutes, and swimming one-eighth of a mile in five minutes.

The exercises suggested in these tests may be practised to keep in condition. One who is soft and out of condition from lack of exercise may begin with small doses and gradually increase the amount and speed until the standard indicated is reached. By daily practice the standard should be attained in five to ten weeks.

These tests constitute a fair measure of the condition of the important muscles groups, the heart, and lungs. The condition of the digestive apparatus, the organs of elimination and the nervous system may be measured in a general way by making the following observations:

1—A good appetite for plain food, with a clean tongue and the absence of pain, gas or eructations after eating, indicate a normal condition.

2—A regular and complete action of the bowels, and a clear skin indicate proper elimination of wastes from the body.

3—The ability to sleep soundly seven or eight hours, the power to concentrate the mind on a subject for several hours, the power to control the emotions under provocation, and the ability to maintain a cheerful disposition at all times constitute the attributes of a man healthy in body and mind.

What You Can Do For Yourself

The chances are that you will find after a trial that your body does not meet these tests. Perhaps it will not meet a single one at first.

Very few people are in perfect health. The condition is so serious that if it is not corrected by efficient national action, it will produce a nation of sub-normal men and women. But it can be corrected—you can correct it for yourself and for your family. The most simple and apparently unimportant change in your manner of living may bring the most extraordinary improvement.

Correct Posture

The human body is a precious habitation that cannot be replaced if it goes to smash. How many owners are as considerate of it as they would be of a house which is merely a habitation of lumber and stone that could be replaced if destroyed, or a highly priced automobile that can be exchanged for another?

You will see the answer to this question for yourself if you will look about you at the men and women whom you meet. In a single day you will find out for yourself that the majority of people have allowed their bodies to sag, to become hunched, to slouch.

Let the human body abandon the upright, straight, muscle-supported posture for which nature made it, and the walls of chest and stomach must pay for it. The great centres of the circulation must get out of order. The intestinal tract must get out of order. The whole inside of the human habitation must respond, helplessly, to the outward sag.

You Must Counteract Modern Conditions

Our modern life has vastly and dangerously increased the tendency to incorrect posture. Workers laboring with hour-long concentration over difficult tasks at desks are tempted to let their bodies droop till the result is almost as if they had actually tumbled down. Workers who stand too much are equally liable to do the same thing. In their weariness they let all their muscles relax; and the whole anatomy sags.

Even such athletic work as rowing may give a man confirmed bad posture, unless he keeps the upper half of his body straight and bends to his oars only from the waist.

Strong light coming from the wrong direction (especially coming from in front) will make workers take all sorts of abnormal positions. These soon become habitual. Look at a schoolroom that is incorrectly lighted, and you will be amazed at the actual contortions of the little bodies before you.

What Is The Correct Way To Sit?

The common attitude when sitting at a desk or table, writing or otherwise working, is (1) to sprawl, (2) to hunch the shoulders over, (3) to spread the elbows outward, (4) to hold the body too far from the table, (5) to rest the body-weight on the buttocks.

To correct this fault, get a chair (if possible) and a working desk or table just high enough to permit the fleshy inner part of the forearm to rest on the surface without "hunching" the shoulders. If you cannot get these, you can do without them by extra care in posture.

The arms should hang easily from the shoulders. The elbows should

not rest heavily upon the table. The shoulders should be as evenly square as in the standing position. The body should rest upon the full length of the thighs, not solely upon the buttocks. The feet (not the legs) should be crossed, and they should rest lightly on the ground on their outer edges.

Whatever bending forward you do must be done not by bending the back, but by bending from the waist, keeping neck and shoulders straight.

Sit close to your working desk or table. Sit erect always. You will be delightfully surprised by finding how much of the strain and fatigue of desk-work will appear to have been eliminated after a very few days of sustained attention to these two rules.

Sciatica, backache, so-called rheumatism and writer's cramp, with many other needless miseries, are caused by improper posture in working or reading, and they can be evaded or cured by proper posture.

If you have sat into ill-health, sit out again, beginning now.

What Is The Correct Way To Walk?

The most common error in walking is to slump, with the shoulders rounded, the stomach thrust out, the head thrust forward, chin up, the arms hanging more or less forward of the body and the toes turned out.

In the first place, the instruction of our grandfathers, "Toes out" is fundamentally wrong. Toeing out, whether walking or standing, places a great strain on the foot arches.

Carry your chest high and your head erect. This not only gives depth and resonance to the voice, but adds dignity and power to the personality.

Walk with a deliberate easy stride. A hurried gait with a short step carries no dignity.

Look the world in the face all day long.

There is more than health in it. There is success in it. A man who enters the presence of others with a straight upright body, a high-held head and strong, truly poised shoulders, conveys not only an air of physical confidence, but of mental confidence.

Care In Dress

Keep your body loose. Don't let anything pinch you anywhere. If you want to live a long while, and work while you live, keep your body perfectly free from pressure. Don't let anything press on your neck or wrists, or on any spot where big veins and arteries are.

There is nothing better for free skin action than wholly loose garments.

Woolen underwear is good, but many skins simply cannot tolerate it.

Underwear that is extremely heavy is dangerous because it is impossible for the wearer to adjust himself to variations of temperature. Speaking generally, it is better to protect the body against cold by wearing extra wraps or heavy outer garments, some of which may be removed when entering warm places.

Care of the Body

The Skin

The body should be kept clean by frequent bathing. The required ventilation for the body cannot be obtained in full measure with a dirty skin. A bath to be truly cleansing must be at least lukewarm. A bath in water ranging from 90 to 98 degrees dilates the surface arteries beneficially, causes a gentle, healthful perspiration and is distinctly relaxing and restful to the nervous system.

Many of the "skin diseases" of the face are merely symptoms of disease or disorder somewhere else, sometimes in remote and unsuspected parts or organs. Constipation is one of the most common causes of impure facial skin. Incorrect diet is another, insufficient breathing still another.

As a rule, local troubles are due either to poor circulation in the circulatory system of the head or face, or they are due to infection. The prevalent habit of touching the face with the fingers is a fruitful cause of infecting the skin. Consider that the average human hand is touching dirt all the time in daily life.

It is obvious, of course, that nobody ever should use towels that have been used by others; and even soap used by others should first be washed.

Most facial skins can bear plentiful and frequent washing with any pure-brand soap made from vegetable oils. The lather should be generous and it should be well rubbed in, and then thoroughly washed off with lukewarm water, if possible, because lukewarm water will cleanse more easily than cold water. Cold water, however, has a much better effect on the circulation of the skin.

A brisk towelling until the skin is bright and pink will be the only further care that a healthy facial skin needs.

If the face is sallow, however, and the trouble is due to poor local circulation, a good massage with the fingers is more beneficial. The fingers must be scrupulously clean, and the finger-nails must be well examined before doing it. If the face can bear alcohol, the fingers may be dipped into it, for pure grain alcohol is an excellent germicide.

The Scalp And Hair

Circulation is the first great need of the scalp from which the hair grows. The encouragement of circulation is the chief value obtained by brushing the hair. The direct effect of brushing on the hair itself is of very minor importance.

For women the brush is the only convenient appliance for brushing out long hair; but men can serve their scalp and hair far better by using a towel vigorously every morning and every evening.

One point must be mentioned here. The head must be dried thoroughly after being washed. This is not only for the purpose of making circulation. The scalp is a great oil-distillery. If the head is left damp, the constantly exuding oil does what oil does everywhere when it touches water; it solidifies into a tallowy mass. This is unhealthful in itself, and in addition it forms an ideal catching-ground for dirt.

Daily friction of the scalp benefits more than the hair. It has a good effect on the whole circulatory system of the head, and thus often has an indirect but very noticeable result on the skin of the face. Massage with the fingers is excellent—if the head is perfectly clean.

Sometimes hair may be too dry. Then a very little pure olive oil, or perhaps vaseline, may be rubbed in after thorough cleansing. But only a very few drops must be used. Dry hair, however, is a morbid condition and, if it persists, it demands the attention of a specialist.

The Eyes

Eyesight consists not only of the purely optical process performed by the pupil, the retina, etc., but it also depends constantly on the work of a number of muscles that move the eye with the swiftness and constancy with which the works of a watch are moved.

The eye muscles do incredible work. They will bear an extraordinary amount of overwork. In this lies the danger. These muscles and nerves will try so hard to do everything that you require of them, that very often you will not know that you are abusing them. They may work to the last degree of their strength without giving you more than mild warnings, until at last they can do no more.

Many people have imagined that they had nervous prostration, when the real trouble was eye-strain. Nausea, indigestion, headaches, dizziness, melancholia—every general practitioner has had at least some such cases, all cured as soon as the cause was diagnosed as eye-strain.

As your body needs balanced exercise and rest, as your mind needs balanced work and recreation, so your eye needs balanced kinds of work. This is why outdoor recreation is so good for the eye—quite apart from the fact that it helps the eye by strengthening the body.

Rules For Using The Eyes

1—READING. Buy your books not for their binding, but for their type. The largest, most legible type, will be ruinous to the eyes if the lines are printed very close together. Type of medium size with plenty of white space between the lines and good spacings between the individual letters is far better for the eyes than large type that is poorly spaced.

2—LIGHTING. Do not read or work in dim light or flickering light. Do not read or write in the direct glare of the sun or of electric light. Do not read or work with light of any kind falling from the front. Light for reading should come over the shoulder or from above. Reading on moving cars is an exceedingly harmful practice.

3—GLARE. The popularity of motoring and motor-boating exposes thousands of eyes to new conditions of glare from the roads or water. There is no eye that is not dangerously affected by long exposure to it. Amber glasses should be worn—and the utmost care should be taken to select the perfect ones, for many of the cheap ones are ground badly and have errors of refraction which may sadly distort the eye.

4—FOREIGN OBJECTS IN THE EYE. It is a common experience for foreign objects, especially cinders, to enter the eye and cause acute trouble, and it is important to know that to rub the eye is the worst thing to do.

Sit in a chair, head thrown back, and let another person stand behind you and look into your eye. If the foreign substance is on the eyeball, it may generally be lifted out with the tip of a clean handkerchief, preferably a silk one.

If the substance is not to be seen on the eyeball, the helper should first turn down the lower lid. If nothing is found there, the upper lid should be lifted gently by the eye-lashes and turned back over the end of anything smooth and round like a toothpick.

If the foreign body cannot be found that way, or if no one is near to help, you may often help yourself by scooping water up in the palm of your hand and immersing the eye in it with lid open. Generally a few repetitions of such a bath will wash out the offending substance. Many experienced travellers always carry a small bottle of boric acid solution.

The Ear

Authorities declare that one-third of all adults are noticeably deaf in one or both ears. A large percentage of this affliction is the result of slow processes arising outside of the ear. Adenoid growths that enlarge the "third tonsil" above the palate, and frequent stoppage of the nose passages by "colds" are more frequent causes of deafness than any diseases of the ear itself.

Trouble is started often by the use of nasal douches with pressure that forces water into the Eustachian tube or the middle ear. Most specialists on the ear decidedly interdict the indiscriminate use of nasal washes.

Another unwise proceeding is to drop oil, laudanum or commercial "ear drops" into the ear to cure earache. Persistent earache, discharges, ringing noises in the head or any other abnormalities of the hearing apparatus are

far too serious for any treatment except under the very best available medical advice.

For an occasional earache, a hot-water bottle may prove effective. Sometimes a little hot boiled water dropped in very gently and sparingly from a teaspoon will give relief. Any pain that does not yield to these two methods demands a specialist as soon as possible.

If anything gets into the ear, an insect or anything else, there is apt to be more danger from trying to remove it than from leaving it alone.

Taking hold of the ear-flap, and pulling it out and backward often rids the ear of an intruding body. Or, you may syringe the ear very gently with water as hot as can be borne.

If water has entered the ear and is not held back by ear-wax, it is possible nearly always to get rid of it quickly by bringing the upper body to the ground in a deep stoop, letting the head hang free with the top of the head directed at the ground. The more nearly perpendicular the head can be made to hang, the more easily will the water obey gravity and find its way through the passage to the outer ear.

If there is an accumulation of ear-wax from any cause, the temptation will be to insert the end of a towel or some instrument in an effort to remove the obstruction. Nothing worse could be attempted.

Positively the only treatment that is safe (and the only treatment that will effect anything) is to syringe the ear with water, as hot as can be borne. During the syringing, the head must be so turned that the affected ear is directed downward. As a general rule, the ear should not be syringed by anyone except a surgeon. Self treatment must be done with the greatest of care.

The Teeth

Clean teeth, gums and tongue are more important even than clean dishes, clean napkins or clean faces.

Just ordinary cleanly instincts would incite humanity to take care of the mouth, if people generally only knew the truth of the dentists' saying that the mouth is "the foulest cavity in the body."

What profit to us is a pure-food label if with every crunch of the jaws that grind the food (these crunches represent a daily pressure of 5,000 pounds) you force into the circulation through the tooth-sockets these germs of disease that are often carried to distant points in the body where they light up trouble of the most serious kind?

Caries (which means "decay") begins as a chemical process. Little films or plaques of mucin from the saliva are continually forming on the teeth. These minute spots contain bacteria and particles of food. When-

ever these particles are of a soft, starchy nature, fermentation begins quickly, and one of the products of this process is lactic acid. Now, lactic acid attacks lime instantly—and the teeth are largely formed of lime.

Wherever the lime is destroyed by the acid (even though it be only a minute, practically invisible spot) the bacteria of the mouth can get at the softer organic part of the tooth, and a cavity forms. Progress after that is rapid. The tooth is ruined. Its decay spreads to other teeth, and the decayed thing transmits infection to the digestive tract and down the roots of the teeth.

The teeth should be carefully brushed morning and night. If convenient, they should also be brushed after every meal or else the mouth should be rinsed out with water. Apart from any other beneficial effects which this practice will have on the teeth and gums, there will be an absence of the "bad taste" that afflicts so many an hour or two after meals, and there will also be greater personal comfort.

There is good evidence that food acids are more cleansing than alkaline washes. These acids are found in grape-juice, orange-juice, lemon-juice and apples particularly. Apples or oranges eaten freely, and especially in the evening, thus will aid greatly in keeping the mouth really clean.

It is important to note that one of the first requisites for healthy teeth is to give them plenty of work. The value of thoroughly chewing some hard and resisting foods is becoming more and more recognized. Crusts of bread, hard crackers, celery, coarse vegetables, bran bread or biscuits and fruits are excellent for this purpose.

The Feet

Most people do not walk at all. They simply flop from one foot to the other. Their feet, really, are not used by them. All that ingenious engineering combination of heel, arch, instep and toes is absolutely inert. They could walk equally well (or badly) on artificial wooden feet.

Flatfoot is fairly common. The chief cause for this weakness of the arch (falling arch) is incorrect standing and walking, lack of proper exercise of the calf muscles that support the arch, and utterly incorrect shape of shoes.

Walk and stand with toes pointing straight ahead and so that the big toes seems to have a grip on the ground.

As to the right shoes to wear, the cardinal principle is that a shoe should have a straight inner edge, instead of curving outward as does the customary shape. The shoe must not pinch or even press tightly anywhere. It must not crowd the toes together. It must be a shoe that permits the foot to move springily. It must permit free movements of every individual toe.

When one foot is being advanced for a new step, the other foot should support and balance the body perfectly. This cannot be done unless the feet are properly shod and properly "postured." It cannot be done with pointed shoes, or with feet placed so that the toes point out, or with feet that are "turned over."

The Nose, Throat And Lungs

Nearly all acute diseases of the nose, throat or lungs are infectious and communicable.

Everyone should know that the bacteria or germs of all the diseases that affect the nose, throat, bronchial tubes, lungs, or, in other words, the various diseases of the respiratory organs, are found in the excretions from the mouth, nose and throat of those suffering from the disease.

A common cold, grippe, influenza, laryngitis, tonsillitis, bronchitis, pneumonia, etc., are names given to these diseases, according to the location of the bacteria.

When people who are suffering from these complaints cough or sneeze, they throw out a spray of these germs for a distance of from two to five or more feet. The infectious germs also get on the hands and are transferred to dishes, towels, etc.

Then there is the saliva, which usually contains these germs, deposited on eating and drinking utensils such as cups, glasses, spoons, forks, in fact everything coming into contact with the mouth of the person affected.

The principal means by which these germs are spread are:—

Contact with a person infected with a cold or other respiratory disease.

Public gatherings when colds are prevalent.

Spitting on floors or sidewalks.

Poor ventilation.

Uncleanliness.

Prevention of Colds and Affections of the Nose, Throat and Lungs

Everyone can easily carry out preventive measures that will lessen the chance of infection to themselves or of the spreading of the disease to others.

1—Take regular outdoor exercise daily. This may be done by walking to and from work if the distance is reasonable, unless your occupation already requires considerable walking or exercise. In any case, some simple setting up exercises for a few minutes night and morning will be beneficial.

2—Spend as much time as possible out of doors. An ample supply of fresh air is needed for your lungs.

3—Put in regular hours of sleep—this is particularly important during

epidemics of colds. Sleep restores spent energy and builds up body resistance.

4—Refuse to occupy a room not properly ventilated, and never sleep in a room with the windows closed. Stagnant air, or heated air over 70 degrees, or excessive dryness without the proper humidity are all injurious.

5—Keep the feet dry. If they become wet, change to dry shoes and socks or stockings at the earliest opportunity. A hot foot bath when the feet have become wet or chilled will often help to ward off a cold or other more serious affection.

6—Avoid public meeting places as much as possible when colds are prevalent.

7—Don't allow anyone else to sneeze or cough towards you. They should protect you by covering the mouth with a handkerchief when they cough or sneeze.

8—Never use the same eating and drinking utensils, towels, etc., as used by others, until properly washed.

9—Wash your hands frequently, using clean towels or other toilet articles. Avoid putting fingers in mouth or nose.

10—Keep the nose, mouth and throat clean. Brush the teeth at least twice a day. Gargle the throat every night before retiring. Common table salt, a rounded teaspoonful to a pint of warm water, makes an excellent cleansing gargle.

Hundreds of lives could be saved and thousands of cases of sickness prevented if people would only take simple precautions against these dangers, and if they were as afraid of colds as they are of smallpox.

How To Eat, Digest And Eliminate Waste

"Man is what he eats." There is today an army of people who have eaten themselves into physical degradation, mental inefficiency and spiritual depression. You can eat yourself into physical energy, mental quickness and spiritual joyousness.

Eating should be a keen physical pleasure, and the only correct eating is the kind that gives this pleasure perfectly.

The correct way to feed is to eat only when genuine, healthy hunger prompts it, but working hours and other dominating considerations prevent most of us from pursuing this ideal way of eating. We can, however, correct the resulting hygiene error by avoiding the habit of overfeeding. Appetite is necessary for healthful feeding. It is absolutely necessary to produce the "water" in the mouth which is an essential first step in the process of digestion.

Appetite is only the first link in the digestive chain. The second link is chewing, and this is neglected fully as much as appetite.

Appetite and chewing are the two important links at the beginning of the digestive chain. At the end of it is another, equally vital and equally neglected. It is the process of getting rid of waste material promptly, regularly and thoroughly.

Constipation is so common that it has been termed "the malady of civilization"—for constipation in the vast majority of cases is wholly and simply due to carelessness. It is constipation, and constipation alone, that is responsible for many "digestive" troubles and for a whole host of other troubles, ranging from inferior ailments to fatal diseases.

Correct Feeding Means Happiness

The first steps in the process of digestion take place in the mouth where the food is mechanically crushed by the teeth and acted upon by certain chemical re-agents contained in the saliva. After being thoroughly crushed and mixed with saliva to the point where it is involuntarily swallowed, the food is forced down the throat and into the stomach.

The stomach is a wonderful, automatic apparatus which does its duty perfectly, but absolutely refuses to do what is not its duty.

Therefore, food must first be properly crushed, cut and ground by the teeth. It must be moved around by the muscles of the tongue and mouth, that it shall be mixed with the "appetite juice."

How long should this chewing process last? Until the guardian muscles at the back of the mouth are satisfied that its consistency is such as to make it proper to pass it on to the gullet.

Mastication has several objects:—To break up and mix the food thoroughly; to stimulate the flow of saliva; to facilitate swallowing, and to permit the digestive juices to act effectively.

When the nutriment reaches the stomach, it has not entered the main digestive organ, as used to be supposed. The stomach is only a sort of half-way station where the gastric juices do their work. The chief preparation of the food for the nourishment of the body, and nearly all the actual passing of the food supply into the blood, are accomplished farther on in the intestines.

As the food passes along it comes into contact with the organs of absorption which line the inner wall of the intestines. When fit for absorption it passes into the minute blood vessels and is carried by the blood, chiefly through the liver where impurities are eliminated, to the heart from which it is pumped throughout the whole body.

In this way the elements of growth and repair are distributed through the body and the waste products carried away to be eliminated. If any step

in this complex chain be broken or temporarily checked, the body will suffer and may to some extent become diseased.

By the time what is left of the nutriment reaches the middle of the large intestine its food value is gone. It is waste material to be eliminated. If not promptly passed on, it may become a serious danger, distributing poison and causing headaches and many worse ailments.

Overeating

Just remember that you can overload your body and it will try its best to carry the overload for you. You can give it indigestible materials, and it will try to digest them. But, not for a single moment do the stomach organs, the intestines, the liver and the kidneys accept improper material as proper food. They will try so hard to eliminate the deleterious stuff that they will ruin themselves from overwork. Overeating causes more breakdowns than overtoiling.

Yet thousands of people are damaging their bodies, and are fooling themselves in saying, "Oh, well, I guess that I can eat some more, though I really do feel pretty full. But what's the use of living, anyway, if you have to study every bite you take?" Another excuse for overeating is "Everything agrees with me. Makes no difference what I eat."

These simple rules should be followed for eating:—

1—DO NOT OVEREAT. An over supply of fuel is worse than mere wastefulness. It clogs the mechanism and, if continued indefinitely, it will stop the machine.

2—EAT SLOWLY. Chew your food until it almost swallows itself.

Saliva begins the chemical action of digestion, for it contains a ferment called ptylin which changes some of the starch into sugar. You have, no doubt, noticed how sweet a piece of crusty bread becomes after it has been chewed some time.

Starch dissolves in this juice much less readily than sugar does. Therefore it is much more necessary to masticate bread and all starch foods thoroughly than meats or fats or sugars.

In vegetables the starch is generally held together by cellulose or woody fibre, which must be broken up for the juice to get at the starch nutrient.

Meats and sugars, too, need to be reduced to tiny bits and thoroughly mixed, of course.

Even in the case of fats, which are almost exclusively digested by intestinal juices, mastication is essential; for when eaten in large pieces, only 84 per cent. of the fat is absorbed by the body, instead of the normal 95 per cent.

3—DO NOT STUDY YOUR FOOD TOO MUCH AT MEALS. The

most nourishing food prepared in the best way and in the quantities and proportions suited to your needs, will become "indigestible" if you worry about it or eat with a nervous apprehension lest you are doing the wrong thing.

Do not become a "crank" on this subject. Do not think that by counting the number of times you chew, or making mastication the chief aim of a meal, you are going to counteract wrong eating habits.

Give yourself a definite allowance of time for each meal, and stick to that minimum resolutely. Get up fifteen minutes earlier in the morning, if necessary. Most of the scurry with which many people begin the day is due to an impossible schedule. Those ten-minute breakfasts, with eye and mind on the clock, make friction, not energy. A few minutes of leisure after breakfast, or time to walk to a car or train is worth more than the same amount of morning sleep; and the knowledge of having this spare time is necessary to prevent most temperaments from "speeding up."

4—DO NOT EAT WHEN TIRED OR WORRIED. One of the commonest errors is the belief that the right thing when you are extremely fatigued is to take plenty of "strengthening food" as quickly as possible. Remember that there is no strength to be gained merely by taking food into the system. On the contrary, it has just that much more handicap if the stomach cannot do its work. Worry also hinders digestion. A very light meal of broth, of fruit, or something that does not tax the digestion at all, will give much more rebound.

5—ENJOY YOUR MEALS. The enjoyment of food (appetite) is a profound factor in digestion. To be truly nourished, and thus to attain maximum physical and mental efficiency, we must enjoy eating and that is best attained when genuine healthy hunger prompts it.

At lunch, or dinner, try to have some companion you like to talk to. Solitary feeding rarely produces the state of mind that promotes good digestion. But do not let it be a person to whom you are to talk business. Luncheon is no time for that. It is not only bad for digestion, but robs a man of an automatic interval of rest and change to which he is entitled.

It is a correct and healthful instinct that always has sought to make the dining table a place of mirth and good cheer, from the time when every monarch and great lord had a jester at the board.

6—BE REGULAR IN EATING. Meal hours should be far enough apart for the stomach to empty itself thoroughly and get some rest. This means leaving at least four or five hours between meals.

Many people have accustomed themselves to two meals a day, but there is no special virtue in this.

If not hungry at the regular meal time, it is wise to make your meal a

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Primary Principles of Chiropractic

By R. E. EYOLFSON, D.C., Ph.C.

CHIROPRACTIC (G. Cheir Hand and Practicos Efficient), is a natural system of healing by spinal adjustment—with the hands—that is based upon four physiological and fundamental premises:

1. That a vertebra may become subluxated. This happens through twists, fatigue, heavy lifts, falls and unnatural posture.

2. That as a result of subluxations, impingement of nerves leading from the spinal cord to the muscles and internal organs occurs, thereby hindering the free flow of sensory impulses to the brain and motor impulses from the brain, thereby inducing disease.

3. That disease invariably develops when pressure on nerve trunks is allowed to exist, and

4. That an adjustment of the subluxated spinal bones removes the pressure from the nerve trunks, thereby allowing the free flow of nerve energy to and from the brain.

That minor displacements of the spinal bones or subluxations can occur, has been proven thousands of times, not only by the chiropractors but by the leading medical institutions of the world, by three methods: 1. By X-ray; 2. By dissection of the human body, which reveals the actual position of the bone in question and also the condition of the nerve fibre itself; and 3. By palpation, or detecting by means of specially trained fingers. This method is perhaps the most reliable, because the specially sensitized fingers will immediately reveal any abnormality of the tissues surrounding the subluxated bones. This, of course, requires special training and long continued practice. A competent chiropractor will, upon examining a patient immediately detect any abnormality of the patient's spine.

That pressure on a nerve trunk can cause disease, is another point that has been proven to the satisfaction of the leaders of present-day medicine. Harmonious nerve action consists of a nerve being capable of receiving sensations, and transmitting them to the brain, in order to generate motor impulses, and free transmission of motor impulses to the organ calling for them. Any interference with transmission of nerve energy lowers the conductivity of the nerve fibre, and the natural consequence is impaired function of the organ in question. Prominent physiologists pronounce this to be true, and also admit that the most common place of interference is at the point where the nerve passes out between the spinal bones. The contents of this opening include: 1. Nerve trunk; 2. Blood Vessels; 3. Lymphatics; 4. Fat Cells; 5. Supporting tissues of different types. Pressure by tilting of a vertebra not only affects the nerve itself, but all the other structures at the same time. A certain amount of congestion of the nerve, as well as the other structures takes place and an acid media is formed, due to decreased drainage, that is highly detrimental to the conducting properties of nerve tissue. This congestion may persist for long periods of time, and in this way seriously affect the functioning power of the organ fed by that particular nerve.

You will realize by now that chiropractic is built on a solid foundation. Chiropractic adjusts the cause of disease. The method is positive in action and gets good results where the older methods have to admit defeat.

light one, or dispense with it altogether, and then wait for a normal appetite to assert itself at the end of the next period.

You may be very sure that candy, ice-cream sodas, or heavy afternoon teas within an hour or two of meal-time rob your stomach of its fair chance and add more to your total daily fuel than you realize.

The same thing is true of heavy late suppers. Frequently it seems easier to go to sleep after the stomach is filled; but digestion is slow, and the sleep is more apt to be restless and troubled with dreams. Chronic insomnia and indigestion are blood brothers.

Ripe fruit is perhaps the easiest thing for the digestion to handle at night.

7—TAKE MODERATE EXERCISE AFTER MEALS WHEN YOU CAN. It is obvious that such an elaborate process as food digestion should not be interfered with by exercises so violent as to make undue demands upon the blood by the voluntary muscles. But a fairly brisk walk is an aid to general circulation and to the digestive processes.

8—BE SURE THAT THE BOWELS MOVE FREELY AT LEAST ONCE A DAY. There are thousands (probably hundreds of thousands) of people who think they are quite normal, though it may be that in years they have not had a regular daily movement of the bowels.

This malady is due to three leading causes:

One is erroneous feeding—not enough chewing; not enough coarse, hard food; not enough vegetables, not enough fruit.

Another is lack of exercise.

Another is habitual neglect of the bowel function. Largely this is due to the habit of hurry.

What is the answer of the bowels? Practically, they relapse into a condition of paralysis or coma for a number of hours, perhaps for days.

Refuse to obey their demands again and again, and in an astonishingly short time the bowels accept the habit you have forced on them. They have tried to do their duty. You have denied them. They stop.

Take this rule to heart:

The person who has passed through a day without at least one complete evacuation of the bowels goes to bed to pass a poisoned night.

The Value of Play

We have learned that every human being needs some play, some pleasure of the game, some healthy excitement in physical accomplishment.

Play is true recreation. It smoothes out wrinkles. It makes a man forget his personal and business troubles—along with the stiffness and self-consciousness which is one of the dangers of our civilization. It does not drive, but allures to the use of lungs and muscles that are growing slack—

thereby starting revivifying currents to every portion of the player's body. Play would be worth while simply for its own sake, since it aids so vastly in getting pleasure from life; but, in its due proportion, it is a broad highway leading to health and greater accomplishment.

You will find when you get back at your work after an hour's active play that you have been building new ideas, new powers, without once thinking of them.

Outdoor exercise is better than indoor. For young people there are many forms of healthful exercise. For older people, a walk in the country, or gardening, or golf, offer the best forms of exercise.

Relaxing the Strain

In case you have forgotten how to play, as is still too often the case with men over thirty or thirty-five, you need only to get out-doors with some youngsters. Boys play by instinct, and it must be an unsympathetic adult who does not get drawn in by enthusiasm. Once started, he is pretty sure to keep on.

Do not confine your interest to any sport, game or exercise that makes it necessary for you to be an expert to join. Every man likes to excel, and much of the excitement comes from matching one's self against another. But we cannot all be experts, and there are plenty of activities where moderate skill will enable you to get what the game has to give.

Watching a football game, or sitting with the baseball "fans" is a mighty poor substitute for doing something yourself, no matter how far short of your ambition you fall in expertness. The tremendous specialization that makes tens of thousands constant spectators of contests between a few is a bad thing for the thousands.

Active play is rest for tense nerves. And rest is an essential of the balanced life. The reason the "never tiring" heart does not tire is because it rests between beats.

The Need of Rest

Any power used over and over requires time in which to regain its freshness. Otherwise it becomes less and less effective, until it stops altogether from fatigue. Tired nerves and muscles will do their own renovating if you will relax the strain.

If your brain becomes weary, stop using it in that particular way. When your muscles are tired, sit down or lie down. That is the only way to give living machinery a fair chance. It is the way to preserve poise and serenity, to remain in control of the situation. These willing servants will become pitiless masters if you ignore their just complaints too long.

The Blessing of Sleep

The most fundamental rest is sleep. That is Nature's great time for repair work. Eight hours is commonly none too much for what she finds to do. Tired muscles call insistently for this chance to receive her beneficent ministrations. There is no bromide or sleeping powder or cunning mind-trick that will do for insomnia what may often be accomplished by getting healthily fatigued through out-door exercise.

There are some things that will help in the effort for sleep, if effort it must be. Lincoln's advice to "keep the head cool, the feet warm, the bowels regular" applies here as in every other deviation from bodily normality. Excess of tobacco is a common cause of sleeplessness. Of course, emotional excitement and worry are the archplotters for a wakeful night. Avoid them like a pestilence, if insomnia lies in wait for you. Solve your problems or chuck them away before you lie down. Some unstimulating amusement—a diverting book, a game of cards, pleasant, casual talk—just before bed-time helps to get one's mind in a receptive condition.

But of all sleep producers, the greatest is out-door play—some diverting or absorbing activity that leaves you with tired muscles and relaxed nerves and a profound sense of the lively pleasure that lies in the very thought of bed.

The man who works hard should play hard and sleep hard.

When he learns the proper proportions, for him, of these three, and arranges his day by the knowledge, he will have solved one of the main secrets of successful living.

Fresh Air While You Sleep

But there remains still more. There remains about one-third of your time during which you can get an absolutely uninterrupted bath of fresh air without paying any attention whatever to it. That time is your sleeping time.

The old fear of "night air" is wholly baseless. You may rest assured not only that night air is safe, but that as a matter of known fact it has many advantages over day air, especially in cities where the night air naturally contains less of smoke and less of germ-laden dust stirred up by traffic in the daytime.

The curative effects of outdoor sleeping in tuberculosis have long been known and have become the very foundation of the most modern and advanced treatment of tuberculosis, actual or feared. Fresh air has proved of value also in treating nervous ailments, pneumonia, and other troubles.

But more important than all its therapeutic value is the growing realization of late years that well people, children and adults alike, may have a

better chance of avoiding many ailments, and may increase energy and vital force by breathing it freely at all times.

The best part of camping is the delightful experience of waking up in the morning fresh and "made over" in every fibre—an experience truly marvelous to those who enjoy it for the first time.

You can enter into this miracle quite as well, or nearly as well, right at home if you will merely make some porch or balcony into a sleeping apartment.

Now just fix clearly in your mind right here that you must not approach this subject with the thought that you should or need undergo any hardship whatever. You are not expected to leap from your methodical, more or less protected, shut-in every-day life into the rough and strenuous experience of polar explorers or forest-rangers. All that you need to get from outdoor sleeping is fresh, moving air.

You should begin this outdoor sleeping by taking all the measures that you wish to make yourself perfectly comfortable.

During cold weather do not try to undress or dress in the open air or in the cold, wide, open room. Attend to these things in a warm room.

Have all the coverings that you want—only do not have them so heavy that their mechanical weight will oppress you in your sleep.

If your head is sensitive to cold, cover it with a worsted cap. Pull it over your ears if you wish. Try, however, to select something that is very loosely knit and porous, for you want the air to circulate around you.

If your feet are sensitive, wear woolen bed-socks—preferably hand-knitted ones.

Note that often a person covered quite amply with blankets on top of his body still is cold because there is not enough underneath. Put thick blankets or an extra mattress down to sleep on.

Avoid another mistake, often suggested by the "roughing-it" enthusiast. Do not sleep between blankets without sheets. Hygienists agree in looking with disfavor on sleeping next to woolen blankets—partly because of the effect on the nerves of the skin and partly because of the uncleanness.

Nature's air is the right air. Night air is usually purer than day air. Hunt fresh air as a precious life-giving tonic. To lie in a flowing river of fresh air while you sleep means a big accumulation of vital energy.

Do not worry about the weather. Even "bad weather" is enjoyable to the healthy, robust individual.

Play the game of life and health to the best of your ability. It is a splendid game. It has a prize for every man, woman and child.

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