

The
Bride's
Book
of Household
Management

Presented by the
Merchants, Manufacturers
and Business Houses of
Vancouver

A PERPETUAL REFERENCE BOOK
OF EFFICIENT HOUSEKEEPING

BRITISH COLUMBIA EDITION

The Bride's Book of Household Management

Compiled and Edited by
FRANK R. THOMPSON
and
L. M. GEDDIS

Approved by
BOARD OF TRADE
VANCOUVER, B. C.

Published for the
MERCHANTS, MANUFACTURERS AND BUSINESS HOUSES WHOSE
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to the
Brides of British Columbia
by the
Merchants, Manufacturers
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of the Province



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Introduction

THE AIM of the publishers has been to provide the bride with a compact, convenient and beautiful volume, covering, with a reasonable degree of thoroughness, the whole field of domestic knowledge, from the kitchen to the nursery. The scope of the work is such that it will be of interest and value to those who have had a thorough training in domestic science, and of great assistance to the woman who has just undertaken the task of organizing the home and placing it upon a smooth-running basis.

Much of the contents has been specially written for this work by experts in their chosen lines, and are not only authoritative, but highly interesting as well. In order to provide information, recipes, formulas and plans of real value, scores of reference works in different branches pertaining to the home have been consulted and the information so gleaned carefully edited and conveniently arranged.

As the book is one which will be preserved for a lifetime and constantly referred to, the publishers have endeavored to keep it up to a standard mechanically. The type is clear and easy to read; the paper excellent; the binding sufficiently strong to stand constant handling; and first-class illustrations and diagrams serve to interpret the text. An exhaustive index has been provided.

A feature of the work is the index to advertisers, which is by no means the least valuable part of the book, as it supplies a key to the most reliable and progressive business houses of the city and province.

The thanks of the reader are due to the advertisers, whose support and splendid co-operation have rendered possible the publication of this valuable book.



CONTENTS

	Page		Page
Balanced Meals	27		
BEAUTY			
Care of Eyes	262		
Care of Eyebrows	262		
Care of Face	264		
Care of Feet	266		
Care of Hair	261		
Care of Hands	266		
BEVERAGES			
Beer (Hop)	237		
Blackberry Wine	237		
Cocoa	234, 237		
Chocolate	234		
Claret Lemonade	237		
Coffee	234		
Coffee (Vienna)	237		
Egg Nogg	237		
Frosted Sarsaparilla	238		
Fruit Punch	238		
Hop Beer	237		
Lemonade—			
Claret	237		
Raspberry	238		
Shadow	238		
Spiced	238		
Sunset	238		
Lemon Crystal	238		
Lemon Frost	238		
Loganberry Mint Julip	238		
Mint Ice	238		
Punch (Fruit)	238		
Punch Sauterne	238		
Raspberry Vinegar	237		
Russian Tea (Cold)	237		
Sarsaparilla (Frosted)	238		
Strawberry Shrub	238		
Sauterne Punch	237		
Tea	234		
Tea (Russian Cold)	237		
Vinegar (Raspberry)	237		
Wine (Blackberry)	237		
BISCUITS			
Cheese	162		
Cocoa	164		
Cream	164		
Graham	162		
Hot	164		
Nut	161		
Rusks	161		
Rye	162		
Pin Wheel	164		
Popcorn	162		
Princess	162		
Sally Lunn	162		
Sandwich	162		
Tea	162		
Tea (English)	164		
White Ginger	162		
BREAD			
How to Make	154		
(With Yeast)			
Cocoa Bread	156		
Graham	155		
Milk	155		
Nut	157		
Prune and Nut	156		
Raisin	154		
Rye (American)	155		
White	154		
White (Potato Yeast)	156		
(With Baking Powder)			
Baking Powder Bread	157		
Boston Brown, Sour Milk	157		
Boston Brown	160		
Coffee Bread (Bread)	160		
Date Loaf	159		
Date Loaf	160		
Fruit Brown Bread	160		
Georgia Hominy	159		
Graham (with Egg)	159		
Graham (Lunch)	159		
Johnny Cake	160		
Nut	157		
Nut and Date	157		
Peanut (Tea Bread)	157		
Rye	159		
Rye (Nut)	159		
Spider	159		
Virginia Spoon Bread	157		
BUNS			
Apple	161		
Bath (English)	161		
Hot Cross	161		
Spanish	164		
Sweet Potato	160		
Buying or Building the Home	273-275		
CAKES			
Angel	185		
Bride	188		
Canary Sponge	185		
Cheap Cream	190		
Coffee	184		
Cream	185		
Currant	184		
Date	184		
Devil's Food	186		
Dried Apple Fruit	183		
English Pound	183		
Fruit Cake by Measure	183		
Fruit Layer	183		
Ginger (Soft)	188		
Gold	186		
Golden Spice	184		
Jelly (Rolled)	185		
Lady Fingers	188		
Layer	186		
Lemon	186		
Lightning	190		
Marble	185		
Marshmallow	188		
Minnehaha	188		
Mock Angel	188		
Mock Fruit	184		
Molasses Fruit	184		
Neapolitan Layer	189		
New Sponge	189		
No-egg	183		
Nut	186		
Orange	186		
Potato Chocolate	189		
Pound (English)	183		
Ribbon	186		
Spice (Golden)	184		
Sponge Cakes—			
Barley	189		
Canary	185		
Cornflour	189		
Oat	189		
Plain	185		
Rice	189		
White Fruit Cake	184		
Cakes (without Eggs)	183		
Calculating Calories	31, 32		
Calorie Cooking	29		
Care of Clothes	300-302		
COOKIES and DROP CAKES			
Cocanut Cookies	190		
Cookies (Thin, Rich)	190		
Cookies (Drop)	192		
Cookies (Sugar)	192		
Cookies, Cocoa Cocanut	192		
Cookies, Raisin Chocolate	192		
Cookies (Sand)	193		
Cookies (Popcorn Fruit)	193		
Chocolate Jumbles	193		
Cornstarch Cakes	194		
Cup Cakes	194		
Drop Cakes	190		
Drop Cookies	192		
Drop Cakes (Oatmeal)	192		
Cocanut Macaroons	193		
Fluffy Ruffles	192		
Ginger Snaps	190		
Macaroons (Cocanut)	193		
Macaroons (Reception)	193		
Orange Rock Cakes	190		
Peach Cakes	194		
Scotch Oat Cakes	193		
Walnut Wafers	190		
CANDY			
Butter Scotch	244		
Candied Cranberries	245		
Cocanut Drops	243		
Creamed Fruits	243		
Creamed Nuts	243		
Chocolate Caramels	244		
Fondant	243		

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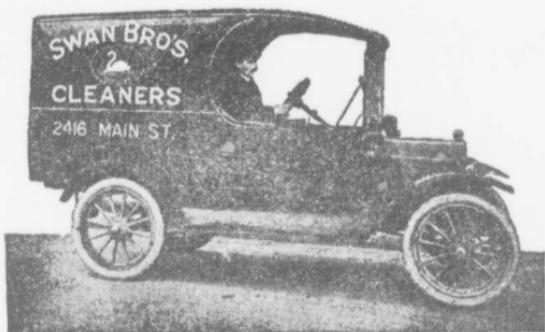
Telephone Seymour 4349

	Page		Page		Page
Frosted Corn	245	COMBINATIONS FOR SERVING		Maple	198
Fruit Candy	244	With Roast or Bake	50	Nut and Raisin	200
Fudge	243	With Boiled Meat	52	Peach Cream	197
Kriss Kringles	244	With Broiled Meat	51	Preserved Fruit	200
Lemon Candy	244	With Cold Meat	54	Ribbon	198
Maple Candies	245	With Miscellaneous	52	FIRST COURSE DISHES	
Molasses Taffy	244	With Salads	137	First Course Dishes	37, 38
Panocha	243	With Shellfish	149	FIRST AID	
Peanut Brittle	244	Cooking an Art	27	Apoplexy	285
Popcorn Caramels	245	Dinners and Luncheons	39-44	Artificial Respiration	291
Popcorn Crackle	245	DISEASES		Bleeding	282
Popcorn Dainties	245	Chicken Pox	294	Burns and Scalds	291
CANNING AND PRESERVING		Diphtheria	294	Choking	290
Cold-Pack Method	222, 223	Measles	294	Dislocation of Limb	285
General Hints	222, 223	Mumps	294	Dog-bites	291
How to Boil Sugar	222	Quinsy	292	Drowning	291
How to Make Jelly	223	Scarlet Fever	292	Dust in Eyes	291
Dried Fruits and Vegetables	224	Tonsillitis	294	Epilepsy	285
Combination of Flavors	233	DOUGHNUTS		Fits (Dress)	291
Apples (Canned)	224	How to Cook	177	Fits (Child)	287
Apricot Marmalade	227	To Keep Soft	182	Fits (Adult) (see Apoplexy and Epilepsy)	
Blackberries (Canned)	224	Belgian	178	Painting	287
Blubberies (Canned)	224	Puffball	178	Fractures	284-285
Carrot Marmalade	225	Indian Meal	178	Gas Poisoning	290
Cherries (Canned)	224	Dressmaking	269-270	Hysteria	285
Cherry Conserve	227	DUMPLINGS		Insensibility	285-287
Cherry Olives	229	How to Make	79	Insect in Ears	291
Cranberry Marmalade	227	Plain Dumplings	79	Intoxication	287
Cranberries (Stewed)	225	Potato Dumplings	79	Pins (Swallowed)	291
Crab Apple Jelly	229	EGGS		Poisoning	287-290
Currant Jelly	229	Boiling a Cracked Egg	110	Shock	285
Ginger Pear Conserve	228	Egg Economy	110	Sprain	285
Grapes (Canned)	225	Hard-boiled, Softened	110	Sting	291
Grapefruit Conserve	227	Boiled	107	Suffocation	290
Nut and Peach Conserve	228	Baked	109	Wood-tick	291
Orange Jelly	228	Creamed, with Sardines	109	Wounds	282-283
Orange Marmalade	227	Creamed (Pie)	110	FISH	
Oriental Marmalade	227	Curried	109	Classes of Fish	87
Pineapple-Peach Marmalade	227	Deville	109	Buying	87
Peas (Canned)	225	Japanese	107	Preparation for Cooking	87
Peaches	224	Lucanian	110	To Bone a Fish	88
Peach Butter	225	Marguerite	110	To Fillet a Fish	88
Prune-Raisin Jam	228	Omelets (all sorts)	109	Best Methods of Cooking Different Fish	98-99
Pumpkin (Canned)	225	Poached	109	Methods of Cooking Fish—	
Quinces (Canned)	225	Raw, with Baked Potato	110	Baking	88
Raisin Jam	228	Rolls	109	Balls	99
Raspberries (Canned)	224	Rumbled	109	Boiling	87
Raspberry Jam	228	Scrambled	107	Broiling	88
Rhubarb Marmalade	227	Spanish (Poached)	107	Chowder	87
Rhubarb (Preserved)	229	Turkish	110	Creamed Fish	99
Spiced Apple Marmalade	227	FILLINGS (for Cake)		Creamed Fish (with Cheese)	89
Spiced Plum Butter	229	Apple	198	Frozen Fish	88
Strawberries (Canned)	224	Banana	198	Frying	87
Strawberry Jam	228	Caramel	200	Panned Fish	88
Tomatoes (Canned)	225	Chocolate	198	Scalloped	88, 99
Vegetable Medley	229	Cocconut	198	Steamed	88
Wild Rose Jelly	228	Cream	197	A la Bechamel	131
Carving	45	Fig	197	Cod (Baked with Bacon)	89
Catsup (see Pickles)		Fruit	198	Cod (Baked with Macaroni)	89
Choice of Food	27, 33	Ice Cream	197		
Classification of Foods	26	Lemon	198		
Cocktail	44, 104	Lemon-Jelly	198		

CLEANERS

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MEAT	Page		Page		Page
Care of Meat	55	Tripe in Batter	70	Rabbit, Hare (Roasted)	85
Choice of Meat	55	Tripe (Broiled)	70	Rabbits (Fricassee)	85
Cooking by Ear	57	Tongue	73	Turkey (Boiled, with Celery Sauce)	83
Garnishing	44	Veal Roulettes	70		
Marinade — Its Use — How to Prepare	55	Veal Cutlets (Breaded)	70	MEDICINES (Miscellaneous)	
Methods of Cooking	57	Virginia Beef	65	See Household Hints 281-282	
Selection of Meat Cuts	57	Meat Pie—		MUFFINS	
Seasoning	57	Beef Steak Pie	67	Blueberry	170
Roasts—		Meat Pie with Crust	73	Bran	171
Beef	58	Baked Hominy Meat Pie	75	Cornmeal, with Dates	170
Beef or Calf's Heart	61	Chicken Pie	81	Cream	170
Hare or Rabbit	85	Pigeon Pie	85	English	168
Little Pig	63	Game Pie	85	Graham	171
Mock Venison	61	Meat Sauces and Gravies	63	Honey	168
Mutton	63	sauce for Braised Beef	67	Honey and Bran	171
Pork	61	Sauce for Oxtails, en Casserole	69	Muffins, I, II, III	170-171
Pot Roast, Vegetables	61	Sauce for Turkey, Celery	83	Mystic	170
Veal	63	Sauce for Poultry	79	Potato	170
Venison	61	To Brown Flour for Gravy	77	Raisin Rye	171
Entrees—		Savory Fat	116	Rye	168
Baked Hash	67	Stews—		Royal Crumb	170
Beef Olives	65	Beef and Macaroni	75	Sally Lunn	168
Beef Mould	67	Concordia	75	Superior	168
Braised Beef	67	Country	77	Sweet	170
Beef Tongue (Spiced)	69	Chicken Stew, with Rice	82	NURSERY SUGGESTIONS	
Beef Rechauffe (Creole)	70	Duck	83	Accidents and Common Ailments (Children)	
Beef Croquettes	70	Devonshire	75	—see Diseases	
Beef Steak Pie	67, 73	Everyday	75	Burns	256
Brains (Creamed)	71	French	77	Convulsions	257
Brochettes	130	Fowl, with Onions	83	Diarrhoea	257
Cheese Souffle	133	Irish	77	Foreign Bodies in Nose or Ear	257
Chuck Steak, Onions	65	Liver	77	Inanition	258
Corned Beef, English style	69	Leg of Beef	75	Malnutrition	258
Cutlets	71	Okra	75	Marasmus	258
Ham, with Currant Sauce	73	Ox Kidney	75	Rickets	257
Hominy Meat Pie	75	Pigeons	85	Scurvy	258
Kidneys	70	Vegetable	75	Bottles	253
Liver and Bacon	67	Warren Beef	75	Care of Milk	252
Meat Loaf	65	Fowl and Game—		Cleanly Habits	255
Mock Duck	69	To Clean Poultry	79	Clothing	249
Mutton Birds	73	To Truss Poultry	79	Drinking Water	249
Mutton (Leg, Boiled)	73	Poultry Gravy	79	Feeding of Older Infants	254
Mutton Klops	73	Chicken (Roast)	79	How to Weigh the Baby	249
Mutton (Scalloped)	73	Chicken (Creole)	81	Layette	248
Meat Pie, with Crust	73	Chicken (Jellied)	81	Nipples	254
Ox Joints (Braised)	69	Chicken (Boiled)	81	Nursery Conditions	248
Oxtails (en Casserole)	69	Chicken Pie	81	Out-of-door Life	249
Occhi di Lupo	130	Chicken Fricassee	82	Pillow	249
Pigs' Heads	71	Chicken (Stewed, Rice)	82	Playing with Baby	252
Pigs' Feet and Beef (Jellied)	71	Chicken Tarts	81	Preparation of Food	253
Pork with Rice, Curried	71	Duck (Roast)	82	Sleep	250
Pork and Apple Roast	71	Duck (Wild, Roast)	82	Systematic Care	250
Pork (Scalloped)	73	Duck (Stewed)	83	Toilet Articles	259
Pork Chops (Stuffed)	73	Duckling (Braised, with Turnip)	82	Utensils	253
Pork (Spaghetti Italian)	133	Fowl (Stewed, Onions)	83	Weaning	252
Stuffed Flank	65	Game Pie	85	Weaning from Bottle	252
Steak and Oysters	67	Grouse	83	Weight of Normal Baby	246
Spanish Ragout	131	Partridges	83		
Saute Rognon	131	Pheasant	83	PASTRY	
Sweetbreads	69	Pigeon Pie	85	How to Make	212, 213
Toad-in-the-Hole	65	Pigeons (Stewed)	85	How to Ice	213
Tripe and Peppers	70	Quail	83	Puff Paste	213, 221



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	Page	PUDDINGS	Page		Page
Bramble Tart	220	Almond and Raisin	201	RECIPES FOR BABY'S FOOD	
Bachelor's Tart	220	Amber	207	Barley Gruel and Jelly	255
Boston Cream Cakes	221	American Lemon	205	Bread	256
Cream Puffs	221	Apple Cream	210	Broth	256
Charlotte Russe	221	Apple Dumplings	206	Eggs (Coddled)	256
Chocolate Eclairs	221	Apple and Raisin	206	Fruit and Fruit Juices	255
Cheese Cakes (Welsh)	221	Apple-Raisin, Tapioca	206	Oatmeal Gruel	255
Maids of Honor	220	Banana Cream	208	Rice Gruel or Jelly	255
Rural Roll	221	Canary	204	Wheat Gruel or Jelly	255
Tartlets	220	Caramel (with Dates)	208		
		Chestnut Surprise	211	RELISHES	
PIES		Creamy and Nourishing	202	Kalamazoo	44
Apple (Green)	213	Creamy Tapioca, Raisin	207	Lancaster	44
Apple Custard	213	Cumberland	207	Southern	230
Apple (Irish)	213	Cup	204	Swedish	44
Apple-Peach Meringue	214	Dainty Tapioca	203		
Boston Cream	217	Economical Boiled Custard	208	SALADS	
Chocolate Custard	214	Fig	201	To Serve with Salads	137
Custard (Baker's)	214	Five Minutes' Pudding	202	Popcorn Balls	142
Cream	214	Food for the Gods	201	All-white	139
Cream Cheese	218	French Rice	207	Apple-Apricot	145
Dried Fruit	217	Fruit Custard	208	Asparagus	142
Dixie Cinnamon-Apple	218	Ginger	202	Baked Apple	145
Jelly	218	Ginger Cream	210	Banana-Nut	139
Lemon-Apple	213	Hebrew Apple	206	Banana-Pineapple	145
Lemon	214	Helston Eggless	204	Bean	149
Mince	217	Imperial	205	Cabbage	141
Mock Mince	217	Lemon	210	Cantaloupe	145
Orange	214	London	205	Cauliflower and Beet	143
Pumpkin	217	Macedoine of Fruits	208	Celery	148
Preserved Fruit	218	Maple Junket	208	Celery and Apple	143
Pineapple-Raisin	218	Maple Tapioca	208	Celery and Press	143
Potato (Sweet)	217	Marshmallow Grape	210	Celery Mayonnaise	143
Raisin Chocolate	218	Milk	204	Cheese and Banana	148
Rice-Cocoanut	218	Mincemeat Log	201	Cherry	141
Ribbon	218	Mystery	204	Chicken or Turkey	149
Squash	217	Mocha	210	Chiffonade	141
Tomato (Green)	217	Normandy	207	Cream	139
		Ocean Queen	201	Cold Slaw	139
PICKLES		Orange	207	Crab or Lobster	149
How to Make	229, 230	Peach	202	Emergency	143
Apple	232	Peach Sponge	210	Endive	141
Apple and Tomato	230	Pear Meringue	211	Fish	139
Bean	232	Persian	207	Frozen Tomato	142
Blueberry	231	Plum	204	Fruit	149
Cabbage (Red)	231	Prune Honey	205	Grape	142
Chill Sauce	230	Prune Souffle	205	Grapefruit	142
Chow-Chow	230	Prune Tapioca	206	Grapefruit and Onion	139
Chutney Sauce	230	Pumpkin	202	Green Pepper	147
Currant Catsup	230	Raisin Roly Poly	204	Ham	139
Cucumber	232	Saucer	202	Hawaiian	139
Delicious Spiced	231	Silver	210	Hot Slaw	139
End-of-Season	233	Souffle	205	Jellied Marmalade	141
Fruit (Sweet)	233	Steamed Carrot	201	Jellied Shrimp	149
Fruit Vinegar	231	Walnut	202	Lettuce	137
Gooseberry Catsup	230	Welsh	202	Lobster	149
Musk Melon	233	York Cream	205	Orange-Celery	142
Mustard	232			Orange-Cocoanut	145
Pepper, Celery, Onion	231	PUDDING SAUCES		Peach	141
Raisin (Sweet)	232	Brandy or Wine Sauce	211	Pear	141, 148
Southern Relish	230	Caramel, Hard, Lemon	211	Pears and Peppers	148
Tomato and Apple	230	Marmalade Marshmallow	211	Pimento, Egg, Tuna Fish	147
Tomato Catsup	231	Plain	211	Pineapple	142
Poem—Marriage	33	Sugar	211	Potato (Cold)	139, 143
Preparation of Meals	31			Potato (Hot)	139

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BUSINESS DIRECTORY

AFTERNOON TEA	Page
The Duchess Tea Rooms.....	108
APRONS	
Mrs. Dickson.....	102
AUCTIONEERS	
Chas. Dawson.....	152
BABY CARRIAGES	
K. & M. Co.....	150
BANKS	
The Merchants Bank of Canada.....	38
BARBER SHOP	
Perkins & Mathews.....	251
BEAUTY SPECIALISTS	
Miss Gillon.....	199
Madam C. Doyharcabal.....	173
Madam R. Blancfleur Jones.....	187
Ideal Hair Parlors.....	267
BEDDING	
Ideal Bedding & Drapery Store.....	106
BISCUITS	
Ramsay Bros. & Co. Ltd.....	72
BOATS (For Sale or Hire)	
C. R. Lindsay.....	62
BOOKS	
The Library.....	277
Galloway's Old Book Shop.....	150
BONDS	
Royal Financial Corporation Ltd.....	144
BRUSHES, BROOMS, MOPS, Etc.	
General Specialties Co.....	163
BUSINESS TRAINING	
La Salle Extension University.....	68
International Correspondence Schools.....	180
BUTTER AND EGGS	
Vancouver Co-operative Society Ltd.....	59
Great West Produce & Grocery Co.....	18
CABARET	
The Barron.....	179
CAFE	
The Barron.....	179
The Duchess Tea Rooms.....	108
CANINE SPECIALIST	
Dr. Trevelyn E. Sleeth.....	293
CHINAWARE	
Tokyo & Co.....	102
CHIROPODISTS	
Mrs. H. N. Lund.....	173
H. W. Diege.....	293
CHIROPRACTOR	
M. de Bellefeuille.....	286
CLEANERS AND DYERS	
French Way Cleaners.....	175
Swan Bros.....	19
Togo Tailoring & Dye Works.....	138
Star Dye Works & Tailors.....	138
The Port Garry Tailors & Cleaners.....	203
Keystone Cleaners & Dyers.....	144
Tokyo Tailoring Co.....	225
West End Dry Cleaners.....	267
COFFEE	
James Harkness.....	235
COMMERCIAL PHOTOGRAPHY	
Commercial Photo Co.....	144
CORRESPONDENCE COURSES	
La Salle Extension University.....	68
International Correspondence Schools.....	180
DAIRY PRODUCTS	
Almond's Ltd.....	239, 241

DENTISTS	Page
Dr. H. E. Hall.....	173
Dr. T. Glendon Moody.....	42, 299
DOMESTIC SCIENCE	
International Correspondence Schools.....	180
DRESSMAKERS	
Mrs. E. Windrem.....	271
Mount Pleasant Dressmaking School.....	267
L. Brocklehurst.....	124
Mrs. Mary See.....	150
Smart Style Shop.....	66
The Futaba.....	265
International Correspondence Schools.....	180
N. Morimoto & Co.....	56
DRUGLESS HEALING	
Dr. Ada Scott.....	226
M. de Bellefeuille.....	286
H. Walton.....	295
DRUG STORES	
Burns Drug Company, Ltd.....	282
Cunningham Drug Stores.....	146
DRY GOODS	
The Misses Freshwater.....	215
ELECTRIC HOUSEHOLD APPLIANCES	
B. C. Electric.....	90
Farr, Robinson & Bird, Ltd.....	49
ELECTRICAL TREATMENTS	
Madame De Claire.....	260
ENGRAVERS	
J. W. Gehrke Co. Ltd.....	158
Pitchford-Kadlec.....	132
EVAPORATED MILK	
Pacific Milk Co., Ltd.....	23
EXPRESS AND DRAYING	
Khaki Auto Express.....	134
Echo Cartage Company.....	114
Conlon Bros.....	169
Campbell's.....	20
FANCY GOODS	
The Toyo.....	165
Mikado.....	298
M. Furuya & Co. Ltd.....	118
M. Morimoto & Co.....	56
Tokyo & Co.....	102
FLOOR OIL	
The Skookum Manufacturing Co.....	219
FLOURISTS	
Brown Bros. & Co. Ltd.....	66
FURS	
B. Holt & Co.....	128
Alaska Fur Co.....	118
FURS REMODELLED	
Alaska Fur Co.....	118
The Fort Garry Cleaners & Dyers.....	203
FURNITURE	
Columbia Furnishing Company Ltd.....	209
R. H. Stewart Ltd.....	12
GRAMOPHONES, Etc.	
K. & M. Co.....	156
Lewis Piano House.....	109
GROCERIES	
Vancouver Co-operative Society Ltd.....	60
Great West Produce & Grocery Co.....	17
James Harkness.....	235
HAIRDRESSING	
Miss Gillon.....	199
Madam C. Doyharcabal.....	173
Madam R. Blancfleur Jones.....	187
Ideal Hair Parlors.....	267
HEMSTITCHING AND PICOT EDGING	
Moses & Stewart.....	120
Mrs. Mary See.....	150

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	HOMESITES	Page
The Loughheed Agency	84, 132, 272	
	HOSPITAL	
Grandview Hospital	247	
	HOTEL	
The Barron	179	
	HOUSE DRESSES	
Mrs. Dickson	102	
	ICE AND ICE CREAM	
Almond's Ltd.	239, 241	
	INSURANCE	
Gillespie, Hart & Todd	279	
	JAPANESE GOODS	
The Nikko	18	
Mikado	258	
The Toyo	165	
M. Furuya & Co. Ltd.	118	
N. Morimoto & Co.	56	
	JEWELERS	
Walter M. Gow	280	
Henry Birks & Sons	40	
	LADIES' OUTFITTERS	
Jackson's Upstairs Fashion Shop	140	
New York Outfitting Co. Ltd.	93	
	LAUNDRY	
Star Steam Laundry Co. Ltd.	296	
	LIBRARY	
The Library	277	
	LOANS	
Canada Permanent Mortgage Corporation	152	
	MANICURING PARLORS	
Madam C. Doyharcabal	173	
Miss Gillon	199	
Madam R. Blanchet Jones	187	
Ideal Hair Parlors	267	
	MILLINERY	
The Misses Mackie	262	
Lucille	191	
	MUSIC TEACHERS	
Edith Hawes	267	
Gladys Bezeau Phillips	150	
	NURSING HOME	
Grandview Hospital	247	
	OPTICIANS	
J. H. Healy	173	
Walter M. Gow	280	
	PAINTS AND VARNISHES	
Martin-Senour Co. Ltd.	274	
General Specialties Co.	163	
	PHOTO SUPPLIES	
The Richmond Arts, Ltd.	303	
	PHOTO STUDIOS	
The B. C. Fine Art Company	187	
Commercial Photo Company	144	
Vancouver Photo Company	187	
	PHONOLAS, PIANOS, Etc.	
The Lewis Piano House	100	
	PIANIST	
Gladys Bezeau Phillips	150	
Edith Hawes	267	
	PICTURES AND PICTURE FRAMING	
The Richmond Arts, Ltd.	303	
The B. C. Fine Art Company	187	
	PLUMBING	
Barr & Anderson	187	
	POLISH—FOR SHOES, STOVES, Etc.	
The Skookum Manufacturing Co.	219	
	POULTRY SUPPLIES	
Grandview Sheet Metal Works, Ltd.	152	

	PRINTERS	Page
Western Specialty Ltd.	14	
The Sun Job Presses	395	
	RANGES	
The Gurney Foundry Co. Ltd.	74, 195	
	REAL ESTATE	
The Loughheed Agency	84, 132, 272	
	RECORDS	
K. & M. Co.	150	
The Lewis Piano House	199	
	RUBBER SOLES AND HEELS	
Canadian Consolidated Rubber Co. Ltd.	96	
	SEEDS AND BULBS	
Wm. Rennie Co. Ltd.	48	
	SECOND-HAND CLOTHING (Bought and Sold)	
Knowles & Martin	78	
Madam Davis	102	
	SEWING MACHINES	
Fairfield Bros.	94	
K. & M. Co.	150	
	SHEET METAL WORKS	
Grandview Sheet Metal Works Ltd.	152	
	SHOE REPAIRS	
West End Shoe Hospital	8	
P. Paris	90	
	SHOE STORES	
The Ingledew Shoe Co.	146	
P. Paris	90	
	SILKS	
Mikado	268	
M. Furuya & Co. Ltd.	118	
N. Morimoto & Co.	56	
The Nikko	18	
The Toyo	165	
	SOAPS	
The Royal Crown Soaps Ltd.	216	
	STOCKS	
Burdick Bros. & Brett, Ltd.	34	
	STATIONERY	
Western Specialty Ltd.	14	
	STORAGE	
Campbell's	39	
	TAILORS	
Galvin, The Tailor	20	
A. Errico	12	
W. & M. Tailors	112	
Arnold W. Harris	236	
Ted Howard	102	
	TAXI-CABS	
D. & D. Taxi Co.	24	
	TEAS	
Blue Ribbon Tea Co.	304	
	THERAPEUTICS	
Dr. Ada Scott	226	
	TOBACCO	
E. A. Morris, Ltd.	144	
	VIOLET RAY	
Madame de Claire	260	
	WASHING TABLETS	
Magic Manufacturing Co.	59	
	WATCH REPAIRING	
Hayward, Watch Expert	203	
	WOOD AND COAL	
Canadian Wood & Coal Yards	86	
	VACUUM CLEANERS	
F. W. Showler & Co.	301	
	VETERINARY	
Dr. Trevelyn E. Sleeth	293	

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Thus, by assuring yourself that the article you are buying is made in B. C., you will be certain of satisfaction. And while this is especially true of food products and material needed in cooking, which must be pure, wholesome and of the best quality to achieve satisfactory results, it applies with equal force to everything used in the home. Always ask your dealer for B. C. manufactured goods.

But perhaps the chief reason why you should demand B. C. goods is because by so doing you are keeping money in circulation locally, thus building up our city and province. It has been said with truth that "A nation's wealth springs from its industries," and as this applies also to a city or province it naturally follows that if every home-keeper will do her best to patronize home industry there will be no such thing in British Columbia as poverty or unemployment, but a condition of prosperity will be created and maintained in which all will share.

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MARRIAGE

BY SAMUEL RODGERS



Then before all they stand—the holy vow
And ring of gold, no fond illusion now,
Bind her as his. Across the threshold led,
And every tear kissed off as soon as shed,
His house she enters—there to be a light,
Shining within, when all without is night;
A guardian angel o'er his life presiding,
Doubling his pleasures and his cares dividing,
Winning him back when mingling in the throng,
Back from a world we love, alas! too long,
To fireside happiness, to hours of ease,
Blest with that charm, the certainty to please.
How oft her eyes read his! Her gentle mind
To all his wishes, all his thoughts inclined;
Still subject—ever on the watch to borrow
Mirth of his mirth and sorrow of his sorrow.
The soul of music slumbers in the shell,
Till waked and kindled by the master's spell,
And feeling hearts—touch them but lightly—pour
A thousand melodies unheard before!

Classification of Foods

and

The Requirements of a Balanced Diet

I.

Foods that Primarily Build Muscle—the Proteins—Choose **one** for each meal—Eggs, fish, dried peas, dried beans, lentils, Pacific or fresh milk, skimmed milk, peanut butter, nuts, dairy and cottage cheese, game, beef, lean pork, mutton, lamb, poultry, veal, and all dishes made up of any one or more of these foods in predominance. Examples: milk soups, cocoa made with milk, Welsh rabbit, hash, nut loaf, and so on.

II.

Foods that Primarily Supply Fuel—the Starches—Choose **two** for each meal. White and sweet potatoes, all cereals, all breads, whether quick or made with yeast, crackers, macaroni, spaghetti, noodles, all starchy vegetables—as the dasheen, the beet, carrots, and the like, bananas, all puddings, with a basis of bread crumbs, cornstarch, tapioca, cereals, and so on.

III.

Foods that Primarily Supply Condensed Energy—the Sweets—Choose **one** for each meal. Plain sugar as served in Harkness' coffee and with cereals, frostings, candies, preserves and jellies, honey, maple syrup, molasses, sorghum, corn syrups, cookies, cakes, sweet puddings, ices, Almond's ice-cream, and other sweet foods. Also very sweet stewed fruit.

IV.

Foods that Primarily Supply Reserve Force—the Fats—Choose **two** for each meal. Butter, margarine, peanut butter, cream, olive oil, and all other salad oils, very fat ham or pork, very fat fish, salt pork, bacon, sausages, all cream soups containing cream, full cream cheese, ripe olives, all salad dressings made with oil, rich gravies, rich pastry, most nuts, sweet chocolate, hot chocolate, Almond's ice-cream, mousses, parfaits, and Bavarian creams made with cream, all puddings and cakes, containing an appreciable amount of fat, as suet pudding, pound cake and so on, and all foods cooked in fat, whether it be lard or a vegetable oil.

V.

Foods that Primarily Supply Minerals and Acids—the Tonics—Choose at least **one** for each meal. All fresh or dehydrated green vegetables, as cabbage, cucumbers, celery, eggplant, all greens and all salad plants, rhubarb, and all fresh and dried fruits, except bananas. All fruit drinks, fruit gelatines, fruit ices, and canned fruits, and all undenatured cereals.

VI.

Foods that Primarily Supply Bulk—the Cleansers—Choose **one** or more for each meal. All the above tonic foods, all the coarse breads, and gritty cereals, all woody vegetables, and all unpared fruits or those full of seeds, as well as bulky green vegetables.

VII.

Foods that Primarily Furnish Liquids to the Body—the Dissolvents—Choose **two** for each meal. Water, all soups, Blue Ribbon tea, Harkness coffee, cocoa, skimmed milk, whey, buttermilk, all drinks (not alcoholic), gelatines, ices, watery fruits, and vegetables.

VIII.

Foods that Supply the Vital Elements Necessary to Life—the Protectives—Choose at least **one** or **two** for each meal. Fresh or Pacific milk, butter, eggs, leafy vegetables. Other foods contain these elements, but in much less proportion.

Discrimination in Choice of Food

It will be noted that some of these foods appear in two or more classifications. In this case, care must be taken not to repeat them too often in planning the meal. Full value should be given to their various characteristics. Moreover, it may seem that in order to include these eight factors in each meal of the day it would require a staff of servants. But as a matter of fact, a very simple meal may contain them all. To illustrate: Luncheon or supper—Tomato omelet, boiled brown rice, entire wheat bread and butter, lettuce with French dressing, steamed figs, Blue Ribbon tea (adults), fresh or Pacific milk (children).

The omelet, a protective, is also a protein, and contains bulk, with mineral and acid in the tomatoes. The brown rice supplies starch, bulk, and minerals as well, as it is an unrobbed food. The bread contains starch and minerals; the butter acts as a fat as well as a protective; the lettuce furnishes bulk, minerals, and the protective elements; the oil in the French dressing supplies fat; while the acid, which should preferably be lemon juice, fits into the menu; and the figs supply bulk and sweet. Water and tea for the adults act as the two liquids and milk and water furnish liquid, while milk supplies extra protein and protection for the children. In fact, the meal will balance for the child if he is not given the omelet at all; his lettuce should be served without the dressing and in case of a small child, the figs should be sifted.

Balanced Meals Not Difficult

This is but one of an almost limitless list of menus that may be quoted to prove that the balancing of the ration, or the combining of foods in the best way to promote health, is a very easy task. To simplify things, the housewife must plan the meals in such a way that each member of the family may secure the proper food without much extra cooking. In the luxurious days preceding the war, we were liable to plan meals that were too complicated, rich, and indigestible. If we will only remember that those foods which are suited to the average child are just as well suited to the adult, and stick to it, our national bill for medical and dental attendance will be lessened by millions. In order adequately to nourish the family, the housekeeper must bear in mind the fact that a man at strenuous labor, or a very athletic boy, needs more fat and sweet than one doing mental or clerical work. That a very active child will eat more of everything than one who is more quiet, that very old people and children need the same type of food, and that women should eat less than men except when engaged in hard physical work.

It is not sufficient to balance the meals by the day, as so many authorities advocate, serving merely a bite at breakfast, a skimpy luncheon, and "filling up" at dinner. The body waste goes on continuously, even in sleep, and the reason that so many become "run down" is because this waste is not replenished as fast as it takes place.

Many seem to think that they cannot afford properly to combine the meals. On the other hand, they cannot afford not to, for wherever it is done, the bills decrease. Why? Because every part of the body finds satisfaction in each meal. The body's search for necessary food elements, manifested by over-eating, ceases, and the preparation of a smaller amount of food at each meal will suffice. But the table must be followed, butter and bread are not extras, neither is sugar nor gravy.

Cooking an Art

But it is not enough merely to combine foods properly—as well try to be well nourished by eating a cook-book. The most exact menu in the world may be a complete failure if it is not carefully prepared. And careful preparation means more than putting things together in the old-fashioned, wasteful way, discarding the minerals and vitamins in peeling and cooking waters, or using the robbed foods. It means using everything that nature has given us to promote good health. Just as the musician faithfully practises, hour after hour, to perfect his art, the housekeeper must practise cookery and the combination of foods to perfect her art, the greatest in the world. Just as the master of music knows that measured rhythm and time depend upon the recognized value of each note and bar, the housewife must realize that the harmonious ensemble of the scale of good health depends upon a continuous effort to understand the various foods, giving each its proper value, lest the tempo of life be disturbed and discord result.

A Table of Weights and Measures for Housekeepers.

10 eggs	1 pound	2 gills	make 1 teacupful
1 quart of flour	1 pound	2 teacupfuls	make 1 pint
2 cupfuls of butter	1 pound	4 tablespoonfuls salt	make 1 ounce
1 generous pint of liquid	1 pound	1½ tablespoonfuls granulated sugar	make 1 ounce
2 cupfuls of granulated sugar ..	1 pound	2 tablespoonfuls flour ..	make 1 ounce
2 heaping cupfuls of powdered sugar	1 pound	1 pint loaf sugar	makes 10 ounces
1 pint of finely chopped meat, packed solidly	1 pound	1 pint brown sugar ..	makes 12 ounces
(The cup used is the common kitchen cup, holding half a pint)		1 pint granulated sugar	makes 16 ounces
2½ teaspoonfuls	make 1 tablespoonful	1 pint wheat flour	makes 9 ounces
4 tablespoonfuls ..	make 1 wineglassful	1 pint corn meal	makes 11 ounces
2 wineglassfuls	make 1 gill	A piece of butter the size of an egg	makes about 1½ ounces

All measures are level; levelling done with back of a case knife.

Standard tablespoon, teaspoon and half-pint measuring cup are used.

To measure butter, lard, etc., pack into a cup or spoon and make level with case knife.

See Page 93 and Solve Your Clothing Problems

Calorie Cooking

Calories are the measure of the amount of energy furnished us by our food. The number of calories her family needs and the number which she is serving are among the first things the homemaker must know. Just as the burning of a certain number of gallons of gasoline "runs" an automobile, so a certain number of calories "runs" each one of us. The number depends upon our size and the work we do. An eight-cylinder limousine going over a rough road will burn more gas than a small car running on level roads of velvet smoothness. If we are large people doing heavy work we need more calories than if we are small in size and occupied with easy tasks.

Flour—One cupful ($\frac{1}{2}$ pint), sifted, equals 395 calories; unsifted, 459 calories. One tablespoonful, sifted, equals 28 calories; unsifted, 33 calories.

Sugar (granulated)—One cupful ($\frac{1}{2}$ pint), equals 840 calories; one tablespoonful, 60 calories.

Milk—One cupful ($\frac{1}{2}$ pint), whole, 170 calories; skim, 88 calories. One tablespoonful, whole, equals 14 calories; skim, 7 calories.

Eggs—One egg (in shell) equals 70 calories; yolk, 56 calories; white, 14 calories.

Lard—One cupful ($\frac{1}{2}$ pint) equals 1914 calories; one tablespoonful, 117 calories.

Butter—One cupful ($\frac{1}{2}$ lb.) equals 1744 calories; one tablespoonful, 109 calories.

As an example of the way this method of calculation works, we will take one loaf of bread. The recipe for it is 1 cupful of milk, $\frac{1}{2}$ cake of yeast, 3 cupfuls of flour (sifted), 1 teaspoonful salt, 1 tablespoonful sugar, 1 tablespoonful lard. Three cupfuls of sifted flour give us 1185 calories. One cupful of milk contributes 170 calories. One tablespoonful of sugar, by reference to our table, we find contributes 60. One tablespoonful of lard furnishes 117 calories. Salt and yeast have no calorie value which affects the food in which they are mixed. One loaf of bread made by this recipe contains, then, 1532 calories. If we cut it into fifteen slices each slice contains a little more than 100 calories. If your bread recipe differs the result will be different. Work it out for yourself and see what fun it is.

Uses of Food in the Body.

Protein builds and repairs tissues: White (albumen) of eggs; curd (casein) of milk; lean meat, gluten of wheat, etc.

Fats are stored as fat: Fat of meat, butter, olive oil, oils of corn and wheat, etc.

Carbohydrates are transformed into fat: Sugar, starch, etc.

All serve as fuel to yield energy in the forms of heat and muscular power.

Mineral Matter or Ash shares in forming bone and assists in digestion: Phosphates of lime, potash, soda, etc.

Relative Calorie Value — Protein, 1820 calories per pound; fats, 4040 calories per pound; carbohydrates, 1820 calories per pound.

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Preparation of Meals

(Extracts from article in "Ladies' Home Journal")

By Mrs. Christine Frederick,

Author of "Household Engineering," etc.

There are five things that the food we eat must do for us: (1) Generate heat to keep the body sufficiently warm. (2) Maintain the internal, involuntary body processes, such as heart contraction, respiration, digestion, etc. (3) Rebuild and repair its own run-down or worn-out body tissues. (4) Store up reserve energy or fuel for illness and emergency use. (5) Produce energy to enable us voluntarily to walk and do all kinds of physical and mental work.

When we know that food must do all these five things for the body, we can at once see how important it is that we do not leave either the kind of food or the amount of it to guesswork or chance. Even if we let our bodies lie in bed for twenty-four hours without moving, it would require a considerable amount of food just to produce enough energy to let us breathe and contract the heart muscles. Of course we use more food when we are walking than sitting, and more still when we are doing active work like sweeping a room or laying bricks; and even mental work often requires as much food energy as many kinds of manual work.

Every adult man or woman, therefore, needs sufficient food to cover the first four needs, which remain a constant amount, depending on each individual's body weight. In addition, each adult will need the extra food required by the varying amount of mental or physical work he performs as distinct from what some other person performs. While this varies a little in each case, we can say that every adult sleeps, stands, walks and follows an average amount of work each day.

An active adult, either man or woman, needs from 3000 to 3700 calories each day to cover the five needs of heat, repair, and so on, mentioned above. And just as no one shovels into a heating plant at one time the total amount of coal needed for the entire day, so it is most convenient to feed the body something like this:

	Calories
For breakfast	800-1000
For dinner	1200-1500
For lunch or supper	1000-1200

How to Calculate

Many scientists have prepared lists which help the housekeeper greatly. They have taken certain common dishes made by standard recipes and found how much of each dish will give 100 calories of heat and energy. Then all that the one preparing the meals has to do is to look at such a list and quickly select sufficient amounts of each dish to total up to 800 calories, or 1000 calories, or whatever amount the person to be served needs. Here is a list of common dishes, as ordinarily prepared, giving the quantity of each dish which is equal to 100 calories of food value:

See Page 93 and Solve Your Clothing Problems

Breakfast—800-1000 Calories.

Choice of (A).		Calories
Baked apple, 1 small, without sugar	100
Orange, 1 large	100
Grapefruit, $\frac{1}{2}$ medium	100
Banana, 1 large	100
Apple sauce, $\frac{1}{2}$ cupful	100
Stewed fruit, 2 or 3 medium pieces with 2 tablespoonfuls of juice	100

Choice of (B).

Cereal—oatmeal, cornmeal or cracked wheat, 1 cupful, "dry" cereal, $1\frac{1}{4}$ or 1 2-3 cupfuls	100
---	-------	-----

Choice of (C).

Scrambled egg, $\frac{1}{4}$ cupful	100
Boiled eggs, 2 small	100
Bacon, 4 thin small slices	100
Codfish balls, 1 ball, 2 inches across	100
Creamed codfish, $\frac{1}{2}$ cupful	100
Sausage, 1 2-3 pieces, 3 inches long	100
French toast, 1 slice, 3 by 3 inches by $\frac{1}{2}$ inch thick	100
Griddlecake, 1 cake, 4 inches across	100
Waffle, $\frac{1}{2}$ waffle, 5 inches across	100

Choice of (D).

Popover, 1 large	100
Muffins, Graham, cornmeal, etc, $\frac{3}{4}$ muffin	100
Corn bread, piece 1 by 2 by 2 inches	100
Boston brown bread, slice $\frac{3}{4}$ inch thick	100
Baking-powder biscuits, 2 small	100
Bread or toast, 2 slices $\frac{1}{4}$ inch thick	100

Choice of (E).

Butter, oleo or substitute, 1 tablespoonful	100
Milk, $\frac{1}{2}$ cupful of whole milk or $\frac{1}{4}$ cupful of thin cream	100
Sugar for cereal or beverage, 1 tablespoonful	100
Cocoa, $\frac{1}{2}$ cupful scant	100
Tea, coffee—no food value	—

Now let us choose breakfast by reading down the list and selecting one food from each group in sufficient quantity to add up to 800 to 1000, the needed amount. That is all there is to it.

Sample Breakfast.

Baked apple; scrambled egg, $\frac{1}{2}$ cupful; cereal, 1 cupful; 2 muffins with 1 tablespoonful of butter; 1 cupful of cocoa; 1 tablespoonful of sugar, and 1 cupful whole milk on the cereal.

Sometimes we can omit one group of dishes and double a portion in another group and still have the required amount—as two codfish balls and no fruit, or omit the cereal and eat enough eggs or bacon or griddle cakes to be sufficient without it. But it is best to follow the lists as prepared, choosing

one food from each group in sufficient amount to total what you or any other person needs, because thus choosing one from A and B and C and D and E gives a much better balance to the meal.

Just Make Five Choices.

We can follow the same easy plan with dinner or any other meal. The only thing we have to do is to look at the groups of foods and choose one dish from each group, just as we do from a menu card in a restaurant, taking sufficient amount of each dish to add up to what we need of food fuel at this particular meal.

The active adult needs from 1200 to 1500 calories at this main meal, so we can quickly arrange a well-balanced dinner of the desired amounts as follows:

Cream celery soup, $1\frac{1}{2}$ cupfuls; beet stew, $1\frac{1}{2}$ cupfuls; mashed turnips, 1 cupful; baked potatoes, 2 large; butter, 2 tablespoonfuls; bread, 4 slices; cornstarch pudding, $\frac{1}{2}$ cupful.

A supper meal (1000 to 1200 calories) can be as readily selected as follows:—Clear soup, 1 cupful; macaroni with cheese, 1 cupful; spinach, $\frac{1}{2}$ cupful; stewed fruit, 2 or 3 pieces; a piece of plain cake; 2 baking-powder biscuits with 2 tablespoonfuls of butter; $\frac{1}{4}$ cupful of cream on the fruit and in tea; 1 tablespoonful of sugar.

Dinner—1200-1500 Calories.

Choice of (A).

	Calories
Clear soup, 1 cupful	100
Cream soup (such as cream of corn, spinach, celery, tomato, etc.), $\frac{1}{2}$ cupful	100
Potato soup, $\frac{1}{2}$ cupful	100
Bean, lentil or pea soup, $\frac{3}{4}$ cupful	100

Choice of (B).

Beef stew, $\frac{1}{2}$ cupful	100
Bean loaf, $\frac{1}{2}$ cupful	100
Steak or roast, piece 4 by $1\frac{1}{2}$ inches	100
Macaroni with cheese, $\frac{1}{2}$ cupful	100
Rice with cheese, $\frac{1}{2}$ cupful	100
Bean Stew, $\frac{1}{2}$ cupful	100
Nut loaf, $\frac{1}{4}$ cupful	100
Hamburg steak, 1 small cake	100

Choice of (C).

Spinach, onions, tomatoes, turnips and other watery vegetables, approximately $\frac{1}{2}$ cupful equals	50
Same vegetable creamed, add 100 calories for every $\frac{1}{4}$ cupful of white sauce additional	
Baked or boiled potato, 1 medium size	100
Scalloped or mashed potato, $\frac{1}{2}$ cupful	100

See Page 93 and Solve Your Clothing Problems

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Choice of (D).

Rice, tapioca, cornstarch or similar starchy dessert, $\frac{1}{4}$ cupful	100
Fruit whip, 1 cupful	100
Fruit gelatines or sherbets, $\frac{1}{2}$ cupful	100
Vanilla ice-cream, $\frac{1}{4}$ cupful	100
Pies, fruit, piece about $1\frac{1}{2}$ inches at circumference	100
Pies, cornstarch as lemon meringue, piece 1 inch at circumference	100
Cookies, 2 small	100
Cake, plain or cottage pudding, piece 1 by $2\frac{1}{2}$ by $2\frac{1}{2}$ inches	100
Gingerbread, piece 1 by 2 by $2\frac{1}{2}$ inches	100

Choice of (E).

Butter, bread, sugar and milk, as above.

A person can quickly learn to gauge the amount of what he should eat by training his eye. Generally one cupful and a half of soup, one cupful of meat or meat-equivalent dish, with half a cupful of vegetable, one potato, butter, two slices of bread, half a cupful of dessert and a cupful of beverage with one tablespoonful of sugar will be the needed amount.

The housekeeper will soon become skilled in serving the right amount to each adult in her family. She can add other dishes to the above lists as soon as she finds what is the 100-calorie portion of them, either as she figures them out for herself or refers to books where they may be found; and, by knowing what is the right amount of food for one adult, she can easily double or triple, and so on, according to the number she serves—as one cupful and a half for one person, then six cupfuls for four adults, and so on.

Women Need as Much Food as Men.

Very often the woman in the home does not eat enough. Frequently she follows the wrong habit of eating in the kitchen while standing. Many times the busy housekeeper just "takes a cold snack" instead of preparing a proper meal and eating it leisurely. If a woman does the same work as a man she will require an equal amount of food. Sweeping, cleaning, care of the baby, and so on, are all forms of work which require as much energy as the work done by many men in semi-active occupations.

It is also the impression often that persons occupied with sedentary work need less food than those doing moderate manual work. But the facts show that very often nervous persons burn up great quantities of fuel, and therefore should always take enough food not only to cover this outgo of energy, but to gain in weight, since most nervous persons are thin.

In considering the amount of food fuel we need, we cannot omit the importance of laying by a surplus of energy to withstand possible disease. We cannot eat just enough either to maintain our body processes or to follow our preferred physical and mental work. We must eat so that there is also a surplus of energy or fuel in the form of fat on which we can fall back in emergency. Many diseases, such as typhoid or pneumonia, may be overcome if the patient's reserve and resistance are high, while if such disease attacks a system already weakened through underfeeding, it may prove fatal.

In winter, of course, the diet must be of larger amount and with more fatty and starchy foods, in order to overcome the low temperature and outside cold which are constantly tending to lower the body temperature. Thus in winter much more food must be eaten to allow for a "margin of safety."

TIME REQUIRED FOR ROASTING OR BAKING MEATS AND FISH.

Beef, ribs or loin, rare, per pound.....	8 to 10 minutes
Beef, ribs or loin, well done, per pound.....	12 to 16 minutes
Mutton, leg, rare, per pound.....	10 minutes
Mutton, leg, well done, per pound.....	14 minutes
Lamb, well done, per pound.....	15 to 18 minutes
Veal, well done, per pound.....	18 to 20 minutes
Pork, well done, per pound.....	20 minutes
Chicken, per pound.....	15 minutes or more
Turkey, 8 to 10 pounds.....	2 hours or more
Duck (domestic).....	1 hour or more
Duck (wild).....	15 to 30 minutes
Ham.....	4 to 6 hours
Fish (whole).....	1 hour or more
Small fish and fillets.....	20 to 30 minutes
Baked beans.....	6 to 8 hours

Broiling.

Steak, 1 inch thick.....	4 to 10 minutes
Steak, 1½ inches thick.....	8 to 15 minutes
Lamb or mutton chops.....	6 to 10 minutes
Squabs.....	10 to 12 minutes
Spring chicken.....	20 minutes
Shad, bluefish, etc.....	15 to 20 minutes
Small fish, trout, etc.....	5 to 12 minutes

Frying.

Croquettes, fish balls.....	1 minute
Fritters and doughnuts.....	3 to 5 minutes
Breaded chops.....	5 to 8 minutes
Smelts, brook trout, etc.....	3 to 5 minutes

Boiling Meat and Fish.

Fresh beef.....	4 to 6 hours
Corned beef.....	4 to 7 hours
Corned tongue.....	3 to 4 hours
Leg or shoulder of mutton.....	3½ to 5 hours
Leg or shoulder of lamb.....	2 to 3 hours
Turkey, per pound.....	15 to 18 minutes
Chicken, 3 pounds.....	1 to 1½ hours
Ham.....	4 to 6 hours
Codfish and haddock, per pound.....	6 minutes
Halibut, whole or thick piece, per pound.....	15 minutes
Bluefish, bass, etc., per pound.....	10 minutes
Salmon, whole or thick cut.....	10 to 15 minutes
Small fish.....	6 to 8 minutes
Clams and oysters.....	3 to 5 minutes

See Page 93 and Solve Your Clothing Problems

Green Vegetables.

Green peas, young and fresh	15 minutes
Green peas, old and not fresh	30 minutes
String beans	45 minutes
Beans, shelled (green)	45 minutes
Lima beans, young, fresh	30 minutes
Lima beans, dried (soaked)	45 minutes
Cabbage, half head	1 hour
Cabbage, chopped	20 minutes
Cucumbers, cut into quarters	30 minutes
Squash, pared and cut into blocks	20 minutes
Pumpkin, in squares, for pies	30 minutes
Tomatoes, peeled and stewed	30 minutes
Tomatoes, stuffed and baked	1 hour
Onions, new	45 minutes
Celery, stewed	30 minutes
Spinach	10 minutes
Brussels sprouts, fresh	30 minutes

Dry and Underground Vegetables.

Potatoes, to boil until they can be easily pierced to centre with a fork,	30 minutes
Potatoes, baked slowly	45 minutes
Potatoes, cut into cubes, to cream	10 minutes
Beans, dried, soaked over night, to make soup	2 hours
Peas, dried, soaked over night	2 hours
Sweet potatoes, medium size, boiled	40 minutes
Sweet potatoes, medium size, baked	45 to 50 minutes
Turnips, white, cubed, stewed	20 minutes
Turnips, yellow, cubed, stewed	30 minutes
Carrots, cubed, stewed	1 hour
Parsnips, halved	1 hour
Beets, new	45 minutes
Beets, old	4 hours
Asparagus	45 minutes
Green sweet corn, after it begins to boil	5 minutes

Oven Temperature and Time Required to Bake Bread, Cake and Pastry.

Bread, in small French loaves	at 340° for 30 minutes
Bread, square loaves	at 280° for 30 minutes
Corn bread, shallow pans	at 340° for 45 minutes
Pies, with upper crust	at 340° for 30 minutes
Pies, with under crust	at 320° for 30 minutes
Patties and tarts	at 340° for 20 minutes
Muffins and gems	at 340° for 20 minutes
Cakes without butter require a hot oven	at 280° to 340°
Four-egg sponge cake	20 minutes
Six-egg sponge cake	30 minutes
Ten-egg sponge cake	45 minutes
Angel food, at 210°, gradually increased during first half hour to 240°,	45 minutes
Pound cake, cup cake, fruit cake and others containing butter must be baked in very slow oven.	

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Dinners and Luncheons

A Formal Dinner generally consists of ten courses, but may be eight or twelve. In order to have one harmonious whole, the different courses must blend well with each other. Avoid repetition; if oysters appear in the first course, they must not appear again. Observe these two points particularly in arranging the table: First, have the table linen immaculate and without folds; and second, arrange the covers with mathematical exactness.

Name cards should be placed at each cover. Each gentleman should be given a card, on entering the dressing room, with the name of the lady whom he is to escort to the dining room, and the letter R or L also on the card, indicating to the right or left of the hostess.

When dinner is announced, the host, with the guest of honor, leads the way to the dining room, followed by the other men with their ladies, and the hostess with the gentleman of honor brings up the rear. The guests all stand behind their chairs until the hostess makes a move to be seated; then the men push up the chairs for the ladies, each lady seating herself from the left of her chair.

The decoration of the table should be simple and low in design, and in the centre of the table. A small flower may also be placed at the right of each cover. Of course, the colors of the flowers must harmonize with the china, but otherwise individual taste should be exercised.

The Cover—The place for each guest and the necessary plate, silver, glasses, knives and napkin are called the cover.

Arrangement for Cover—Allow twenty inches for every person. Place a ten-inch service plate, having decorations, right side up, in the centre of this space, and one and one-half inches from the edge of the table. Arrange knives, edges toward plate, in the order in which they will be needed, beginning at the right. At the right of the knives place soup spoon, bowl up; at the right of the soup spoon the oyster fork, with tines up; the other forks, with tines up, at the left of the plate, in the order in which they will be needed, beginning with the extreme left.

If there are too many courses to admit of all the silver being put on at once, extra silver may be placed at each cover just before serving the course requiring it.

The glasses for water should be placed just above the centre of the plate to the right, the wine glasses to the right of the water glass, in the order in which they are to be used. Place the napkins either to the left of the forks, or over the service plate. They should be so folded as to hold a bread-stick or dinner-roll.

The name card is generally placed on top of the napkin or over the plate.

Serving the Formal Dinner—The dinner may be served from the butler's pantry, having each course arranged on individual plates, and placed by the waitress on the right side of the guest, with the right hand, and anything which is to be served with the courses passed with a tray to the left of the guest, and low enough and sufficiently near to the guest to be easily taken with the right hand. Served in this way there is less interruption to conversation.

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Or each dish may be so arranged on a platter or serving dish on a tray that the guest may easily serve himself. Served in this way, the waitress places before each guest a plate before passing the courses.

At present the service plate is quite universally used; that is, the space in front of the guest is always occupied with a plate. When the waitress removes the course plate with the left hand, she places another plate with the right hand. In this way of serving, the tray, if used at all, is only used when the food is passed, not for removing dishes.

Removal of Courses—When everyone has finished, the waitress removes one plate at a time, beginning with the hostess or with the guest at the right of the hostess.

Before the dessert, everything not needed for this course should be removed from the table; if there are crumbs, they should be carefully brushed with a napkin on to a plate or tray. After this is accomplished, place the dessert dishes from the right, while the dessert is being eaten, the finger bowls, filled one-third full of tepid water, with a slice of lemon or a geranium leaf or a flower in it, set on a doily on a plate, may be placed in front of and above the dessert plate. When the dessert plate is removed, the finger bowl is moved into the space. If fruit follows the dessert, the guest removes the finger bowl and doily from the plate and uses that plate for the fruit. If coffee is served in the dining room, the finger bowls are not placed until after the coffee, but coffee is usually served in the drawing room.

Order of Service—The guests on the right of the host and hostess are served first in the first course, in the second course the guests on the left, in the third course the second guest on the right of the host and hostess, and so on in rotation, so that no guest is served twice first. Some hostesses insist upon being served first. If the different courses are passed rather than served from the butler's pantry, this may be a good plan, but otherwise there seems to be no reason for it.

Formal Dinner Courses

Courses—First Course—Appetizers, cold hors-d'oeuvres, eaten preliminary to dinner, supposed to stimulate the flow of the digestive juices and create an appetite.

Second Course — Oysters or shellfish. Salt, pepper, cayenne, tabasco sauce, and tiny brown bread sandwiches are passed with this course.

Third Course—A clear soup. Hors-d'oeuvres, such as celery, olives, radishes or pimolas, are passed with this course.

Fourth Course—Fish, broiled, fried, or baked; sometimes potatoes and generally cucumbers or tomatoes dressed, are served.

Fifth Course—Entrees.

Sixth Course—The meat course, one vegetable besides the potato.

Seventh Course—Frozen punches or cheese dishes.

Eighth Course—Game or poultry and salad.

Ninth Course—Hot desserts or cold desserts.

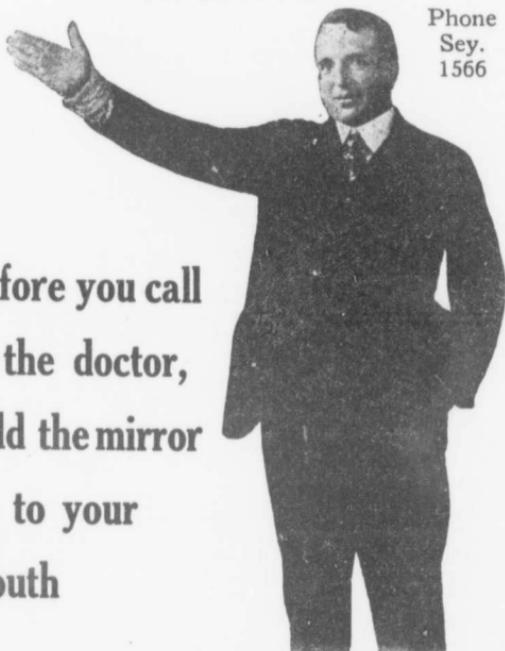
Tenth Course—Frozen desserts; cakes and preserves may be passed with this course.

Eleventh Course—Fruits.

Twelfth Course—Harkness coffee and liqueurs.

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The Informal Dinner—The hostess serves the soup, and the host the fish and the roast. Vegetables, sauces and entrees are served from the side. Either the host or hostess makes the salad, and the hostess serves the dessert and the coffee. The cover is arranged same as for the Formal Dinner.

The Formal Luncheon—The table may be covered or bare. If bare, use doilies for plates and glasses. The arrangement of the cover is the same as for the Formal Dinner. Lighter dishes are served for luncheon than for dinner; entrees take the place of the roast. Soup bouillon is served in cups. Fruit may be served for the first course instead of canapes. The hostess sometimes serves the salad and the coffee, but it is better to have all served from the side.

The Informal Luncheon—Like the Informal Dinner except that the roasts are omitted. When luncheon is announced, the first course may be on the table, and the dishes required for the remaining courses arranged on the side table. Seldom more than three courses are served. Tea, coffee, or cocoa are served throughout the meal.

Note—The careful hostess will give attention to the "fashion of the hour" in table service and arrangement, as in other things. Frequently changes are adopted which may or may not become permanent, such, for instance, as the present-day omission of wine glasses.

First Course Dishes

Canapes—Canapes are made from white, Graham and brown bread, sliced very thin and cut in various shapes. They may be dipped in melted butter, toasted or fried. The slices may be covered with any of the following mixtures. Serve hot or cold.

Anchovy Canapes—Cut bread in slices $\frac{1}{4}$ -inch thick, cut in circles, dip in melted butter, sprinkle with salt and cayenne, spread with anchovy paste, and sprinkle with a few drops of lemon juice.

Crab Canapes—Cut bread in slices $\frac{1}{4}$ -inch thick, 3 inches long, and $1\frac{1}{2}$ inches wide. Spread with butter and brown in oven. Mix 1 cupful chopped crab meat, 1 teaspoonful lemon juice, 2 drops tabasco, $\frac{1}{2}$ teaspoonful salt, a few drops of onion juice, and 2 tablespoonfuls olive oil. Mark the bread diagonally in 4 sections and spread them alternately with melted cheese and crab mixture. Separate sections with finely chopped pimento.

Cheese Canapes—Cut bread in $\frac{1}{4}$ -inch slices spread lightly with French mustard, sprinkle with grated cheese and finely chopped olives. Or brown in oven before sprinkling with olives.

Sardine Canapes—Cut brown bread in circles, spread with butter, and heat in the oven. Pound sardines to a paste, add an equal amount of finely chopped, hard-cooked eggs, season with lemon juice and Worcester sauce. Spread on brown bread. Garnish each canape in the centre with a circle of hard-cooked white of egg, capped with a teaspoonful hard-cooked yolk.

Shrimp Cocktail—1 pint shrimps, 2 tablespoonfuls Worcestershire sauce, 2 tablespoonfuls vinegar, 3 tablespoonfuls lemon juice, 1 tablespoonful tomato catsup, 1 tablespoonful horseradish, 1 teaspoonful salt, few grains cayenne, few drops tabasco. Place shrimps in shallow dish after removing the black parts. Mix other ingredients. Pour over shrimps, and let stand for several hours. Serve ice cold in small glasses as a first course. The shrimps may be mixed with the sauce and served in halves of grapefruit, in lemon shells, or tomato cups. Set on a bed of ice.

Oyster Cocktail—Follow recipe for shrimp cocktail, using 1 pint small oysters drained from their liquor in place of clams.

Relishes may be used with the hot or cold meat course of a very simple dinner when no salad is to be served, or they are very nice for luncheon or supper.

Kalamazoo Relish—1 cupful chopped celery, 1 tablespoonful sugar, 3 dashes black pepper, 2 tablespoonfuls grated onion, 4 tablespoonfuls mayonnaise dressing. Put onion, celery, pepper, salt and sugar into bowl, then add mayonnaise dressing. Mince a little parsley and add before serving. This can be served on sliced tomatoes, cold meats, club sandwiches or as a relish.

Lancaster Relish—1 cupful grated beets, 2 tablespoonfuls salad oil, 1 teaspoonful salt, $\frac{1}{2}$ cupful grated horseradish, 3 tablespoonfuls vinegar, 1 tablespoonful lemon juice, 2 tablespoonfuls sugar. Put into bowl, mix well together. This can be used with all meats. The recipe makes a pint of relish.

Swedish Relish— $\frac{1}{2}$ cupful carrots, 1 green pepper, 1 small onion, $\frac{1}{4}$ cupful celery, $\frac{1}{2}$ teaspoonful salt, 1 tablespoonful sugar, 1 tablespoonful vinegar, 2 tablespoonfuls mayonnaise dressing. Boil carrots whole, and mince fine. Mince onion and celery. Mix in a bowl and add seasoning; last of all add mayonnaise dressing.

Garnishings—It has been said that "what appeals to the eye generally appeals to the palate."

Use care and taste in serving; dainty service will make the simplest food most attractive.

Never allow any food which looks unsightly to be served. Toasted bread, burned on one side, may take away the appetite, but toasted a golden brown on both sides, with crusts cut off, and then cut in strips and served in between the folds of a fresh doily, will appeal to the most fastidious.

Parsley is always used to garnish meats. Meats should be skewered into shapely pieces before being cooked, and served on dishes to display them well.

Steaks and chops should be trimmed before cooking, then broiled evenly on all sides—never burned.

Rib chops should be garnished with chop frills.

Slices of lemon, hard-cooked eggs cut in strips, chopped pickles and parsley are used for garnishing fish.

Cold sweet dishes are garnished mostly with jellies cut in cubes, and candied fruits, red cherries and angelica being the most popular. Nuts and raisins are also used. Ice creams are garnished with meringues and spun sugar. Cakes are garnished with nuts and plain and fancy frostings put through a pastry bag and tube. Whatever garnishing is used avoid overloading the matter; the simplest is always the most attractive.

Carving

A well-cooked meat can lose its appetizing appearance if not carved well. There are a few points well worth knowing which are suggested in the following outline:

Type of chair: high enough to sit and carve at the table.

Size of platter large enough so that legs of fowl or pieces of meat will not fall on table when cut off.

Skewers and string should be removed from meat before bringing to table.

Always cut across the grain of the meat; never with the grain.

Large fowls should be placed so that the head of the fowl is at the left of the carver.

Small fowls, as squab, should be placed crosswise of platter, head away from the carver.

To learn first steps of carving; cut bread thin and even; then try veal loaf or meat without bone. Cultivate steady hand.

Round steak: do not remove bone; cut in right angles to bone.

Standing rib roast: cut away gristle between back bone and meat (cut meat from rib or carve thin slices to the rib; after carving enough slices remove meat from rib).

Rolled rib roast: place meat side to platter; fork put in side and slices begin at right; should be very thin.

Meat pie: cut in centre to edge. If cup is in centre, remove.

Carving turkey or chicken: if family is small, one-half should be carved at first meal. Begin at breast bone; cut slices thin. Cut enough white meat. Take collar (paper) in hand and separate first and second joint; remove wing; do not divide if small family. Serve the dressing with a spoon. Ask the preference of each, for dark or white meat; or if a large number are present give a little of each. Duck is the hardest of all fowls to carve.

A leg of mutton is considered by many the most difficult piece of meat to serve. If the hip bone is removed, the carving of this joint is simple, but it is usually left in. Place the leg on the platter, with the skin side next to the platter. Carve from the hip bone across the leg; these will be the largest slices as they come from the part of the joint which has the most meat. The portions near the knuckle are to be served in the same way; they will not be so rare as the thicker slices. Chops may be cut from the upper part of the leg.

The Saddle of Mutton—There are several ways of carving this joint. The fat, tenderloin, and kidneys should all be removed in one piece. The most popular way is to cut long slices parallel with the backbone, or the portion nearest the tail, and slices diagonally on the portion nearest the neck.

Tongue—The small end of the tongue is inferior to the thicker portion. Cut slices crosswise of the tongue and serve a slice from both portions to each person.

Roast Pig—Place the head of the pig at the right hand of the carver. Cut off the ears, then the head; cut the head in halves. Cut the whole length of the backbone, dividing the creature in two pieces. Cut off the leg of one half, then separate the shoulder from the body. Carve the ribs and loin at right angles with the backbone. Cut the other half in the same way. Young pig is very tender and the bones are soft, so carving is an easy matter.

Whole Fish—The carving of fish is extremely simple. Run the knife the whole length of the back fin, then cut from the back fin to the middle of the fish; the flesh may then be separated from the bone. When one side is served, turn the fish over and carve the other side the same way. The centre of the fish is considered the best, as it is the fattest portion. The meat around the head and neck is decidedly gelatinous. Medium-sized fish, like mackerel, salmon trout, and so forth, are cut through the bone, thus giving a piece of fish on either side of the backbone for each serving.

Glossary of Terms Used in Cookery

A La—A la mode de, after the style or fashion of.

Anglaise (a l')—English style. Something plain roasted or plain boiled.

Aspic—Savoury jelly.

Au Gratin—Covered with sauce, bread crumbs, etc., and browned in the oven or under a salamander.

Bearnaise—A word much used in cookery for a rich white herb sauce.

Bechamel—French white sauce. Recognized as one of the four foundation sauces. The name of this sauce is supposed to come from the Marquis de Bechamel.

Bisque—Name given to certain soups usually made with shellfish.

Blanc-Mange—A white sweet food. A sweet cream set in a mould.

Bouchees—Small puff-paste patties (petit pates), small enough to be a traditional mouthful only.

Bouillon—A plain, clear soup. Unclarified beef broth.

Braise or Braising—A slow cooking process. Meat cooked in a closely-covered stewpan (braising pan or braisiere) to prevent evaporation, so that the meat thus cooked retains not only its own juices, but also those of the articles added for flavoring.

Caramel—Burnt sugar. A substance made by boiling sugar to a dark brown.

Charlotte—Name of a hot or cold sweet dish.

Compote—Usually applied to a delicately prepared dish of stewed fruit, or fruits and jelly.

Consomme—Clear, strong gravy soup. The clarified liquor in which meat or poultry has been boiled.

Croquettes and Rissoles—Names of small, light entrees (prepared with minced meat, etc.)

Croustades—Shapes of bread fried, or baked paste crusts, used for serving game, mincees, or meats in or upon.

Croutons—Thin slices of bread cut into shapes and fried, used for garnishing dishes and in soups.

Dessert—The remains of a meal. Now indicating fruits and sweetmeats served after dinner.

Eclair—A French pastry filled with cream.

Emince—Finely sliced or shred.

Entree—A course of dishes, or corner dish for the first course.

Escalope—Thin, round steaks of veal, called "collops."

Espagnole—A rich brown sauce; the foundation of nearly all brown sauces.

- Fillet**—The under cut of a loin of beef, mutton, veal, pork, and game.
- Foie Gras**—Fat goose liver.
- Forcemeat**—Meat for stuffing.
- Fricassee**—A white stew of chicken or veal.
- Fritter, Beignets**—Anything dipped in batter, crumbed, or egged, and fried.
- Gateau**—A round, flat cake, generally decorated.
- Glace**—Frozen, iced.
- Gumbo**—The American term for okra soup or other preparations from okra.
- Hors-d'Oeuvre**—Appetizers. Dainty relishes served cold before the soup.
- Liaison**—The mixture of yolk of eggs, cream, etc., used for thickening or binding white soups and sauces.
- Macedoine**—A mixture of various kinds of vegetables or fruits, cut in even shaped discs.
- Maitre d'Hotel (a la)**—Hotel steward's fashion. Also the name of a flavoring butter, mixed with chopped parsley and seasoned with lemon juice, pepper and salt.
- Mayonnaise**—A cold salad sauce, or dressing.
- Menu**—The bill of fare. Literally the word means minute detail of courses.
- Meringue**—Light Pastry, made of white of eggs and sugar, filled with cream or ice.
- Nougat**—Almond rock candy.
- Paprika**—Hungarian red pepper; less pungent than the Spanish pepper.
- Pate**—A pie; pastry; a savory meat pastry, or a raised pie.
- Potage, Soup**—Broth or liquor; the first course of a dinner.
- Potpourri**—A stew of various kinds of meats and spices.
- Puree**—A smooth pulp; mashed vegetables; thick soups.
- Ragout**—A rich stew of meat, highly seasoned.
- Releve**—A course of a dinner, consisting of large joints of meat, game, etc.
- Remoulade**—A cold sauce, flavored with savory herbs and mustard, used as salad dressing, etc.
- Roti**—The course of a meal which is served before the entremets.
- Roux**—A preparation of butter and flour, used for thickening soups and sauces.
- Salmi or Salmis**—A compote of game set to finish cooking when half roasted.
- Sauter (ee)**—To toss over the fire, in a saute or frying-pan, in little butter or fat; anything that requires a sharp fire and quick cooking.
- Sorbet**—An iced Turkish drink; also a partly set water ice.
- Souffle**—Literally "puffed up." A very light baked or steamed pudding; an omelet.
- Souffle Glace**—A very light, sweet cream mixture, iced and served in cases.
- Tartare**—A cold sauce, made of yolks of eggs, oil, mustard, capers, gherkins, etc., served with fried fish or cold meats.
- Timbale**—A kind of crusted hash baked in a mould.
- Tutti-Frutti**—A mixture of various kinds of fruits or cooked vegetables.
- Vol-au-vent**—A light, round puff-paste crust, filled with delicately flavored ragouts of chicken, sweetbread, etc.

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Combinations for Serving

ROAST OR BAKED MEATS

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KIND OF MEAT	STARCHY VEGETABLES	GREEN OR SUCCULENT VEGETABLES	OTHER DISHES
Baked or roasted ribs of beef.	Mashed potatoes	Beets	Yorkshire pudding
	Browned or glazed sweet potatoes.	String beans	
	Baked winter squash	Young lima beans	
		Asparagus, corn	
Roast beef, sirloin	Baked white potatoes	Asparagus cuts	Yorkshire pudding
	Baked sweet potatoes	Young lima beans	
	Baked winter squash	Brussels sprouts	
		Spinach	
Roast loin of veal	Boiled rice (used as a vegetable)	Spinach	
		Cauliflower	
		Brussels sprouts	
Baked or roast leg of mutton.	Mashed or riced white potatoes.	Mashed turnips	Brown sauce
	Rice croquettes (served as vegetable)	Brussels sprouts	
Saddle of mutton		Peas	Plain baked macaroni
		Asparagus tips	
Baked or roasted ham	Southern sweet potatoes	Brussels sprouts	Champagne sauce
	Pan-baked winter squash.	Spinach	Cider sauce
Roasted loin of mutton	Rice croquettes (served as vegetable)	Tomatoes	

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ROAST OR BAKED MEATS (continued)

KIND OF MEAT	STARCHY VEGETABLES	GREEN OR SUCCULENT VEGETABLES	OTHER DISHES
Roasted fresh pork.....	Potato	Cold slaw	Apple sauce
	Baked pumpkin	Kale	
Baked fillet of beef.....	Croquettes of white or sweet potatoes	Peas	Mushroom sauce (always)
Baked beef hearts	Potatoes cut in fancy shapes and fried in deep fat	Peas	Asparagus tips
Baked sweetbreads or stewed sweetbreads		Peas with brown sauce	Brown sauce
		Peas with glazed mushrooms	Mushroom and cream sauce
BROILED MEATS			
Broiled beef steak	White potatoes on half shell	String beans	
For dinner	Sweet potatoes on half shell	Peas	
	Potato croquettes	Asparagus	
For luncheon or supper	Hashed brown potatoes	Celery	
	French fried potatoes	Lettuce with French dressing	
	Creamed potatoes		
Broiled sweetbreads		Peas	Rolls
Broiled mutton chops	Creamed potatoes	Peas	
Broiled ham—for dinner	Browned mashed potatoes	Cold slaw	Fried apples
Broiled fillet of beef		French salad	Hollandaise sauce
		Asparagus salad	

BOILED MEATS

KIND OF MEAT	STARCHY VEGETABLES	GREEN OR SUCCULENT VEGETABLES	OTHER DISHES
Boiled beef or pot roast	Boiled potatoes Baked winter squash	Boiled turnips Cabbage Stewed tomatoes	Horseradish
Boiled corned beef	Boiled potatoes	Cabbage Kale Greens Turnips	
Boiled beef tongue	Boiled rice (as a vegetable)	Carrots	Stewed raisins Rye or brown bread
Boiled leg of mutton	Boiled rice (as a vegetable)	Creamed turnips or Brussels sprouts	Caper sauce
Boiled ham	Potatoes	Cabbage	Apple Sauce
Boiled fat salt pork	Navy beans	Boiled cabbage	Apple Sauce
MISCELLANEOUS MEAT DISHES			
Rolled steak	Baked sweet potatoes Baked white potatoes	Stewed turnips Carrots	Tomato sauce
Brown stew		Stewed or baked tomatoes	Dumplings
Beef a la mode		Macedoine of vege- tables	Brown sauce

MISCELLANEOUS MEAT DISHES (continued)

KIND OF MEAT	STARCHY VEGETABLES	GREEN OR SUCCULENT VEGETABLES	OTHER DISHES
Liberty steak	Baked potatoes Creamed potatoes		Brown sauce Tomato sauce Stewed mushrooms
Hamburg steak	Potato puffs or croquettes	Stuffed sweet chillies	Stewed mushrooms
Stuffed meat	Mashed potatoes	String beans (Carrots Parsnips	
Creamed dried beef	Baked potatoes		Corn bread Toast
Veal cutlets	Rice balls (as a vegetable)	Peas	Tomato sauce Brown sauce
Veal stew		Baked tomatoes	Dumplings
Veal loaf—for supper		Celery Tomato or apple salad with mayonnaise or boiled dressing	
Braised liver	Potato puffs		Mace and brown sauce Garnish with curled bacon
Braised leg of mutton	Rice (served as vegetable)	Carrots and turnips in dish with mutton	Brown sauce
Braised shoulder of mutton	Boiled rice (served as vegetable)	Mashed turnips	
Irish stew	Potatoes au gratin	Stewed onions	Dumplings

MISCELLANEOUS MEAT DISHES (continued)

KIND OF MEAT	STARCHY VEGETABLES	GREENS OR JUCCULENT VEGETABLES	OTHER DISHES
Breaded mutton chops	New potatoesTomato sauce
Spring lamb	Boiled rice (as vegetable)Peas
		Asparagus
		Mint sauce
		Asparagus
COLD MEATS (Canned or Left-over)			
Roast beef	Chicory with French dressingCreamed horseradish sauce
		Aspic jelly
Roast mutton	Sliced tomatoes with French dressing
Roast lamb	Lettuce and chopped mint with French dressing
Veal	Sorrel salad or mayonnaise of celery
Veal loaf	Celery
		Lettuce
		Waldorf salad or tomato salad

Meat

Satisfactory marketing can only be done in person. The order boy and telephone are convenient, but not economical. Some planning should be done before going to market, but it may be desirable, when one sees the retailer's stock, to change these plans. Patronize reliable dealers and do not hunt for food bargains, which often are actually unsafe. A clean market means wholesome food and an insurance against doctor bills. Upon the choice of meat depends the choice of vegetables for the same meal, so that the butcher should be visited first. Do not mistake cheapness for economy. Solid meat at 30 cents a pound is cheaper than half bone and half fat at 20 cents.

Variety of diet should be obtained by having a different menu each day rather than a large number of dishes at any one meal. The old-fashioned idea of a heavily-laden table is not considered good form today—since it leads to over-eating, which is not only harmful, but wasteful. Be neither extravagant nor stingy, but let "just enough" be your motto. Well-cleared dishes at the end of a meal are an indication of careful planning. Unavoidable left-overs should be carefully used at future meals.

Intelligent marketing, careful preparation, skilful cookery and judicious service are tasks worthy of any woman.

Care of Fresh Meats—When meat is brought into the kitchen, wrappings should first be removed and the meat weighed to check up household accounts. Trim off any portion of the meat that looks unsound or has a particle of odor. Divide the meat into the proper amount, if only a portion of it is to be cooked that day. Wipe with a damp cloth, or scrape surface of meat with knife or scrub with brush, but avoid washing unless necessary, for juices are lost when meat is placed in water. When washing is essential, it should be done quickly and the meat wiped dry. Place on plate or other suitable container in cool place (but never on ice) until ready to use.

Meat kept for some hours should be well covered. Almost any clean utensil may be used, either of crockery, aluminum or enamel ware; but iron and tin will rust, cracked plates absorb odors and chipped granite is unsafe. The common custom of using any old dish for pantry and refrigerator is neither sanitary nor economical.

Marinade Preserves Meat—If meat must be kept over before cooking, a day's delay will cause no harm, if refrigerator is good, but the use of marinade is a wise precaution, especially since both beef and mutton are really improved by it. The marinade may be prepared by modifying French Dressing. Blend a tablespoonful of vinegar or lemon juice with 2 or 3 tablespoonfuls of oil (olive, corn or peanut oil may be used) and adding a light seasoning of salt and pepper. If desired, a bit of bay leaf or onion may also be added, but if this is done, the meat should be tightly covered if placed afterwards in a refrigerator. The meat is placed in an earthen dish and thoroughly coated with this marinade and turned occasionally to distribute coating evenly. Amount of dressing necessary is determined by quantity of meat with which it is to be used. The oil enriches the meat, the acid makes it tender and the combination protects the surface from the air and aids in preserving it. A good steak is made better and poor meat more palatable by this process.

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Selection of Meat Cuts — The prudent buyer considers the following points in choosing meats:

- (1) Quality, which includes color, grain and fat.
- (2) Method of cooking, which includes flavor, fuel and time.
- (3) Number to be served; also whether all the meat is to be used at one meal or part reserved for a second serving; the possible use of left-overs.
- (4) The cost, which means not only the initial outlay but the total cost of fuel, time and additional material.

Cooking by Ear—Additional flavors are helpful, close-covered kettles are desirable, ample time is essential; but the chief necessity is to cook slowly. The temperature that allows no breaking of the liquid into bubbles, but just a gentle rippling of the surface, will eventually soften the hardest tissue. There is a foreign saying: "The pot should only smile, not laugh"—that sums up the whole matter. A slight sound of bubbling is all that is needed to prove that the good work is going on.

We often soften cheaper cuts by several different processes, in order to make them more palatable:

- (1) Long, slow cooking (the most important way).
- (2) Chopping or grinding, to separate the fibres.
- (3) Pounding, to break the fibres.
- (4) The use of acids, such as vinegar or lemon juice.

Successful Seasoning—In a well-stocked pantry we find thyme, summer savory, marjoram, mace, cloves, sage, peppercorns, paprika, celery salt, bay leaves and nutmeg.

Vegetables of all sorts should be utilized. The ends of tomatoes or carrots, or the coarse stalks of celery furnish flavor without added cost. Onion is almost indispensable, but when onion is prohibited our next best flavor is celery. The leaves, root, or outer stalks are chosen and the better part of the celery saved for service. Onion juice is often preferred to the onion itself. Clean parings and unsightly bits of any vegetable may be utilized to prevent waste and improve taste.

Beef extract should be in every kitchen—not only for warmed-over meat which needs more meat taste, but also to enrich soups and sauces.

Brown sugar will correct a dish, if it is too salty, but it is hard to remedy food that burns.

Different fats may be used in browning meat, such as the fat from ham, bacon, salt pork or roast beef. These fats which give variety to the flavor are carefully saved by the thrifty cook.

Squares of coarse cheesecloth or white mosquito netting are handy for tying up seasonings, so that they can be removed before the cooking is finished, and are particularly desirable for removing vegetables that would spoil the flavor of the meat if cooked too long with it.

Methods of Cooking Meats

Roasts—Roasts should be placed on a rack to prevent meat from frying in its own fat. Strong heat is necessary at the outset as in broiling. The smaller the roast, the stronger should be the first heat, so as to prevent juices drying up. Sear each side of roast under a flame, add seasoning, and finish cooking at a lower temperature on lower slide, or place in baking oven

if preferred. Pork and fowl require water in roasting, but beef or mutton never do unless covered roaster is used. Rare meat will be better flavored if cooked in an open pan; well-done roasts may be cooked in covered roaster.

Baste frequently, especially if rib roast. Lean meat requires additional fat or drippings.

Braising is particularly adapted for tough meats or those lacking in flavor. Use deep pan with close-fitting cover. The covered pans sold as roasters are really braising pans, and owe their excellence to the fact that the two parts fit together so tightly as to confine the steam, thus cooking meat in its own vapor. The most stubborn pieces will yield to braising and become tender, especially if a few drops of lemon juice or other acid be added to the gravy in pan. Braising also affords an opportunity to render the coarse pieces savory by laying them upon a bed of vegetables or sweet herbs. Dry meats can be enriched by daubing with fats or lard.

Broiling is cooking by direct exposure to heat over a gas flame or hot coals. The surfaces are seared by exposing the meat to great heat at first, thus preventing juices from escaping.

For Pan-Broiling—Heat a cast-iron or steel frying pan to blue heat. Rub with a bit of fat meat till well oiled. Season meat and sear each side thoroughly, turning often enough to keep juices from escaping. Reduce heat and cook more slowly until done.

Sauteing is to cook in a hot, shallow pan with a little fat, browning first one side, and then the other.

Frying is to cook in hot fat, deep enough to cover material.

In Boiling, as in roasting, the general principle is to subject meat to a high degree of heat at first until a layer of albumen hardens over the entire surface. The temperature should then be dropped much below boiling point and kept there until gelatine and connective tissues are softened to almost point of dissolving. Let meat partly cool in liquor, and if slices are served on very hot plates they will be juicy, tender and well flavored.

Roasts

Roast Beef—Take rib piece or loin roast of 7 or 8 pounds. Wipe thoroughly with clean, wet towel. Lay in dripping-pan, and baste well with butter or suet fat. Brown and then cook in slow oven. Baste frequently with its own drippings, which will make it brown and tender. When partly done season with salt and pepper, as it draws out the juices and hardens any meat to salt it when raw. Dredge with sifted flour to give frothy appearance. Remove beef to heated dish, set where it will keep hot; skim drippings from all fat, add a tablespoonful of sifted flour, a little pepper and a tea-cupful of boiling water. Boil up once and serve hot in a gravy boat. Some prefer clear gravy without thickening.

It will take about two hours to properly cook a roast of this size, leaving the inside a little rare or red—half-hour less would make the inside quite rare.



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Pot Roast With Vegetables—3 or 4 pounds chuck roast, 1 cup sliced carrots, 1 cup sliced onions, 1 cup celery cut in bits, 1 cup sliced turnips, 3 tablespoonfuls fat (preferably from salt pork).

If meat is not in solid piece skewer or tie into shape, wipe with damp cheesecloth, and roll in flour. Boil vegetables in salted water to barely cover, until soft. Rub through coarse strainer. Heat fat in frying pan. Put in meat and brown. Transfer meat to kettle, if pan is not deep enough. Pour vegetables and liquid over meat, together with any preferred seasoning. Cover tightly and simmer slowly for 4 or 5 hours, turning twice. Thicken gravy a little, and pour over meat.

Crown of Roast Pork—Select two loins containing ribs, about 3 pounds. Trim rib ends to make them even. Dredge with flour, salt and pepper mixed. Place in baking-pan, rib ends down; also put in pork trimmings. Baste every 15 minutes with drippings. When done, remove to heated platter, ribs up. Surround with browned potatoes and small baked apples, alternating. Paper frill should garnish the rib ends and a large bunch of parsley should be placed in the centre. Roast 2 hours.

Roast Haunch of Venison—To prepare haunch of venison for roasting, wash slightly in tepid water, and dry thoroughly by rubbing with clean, soft cloth. Lay over the fat side a large sheet of thickly-buttered paper; and next a paste of flour and water about $\frac{3}{4}$ inch thick; cover this with 2 or 3 sheets of stout paper, secure the whole well with twine, and roast, with a little water. Let fire be clear and strong; baste paper immediately with butter or clarified drippings, and roast joint from 3 to 4 hours, according to weight and quality. Doe venison will require $\frac{1}{2}$ hour less time than buck venison. About 20 minutes before joint is done remove paste and paper, baste meat in every part with butter, and dredge lightly with flour; let it take a pale brown color, and serve hot with unflavored thickened gravy and good currant jelly. Venison is much better when the deer has been killed in the autumn, when wild berries are plentiful, and it has had abundant opportunities to fatten upon this and other fresh food.

Beef or Calf's Heart—Wash and remove veins, arteries and clotted blood. Stuff with bread crumbs or rice, highly seasoned, and sew together. Brown heart in small amount of fat. Sprinkle with salt and pepper. Half cover with boiling water and bake slowly in closely covered dripping-pan for 2 hours. Baste frequently. Serve with gravy.

Mock Venison—Leg of mutton weighing from 8 to 10 lbs., 2 cupfuls of cider vinegar, 1 tablespoonful each of whole clove and allspice, 4 bay leaves, 1 small piece of whole mace, 1 tablespoonful of salt, 1 tablespoonful of sugar, $\frac{1}{4}$ teaspoonful of pepper, 1 lemon. Wipe the leg of mutton with a wet piece of cheesecloth, put into an earthenware crock or a large bowl and cover with the spices, vinegar and seasoning. If the vinegar does not cover the meat, add cold water to cover. Add the thinly cut lemon. Set in a cold place for forty-eight hours, then take the meat from the crock, put it into a roasting pan (without liquid) and baste with the vinegar and spices. Cover the pan and roast slowly, basting frequently.

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Roast Veal—Roast veal taken from leg, loin or breast. Skewer into shape; dredge with flour, sprinkle with salt and pepper. Cover top with slice of salt pork. Allow 20 minutes to the pound, roast in hot oven, basting every 10 minutes. Remove pork slices from top of meat $\frac{1}{2}$ hour before veal is done and brown. Serve with gravy.

Roast Little Pig—Clean, wipe and stuff a 3-weeks-old pig. Skewer into shape; place on rack in pan; rub with butter, dredge with flour, sprinkle with salt and pepper. Place in moderate oven; when heated through, increase heat; baste every 10 minutes with melted butter, turning often to cook and brown uniformly. Cook from 3 to 4 hours, according to size of pig. Serve on hot platter in a bed of parsley. Garnish with apple sauce in red apple shells, lemon and parsley.

Stuffed Mutton—This is delicious hot for dinner, or cold for luncheon or supper. Purchase a 4 or 5 pound loin of mutton. Have butcher remove bone, which can afterwards supply foundation for rich soup. Make stuffing of teacupful of crumbed stale bread, the crust being cut away, a heaping tablespoonful of minced boiled ham or bacon, one teaspoonful of powdered herbs, a teaspoonful each of chopped parsley and onion. Salt and pepper to taste. Beat a raw egg and stir into stuffing, then moisten with melted butter and a very little hot Pacific milk. Fill cavity left by the removal of the bone with stuffing, rub loin with flour, put in baking-pan with teacupful boiling water and roast with frequent basting for about 2 hours. Serve on hot dish with boat of thickened gravy.

Meat Sauces and Gravies—The natural juices which flow from the roast or steak when carved are true gravies, but custom has applied the term "gravy" to the thickened liquid which is properly known as the sauce.

To thicken gravy use either wheat, rice, or cornflour, cornstarch, arrowroot, or bread crumbs. Blend in a shallow saucepan in the proportion of 2 level tablespoonfuls of flour and 2 tablespoonfuls of fat to a cup of liquid. The liquid should be added gradually and the mixture stirred constantly as it cooks. The preparation takes a little longer when the liquid is cold; but the sauce is more certain to be smooth. The mixture should be stirred with a fork as it thickens, as the use of a fork, instead of a spoon, will prevent lumps.

A second method is to carefully mix the thickening ingredients with cold water and stir into the liquid, which should be taken off the fire to avoid too rapid cooking and uneven results. After the thickening is added, replace the dish on the fire and stir as it cooks.

A third method is to mix the softened fat and flour smoothly in a bowl, blend with a little of the liquid, add to the stock and cook until the gravy thickens. If a rich brown sauce is required, the meat fat is first well browned in a heavy pan, then flour is added. The whole is browned carefully, and the liquid poured in gradually. It is necessary to use a little more flour in this method, as browned flour does not thicken as much as ordinary flour. If there is no stock on hand a substitute can be made by cooking bits of vegetables in water, and seasoning with beef extract. Fresh or Pacific milk may be substituted for stock in some meat dishes.

Stuffings

Veal or Beef Stuffing—3 cupfuls stale bread crumbs, 3 onions chopped fine, 1 teaspoonful salt, $\frac{1}{2}$ teaspoonful white pepper, 2 tablespoonfuls chopped parsley, $\frac{1}{2}$ cupful melted butter or suet.

Poultry Stuffing—1 quart stale bread crumbs, salt, pepper and dried thyme to season highly, $\frac{1}{2}$ cupful melted butter.

Chestnut Stuffing for Poultry—1 pint fine bread crumbs, 1 pint shelled and boiled French chestnuts chopped fine, salt, pepper and chopped parsley to season, $\frac{1}{2}$ cup melted butter. Small raw oysters or finely cut celery may be substituted for the chestnuts, omitting the parsley.

Stuffing for Pork—3 large onions parboiled and chopped, 2 cups fine bread crumbs, 2 tablespoonfuls powdered sage, 2 tablespoonfuls melted butter or pork fat, salt and pepper to taste.

Stuffing for Geese and Ducks—2 chopped onions, 2 cups mashed potato, 1 cup bread crumbs, salt, pepper and powdered sage to taste.

Stuffing for Tomatoes, Green Peppers, etc.—1 cup dry bread crumbs, $\frac{1}{3}$ teaspoonful salt, $\frac{1}{4}$ teaspoonful pepper, 1 teaspoonful onion juice, 1 tablespoonful chopped parsley, 2 tablespoonfuls melted butter. Hominy, rice or other cooked cereal may take the place of crumbs.

Dressing or Stuffing for Fowls—For an 8- or 10-pound turkey, use pieces of stale bread until you have as much as the inside of a loaf; put into suitable dish and pour tepid water (not warm, for that makes it heavy) over it; let stand one minute, as it soaks very quickly. Now take up a handful at a time and squeeze it hard and dry with both hands, placing it, as you go along, in another dish; this process makes it very light. When all is pressed dry, toss it all up lightly through your fingers; now add pepper, salt—about a teaspoonful,—also a teaspoonful of powdered summer savory, the same amount of sage, or green herb minced fine; add $\frac{1}{2}$ cup melted butter, and a beaten egg, if desired. Work thoroughly together, and it is ready for dressing either fowls, fish or meats. A little chopped sausage in turkey dressing is considered by some an improvement, when well incorporated with the other ingredients. For geese and ducks add a few slices of onion chopped fine.

Oyster Dressing or Stuffing—This is made with same ingredients as foregoing, with the addition of $\frac{1}{2}$ -can of oysters drained and slightly chopped. This is used mostly with boiled turkey and chicken, and the remainder of the can of oysters used to make an oyster sauce to be poured over the turkey when served.

Stuffing for Baked Fish, No. 1—For a fish weighing 4 to 6 pounds take 1 cupful cracker crumbs, 1 saltspoonful salt, 1 saltspoonful pepper, 1 teaspoonful chopped onions, 1 teaspoonful chopped parsley, 1 teaspoonful capers, 1 teaspoonful chopped pickles.

Stuffing for Baked Fish, No. 2—Take about $\frac{1}{2}$ pound stale bread and soak in water; when soft, press out water; add a very little chopped suet, pepper, salt, a large tablespoonful onion minced and fried, and, if prepared, a little minced parsley; cook a trifle and after removing from fire add a beaten egg.

Special Stuffings given under recipes calling for same. See Index.

See Page 93 and Solve Your Clothing Problems

Entrees

Virginia Beef— $\frac{1}{2}$ pound raw, lean beef, 2 ounces fat bacon, 1 tablespoonful flour, $\frac{1}{2}$ teaspoonful Pacific milk, sprigs of watercress and toast. Topside of beef is best for this dish. Mince beef finely, cut bacon into small cubes, and fry until delicately browned. Lift out, put beef into dripping and fry until well colored; then shake in flour and brown that lightly also. Pour in milk and stir until it thickens. Season carefully, and let simmer slowly for 10 minutes. Put squares of hot toast on a dish, turn mixture on to them, and garnish with sprigs of well-washed water-cress and cubes of fried bacon.

Beef Olives—1 pound steak cut thinly, 1 egg, 3 tablespoonfuls bread crumbs, 2 teaspoonfuls flavoring sauce, $\frac{1}{2}$ teaspoonful salt, 2 ounces bacon, $\frac{1}{2}$ ounce flour, 1 pint stock or water, $\frac{1}{4}$ teaspoonful pepper. Flatten steak, and cut into strips about 3 inches wide. Mince bacon, which should not have much lean, mix it with bread crumbs, herbs, salt and pepper. Beat egg, stir half of it into mixture, spread some of the seasoning on each strip of beef. Roll pieces up and tie with piece of fine string. Dip rolls into remainder of egg, and put into stewpan, packing tightly to keep the shape. Add stock or water, cover pan, and let olives simmer for about 1 hour. When cooked, take from pan; mix flour with a little cold water or stock, stir it into gravy with $\frac{1}{4}$ teaspoonful of browning. Boil for 2 or 3 minutes, then add flavoring sauce. Remove string from olives, arrange on dish, and pour gravy round them. Veal seasoning can be used to fill them, if preferred, or an onion chopped finely can be added to seasoning given here.

A New Meat Loaf—2 pounds hamburger, 2 cupfuls seedless raisins, 1 egg, salt and pepper. Put hamburger in large bowl, add salt and pepper, egg and raisins; mix well to distribute raisins evenly. Bake for $\frac{3}{4}$ hour in moderate oven. This is a delicious loaf either hot or cold. The raisins give an excellent flavor, relieving dryness so common in meat loaves.

Toad-in-the-Hole—Mix $\frac{1}{2}$ pound flour in basin with $\frac{1}{2}$ teaspoonful salt. Beat 2 eggs in pint of Pacific milk, stir in flour and beat together. Cut $1\frac{1}{2}$ pounds steak into neat pieces, place in greased dish, pour over the batter. Bake in hot oven for 1 hour.

Stuffed Flank—Make pocket in thick flank steak to hold dressing, or if meat is thin, fold one half over the other and skewer together after it has been filled. To make dressing, crumble 1 pint bread, soften with cold water and drain well after it is moist throughout. Season crumbs with salt and pepper, onion salt and celery salt, a little poultry seasoning and 2 tablespoonfuls drippings. Pack dressing closely into meat, pat into shape and bake for 1 hour in covered roaster, or for $1\frac{1}{4}$ hour in open pan. In the latter case it is necessary to baste several times. A few slices of bacon placed on top of meat 10 minutes before serving, improves the dish.

Chuck Steak With Onions—2 pounds chuck steak, 5 or 6 onions, salt, butter or oleomargarine. Slice onions in water. Drain thoroughly. Place in shallow saucepan, cover closely and cook slowly for 15 or 20 minutes till tender. Use no water or fat, as onions contain both moisture and richness. When done, uncover and brown slightly if preferred, but they are more

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digestible without browning. Heat frying pan smoking-hot, and brown steak quickly on both sides; reduce heat and turn meat frequently until cooked through. Season steak and salt onions. Serve meat surrounded with onions.

Beef Mould—1 lb. cooked lean beef, 1 onion, 1 oz. bread crumbs, 1 dessert-spoonful flavoring sauce, 1 dessert-spoonful mushroom ketchup, a little gravy or stock. Mince meat and onion, mix in bread crumbs and seasoning, allow it to stand a little while, then add gravy. Mix all well together, press well into buttered mould or basin; stand mould in tin of water, and bake 1 hour. Turn out and serve with hot tomato sauce. Fresh or cooked meat can be used with this recipe with equal success.

Beef Steak Pie—Chuck steak, cut in narrow strips, bit of garlic, $\frac{1}{2}$ bay leaf, 6 peppercorns, sprig of parsley, 1 onion stuffed with 2 cloves, 1 cup sliced carrots, 1 cup celery cut in strips, 4 halved potatoes. Place in kettle with boiling water to cover, and simmer for $\frac{1}{2}$ hour. Add seasonings in bag, together with salt and stock thickening. Place kettle on asbestos mat to keep sauce from sticking. Some dried mushrooms soaked and drained improve the flavor. Simmer while making pastry. Remove bag of seasonings. Put all in baking dish with a rolled crust over top and sides. Brush with Pacific milk and bake 40 minutes, covering with heavy paper as soon as brown.

Braised Beef—Cut meat into cubes; brown in frying pan with drippings. Use strong heat—stir meat so it will coat quickly and not lose juice. Tender cuts can be cooked whole. Remove to closely-covered kettle that can be used on top of range (unless oven is heated for other cooking). Rinse pan with $\frac{1}{4}$ cupful boiling water to save all browned bits, and pour over meat. Cover tightly and cook slowly for 2 hours.

Sauce—Melt 2 tablespoonfuls butter or oleomargarine. Brown chopped onion and carrot in it. Add chopped parsley, $\frac{1}{2}$ cupful diced celery, and 1 cupful canned tomatoes. Heat thoroughly. Season with salt and paprika.

Baked Hash—1 pound ground beef, 2 cupfuls cooked rice, 2 cupfuls cooked carrots, 1 egg, $\frac{3}{4}$ cupful carrot water, salt and pepper. Bake in deep casserole until water is absorbed and hash browned.

Steak and Oysters—Place nicely fried rump steak, $1\frac{1}{2}$ in. thick, on hot serving dish. Season with salt, pepper, and butter. Cover steak with oysters, season again, and return to oven for five minutes, or until oysters are plumped. Pour pan juice over oysters and serve.

Calf's Liver and Bacon— $2\frac{1}{2}$ pounds calf's liver, 1 pound bacon, juice of 1 lemon, 2 ounces butter, a little flour, pepper and salt. Soak liver in cold water for 1 hour, wipe dry and cut into thin narrow slices. Fry an equal number of thin slices of bacon, and keep hot; then fry liver in bacon grease, seasoning with pepper and salt, and dredging with flour. When browned arrange round the dish with roll of bacon between each slice. Pour fat from pan, put in butter well rubbed into the flour to thicken gravy, squeeze in lemon juice and add cupful hot water. Boil, and pour into middle of dish. Serve garnished with forcemeat balls or slices of lemon.

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Braised Ox Joints—Cut oxtail at joints, parboil 5 minutes, wash thoroughly, dredge with flour and saute until well browned in fat, to which has been added a sliced onion. Add $\frac{1}{4}$ cup flour, 2 cups each brown stock, water and canned tomatoes, 1 teaspoonful salt, and $\frac{1}{4}$ teaspoonful pepper. Turn into earthenware pudding dish, cover, and cook slowly $3\frac{1}{2}$ hours. Remove oxtail, strain sauce, and return oxtail and sauce to oven to finish cooking. Add 2-3 cupful each carrot and turnip, parboiled in boiling salted water 5 minutes. Serve soon as vegetables are soft.

Oxtails en Casserole—Wash oxtail and separate at joints, then dip these several sections in barley flour, dust over with salt and pepper, and brown in hot vegetable oil. Transfer to casserole, alternating oxtails with layers of sliced onions and carrots, which have been slightly browned in fat left from oxtails. Make sauce of 3 tablespoonfuls of potato flour or corn starch, 2 tablespoonfuls of vegetable cooking-oil or drippings, and 2 cupfuls sifted, canned tomatoes. Pour over mixture in casserole and bake. Just before serving, stir in 1 cupful of cooked young Lima beans, or cooked string-beans, together with juice of a lemon.

Sweetbreads—Soak calves' or lambs' sweetbreads in salt and water for 2 or 3 hours. Strain and put into saucepan with onion, blade of mace, piece of lemon peel, and salt and pepper to taste. Allow this to nearly boil. Skim thoroughly and let simmer gently for 3 hours. Cut into neat slices and pour hot milk sauce over them.

Corned Beef, English Style—The brisket is best for this dish. When ready to cook, remove bones, drain well and wipe. Cut into equal parts and place one on the other in such a way that fat and lean mix well. Tie together and wrap in cheesecloth. Place in large stewpan, cover with cold water and cook slowly, allowing 20 minutes to each pound and 30 extra. When tender, drain. Have ready an earthenware crock, put in beef, opening cloth so that it will tie smoothly. Arrange lean and fat as desired. Cover with a board $\frac{1}{2}$ inch thick and place a weight on it. Set in cool place until next day. Turn out on serving dish, garnish with parsley and radishes, and cut cross-wise in small slices.

Spiced Beef Tongue—Spiced beef tongue is pre-eminently a hot weather dish. Drop a neatly trimmed fresh beef tongue into boiling water to cover well; add 1 cupful salt and a small pepper pod. Cook gently until tongue can be easily pierced with silver fork, adding boiling water from time to time if needed. Peel off skin. Place tongue in clean saucepan; add 1 cupful water, $\frac{1}{2}$ cupful eider vinegar, $\frac{1}{4}$ cupful brown sugar and 1 tablespoonful each of powdered allspice and cloves. Simmer until the liquid has been evaporated, turning the tongue frequently. Chill thoroughly, cut into thin slices and garnish with lemon slices and parsley. Aspic jelly may be used as a garnish, or the tongue may be made more decorative by piping it with some sweet butter put through a forcing bag with star tube.

Mock Duck—3 lbs. of round steak cut in a single piece. Make a deep slit in the middle from the side—fill with a potato and onion dressing as for duck; put strips of salt pork on top. Bake 3 hours slowly, basting often. Make a brown gravy and pour over meat when served.

Rechauffe of Beef, Creole Style—3 tablespoonfuls butter, 1 tablespoonful onion, 1 tablespoonful green pepper, 3 tablespoonfuls flour, $\frac{1}{2}$ cupful of tomato puree, 1 cupful broth, $\frac{1}{2}$ teaspoonful of salt, a dash of paprika, $\frac{1}{2}$ teaspoonful grated horseradish, 1 teaspoonful lemon juice, 2 cupfuls cooked meat, diced. Melt the butter; in it cook the onion and green pepper, chopped fine; add flour, then the broth and the tomato puree, the seasoning and the meat. Serve in a rice border.

Croquettes from Beef Roast—Meat on hand, $\frac{1}{2}$ cupful rice boiled dry, $\frac{1}{8}$ teaspoonful pepper, $\frac{1}{2}$ teaspoonful salt, 1 cupful of thick white sauce, egg yolk, crumbs. First mix the dry ingredients; then stir in the white sauce to make mixture of stiff consistency; brush with egg yolk. Roll in crumbs and fry in deep fat to a golden brown. Serve with tomato sauce.

Kidneys—Soak, pare, trim and slice the kidneys. Sprinkle with salt and pepper, saute in a little fat and remove to hot dish. Cook $\frac{1}{2}$ tablespoonful minced onion in a little fat until brown, add 3 tablespoonfuls flour and pour on slowly $1\frac{1}{2}$ cupfuls hot stock. Season, add kidneys and $\frac{1}{2}$ teaspoonful Worcestershire sauce.

Tripe and Peppers—Wipe tripe very dry, cut in strips 2 inches wide by 4 inches long and fry in hot fat until brown. Have ready finely shredded green peppers mixed with French dressing. Serve tripe hot, surrounded by peppers.

Tripe in Batter—Wipe tripe and cut in pieces for serving. Sprinkle with salt and pepper, dip in batter, fry in a small quantity of hot fat, and drain. **Tripe Batter**—Mix 1 cupful flour with $\frac{1}{4}$ teaspoonful salt. Add gradually $\frac{1}{2}$ cupful cold water. When perfectly smooth, add 1 egg well beaten, $\frac{1}{2}$ tablespoonful vinegar and 1 teaspoonful oil or melted butter. Stir until well blended.

Broiled Tripe—Fresh honeycomb tripe is best for broiling. Wipe tripe as dry as possible, dip in fine cracker dust and olive oil, or other vegetable oil. Drain off oil and again dip in cracker dust. Place in greased broiler and broil 5 minutes. Place on hot platter, honeycomb side up, spread with a little butter and season.

Veal Roulettes— $\frac{1}{2}$ pound sliced veal, about 3 inches long, 1 inch broad, and as thin as possible; 2 ounces cold boiled ham or bacon, 1 ounce flour, a teaspoonful salt, a little pepper, cayenne, grated lemon-rind and nutmeg, a small shallot, and 1 sprig parsley chopped fine. Mix seasoning ingredients together. Roll slices of veal in mixture until both sides are covered. Cut bacon or ham into pieces $\frac{1}{4}$ inch broad, $\frac{1}{4}$ inch thick and 1 inch long. Roll seasoned veal round these. Dip rolls in frying batter, drop into hot fat, and fry a pale brown. They will take from 5 to 7 minutes to dry. Arrange on dish; garnish with parsley. To make frying batter, take 3 tablespoonfuls flour, pinch of salt and pepper, yolk of egg, tablespoonful of salad oil, and enough cold water to make thick batter. When quite smooth, stir in stiffly-beaten white of egg.

Veal Cutlets, Breaded—Trim and flatten the cutlets, pepper and salt, and roll in beaten egg, then in pounded cracker. Fry rather slowly in good dripping, turning when the lower side is brown. Drain off the fat, squeeze a little lemon juice upon each, and serve in a hot flat dish.

Creamed Pigs' or Calves' Brains—Place in cold salted water as soon as received from market. After 30 minutes peel off membranes, wash and parboil in salted water for 15 minutes. Plunge into cold water and put on ice until ready to prepare meal. Dice and heat in thick white sauce. Serve in circle of rice with minced parsley sprinkled on top.

Pigs' Heads—Pigs' heads can be used for head cheese. Remove any excess fat. Cover remainder with water and cook slowly until meat falls from bones. Season water very highly during cooking with salt, celery salt, onion salt, bit of bay leaf and bit of onion. Take from the stock and concentrate stock to one-half its original volume. Cut meat in small pieces. Reheat in stock. Put in mould to cool and set.

Jellied Pigs' Feet and Beef—Procure four pigs' feet with legs to first joint and a shank of beef sawed and cut. Boil beef and pork in separate saucepans with unsalted water to cover until bones fall out of the pigs' feet and beef is very tender. Lift meat from liquors in which they were cooked and set both pots away to cool over night. Next morning skim each free from fat which will have hardened on the top. The beef liquor can now be utilized for soup stock. The pork liquor should be returned to kettle together with meat, both pork and beef cut into small pieces; add salt, pepper and any other seasonings desired, heat and pour into wet moulds. Some of the moulds may be varied by adding to them slices of hard-cooked eggs. Turn out and serve garnished with parsley sprigs or lettuce.

Curried Pork with Rice—Remove skin and trim off fat from 2½ pounds pork; cut into strips and fry in 1 tablespoonful of butter until it begins to brown, then add 2 chopped onions, 1 tablespoonful curry powder and salt and pepper to taste. Pour in 2 cupfuls cold water, bring to boiling point, then simmer for 1 hour. Remove meat to hot serving dish, thicken gravy with 1 teaspoonful flour rubbed to a cream with the same quantity of butter. Surround meat with border of well-boiled rice and pour curry sauce over the meat only.

Apple and Pork Roast—Season quantity of pork outlets with salt and pepper, pare and core some tart juice apples, flavor with grated rind and juice of 2 lemons, strew among them plenty of sugar and grated nutmeg. Place layer of outlet in bottom of baking dish, then a layer of apples with their seasoning, and so continue till dish is full; cover with rich puff paste cut into small biscuits and laid close together over the top of pie. Bake in slow oven till pork and apples are thoroughly done.

Cutlets—Take 6 ounces minced cooked meat, 3 ounces bread crumbs, 1-3 pint of stock or gravy—make from lamb bones; ½ ounce flour, and ½ ounce butter, salt and pepper, and a little sauce to taste. Melt butter in saucepan, stir in flour, add stock and seasoning. Boil 3 or 4 minutes, then add minced meat and bread crumbs. Mix thoroughly; spread on centre of large dinner-plate; set aside to cool. Divide mixture into twelve outlets with knife—dipped frequently in flour. Egg and bread crumb each one, and fry in boiling fat until a nice brown. Drain on soft paper. Serve on a dish around wall of mashed potatoes. Place small pieces of piped macaroni in thin end of each with outlet frill on. Suitable for beef, mutton, or any minced meat or fowl.

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Mutton Birds—Make stuffing of bread crumbs seasoned with butter, salt, pepper and sage, and mix to smooth paste with beaten egg. Spread thin slices of raw mutton with mixture, roll up and fasten with small skewers. Fry slices brown in butter, then add a little hot water, and finish cooking in oven, basting frequently. Thicken gravy with brown flour, and serve very hot.

Boiled Leg of Mutton—Small leg of mutton, few slices of bacon, 4 small carrots, 2 turnips, 2 medium-sized onions—each stuck with four cloves, 2 blades mace, a few peppercorns, and enough water to cover.

Trim off knuckle-end and all unnecessary fat. Line bottom of saucepan with slices of bacon, lay the mutton upon them, and cover with more bacon slices. Put in cut vegetables, cover with cold water, and stew gently for 3 hours. Then take up meat, and brown in front of clear fire, basting with a little stock. Meanwhile, reduce stock by rapid boiling, strain vegetables, thicken stock, and color with a little browning; place meat on dish, and pour over the stock. The meat will be very tender.

Mutton Klops—Pass some uncooked mutton twice through mincing machine, season with pepper and salt, and roll into small balls. Fry balls in butter till brown; then drain. Fry 3 sliced onions in butter with a tablespoonful of minced parsley. When fried a golden brown, put onions and parsley into saucepan, place balls on top, add enough stock to cover, and juice of $\frac{1}{2}$ lemon. Simmer gently for $\frac{1}{2}$ hour, then take out balls and onions, thicken stock with butter and flour, pour over the klops, and send to table very hot.

Lambs' or Calves' Tongues—Wash and boil slowly in salted water for 2 hours. Remove skin, trim slightly at thick end. Serve with white sauce, garnish with hard-cooked eggs. This boiled tongue is delicious served hot.

Ham with Currant Sauce—Although cold ham is commonly liked, even that may be varied by heating in a currant sauce made as follows: $\frac{1}{2}$ jelly glassful of currant jelly, $\frac{1}{2}$ cupful of hot water, 1 tablespoonful of cornstarch. Melt the jelly in the hot water; thicken with the cornstarch and let it cook up. Add the ham and heat through.

Scalloped Mutton or Pork—2 cupfuls of pork or mutton, 1 tablespoonful minced onion, 1 cupful white sauce, 2 hard-cooked eggs, buttered crumbs to cover. Mix the mutton, the white sauce and onion; cut up the eggs, and add; put in a baking dish, cover with buttered crumbs and brown in the oven.

Stuffed Pork Chops—Wipe pork chops and place on a trivet in a roasting-pan. Make a dressing of crumbs, onion and spice. Put a ball of dressing on each chop. Bake in an oven 30 minutes.

Meat Pie with Crust—Put alternate layers of diced or finely cut meat, and desired vegetables, such as carrots, turnips, peas and tomatoes, in deep pie-dish. Flavor with chopped onion, salt and pepper, add diced potatoes. Cover with water. Bake until vegetables are cooked. Cover with thick, light pie crust, supported by cup in centre of dish.

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Baked Hominy Meat Pie, Brown Gravy— $1\frac{1}{2}$ lbs. round steak or lean beef, 4 cupfuls cold boiled hominy, 1 cupful diced carrot, $\frac{1}{4}$ cupful cut onion, 2 tablespoonfuls cornstarch or flour, 2 tablespoonfuls corn meal, 2 tablespoonfuls cut parsley or celery top, 1 tablespoonful salt, a little pepper. The meat is cut into small pieces and put on with four cupfuls of boiling water; after boiling for 45 minutes, add the onion and the carrot. Boil for 30 minutes. If the water has boiled away, add more (there must be three cupfuls when meat and vegetables are tender). Add the seasoning and the thickening, which has been mixed with cold water, and boil for 5 minutes; then add corn meal. Put half the hominy into the bottom of a baking dish, then the meat stew and gravy, and cover with the balance of hominy and half a cupful of gravy over the top. Put in a hot oven for 20 minutes. Sprinkle with parsley and paprika. Serve in the baking dish.

Scotch Meat Pie is made in same way as foregoing, but mashed potatoes are used in place of hominy. Potatoes on top to be baked a nice brown. Cornmeal may be omitted and more vegetables added if desired.

Stews

Vegetable Stew—4 carrots, 4 potatoes, 4 onions, 4 white turnips, $\frac{1}{3}$ cup shortening, 1 teaspoonful salt, 1 teaspoonful paprika, $\frac{1}{8}$ teaspoonful pepper, 3 cups water or 2 cups water and 1 cup stewed tomatoes. If desired thickened, add one tablespoonful flour before adding water. Put vegetables in with melted shortening and cook until vegetables are soft. When done, add dumplings made as follows: 1 cupful barley flour, 1 teaspoonful salt, 2 teaspoonfuls baking powder. Cold water to make dough that can be dropped from spoon.

Everyday Stew—Lean beef, cut in inch cubes, 1 or $1\frac{1}{2}$ lbs., 2 carrots and 1 turnip, diced; 2 onions, finely cut; potatoes, cubed; tomatoes or a little canned tomato, salt, pepper. Dredge the cubes of beef with flour, pepper and salt, and brown in a very hot frying-pan; stir constantly. The last 5 minutes add the onion, carrot and turnip. Put into the stew-kettle, add the tomato, diced if fresh, and cover with 2 quarts of boiling water. Rinse out frying pan to obtain all the juices. Simmer very slowly until meat is very tender, adding the potatoes just in time to cook. Thicken a bit more if wished. This stew is taken up in a large bowl and served in soup plates, as there should be a liberal amount of liquid.

Warren Beef Stew is a very nice way of using up cold roast beef. Cut cold roast beef into small pieces, add one small onion, cut fine. Take gravy left over and add 1 cupful of strained tomato and thicken slightly. Season rather highly. A little curry may be used if liked. Put the beef in large, shallow casserole, add onion and sauce and cook until tender; then make dumplings. Make the dough stiff enough to cut out with a small round cutter, lay the rounds on top of the stew; sover tightly and cook until dumplings are done; about 15 minutes.

Stewed Leg of Beef—Cut 1 lb. beef into small pieces. Mix some flour, pepper and salt on a plate, and roll the pieces in it. Put 2 oz. dripping into a stewpan, heat smoking hot. Fry the pieces of beef in this till nicely browned. Tie up an onion and some herbs in a piece of muslin, put into the stewpan, and

add a little cold water. Simmer gently for 3 hours. Cut up an onion, carrot and turnip into small pieces, fry them in dripping, and an hour before taking up the meat put in the vegetables and cook slowly. Just before dishing up, stir in a good tablespoonful of ketchup or Worcester sauce. This is a very nutritious dish, and inexpensive.

Concordia Stew—Put in the double boiler a layer of beef, then potato, then tomato; sprinkle over salt, pepper, onion and dredge over a very little flour. Continue until you have desired quantity, then pour over enough water to cover and steam 4 hours. When you take up, add a little butter. Tomato may be omitted if wished, or parsnips substituted to vary.

Stewed Ox Kidney—Cut 1 lb. ox kidney in pieces, avoiding all fat and skin; put 2 ozs. butter in stewpan, fry kidney in it for 5 minutes; stir in 2 ozs. flour, a finely-chopped onion, 2 tablespoonfuls ketchup, salt and pepper, and when these ingredients are well cooked, add a pint of stock and simmer for 20 minutes. Just before serving, add 2 teaspoonfuls chopped parsley. Serve on hot dish with small squares of fried bread.

Devonshire Stew—Slice two good-sized onions thinly, and fry a nice brown. Dredge in a tablespoonful of flour, and let it also brown; add a tablespoonful of vinegar, pepper and salt. Cut a pound of steak into small pieces, add to the onions, and over all pour a pint of stock. Cover the pan, and let contents nearly boil; then simmer for 2½ hours. To serve, take out the beef and set on a dish. Boil gravy for 3 minutes, add some chopped capers, and pour over the meat. Serve with a border of haricot beans, which should be soaked over night, previous to boiling. Small suet dumplings added are a great improvement.

Okra Stew is one of the very nicest stews ever concocted. Beef shin, 2 lbs.; okra, sliced thin, 1½ pints; tomato, peeled and sliced, 4 or 5; onions, sliced thin, 2 medium sized; green sweet pepper, minced, 1 (remove seeds); salt and pepper. Stew beef very slowly in 3 quarts of boiling water, skimming carefully until water is reduced 1/3 and beef is very tender. Then add vegetables and cook about 2 hours longer very slowly, until stew is thick. Add salt and pepper to taste. Serve with boiled rice. This is also very nice with the okra omitted.

Beef and Macaroni Stew—1 lb. stewing beef, ¼ lb. macaroni, ½ tablespoonful flour, 1 oz. dripping, 1 pint water, 1 teaspoonful salt, shake of pepper. Cut meat in pieces, peel and slice onions, put dripping into saucepan, and when hot put in onions, frying them a light brown; stir in flour, and then the water gradually; stir the gravy till it boils, add seasoning; draw the pan aside, and put in meat; cover with lid, and stew very slowly for 1½ hours, stirring it now and then to prevent the gravy sticking to the pan. Wash the macaroni, and break into pieces; put into enough boiling water to cover and boil for 10 minutes; strain the water off and put the macaroni into the saucepan with the stew about 10 minutes before meat is done. Serve on hot dish, with meat in centre, and macaroni and gravy round. Neck or breast of lamb can be used instead of beef. Time, 2 hours.

Stewed Liver—Method: Soak liver in tepid water for an hour, cut in slices, dry thoroughly and roll each slice in flour. Fry bacon, then lift bacon and fry onion—thinly sliced—in the bacon fat. When browned, lift out onion, reheat the fat, and brown the liver in it. Put 1 dessertspoonful of flour in a basin, rub it down smoothly with $\frac{1}{2}$ pint cold water, season with pepper and salt. Return all to the pan and stew gently for 2 hours. Serve very hot with a border of mashed potatoes round the dish.

French Stew of Peas and Bacon—Cut about $\frac{1}{4}$ lb. of slightly-salted bacon into thin slices and cook in saucepan till almost done. Add 1 quart of boiled peas, a good piece of butter, piece of parsley and 2 spoonfuls catsup or tarragon vinegar. Simmer on slow fire, and stir in a little flour to thicken. Remove parsley, serve garnished with toast.

“**Country Stew**” is a savory, most appetizing concoction. Into a large pot put 2 squirrels, 1 large fowl, or 1 rabbit, neatly jointed, and cover with $2\frac{1}{2}$ quarts water. Add 3 small onions, sliced, $1\frac{1}{2}$ pints lima beans, 8 tomatoes, cut in pieces; salt and pepper to taste. Cook slowly until meat is tender and then add 6 or 7 potatoes, sliced. Cook $\frac{1}{2}$ hour, then add the corn cut from 4 large ears of corn or $\frac{1}{2}$ can of corn, and simmer about 10 minutes longer. If water boils away too much, add more. Stir carefully occasionally to avoid scorching.

An “**Irish Stew**” claimed to be the “best ever” is made as follows: Chop a small onion fine, brown in butter, adding a tablespoonful flour the last part of the time and stirring until all is brown. Then add about a pint of good gravy or stock, let boil up and add a chopped leek, a pound of mutton or lamb chops, and an equal quantity of potatoes and onions cut in quarters. Salt and pepper to taste.

Irish Stew—Time, about 2 hours. $2\frac{1}{2}$ lbs. chops, 8 potatoes, 4 turnips, 4 small onions, nearly a quart of water. Take some chops from loin of mutton, place in stew pan alternating with layers of sliced potatoes. Add turnips and onions cut into pieces, pour in the cold water. Cover stewpan closely, stewing gently till vegetables are ready to mash and greater part of gravy is absorbed; then place in dish, and serve up hot.

Ice Boxes—Few housekeepers pay the attention they should to their ice-boxes. An ice-box can be kept in perfect condition if it is thoroughly cleaned once a week, but twice is better. The box should be thoroughly washed with strong soda water, and the drain pipes should be washed out. An ice-box should always be full of ice. It is the poorest economy to allow the supply to decrease, and if sufficient ice is provided the box can be kept at an even temperature, which insures the preservation of the food it contains. A common mistake is getting a small piece of ice every day or every other day, instead of filling the ice-chamber two or three times a week. The small piece of ice cannot reduce the temperature sufficiently, and the result is that each new piece melts rapidly and the food cannot be kept.

To brown flour for gravies and soups, put a few tablespoonfuls of flour evenly in the bottom of a baker's pan, over a moderate fire, stir until it has become a fine amber brown. Bottle and keep for use.

See Page 93 and Solve Your Clothing Problems

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DUMPLINGS

Dumplings—In making dumplings the dry ingredients should be sifted carefully together, then quickly mixed with the milk. During the cooking the liquid in pot or steamer should be kept at a steady boil. No more should be dropped in at one time than will cover the surface of the liquid, for any pushed below will likely be soggy. The cover should not be lifted until dumplings are done, otherwise, heavy, soggy dumplings will be the result. Serve at once.

Plain Dumplings—1 cupful flour, $\frac{1}{4}$ teaspoonful salt, 1 teaspoonful baking powder, sifted together. Add $\frac{1}{3}$ cupful ground suet, and enough milk to make stiff dough. Make into balls the size of large marbles, drop into soup or stew, cover and boil 10 minutes.

Potato Dumplings—1 dozen large potatoes, 6 tablespoonfuls baking powder, 1 tablespoonful butter, 3 eggs, salt, and nutmeg. Grate potatoes, which have been boiled and skinned the day before; mix with the flour, previously sifted together with baking powder, add the melted butter, and eggs one by one, and salt and nutmeg to taste; form into balls about size of a small apple, put into boiling water, which has been well salted, boil 15 minutes; take out with skimmer, and serve with any kind of fricassee or pot roast.

Fowl and Game

To Clean Poultry—Put 2 tablespoonfuls alcohol in saucer, ignite, and over this singe the fowl. Cut off head just below bill. Untie feet, break bone, and loosen sinews just below the joint; pull out sinews and cut off feet. Cut out oil-sac. Lay breast down, slit skin down backbone toward head; loosen windpipe and crop and pull them out. Cut off neck close to body. Make small slit below end of breast-bone, put in the fingers, loosen intestines from backbone, take firm grasp of gizzard and draw all out. Cut round the vent so that the intestines are unbroken. Remove heart and lungs. Remove kidneys. Wash inside well, in 2 or 3 waters, using a little soda in last but one.

To Truss Poultry—Fill inside with stuffing. Have at least 1 yard fine twine in trussing-needle. Turn wings across back so that pinions touch. Run needle through thick part of wing under bone, through body and wing on other side; return in same way, but passing needle in over bone, tie firmly, leave several inches of twine. Press legs up against body, run needle through thigh, body, and second thigh, and return, going round bone in same way; tie firmly. Run needle through ends of legs, return, passing needle through rump; if opening is badly torn, 1 or 2 stitches may be needed, otherwise not.

Poultry Gravy—Pour off excess of fat in pan. Set pan on stove and sprinkle in sufficient flour to absorb fat. Stir until well browned. Gradually add hot water, or the chopped giblets with water in which they were cooked; stir till smoothly thickened. Season, simmer for few minutes, and serve.

Roast Chicken—Pick and draw, wash out well in two or three waters, adding a little soda to the last but one. Dry well with clean cloth, and fill the crop and body with stuffing. Lay in dripping-pan, with 1 pint hot water and piece of butter. Add a small tablespoonful each of salt and pepper;

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baste frequently, and roast quickly, without scorching; when nearly done, add a piece of butter the size of a large egg to water in pan; when it melts, baste with it, dredge a little flour over, baste again, and let it finish. Half-hour will roast a full-grown chicken. Having stewed the necks, gizzards, livers and hearts in a very little water, strain it and mix hot with juice that has dripped from the fowls, and which must be first skimmed. Thicken with a little browned flour, add to it the livers, hearts and gizzards chopped small. Some prefer to roast giblets with fowl.

Creole Chicken—1 small fowl, 2 cups canned tomatoes, 2 sweet red peppers, 2 sweet green peppers, 3 slices bacon, $\frac{1}{2}$ bay leaf, 1 tablespoonful chopped parsley, 2 teaspoonfuls salt, 1 small onion, 2 tablespoonfuls bacon fat. Clean, singe, and cut up fowl. Cover with 1 cup boiling water, boil five minutes, and put in a steam cooker or fireless cooker for 30 minutes. Cook tomatoes and bay leaf 15 minutes and strain. Chop onion, and cook with bacon fat and bacon cut in tiny pieces, stirring constantly until yellow; add to the fowl with tomato, chopped parsley, peppers cut in fine strips, and salt. Boil five minutes, return to the steam cooker and cook until fowl is tender. Where there is no steam cooker, cook fowl in a casserole in the oven or in a kettle on top of the range. Serve with thickened gravy.

Jellied Chicken—Use individual moulds for this dish. Select good-sized pieces of cooked white meat. Prepare a lemon gelatine mixture according to directions on package, using half-strained chicken stock and half water for the liquid. Pour the jelly into the molds. When it begins to harden put a piece of chicken into each mold. Bits of pimento or parsley arranged on the chicken add very much to the attractiveness of the jelly.

Chicken Tarts—2 tablespoonfuls fat, 1 tablespoonful sugar, 1 egg, well beaten; 1 cup Pacific milk, 1 cup mashed potatoes, 1 cup corn-meal, 4 teaspoonfuls baking-powder, 1 teaspoonful salt. Mix in order given. Add flour to make a stiff dough. Roll a little thinner than for biscuits. Cut out and place one round in pan. In two others cut holes as for doughnuts. Place one on top of the other on first biscuit. Fill with minced chicken, heated in a little gravy and bake in quick oven.

Boiled Chicken—Clean, wash and stuff, as for roasting. Baste a floured cloth around each and put into pot with enough boiling water to cover well. The hot water cooks the skin at once and prevents escape of the juice. The broth will not be so rich as if the fowls are put on in cold water, but this is proof that the meat will be more nutritious and better flavored. Stew very slowly, for the first half-hour especially. Boil an hour or more, guiding yourself by size and toughness. Serve with egg, bread or oyster sauce.

Chicken Pie—Prepare chicken as for fricasse. When the chicken is stewed tender, seasoned, and the gravy thickened, take from fire; remove largest bones, scrape meat from neck and backbone; line sides of 4 or 6-quart pudding-dish with a rich baking powder or soda biscuit dough, $\frac{1}{4}$ -in. thick; put in part of the chicken, a few lumps of butter, pepper and salt, if needed, some cold boiled eggs cut in slices. Add the rest of the chicken and season as before; a few new potatoes in their season might be added. Pour over

the gravy, being sure to have enough to fill the dish, and cover with a crust $\frac{1}{4}$ -in. thick, made with a hole in the centre the size of a teacup.

Brush the top with beaten white of egg and bake for $\frac{1}{2}$ to $\frac{3}{4}$ hour. Garnish top with small bright celery leaves, neatly arranged in circle.

Fricassee Chicken—Cut up fowl and put in closely-covered stewpan with enough cold water to cover. Stew slowly until tender, then season with salt and pepper, a piece of butter as large as an egg, and if desired a little celery. Stir 2 tablespoonfuls flour in a little water or Pacific milk; also 2 well-beaten yolks of eggs; let all boil up one minute; arrange chicken on warm platter, pour some of the gravy over it and send the rest to the table in a boat. The egg should be added to a little of the cooled gravy before putting with the hot gravy.

Stewed Chicken With Rice—Carefully clean and wash a large, fat chicken; season both inside and out with pepper and salt, and put in saucepan with $\frac{1}{2}$ pound rice, picked and washed. Add 1 quart water, and stew gradually for 2 hours in covered saucepan. After boiling some time, should the rice be too dry, a little more water may be added, though not more than sufficient to keep it moist. When done, place chicken on dish with rice around it, and garnish with sprigs of parsley. Serve with white sauce.

Roast Duck (tame)—Pick, draw, clean thoroughly, and wipe dry. Cut neck close to the back, beat breast bone flat with rolling pin, tie wings and legs securely, stuff well but not too full. Sew up the openings firmly to keep flavor in and fat out. If not fat enough, it should be larded with salt pork, or a slice tied upon the breast. Place in baking-pan, with a little water, and baste frequently with salt and water—some add onion, and some vinegar; turn often, so that sides and back may all be nicely browned. When nearly done, baste with butter and a little flour. Young ducks should roast from 25 to 30 minutes, full-grown ones for an hour or more, with frequent basting. Some prefer them underdone and served very hot; but, as a rule, thorough cooking will prove more palatable. Make gravy from necks and gizzards, putting them in a quart of cold water, that must be reduced to a pint by boiling. The giblets, when done, may be chopped fine and added to juice. The preferred seasonings are 1 teaspoonful of Madeira or Sherry, a blade of mace, one small onion, and a little cayenne pepper; strain through a hair sieve; pour a little over the ducks and serve the remainder in a boat. Served with jellies or any tart sauce.

These directions will apply also to tame geese or turkey.

Braised Duckling With Turnip—2 ducklings, 2 carrots, 1 turnip, 1 onion. 2 ounces of ham or bacon, a bunch of parsley and herbs, a good dust of nutmeg, $\frac{3}{4}$ pint good brown stock, new turnips, brown sauce. Wash and cut 1 pint carrots, turnip, onion, and celery into large pieces. Put into deep pan with well-fitting lid. Cover with ham, then ducklings, with a slice of ham over each. Add herbs, nutmeg, and stock. Cover with buttered paper inside covered dish. Place on cool part of stove, simmer gently for an hour, or until the birds seem tender. While they are braising, wash and peel turnips, and, unless very young, cut into shapes like olives. Melt butter in saucepan, add turnips, toss them about in the butter over fire till a golden brown, then drain off the butter well by laying them on paper.

Put them in another saucepan with enough brown sauce to cover, and simmer till soft. Skim well sauce in which turnips were cooked, also liquor the ducklings were braised in. Put both together, removing braised vegetables. Reboil, flavor, and strain all over the ducklings. Serve hot as possible.

Wild Duck or Geese—Before roasting parboil them with a small peeled carrot within each fowl. This absorbs the unpleasant taste. An onion will have the same effect, but unless you use onions in the stuffing the carrot is preferable. Roast same as tame duck. Or put into the fowl a whole onion peeled, plenty of salt and pepper and a glass of claret, baking in hot oven 20 minutes. Serve hot with gravy it yields in cooking, and a dish of currant jelly.

Stewed Duck—Prepare duck as for fricassee. Lay 2 or 3 very thin slices salt pork in bottom of stew-pan; lay the pieces of duck upon pork. Let them stew slowly for $\frac{1}{2}$ hour closely covered. Season with salt and pepper, $\frac{1}{2}$ teaspoonful powdered sage or some green sage minced fine; 1 chopped onion. Stew another $\frac{1}{2}$ hour until duck is tender. Stir up a large tablespoonful of brown flour in a little water and add to stew. Let it boil up, and serve all together in one dish, accompanied with green peas.

To Roast Partridges, Pheasants, Quail or Grouse—Carefully cut out all the shot, wash thoroughly but quickly, using soda in water, rinse again, and dry with clean cloth. Stuff and sew them up. Skewer legs and wings to body, larder breast with very thin slices of fat salt pork. Bake in oven, basting frequently with butter and water before taking up, having seasoned them with salt and pepper.

These are also very fine broiled, first splitting down the back, placing on the gridiron the inside down, cover with a baking tin, and broil slowly at first. Serve with cream gravy.

Fowl Stewed With Onions—Truss fowl as if for boiling. Add pepper and salt, rub with butter or dripping; put into 1 pint stock or water. Stew fowl gently, and when tender add twelve small onions cut in two. Cook for another $\frac{1}{2}$ hour. A young fowl will take an hour, an old one 3 hours, to stew. Thicken gravy with a little butter and flour, and serve with fried bacon.

Roast Pheasant—A piece of fat bacon should be tied over breast of pheasant, and the bird wrapped in piece of buttered paper. Broil before a clear fire, or roast in quick oven from 40 to 50 minutes. Paper and bacon should be removed for the last 10 minutes, so that the bird may become nicely browned. Toast a piece of bread and put under the bird the last 10 minutes to catch all gravy drips. Put toast on hot dish with the bird on it. Pheasant should be served with good gravy, bread sauce, and fried crumbs.

Boiled Turkey With Celery Sauce—A medium-sized turkey, 1 pound of pork sausages, salt, pepper, nutmeg, flour, Pacific milk, and two heads of celery. Skin sausages and season meat with salt, pepper, and nutmeg. Fill bird through the neck with this stuffing. Truss neatly into shape. Put in a saucepan with nearly boiling stock or water to cover it, bring to boil, then skim well and simmer gently about 2 hours. Meanwhile, wash and prepare



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2 heads celery and cut into thin slices. Melt 3 ounces butter in saucepan, put in celery, and cook slowly for $\frac{1}{4}$ hour—it must not get brown at all. Stir in flour, add $1\frac{1}{4}$ pints Pacific milk. Stir over fire till sauce boils and thickens. Season carefully, and simmer from 10 to 15 minutes, then rub gently through a sieve. When turkey is done, put on hot dish, coat nicely over with some of the sauce, and serve the rest in hot tureen.

Pigeon Pie— $1\frac{1}{2}$ pounds rump steak cut in pieces 3 ins. square. Season well with salt and pepper, and line bottom of pie-dish. Clean two or three pigeons, rub with pepper and salt inside and out, and put $\frac{1}{2}$ ounce butter inside each bird. Lay piece of steak and piece of ham on each pigeon. Add yolks of four hard-boiled eggs, and half fill dish with stock. Border dish with puff paste, put on cover of same, ornament, and glaze with brushed yolk of egg. Bake $1\frac{1}{2}$ hours.

Stewed Pigeons—Clean and stuff with onion dressing, thyme, etc.—do not sew up; take five or more slices of corned pork and fry until it begins to brown. Then lay the pigeons in the fat with the pork, add hot water to partially cover; cover tightly and boil an hour or so until tender; then turn off some liquid, and keep turning them so they will brown nicely; then heat and add the liquor poured off; add extra thyme, pepper, and keep turning until pigeons and gravy are nicely browned. Thicken with a little flour, and serve with gravy; garnish with parsley.

Game Pie—Clean birds well, inside and out. Split in half; put in saucepan with about 2 quarts water; when it boils, skim off the scum; add salt and pepper, a bunch of minced parsley, 1 onion chopped fine, and 3 whole cloves. Cut $\frac{1}{2}$ pound salt pork into dice, and let all boil until tender, with enough water to cover. Then thicken this with 2 tablespoonfuls browned flour and let it boil up. Stir in a piece of butter as large as an egg; remove from fire and let cool. Have ready 1 pint potatoes cut into dice, and a rich crust made. Line sides of buttered pudding dish with crust; lay in birds, then some potatoes, then birds and so on, until the dish is full. Pour over the gravy, add top crust, with a slit cut in centre, and bake. The top can be ornamented with pastry leaves in a wreath about the edge, with any fancy design placed in centre across slit.

Roast Hare or Rabbit—Skin, wash well in cold water and rinse thoroughly in lukewarm water. If a little musty from being emptied before hung up, and afterward neglected, rub insides with vinegar and afterward remove all taint of the acid by a thorough washing in lukewarm water. Wipe well with soft cloth and dress as usual. Sew the animal up, truss it, and roast for $\frac{1}{2}$ or $\frac{3}{4}$ hours until well browned, basting constantly with butter and dredging with flour just before taking up. Serve with brown gravy and currant jelly.

Fricassee Rabbits—Cut rabbits into small pieces, slit the heads in two, wash well and season with pepper and salt; dredge with flour, and fry a nice brown in a little butter. Put in 1 pint of gravy and bunch of sweet herbs, a few mushrooms if you have them, and three shallots chopped fine. Cover closely and stew gently for $\frac{1}{2}$ hour; skim; add a teaspoonful of ketchup and juice of half a lemon; remove herbs; stir in a piece of butter rolled in flour, and boil it up till thick and smooth.

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Fish

Fish may be divided into two classes, viz., oily and non-oily. Of the two, oily fish are the more nutritious; they comprise such kinds as salmon trout, mackerel, herring and eels, and have the oil mingled through the flesh. Haddock, cod, hake, pollock and halibut, etc., are non-oily fish; that is, the oil is contained in the liver and is removed when the fish is dressed for cooking. They are thus more suitable for invalids and people of weak digestion than the oily kinds.

In buying fish see that the eyes are bright and prominent and the flesh firm, not flabby.

In preparing fish for cooking it should not be allowed to stand in water for a long time. It spoils the flavor, and the food substances are likely to be dissolved.

Methods of Cooking

Frying—There are three ways of preparing fish for frying, viz., firstly, dipping it in milk and flour; secondly, coating it with prepared batter; and thirdly, egging and crumbing. The last is considered the nicest, but is also the most expensive.

The pan used for frying should contain sufficient fat to thoroughly cover fish. Dripping, lard, or oil can be used for frying purposes.

The fat must be quite hot—in fact, be smoking—before fish is put in, so as to harden the outside, thus preventing fat from entering the fish, which would spoil the flavour and make indigestible.

Only a small quantity of fish should be fried at a time, and fat should be allowed to get thoroughly hot before next lot is put in.

As soon as fish is brown on both sides, drain on paper or cloth, so as to absorb all fat. It should then be dished up on folded paper and placed on hot dish.

When the frying is ended, allow fat to cook a little, strain it to remove any loose crumbs or bits of batter, and the fat will then be quite fit for future use.

Fish slices should be about $\frac{3}{4}$ inches thick, seasoned with salt and pepper.

Salt Fish—All salted fish must be rinsed thoroughly to remove the outside salt before being put to soak. Always tear it in pieces, never cut with a knife.

Boiling—Clean and wash fish in plenty of cold water to which a little salt is added.

Cod, haddock, mackerel, hake, etc., are best suited for boiling.

The fins should be cut off and the eyes taken out, if a small fish such as haddock or mackerel.

Put fish into warm water, add sufficient salt and vinegar to taste. Vinegar helps to keep the fish firm and white.

Allow about ten minutes for each pound of fish, and fifteen minutes over, if large. A moderate-sized fish usually takes from fifteen to twenty minutes to cook. Fish must not be allowed to boil fast, the slower it boils the better. When cooked it should have a creamy appearance and come easily from bones. When done, lift out carefully, drain, and place on hot dish.

The water in which fish is boiled should not be thrown away, for it can be used as stock for soups and fish sauces and stews.

Steamed Fish—Clean carefully, but without removing head or fins. Rub inside and out with salt, pepper, and lemon juice, laying slices of onion inside, if liked. Lay on a buttered paper and steam till flesh parts easily from bones. Garnish with lemon and parsley.

Broiled Fish—Wash and wipe dry. Slit so that the backbone will be in the middle when the fish is lying flat, or remove backbone. Sprinkle with salt and lay inside down, upon buttered gridiron over a clear fire until nicely coloured; then turn. When done put upon hot dish, butter plentifully, and pepper. Serve hot.

Baked Fish—Clean the fish, remove eyes if head is left on, rub with salt, fill with dressing, and sew the edges together; place on a rack, skewer into shape of an S, by putting the skewer through the tail, into the middle of the body and through the head, then drawing up. Cook in hot oven, allowing 10 minutes for each pound of fish, and 10 minutes extra. Garnish with parsley, serve with drawn butter or suitable sauce.

Pan Fish—Place them in thick bottom frying-pan with heads all one way. Fill spaces with smaller fish. When they are fried quite brown and ready to turn, put dinner plate over them, drain off fat, then invert pan and they will be left unbroken on the plate. Put lard back into pan and when hot slip back the fish. When other side is brown, drain, turn on a plate as before, and slip them on warm platter to be sent to the table. Leaving the heads on and the fish a crispy brown, in perfect shape, improves the appearance if not the flavor. Garnish with slices of lemons.

Scalloped Fish—Pick cold fresh fish or salt codfish into fine bits, carefully removing all bones. Take Pacific milk in suitable dish and place in a saucepan of boiling water. Put into it a few slices of onion cut very fine, sprig of parsley minced fine, add a lump of butter as large as an egg, a pinch of salt, a sprinkle of white pepper, then stir in 2 tablespoonfuls of cornstarch or flour rubbed in a little cold milk; bring to boil and remove from fire. Take a dish you wish to serve it in, butter sides and bottom. Put first a layer of the minced fish, then a layer of the cream, then sprinkle over that some cracker or bread crumbs, then a layer of fish, and so on until the dish is full; spread cracker or bread crumbs last on the top to prevent the milk from scorching.

Frozen Fish—This must be placed in cold water to have frost drawn out. Then clean and prepare as any other fish, cooking in any desired form.

To Bone a Fish—Clean and skin. Then, beginning at the tail, run a sharp knife under the flesh close to backbone, and with knife following the bone its entire length, remove one-half of the flesh from bone; turn, and remove flesh from other side. Pick out with fingers any small bones that may remain.

To Fillet a Fish—Clean, skin and bone. A piece of fish, large or small, freed from skin and bones, is known as a fillet. Halibut, cut in $\frac{3}{4}$ -inch slices, is more often filleted than any kind of fish, and these are frequently rolled. When flounder is cut in fillets, it is served as fillet of sole.

Creamed Fish—Soak overnight. In the morning drain, tear into small pieces, cover with fresh water, bring to boil, drain, and cook 1 minute in a rich cream sauce. The addition of a beaten egg makes it very delicious.

Creamed Fish with Cheese—Prepare fish as in preceding recipe, turn into buttered baking-dish, sprinkle grated cheese thickly over top and bake delicate brown.

Baked Cod Steak with Bacon—Procure a slice of cod weighing from $\frac{1}{2}$ to $\frac{3}{4}$ pound. Wipe and place on buttered baking-tin. Prepare a mixture of bread crumbs, savoury herbs and parsley, and bind with a little beaten egg. Place this upon fish, and season. On top put 1 to 2 thin slices of bacon and bake for about 20 minutes in a moderate oven. Dish up, pour around some anchovy sauce and serve.

Cod Steak with Macaroni—Two slices of cod, 1 ounce bread crumbs, 1 teaspoonful chopped parsley and mixed herbs, 1 small egg, 2 ounces boiled macaroni, 1 ounce butter, $\frac{1}{2}$ ounce flour, $\frac{1}{2}$ pint fish stock or Pacific milk, $\frac{1}{2}$ tablespoonful anchovy essence, and a little grated cheese. Wipe fish and place on buttered baking-tin. Stuff, and bind with a little beaten egg. Place this upon fish. On top put cooked macaroni, sprinkle with grated cheese and bake for about 20 minutes in moderate oven. Serve covered with anchovy sauce.

Curried Cod—Two slices large cod, or remains of any codfish, 3 ounces butter, 1 onion sliced, a teacupful of white stock, thickening of butter and flour, 1 tablespoonful curry powder, $\frac{1}{4}$ pint cream, salt and cayenne to taste. Flake fish and fry a nice brown, color with butter and onions, put this in stewpan, add stock and thickening, simmer for 10 minutes. Stir curry powder into the cream, add with the seasoning to other ingredients, give one boil and serve.

Shredded Cod Baked with Cream Sauce—Boil 4 or 5 pounds fresh cod. Drain and shred in fine pieces and set away to cool. Put a layer of shredded fish in a baking dish, cover with a layer of cream sauce, then a layer of fish and so on until dish is filled. Have the last layer of cream. Cover with fine bread crumbs. Sprinkle with pieces of butter and bake a nice brown. Small boiled potato balls covered with cream sauce should be served with this.

Codfish Balls—Take 1 pint bowl of codfish picked very fine, 2 pint bowls of whole raw peeled potatoes, sliced thickly; put them together in plenty of cold water and boil until potatoes are thoroughly cooked; remove from fire and drain off all water. Mash them with potato masher, add piece of butter size of an egg, 1 well-beaten egg, and 3 spoonfuls cream or Pacific milk. Flour your hands and make into balls or cakes. Put 1 ounce each of butter and lard into frying-pan; when hot, put in balls and fry nice brown. Do not freshen fish before boiling with potatoes. Many cooks fry them in a quantity of lard similar to boiled doughnuts.

Halibut Outlets—Cut halibut steaks an inch thick, wipe with a dry cloth and season with salt and cayenne pepper. Have ready a pan of yolk of eggs well beaten and a dish of grated bread crumbs. Put fresh lard or beef

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drippings in frying-pan and hold over the fire till it boils. Dip cutlets in egg and then in bread crumbs. Fry a light brown; serve up hot. Salmon or any large fish may be fried in same manner.

Fried Fillets of Halibut—Remove skin and bones from slice of halibut weighing $1\frac{1}{4}$ pounds. Cut each of the four pieces thus made in halves lengthwise, making eight fillets. Sprinkle with salt, pepper and lemon juice. Roll and fasten with small wooden skewers. Dip in crumbs, egg and crumbs, and fry in deep fat.

Halibut Rabbit—Melt 1 teaspoonful butter, add a few drops of onion juice and 1 tablespoonful cornstarch mixed with $\frac{1}{2}$ teaspoonful salt and $\frac{1}{4}$ teaspoonful paprika, then pour on gradually 1 cupful Pacific milk, add $\frac{3}{4}$ cupful soft cheese, cut fine, and 1 cupful cold, flaked, cooked halibut. When cheese is melted add 1 egg slightly beaten and 1 tablespoonful lemon juice. Serve on crackers.

Baked Stuffed Haddock—Wash, scale and wipe a large fresh haddock, and remove eyes. Stuff body of fish and sew up opening. Pass a trussing needle threaded with string through tail of fish, centre of body and the eyes, drawing fish up into shape of letter S; brush over with beaten egg and sprinkle with bread crumbs and a few pieces of dripping. Bake in a brisk oven for about $\frac{1}{2}$ hour or more, basting frequently. Serve with brown sauce or melted butter or a little gravy.

Mackerel a la Creme—Soak the salted fish 48 hours. Place in shallow pan, barely cover with Pacific milk; boil about 15 minutes. Carefully remove fish to platter, skin side down; sprinkle with pepper and pour the milk over it; garnish with parsley and slices of lemon. Prepared thus, the fish contains the least amount of salt.

Smelts—The best way to cook smelts is to fry them, although they are sometimes baked. Open at the gills. Draw each smelt separately between your finger and thumb, beginning at the tail; this will press the insides out. (Some persons never take out the insides, but it should be done as much as in any other fish.) Wash clean and drain in colander, then salt and roll in mixture of half flour and half Indian meal. Have about 2 inches of boiling fat in the frying-pan (drippings if you have them; if not, lard); into this drop smelts, and fry brown. Do not crowd dish or fish will not crisp and brown.

Salmon and Rice—Form freshly boiled rice into flat cakes, brown slightly in butter on both sides and place on warmed platter. Warm a can of salmon and dip over the rice. Over this pour a white sauce into which has been stirred the whites of 2 hard-boiled eggs cut in dice. Garnish with yolks cut into slices.

Pickled Salmon—Take a fine, fresh salmon, and having cleaned it, cut into large pieces, and boil in salted water as if for eating. Then drain, wrap in a dry cloth and set in a cold place till next day. Make the pickle, which must be in proportion to the quantity of fish. To 1 quart water in which salmon was boiled allow 2 quarts best vinegar, 1 ounce whole black pepper, 1 nutmeg grated and a dozen blades of mace. Boil all these together in a

kettle closely covered to prevent the flavor from evaporating. When the vinegar thus prepared is quite cold, pour it over the salmon and put on the top a tablespoonful of sweet oil, which will make it keep longer. Cover it closely, put in a dry, cool place and it will be good for many months. This is the nicest way of preserving salmon and is approved by all who have tried it.

Fricassee Salmon—This way of cooking fresh salmon is a pleasant change from ordinary modes of cooking it: Cut $1\frac{1}{2}$ pounds salmon into pieces 1 inch square; put pieces in stewpan with $\frac{1}{2}$ cupful water, a little salt, a little pepper, 1 clove, 1 blade of mace, 3 pieces sugar, 1 shallot and a heaping teaspoonful mustard mixed smoothly with $\frac{1}{2}$ teacupful vinegar. Let this boil up once and add 6 tomatoes peeled and cut into tiny pieces, a few sprigs of parsley finely minced, and 1 wineglassful of sherry. Let all simmer gently for $\frac{3}{4}$ hour. Serve very hot, and garnish with dry toast cut in triangular pieces. This dish is good, very cold, for luncheon or breakfast.

Baked Whitefish—Thoroughly clean the fish; cut off the head or not, as preferred; cut out backbone from head to within 2 inches of tail, and stuff with following: Soak stale bread in water, squeeze dry; cut in pieces a large onion, fry in butter, chop fine, add bread, 2 ounces butter, salt, pepper and a little parsley or sage, heat through, and when taken off the fire add yolks of 2 well-beaten eggs; stuff the fish rather full, sew up with fine twine and wrap with several coils of white tape. Rub fish over slightly with butter, just cover bottom of baking-pan with hot water, and place fish in it, standing back upward and bent in form of an S. Serve with following dressing: Reduce yolks of 2 hard-boiled eggs to a smooth paste with 2 tablespoonfuls good salad oil, stir in $\frac{1}{2}$ teaspoonful English mustard and add pepper and vinegar to taste.

Fish Fritters—Take a piece of salt codfish, pick it up very fine, put into saucepan with plenty of cold water, bring to a boil, drain off the water and add another of cold water; let this boil with fish about fifteen minutes, very slowly; strain off this water, making the fish quite dry, and set aside to cool. In the meantime stir up a batter of 1 pint of Pacific milk, 4 eggs, a pinch of salt, 1 large teaspoonful baking powder in flour, enough to make thicker than batter cakes. Stir in fish and fry like any fritters. Very fine accompaniment to a good breakfast.

Salmon Croquettes—One pound cooked salmon (about $1\frac{1}{2}$ pints when chopped), 1 cupful cream, 2 tablespoonfuls butter, 1 tablespoonful flour, 3 eggs, 1 pint crumbs, pepper and salt; chop salmon fine, mix the flour and butter together, let cream come to a boil and stir in flour and butter, salmon and seasoning; boil 1 minute; stir in 1 well-beaten egg and remove from fire; when cold make into croquettes, dip in beaten egg, roll in crumbs and fry. Canned salmon may be used.

Boiled Salmon—The middle slice of salmon is the best. Sew up neatly in a mosquito-net bag, and boil in hot salted water. When done, unwrap with care, and lay upon hot dish, taking care not to break the salmon. Have ready a large cupful of drawn butter, very rich, in which has been stirred a tablespoonful of minced parsley, and the juice of a lemon. Pour half upon the salmon and serve the rest in a boat. Garnish with parsley and sliced eggs.

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Salmon en Casserole—Take about 2 or 3 slices of salmon, arrange in a casserole, season with salt and pepper, add some melted butter and put in oven for about 15 minutes with cover. Remove from oven, add chopped anchovies, a little parsley, also a small cup of tomatoes. Replace in the oven for 15 minutes more and then serve with green peas and potatoes.

Planked Salmon—Thick piece salmon, salt, 1 tablespoonful vinegar, 3 slices carrot, 2 slices onion, bit of bay leaf, 1 lemon, 6 large potatoes, 5 tablespoonfuls butter, $\frac{1}{2}$ cupful fresh or Pacific milk, parsley, 2 cupfuls cooked peas, 2 eggs, hard cooked; 3 tablespoonfuls cornflour. Tie a thick piece of salmon in a piece of cheesecloth, put in kettle, and cover with boiling water. Add 1 tablespoonful salt, carrot, vinegar, onion and bit of bay leaf, boil gently 30 to 40 minutes, or until flesh easily leaves the bone. Meanwhile, wash and boil potatoes, peel, and put through potato ricer. Add 3 tablespoonfuls butter substitute, scalded milk, 1 teaspoonful salt, $\frac{1}{4}$ teaspoonful pepper, and beat until very light. With pastry bag and rose tube make a border of potato on a plank, or large blue platter, leaving space in centre for salmon, and 6 spaces for the peas. Put in oven or under gas flame, to reheat and brown slightly. Melt two tablespoonfuls butter, add 3 tablespoonfuls cornflour, and when smooth, $1\frac{1}{2}$ cupfuls of water in which fish was cooked. Stir and boil 5 minutes and season with salt and pepper. Reserve 4 slices hard-cooked egg for garnish, chop remainder, and add to sauce. Put salmon on centre of plank, remove skin and bone, and garnish with slices of egg, lemon and parsley. Fill small spaces with hot peas, and serve. Pass sauce separately.

Salmon Patties—Take some cold salmon, and mix it with its weight in mashed potatoes. Moisten with a little cold melted butter, season with pepper and salt and a dash of cayenne. Chop the hard-boiled yolk of an egg small, and add it to the other ingredients. Mix all together. Cover some patty-pans with pastry, fill with salmon mixture, and on each place a piece of the pastry, cut into a small round. Bake in a quick oven, and serve hot.

Salmon Puffs—Remove skin and bones from 1 lb., or 1 tin of salmon. Chop the fish fine; add 1 tablespoonful melted butter, $\frac{1}{2}$ cupful bread crumbs, salt, pepper, 2 or 3 tablespoonfuls lemon juice, and 3 well-beaten eggs. Mix well and put into buttered cups. Set the cups at once in a pan of hot water, letting the water come up to within an inch of the top of the cups. Bake for $\frac{1}{2}$ hour, then turn out and cover with strained butter sauce, and garnish with parsley and hard boiled eggs.

Stewed Codfish (Salt)—Take a thick, white piece of salt codfish, lay it in cold water for a few minutes to soften. Shred it in very small bits, put over fire in a stewpan with cold water; bring to boil. Turn off this water carefully, add a pint of Pacific milk to the fish, or more according to quantity. Boil again slowly about 3 minutes. Add a good sized piece of butter, shake of pepper and a thickening of a tablespoonful of flour in enough Pacific milk to make a cream. Stew 5 minutes longer, and just before serving stir in 2 well-beaten eggs. The eggs are an addition that may be dispensed with, as it is very good without. An excellent breakfast dish.

Spiced Cod—Take a convenient piece of cold cod, set it in a deep dish, and remove the skin carefully. Boil together half a pint of the best vinegar, half a dozen cloves, a few peppercorns and 2 whole allspice, and a little salt. After

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this pickle has boiled for 5 minutes, pour over the fish slowly. With a silver spoon pour pickle over the fish 2 or 3 times, and let it stand over-night. Next day drain, wipe dry and serve with salad.

Fish in Jelly—This forms a tasty, nourishing meal. Put 1 quart of stock into a basin and add 1 oz. of gelatine. Let stand about $\frac{1}{2}$ hour, then add a tablespoonful of vinegar, a good seasoning, pepper and salt. Pour all into a saucepan and place over a slow fire. As soon as gelatine has melted, whip all briskly until it boils, then simmer gently for 20 minutes. Pass through a flannel bag or put through a clean cloth placed over a basin; then, when almost set, put a layer of boiled salmon, freed from skin and bone; then another layer of jelly, and next a layer of hard-boiled eggs, cut in slices. Continue like this until the mould is nearly full. If any jelly remains, melt it and pour it over all. When quite set, turn out and garnish with salad of lettuce and radish, or beetroot and endive.

Fish Chowder—Fry 5 or 6 slices of fat pork crisp in the bottom of the pot you are to make chowder in; take out, chop into small pieces, and replace in pot. Cut 4 lbs. of fresh cod or sea-bass into pieces 2 inches square, and lay enough of these on the pork to cover it. Follow with a layer of chopped onions, a little parsley, summer savory and pepper, either black or cayenne. Then a layer of split crackers, which have been soaked in warm water until moistened through, but not ready to break. Above this put layer of pork, repeating layers until materials are exhausted. Let the topmost layer be buttered crackers well soaked. Pour in enough cold water to barely cover. Cover the pot, stew gently for an hour, watching that the water does not sink too low. Should it leave the upper exposed, replenish cautiously from the boiling tea kettle. When the chowder is thoroughly done, take out with a perforated skimmer and put into a tureen. Thicken the gravy with a tablespoonful of flour and about the same quantity of butter; boil up and pour over the chowder. Serve with sliced lemon, pickles and stewed tomatoes.

Fried Brook Trout—These delicate fish are usually fried, and form a delightful breakfast, or supper dish. Clean, wash and dry the fish, split them to the tail, salt and pepper, and flour nicely. If you use lard instead of fat of fried salt pork, put in a piece of butter to brown them and to prevent their sticking to dish. Let the fat be hot; fry quickly to a delicate brown. They should be sufficiently browned on one side before turning on the other. Lay side by side on heated platter, garnish and send hot to the table.

Baked Finnan Haddie—Put fish in a pan in the oven with a little water. Cook about half an hour or until done, and drain off the water. Place on hot dish, add a few bits of dripping, sprinkle with pepper and serve hot.

Fried Fresh Herring—Clean and scale the herring and wipe them well. Remove the heads. Roil in flour. Dust over with a little pepper and salt, and fry in a hot frying-pan. They need very little fat as they contain a great deal of oil.

Baked Herring—Clean as for frying. Place in a baker on a rack enough herring to cover the rack. Put in 1 teacupful of water, $\frac{1}{3}$ teacupful vinegar, a bayleaf and $\frac{1}{2}$ teaspoonful each of pepper and salt. Cover and cook one-half hour. Serve in the dish in which they are cooked.

Kippered Herring—Placing the herring between a greased gridiron and cook over a bright fire for 10 minutes. Spread a little butter over the top and serve.

Fresh, Boiled Herrings—Wash, scale, and gut them, sprinkle with a little salt, and dip them once in vinegar; skewer them securely with their tails in their mouths, put them into boiling water, simmer very gently until done, 12 minutes, and take out immediately.

Spiced Herrings—Clean 4 fresh herrings. Lay them in a dish with sufficient vinegar to cover them, add 4 cloves, 2 allspice, 1 tarragon leaf, pepper and salt, as desired, and a pinch of cayenne. Bake slowly for 2 hours, place on a dish, garnish with sliced lemon, and serve cold.

Tongues and Sounds—The thick tongue of the cod and the sound—a glutinous substance which lies along the backbone of the fish—is put up in salt and pickle in barrels and pails. Fried or boiled, they are a particularly delicious and tasty food.

Fish Eggs—Otherwise known as roes and peas. The roes of shad, haddock and cod, are to be procured in a fresh, smoked and salted form. The roe of the sturgeon is especially valuable and is prepared into the world famous caviare.

White Fish Roe—Boil 20 minutes, then cut into slices. Egg and crumb, and fry to a light brown.

Baked Shad Roe or Mackerel Roe—Cook Shad Roe 15 minutes in boiling salted water to cover with $\frac{1}{2}$ tablespoonful of vinegar. Drain, cover with cold water and let stand 5 minutes. Take from cold water, place in a buttered bake dish with a cup of tomato sauce. Bake 20 minutes in a hot oven.

Fish in Vinegar—Fish, especially oily fish, are very palatable cooked in vinegar. Burbot and eels are especially good this way. Prepare fish for the pan, place in granite baker with water to half cover, to which is added a cup of vinegar, some small red peppercorns, salt and a bay leaf. Cook in oven till done. Any fish can be cooked this way. They are good eaten either hot or cold.

BEST METHODS OF COOKING DIFFERENT FISH

All fish can be fried. Some lend themselves to boiling and for chowders, whilst others are better baked or broiled. We give the following list of ways in which the different fish are best:

Fried—Perch, Catfish, Goldeyes, Maskinonge, Bass, Pickerel, Pike, Dore, Trout, Smelts, Herring, Soles, Flounders and any small fish are better fried.

Broiled—Any fish that can be fried can be broiled.

Boiled—Bluefish, Carp, Codfish, Haddock, Hake, Halibut, Salmon, Sea Trout, Skate, Mackerel, White Fish, Maskinonge, Lake Trout and Pike.

Baked—Bluefish, Bass, Carp, Cod, Hake, Pollock, Haddock, Halibut, Salmon, Fresh Mackerel, Large Sea Bass, Shad, Sea Trout, Flounders and Herring.

Eels—May be stewed, fried, baked or pickled.

Fish Balls—Take left-over fish, remove all the bone and shred finely. Boil, mash, and season potatoes according to the quantity required. Add the fish. Make into balls about the size of an egg. Flour the outside lightly, and fry in fat.

Fish Chowder—Boil separately any white fleshed fish, onion, and potato. Drain, remove the bones from the fish. Combine the three in one pan, add white sauce and reheat. Serve hot. This may be varied by adding pieces of bacon cut fine. This recipe is equally good when left-over fish is used.

Scalloped Fish—Take equal measure of canned or left-over fish, and white sauce or cream. Arrange in layers in a baking dish with sauce on top. Melt a small bit of fat and stir in enough dried bread crumbs to cover the top. Spread them evenly and bake in a hot oven until thoroughly heated through. The measure of fish may be made up partly with potatoes, cooked rice or hard-boiled eggs.

Steamed Fish—Any fish that is suitable for boiling may be steamed and requires the same length of time for cooking as boiled fish.

Fish Sauces

Sauce for Salmon—Thicken 1 cupful boiling Pacific milk with 1 teaspoonful cornstarch, or flour, and 1 tablespoonful butter rubbed together. Add liquor from salmon, season with salt, cayenne, and 1 tablespoonful tomato catsup. Just before taking from fire add 1 beaten egg.

Tomato Sauce—One-half can tomatoes, $\frac{1}{2}$ onion minced, 3 peppers. Stew these together 10 minutes. Melt 1 tablespoonful butter, add 1 heaping tablespoonful flour, strain tomato onto this. Cook till thickened, and pour around fish.

Cream Sauce—Two tablespoonfuls butter, two tablespoonfuls flour, $\frac{1}{2}$ teaspoonful salt, $\frac{1}{2}$ saltspoonful pepper, 1 pint Pacific milk. Melt butter, add flour and stir until lumps disappear. Pour milk on gradually, stirring constantly, add salt and pepper and cook until it thickens.

Thick White Sauce—One cupful Pacific milk, $2\frac{1}{2}$ tablespoonfuls cornstarch, 3 tablespoonfuls fat, $\frac{1}{2}$ teaspoonful salt, $\frac{1}{8}$ teaspoonful pepper.

Thin White Sauce—One cupful Pacific milk, $\frac{3}{4}$ tablespoonful cornstarch, 1 tablespoonful fat, $\frac{1}{2}$ teaspoonful salt, $\frac{1}{8}$ teaspoonful pepper.

Tomato-and-Green-Pepper Sauce—Three tablespoonfuls butter substitute or vegetable fat, $2\frac{1}{2}$ tablespoonfuls cornstarch, $\frac{1}{4}$ teaspoonful salt, 2 cupfuls uncooked tomato, 1 small onion, minced, 2 medium-sized green peppers, chopped fine. Cook the tomato; strain; then add the onion and peppers. Cook for 10 minutes longer (just simmer); melt the fat separately; add the cornstarch, stir until smooth, then combine the two mixtures. If the peppers are sweet add some pepper. This is a savory addition for fish croquettes.

Oyster Sauce—Blanch 6 large-sized oysters, remove beards and cut into quarters or eighths. Have ready about $\frac{1}{2}$ pint white sauce, to which add strained liquor of oysters, boil up and add oysters. Re-heat and add few drops of lemon juice.

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Melted Butter Sauce—One and one-half ounces butter, 1 ounce flour, about $\frac{1}{2}$ pint cold water, a pinch grated nutmeg, salt. Put butter in saucepan, let it melt, stir in flour, now add water or fish liquid gradually (if it is to be served with fish, use fish stock in place of water), stir, and bring gently to boil. Add a pinch of salt and rather less than a pinch of grated nutmeg. This sauce is served with all kinds of fried, boiled or grilled fish, etc.

Egg Sauce—Remove shell from a hard-boiled egg, separate yolk from white, and chop the latter very finely. Mix with $\frac{1}{2}$ pint white sauce, heat up, and pour over boiled fish so as to completely cover. Rub yolks through strainer or sieve and with it decorate surface of fish.

Tartare Sauce—Put 2 yolks of eggs in a basin, place it in a shallow pan containing some crushed ice, add $\frac{1}{2}$ teaspoonful salt, a good pinch of white pepper, a pinch of cayenne, and $\frac{1}{2}$ teaspoonful mustard; stir well together and gradually add $\frac{1}{2}$ pint salad oil and about $\frac{1}{4}$ gill of vinegar; when sauce is smooth and creamy, stir in good tablespoonful cold white sauce, 1 teaspoonful chopped gherkins, 1 of chopped caper, 1 of chopped parsley, and about $\frac{1}{4}$ teaspoonful of finely chopped tarragon and chervil. Do not mix the gherkins, capers, etc., until sauce is finished, as it is likely to cause sauce to turn if put in too soon. A few drops of lemon juice may be added if the sauce is too thick.

Shell Fish

To Prepare Oysters for Cooking—Pour $\frac{1}{2}$ cup cold water over 1 quart oysters; take out each oyster separately, freeing from any bits of shell. The oyster liquor may be strained and used in soup, stew, or escallop if desired. Fried and broiled oysters are much better and cook easier if parboiled slightly before crumbing. Place 1 pint cleaned oysters in frying basket and keep for $\frac{1}{2}$ minute in kettle of boiling water deep enough to cover. Drain once, dry on soft towel before cooking.

Fried Oysters, No. 1—Roll large oysters in fine bread and cracker crumbs, rub in mayonnaise dressing, then in crumbs again. Let stand 5 minutes, and if they seem moist, dip again in crumbs and cook in deep hot fat for 1 minute. Being already cooked, they only need to be thoroughly heated and the crumbs browned.

Fried Oysters, No. 2—Dip in beaten egg, then in dry, sifted bread crumbs which have been seasoned with salt and pepper, and fry in a wire basket in deep fat. These may be prepared some hours before cooking and the breading process repeated after the first coat is dry.

Oysters Fried in Batter—One cup milk, 2 eggs well beaten, pepper, salt, and flour to make a moderately stiff batter.

Add 1 cup oysters with their liquor, season with grated nutmeg, and drop by spoonfuls into deep fat and fry; $\frac{1}{2}$ teaspoonful of baking powder sifted into the flour will make a light and puffy batter. If preferred, the oysters may be dipped in the batter one at a time, but small oysters are better when mixed with the batter.

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Baked Oysters—Put a round of toasted bread into small baking cup or dish; spread with butter and fill with oysters, season with salt, pepper, and butter. Fill as many cups as required, place in baking pan in oven; cover, bake about 10 minutes.

Pigs in Blankets—Clean and season some nice large oysters with salt and pepper. Wrap each oyster in a slice of thin bacon, pinning it with a toothpick. Bake until bacon is crisp.

Stewed Oysters (In Milk or Cream)—Drain liquor from 2 quarts oysters; mix with a small teacupful of hot water, add a little salt and pepper, bring to boil, put in oysters and again bring to boil. When they "ruffle" add 2 tablespoonfuls butter. The instant it is melted and well stirred in, put in 1 pint boiling fresh milk or diluted Pacific milk and remove from fire. Serve hot with oyster or cream crackers.

If thickening is preferred, stir in a little flour or 2 tablespoonfuls of cracker crumbs.

Scalloped Oysters—Prepare 1 pint medium-sized oysters. Moisten 1 teacup of cracker crumbs with 1-3 cup melted butter. Spread one-quarter of the crumbs in baking dish, over them put one-half of the oysters, season with salt, white pepper, and lemon-juice. Then spread another $\frac{1}{4}$ -cup of crumbs, then the remaining oysters. Season again with salt, pepper, and lemon-juice, and cover with remaining crumbs. Bake in quick oven until liquor bubbles and crumbs brown.

Oyster Patties, No. 1—One quart oysters, minced fine with sharp knife; 1 cup rich drawn butter based upon Pacific milk; cayenne and black pepper to taste. Stir minced oysters in drawn butter and cook five minutes. Have ready some shapes of pastry, baked in pattie-pans, then slipped out. Fill these with the mixture; set in oven 2 minutes to heat, and send to table.

Oyster Patties, No. 2—Work 1 ounce of butter and 1 tablespoonful of flour into smooth paste. When warm, add a little ground mace, salt and cayenne. Gradually stir in 3 tablespoonfuls of cream. Boil for 3 or 4 minutes, then pour in the strained liquor of 2 dozen small oysters. Lastly, add the oysters. Stir for a few minutes and fill patties prepared as follows: Line patty pans with thin puff paste, fill with rice so they will keep their shape, cover the top with another piece of pastry. Bake in brisk oven. When baked, take off the top, empty out rice, refill with oysters, which have been kept warm, replace cover, and serve.

Oysters Roasted in Shell—Wash and scrub the shells. Cook in hot oven, on top of stove, over red-hot coals or in steamer until shells open. Always place the rounded shell down, in order to retain juice. Serve with melted butter and vinegar or lemons.

Panned Oysters—Drain and put into saucepan with $\frac{1}{2}$ tablespoonful of butter to every dozen oysters, adding a dash of salt and pepper. Cover and shape over hot fire until oysters plump and edges ruffle. Serve on toast.

Pickled Oysters—2 gallons large oysters, drain and rinse them; put 1 pint oyster juice in 1 quart vinegar over fire; scald and skim until clear; add 1 tablespoonful whole pepper, 1 tablespoonful cloves, 1 tablespoonful mace, 1 even

tablespoonful salt; scald a minute, then throw in oysters; let them just come to a boil. The oysters should be pickled day before being wanted, as they grow tough after standing a few days in vinegar.

Oyster Cocktail—Serve in small glasses, 5 small oysters to a glass. Cover with tomato catsup, add 1 drop of tabasco sauce to each glass, also a little horse radish, and a few drops of lemon juice. Prepare mixture and let oysters stand in it for at least 3 hours before serving.

Oyster Pie—1 quart oysters, drained; pepper, salt and butter to taste. 1 quart flour, 2 tablespoonfuls lard, 1 teaspoonful salt, mix with water for pie crust. Butter plate, then line pie plate with crust; fill with oysters, seasoned; put over a crust and bake.

Deviled Crabs—1 cupful crab meat, picked from shells of well-boiled crabs, 2 tablespoonfuls fine bread crumbs or rolled cracker, yolks 2 hard-boiled eggs chopped, juice of lemon, $\frac{1}{2}$ teaspoonful mustard, a little cayenne pepper and salt, 1 cupful good drawn butter. Mix 1 spoonful crumbs with chopped crab meat, yolks, seasoning, drawn butter. Fill scallop shells—large clam shells will do—or small pate-pans—with the mixture; sift crumbs over top, heat to slight browning in quick oven.

Clam Escalops—Wash and chop clams quite fine, butter a baking dish first, put in a layer of cracker crumbs, 1 tablespoonful of the liquor, add bits of butter, salt and pepper, and a layer of clams. Proceed until dish is full, having crumbs on tops, moisten with $\frac{1}{2}$ cup Pacific milk. Bake about 20 minutes. Salmon can also be baked this way.

Fried Clams—Remove clams from can, dip each one in cornmeal, beaten egg, and meal again, and fry in smoking-hot deep fat until brown. Bread crumbs may be substituted for cornmeal if you prefer it.

Clam Fritters—Make a fritter batter as for griddle cakes, stir into it the clams cut in small pieces and drop by the spoonful into smoking-hot deep lard. Fry brown, drain on paper and serve with slices of lemon. The clam liquor may be used instead of milk in making the batter and they may be fried in a spider, like griddle cakes.

An Inexpensive Supper Dish—Take 1 pint clams, remove the black, chop clams into small pieces; butter baking dish, put clams, peppered and salted, into bottom of dish. Cream 4 large potatoes and lay on top of clams. Mash 3 large carrots and season with pepper, salt and butter. Put carrots on top of potatoes and press down well. Sprinkle cracker crumbs and grated cheese on top. Lastly, pour on $\frac{1}{2}$ cup of Pacific milk and bake until a golden brown. This dish will serve five people.

Lobster Croquettes—Take any of the lobster remaining from table and pound until the light and coral meats are well mixed; put with it not quite as much fine bread crumbs; season with pepper, salt and a very little cayenne pepper; add a little melted butter, about 2 tablespoonfuls if the bread is rather dry; form into egg-shaped or round balls; roll them in egg, then in fine crumbs, and fry in boiling lard.

Devilled Lobster—Take out all the meat from a boiled lobster, reserving the coral; season highly with mustard, cayenne, salt and some kind of table sauce; stew until well mixed and put in covered saucepan, with just enough hot water to keep from burning; rub the coral smooth, moistening with vinegar until thin enough to pour easily, then stir into saucepan. The dressing should be prepared before meat is put on the fire, and which ought to boil but once before the coral is put in; stir in a heaping teaspoonful butter, and when it boils again it is done and should be taken up at once, as too much cooking toughens the meat.

Lobster Newburg—Season 1 pint diced lobster with $\frac{1}{2}$ teaspoonful salt, dash cayenne, pinch nutmeg. Put in saucepan with 2 tablespoonfuls butter, dash slowly. Add 2 tablespoonfuls sherry; cook 5 minutes; add $\frac{1}{2}$ cupful cream beaten with yolks of 2 eggs, stir till thickened. Take quickly from fire.

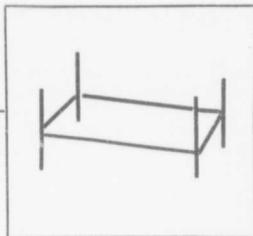
Lobster Patties—Cut boiled lobster in small pieces, then put small claws and spawn in suitable dish and jam to a paste with a potato masher. Now add a ladleful of gravy or broth, with a few bread crumbs; set it over the fire and boil; strain it through a strainer or sieve to thickness of a cream, putting half of it to your lobsters, saving the other half for sauce. Add to the lobster, butter the size of an egg, pepper and salt; squeeze in a lemon, and warm these over the fire until butter melts; set it to cool, and sheet your patty pan or a plate or dish with good puff paste, then put in your lobster, and cover it with paste; bake it within three-quarters of an hour before you want it; when it is baked, cut up your cover, and warm up the other half of your sauce, above mentioned, with a little butter, to the thickness of cream, and pour it over your patty, with a little squeezed lemon; cut your cover in two, and lay it on the top, 2 inches distant, so that what is under may be seen. You may bake crawfish, shrimps or prawns the same way; and they are all proper for plated or little dishes for a second course.

Spanish Lobster in Casseroles—Two-pound lobster, 1 slice carrot, 1 slice onion, sprig parsley, 1 stalk celery, 4 tablespoonfuls butter, 4 tablespoonfuls flour, $\frac{1}{2}$ cup cream, 2 egg yolks, 1 tablespoonful lemon juice, 1 teaspoonful salt, $\frac{1}{4}$ teaspoonful paprika, $\frac{1}{8}$ teaspoonful pepper, 1 cupful boiled rice, 4 small tomatoes. Cut lobster meat in small pieces; put body bones in saucepan with $2\frac{1}{2}$ cupfuls cold water, carrot, onion, parsley and celery. Let boil until reduced to $1\frac{1}{2}$ cupfuls. Strain. Melt butter, add flour, and when smooth add lobster stock slowly. Stir until sauce boils. Add cream and egg yolks slightly beaten. Add lobster dice and seasonings, and stir and cook over hot water 2 minutes. Put boiled rice into buttered individual casseroles. Fill with lobster mixture, and on top place a slice of tomato which has been brushed over with melted butter, sprinkled with salt and pepper and broiled. Reheat in oven and serve.

If you value your own and your family's digestion, don't serve tea with fish, the tannic acid hardens the fibre and makes it indigestible. It should not be offered with any form of fish, shell-fish, or the articulate animals like lobster and crab. Iced tea and soft shell-crabs are a combination that should be avoided.

See Page 93 and Solve Your Clothing Problems

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Eggs

Soft and Hard Boiled Eggs—For soft boiled drop into boiling water and boil 3 to 3½ minutes. A better way is to have water boiling in a saucepan. Take from fire, add eggs quickly, cover, and let stand off fire away from drafts from 8 to 10 minutes, according to freshness of eggs. Hard boiled eggs should be simmered at least 20 minutes. This gives mealy yolks, which digest more readily than sodden ones.

Scrambled Eggs—Beat number of eggs required, add 1 tablespoonful of Pacific milk or cream for each egg, add salt and pepper. Melt small piece of butter in hot shallow pan, turn in beaten eggs, etc., and stir till set. Serve on toast if liked. Chopped boiled ham is a good addition before cooking.

All Sorts of Omelets—One good rule will answer for all omelets. Variety is given by the different garnishings; for instance, a parsley omelet is made by adding parsley to plain omelet; a Spanish omelet is made by cooking onions in the butter into which the eggs are turned; oyster omelets are plain omelets served with oyster sauce; an omelet with peas is a plain omelet garnished with hot, nicely seasoned peas; omelet with tomato is plain omelet with tomato sauce poured all over it and around it; an omelet with ham is plain omelet with minced ham mixed with the eggs. Then there are lots of sweet, light omelets that are served as plain desserts, as omelets with jelly or jam or fruit.

To make a plain omelet, select a perfectly smooth omelet pan, rub thoroughly with salt and put in it 1 tablespoonful of butter, stand where the butter will melt slowly. Beat four eggs for a moment until they are thoroughly mixed, add 4 tablespoonfuls of warm water, 1 rounding tablespoonful of butter and a saltspoonful of pepper. Beat this, draw the omelet pan over the hottest part of the fire, when hot turn in the egg mixture, shake the pan, keeping the omelet loose. Dust it with ½ a teaspoonful of salt, and every now and then with a limber knife lift the side of the omelet to drain the soft mixture underneath. Continue this until the omelet is set in the centre, then quickly fold over one-half and turn out on a heated platter. Do not separate the eggs; such omelets if touched are tasteless and liable to fall.

Japanese Eggs—This dish not only takes the place of meat, but also of vegetables. Put 6 eggs in warm water, bring to boiling point, and cook slowly for 15 minutes. Boil 1 cupful carefully washed rice, drain and dry in the oven. Cut the eggs into halves, crosswise, take out the yolks and mash with them two sardines, add 1 tablespoonful melted butter, ½ teaspoonful salt, and 1 saltspoonful pepper; roll into small balls and put them back into the whites. Turn the rice in the centre of the platter and smooth it over. Stand the eggs in the rice and pour over ½ pint of carefully-made white sauce. Garnish with greens and send at once to the table.

Spanish Poached Eggs—Strain a tin of tomatoes into a saucepan with 1 oz. butter, a boiled onion cut in slices, a green pepper, and a little salt. Boil for 5 minutes. Drop as many eggs as you wish into the mixture, and cook for 5 minutes. This should be served with Spanish rice cooked as follows: Take 1 cupful of rice to 1 quart of water, add a pinch of salt, and boil for 20 minutes. Drain, and simmer for 10 minutes, keeping well covered. Make a wall of the rice around eggs and tomatoes.

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Baked Eggs, with Gravy—Butter a shallow pudding-dish or large plate lightly, and drop into it as many eggs as will cover the bottom. Pour over them a small cup of good, well-seasoned gravy, and bake till the whites are firm—about 7 minutes.

Rumbled Eggs—Beat up 3 eggs with 2 oz. fresh butter; add a teaspoonful of cream or Pacific milk. Put all in a saucepan and stir over the fire for about 5 minutes, or until it rises up, when it should be immediately dished on buttered toast.

Poached Eggs—Open eggs carefully one at a time, so as to avoid breaking the yolks, and place on a wet saucer, from which slip them into the boiling water in the pan, to which has been added salt and vinegar. About 3 minutes will suffice to cook them, when they must be taken up carefully with a perforated skimmer through which the water can drain off. Serve upon buttered toast.

Poached Eggs, Mexican Style—Heat an earthen pan slowly and melt in it a tablespoonful of butter; add a teaspoonful of salt, a smaller quantity of pepper and a small onion minced very fine; or, instead of the onion, use parsley and sweet herbs or a combination of all together. Drop in eggs one at a time; do not stir, but let brown a little; turn carefully and brown on the other side. In Mexico they are served in the dish in which they are cooked and as hot as possible.

Egg Rolls—Add $\frac{1}{2}$ teaspoonful salt and 2 rounding teaspoonfuls baking powder to 1 quart flour. Sift 2 or 3 times and rub in 1 rounding tablespoonful of butter. Beat an egg without separating, add to it $\frac{1}{2}$ cupful Pacific milk. Add this gradually to the flour. The dough must be soft, but not wet. Turn out quickly, roll in a sheet $\frac{1}{2}$ -inch thick, and cut with a large round cutter. Dip a knife handle in flour, press down the centre, making a sort of dinge, brush one half with melted butter, fold over the same as pocket-book rolls. Stand at once in shallow pans, brush the tops with Pacific milk and bake in a quick oven for 30 minutes.

Curried Shrimp or Egg—To 1 heaping tablespoonful butter add 1 small onion minced fine; cook slowly 10 minutes, stir in 2 tablespoonfuls flour, and from $\frac{1}{4}$ to $\frac{1}{2}$ teaspoonful curry powder. Add 1 pint Pacific milk or cream, stir until well mixed, and add 1 can of shrimps; or to make curried eggs add instead of the shrimps 8 hard-boiled eggs sliced.

Devilled Eggs—Chop sufficient cold cooked chicken to make $\frac{1}{2}$ pint, put it in a bowl, rub with a spoon and add 1 tablespoonful of melted butter, 1 of chopped parsley, teaspoonful of salt, and 1 saltspoonful of pepper, 1 raw egg well beaten. Hard boil 12 eggs, remove yolks and rub them to a paste, mix them with chicken. Make this in balls the size of the yolks and fill each white. Arrange these neatly on lettuce leaves on a platter and serve as a cold dish at luncheon. If you prefer the yolks may be flattened and 2 whites put together and rolled in tissue paper. These may also be served with mayonnaise dressing.

Creamed Eggs with Sardines—4 tablespoonfuls butter, $\frac{1}{4}$ cupful stale bread crumbs, 1 cupful thin cream, 2 hard-boiled eggs, 1 half-box sardines, $\frac{1}{2}$ teaspoonful salt, $\frac{1}{4}$ teaspoonful paprika, $\frac{1}{8}$ teaspoonful pepper. Melt butter,

add bread crumbs and cream, and bring to the boiling point; then add eggs, finely chopped, sardines freed from skin and bones, and seasonings. Again bring to the boiling point and serve at once in ramekin dishes.

Lucanian Eggs—Break macaroni into 1 inch pieces and cook in boiling water (salted) 20 minutes. Drain and run cold water over, enough to make 1 cupful. Add 5 hard boiled eggs cut in eighths lengthwise, mix with 2 cupfuls white sauce, seasoned with onion juice and anchovy sauce. Turn into dish, cover with cracker crumbs and bake.

Turkish Eggs (Individual)—3 tablespoonfuls rice, 1 egg, salt to taste, Worcestershire sauce, 2 tablespoonfuls stewed tomato, celery and onion. Cook the rice very dry, form into a mound and pour over this the tomato, celery and onion after they have been minced and stewed together. Make depression and place on this the poached egg, seasoned with the salt and a few drops of the sauce.

Creamed Egg Pie—Four hard-boiled eggs, 1 cupful seasoned cream sauce, 1 quart mashed potatoes, $\frac{1}{2}$ cupful buttered crumbs, 1 tablespoonful chives or scallion tops. The potatoes are mashed, seasoned and flavored to taste; half are put into a buttered cake dish or a casserole as for a crust for meat or an oyster pie. The hard-boiled eggs are cut into thin slices the long way and laid over the potatoes, the cut scallion added and the cream sauce is poured over the egg. The remainder of potato is pressed through a ricer or fruit press over the top of the egg and sauce. Sprinkle with buttered crumbs. Put into a hot oven and brown slightly. Dust with paprika and sprinkle with parsley.

Raw Eggs with Baked Potatoes—Carefully open and remove the centre of fresh-baked mealy potato and break the egg over it. Season with butter, salt and pepper to taste. The heat of the potato cooks the egg and makes a light and delicious breakfast dish.

Eggs Marguerite—3 hard-boiled eggs, 1 tablespoonful butter, 1 tablespoonful flour, 1 cup Pacific milk, $\frac{1}{2}$ teaspoonful salt, $\frac{1}{8}$ teaspoonful pepper, 5 slices toast, parsley. Make a thin white sauce with butter, flour, milk and seasonings. Separate yolks from whites of eggs. Chop whites finely, and add to sauce. Arrange toast points on individual plates radiating from the centre like the petals of a daisy. Cover each petal with sauce. Force yolks through a coarse sieve and pile in centre of flower. Put a bit of parsley between each two petals. Reheat in oven.

When boiling a cracked egg a teaspoonful of salt in the water will prevent contents from boiling out.

During winter when eggs are scarce, use a dessertspoonful of vinegar in a little milk added to one egg, this will equal three eggs for cake making.

If you have left boiled eggs in the water a little too long, break the top of the shell by tapping it with a spoon. This lets out some of the heat and the hardening process stops immediately.

When vegetables or other foods become scorched, remove the kettle at once from the stove and put into a pan of cold water. In a quarter of an hour you will be surprised to find the suggestion of scorch almost entirely gone.

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Soups

Fresh uncooked beef, with the addition of cracked bones, makes the best stock or consommé. The flesh of old animals contains more flavor than that of young ones. Brown meats contain more flavor than white.

Mutton is too strong for good stock, while veal furnishes little nutriment.

The shin-bone is generally used, but the neck or "sticking piece" makes a stronger and more nutritious soup.

Wipe soup shank with damp cloth, crack bones and cut meat into pieces, place bones, meat, fat and marrow in large kettle with tight-fitting cover. Add cold water in the proportion of a pint to each pound of material, if you desire rich stock, and a quart per pound if you desire light stock. Stand until liquid becomes red, then heat very slowly to bubbling point and add salt. Other seasonings may be tied in cloth and left for an hour or two in the stock. Vegetables should not be cooked too long with soup stock, as over-cooking develops an unsatisfactory flavor. If clean materials are used no skimming is needed, since this makes clear soup but takes away some of the nourishment. The soup should simmer from four to ten hours, according to ingredients used and the strength desired. Fuel cost is small if gas flame is kept at lowest point. The vegetables should be removed, unless soup is to be served at once. Quick cooling aids in preserving the quality. The fat which forms on top should not be removed until stock is to be used, as the solid cake of fat acts as a preservative. In warm weather stock should not be kept over twenty-four hours; in colder weather not more than three days. If stock is to be used immediately, all fat should be removed. The fat that cannot be taken off with a spoon may be absorbed by blotting paper or a soft cloth. Greasy soup is exceedingly unpalatable. The bright color in a good brown soup is obtained by browning part of the meat before adding it to the stock.

A combination of meats, such as beef, mutton, veal and ham bones, gives a higher-flavored soup than any one meat. Meat and bones from the legs are rich in gelatine and excellent for soup-making.

Flavorings should be so delicately blended that none in particular will be conspicuous. Never use black pepper.

Suggestion for Flavoring Clear Soup—One onion with 12 cloves stuck in it, 2 bay leaves, 1 small carrot chopped fine, 1 level teaspoonful celery seed, 1 level teaspoonful whole pepper-corns, 1 tablespoonful salt.

In adding rice, sago, or pearl barley, do so in proportion of half a teacupful to three quarts of soup. Wash thoroughly and soak before cooking.

Macaroni should first be boiled in clear water until tender. Drain and boil in soup for fifteen minutes.

To Serve with Soups—With all clear soups: Bread or bread sticks. With clear macaroni soup: Grated parmesan. With oyster, clam or lobster soup: Light, flaky crackers. With chowders: Hardtack or hard water crackers. With purees, like tomatoes, peas, lentils or beans: Small croutons. With fish soup: Large croutons. With rich soups, mock turtle, black bean or ox tail: Hard-boiled egg cut in thin slices, and lemon cut in quarters.

Serve also with soups either tender celery, radishes or olives—one or all may be used.

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Consomme—Clear soup.

Soup Julienne—Add any kind of cooked green vegetables to consomme.

Jellied Soup—Rich beef or other soup stock may be chilled and served cold for special occasions in summer. The stock is cleared with egg to make it attractive in appearance. Mix together a quart of stock and the shell and white of one egg. Apply gradual heat and stir constantly until a thick scum forms on top. Let dish stand for a few minutes, then strain the soup through napkin or other fine cloth. The soup must be made with considerable bone if it is to jelly. If it is not firm enough it can be stiffened with gelatine in the proportion of a tablespoonful of gelatine softened in 2 tablespoonfuls of water for each 3 cups of soup. The jellied soup must be rather highly seasoned and a small amount of caramel coloring will give the desired tint to a pale soup.

Chicken Cream Soup—An old chicken for soup is best. Cut into quarters, put into soup kettle with $\frac{1}{2}$ pound corned ham and an onion, add 4 quarts cold water. Bring slowly to gentle boil, and keep this up until liquid has diminished one-third and meat drops from bones. Add $\frac{1}{2}$ cupful rice. Season with salt, pepper and bunch of chopped parsley.

Potato Soup—Peel and boil 8 medium-sized potatoes with a large sliced onion, herbs, salt and pepper. Press through colander. Thin with Pacific milk, add lump of butter, more seasoning if necessary. Heat well and serve hot.

Clam Soup—Drain 25 clams and to their liquor add 1 cup water and beat. Add clams, chopped fine, and boil $\frac{1}{2}$ hour. Season to taste with pepper and salt and piece of butter as large as an egg; boil up again and add 1 quart milk boiling hot, stir in tablespoonful of flour made to a cream with a little Pacific milk, or 2 crackers rolled fine. Some like a little mace and lemon juice in the seasoning.

Ox Tail Soup—Two ox tails, 1 carrot, 1 onion, 1 turnip (white), 1 stalk celery. Cook very slowly in 3 quarts water for 2 hours, add the vegetables and cook 2 hours longer. Strain, set aside to cool and remove fat. Re-heat, season and serve.

Kidney Soup—Wash kidney and cut into pieces, sprinkle with pepper and salt and brown well. Add $\frac{1}{2}$ pint water and simmer for 1 hour. Put into the stock and simmer for 2 hours. Remove vegetables, thicken, adding a spoonful of relish.

Cream of Spinach—Wash and boil 6 pounds spinach in salted water. Drain and chop fine. Put in stewpan with 2 ounces butter, salt, pepper and a little grated nutmeg. Stir over fire until moisture is almost evaporated, then stir in flour and 3 pints boiled Pacific milk. When mixture has boiled for a minute, remove from fire, rub twice through fine sieve and return to pan. Stir, and heat well without boiling. Add a little more butter and $\frac{1}{2}$ cupful cream.

Onion Soup—Peel and cut 3 medium-sized onions into small pieces, fry in a little butter till tender, but not brown. Pour over them 1 pint stock, add salt and cayenne, and simmer for about $\frac{1}{4}$ hour. Pass soup through

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sieve, return to saucepan, add bread crumbs and cupful of hot Pacific milk. Add salt and cayenne to taste. Serve with small dice of toast, or, better still, fried croutons. This is a most economical soup, and one that has the advantage of being quickly prepared.

Vegetable Purée—Heat 2 ounces suet in saucepan, then add 2 tablespoonfuls chopped carrots, chopped turnip, $\frac{1}{2}$ pint celery chopped in blocks, 1 good-sized onion, $\frac{1}{2}$ teaspoonful red pepper. Stir over fire until vegetables are slightly browned. Add $\frac{1}{4}$ cupful rice and 2 quarts cold water, bring slowly to boiling point and simmer gently for 1 hour. Press through colander, moisten 3 tablespoonfuls cornstarch in $\frac{1}{2}$ pint Pacific milk, add this to the mixture, bring to boiling point, and add 1 teaspoonful salt and 1 saltspoonful pepper, take from fire, stir in level tablespoonful butter; serve with croutons.

Mulligatawny Soup—Put rounding tablespoonful of butter in saucepan, add a good-sized onion sliced, cook slowly without browning the butter, add a large sour apple pared, cored and sliced, 1 teaspoonful thyme, 1 teaspoonful curry powder, a sprig of parsley, 1 level teaspoonful salt, 1 tablespoonful lemon juice, stir and add 1 quart good chicken stock, 2 tablespoonfuls rice, cover and simmer gently for 30 minutes. Send to table without straining.

Chowder—Three slices salt pork cut in small pieces, 4 sliced potatoes, 3 sliced onions, 1 can clams, pepper and salt. Fry out the pork and remove the scraps. Put in the kettle a layer of potatoes, etc., until all are in. Add pepper and salt and cook ten minutes in just enough water to cover. Add clam liquor and clams and 1 cupful Pacific milk; cook 5 minutes longer, or until potatoes are done. If clams are very large, cut in pieces. Lastly, add 3 or 4 common crackers and serve.

Split Pea Soup—Wash well 1 pint split peas. Cover with cold water, adding $\frac{1}{3}$ teaspoonful of soda. Soak overnight. In the morning put in kettle with close-fitting cover. Pour over them 3 quarts cold water, adding $\frac{1}{2}$ pound lean ham or bacon cut into slices or pieces, also a teaspoonful of salt and a pepper, and some celery chopped fine. When soup begins to boil skim froth from surface. Cook slowly from 3 to 4 hours, stirring occasionally till peas are all dissolved, adding a little more boiling water to keep up quantity as it boils away. Strain through a colander and leave out the meat. It should be quite thick. If not rich enough, add a small piece of butter.

Cream of Asparagus—For making 2 quarts soup, use 2 bundles of fresh asparagus. Cut tops from one of the bunches and cook 20 minutes in enough salted water to cover. Cook the remainder of asparagus about 20 minutes in 1 quart stock or water. Cut an onion into thin slices and fry in 3 tablespoonfuls of butter 10 minutes, without scorching; add asparagus that has been boiled in stock; cook this 5 minutes, stirring constantly, then add 3 tablespoonfuls dissolved flour. Cook 5 minutes longer. Turn this mixture into boiling stock and boil 20 minutes. Rub through sieve, add Pacific milk and cream and asparagus heads. If water is used in place of stock, use all cream.

Salmon Bisque—Open a can of salmon several hours before using, and turn the fish onto a large earthen dish. Pick the salmon to bits with a silver fork, rejecting all skin and bone. Into 2 cupfuls of the minced fish rub $\frac{1}{2}$ cupful soft butter; season with a teaspoonful of salt and one-quarter as

much of pepper. Put over the fire in 1 quart boiling water and 1 pint Pacific milk; cook gently for half an hour. Have ready two cupfuls dry and finely crushed bread crumbs. At the end of the half hour stir these into the soup; add a tablespoonful minced parsley. Simmer for five minutes longer. Serve at once.

Fish Soup—Any kind of cooked fish may be used for this purpose, even the often despised catfish. Place the pieces of fish with the bones in a kettle reserved for cooking fish. Add 1 quart water or less if the amount of fish be very small; add a celery root, or two or three stalks, cut in small pieces, a small piece of bay leaf, a pinch of thyme and a sprig of parsley. Cook until fish is in a pulp; strain through a coarse sieve. To a quart of this soup add $\frac{1}{2}$ pint of hot cream or Pacific milk, then 2 eggs beaten to a froth, and 2 level spoonfuls of butter. Cook for 2 minutes, serve with croutons.

Tomato Soup—The tomatoes should first be cooked well and strained through cloth or coffee strainer to remove all seed and pulp. To the juice of 1 can of tomatoes add $\frac{1}{2}$ teaspoonful of soda, $1\frac{1}{2}$ pints Pacific milk, $\frac{1}{2}$ cupful cream, $\frac{1}{2}$ tablespoonful butter, and salt and pepper to season.

Oyster Soup—Oyster soup takes the lead when made in this way. Take 1 quart fresh oysters, $2\frac{1}{2}$ quarts Pacific milk, $2\frac{1}{2}$ tablespoonfuls fresh butter. Season with salt and pepper. Let come to a boil and serve, while hot, in bowls suited to the occasion.

French Soup—Take soup meat, cover with water, and when it boils skim and add 2 potatoes, 3 tomatoes, 2 carrots sliced, a few string beans, $\frac{1}{2}$ cupful rice, and 2 cupfuls cabbage chopped fine. Cook $3\frac{1}{2}$ hours before serving.

Milk Soup—Bring $2\frac{1}{2}$ quarts Pacific milk to a boil. Beat together 1 egg, $1\frac{1}{2}$ teaspoonfuls flour, $\frac{1}{3}$ cup Pacific milk, and 1 tablespoonful butter. Pour this mixture into the boiling milk and salt and pepper to suit.

Vegetable Soup—Cut into small cubes 2 carrots, 2 turnips, 2 onions. Chop $\frac{1}{2}$ pint of cabbage. Add this to the other vegetables. Pour over them 1 can tomatoes and add 1 can string beans. Put over this mixture 3 quarts water and boil 2 hours. To this add 3 tablespoonfuls butter, browned in skillet with 2 tablespoonfuls flour. Add salt and chilli peppers and a little flour thickening if needed.

Scotch Broth—Soak $\frac{1}{2}$ cupful pearl barley overnight. Cut 2 lbs. neck of mutton in bits, add 2 quarts water, soak 1 hour. Heat slowly, skim, add barley, skim again; simmer 1 hour, add $\frac{1}{2}$ cupful each diced onion, carrot, turnip, celery fried for 5 minutes in 1 tablespoonful dripping. Simmer 3 hours. Season well, thicken a little with flour, add 1 tablespoonful chopped parsley, and serve.

For Cleaning Vegetables—A five-cent scrub-brush is most useful for cleaning corn on the ear, as it takes the silk from the crevices with so little trouble. I also find it a great help in cleaning celery, potatoes, and vegetables of any kind.

To remove insects from green vegetables, wash in salt water, but do not let vegetables soak in it.

Savory Fat—1 lb. fat, ham, sausage, mutton, corned beef, etc., 1 small slice onion, 1 leaf sage or marjoram, teaspoonful salt. Use for meats, vegetables, soups, and gravies, whenever a highly seasoned dish is desired.

Vegetables

All green vegetables should be washed in cold water and cooked in boiling water. Salt may be added first or last, according to preference. Allow 1 tablespoonful salt to each quart of water. Time required for cooking depends upon age and freshness of vegetables.

In cooking underground vegetables use boiling unsalted water to start, adding salt when they are partly cooked.

A pinch of soda added to cooking dried vegetables, especially peas or beans, will cause them to soften much quicker.

Asparagus—Wash stalks, snap off all white tough parts. Tie in bunch. Cook in deep kettle of boiling salted water. Stand bunch upright for first 10 minutes. Cook 20 to 30 minutes; drain. Serve on buttered toast, spread with butter, and sprinkle with salt and Empress pepper. White sauce or Hollandaise may be served. The asparagus may be broken in inch pieces, cooked until tender, mixed with white sauce, and served on toast.

String Beans—Remove all strings. Cut in inch pieces. Wash, cook in boiling water 15 minutes. Add salt and cook until tender; drain, add butter, salt and pepper. A piece of salt pork cooked with beans is considered by many as an improvement.

Brussels Sprouts and Cabbage—Remove outside leaves and soak in cold water for ½ hour. Drain. Cook in boiling salted water until tender, changing water at least once during cooking. Serve brussels sprouts whole, with butter and salt, or with white sauce. Chop cabbage when cooked, season with salt, pepper and butter, re-heat and serve, or mix with 1 cup cabbage, 1 cup white sauce, cover with buttered crumbs, and bake until brown.

Beets—Scrub beets, but do not break skin. Cook in boiling water—young beets about 1 hour, old beets until tender. Slip skins off as soon as taken from stove. Serve hot, with butter, salt and pepper.

Corn—Remove husks and silk. Cook in small amount of water from 5 to 15 minutes. Cover while cooking with inside green husks. Serve on cob, or cut from cob and serve with salt, pepper and butter. Corn may be made into fritters, or mixed with beans for succotash. Also served as pudding, mixed with eggs and Pacific milk.

Greens — Beet tops, dandelions, spinach, Swiss chard, young cabbage sprouts, cowslips, may all be prepared in the same way. Wash in many waters, until all grit and sand are removed. Cook in boiling salted water until tender. Drain, chop, and serve with butter and salt. Lettuce may also be cooked and served this way. Garnish greens with hard-cooked eggs.

Baked Macaroni—Prepare boiled macaroni. Drain. Arrange in layers in a buttered baking dish with white sauce and cheese. Cover with buttered crumbs and bake until crumbs are brown.

Stuffed Tomato—Cut a thin slice from smooth end of tomatoes. Scoop out pulp, mix with equal quantity of cold cooked rice, macaroni, or bread crumbs. Add salt, pepper, butter and a few drops of onion juice. Refill tomato shells, cover with tops, and bake ½ hour.

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Lentil Rissoles—Well wash $\frac{1}{4}$ lb. lentils. Soak for a few hours in water, then cook for $\frac{1}{2}$ hour, drain, and mix with 2 oz. bread crumbs, 1 oz. butter, 1 teaspoonful chopped parsley, a sprinkling of mixed herbs, pepper, salt, and 1 egg. When cold form into patties, cover with bread crumbs, and fry in hot fat. Drain and serve with thick brown sauce.

Savory Haricots on Toast: A Vegetarian Dish—Stew $\frac{1}{2}$ pint previously soaked haricots for 3 hours in 1 pint water, and rub through wire sieve with a wooden spoon. Add 1 tablespoonful cream or Pacific milk, 1 teaspoonful lemon juice, a pinch of salt, and a little nutmeg and pepper. Have ready 4 poached eggs, 4 rounds of buttered toast, and a little cooked and seasoned spinach. Place haricot cream on the toast in a layer about $\frac{1}{4}$ inch thick, then a layer of spinach, and having stamped out the poached eggs with a pastry cutter, leaving a small border of white round each yolk, place 1 egg on each piece of toast, and serve.

Vegetarian Cutlets—Take 3 carrots, 3 turnips, and 3 onions that have been cooked, mash together, and mix with them $\frac{1}{2}$ pint cooked lentils, which have been made as dry as possible. Flavour with curry powder and minced parsley; then bind the mixture with a beaten egg, mould into cutlets, and brush over with egg and bread crumbs. Fry until brown. This will be found a nice supper dish.

Vegetable Ragout—Take the remains of any cold dressed vegetables, cut into small pieces, season with pepper and salt, and moisten with gravy. Put into buttered saucepan and stir briskly over fire until quite hot, and serve in a vegetable dish.

Vegetable Curry—Fry 1 or 2 onions in 1 oz. fat till brown, then add a little curry, according to taste, mixed with a little Pacific milk, and a little desiccated cocoanut if liked. Then mix in any cold vegetable you have. This makes a delicious supper dish. Serve with boiled rice.

Boston Baked Beans—Soak 1 quart small white beans over night in fresh water. In the morning put in a kettle with a second water sufficient to cover and parboil until skins present a shriveled appearance. Pour off water, add salt to the beans, mixing them up, and transfer to earthen bean pot; place in the middle of the beans a piece of fat salt pork scored on top. Mix in a cup 1 teaspoonful of molasses, a $\frac{1}{2}$ teaspoonful baking soda and 1 teaspoonful dry mustard and pour over the beans. Fill pot with warm water, cover and bake in slow oven all day, keeping watch that water does not dry out until beans are thoroughly cooked. Place in a moderate oven about $\frac{1}{2}$ an hour in advance of meal for which they are desired without adding any more water. They should, when served, be moist and hot.

Rice Croquettes — Take $\frac{1}{2}$ teacupful cold, well-boiled rice, and a teaspoonful each of sugar and melted butter, with half that quantity of salt, and to them add 1 beaten egg and sufficient Pacific milk to bring all to the consistency of a firm paste. Add a little flour after thoroughly beating and mixing. Shape into oval balls and dip in beaten egg, followed by a dipping in flour or cracker dust. Fry in sweet, hot lard, turning with care, and when done to a nice brown put into a heated colander.

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Baked Green Peppers with Nut Filling—8 even-sized peppers, 3 cupfuls boiled rice, 1 cupful peanut butter or butter, 5 tablespoonfuls finely chopped green peppers, 1 tablespoonful chopped celery top, 2 tablespoonfuls catchup table sauce, 1 egg. Wash and cut tops from peppers; remove seeds; rinse and dry; then fill with mixture made as follows: Mix rice, peanut butter, and the pieces of pepper, which have been cut from the top and chopped fine, and the seasoning; fill into the peppers, rounding the tops. Set in baked dish; brush top with beaten egg, put in hot oven and bake for from 25 to 30 minutes.

Baked Tomatoes with Rice and Cheese—8 tomatoes, 4 cupfuls cold boiled rice, 1 cupful grated sharp cheese, 2 teaspoonfuls salt, 2 tablespoonfuls chopped green pepper, parsley or celery top, 4 tablespoonfuls corn meal. Select large, even-size tomatoes; wash, and cut off the stem ends; remove centres and place tomatoes in colander, cut side down, for 20 minutes. Fill with mixture made as follows: Mix rice, cheese and seasoning together; fill into tomatoes; sprinkle with cornmeal and place on baking sheet or pie plate; put into hot oven for 30 minutes or bake until nice and brown. Serve with tomato sauce made from the inside of tomato, which has been seasoned and thickened with cornstarch.

Corn-and-Potato Loaf, Cream Sauce—2 cupfuls canned corn, 1 quart potatoes, 2 tablespoonfuls drippings, 2 teaspoonfuls salt, a dash of pepper, 2 eggs, 1 teaspoonful grated onion or a little nutmeg. To the hot mashed potatoes add corn, drippings and seasoning. Beat eggs until light, keeping teaspoonful to brush over the top of loaf. Mix together very lightly. Brush baking dish with butter; put in mixture, smooth the top, and brush with egg. Place in moderate oven and bake for 30 minutes or until nice and brown. Serve with cream sauce made as usual.

Stuffed Eggplant—Cut 2 eggplants into halves lengthwise. Scoop out seeds, sprinkle with fine salt and let them lie with hollow sides downward for 1 hour. Mix 1 cupful bread crumbs with $\frac{3}{4}$ cupful chopped cooked ham, $1\frac{1}{2}$ cupful of eggplant pulp, 1 teaspoonful salt, $\frac{1}{2}$ teaspoonful white pepper, $\frac{1}{4}$ teaspoonful paprika, 1 tablespoonful chopped onion, 1 beaten egg and $\frac{3}{4}$ cupful stock. Put this mixture into shells. Cover with buttered bread crumbs seasoned with $\frac{1}{2}$ tablespoonful chopped parsley and 2 tablespoonfuls grated cheese. Place in a pan, pour in 2 cupfuls water and bake in moderate oven for 30 minutes. Garnish with parsley and boiled beans. Serve with tomato sauce.

Spinach with Vermicelli—Wash $\frac{1}{2}$ peck spinach and put it into a saucepan; add 4 tablespoonfuls boiling water and 1 teaspoonful salt. Cook until tender; drain, and chop fine. Melt 2 tablespoonfuls butter in a saucepan; add the spinach, 2 tablespoonfuls cream, $\frac{1}{4}$ cupful grated cheese and 2 well-beaten eggs, and stir for a few minutes over the fire. Turn into a hot dish, garnished with vermicelli and hard-cooked egg yolks rubbed through a sieve. To cook the vermicelli put $\frac{1}{2}$ package into saucepan, cover with boiling salted water and boil steadily for 15 minutes. Drain; add 1 tablespoonful butter and seasoning.

Cucumber and Stuffed Carrot—Peel 2 large cucumbers, cut into halves lengthwise and take out the seeds. Cut into neat pieces, cover, and boil in salted water 15 minutes. Drain; add 1 cupful of parsley sauce, and cook for 10 minutes. Turn into a hot dish and garnish with stuffed carrots. For stuffed carrots scrape and trim the carrots and boil them in salted water until tender.

Drain, and remove the centres with sharp knife or a corer and fill with a bean puree made by rubbing $\frac{1}{2}$ cupful of boiled beans through a sieve; add one tablespoonful butter, melted, and $\frac{1}{4}$ teaspoonful each of salt, pepper and celery salt. Heat and fill into the carrots.

Stuffed Onions—Parboil 6 peeled onions in salted water. Then remove centres. Chop centres fine; add cupful sausage meat, $\frac{1}{2}$ cupful bread crumbs, 1 egg, 2 tablespoonfuls chopped parsley, 2 tablespoonfuls cream, and seasoning. Divide this mixture into shells, put them into a deep pan, cover, and steam $1\frac{1}{2}$ hours. Serve hot with white sauce and garnish with strips of pimentos and sprigs of parsley.

Brussels Sprouts with Chestnuts—Pick over 1 quart Brussel sprouts, remove wilted leaves and soak in cold water, to which has been added $\frac{1}{8}$ teaspoonful soda. Drain and cook in boiling salted water until soft. Drain, and saute in 3 tablespoonfuls butter. Remove shells from chestnuts and cook in boiling, salted water until soft; there should be 1 cupful. Cook $\frac{1}{4}$ cupful butter with 2 teaspoonfuls sugar until well browned. Add chestnuts and cook until browned; then add sprouts and $\frac{1}{3}$ cupful of brown stock; season with salt and pepper and serve.

Cauliflower Mousseline—Drain a cooked cauliflower, separate into flowerets and pour over it a sauce made in the following way: Mix together the slightly beaten yolks of 2 eggs, $\frac{1}{4}$ cupful cream, $\frac{1}{2}$ teaspoonful salt, $\frac{1}{8}$ teaspoonful nutmeg and the juice of $\frac{1}{2}$ lemon. Stir constantly in a double boiler until the mixture thickens. Then add 2 tablespoonfuls butter and, when melted, pour at once over the cauliflower.

Mock Sausages—Soak $\frac{1}{2}$ cupful of lima beans in cold water overnight. Drain, and cook in boiling, salted water until soft; then force through a strainer; there should be $\frac{3}{4}$ cupful of pulp. Add $\frac{1}{3}$ cupful rolled dried bread crumbs, 3 tablespoonfuls heavy cream or butter, $\frac{1}{2}$ teaspoonful sage, 1 egg slightly beaten, and salt and pepper to taste. Shape in the form of sausages, dip in crumbs, then in egg and crumbs, and fry in deep fat. Drain and serve.

Pea Roast—Drain 1 cupful canned peas, rinse with cold water, put into a saucepan, cover with cold water, bring to boiling point and boil for 3 minutes. Drain, and force through a puree strainer; there should be $\frac{1}{2}$ cupful of pulp. Mix $\frac{3}{4}$ cupful of bread crumbs, the pea pulp, 1 tablespoonful sugar, $\frac{1}{4}$ tablespoonful English walnut meats, 1 egg slightly beaten, salt and pepper to taste, and $\frac{3}{4}$ cupful Pacific milk. Turn into small bread pan lined with paraffin paper and let stand in moderate oven for 15 minutes.

Parsnip Fritters—Wash and boil 1 doz. parsnips and, when tender, plunge them into cold water so the skins will slip off easily. Mash them and season with butter, salt and pepper. Shape them into small flat cakes. Roll them in flour and fry until brown. They may be dipped in molasses and then fried.

Mint Glazed Carrots with Peas—Scrape 3 medium-size carrots, cut into $\frac{1}{4}$ -inch slices, then into strips or fancy shapes, using vegetable cutters. Boil in salted water for 15 minutes, and drain. Put into saucepan with $\frac{1}{2}$ cupful butter, $\frac{1}{2}$ cupful sugar and 1 tablespoonful chopped fresh mint leaves. Cook slowly until soft and glazed. Drain, and rinse thoroughly 1 can of French peas. Cook for 10 minutes in boiling water; drain, and season. Turn peas out on hot serving dish and surround with carrots.

Turnip Croquettes—Wash, pare and cut 1 dozen good-size turnips into quarters. Steam until tender, mash, and press out all water. This is best accomplished by wringing in cheesecloth. Season them with salt and pepper, then add the yolks of 2 eggs, slightly beaten. When cool, shape into small croquettes, dip in bread crumbs, then in egg and crumbs again. Fry in deep fat and drain.

Carrot Timbales—Wash and scrape the carrots. Cut into slices, lengthwise, so that there is enough to measure 4 cupfuls. Cook in 2 tablespoonfuls butter for 10 minutes, stirring constantly; cover with boiling water and cook until soft. Drain, and force through a strainer. Add 2 whole eggs and season with salt and pepper. Fill buttered timbale molds (garnished with hard-cooked egg, cut into fancy shapes) $\frac{2}{3}$ full, then set the molds in a pan of hot water, cover with buttered paper and bake for 15 minutes.

Hominy Croquettes, Cheese Sauce— $\frac{1}{2}$ cupful hominy, 2 cupfuls strained tomatoes, $\frac{1}{2}$ teaspoonful salt, $\frac{1}{8}$ teaspoonful paprika, 1 tablespoonful butter, 1 cupful sifted bread crumbs, 1 egg. Wash the hominy in cold water; drain, and add the tomatoes, salt and paprika. Let cook over boiling water until tender; then add the butter, and turn into a shallow dish to cool. When cold, but not too firm, shape, roll in crumbs, then cover with slightly beaten egg and roll in crumbs again. Fry in deep fat to a golden brown. Serve with a white sauce to which cheese has been added.

Lima Beans and Corn—1 can small lima beans, 1 can corn, 1 teaspoonful salt, $\frac{1}{8}$ teaspoonful pepper, $\frac{1}{2}$ cupful Pacific milk, 2 tablespoonfuls butter, 1 tablespoonful flour. Drain, and rinse the lima beans with cold water. Mix corn, beans, salt, pepper and Pacific milk and heat slowly to the boiling point, stirring occasionally to prevent burning. Rub butter and flour together until smooth and add to hot mixture. Stir until slightly thickened.

Asparagus with Drawn Butter Sauce—1 can asparagus, drawn butter sauce, 6 small slices toast. Open can asparagus and remove carefully. Place in a colander or steamer and heat over hot water for 20 minutes. Arrange on small oblong pieces of toast and serve with drawn butter sauce.

Tamale Pudding—1 lb. Hamburger steak, butter, 1 cupful water, 2 onions, 1 qt. canned tomatoes, 2 green peppers, 1 heaping teaspoonful Chili powder, 1 cupful cornmeal. Fry Hamburger steak in butter till brown and add 1 cupful water. Let simmer till tender. Make sauce of onions browned in butter and add peppers, tomatoes and chili powder. Cook 20 minutes. Cook cornmeal to the consistency of mush. Line a baking dish with $\frac{1}{2}$ of the mush and stir the other half into the Hamburger steak and sauce. Pour over the mush and bake $\frac{1}{2}$ hour in slow oven.

Spanish Beans—2 cupfuls kidney beans, 2 cupfuls canned or fresh tomatoes, 1 cupful finely cut onion, $\frac{1}{2}$ cupful pimento, 6 tablespoonfuls butter, 2 tablespoonfuls flour, 1 tablespoonful salt. Soak beans overnight; drain, cover with boiling water; boil slowly for $1\frac{1}{2}$ hours or until tender (some beans take longer than others); drain, and add sauce which is made as follows: Put butter or oil into a frying pan; add onion and pimento and fry until tender but not brown; then add the tomato, salt and the flour, which has been mixed with a little cold water; boil for 5 minutes. After pouring the sauce over the drained beans simmer for 10 minutes and serve at once.

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Flemish Carrots—Pare and slice the carrots into strips, then cut them up exactly like kidney beans. Fill a stewpan with these, and put in a good piece of either butter or dripping. Cover closely and let cook fast in their own steam for about $\frac{1}{2}$ hour, shaking occasionally to prevent burning. When tender, put in a pinch of pepper and salt, a tablespoonful minced parsley, and a tablespoonful vinegar. Shake well, and let them cook 5 minutes longer. Serve very hot.

Boiled Celery—Boil in salted water until tender, but not to the breaking stage, then drain. Melt 2 tablespoonfuls butter gradually. Beat up yolk of an egg, and add melted butter to it, cooking until it begins to thicken, when it must be removed from stove at once. Stir in lemon juice, $\frac{1}{2}$ saltspoonful salt, and a pinch of cayenne pepper, and serve with celery.

Tomatoes and Macaroni—Fry a nice-sized onion in butter until a light brown. Cut up $\frac{1}{2}$ lb. tomatoes, and put them with the fried onion into a pie-dish. Next break up $\frac{1}{2}$ lb. macaroni, and boil for 10 minutes in well salted water. Strain, and mix with 1 cup bread crumbs and herbs. Season to taste. Fill up pie-dish with this; put 3 or 4 lumps of butter on top, and bake in hot oven for 45 minutes.

Onions Baked in Milk—Remove skins and outer layers of good-sized onions and parboil in salted water for an hour. Drain onions, place in buttered baking-dish, dust with flour or fine dry bread crumbs, cover with Pacific milk, add sprinkling of salt and pepper, dot with butter, cover and bake gently for an hour longer. If desired, grated cheese, mixed with an equal quantity of bread crumbs may be spread over the top 15 minutes before the time they are to be finished.

Stuffed Cabbage—6 cabbage leaves, 2 tablespoonfuls fat, 1 chopped onion, 1 cupful ground left-over meat, $1\frac{1}{2}$ cupfuls bread crumbs, $\frac{1}{2}$ teaspoonful thyme or sage, 1 teaspoonful salt, pepper, water. Melt fat; add chopped onion, and cook until light brown. Mix crumbs, seasoning and meat, and add to fat and onions. Mix well, and add enough water to hold mixture together. Fill each cabbage leaf with some of the mixture. Roll, and fasten with a toothpick. Place in well-greased baking-dish; add $\frac{1}{4}$ cup water, cover, and bake for $\frac{1}{2}$ hour in moderate oven. Serve with tomato sauce.

Escaloped Vegetables—Into buttered baking-dish put alternate layers of sliced cook vegetables, white sauce, bread crumbs mixed with melted butter (and cheese if desired). Bake 30 minutes in moderate oven.

Potato Omelette—Mash sufficient hot potatoes to make a pint. Beat 3 eggs until light, season with salt and pepper, and mix with potatoes. Melt a tablespoonful of butter in the frying-pan, pour in mixture, and turn from side to side to brown evenly. When bottom is colored, fold carefully, and serve at once.

Potato Chops—1 cupful cooked rice, 2 cupfuls cooked beans, 1 cupful mashed potatoes, 1 tablespoonful fat, 2 tablespoonfuls onions, 2 tablespoonfuls cornstarch, $\frac{1}{3}$ cupful tomato, $\frac{1}{2}$ teaspoonful salt. Cook onion in fat, add remaining ingredients which have been put through the meat-chopper. Mix well, shape into balls, and bake $\frac{1}{2}$ hour in a quick oven, basting twice with fat or oil. To serve, stick slender piece of celery into each ball.

Potato Puffs—2 cupfuls cold mashed potato, 1 cupful cold minced meat, a little barley flour, 1 cupful bread crumbs (dried in oven and rolled, 1 egg, seasoning. Make potatoes into a paste with egg and flour. Roll out and cut round with a saucer. Place a spoonful of meat on half and press together, sprinkle with bread crumbs and fry a light brown in bacon fat or meat drippings. Serve hot with tomato sauce.

Potato Dumplings—Mash 4 large boiled potatoes and mix with $\frac{1}{2}$ a loaf of bread soaked in Pacific milk; mince 1 onion and 6 sprigs of parsley, season with salt and pepper, add 3 eggs; mix all thoroughly and shape into balls. Dredge with flour, put into boiling water and cook 15 minutes. Serve covered with melted butter.

Potatoes and Cheese—One of the most delicious French vegetable dishes is potatoes prepared with cheese. After 6 or 7 potatoes have been boiled until mealy, mash as smooth as possible, adding a tablespoonful of butter, salt, and pepper and enough hot Pacific milk to quite soften. Grate $\frac{1}{2}$ cupful cheese and beat it into the mashed potatoes, and grate a thin layer of cheese over the top; then set the whole into oven until cheese toasts.

Saratoga Chips—Peel potatoes carefully, cut into very thin slices and soak over night, drain off water and rub potatoes between towels until thoroughly dry, then throw a handful at a time into kettle of very hot lard, stirring with fork so that they may not adhere to kettle or to each other. As soon as they become light brown and crisp remove quickly with a skimmer and sprinkle with salt.

French Fried Potatoes—Slice potatoes lengthwise in slices about $\frac{1}{4}$ inch thick and let them remain in cold water for an hour or longer; dry in cloth and fry in hot lard. Before quite done and for the purpose of making them puff up, take them out with a skimmer and drain, returning again to lard and continuing frying until done. Sprinkle with salt and serve hot.

Straw Potatoes—Wash and peel 4 or 6 large potatoes, pare each, cut into thin slices, and shred finely into straws. Wash in cold water and drain on a cloth. When potatoes are well drained and free from moisture, plunge them, not too many at a time, into very hot frying fat, using a fry basket for this purpose. Shake well, and fry to a golden brown color. Take up and drain thoroughly, sprinkle with fine table-salt to season, and serve.

Lyonnais Potatoes—With 1 quart cold boiled potatoes chopped into small irregular pieces, mix a tablespoonful each of chopped onions and parsley, and 3 tablespoonfuls butter. Fry onion in butter and when yellow add seasoned potatoes; stir with fork carefully so as not to break potatoes, and when hot add parsley. Cook for about 2 minutes longer and serve hot in a hot dish.

Potato Souffle—Select for baking, potatoes as near of a size as possible; cut off each end; when baked, scoop out inside with a spoon, being careful not to break skins. Add to this pulp, butter, salt, and sufficient hot Pacific milk to make quite soft; beat till very light and smooth; fill skins with this and place on end in buttered pan on oven grate till browned on top. The potatoes will puff up considerably if sufficiently beaten. Nice for breakfast or tea.

Potato Pie—Wash, pare and slice 1 lb. potatoes. Peel and slice 2 or 3 large onions. Butter a pudding dish, and put in layer of potatoes and then a layer of onions; then a layer of sliced, hard-boiled eggs sprinkled with salt and pepper. Repeat the layers, and pour over 1 cupful water. Cover with paste made by rubbing 6 tablespoonfuls butter into 1 lb. self-raising flour, moistened with 1 cupful water. Roll out to required thickness. Cut strip for edge of dish. Moisten edge, and put strip round, being careful not to stretch the pastry, as it always shrinks from heat. Cover top with pastry. Bake in hot oven.

Browned Potatoes—Boil large potatoes in skins, peel, and when roast of meat is almost done, lay potatoes in dripping-pan about the meat. Dredge and baste as you do the meat. If not quite done when meat is ready, leave in pan before thickening the gravy, until brown. Drain and arrange around meat on platter.

Potatoes in Sauce—Boil sufficient potatoes in salt and water in their jackets. Let them cool, then peel and cut them into thick slices. To every 6 potatoes allow 1 tablespoonful mixed parsley, 2 tablespoonfuls butter substitute, 4 tablespoonfuls gravy, 2 tablespoonfuls lemon juice, and seasoning to taste. Melt fat in stewpan with parsley, gravy and seasoning, and mix well together. Put in the sliced potatoes and make them hot, taking care to shake them occasionally to keep them covered with the sauce. Squeeze in the lemon juice just before serving.

Potato and Cheese Pie—Take 3 lbs. potatoes, 1 egg (hard-boiled), 4 ozs. cheese and 3 ozs. bread crumbs. To make a thick sauce, take a tablespoonful of dripping, 1 tablespoonful of flour, a pint of Pacific milk, salt and pepper. Cook potatoes until almost tender; slice $\frac{1}{4}$ -inch thick. Grate cheese, cut egg into slices, make a sauce with flour, drippings, Pacific milk, salt and pepper, and add to it half the grated cheese. Grease a pie dish, and put in alternate layers of potato, egg and sauce. When the dish is full sprinkle the top with the crumbs and the rest of the cheese mixed together; put 3 or 4 small pieces of butter on the top, and cook in an oven for from 15 to 20 minutes, or until a nice brown. This is sufficient for 6 people.

Hungarian Potatoes—Chop 2 onions; peel and wash 2 lbs. potatoes and cut them into thick slices. Melt 2 ozs. butter in stewpan, put in onion and fry without browning. Slice 2 tomatoes, after peeling them, press out some of the seeds and add tomatoes to the onions and the sliced potatoes. Stir in the paprika pepper, salt and pepper; mix all together, then just cover with stock. Cook gently until the potatoes are tender and the stock has been almost entirely reduced. Dish up on a hot dish, and sprinkle with chopped parsley.

Sweet Potato Balls—To 2 cupfuls hot mashed sweet potatoes add 3 tablespoonfuls of butter, 1 egg, well beaten, and salt and pepper to taste. Shape into small balls, roll in flour, fry in deep fat, and drain.

Candied Sweet Potatoes—Wash and cook 6 medium-size sweet potatoes in boiling salted water. Drain, and when cool peel, cut into halves, lengthwise; arrange in a buttered baking dish, sprinkling each layer with sugar, using 1 cupful in all. Pour over $\frac{1}{2}$ cupful melted butter. Cook in a slow oven for 2 hours.

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Things Worth Remembering

Turpentine will restore the lost whiteness of the ivory handles of cutlery. To clean bean pots, fill with cold water, add a large tablespoonful of soda, and put in oven for half a day.

To clean a sieve do not use soap, but use instead a brush and ammonia.

When the corks slip into salt and pepper-shakers, a small piece of court plaster will serve the purpose of a cork, and it can be washed off easily when shakers need to be refilled.

To keep cheese from going dry, wrap in a cloth wet in vinegar.

To keep ice in small quantities in hot weather, make a bag large enough to hold it; slip this into a larger bag and fill space between with sawdust or excelsior.

To prevent sugaring when making boiled frosting, add a pinch of cream of tartar to the stiff egg white.

Salt on a damp cloth will remove egg stains from silver.

Soda crackers are much more crisp if set in a hot oven a few minutes before serving.

When lighting the gas stove it will often give a slight explosion and light wrong, thus causing no heat. Turn the gas off quickly and on again; it will then light properly without further trouble.

When cutting new bread always put the knife in hot water first, and you will find that it facilitates the cutting.

A box filled with lime and placed on a shelf on the pantry and frequently renewed will absorb the damp and keep the air pure and dry.

To wash cut glass, place the articles in a pan of soft water, to which a little washing blue has been added, and scrub it with a brush. Dry with a soft cloth and you will have a fine polish without rubbing.

Celery salt may be made by just drying all the white leaves, then rubbing them to a powder. Add one teaspoonful of salt to a tablespoonful of the celery and place in a bottle.

Wash and dry thoroughly the peeling from one-half a lemon and from one-half an orange. Keep the halves intact, and after they have withered put them in your tea canister. They will add a delicate flavor usually obtained only in expensive teas.

To beat the whites of eggs quickly, add a pinch of salt.

To shell nuts easily, pour hot salt water over them and let stand awhile.

To Prevent Milk Scorching—First rinse in cold water a dish in which milk is to be heated, and milk will not scorch.

Celery should be allowed to lie in cold water, to which a little salt has been added, for an hour before it is required for the table. This will make it very crisp.

To peel tomatoes put them in frying basket and plunge into hot water for three or four minutes. Drain and peel. Another way is to place them in a flat baking-tin and set in hot place for five minutes. This loosens the skin so that it readily slips off.

To save time in shelling peas, wash the peas and put on to boil in the pods. The pods will burst open when they are done and can be skimmed off, while the peas will go to the bottom. The flavor will be better than that of the peas shelled before cooking.

Special Dishes from Overseas

Brochettes—String a few slices of bacon and liver, "cut to match," on a skewer, alternately, and broil in a double broiler; salt and pepper, and serve on the stick; everybody gets a skewer. This is a jolly late lunch affair. In the morning, when there chances to be no bacon in the house, cut the liver into short strips and fry with onions. Put the onions in first; when nearly done, put in the liver, sprinkle on a little sage and plenty of pepper and salt. Don't cook too much; serve.

Red Snapper en Casserole—This makes a dinner for half a dozen people. Brown some onions in pork fat or oil, add a can of tomatoes and reduce to a dark jelly. As this is cooking, fix the fish. Should be a red snapper, red fish, or blue fish. Clean carefully and cut deep gashes along the sides an inch apart, and to the bone. Put into the pot with the sauce and add a glass of claret and a little water, some hashed garlic, parsley, thyme, and one or two bay leaves. Cook slowly three-quarters of an hour. In serving, place the fish on slices of toast, arranged along the platter to catch all the juice.

"Ceci"—Something like peas, only rougher and larger; takes longer to cook and is better. Drop into an Italian store and buy a pound, soak overnight and boil. As it boils down, add a little broth of some kind, a little butter, and serve with grated Parmesan cheese. "Pasta Ceci" is the same thing, only served with macaroni.

Oechi di Lupo—This form of pasta you can buy at any Italian store; it is fine for soups, or for making up with chopped meat concoctions. Boil about a pound of Oechi di Lupo in salted water and place on a platter, then cut a steak in squares and dry; spread this over the Oechi di Lupo, add salt and pepper, and over this put three-quarters of a pound of American cheese sliced very thin. Set the platter in the oven for about 20 minutes, and serve hot. The two important things about all pastas are to boil them in salted water and serve them hot.

Camouflage Soup—It in no way resembled a soup; but it made a hit. Chop some cold meat rather fine and set aside where it will be handy. Next make a brown sauce with flour and butter, a little seasoning, pour in a glass of Pacific or fresh milk gradually, stirring slowly, and as it comes to a boil, add the meat, with plenty of salt and pepper; keep stirring moderately till it comes to a boil again, then add the yolk of two beaten eggs, let cook a moment, and set to cool. When cool add the whites of the eggs, also well beaten. Turn the whole thing into a buttered pan and bake 20 minutes; serve hot.

Spinach a la Reine— $3\frac{1}{2}$ tablespoonfuls butter, $\frac{1}{2}$ tablespoonful chopped onion, 1 quart spinach (boiled and chopped), 1 tablespoonful flour, $\frac{1}{2}$ cupful Pacific or fresh milk, $3\frac{1}{2}$ tablespoonfuls Swiss cheese, salt and pepper, 3 eggs, 6 shrimps. Cook the onion in the butter, add spinach, and fry quickly. Add flour and milk, and cook until it thickens. Season with salt and pepper; add grated cheese and when it starts to boil remove from fire and add well-beaten egg-whites, then yolks, also well-beaten, and bake in a very hot oven for 10 minutes. Garnish with the shrimps.

Fried Shrimp—Peel and wash the shrimp, roll in cornmeal and fry like any other fish—one of the simplest, and, after once trying, you will agree that it is one of the best ways to cook them.

Saute Rognon—Skin and clean (cutting out the white), four or five lamb or pig kidneys, cut into cubes, and fry in oil or butter; sift in a little seasoning, chopped parsley or sage, pepper and salt, and just a sliver of garlic. It will take about 5 minutes. Just before taking up, add a tablespoonful of vinegar, let it flash up, and serve on toast.

Eels in Disguise—Eels may be so well disguised with tomato sauce as to pass for almost anything but what they are. Have the eels nice and fresh, cut into two-inch pieces, and fry in bacon fat. In the meantime have ready a sauce of onion, garlic, parsley, and a can of tomato paste; when the paste goes in, add a little butter and enough water to make a sauce; pour this over the fish, and serve.

Spanish Ragout—Get a pig's liver. In a rather deep casserole or saucepan put some fat or oil; slice in some onions and add garlic (a few cloves), a little mace, salt and pepper; brown well and then set in the liver with a very little water, just enough to keep it from burning. Cover and let cook 2 or 3 hours. The liver will shrink and absorb most that is in the pan, becoming a very rich morsel. When cold, it cuts down beautifully.

Fish a la Bechamel—Two small flounders, 1 onion, 1 sprig parsley, 1 teaspoonful salt, 1-8 teaspoonful pepper, 8 mussels or clams, 4 tablespoonfuls butter, 2 tablespoonfuls flour, $\frac{1}{2}$ cupful fish stock, 1 cupful Pacific or fresh milk, $\frac{1}{2}$ can shrimps. Clean the fish; cut in fillets and steam over water seasoned with the parsley, salt, pepper and the fish bones. Clean the mussels or clams and cook in the fish stock until the shells open. Remove them and strain the liquor. Make a sauce, using the butter, flour, fish stock and milk. When the sauce thickens, season it with salt and pepper. Arrange the fillets on a platter radiating from the centre, alternating with the mussels or clams, which should be left in the shell. Garnish the centre of the platter with the shrimps, and pour the sauce over the fillets.

Potatoes in Jeannette Courrangelle Style—6 medium-sized potatoes, left-over meat, 1 small garlic clove, 1 small onion, 1 teaspoonful chopped parsley, $\frac{1}{2}$ teaspoonful salt. Peel the potatoes, roast in the oven, and cut in halves lengthwise. Scoop out the centres. Chop the meat, garlic, onion and parsley together; add the salt, fill the potatoes with same and reheat. The pulp removed from the potatoes may be seasoned with salt, pepper and butter and baked in the oven with tomato sauce.

Jap Fish Salad—Boil a small coarse-grained fish in salted water with a sprig of onion, a bay leaf, a few cloves, thyme, a red pepper, and two or three sliced carrots. When done, bone and skin the fish and separate in small bits; place on lettuce leaves with the sliced carrots and some French peas, if convenient, and dress with mayonnaise.

Peaches au Gratin—Three large peaches, 2 tablespoonfuls butter, 1-3 cupful red wine or raspberry juice, 1 tablespoonful sugar, $\frac{1}{4}$ cupful fine bread and cake crumbs. Cut the peaches in halves, removing the stones. Place the halves in a baking-dish, and put 1 teaspoonful butter to each half. Pour the

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wine or fruit juice over the peaches; sprinkle with the crumbs and sugar and bake, basting occasionally with the fruit juice. Serve the peaches hot in the baking-dish.

Cucumber a la Tartare—Two cucumbers, 2 tablespoonfuls butter, 2 tomatoes, $\frac{1}{2}$ can tuna fish, $\frac{1}{2}$ cupful mayonnaise. Slice the cucumbers in rather thick slices, remove the seeds and cook in salt water till tender; when cool fill the spaces with the fish, blended with the fat. Arrange the cucumbers on a platter with a border of sliced tomatoes. Cover with mayonnaise, and sprinkle with paprika.

Cheese Souffle—Half cupful Swiss cheese, 3 eggs, 1 cupful white sauce. Add the cheese to the hot white sauce and then the egg-yolks. Cool and fold in the whites beaten to a firm froth. Bake in a greased dish 30 minutes.

Gnocchi—Mash 2 or 3 boiled potatoes, and work in about the same amount of flour; add a little flour and, if you wish, an egg. Knead long and hard, then roll out very thin and cut in small squares; boil like macaroni and serve with a rich tomato sauce. To make the sauce have a little oil in the pan and put in a clove or two of garlic; as it browns, flip off the husk with a fork and add a chopped onion, salt and pepper; when cooked, add a can of tomato paste and a little butter—always butter with tomatoes. Turn down the fire and cook slowly some 20 minutes, adding enough water for a sauce.

Spaghetti Italien With Pork—One cupful spaghetti, 2 tablespoonfuls butter, 1 teaspoonful minced onion, 1 tablespoonful flour, $\frac{1}{2}$ cupful tomato puree, $\frac{1}{4}$ teaspoonful salt, $\frac{1}{4}$ cupful grated cheese, 1 cupful cut pork. Cook the spaghetti until tender in boiling salted water; drain; cook the butter and the onion together; add the tomato puree, the seasoning, spaghetti and meat; sprinkle on top with cheese.

Salmon a la Mornay—Four potatoes, 2 cupfuls boiled salmon or 1 can salmon, 1 cupful white sauce, $\frac{1}{2}$ cupful Swiss cheese. Mash the potatoes and line a greased baking-dish with them. Add the cheese to the white sauce and pour half of it over the potatoes. Add the fish and cover it with white sauce and buttered bread crumbs. Bake the fish in the oven for 20 minutes. This fish also may be served in shells.

Mackerel au Gratin—2 fresh mackerels, 2 shallots, 2 tablespoonfuls chopped parsley, $\frac{1}{2}$ cupful buttered bread crumbs, 1 teaspoonful vinegar. Bake the mackerels in a moderate oven for 20 minutes. Remove the fillets; replace them in the dish and add the shallots, parsley and bread crumbs. Bake 10 minutes, and then add the vinegar and serve immediately.

Crab a la Creole—12 small live crabs or $\frac{1}{2}$ lb. crab meat, 1 lemon, 4 tablespoonfuls butter, 1 teaspoonful salt, 1-8 teaspoonful pepper, 2 red peppers (chopped). Boil the crabs 20 minutes; open and clean them and reserve the yellow fat. Pour the juice of the lemon over the crabs. Melt the butter and crab fat in a frying-pan and add the crabs, seasoning and peppers. Cook for 20 minutes.

Tagliarini—This is a pasta, usually made at home, as it must be eaten at once. One lb. flour, 1 egg and some butter, a little salt; mix well and knead; set aside for half an hour, then roll out to the thickness of a half dollar and cut into quarter-inch strips; boil like spaghetti or macaroni and serve with tomato sauce, grating a little Parmesan cheese over the top.

SEYMOUR 1974

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Salads

Everything in the make-up of a salad should be of freshest and first-class material—the vegetables crisp and fresh, the oil or butter the very best, meats, fowl and fish well cooked, pure cider or white wine vinegar—in fact, every ingredient first-class, to insure success.

Use only the delicate white stalks of celery, small heart-leaves of lettuce, tenderest stalks and leaves of cabbage. Keep vegetable portions crisp and fresh until time for serving, then add meat. For chicken and fish salads use mayonnaise. For simple vegetable salads French dressing is more appropriate.

Chervil is a delicious salad herb, invariably found in all salads prepared by a French gourmet. No man can be a true epicure who is unfamiliar with this excellent herb. It may be procured from the vegetable stands the year round. Its leaves resemble parsley, but are more divided, and a few of them added to a breakfast salad give a delightful flavor.

Chervil Vinegar—A few drops of this vinegar added to fish sauces or salads is excellent, and well repays the little trouble taken in its preparation. Half fill a bottle with fresh, dry chervil leaves; fill the bottle with good vinegar and heat it gently by placing it in warm water, which bring to boiling point; remove from the fire; when cool cork, and in two weeks it will be ready for use.

Dinner Salads—For serving large companies dinner salads should be arranged on individual plates and dressed at the last moment in the pantry. The more formal the meal, the simpler must be the salad. For the family dinner or a small company it is more convenient to dress the salad at table. The French dressing is mixed by the hostess in the salad bowl and added to the vegetables which are prettily arranged on a flat platter from which they are served. If a fancy dressing is used it may be prepared outside and brought to the table in a separate bowl.

Mayonnaise Dressing—Put the yolks of 4 fresh raw eggs, with 2 hard-boiled, into a cold bowl. Rub these as smooth as possible before introducing the oil; a good measure of oil is a tablespoonful to each yolk of raw egg. All the art consists in introducing the oil by degrees, a few drops at a time. You can never make a good salad without taking plenty of time. When the oil is well mixed and assumes the appearance of jelly, put in two heaping teaspoonfuls of dry table salt, one of pepper and one of made mustard. Never put in salt and pepper before this stage of the process, because the salt and pepper would coagulate the albumen of the eggs and you could not get the dressing smooth. Two tablespoonfuls of vinegar added gradually. The mayonnaise should be the thickness of thick cream when finished, but if it looks like curdling when mixing it, set in the ice box or in a cold place for about 40 minutes or an hour, then mix it again. It is a good idea to place it in a pan of cracked ice while mixing. Salad dressing should be kept in a separate bowl in a cold place, and not mixed with the salad until the moment it is to be served, or it may lose its crispness and freshness.

French Salad Dressing—Mix 1 saltspoonful of pepper with 1 of salt, add 3 tablespoonfuls olive oil and 1 even tablespoonful onions scraped fine, then 1 tablespoonful vinegar; when well mixed, pour over salad and stir all till well mingled.

Salad Cream Dressing No. 1—One cupful fresh cream, 1 tablespoonful fine flour, whites of 2 eggs beaten stiff, 3 tablespoonfuls vinegar, 2 tablespoonfuls salad oil or soft butter, 2 tablespoonfuls powdered sugar, 1 teaspoonful salt, $\frac{1}{2}$ teaspoonful pepper, 1 teaspoonful made mustard. Heat cream almost to boiling; stir in flour, previously wet with cold Pacific milk; boil 2 minutes, stirring all the time; add sugar and take from fire. When half cold, beat in whipped whites of egg and set aside to cool. When quite cold whip in the oil or butter, pepper, mustard and salt; if salad is ready, add vinegar and pour at once over it.

Cream Dressing No. 2—Two tablespoonfuls whipped sweet cream, 2 of sugar, and 4 of vinegar; beat well and pour over salad.

Boiled Salad Dressing—To 1 cupful sour cream add 1 egg slightly beaten and $\frac{1}{4}$ cupful vinegar. Mix thoroughly 2 teaspoonfuls salt, 2 teaspoonfuls sugar, 1 teaspoonful pepper. Add to first mixture and cook in double boiler, stirring constantly until mixture thickens.

Salad Dressing for Fruit—Half cupful any kind of fruit juice, juice of large lemon, $\frac{1}{3}$ cupful sugar (scant), whites 2 eggs, 1 level teaspoonful cornstarch. Stir all together, and heat gradually until it thickens. Best with salads made with fruits and nuts.

Russian Dressing—To 3 tablespoonfuls of undiluted evaporated Pacific milk add $\frac{3}{4}$ tablespoonful of salt, $\frac{1}{4}$ teaspoonful paprika, $\frac{1}{4}$ teaspoonful mustard. Beat into this mixture $\frac{2}{3}$ cupful of salad-oil, with an eggbeater, and 2 tablespoonfuls vinegar or lemon juice. Then add 2 tablespoonfuls minced chives, $\frac{1}{3}$ cupful chili sauce, and, if desired, also 1 teaspoonful minced parsley, and 1 chopped hard-boiled egg. Serve this with quartered lettuce hearts or lettuce leaves. The salad puts this in the mineral and bulky class as well as in the fat group.

Cooked Dressing with Mustard—1 teaspoonful salt, pinch cayenne pepper, 2 eggs, lightly beaten; $\frac{1}{3}$ cupful vinegar, $1\frac{1}{2}$ teaspoonfuls mustard, 2 teaspoonfuls powdered sugar, 2 tablespoonfuls oil. Mix dry ingredients and add the eggs and oil, stirring constantly until mixed. Dilute the vinegar with enough cold water to make half a cup and add it. Cook the dressing over boiling water until it thickens. Strain and cool.

Thousand Island Dressing—Stir a mayonnaise dressing extra stiff. Then add slowly $\frac{1}{2}$ bottle chili sauce. Chop together 2 small onions, 3 hard-boiled eggs, 2 pimentos and $\frac{1}{2}$ a green pepper. Add pepper and salt to taste and mix with the mayonnaise. This will keep a long time in a cool place if carefully covered.

Roquefort Cheese Dressing—Make a plain French dressing. Break $\frac{1}{4}$ lb. Roquefort cheese into coarse crumbs with a fork and stir into the dressing. Serve on plain lettuce, endive, chicory, cress or any combination of plain salad vegetables.

Chow-Chow Dressing—Cut a large dill pickle into small bits and stir it into a cup of mayonnaise in which the quantity of mustard has been doubled. This is good on lettuce or plain sliced cold potatoes.

Golden Dressing (for Fruit Salad)— $\frac{1}{4}$ cupful pineapple, apple or any light colored fruit juice, $\frac{1}{4}$ cupful lemon juice, $\frac{1}{3}$ cupful sugar, 2 eggs. Beat eggs sufficiently to blend, but not until foamy. Add fruit juices and sugar. Cook in double boiler until thickened. Set in cold water to cool.

To Serve with Salads—Green salads should always be accompanied by crackers or bread in some form or other, served with or without cheese. If plain crackers are used they should always be lightly browned or warmed in the oven just before the meal. Here are several dainty accompaniments of the salad course which may be used instead of the crackers.: "Dreams"—Take rather old cheese and crumble it, adding enough salad oil to make a thick paste. Spread this between thin slices of white bread and cut into small sandwiches. Fry these to a delicate brown in salad oil and serve hot. Cheese Straws—Take the pastry bits left over from pie making and roll them thin with grated cheese, sprinkling an extra layer of cheese on the top after the last rolling. Cut into long strips and bake in a moderate oven. Cream Cheese Sandwiches—Cut Boston brown bread very thin and spread with cream cheese, thinned if necessary with a little cream or mayonnaise. This is very good to serve with an apple salad. Cheese Canapes—Cut white bread in strips or rounds and toast on one side. Turn over and cover the untoasted sides with bits of dry cheese. Let this melt over the bread and add a drop or two of Worcestershire Sauce before serving.

LETTUCE SALADS

Plain lettuce with French dressing may be varied in many ways. A few of these are mentioned in the following list and the resourceful housekeeper will think of many more:

Cut sweet peppers, red or green, into long thin strips and mix them with the lettuce leaves.

Slice a peppery white radish into very thin pieces and stir into the dressing before it is put over the salad.

Add to the French dressing half a bottle of the very tiny pearl onions which may be bought from any dealer in fine groceries.

Crumble Roquefort cheese into the dressing as directed in a previous recipe.

Chop a few tender nasturtium seeds from the flower bed and add them to the French dressing. This is very good.

Make tiny balls of cream cheese and use them on the lettuce leaves as a garnish.

Chop a hard-boiled egg and a tender boiled beet together and add to the dressing. This is the familiar Salade Chiffonade of the French restaurants.

Instead of separating the leaves of a head of lettuce it is often halved or quartered. This holds the dressing better than the separated leaves, but lettuce must be very fine and fresh to serve in this way.

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Cream Salad—1 pint of whipped cream, stiff; 1 cupful chopped pineapple, 1 tablespoonful sugar, 1 pint of mayonnaise, 1 cupful chopped almonds, 1 cupful white cherries or grapes, 1 tablespoonful powdered gelatine, dissolved. Pour this in a mould and set on the ice to congeal. Serve on lettuce leaves.

Banana and Nut Salad—Remove the skin from bananas and cut lengthwise and crosswise into quarters. Roll these pieces first in mayonnaise and then in coarsely chopped peanuts. Do not cover with mayonnaise but serve on lettuce leaves with a little additional mayonnaise in a small cup-shaped leaf. This is a pretty salad for luncheon parties.

Hawaiian Salad—Place a slice of canned Hawaiian pineapple on lettuce leaves and garnish with a cream cheese ball resting in the hole in the centre. Serve with mayonnaise.

Grapefruit and Onion Salad—Slice small, mild onions and allow slices to remain in French dressing for 20 minutes. Prepare the grapefruit by dividing the sections and removing the skin from each. Arrange in nests of crisp lettuce and pour onions and dressing over each serving. For an occasional variation, add sliced tart apples.

An All-White Salad—Cut slices of canned pineapple in cubes. Cut white grapes in two and remove seeds (or canned white cherries may be used instead). Blanch almonds and cut in two lengthwise. Cut celery in $\frac{1}{2}$ inch pieces. Mix all together with a little mayonnaise or cooked salad dressing. Serve on lettuce with a little dressing on top.

Fish Salad—Take a fresh white fish or trout, boil and chop, but not too fine; add the same quantity of chopped cabbage, celery or lettuce; season the same as a chicken salad. Garnish with tender leaves of heart of lettuce.

Ham Salad—Take cold boiled ham, fat and lean together, chop it to about the size of peas until thoroughly mixed, then add an equal quantity of celery or lettuce cut fine; line a dish thickly with lettuce-leaves and fill with chopped ham and celery. Cover with salad dressing.

Potato Salad, Hot—Boil 6 or 8 large potatoes and slice thin while hot; peel and cut up into small bits 3 onions, and mix with potatoes; cut up some breakfast bacon into small bits, sufficient to fill a teacup, and fry a light brown; remove meat, and into the grease stir 3 tablespoonfuls vinegar, making a sour gravy, which with the bacon pour over the potato and onion; mix lightly. To be eaten when hot.

Potato Salad, Cold—Chop cold boiled potatoes fine, with enough raw onions to season nicely; serve with mayonnaise.

Plain Cold Slaw—Slice cabbage very fine; season with salt, pepper, and a little sugar; pour over vinegar and mix thoroughly. To add variety, surround with fried oysters.

Hot Slaw—Cut cabbage as for cold slaw; bring to near boiling point. Then make a dressing the same as for cold slaw, and while hot, pour it over the hot cabbage. Stir until well mixed and the cabbage looks coddled. Serve immediately.

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Cabbage Salad—Cut into shreds the inner part of a hard head of cabbage. Arrange this cabbage for individual serving by packing into green peppers, each of which has had seeds and seams removed and been boiled until soft. Cover the cabbage with a dressing made of $\frac{1}{2}$ a cupful of Pacific milk, 2 eggs, 1 tablespoonful of butter, 1 tablespoonful of flour and 2 tablespoonfuls of vinegar. Season with salt and pepper. Garnish with beets.

Jellied Marmalade Salad— $1\frac{1}{2}$ tablespoonfuls of gelatin, $\frac{1}{4}$ cupful of water, $\frac{1}{2}$ cupful of boiling water, $\frac{1}{4}$ cupful of cocoanut, $\frac{1}{4}$ cupful of orange marmalade, 2 tablespoonfuls of vinegar, $\frac{1}{2}$ cupful of cucumber, $\frac{1}{2}$ cupful of celery. Soak gelatin in cold water and dissolve it in boiling water; add the orange marmalade and vinegar. When beginning to stiffen, add the cucumber cut into small cubes, the celery cut first into strips and then across in small pieces, and the shredded cocoanut. Pour into a mould that has been rinsed in cold water and leave in the refrigerator until firm. Serve on lettuce with French or cream dressing.

A Delicious Tomato Salad—1 pint canned tomatoes, salt and red pepper, 1 cupful chopped white grapes and nut-meats, 1 large tablespoonful gelatin, $\frac{1}{2}$ cupful finely-chopped celery, 1 green pepper, shredded. Stew and strain tomatoes. Season with salt and red pepper. Add other ingredients and mold. Serve on lettuce with mayonnaise dressing.

Chiffonade Salad — Arrange lettuce, chicory, watercress and strips of pimiento in a salad bowl and over it pour French dressing.

Canned-Pear Salad—1 pint can of pears, 1 cupful of finely cut celery, $\frac{1}{2}$ cupful of chopped green pepper, 6 stuffed olives, 2 cupfuls of coarsely shredded lettuce, $\frac{1}{2}$ cupful of salad dressing. If the pears are canned in halves cut them into thin slices and put them in the centre of a dish or on individual plates and pile the lettuce around them. If the pears are very soft dice instead of slice them. Fresh late pears may be used in the same way. Mix the celery, pepper and olives with the salad dressing and put it around the sliced pears. Serve with corn wafers and Neufchatel cheese balls.

Romaine or Endive, Cheese and Crackers—With romaine or endive serve a French dressing made with lemon juice instead of vinegar. Serve cheese and crackers with the salad.

Canned-Cherry Salad—2 cupfuls of canned cherries, 2 cupfuls of shredded lettuce, 4 marshmallows, $\frac{1}{4}$ cupful of French dressing, 4 stuffed olives. If cherries were canned without being pitted remove the stones and insert a small piece of marshmallow which has been cut out with the scissors. Put on coarsely shredded lettuce and garnish with olives which have been cut into thin rings. Serve with French or other salad dressing.

Canned Peach Salad—1 pint jar of canned peaches, 2 cupfuls of shredded lettuce, $\frac{1}{2}$ cupful of cottage cheese, 6 small stalks of celery, French or salad dressing. Line a salad dish or a plate with lettuce, put 2 halves of a peach in the centre, and place 3 or 4 1-inch pieces of celery, cut from the inside stalk which has been filled with cottage cheese, on the side of the dish. The cottage cheese is seasoned and flavored to taste. Serve with a French or other salad dressing and crisp oatmeal wafers.

Grape Salad—Take 1 pound of green grapes, skin them, and remove the seeds by making an incision in the side. Place in a bowl, and keep in an ice-cold place until ready to use. Wash and separate the lettuce, using the inside leaves. Set in a cold place until ready to use. Serve the grapes on the lettuce leaves with a French dressing made as follows: Mix 2 tablespoonfuls of olive oil with 1 tablespoonful of lemon juice or vinegar. Serve with oatmeal wafers.

Orange Salad with Celery—Cut 3 oranges into halves, remove the seeds and carefully cut the pulp away from the skin. Put into a bowl in a cold place until ready to use. Wash the lettuce carefully, line a salad bowl with the lettuce leaves and put the fruit in the centre. Pour over $\frac{1}{2}$ a cupful of French dressing made with lemon juice. Garnish with celery filled with cream cheese and peanut butter, using 2 tablespoonfuls of cream cheese to 1 tablespoonful of peanut butter, and a pinch of salt. Serve with bran crackers.

Walnut Fruit Salad—Cut up 2 apples fine, 1 banana, 2 slices of pineapple, 6 marshmallows and $\frac{1}{2}$ cup walnut meats broken up. Mix with a good oil or cooked dressing. Serve on a lettuce leaf.

Frozen Tomato Salad—Cook 1 quart of canned tomatoes well, strain, and season highly with salt, paprika, and onion juice. Mix with 1 cupful mayonnaise and freeze. Serve on lettuce.

Raisin Salad—One cupful seeded raisins, $\frac{1}{4}$ cupful lemon juice, 2 cupfuls chopped apples or pears, 2 cupfuls coarsely shredded lettuce, 1 cupful cream mayonnaise. Wash and dry the raisins, add to the apples and lemon juice. Line bowl or plates with shredded lettuce, pile raisins and apples in centre, cover with mayonnaise; serve with Neufchâtel cheese balls and garnish top with small pieces of red tart jelly. Shredded lettuce is a matter of taste. It will go farther and decorates better if shredded.

Popcorn Savory Balls for Salads—Mould into balls 1 cupful each ground popcorn and grated cheese; season with salt and paprika and bind with mayonnaise. Served with salads, the combination makes an excellent and substantial food.

Asparagus Tip Salad—One can asparagus tips, 1 green pepper or 1 pimento, 1 head lettuce, French dressing or mayonnaise. Drain and rinse asparagus with cold water. Chill thoroughly. Cut pepper or pimento into rings. Slip 8-10 of the asparagus tips through each ring and arrange on lettuce leaves. Serve with French dressing or mayonnaise.

Pineapple Salad—One can Hawaiian pineapple, 1 head lettuce, golden dressing, 6 maraschino cherries. Chill pineapple thoroughly and arrange each slice on a bed of crisp lettuce. Place a cherry in the centre of each slice of pineapple and serve with golden dressing.

Grapefruit Salad—Remove the white skin from sections of grapefruit and serve with French dressing on lettuce leaves. Prepare the same as a grapefruit salad but alternate the sections of grapefruit with sections from a large orange, and lay on top of the fruit long, thin strips of Spanish pepper. This salad should be arranged on individual plates.

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Celery Mayonnaise—Cut the celery into half-inch bits and dress generously with mayonnaise. This is the best of all salads to accompany cold chicken.

Celery and Apple Salad—Dice and dress with mayonnaise equal parts of apple and celery. This may be served in the shells of sweet green peppers, garnished with red pepper, or it may be served on lettuce leaves. A few nuts mixed with the salad are preferred by many.

Curled Celery With Cress—Cut celery in 4-inch pieces, then cut down lengthwise into thin strips. Throw into ice water to curl and crisp. Mix with an equal quantity of cress and serve with French dressing. This is a very pretty salad.

Ribbon Potato Salad—Slice cold boiled potatoes and add to them an equal bulk of lettuce cut into thin strips, and about half the quantity of dried beef also stripped rather narrow. Toss these together and dress with mayonnaise or cooked salad dressing. Serve on lettuce leaves.

Potato Salad—Boil 4 good sized potatoes in their jackets until tender. While they are boiling make a French dressing and slice into it a small onion. Peel the potatoes and slice them into the dressing while hot. Pour two tablespoonfuls of thick cream over the salad and stand aside until cold. At serving time turn it onto a platter and dust with chopped parsley, and a few chopped beets if these are liked.

Emergency Salad—Cut 4 boiled potatoes in cubes; cut 4 apples in small pieces, finely chop celery to make $\frac{3}{4}$ cup; mix; add 1 tablespoonful chopped capers and 2 hard-cooked eggs. Marinate with the following dressing, and serve on crisp lettuce. This salad may be the main dish at luncheon or supper.

Emergency Salad Dressing—1 egg, 3 tablespoonfuls melted butter substitute, $\frac{1}{2}$ teaspoonful sugar, $\frac{1}{4}$ teaspoonful salt, few grains pepper, few grains cayenne, 3 tablespoonfuls vinegar. Beat egg until light, add ingredients, 1 at a time, in order given, and continue beating until thoroughly blended.

Waldorf Salad—This salad is perhaps the most familiar of any. Made with equal parts of chopped apple and celery it may be served with French, boiled or mayonnaise dressing, and there may be added to it nuts of any kind, and pimientoes, olivettes, strips of green pepper or maraschino cherries. Another variation is

Somerset Salad—1 cupful apple cut in dice, 1 cupful cucumber cut in dice, $\frac{1}{3}$ cupful nut meats broken in pieces. Mix all together, and serve on lettuce with cooked dressing.

Cauliflower and Beet Salad—Wash cauliflower and boil for 30 minutes in boiling water in which 1 tablespoonful salt has been dissolved. Drain, and when cold, divide into small branches. Arrange these in the centre of salad dish and garnish edge with beets cut in strips. Pour over cream salad dressing and serve at once.

Another Method—Place a cold boiled cauliflower on ice until ready to serve; then break into branches and set on crisp lettuce leaves. Garnish with pimientoes and cover with mayonnaise dressing.

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Cantaloupe Salad—Quarter the cantaloupes, remove the seeds and the outer rinds. Place a quarter on lettuce leaves on each salad plate, and serve with French dressing made with lime or lemon-juice.

Another Method—Cut pulp of cantaloupes into cubes, season lightly with salt and paprika, and serve on shredded endive with mayonnaise dressing to which whipped cream is added.

Baked Apple Salad—1 dozen tart apples, 1 cupful nut meats, prunes or dates, boiled dressing. Peel and core the apples, but keep whole. Use about a cupful of either chopped dates or prunes, and mix with nut meats. Fill cavities in the apples with this mixture, and bake in baking pan until tender. Remove and chill before adding dressing. Another method of making this salad is to peel, halve and core the apples, and then bake in oven until tender. Fill the centres, when the apples are cold, with chopped banana sprinkled with lemon juice and chopped peanuts. A cooked dressing may be used.

Apple-Apricot Salad—Apples and apricots, nuts, mayonnaise or cooked dressing. Soak apricots overnight after they have been washed thoroughly. Peel and cut apples in small pieces or thin slices, and combine with the apricots that have been dried and cut into bits. Serve with mayonnaise or cooked dressing.

Orange Cocoanut Salad—4 oranges, grated cocoanut. Peel oranges and remove white. Slice very thin. Pour over the slices a dressing made of 6 tablespoonfuls oil, 2 tablespoonfuls lemon juice, $\frac{1}{4}$ teaspoonful salt, 1/8 teaspoonful paprika, 1/16 teaspoonful pepper, and a few grains cayenne. Chill before serving. Sprinkle with cocoanut.

Stuffed Prune Salad—1 lb. prunes, cream cheese, chopped nut meats, mayonnaise dressing, $\frac{1}{2}$ cupful sugar. Wash 1 lb. prunes well and soak over night in cold water. In the morning add sugar and simmer slowly until tender. Remove from fire. When cold, drain, stone carefully and fill cavities with cream cheese. Arrange on bed of crisp lettuce leaves, and sprinkle lightly with chopped nut meats. Serve with mayonnaise or cooked dressing.

Banana-Pineapple Salad—Mayonnaise or cooked dressing, bananas, sliced pineapple, chopped peanuts. Place slices of canned pineapple on lettuce leaves on individual plates. Spread with cooked dressing containing lemon juice, or with mayonnaise dressing. Slice bananas, and coat with finely chopped peanuts. Cover pineapple with these slices and place some dressing in the centre. If preferred, the hole in the centre of pineapple may be filled with cream cheese mixed with chopped nuts.

Virginia Salad — 4 tablespoonfuls salad oil, 2 tablespoonfuls tarragon vinegar, $\frac{3}{4}$ teaspoonful pepper sauce, $1\frac{1}{2}$ cups cooked potato cubes, $\frac{1}{2}$ teaspoonful salt, 1 cooked cauliflower, 3 small tomatoes, $1\frac{1}{2}$ cups cold cooked chicken, 4 hard cooked eggs, French capers, tomato mayonnaise. Make a French dressing with the oil, vinegar, pepper sauce and salt. Cut cold cooked potato in cubes, separate cauliflower in sections, cut peeled tomatoes in quarters and marinate each separately with French dressing. Cut cold cooked chicken in dice, three eggs in small pieces, and mix with marinated potato cubes and tomato mayonnaise. Place chicken mixture in centre of salad dish, cover with tomato mayonnaise, and garnish with lettuce, cauliflower and tomato arranged alternately. Decorate with 1 hard-cooked egg cut in elliptical slices, and French capers, or nasturtium seeds.

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Pimiento with Egg and Tuna Fish—4 hard-cooked eggs, $\frac{3}{4}$ cup tuna fish, 1 teaspoonful lemon juice, $\frac{1}{3}$ cup mayonnaise dressing, $\frac{1}{2}$ teaspoonful salt, few grains cayenne, $\frac{1}{8}$ teaspoonful mustard, 1 tablespoonful chopped pickles, 1 teaspoonful gelatine, 1 tablespoonful water, canned pimientos. Mash the hard-cooked egg yolks, add tuna fish finely flaked and seasoned with lemon juice and salt. To mayonnaise dressing add salt, cayenne, mustard, chopped pickles, and gelatine dissolved in water. Combine mixtures and use for stuffing pimientos, which are wiped as dry as possible. Let stand until thoroughly chilled, slice, and serve on lettuce leaves. Hard-cooked egg whites may be used for garnishing if desired.

Potato and Egg Salad—2 cups cold potato cubes, 1 cup cut celery or cabbage, 2 hard-cooked eggs, 2 tablespoonfuls chopped pickle, 2 tablespoonfuls chopped green pepper, 1 tablespoonful chopped parsley, few drops onion juice. Cut cold cooked potato in small cubes, cut celery or raw cabbage in small pieces, and mix lightly with other ingredients. Moisten with salad dressing and serve on lettuce.

Substantial Vegetable Salad — 2 cupfuls pickled beets, 2 cupfuls cold boiled carrots, 2 cupfuls finely shredded cabbage, 2 cupfuls finely shredded lettuce, $\frac{1}{2}$ cupful stuffed olives, 1 green pepper chopped fine, $\frac{1}{4}$ cupful finely chopped parsley, 2 cupfuls salad dressing, or 1 cupful mayonnaise, $\frac{1}{2}$ cupful of French dressing, 1 teaspoonful of salt, $\frac{3}{4}$ teaspoonful of paprika, 2 hard-cooked eggs, 1 onion chopped fine. Line a large platter with lettuce leaves, put diced red beets high in the centre, the cabbage—which has been in iced water and then dried—around the beets, and sprinkle liberally with green pepper and 2 tablespoonfuls of French dressing; next put the diced carrots and then shredded lettuce around the carrots; sprinkle all with salt, a little paprika and French dressing. On the shredded lettuce lay hard-cooked eggs cut into slices. The onion is mixed with the boiled dressing or mayonnaise, which is put on in spoonfuls—1 teaspoonful on top of beets, 3 teaspoonfuls on the cabbage, 3 on the carrots and little on each cut of egg. The olives are cut into three slices and used to decorate the dish. All is then sprinkled with parsley, green pepper and paprika.

Sweet-Potato Salad—1 quart cold boiled sweet potatoes, 2 cupfuls finely cut celery, 2 stuffed olives, 2 cupfuls shredded lettuce, $\frac{1}{2}$ cupful mayonnaise, salad dressing, or $\frac{1}{4}$ cupful French dressing, 1 teaspoonful salt, $\frac{1}{8}$ teaspoonful paprika. Skin and dice the sweet potatoes quite small, being careful that they are not boiled too tender; cover the diced potatoes with French dressing, salt and paprika; add the celery last. Mix and place in the centre of a dish that has been lined with the shredded lettuce. Cover the top with mayonnaise and garnish with olives that have been cut into thin rings; if preferred the olives may be mixed through the salad. This makes a very hearty luncheon salad.

Green-Pepper Salad—6 green peppers, 2 cupfuls shredded lettuce, $\frac{1}{2}$ cupful French dressing flavored with garlic or onion. Wash and put peppers into a hot oven; bake for 10 minutes; remove, plunge into cold water and remove the skins and the seeds; put in the refrigerator. When ice cold, shred with a sharp knife, place on lettuce and cover with dressing. Serve with crisp crackers and cheese.

Tomato-Jelly Salad—2 cupfuls strained tomato, 1 teaspoonful salt, a dash of paprika, 2 tablespoonfuls of gelatin, 2 tablespoonfuls sugar. Put tomato into a saucepan and boil for 10 minutes; add sugar and seasoning, and strain through a fine strainer. Soak gelatin in 2 tablespoonfuls of cold water and add it to the strained hot tomato; stir until dissolved. Pour out on deep plate or mold that has been rinsed with cold water. When firm cut into $\frac{1}{2}$ -inch cubes and put on lettuce leaves. Serve with a salad or mayonnaise dressing.

Pears and Peppers—Arrange halves of canned pears in nests of lettuce and decorate with strips of green or red pepper. Serve with French dressing. The pears may be cut in lengthwise strips and arranged with strips of pepper.

Vegetable Salad — 6 good-sized potatoes boiled and sliced thin; $\frac{3}{4}$ cup finely chopped cabbage; 3 tablespoonfuls chopped pickles; 2 chopped onions; 2 chopped apples; yolks of 3 hard-boiled eggs pounded fine; a green pepper cut fine; butter size of an egg; 1 tablespoonful flour. Chop all separately, then mix thoroughly. Serve with dressing.

Summer Salad—Salad greens, 4 tablespoonfuls salad oil, 2 tablespoonfuls tarragon vinegar, 2 teaspoonfuls Worcestershire sauce, 1 teaspoonful salt, $\frac{1}{2}$ teaspoonful pepper, 2 drops tabasco sauce. Arrange salad greens in salad bowl. Put all remaining ingredients into a salad dressing bottle and shake until blended. Serve with the salad greens.

Celery Salad—Boil a cup of Pacific milk and thicken it with a tablespoonful of cornstarch dissolved in a little Pacific milk; mix well together 1 beaten egg, 2 teaspoonfuls sugar, 1 of salt, $\frac{1}{2}$ teaspoonful dry mustard, and a small pinch of cayenne pepper; pour this into the hot milk a little at a time, stirring constantly; when quite smooth, take off the fire and add a tablespoonful (or more) of olive oil and the same quantity of vinegar; mix well together, and when cool pour over celery cut in very small pieces.

Cheese and Banana Salad—2 bananas, 1 Neufchatel cheese, few grains salt, 2 tablespoonfuls chopped mint leaves, French dressing. Remove skin from bananas, scrape and cut in halves lengthwise. Mix cheese with chopped mint leaves, salt and dressing to moisten. Spread $\frac{1}{2}$ mixture on 2 slices of banana, cover with other pieces of banana, press firmly and cut bananas again in two lengthwise, at right angles to first cut. Spread with remaining cheese, cover, press firmly, and cut bananas in slices crosswise. Arrange on lettuce leaves and serve with French dressing. Chopped nuts or olives may be used instead of mint leaves.

Pear Salad—Fresh pears, celery, maraschino cherries, angelique. Remove skin from a fresh pear, cut in halves lengthwise. Remove core, and marinate with French dressing. Cut celery in pieces 2 inches long, and then in very thin strips lengthwise, and place in ice water until well curled. Make a nest of lettuce leaves on individual salad plates, sprinkle with curled celery, and place the pear on the nest. In the centre of the pear place a maraschino cherry and strips of angelique, to represent stem and leaves for the cherry. Serve with French dressing.

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Bean Salad — String young beans; break into $\frac{1}{2}$ -inch pieces or leave whole; wash and cook soft in salt water; drain well; add finely chopped onions; pepper, salt and vinegar; when cool, add olive oil or melted butter.

Fruit Salad—3 bananas, 2 peaches, some cubes of pineapple, and a little of as many kinds of fruit as you can get—the more the better. Slice bananas in circles, divide oranges into sections, removing peel, pith, and pips; skin peaches, and take out stones from any stone fruit used. Large plums should be cut in slices. Add some of the pineapple syrup to the juice of an extra orange; sweeten with castor sugar, and pour over the fruit. Cover with whipped cream, or serve with imitation cream made as follows: Mix a tablespoonful of custard powder with a little cold Pacific milk, then add sufficient boiling Pacific milk to make it the same thickness as cream. Put it into a jar, and place the jar in a pan of boiling water, and stir for 15 minutes or more until cooked. Then sweeten to taste and set aside to cool.

Chicken or Turkey Salad—Boil fowls tender, and remove all fat, gristle and skin; mince the meat in small pieces, but do not hash. To 1 chicken put twice and a half its weight in celery, cut in pieces of about $\frac{1}{4}$ of an inch; mix thoroughly, and set it in a cool place,—the ice chest. Just before serving mix with mayonnaise and cool once more. Garnish with celery tips or cold, hard-boiled eggs, lettuce leaves from the heart, cold boiled beets or caper, olives. Crisp cabbage is a good substitute for celery; when celery is not to be had use celery vinegar in the dressing.

Jellied Shrimps—Fish aspic, hard-cooked egg, shrimps, cucumber. Make a fish aspic, and put a thin layer in bottom of heart-shaped mold. Garnish with a border of finely chopped hard-cooked egg white, shrimps and thin cucumber slices cut in fancy shapes. Cover with aspic, and when firm fill molds with shrimps cut in small pieces, cucumber cut in dice, and remaining jelly. When firm, turn out, garnish with lettuce, chicory and cress and mayonnaise dressing.

Lobster or Crab Salad—Using canned lobsters, or crab, skim off the oil on the surface, and chop the meat up coarsely on a flat dish. Chop fine 6 heads of celery. Mix a small portion of dressing with the celery and meat, and turn the remainder over all. Garnish with the green tops of celery, and a hard-boiled egg, cut into thin rings. This special dressing may be used: Mix a teaspoonful of mustard into a smooth paste with a little vinegar; add 2 fresh yolks of eggs; a tablespoonful of butter, creamed, a small teaspoonful of salt, same as pepper, $\frac{1}{4}$ teaspoonful cayenne pepper, teacup of vinegar, and the mashed yolks of 2 hard-boiled eggs. Heat these ingredients to a soft custard. Some prefer to use less vinegar and a proportion of thick sweet cream.

WHAT TO SERVE WITH SHELLFISH

With oysters and clams on the half shell: Horseradish, lemon or vinegar, long oyster crackers or brown bread and butter.

With broiled oysters: Toast and browned sauce.

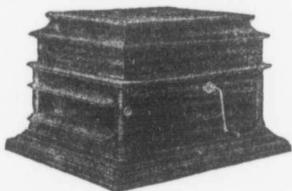
With fried oysters: Cabbage salad with French dressing.

With broiled lobster: Lettuce with French dressing and chile sauce.

With cold boiled crabs: Lettuce with French dressing, brown bread and butter.

With devilled crab: Tartare sauce and bread and butter.

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Sandwiches

Chicken Salad Sandwiches—Between two thin, oblong slices of bread, buttered, place a layer of chicken salad on a lettuce leaf. In making chicken salad for sandwiches, chop the chicken and celery much finer than for ordinary purposes.

Cheese and Walnut Sandwiches—Half lb. cheese, $\frac{1}{4}$ lb. English walnut meats, $\frac{1}{4}$ teaspoonful salt and a dash of red pepper. Run through a perfection cutter; mix with a little mayonnaise dressing until soft enough to spread; put between thinly-sliced bread, cut about $1\frac{1}{2}$ inches wide; serve with salad for luncheon.

Club House Sandwiches—Toast thin slices of brown or white bread, butter lightly, and lay over thin slices of crisply browned bacon, lay on another slice of toast, then thin slices of chicken, well seasoned, another slice of buttered toast, and then a thin layer of cucumber pickles sliced crosswise. On top of this put another slice of buttered toast, and you have a sandwich fit for a king.

Date and Nut Sandwiches—Remove the stones and scales from the dates and break them up with a fork. Chop pecans fine and use twice as many dates as nuts. Mix together and moisten with creamed butter. Add a dash of salt and spread between thin slices of bread.

Egg Sandwiches—Chop fine the whites of hard-boiled eggs. Mash yolks with silver fork. Mix yolks and whites, season with salt and pepper, and moisten with mayonnaise or cream salad dressing.

Piquant Sandwiches—Combine 1 cupful seeded raisins, 2-3 cupful cold boiled ham, $\frac{1}{4}$ cupful sweet cucumber pickles, and put through food-chopper; add 1 teaspoonful lemon juice and mix with mayonnaise to spreading consistency.

Sandwiches a la Minute—Take some slices of brown bread, cover with a layer of cream cheese, and on the cheese spread prepared mustard; cover with another slice of bread, pressing well together. Arrange on a dish, garnish around with little bunches of chicory, and decorate with radish roses.

Fruit Sandwiches—Prepare a large and attractive plate by placing a lace paper doily over the bottom. Fold two other lace paper doilies so as to make a divider for the plate, which will separate it into four quarters or sections. Fasten the angles of the dividers with a small bow of scarlet ribbon. Cut slices of twenty-four-hour-old bread in $\frac{1}{4}$ -inch slices. Spread lightly with creamed butter. Make a filling of equal parts of stewed mashed figs and orange marmalade. Add to each cupful of this mixture two dozen chopped canned, tart cherries. Press sandwiches together and cut with a fancy cutter. Drain a dozen of the tart cherries, or use preserved cherries. Decorate each pile of sandwiches with a couple of these and lay four around the plate to give a touch of color.

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Ribbon Sandwiches—6 slices white bread, 4 slices Graham bread, 6 tablespoonfuls butter, 4 tablespoonfuls horse-radish, 1 teaspoonful lemon juice, 6 pimolas, finely chopped, few grains salt. Have the bread cut $\frac{1}{4}$ -inch thick. Cream butter, add horseradish, lemon juice, pimolas and salt. Spread a slice of white bread with this mixture, cover with a slice of Graham bread. Spread with the mixture, cover with a slice of white bread, spread again with mixture, and cover with Graham bread, again spread with mixture and cover with a third piece of white bread. Prepare the remaining slices of bread in the same way. Wrap in damp cheesecloth, press under a board with a flatiron on top, and when ready to serve cut in thin slices.

Fruit Sandwiches—Prepare a large and attractive plate by placing a lace paper doily over the bottom. Fold two other lace paper doilies so as to make a divider for the plate, which will separate it into four quarters or sections. Fasten the angles of the dividers with a small bow of scarlet ribbon. Cut slices of twenty-four-hour old sandwich bread in $\frac{1}{4}$ -inch slices. Spread lightly with creamed butter. Make a filling of equal parts of stewed mashed figs and orange marmalade. Add to each cupful of this mixture 2 dozen chopped, canned, tart cherries. Press sandwich together and cut with a fancy cutter. Drain a dozen of the tart cherries, or use preserved cherries. Decorate each pile of sandwiches with a couple of these and lay four around the plate to give a touch of color.

Popcorn Cheese for Sandwiches—Grind fine some freshly popped corn and mix with half its measure of fine chopped sweet peppers. Season with salt; add a tablespoonful of butter and set aside, pressed into a greased dish, until chilled; then spread between bread or crackers. Cottage cheese may be used instead of butter, and gherkins for peppers. Or ground popcorn may be mixed with dates, softened chopped figs or persimmon pulp.

Raisin and Peanut Paste—One cupful seeded raisins, $\frac{1}{4}$ cupful sugar, $\frac{1}{2}$ cupful peanut butter, 1 teaspoonful salt. Wash and dry the raisins; put them through a food chopper twice; add the peanut butter and the salt. Mix and roll into small balls, then cover with sugar. Lay on a plate to dry. This may also be used as a sandwich filling between bread or wafers.

Nut Bread Sandwiches—Mix cottage cheese with chopped stuffed olives, a little salt and paprika, and spread on buttered nut bread. Place a lettuce leaf inside or under each sandwich. Cut cornerwise and place a stuffed olive on each sandwich.

Nuts which have grown stale may be freshened by soaking an hour in milk, then placing in oven to dry.

Dish cloths should be scalded and washed daily.

Milk will keep sweet longer in a shallow pan than in a pitcher.

Old bread or biscuit can be made fresh by wrapping in wet cloth and placing in an oven until heated through.

Before boiling a ham rub brown sugar over it and pierce it with whole cloves, this will give it a delicious flavor.

Take bread scraps before they have become musty and dry them in the oven. When thoroughly dry, roll to a powder or put through the food shopper; put into jars for breading, etc.

Bread

Making Bread With Yeast—Measure the liquid into a bowl and add the sugar. Crumble in the required quantity of yeast, and when it comes to top (within ten minutes) add shortening and sift in slowly about one-half of the flour, or enough to make a smooth, light batter. Beat thoroughly to distribute the yeast. Now add the salt to remainder of flour and mix gradually into the batter.

Kneading the Dough—Do not allow dough to chill. Knead quickly and lightly until it is smooth and elastic and does not stick to fingers or to the board. To be sure that all parts of the dough are kneaded, cut half through the centre, turn inside out and knead again.

Rising—Place dough in greased bowl or large pan, in warm place, free from draft, and covered with lid to prevent crust from forming on top. When dough doubles in bulk, make into loaves.

The Loaf—Into a well-greased pan put a loaf half the size of the pan, cover and stand in warm place, free from draft, until loaf doubles in size. To test whether it is ready for oven, press with finger and if impression remains the bread will rise no more. If impression disappears give a little more time before putting in oven.

Baking—Place bread in quick oven, where loaf should brown in about twenty minutes. Then reduce heat and bake more slowly. An ordinary loaf will bake in about 40 to 50 minutes. Remove loaf from pan and stand on edge, out of draft, until cold.

Plain White Bread—Put into mixing dish 2 quarts sifted flour, less 1 teacupful to be used on board when kneading; mix with it 1 teaspoonful salt and 1 tablespoonful sugar; rub in well 1 tablespoonful either butter or lard. Mix $\frac{1}{2}$ a teacupful baker's yeast, or its equivalent, $\frac{1}{2}$ cake dry hop or compressed yeast with 1 pint lukewarm water, and pour it into the middle of the flour, mixing the whole with a large spoon until the proper consistency for the dough has been attained, using either more water or flour as may be needed. Knead the mass for about $\frac{1}{2}$ hour and set in a warm place to rise. By morning it should have about doubled in bulk. Knead it over with a little flour, shape into loaves, and after it has risen in the pans put into the oven and bake. Do not have the oven too hot at first. When done take out of the pan and lean against something until cool.

Raisin Bread—One cake yeast, 1 cupful lukewarm water, 1 cupful Pacific milk, scalded and cooled, 1 tablespoonful sugar, 6 cupfuls sifted flour, 4 tablespoonfuls lard or butter, $\frac{3}{4}$ cupful sugar, $\frac{3}{4}$ cupful raisins, 1 teaspoonful salt. Dissolve yeast and 1 tablespoonful sugar in lukewarm liquid, add 2 cupfuls flour, the lard or butter and sugar well creamed, and beat until smooth. Cover and set aside to rise in a warm place, free from draft, until light—about $1\frac{1}{2}$ hours. When well risen, add raisins well floured, the rest of the flour, or enough to make a moderately soft dough, and the salt. Knead lightly. Place in well-greased bowl, cover and let rise again until double in bulk—about $1\frac{1}{2}$ hours. Mould into loaves, fill well-greased pans half full, cover and let rise until light—about 1 hour. Glaze with egg diluted with water and bake 45 minutes.

Entire Wheat Bread—Scald 2 cupfuls Pacific milk and cool until tepid. Add 2 tablespoonfuls molasses, $\frac{1}{2}$ teaspoonful salt, and 1 compressed yeast cake that has been dissolved in one-third cupful of tepid water. Then beat in 2 cupfuls white flour and enough entire wheat flour to knead (about 6 cupfuls). If a bread mixer is used, 5 cupfuls of flour will be ample. Set to rise in a well-oiled bowl, or in a bread mixer, wiping over the top with a little milk to prevent the formation of a crust. When doubled in bulk, shape in two loaves, put in well-oiled pans, cover, and set to rise. When almost double, bake 50 minutes in a moderate oven, starting at 350 degrees Fahrenheit, and lowering the heat the last 10 minutes. When done, brush over with a little butter or butter substitute. If genuine entire wheat flour is used, it may replace the white flour and the bread will have a distinct mineral value.

Milk Bread—One cake yeast, 1 quart Pacific milk, scalded and cooled, 2 tablespoonfuls sugar, 3 quarts sifted flour, 2 tablespoonfuls lard or butter, melted, 1 tablespoonful salt. Dissolve yeast and sugar in lukewarm milk, add $1\frac{1}{2}$ quarts sifted flour. Beat until smooth. Cover and set to rise in warm place, free from draft—about $1\frac{1}{2}$ hours. When light, add lard or butter, remainder of flour, or enough to make dough that can be handled, and salt. Knead until smooth and elastic. Place in well-greased bowl. Cover, let rise again until double in bulk—about 2 hours. Mould into loaves. Place in well-greased bread pans, filling them half full. Cover and let rise again until double in bulk, about 1 hour. Bake 40 to 50 minutes. This makes three $1\frac{1}{2}$ -pound loaves.

Graham Bread—One cake yeast, 1 cupful Pacific milk, scalded and cooled, 1 cupful lukewarm water, 4 tablespoonfuls light brown sugar or molasses, 2 tablespoonfuls lard or butter, melted, 4 cupfuls graham flour, 1 cupful sifted white flour, 1 teaspoonful salt. Dissolve yeast and sugar, or molasses, in lukewarm liquid. Add lard or butter, then flour, gradually, or enough to make a dough that can be handled, and the salt. Knead thoroughly, being sure to keep dough soft. Cover and set aside in a warm place to rise, for about 2 hours. When double in bulk, turn out on kneading board, mould into loaves and place in well-greased pans, cover and set to rise again—about 1 hour, or until light. Bake 1 hour, in a slower oven than for white bread. If wanted for over night, use $\frac{1}{2}$ cake of yeast and an extra $\frac{1}{2}$ teaspoonful salt.

Rye Bread (American)—One cake yeast, 1 cupful Pacific milk, scalded and cooled, 2 cupfuls lukewarm water, 5 cupfuls rye flour, $1\frac{1}{2}$ cupfuls sifted white flour, 1 tablespoonful lard or butter, melted, 1 tablespoonful salt. Dissolve yeast in lukewarm liquid, add $2\frac{1}{2}$ cupfuls rye flour, or enough to make sponge. Beat well. Cover and set aside in a warm place, free from draft, to rise about 2 hours. When light, add white flour, lard or butter, rest of rye flour, or enough to make a soft dough, and the salt. Turn on a board and knead, or pound it five minutes. Place in greased bowl, cover and let rise until double in bulk—about 2 hours. Turn on board and shape into long loaves. Place in shallow pans, cover and let rise again until light—about 1 hour. Brush with white of egg and water, to glaze. With sharp knife cut lightly three strokes diagonally across top, and place in oven. Bake in slower oven than for white bread. Caraway seed may be used if desired. Note—By adding $\frac{1}{2}$ cupful of sour dough, left from previous baking, an acid flavor is obtained, which is considered by many a great improvement. This should be added to sponge.

Cocoa Bread—One cake yeast, 2 cupfuls Pacific milk, scalded and cooled, 1 tablespoonful sugar, $5\frac{1}{2}$ cupfuls sifted flour, $\frac{1}{4}$ cupful butter, $\frac{1}{2}$ cupful sugar, 2 eggs, $\frac{1}{2}$ cupful cocoa, $\frac{1}{2}$ teaspoonful salt. Dissolve yeast and 1 tablespoonful sugar in lukewarm milk, add 3 cupfuls flour and beat until smooth. Cover and set aside to rise in warm place until light—about $1\frac{1}{2}$ hours—then add butter and sugar creamed, eggs well beaten, cocoa, remainder of flour, or enough to make a comparatively soft dough, and salt. Knead lightly, place in greased bowl. Cover and set aside in warm place, free from draft, until double in bulk—about 2 hours. Mould into loaves, place in well-greased bread pans, filling them half full. Cover and let rise again until light—about 1 hour. Bake 40 to 45 minutes. This recipe makes two loaves. Nuts, raisins or currants may be added if desired. This bread can be used for making delicious sandwiches. Buns can also be made and decorated with chocolate frosting.

Prune and Nut Bread—One-half cupful prunes, $1\frac{1}{2}$ cupfuls cold water, $\frac{1}{2}$ cupful rolled oats, $\frac{1}{4}$ cupful chopped nuts, $\frac{1}{2}$ yeast cake, $2\frac{3}{4}$ cupfuls flour or more if needed. Soak prunes in cold water overnight. Cook in same water until soft and remove stones. To prune juice add boiling water to make one cup, bringing to boiling point, and pour over rolled oats. Let stand 1 hour, add sugar, $\frac{1}{2}$ teaspoonful salt, shortening in the form of the chopped nuts, yeast softened in the $\frac{1}{4}$ cupful lukewarm water, and the prunes. Then add flour, mix thoroughly, let rise, turn into oiled bread pans, let rise again and bake.

Bread With Potato Yeast—Peel 2 or 3 potatoes, boil until soft, and drain, reserving the water. Mash the potatoes; there should be about 2 cupfuls. Add 2 teaspoonfuls salt, 2 tablespoonfuls sugar, and 2 cupfuls of the potato water. When lukewarm add from $\frac{1}{4}$ to $\frac{1}{2}$ cake of yeast foam or other dry yeast which has been dissolved in a tablespoonful of lukewarm water. The amount of yeast depends upon the weather and the time allowed for rising. In summer $\frac{1}{4}$ cake is sufficient if allowed to rise overnight. Let stand until foamy on top. For a medium-sized loaf of bread, use $1\frac{1}{2}$ cupfuls of the potato yeast, 1 or 2 tablespoonfuls fat, and $\frac{1}{4}$ cup molasses if desired. Add gradually the graham or unbolted flour, beating hard until stiff enough to knead. Knead well, using 5 cups or more. The dough should not be so soft as to flatten out after standing a few minutes. Let rise, shape, and bake as for white bread. This recipe can be used for bread made of white flour, or any combination of white flour and substitutes. If the potato yeast is started at night, and the bread made by seven or eight in the morning, it will be ready to bake by noon or before. In hot weather it can be made and baked in 3 or 4 hours.

Potato Bread (Second Recipe)—One cupful mashed potatoes, 2 cupfuls flour, 1 tablespoonful fat, 1 tablespoonful sugar, $\frac{1}{2}$ yeast cake dissolved in 2 tablespoonfuls potato water, 1 teaspoonful salt. Mash boiled potatoes when hot. Add sugar, salt and fat. Cool till lukewarm. Add yeast and flour. The dough will be very stiff, but the moisture in the potatoes will soften the mixture as it rises. Let rise in warm place until double in bulk, knead, place in greased pan, let rise again until double in bulk, place in moderate oven (350 degrees), and bake for about 1 hour. This makes one small trial loaf, and it is delicious bread.

Nut Bread—Pacific milk scalded, 1 pint; sugar, $\frac{1}{4}$ cup; white flour, 2 cups; wheat flour, 4 cups; compressed yeast, 1 cake; English walnut meats, 1 cup chopped fine; salt, $\frac{1}{2}$ teaspoonfuls.

Baking Powder Bread—One quart flour, 1 teaspoonful salt, $\frac{1}{2}$ teaspoonful sugar, 2 heaping teaspoonfuls baking powder, $\frac{1}{2}$ medium-sized cold well-boiled potato, and water, Pacific milk or equal quantities of each. Sift thoroughly together flour, salt, sugar and baking powder; rub in the potato; add sufficient liquid to mix rapidly and smoothly into a stiff batter or soft dough. This will require about 1 pint of liquid. Turn at once into greased loaf-pan, smooth the top with knife dipped in melted butter and bake immediately in moderate oven about 1 hour. When done take from pan, moisten with the hand dipped in cold water, wrap in bread cloth until cold.

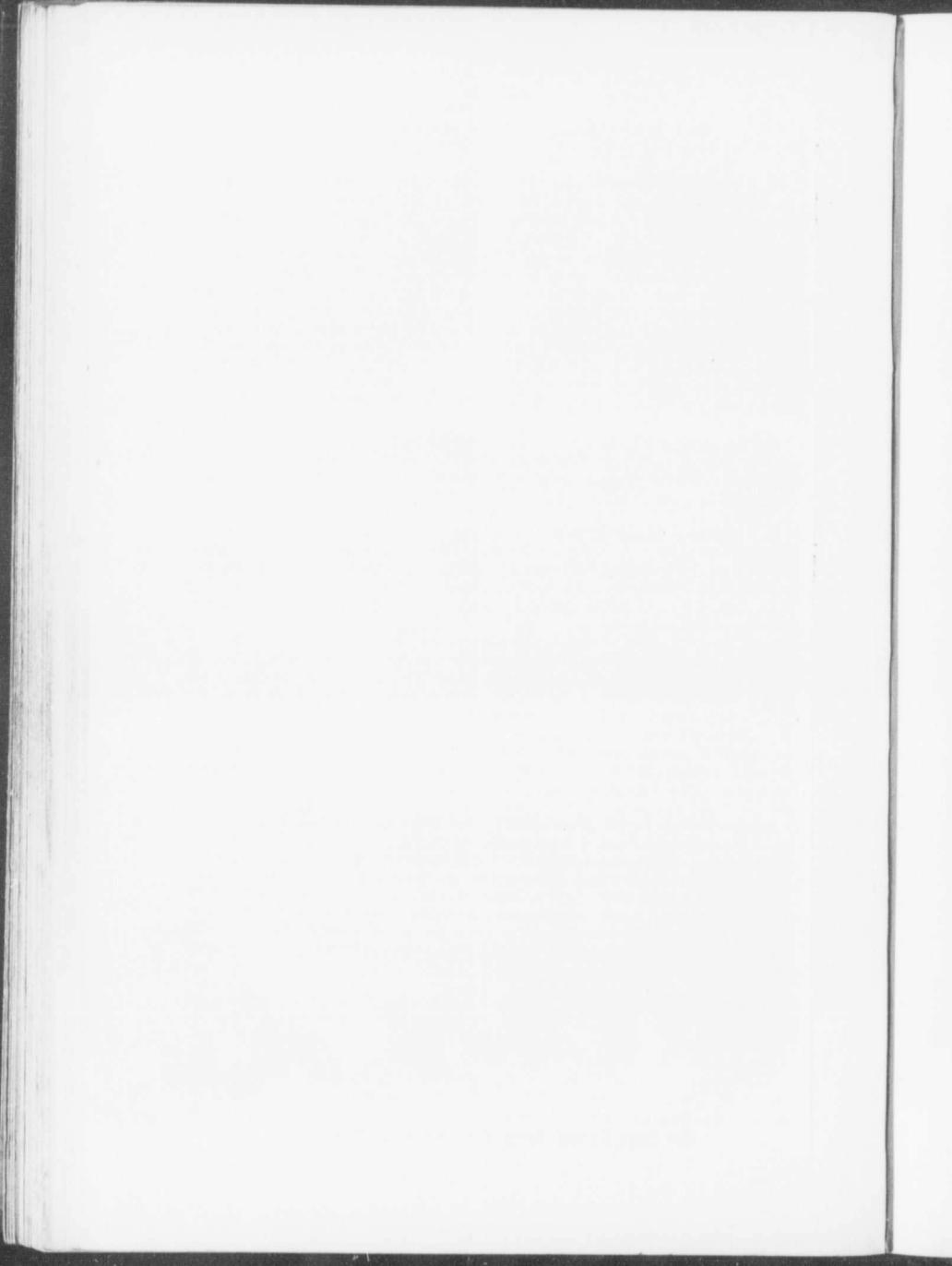
Baking Powder Nut Bread—One-half cupful sugar, 2 cupfuls Pacific milk, 4 cupfuls flour, 1 cupful chopped walnuts, 8 level teaspoonfuls baking powder, a little salt. Mix dry ingredients, then add milk. Let stand 20 minutes. Bake in deep pan in slow oven.

Nut and Date Bread—Three-quarters cupful sugar, 1 egg, 1 cupful Pacific milk, 10 cents' worth of chopped walnuts, $2\frac{1}{2}$ cupfuls flour, 4 teaspoonfuls baking powder, $\frac{1}{2}$ teaspoonful salt, $\frac{1}{2}$ cupful chopped dates. Beat egg and sugar together thoroughly, add milk and beat. Sift in flour, salt and baking powder; add nuts and dates, and beat; pour into greased pan and bake about 1 hour in moderate oven.

Peanut Tea Bread—Four cupfuls flour, 4 level teaspoonfuls baking powder, $\frac{1}{2}$ teaspoonful salt, 1 tablespoonful sugar, 2 tablespoonfuls butter, 1 egg, 1 cupful Pacific milk, $\frac{1}{2}$ cupful peanut butter. Mix flour, salt and baking powder; add butter and peanut butter, and chop or cut in with a knife. Beat the egg, add milk to it, and add to dry ingredients. Lay on floured board, knead lightly, then mould into a bread pan. Cover and place in a warm location for from 20 to 30 minutes. Bake in a moderate oven for 40 minutes. This makes one large loaf.

Boston Brown Bread (Sour Milk)—One cupful corn meal, 1 cupful rye meal, 1 cupful bread flour, 4 teaspoonfuls baking powder, $\frac{3}{4}$ cupful molasses, 1 teaspoonful salt, $1\frac{1}{4}$ teaspoonfuls soda, 2 cupfuls buttermilk or sour milk. Sift together the meal, flour, baking powder and salt; crush soda and mix thoroughly with sour milk; add molasses and stir into dry ingredients; turn into 3 well-buttered empty baking powder boxes (pound size), cover, set to cook in a steamer at the boiling point for 3 hours. If steamer is filled with water to the height of the rack it will not need to be replenished. If necessary to replenish use hot water.

Virginia Spoon Bread—Two cupfuls warm water, 1 cupful Pacific milk, 1 cupful cornmeal, 2 eggs, 2 teaspoonfuls salt, 1 tablespoonful fat. Mix the cornmeal with the water and cook, stirring meantime for 3 minutes. Remove, add the eggs beaten with the milk, then the salt and butter. Place in a well-greased baking pan and bake for about 25 minutes in a hot oven. Let it brown well. Serve with spoon from pan in which it was baked.



Spider Bread—Two cupfuls corn meal, yellow or white, $1\frac{1}{2}$ cupfuls Pacific milk, 2 well-beaten eggs, 2 tablespoonfuls cooking oil or butter, 2 tablespoonfuls sugar, 1 teaspoonful salt, 4 teaspoonfuls baking powder. Mix in the order given; beat well; add baking powder, and mix lightly; pour into shallow, well-greased pan, put into hot oven and bake from 25 to 30 minutes.

Georgia Hominy Spoon Bread—One-half cupful cornmeal, 3 cupfuls cooked hominy grits, $1\frac{1}{3}$ cupfuls Pacific milk, $\frac{1}{2}$ cupful butter, 1 teaspoonful baking powder, 1 teaspoonful salt. Add the cooked hominy grits, while they are still warm; beat well; add the milk, butter, salt and baking powder. Pour into a shallow greased pan and bake until browned.

Virginia Egg Bread—Four cupfuls cornmeal, 1 cupful wheat flour, 3 cupfuls Pacific milk, 2 eggs, 1 tablespoonful butter. Sift together the cornmeal, flour and salt. Beat the eggs and the melted butter into the milk, and add the liquid to the flour, making a thin batter. Bake in greased cups or a tin pan in a hot oven.

Graham Bread With Eggs—Mix together 3 cupfuls graham flour, 1 cupful wheat flour, 2 teaspoonfuls baking powder, 1 teaspoonful salt; rub in 1 tablespoonful butter or other shortening. Beat 3 eggs; add 1 cupful Pacific milk and 1 tablespoonful molasses; stir into dry mixture. Add more milk if needed to make a drop batter. Put into a greased loaf pan, smooth with knife dipped in cold water. Bake about 1 hour in moderate oven.

Graham Lunch Bread—One and one-half pints graham flour, $\frac{1}{2}$ pint flour, 1 tablespoonful sugar, 1 teaspoonful salt, 2 teaspoonfuls baking powder, $\frac{3}{4}$ pint Pacific milk. Sift together graham flour, flour, sugar, salt and powder; add the milk; mix into smooth dough that can be easily handled. Flour the board, turn out dough, give it a quick, vigorous additional kneading to complete its smoothness; then divide into four large pieces, which form into long loaves, lay them just touching in a square shallow cake pan, wash them over with milk. Bake in rather hot oven 30 minutes. When removing from oven rub them over with a little butter on a clean piece of linen.

Rye Bread—One pint rye flour, $\frac{1}{2}$ pint Indian cornmeal, $\frac{1}{2}$ pint wheat flour, 1 teaspoonful sugar, 1 teaspoonful salt, 2 teaspoonfuls baking powder, 1 tablespoonful butter or lard, $\frac{3}{4}$ pint Pacific milk. Sift together rye flour, cornmeal, flour, sugar, salt and powder; rub in the shortening; add milk. Mix into smooth batter. Pour into well-greased tin, bake in moderate oven about 45 minutes. Protect loaf with paper first 20 minutes.

Rye Nut Bread—One cupful rye flour, 1 cupful standard flour, 4 teaspoonfuls baking powder, 1 teaspoonful salt and 4 tablespoonfuls Klim sifted together; add 1 cupful chopped walnuts, mix with $1\frac{1}{2}$ cupfuls water, knead on the board, put in an ordinary loaf tin; bake 45 minutes in moderate oven.

Date Loaf—One cupful white sugar, 1 egg, $1\frac{1}{2}$ cupfuls Pacific milk, 3 rounded teaspoonfuls baking powder, $1\frac{1}{2}$ cupfuls chopped dates, 1 cupful chopped walnuts, $\frac{1}{2}$ teaspoonful salt, 4 cupfuls flour. Make into loaf and bake from 1 to $1\frac{1}{2}$ hours in a very slow oven. If the loaf stands for 15 minutes before being put into oven it is improved.

Date Loaf—One cupful brown sugar, 1 pinch salt, 2 cupfuls sour milk, 1 teaspoonful soda, 1 lb. chopped dates, 3 cupfuls graham flour, 1 teaspoonful nutmeg or mixed spices. Mix brown sugar, salt, spice, and add the sour milk in which soda has been dissolved; then add graham flour and floured dates; beat well. Bake in a loaf pan for about 1 hour in a moderate oven. Serve with butter.

Fruit Brown Bread—Four cupfuls graham flour, $\frac{1}{2}$ cupful molasses, $\frac{1}{2}$ cupful brown sugar, 1 cupful chopped dates or raisins, $1\frac{1}{2}$ cupfuls sour milk, 1 teaspoonful soda.

Boston Brown Bread— $\frac{1}{2}$ pint each of wheat and rye flour, 1 pint corn meal, 2 potatoes, 1 teaspoonful salt, 1 tablespoonful brown sugar, 2 teaspoonfuls baking powder. Sift all together thoroughly and add $\frac{1}{2}$ pint water. Take 2 boiled potatoes and grate through a sieve, diluting with water, and mix with flour and other ingredients. Put in buttered tin boiler, cover tightly and set in covered iron kettle to boil. When done set bread boiler in fairly hot oven. 1 cup molasses may be substituted for brown sugar if desired.

Coffee-Bread (Breakfast)—1 egg, $\frac{1}{2}$ cup sugar, 1 cup Pacific milk, 2 cups flour, 2 teaspoonfuls baking powder, $\frac{1}{2}$ teaspoonful salt. Bake in quick oven in flat tins.

Johnny Cake— $\frac{3}{4}$ level cup corn meal, $1\frac{1}{4}$ cups flour, $\frac{1}{4}$ cup sugar, 4 level teaspoonfuls baking powder, $\frac{1}{2}$ teaspoonful salt, 1 cup sweet Pacific milk, 1 egg, 1 tablespoonful melted butter. Mix and sift dry ingredients, add Pacific milk, egg well beaten, and butter. Bake in shallow, buttered pan in hot oven 20 minutes.

Biscuits, Buns and Scones

Fruit Scone—One cupful standard flour, 1 cupful cornmeal, 3 teaspoonfuls baking powder and a pinch of salt should be sifted together. Add $\frac{1}{2}$ cupful seeded raisins, 2 tablespoonfuls sugar, 1 well-beaten egg and sufficient Pacific milk to mix to a soft dough; flatten into round loaf shapes with a rolling pin on a floured board, cut each across into four and brush over with yolk of egg. Bake 20 minutes.

English Cornmeal Scones—One cupful cornmeal, 1 cupful flour, 1 teaspoonful baking powder, 2 tablespoonfuls shortening, $\frac{1}{2}$ cupful granulated sugar, 1 cupful currants or chopped raisins, 1 egg, $\frac{1}{4}$ cupful Pacific milk. Sift together the flour, cornmeal and baking powder; rub in the shortening. Add the sugar, currants or chopped raisins, beaten egg and the milk. Put on greased biscuit pans by spoonfuls. Bake in a hot oven until a golden brown. These may be served either hot or cold.

Sweet-potato Buns—Boil and mash a sweet potato. Rub into it enough cornmeal and flour, alternately, to make it like bread dough. Add 1 teaspoonful cinnamon, $\frac{1}{2}$ teaspoonful sugar and 1 teaspoonful yeast. When dough has risen to at least twice its original size shape like biscuits, let rise again and bake. If you want them to be glazed on top, brush over with beaten egg white before baking.

Apple Buns—Four cupfuls chopped apples, $\frac{3}{4}$ cupful brown sugar, 2 teaspoonfuls cinnamon, 2 cupfuls flour, Pacific milk, 1 tablespoonful baking powder, 1 teaspoonful salt, 2 tablespoonfuls shortening, 1 tablespoonful melted butter. Sift the flour, baking powder and salt into a bowl; add the shortening, and rub it in very lightly; add enough milk to make a dough that can be rolled out a quarter of an inch thick. Brush it with butter, cover with apples and sugar and sprinkle with cinnamon. Roll the same as jelly roll. Cut into pieces 2 inches long; place each piece, cut side down, in a baking dish or a large muffin pan which has been brushed with butter. Bake in a slow oven for 40 or 45 minutes. Remove from the pan at once, bottom side up. They will look like sticky cinnamon buns when done.

English Bath Buns—Two cakes yeast, $\frac{1}{2}$ cupful Pacific milk, scalded and cooled, 1 tablespoonful sugar, $\frac{1}{2}$ cupful butter, melted, 4 eggs, 4 cupfuls sifted flour, $\frac{1}{2}$ teaspoonful salt, 5 tablespoonfuls sugar, 1 cupful almonds, chopped. Dissolve yeast and 1 tablespoonful sugar in lukewarm water. Add butter, eggs unbeaten, flour gradually, and the salt, beating thoroughly. This mixture should be thick, but not stiff enough to handle. Cover and let rise in warm place $1\frac{1}{2}$ hours, or until light. Sprinkle balance of sugar and almonds over top, mix very lightly and drop into well-greased muffin pans. Cover and let rise until light, which should be in about $\frac{1}{2}$ hour. Bake 15 to 20 minutes in a moderately hot oven. These buns should be rough in appearance.

Sandwich Biscuit—Sift together 1 pint flour, $\frac{1}{3}$ teaspoonful salt, 1 teaspoonful baking powder. Rub in 1 heaping tablespoonful butter. Mix to a soft dough with Pacific milk. Roll out $\frac{3}{8}$ inch thick. Cut into rounds. On half of the rounds spread a little soft butter, add a thick layer of finely chopped and seasoned cold meat; cover with remaining rounds and press together. Brush tops with milk, place 1 inch apart on greased pans, and bake in hot oven.

Nut Biscuit—Sift together 2 cupfuls flour, $\frac{1}{2}$ teaspoonful salt, 1 heaping teaspoonful baking powder. Rub in 1 heaping tablespoonful butter, add 1 cupful ground or very finely chopped nuts—English walnuts, hickory nuts or almonds—and 2 tablespoonfuls sugar; mix to a soft dough with milk. Mould with the hands into small balls, place well apart on greased pans, brush each with milk, put a pinch of chopped nuts on top, and bake in a hot oven.

Hot Cross Buns—Sift together 1 quart flour, $\frac{1}{2}$ teaspoonful salt, 1 cupful sugar, 3 scant teaspoonfuls baking powder. Rub in $\frac{1}{2}$ cupful butter, then add $\frac{1}{2}$ pound cleaned currants, $\frac{1}{2}$ teaspoonful nutmeg, $\frac{1}{4}$ pound cut citron, $\frac{1}{4}$ pound seeded raisins, $\frac{1}{2}$ teaspoonful allspice. Beat 2 eggs, add $\frac{1}{2}$ cupful Pacific milk, and stir into the dry mixture, adding enough more milk to mix to a firm dough. Mould into round buns, lay 2 inches apart on greased pans, brush with milk. Cut cross on each, sprinkle cut with granulated sugar, bake in hot oven.

Rusks— $2\frac{1}{4}$ cupfuls flour, $\frac{1}{2}$ teaspoonful salt, 2 tablespoonfuls maple or brown sugar, 4 teaspoonfuls baking powder, $\frac{1}{4}$ teaspoonful nutmeg, $\frac{3}{4}$ teaspoonful cinnamon, 2 tablespoonfuls shortening, 1 egg, $\frac{1}{3}$ cupful water. Sift together the flour, salt, sugar, baking powder, nutmeg and cinnamon; add the beaten egg, water and the melted shortening; turn out on a floured board; shape into small rolls with floured hands; lay on a greased shallow pan close

together; allow to stand for 10 to 15 minutes before baking; brush with milk and sprinkle with a little maple or brown sugar; bake in a moderate oven for 20 to 30 minutes.

Rye Biscuit—One and one-third cups rye flour, $\frac{2}{3}$ cup wheat flour, 1 teaspoonful salt, 4 teaspoonfuls baking powder, 2 tablespoonfuls fat, $\frac{3}{4}$ cupfuls Pacific milk or water. Mix, shape and bake in usual way.

Pop-Corn Biscuits—Sift four teaspoonfuls baking powder and one each sugar and salt with $1\frac{1}{2}$ cupfuls white flour; add 1 cupful fine-ground pop corn and mix with 2 rounding tablespoonfuls shortening and $1\frac{1}{2}$ cupfuls of water into a soft dough. Roll out; cut into squares or rounds and bake on a griddle, turning as the cakes brown; or bake in a quick oven. This will make 12 biscuits.

White Ginger Biscuit—1 cup butter, 2 cupfuls sugar, 1 cupful sour cream or milk, 3 eggs, 1 teaspoonful soda, dissolved in tablespoonful warm water, 1 tablespoonful ginger, 1 teaspoonful ground cinnamon, 5 cupfuls sifted flour, or enough to roll out soft. Cut out rather thick, like biscuits; brush over the tops while hot with the white of an egg, or sprinkle with sugar while hot. The grated rind and the juice of an orange add much to the flavor of ginger cake.

Cheese Biscuits—Two cupfuls flour, 4 teaspoonfuls baking powder, 1 teaspoonful salt, 2 tablespoonfuls fat, $\frac{1}{2}$ to 1 cupful Pacific milk or water, $\frac{1}{2}$ cupful grated cheese, paprika. Mix and sift together the dry ingredients, and rub or cut in the fat. Add liquid enough to make a dough stiff enough to roll out. Roll a quarter of an inch thick; sprinkle with cheese and paprika; roll like a jelly cake, and cut into one-inch pieces. Place close together in well-greased pans and bake for ten to twelve minutes in a hot oven.

Tea Biscuits or Sally Lunn—Two cupfuls flour, 3 teaspoonfuls baking powder, $\frac{3}{4}$ teaspoonful salt, 2 tablespoonfuls shortening, 1 tablespoonful sugar, $\frac{1}{3}$ cupful water, 1 egg. All dry ingredients—the flour, baking powder, salt and sugar—should first be sifted together into a bowl. The well-beaten egg and the melted shortening should then be added to the water. This is then added to the dry ingredients to make a soft dough; roll out on a floured board to about $\frac{1}{2}$ inch thickness and cut with biscuit cutter. Bake in a moderate oven about 25 minutes. These are good for breakfast, or for the Sunday night supper with jam or preserves.

Princess Biscuits—Take 2 lbs. sugar, 14 ounces lard, 1 teaspoonful baking soda, $1\frac{1}{3}$ pints buttermilk, 2 quarts and 1 pint to 3 quarts sifted flour and lemon flavoring. Mix the sugar and lard together, add milk and soda and the flour last. Cut with a small scalloped cutter, prick with a fork and bake in a not too hot oven.

Graham Biscuit—Two cupfuls unsifted graham or unbolted flour, 1 teaspoonful salt, $\frac{3}{8}$ teaspoonful soda, $2\frac{1}{2}$ teaspoonfuls baking powder, 2 tablespoonfuls fat, $\frac{3}{4}$ cup buttermilk. Sift together the dry ingredients, rub or cut in the shortening, and add the buttermilk or slightly thickened sour milk, mixing with a knife to as soft a dough as can be handled. Shape and bake in hot oven.

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Cocoa Biscuit—Two cupfuls or 1 pint sifted flour, 3 level teaspoonfuls baking powder, $\frac{1}{2}$ teaspoonful salt, 2 level tablespoonfuls sugar, 4 level tablespoonfuls cocoa, 2 level tablespoonfuls butter or lard, $\frac{2}{3}$ cupful Pacific milk or enough to make a firm but not stiff dough. Sift all dry ingredients together, rub in the butter with the tips of the fingers. Stir in the required amount of milk. Turn out on slightly floured board, roll or pat out the desired thickness, place close together in pan and bake in very hot oven ten or fifteen minutes.

English Tea Biscuits—1 quart flour, 3 teaspoonfuls baking powder, $\frac{1}{2}$ lb. lard, $\frac{1}{2}$ cup sugar, 1 teaspoonful salt, 2 eggs, $1\frac{1}{2}$ cup Pacific milk. Roll; then add $\frac{1}{2}$ cup currants if desired.

Hot Biscuit—Sift and mix thoroughly 1 quart flour with 2 teaspoonfuls baking powder, 1 teaspoonful salt and 1 tablespoonful white sugar; work in 1 tablespoonful lard or butter, and make into a smooth dough with 1 pint Pacific milk; roll to thickness of an inch, cut with biscuit cutter, and bake in quick oven. If milk is not at hand, use a little more butter and substitute water.

Cream Biscuit—Sift together 2 or 3 times 1 quart flour and 2 heaping teaspoonfuls baking powder; work in 1 tablespoonful butter or lard and $\frac{1}{2}$ teaspoonful salt; add 1 teacupful cream or Pacific milk, and beat to a soft dough; roll to thickness of $\frac{3}{4}$ inch. Cut out and bake immediately.

Pin Wheel Biscuits—2 cups flour, $\frac{1}{4}$ teaspoonful salt, 4 teaspoonfuls baking powder, 2 tablespoonfuls butter, $\frac{3}{4}$ cups Pacific milk; roll $\frac{1}{4}$ inch thick. Spread with 2 tablespoonfuls melted butter after rolling. Then spread on a mixture of 2 tablespoonfuls sugar, $\frac{1}{2}$ teaspoonful cinnamon, $1\frac{1}{3}$ cup chopped raisins and citron. Roll like jelly-roll, cut off in slices, spread with butter and bake.

Spanish Bun—1 pint sugar, $\frac{2}{3}$ cups butter, 1 cup chopped raisins, 1 cup sour milk, 2 teaspoonfuls cinnamon, 1 teaspoonful cloves, 1 teaspoonful soda, 1 pint flour, 4 eggs. Beat butter and sugar together, then the eggs, then milk and soda; last flour and fruit. Bake in moderate oven.

Scotch Tea Scones— $\frac{1}{2}$ lb. flour, 1 tablespoonful sultana raisins, 1 dessert-spoonful sugar, 1 dessert-spoonful butter, 1 dessert-spoonful baking powder, and a pinch of salt. Mix with fresh or Pacific milk. Mix flour, sugar, baking powder and salt; then rub in the butter, add milk and raisins. Make dough rather soft and bake in hot oven for 10 minutes.

Currant Scones—One lb. best flour, 3 ozs. butter, 2 ozs. castor sugar, 3 ozs. currants, a pinch of salt, 1 teaspoonful of cream of tartar, $\frac{1}{2}$ teaspoonful of bi-carbonate of soda, about $\frac{1}{2}$ pint of Pacific or fresh milk, 1 egg. Sift the flour on to a clean board or into a basin, add the salt and rub in the butter lightly. Make a well in the centre and put in the sugar, the currants mixed with the cream of tartar and soda, then pour in the milk and work up quickly into a smooth dough. Divide it into six parts, shape each into a round and flatten out with a rolling pin to about 4 ins. in diameter. Place them on a floured baking-sheet, brush over with beaten egg, and divide each into four with the point of a knife. Bake in a fairly hot oven for about 25 minutes.

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Rolls

French Rolls—Sift together 1 pint flour, 1 teaspoonful baking powder, $\frac{1}{2}$ teaspoonful salt. Work in 1 teaspoonful lard or butter; add a scant pint of Pacific milk, mixing into firm dough. Roll pieces of dough into short, thick rolls, tapering at ends, and put two of these side by side, pressing ends together to make the finished roll. Wash over with Pacific milk and bake in hot oven.

Breakfast Rolls—Scald $\frac{1}{2}$ pint Pacific milk and put in a piece of lard or butter; sift together 1 pint flour, 1 teaspoonful baking powder, 1 tablespoonful sugar and a little salt. Add milk, working in carefully, so as to make a smooth dough; roll out and cut with a biscuit cutter; spread a little butter on each roll and lap together. Bake in quick oven.

Vienna Rolls—Sift 2 or 3 times 1 quart of flour, 2 teaspoonfuls baking powder, and $\frac{1}{2}$ teaspoonful salt; work in 1 tablespoonful butter; add 1 pint Pacific milk, stirring into a dough of usual consistency; roll to thickness of $\frac{1}{2}$ inch, cut into circular forms and fold over once, moistening a little between folds, if necessary, to make them stick. Butter baking-pan well, and do not let rolls touch each other when placed thereon; moisten tops of rolls with a little milk, or butter melted in milk, and bake in hot oven.

Swiss Rolls—Mix same as Baking Powder Biscuits, sift 2 cupfuls flour with $\frac{1}{2}$ teaspoonful salt, $3\frac{1}{2}$ teaspoonfuls baking powder, not level spoonfuls but heaping spoonfuls, then work into this 3 tablespoonfuls shortening. Beat 1 egg and add a scant cup of fresh or Pacific milk. Roll the dough into a sheet about $\frac{1}{4}$ inch thick, spread with shortening, sprinkle with 1 tablespoonful sugar and $\frac{1}{2}$ teaspoonful cinnamon and $\frac{1}{2}$ cupful raisins or powdered nuts. Roll like a jelly roll and cut into slices an inch thick. Put in a greased pan and bake about 20 minutes. Brush with sugar dissolved in milk and return to oven to brown.

Raisin Rolls—Into a bowl sift one cupful each of flour and barley flour, $\frac{1}{2}$ teaspoonful salt, and 3 teaspoonfuls baking powder, cut and rub in $\frac{1}{2}$ cupful butter, add 2 tablespoonfuls corn-syrup or sugar and $\frac{3}{4}$ cupful Pacific milk or water. Roll out to $\frac{1}{2}$ inch in thickness, sprinkle with 2 tablespoonfuls sugar mixed with 1 teaspoonful of powdered cinnamon and one cupful of seedless raisins. Roll up as for cinnamon rolls, cut in slices, lay on greased baking-tins, and bake. Serve while still very hot with the following raisin sauce: Mix 2 tablespoonfuls of cornstarch with $\frac{1}{4}$ cupful cold water, add $\frac{1}{2}$ cupful corn-syrup or sugar, $\frac{1}{4}$ teaspoonful salt, 1 tablespoonful butter, 1 cupful seedless raisins, and $1\frac{1}{2}$ cupfuls hot water. Bring to boiling-point and then simmer for fifteen minutes. Add 1 teaspoonful of vanilla or lemon extract.

Graham Rolls—One pint Graham flour, 1 pint wheat flour, 1 teaspoonful salt, 2 teaspoonfuls baking powder, 1 tablespoonful butter, $\frac{3}{4}$ pint Pacific milk. Sift together Graham flour, flour, salt and powder; rub in shortening; add milk, and mix the whole into smooth dough that can be handled—not too soft; flour board, turn it out, and form into rolls shape and size of large fingers. Lay them on baking-sheet so that they will not touch. Wash their surfaces with soft brush dipped in milk to glaze them. Bake in hot oven 10 to 12 minutes.

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Lunch Rolls—One quart flour, 1 teaspoonful salt, 2 teaspoonfuls baking powder, 1 tablespoonful butter, 1 pint milk. Sift together flour, salt and baking powder. Melt butter and add to milk; stir this into flour, etc. With spoon mix to a smooth dough easily handled. Flour moulding board, turn out dough, give 1 or 2 quick kneadings to give it smoothness. Roll out about $\frac{1}{2}$ inch thick, cut out with round cutter not too large; lay them in greased baking tin in even rows just touching; smooth over with clean muslin dipped in milk; bake in fairly hot oven 25 minutes or less; or, divide kneaded dough into pieces size of an egg, form each by hand into short, thick, tapering roll. Put together in twos, side by side, pinching ends together a little. Place on flat greased pans. Brush with milk. Bake in very hot oven.

Lunch Rolls (with yeast) — One cake yeast, $1\frac{1}{4}$ cupfuls Pacific milk, scalded and cooled, 1 tablespoonful sugar, 2 tablespoonfuls lard or butter, melted, 4 cupfuls sifted flour, 1 egg, teaspoonful salt. Dissolve yeast and sugar in lukewarm milk. Add lard or butter and two cupfuls of flour. Beat thoroughly, then add egg well-beaten, balance of flour gradually, and salt. When all of flour is added, or enough to make dough that can be handled, turn on board and knead lightly and thoroughly, using as little flour in kneading as possible. Place in well-greased bowl. Cover and set aside into small biscuits, the size of a walnut. Place one inch apart, in well-greased shallow pans. Let rise until double in bulk—about $\frac{1}{2}$ hour. Brush with egg and milk, and bake 10 minutes in hot oven.

Parker House Rolls—Prepare firm dough as for lunch rolls. Knead and roll out $\frac{1}{2}$ inch thick. Cut into 3-inch circles. Press pencil down across middle of each; rub edges with soft butter. Double each, lay 1 inch apart on flat greased pans. Brush with milk, and bake in hot oven. If sweetening is liked sprinkle granulated sugar over rolls before folding.

Parker House Rolls (with yeast)—1 cake yeast, 1 pint Pacific milk, scalded and cooled, 2 tablespoonfuls sugar, 4 tablespoonfuls lard or butter, melted, 3 pints sifted flour, 1 teaspoonful salt. Dissolve yeast and sugar in lukewarm milk, add lard or butter and $1\frac{1}{2}$ pints of flour. Beat until perfectly smooth. Cover and let rise in a warm place one hour, or until light. Then add remainder of flour, or enough to make a dough, and the salt. Knead well. Place in greased bowl. Cover and let rise in a warm place for about $1\frac{1}{2}$ hours, or until double in bulk. Roll out one-fourth inch thick. Brush over lightly with butter, cut with two-inch biscuit cutter, crease through centre heavily with dull edge of knife, and fold over in pocket-book shape. Place in well-greased, shallow pans 1 inch apart. Cover and let rise until light—about $\frac{3}{4}$ hour. Bake 10 minutes in hot oven.

Fruit Rolls—Mix together 1 quart flour, 1 teaspoonful salt, 2 tablespoonfuls sugar, 2 teaspoonfuls baking powder; rub in 2 tablespoonfuls butter. Cut fine $\frac{1}{4}$ pound citron, seed and halve $\frac{1}{4}$ pound raisins. Mix fruit evenly with dry ingredients, make to firm dough with Pacific milk. Knead on board for a moment, divide into pieces size of egg, make into long rolls, lay 1 inch apart on flat greased pans, brush with milk. Bake in a very hot oven.

Dinner Rolls (with yeast)—One cake yeast, 1 cupful Pacific milk, scalded and cooled, 1 tablespoonful sugar, 3 cupfuls sifted flour, white of 1 egg, 2 tablespoonfuls lard or butter, melted, $\frac{1}{2}$ teaspoonful salt. Dissolve yeast and sugar in lukewarm milk. Add $1\frac{1}{2}$ cupfuls flour and beat until smooth, then add white of egg, well beaten, lard or butter, remainder of flour, or enough to make a moderately firm dough, and the salt. Knead lightly, using as little flour in kneading as possible. Place in well-greased bowl. Cover and set to rise in a warm place, free from draft, until double in bulk—about 2 hours. Mould into rolls the size of walnuts. Place in well-greased pans, protect from draft, and let rise one-half hour, or until light. Glaze with white of egg, diluted with water. Bake ten minutes in a hot oven.

Tea Rolls (with yeast)—1 cake yeast, $\frac{1}{2}$ cupful Pacific milk, scalded and cooled, $\frac{1}{2}$ cupful lukewarm water, 1 tablespoonful sugar, 2 tablespoonfuls lard or butter, melted, 3 cupfuls sifted flour, $\frac{1}{2}$ teaspoonful salt. Dissolve the yeast and sugar in the lukewarm liquid. Add lard or butter and half of the flour. Beat until smooth. Add rest of flour, or enough to make a moderately firm dough, and the salt. Knead thoroughly. Roll out and shape as Parker House rolls. Place in well-greased, shallow baking pans, cover and set to rise in a warm place, free from draft, for about 2 hours. When light bake in a hot oven 10 minutes.

Muffins and Gems

Sally Lunn Muffins—Sift and mix together 1 quart flour, 3 teaspoonfuls baking powder, 1 tablespoonful sugar, and 1 teaspoonful salt; work in 1 teaspoonful butter or lard, and add 1 beaten egg and $1\frac{1}{4}$ pints Pacific milk. Beat into a batter and bake in muffin pans in hot oven.

Honey Muffins—Sift together $1\frac{1}{2}$ pints flour and 2 heaping teaspoonfuls baking powder and $\frac{1}{2}$ teaspoonful salt. Work in 2 tablespoonfuls of butter; beat and add 3 eggs, 1 teacupful honey and $\frac{1}{2}$ pint diluted Pacific milk. Bake in hot oven.

Rye Muffins—Sift and mix 1 pint rye flour, $\frac{1}{2}$ pint corn meal, $\frac{1}{2}$ pint flour, 3 teaspoonfuls baking powder, 1 tablespoonful sugar, and 1 teaspoonful salt; work in 1 tablespoonful lard and butter, and add 2 beaten eggs with 1 pint milk; beat into firm batter. Grease muffin pans well and fill to two-thirds capacity. Bake in hot oven.

English Muffins—Sift together 1 quart flour, 2 teaspoonfuls baking powder, 1 teaspoonful salt, and $\frac{1}{2}$ teaspoonful sugar. Mix in gradually $1\frac{1}{4}$ pints Pacific milk, and beat into stiff griddle cake batter. Set the muffin rings on hot and well-greased griddle, and when muffins have been cooked on both sides to a delicate brown, pull apart in the centre and toast lightly. Butter well and serve hot.

Superior Muffins—1 quart flour sifted with 2 heaping teaspoonfuls baking powder; add 3 tablespoonfuls sugar, a piece of butter half the size of an egg, 1 beaten egg and 1 scant pint fresh or Pacific milk. Beat quickly to a batter and bake in quick oven, having tins warmed in advance.

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Cream Muffins—1 pint sifted flour, with 1 heaping teaspoonful baking powder; beat together 1 pint cream and 1 tablespoonful butter; add 2 beaten eggs, mix in the flour, drop in buttered muffin moulds and bake quickly.

Mystic Muffins—Two-thirds cupful granulated cornmeal, 1 1/3 cupfuls rye flour, 1 cupful wheat flour, 2 eggs, 1/4 cupful molasses, 3 tablespoonfuls vegetable oil, 1 teaspoonful salt, 1 1/4 cupfuls Pacific milk, 4 teaspoonfuls baking powder. Mix and sift the dry ingredients. Mix molasses, milk, and eggs beaten light. Combine the mixtures and stir vigorously. Add the vegetable oil and stir again. Bake in well-oiled gem-pans in a hot oven. This recipe makes 12 large gems.

Potato Muffins—Boil and mash 3 potatoes; add 1 teaspoonful salt, 1 tablespoonful butter, beat well. Add 2 beaten eggs, 1/2 cupful milk, flour to make a drop batter, and 1 teaspoonful baking powder. Bake on hot greased griddle in greased rings.

Sweet Muffins—One cupful sugar, 1 egg, 1 tablespoonful melted butter, 1 pint Pacific milk, 3 cupfuls flour, 2 teaspoonfuls baking powder, 1 teaspoonful salt. Mix and sift dry ingredients; add milk and beaten egg and butter. Beat hard, bake in greased muffin-pans.

Cornmeal Muffins with Dates—1 1/4 cupfuls yellow or white cornmeal, 3/4 cupful wheat flour, 1 teaspoonful salt, 1 teaspoonful molasses, 4 teaspoonfuls baking powder, 2 tablespoonfuls fat, 1 egg, 1 1/4 cupfuls Pacific milk (equal parts of milk and water), 1/2 cup dates. Mix dry ingredients. Add beaten egg, milk, molasses and fat. Beat well. Bake in greased muffin-tins for 35 or 40 minutes in moderate oven.

Blueberry Muffins—Two cupfuls flour, 3 tablespoonfuls sugar, 3 tablespoonfuls shortening, 1 egg, 1/2 teaspoonful salt, 3 teaspoonfuls baking powder, 1 cupful Pacific milk, 1 1/2 cupfuls blueberries. Sift dry ingredients together; add beaten egg and enough milk to make stiff batter; beat well, add melted shortening and blueberries which have been carefully picked over and dusted with flour. Bake in greased muffin tins in hot oven 20 to 30 minutes.

Royal Crumb Muffins — One cupful flour, 2 cupfuls stale bread crumbs, 2 eggs, 1/2 teaspoonful salt, 2 teaspoonfuls baking powder, 1 1/4 cupfuls Pacific milk, 1 tablespoonful shortening. Soak bread crumbs in cold milk 10 minutes; add sifted flour, baking powder, salt, beat-beaten eggs and melted shortening; mix well. Heat muffin tins, grease and put 1 tablespoonful of batter into each. Bake 20 to 25 minutes in hot oven.

Muffins I—Two cupfuls unsifted bran flour, 3/4 teaspoonful salt, 1/2 teaspoonful soda, 2 teaspoonfuls baking powder, 2 tablespoonfuls fat, 2 tablespoonfuls corn syrup or sugar, 1 cupful buttermilk. Sift together the dry ingredients; add buttermilk or slightly thickened sour milk, syrup, and melted fat. Beat hard, put in well-greased muffin-pans and bake in a moderate oven 15 minutes or more, according to size.

Muffins II — One cupful unsifted graham or unbolted flour, 1/2 cupful unsifted cornmeal, 1/2 teaspoonful soda, 3/4 teaspoonful salt, 2 teaspoonfuls baking powder, 2 tablespoonfuls corn syrup or sugar, 3/4 cupful buttermilk, 1 tablespoonful fat. Mix and bake like Muffins I.

See Page 93 and Solve Your Clothing Problems

Muffins III—Two cupfuls unsifted graham or unbolted flour, 1 teaspoonful salt, $\frac{1}{2}$ teaspoonful soda, 2 teaspoonfuls baking powder, 1 tablespoonful fat, 2 tablespoonfuls corn syrup or sugar, 1 cupful sour milk, $\frac{1}{4}$ cup Pacific milk or water. Mix and bake like Muffins I. All of these muffins are light and tender, but extra teaspoonful baking powder may be used if preferred lighter.

Bran Muffins—One cupful bran, 1 cupful barley flour, $\frac{3}{4}$ cupful cornflour or fine cornmeal, $\frac{1}{3}$ cupful molasses, $1\frac{1}{2}$ cupfuls sour milk, $1\frac{1}{2}$ teaspoonfuls salt, $1\frac{1}{4}$ teaspoonfuls soda. Sift flour, soda, and salt together; add bran, molasses and milk. Beat well, turn into well-oiled muffin-pans and bake in a moderate oven 15 minutes or more according to size.

Raisin Rye Muffins—One cupful sifted rye flour, 1 cupful unsifted rice or cornflour, $\frac{3}{4}$ teaspoonful soda, 2 teaspoonfuls baking powder, 1 teaspoonful salt, 1 tablespoonful fat, 2 tablespoonfuls corn syrup, $1\frac{1}{2}$ cupfuls sour milk, $\frac{3}{4}$ cupful raisins. Sift together the dry ingredients, reserving a little to mix with the raisins. Add the milk, syrup and melted fat, and beat well. Add the raisins, turn into oiled muffin-pans, and bake in a moderate oven 20 minutes or more.

Graham Muffins—Combine 1 cupful flour (sifted), 1 cupful graham flour (unsifted), $\frac{1}{2}$ cupful sugar, and $\frac{1}{4}$ teaspoonful salt. Dissolve 1 teaspoonful soda in 1 tablespoonful water. Add to first mixture. Add 1 cupful sour milk. Beat vigorously. Bake 15 minutes in well-oiled muffin-tins.

Honey and Bran Muffins—Sift 1 cupful flour, $\frac{1}{4}$ teaspoonful salt, and $\frac{1}{3}$ teaspoonful soda together. Add 2 cupfuls bran, 1 tablespoonful butter, melted, $\frac{1}{2}$ cupful honey, and $1\frac{1}{2}$ cupfuls Pacific milk. Bake 25 minutes in muffin-tins.

Graham Gems—Sift together $1\frac{1}{2}$ pints Graham flour, $\frac{1}{2}$ pint corn meal, 2 teaspoonfuls baking powder, and 1 teaspoonful salt; add $1\frac{1}{4}$ pints Pacific milk and beat into a fairly stiff batter. Bake in a quick oven 10 or 12 minutes.

Breakfast Gems—Sift together $1\frac{1}{2}$ pints Graham flour, $\frac{1}{2}$ pint corn meal, 2 teaspoonfuls baking powder, and 1 teaspoonful salt; add $1\frac{1}{4}$ pints Pacific milk and beat into fairly stiff batter. Bake in quick oven 10 or 12 minutes.

Cornmeal and Potato Gems—Two tablespoonfuls melted fat, 1 tablespoonful sugar, 1 egg, well beaten, 1 cupful Pacific milk, 1 cupful mashed potatoes, 1 cupful scalded cornmeal, 1 teaspoonful salt, 4 teaspoonfuls baking powder. Mix in the order given. Put into well-greased hot pans and bake in oven at 350 to 390 degrees. These are wheatless and delicious. This quantity makes 12 muffins.

Rice Gems—1 egg, 1 cupful Pacific milk, 1 cupful cold boiled rice, 1 cupful flour, 1 teaspoonful baking powder, $\frac{1}{4}$ teaspoonful salt, 1 tablespoonful melted butter. Mix as for plain gems, and bake in hot oven in gem-pans.

Apple Gems—Chop fine 4 sour apples, add 1 beaten egg, 2 tablespoonfuls molasses, $1\frac{1}{2}$ cupfuls Indian cornmeal, $1\frac{1}{2}$ cupfuls flour, $\frac{1}{2}$ teaspoonful salt, 2 teaspoonfuls baking powder. Add sufficient Pacific milk to make thick drop batter, and bake in hot greased gem-pans.

Barley Gems—One teaspoonful sugar, 2 cupfuls barley flour, 1 teaspoonful salt, 2 ounces vegetable fat, 1 egg, 2 teaspoonfuls baking powder, 1 cupful Pacific milk. Beat the egg and milk together. Sift together the flour, baking powder, sugar and salt; rub in the shortening, then add the beaten egg and milk. Bake in muffin-tins for 25 minutes in a moderate oven.

Imperial Gems—Remove the bran from $1\frac{1}{2}$ cupfuls graham flour. Mix and sift together 1 cupful white flour, 2 tablespoonfuls sugar, 2 teaspoonfuls baking powder, 1 teaspoonful salt, and the sifted graham flour. Add 3 tablespoonfuls currants and 2 tablespoonfuls flaxseed. Add 1 egg and $\frac{1}{2}$ cupful of Pacific milk. Add sufficient water to make a batter the consistency of cake batter. Stir in 2 teaspoonfuls of vegetable oil. Bake in hot oven 20 minutes.

Cornmeal Gems—Two cupfuls dry cornmeal, scalded and cooled till lukewarm, 1 cupful wheat flour, 1 teaspoonful salt, 3 teaspoonfuls baking powder, 2 cupfuls Pacific milk. Water may be substituted for milk; if so, use 2 eggs and omit 1 teaspoonful baking powder. Mix the dry ingredients. Stir in milk and cornmeal. Beat well. Put into well-greased, hot pans and bake 30 minutes in a hot oven, 350 to 400 degrees. These should be hard and crusty, so make them into 12 muffins.

Popovers—2 teacupfuls flour sifted with 2 teaspoonfuls baking powder, 2 teacupfuls Pacific milk, 2 eggs, a piece of butter and a little salt. Beat all together thoroughly, put into buttered cake tins and bake in very hot oven.

Griddle Cakes and Crumpets

The batter must be thin, the cakes made small and not too thick—about a good $\frac{1}{8}$ inch thick when baked—browned, and neatly turned. The griddle must be merely rubbed with grease, not grease-soaked. This is highly important. Take a thick piece of salt pork on a fork, or a lump of suet in a piece of cheese-cloth, and rub lightly over the hot griddle and pour the batter on immediately. Remember that buckwheat is one of the most difficult flours to lighten. Where it enters into combination with other materials this fact must be recognized and a somewhat larger proportion of baking powder allowed.

Griddle Cakes—Two cupfuls unsifted graham or unbolted flour, $\frac{3}{4}$ teacupful soda, 1 teaspoonful baking powder, 1 teaspoonful salt, $1\frac{1}{2}$ cupfuls thick sour milk, $\frac{1}{4}$ to $\frac{1}{2}$ cupful Pacific milk, 1 tablespoonful fat. Stir together dry ingredients, returning to the mixture the bran which remains in sifter. Add melted fat, sour milk, and sweet milk or water to make the desired consistency. Cook on hot well-greased griddle until brown on both sides.

Graham Griddle Cakes—One pint graham flour, $\frac{1}{2}$ pint Indian cornmeal, $\frac{1}{2}$ pint flour, 1 heaping teacupful brown sugar, $\frac{1}{2}$ teacupful salt, 2 teacupfuls baking powder, 1 egg, $\frac{1}{2}$ pint each of Pacific milk and water. Sift together graham flour, cornmeal, flour, sugar, salt and powder. Add beaten egg, milk and water. Mix together into a smooth batter. Heat griddle hot, pour batter into cakes as large as a tea saucer. Bake brown on one side, carefully turn and brown other side. Pile one on the other, serve very hot, with sugar, milk, cream, or maple syrup.

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Cereal Griddle Cakes—One cupful any cold cooked cereal, mash fine to free from lumps, add 1 beaten egg, yolk and white separate, $\frac{1}{2}$ teaspoonful baking powder, beat thoroughly. Drop by spoonfuls on hot griddle and serve when brown with syrup.

Geneva Griddle Cakes—One and one-half pints flour, 4 tablespoonfuls sugar, $\frac{1}{2}$ teaspoonful salt, $1\frac{1}{2}$ teaspoonfuls baking powder, 2 tablespoonfuls butter, 4 eggs, nearly $\frac{1}{2}$ pint Pacific milk. Rub butter and sugar to white, light cream; add yolks of eggs, 1 at a time. Sift flour, salt and powder together; add to butter, etc., with milk and egg whites whipped to dry froth; mix together into a smooth batter. Bake in small cakes; as soon as brown, turn and brown the other side. Have buttered baking-tin; fast as browned, lay them on it, and spread raspberry jam over them; then bake more, which lay on others already done. Repeat this until you have used jam twice, then bake another batch, which use to cover them. Sift sugar plentifully over them; place in a moderate oven to finish cooking.

New Griddle Cakes—Two cupfuls flour, $1\frac{1}{2}$ teaspoonfuls salt, 4 teaspoonfuls baking powder, $1\frac{1}{2}$ cupfuls Pacific milk, 2 tablespoonfuls shortening. Mix and sift dry ingredients. Add milk and melted shortening. Beat well and bake on slightly greased hot griddle.

Three-egg Griddle Cakes—Three cupfuls Pacific milk, 2 heaping cupfuls flour, $\frac{1}{2}$ teaspoonful salt, 3 eggs, 2 teaspoonfuls baking powder. Mix as for plain griddle cakes, adding whites and yolks of eggs beaten separately.

Rice Griddle Cakes—Two cupfuls cold boiled rice, 1 pint flour, 1 teaspoonful sugar, $\frac{1}{2}$ teaspoonful salt, $1\frac{1}{2}$ teaspoonfuls baking powder, 1 egg, little more than $\frac{1}{2}$ pint Pacific milk. Sift together flour, sugar, salt and powder; add rice free from lumps, diluted with beaten egg and milk; mix into smooth batter. Have griddle well heated, bake nice brown, not too thick; serve with maple syrup. 1 cupful of cold boiled hominy may be substituted for rice.

Crushed Wheat Griddle Cakes—One cupful crushed wheat, $1\frac{1}{2}$ pints flour, 1 teaspoonful brown sugar, $\frac{1}{2}$ teaspoonful salt, 2 teaspoonfuls baking powder, 1 egg, 1 pint Pacific milk. Boil 1 cupful crushed wheat in $\frac{3}{4}$ pint of water 1 hour, then dilute with beaten egg and milk. Sift together flour, sugar, salt and powder; add to crushed wheat preparation when quite cold; mix into smooth batter. Bake on hot griddle; brown delicately on both sides; serve with hygienic cream sauce.

Corn Meal Griddle Cakes—Two cupfuls cornmeal, 1 cupful flour, $\frac{1}{2}$ teaspoonful salt, 1 tablespoonful molasses, 2 teaspoonfuls baking powder, Pacific milk or milk and water to mix to thin batter. Bake as already directed.

Buckwheat Cakes—Sift dry 1 pint buckwheat flour and 2 teaspoonfuls baking powder, and add a tablespoonful of brown sugar with water sufficient to make a batter. Beat but lightly, and bake at once on hot griddle.

Buckwheat Cakes, No. 1—Two cupfuls buckwheat flour, 1 cupful wheat flour, 2 tablespoonfuls baking powder, $\frac{1}{2}$ teaspoonful salt, all sifted together. Mix with sweet or Pacific milk into thin batter and bake on hot griddle.

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Buckwheat Cakes, No. 2—To $1\frac{1}{2}$ pints pure buckwheat flour add $\frac{1}{4}$ pint each wheat flour and Indian meal, 3 heaping teaspoonfuls baking powder, 1 teaspoonful salt, 1 tablespoonful brown sugar or molasses. Sift well together, in dry state, buckwheat, Indian meal, wheat flour and baking powder, then add remainder; when ready to bake add 1 pint water or sufficient to form smooth batter that will run in a stream (not too thin) from pitcher; make griddle hot and cakes as large as a saucer. When surface is covered with air-holes it is time to turn cakes over; take off when sufficiently browned.

English Pancakes—Sift together 1 teacupful flour, 1 teaspoonful baking powder, and a pinch of salt; beat 2 eggs with 1 tablespoonful sugar and diluted with 1 pint milk and 1 teacupful cream; make thin batter with flour. Cook in hot frying-pan with melted butter, using sufficient batter to cover pan.

Belgian Currant Pancakes—Half-pound bread crumbs, 2 ozs. butter, 4 ozs. currants, 4 eggs, 1 lb. cooking apples, 2 ozs. sugar, ground cinnamon. Peel, core and slice the apples and cook them to a puree. Melt about $\frac{1}{2}$ ounce of butter in a pancake pan, sprinkle in about 1 oz. of bread crumbs, mix the apple puree with the currants and sugar, and put a layer of it on top of the crumbs, beat up the eggs and pour in just enough to cover the apple puree. Sprinkle over some more bread crumbs and a little ground cinnamon, then bake in a fairly hot oven for about 10 minutes. Turn out on a dish, besprinkle with powdered sugar.

Raisin Pancakes—Beat up 3 yolks eggs, add 2 cupfuls Pacific milk, 1 tablespoonful melted butter, 2 cupfuls flour, 1 cupful cornflour, 1 teaspoonful salt and 4 teaspoonfuls baking powder. Beat well, then add 1 cupful seedless raisins and fold in the stiffly beaten whites of the eggs. Cook on a hot, well-greased griddle, and when nicely browned on one side turn with a pancake-turner. When browned on the other side, remove to a hot dish, and serve with syrup or honey.

Southern Hoe Cake—One egg, $\frac{2}{3}$ cupfuls corn, 1 cupful water, 4 teaspoonfuls baking powder, $\frac{1}{2}$ teaspoonful salt, 1 teaspoonful sugar. Beat the egg and add water. Stir in well-mixed dry ingredients. Place carefully in spoonfuls on hot griddle which is well covered with lightly browned cornmeal. Do not so disturb the coating of meal that the wet mixture touches the bare griddle. Cook slowly for 15 minutes; turn over and cook for 15 minutes longer. Serve hot with butter.

Slap Jack—Seald 2 cupfuls of yellow meal with a pint of boiling water, beaten to a smooth mash; thin with 1 quart buttermilk in which is dissolved 2 teaspoonfuls baking soda, beat all thoroughly; add a little salt, 1 or 2 eggs well beaten, and enough sifted flour to form batter. Have the griddle clean, smooth and hot. Cold cooked rice or hominy can be used instead of cornmeal.

Bread Cakes— $\frac{1}{2}$ pound bread, 1 pint flour, 1 teaspoonful brown sugar, $\frac{1}{2}$ teaspoonful salt, $1\frac{1}{2}$ teaspoonfuls baking powder, $\frac{3}{4}$ pint Pacific milk, 1 egg. Put bread, free from crust, to steep in warm water. When thoroughly soaked, wring dry in a towel; dilute with beaten egg and milk. Sift together flour, sugar, salt and powder, add to prepared bread, mix together into a smooth batter. Bake on well-heated griddle. Serve with sugar and cream.

Flannel Cakes—Sift together $1\frac{1}{2}$ pint flour, 1 tablespoonful brown sugar, 2 teaspoonfuls baking powder, and 1 teaspoonful salt. Add 2 beaten eggs and $1\frac{1}{2}$ pints milk, and beat into smooth, thin batter. Bake on hot griddle to rich brown color and serve with maple syrup. These should never be larger than a tea saucer.

Crumpets—Melt 1 heaping tablespoonful lard; add 2 beaten eggs and $1\frac{1}{2}$ cupfuls Pacific milk. Beat well, add 1 teaspoonful salt, 2 teaspoonfuls sugar, 3 teaspoonfuls baking powder sifted with $2\frac{1}{2}$ cupfuls flour. Crumpet-rings are larger than muffin-rings. Put greased rings on hot greased griddle; fill $2/3$ full with batter. Turn when half done.

London Crumpets—One and one-half pints flour, $\frac{1}{2}$ teaspoonful salt, 1 teaspoonful sugar, 2 teaspoonfuls baking powder, 1 egg, nearly a pint Pacific milk and cream in equal parts, 1 teaspoonful extract cinnamon. Sift together flour, salt, sugar and powder; add beaten egg, milk, cream and extract; mix into rather firm batter; half fill large greased muffin-rings on hot, well-greased griddle. Bake on one side of them only. Serve hot with cottage cheese.

Hominy Crumpets—One scant cupful boiled hominy, 2 cupfuls Pacific milk, 1 tablespoonful sugar, 1 teaspoonful salt, 2 tablespoonfuls melted butter, enough flour to make thin drop batter, with 2 teaspoonfuls baking powder sifted into the first cup. Bake as directed for plain crumpets.

Rice Crumpets—Three eggs, $1\frac{1}{2}$ cupfuls Pacific milk, 1 cupful cold boiled rice, 1 tablespoonful melted butter, 1 cupful Indian cornmeal, $\frac{1}{2}$ cupful flour, 2 teaspoonfuls baking powder, $\frac{1}{2}$ teaspoonful salt. Mix in order named, and bake in crumpet-rings on hot greased griddle.

Doughnuts, Fritters and Waffles

Cooking Suggestions — For cooking fried cakes the fat should be in a deep kettle so as to avoid boiling over, and should be of sufficient depth to cover the dough when first dropped in. It should be smoking hot, or grease will be absorbed by the dough. Do not put in more cakes than will come to the surface. When done drain on unglazed paper. Fritters are served as a vegetable or a sweet, for lunch or dinner, according to ingredients used. Whether sweet or plain, the foundation batter is much the same. The plain fritter recipe may be used for many kinds of fritters. A fritter batter for whole or sliced fruit should be quite thin. For chopped fruits or vegetables stirred in, the batter should be thick enough to retain its shape when dropped by spoonfuls into the fat. All fried cakes will drop to the bottom of the kettle at first, rising to the top as the baking powder comes into action, swelling the dough. They should then be gently turned. Will cook in from 3 to 5 minutes usually.

Doughnuts—Beat well together 2 eggs and 2 cups granulated sugar. Add 1 pint fresh or diluted Pacific milk and 1 quart flour, in which are mixed and sifted 3 teaspoonfuls baking powder, 1 teaspoonful salt, and 1 grated nutmeg. Beat well, then add more flour to make a soft dough. Roll out $\frac{1}{2}$ inch thick, cut in rings or small balls, and fry brown in deep kettle of smoking-hot fat.

Doughnuts, No. 2—Half-cupful butter, 1 cupful sugar, $1\frac{1}{2}$ pints flour, $1\frac{1}{2}$ teaspoonfuls baking powder, 1 egg, $1\frac{1}{2}$ cupfuls Pacific milk, 1 teaspoonful extract nutmeg. Rub the butter, sugar and egg together smooth. Sift the flour and powder together, add it to the butter, the milk, etc. Mix into a soft dough; well flour the board, roll out the dough to $\frac{1}{2}$ inch in thickness, cut out with large biscuit-cutter, and fry to a light brown in plenty of lard made hot for the purpose; sifted sugar over them.

Belgian Doughnuts—Scald 1 pint Pacific milk, pour hot over 1 pint flour, and beat till smooth; add $\frac{1}{2}$ teaspoonful salt, and let cool. Add beaten yolks 4 eggs, 1 tablespoonful melted butter, 1 teaspoonful flavoring, $\frac{1}{2}$ cupful sugar, beaten whites of eggs, 1 cup flour mixed with 2 teaspoonfuls baking powder, and more flour to make a soft dough. Roll, cut and fry.

Puffball Doughnuts—Three eggs, 1 cupful sugar, 1 pint Pacific milk, $\frac{1}{2}$ teaspoonful salt, 1 teaspoonful extract vanilla, 2 heaping teaspoonfuls baking powder sifted with 2 cups flour, more flour to make a thick batter in which spoon will stand upright. Drop by small spoonfuls in kettle of smoking-hot fat and fry brown.

Indian-meal Doughnuts—Three-quarter cupful Pacific milk, $1\frac{1}{2}$ cupfuls very fine white cornmeal, $1\frac{1}{4}$ cupfuls wheat flour, $\frac{1}{4}$ cupful butter, $\frac{3}{4}$ cupful sugar, 2 eggs, well beaten, 1 teaspoonful cinnamon, 2 teaspoonfuls baking powder, 1 level teaspoonful salt. Put milk and meal into a double boiler and heat together for about 10 minutes. Add the butter and sugar to the meal. Sift together the wheat flour, baking powder, cinnamon and salt. Add these and the eggs to the meal. Roll out on a well-floured board; cut into the desired shapes; fry in deep fat; drain and roll in powdered sugar.

Crullers—One and one-half cupfuls sugar, 1 cupful Pacific milk, 2 eggs, 2 tablespoonfuls butter, melted, 1 teaspoonful vanilla, 1 teaspoonful powdered cinnamon, $\frac{1}{2}$ teaspoonful salt, 2 teaspoonfuls baking powder mixed with 2 cupfuls flour, more flour to make a soft dough. Roll out, cut in squares, cut slits in each with jaggging-iron, and braid together. Fry in smoking-hot fat.

Crullers, 2—One cupful sugar, 3 tablespoonfuls butter, 1 cupful cream, 3 cupfuls flour mixed with 2 teaspoonfuls baking powder, and $\frac{1}{2}$ teaspoonful salt, adding enough flour to make soft dough. Roll out, cut in 2-inch squares, and slash with jaggging-iron. Fry, drain and roll in sugar.

Dutch Crullers—Two eggs, 1 teaspoonful grated nutmeg, 1 cupful sugar, 1 cupful cream, $\frac{1}{4}$ teaspoonful salt, 1 teaspoonful baking powder, sufficient flour to mix to a soft dough. Roll out, cut in squares, cut several times in centre with jaggging-iron; fry brown in kettle of deep smoking-hot fat.

Plain Fritter Batter—One cupful flour, $\frac{1}{2}$ teaspoonful baking powder, $\frac{1}{4}$ teaspoonful salt, 2 eggs, 1 cupful Pacific milk. Sift dry ingredients together; add beaten eggs and milk; beat till smooth.

Banana Fritters—Peel bananas, cut in lengthwise slices. Let them steep an hour with sugar and lemon juice, dip in fritter batter, and fry as directed for apple fritters.

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Fruit Fritters—Any kind of fruit may be made into fritters, as directed for apple fritters. Whole canned fruits, drained from syrup, may also be used. Apples and other fruits may also be prepared, coarsely chopped, stirred into a plain fritter batter, and dropped by small spoonfuls into smoking hot fat, finishing as already directed.

Apple Fritters—Four large sound apples, peeled, cored, and cut each into 4 slices, $\frac{1}{2}$ gill wine, 2 tablespoonfuls sugar, 1 teaspoonful extract nutmeg. Place slices of apples in bowl with sugar, wine and extract; cover with plate; set aside to steep 2 hours, then dip each slice in plain fritter batter; fry to light brown in plenty of lard made hot for the purpose; serve with sugar.

Corn Fritters—To 1 pint scraped corn add $\frac{1}{2}$ cupful Pacific milk, $\frac{1}{2}$ cupful flour, 1 tablespoonful melted butter, 2 beaten eggs, 1 teaspoonful salt, $\frac{1}{3}$ teaspoonful pepper, 1 teaspoonful baking powder. Beat well and fry in small spoonfuls as directed.

Clam Fritters—Wash and dry 25 good-sized clams or 2 strings soft-shell clams, discarding black part. Chop fine. Make a plain fritter batter, using the clam liquor (or that and Pacific milk) in place of Pacific milk. Stir in the chopped clams, season well with salt and pepper, and fry as directed.

Oyster Fritters—Substitute oysters for clams as in above recipe.

Pineapple Fritters—Sprinkle $\frac{1}{2}$ inch slices of fresh pineapple with sugar and sherry; let stand 1 hour. Dip each into plain fritter batter, drop into deep kettle of smoking hot fat, fry brown. Drain on paper and sprinkle with powdered sugar.

Meat Fritters—Cut cold cooked meat in slices or fingers and dip in batter; or chop and stir into the batter, seasoned with salt, pepper and herbs or chopped onion, as desired. Fry as directed.

Rice Fritters—One cupful rice, 1 pint Pacific milk, 3 eggs, 1 tablespoonful sugar, 2 tablespoonfuls butter. Boil rice in milk until soft and all the milk is absorbed, then remove, add yolks of eggs, sugar and butter; when cold add whites, whipped to dry froth; drop in spoonfuls in plenty of lard, made hot for the purpose; fry them deep buff color. Serve with cream, wine or lemon sauce.

Hominy Fritters—To 1 pint hot boiled hominy add 2 beaten eggs, $\frac{1}{2}$ teaspoonful salt, dash of pepper, $\frac{1}{2}$ cupful Pacific milk. When cool add flour to make a thin drop batter, and 1 teaspoonful baking powder. Beat and drop in hot fat by small spoonfuls.

Cornmeal and Rice Fritters—1 cupful cold soft-boiled rice, 1 cupful cornmeal, 1 cupful Pacific milk, $\frac{1}{2}$ cupful flour, 1 egg, 4 teaspoonfuls baking powder, 1 teaspoonful salt, 2 tablespoonfuls brown sugar. Put rice and milk into bowl; mix well; add rest of ingredients and the well-beaten egg. If you find it too thick, add a little more milk; it all depends on how dry the rice has been cooked. The baking powder should be added last and mixed well. These cakes must be thin and baked very brown on hot griddle.

Currant Fritters—3 eggs, 3 ozs. flour, 4 ozs. currants, 4 tablespoonfuls boiled rice, sugar to taste, grate of nutmeg, $\frac{1}{2}$ pint Pacific milk, pinch of salt, frying fat. Make batter by mixing the yolks of eggs with the flour, and adding milk gradually till a smooth and light batter is obtained. Add the salt to the whites of eggs and whisk stiffly, stir them lightly into batter, add the currants, rice, nutmeg and enough castor sugar to sweeten. Drop the mixture in spoonfuls into hot fat and fry to a light brown color. Drain the fritters on a cloth or paper and dredge over with castor sugar. Serve piled up on a hot dish.

Wonders—3 eggs, 3 tablespoonfuls melted shortening, 3 tablespoonfuls sugar, 1 teaspoonful baking powder mixed with 1 cupful flour. Add more flour to make stiff dough, roll very thin. Cut in 3-inch squares; in each cut several slits; run finger through and separate, then dent them. Fry and roll in sugar.

Soft Waffles—1 quart flour, $\frac{1}{2}$ teaspoonful salt, 1 teaspoonful sugar, 2 teaspoonfuls baking powder, 1 large tablespoonful butter, 2 eggs, $1\frac{1}{2}$ pints Pacific milk. Sift together flour, salt, sugar and powder; rub in butter cold; add beaten eggs and milk; mix into smooth, consistent batter that will run easily and limpid from mouth of pitcher. Have waffle-iron hot and carefully greased each time; fill $\frac{2}{3}$, close it up; when brown turn over. Sift sugar on them, serve hot.

Rice Waffles—Into a batter as directed for soft waffles stir 1 cupful rice, free from lumps; cook as directed in same recipe.

Virginia Waffles—Cook $\frac{1}{2}$ cupful white Indian cornmeal in $1\frac{1}{2}$ cupfuls boiling water 30 minutes, adding $1\frac{1}{2}$ teaspoonfuls salt. Add $1\frac{1}{2}$ cupfuls Pacific milk, 2 tablespoonfuls sugar, 2 tablespoonfuls melted butter, 2 cupfuls flour mixed with 2 heaping teaspoonfuls baking powder, and 2 eggs, whites and yolks beaten separately. Cook in hot, well-greased waffle-iron.

Waffles—3 cups fresh or Pacific milk, 4 cups flour, 2 eggs beaten very light, 1 small spoonful of salt, piece of butter size of large egg, 3 teaspoonfuls baking powder. Cook in hot, greased waffle irons.

Jolly Boys—Mix together thoroughly while dry $1\frac{1}{2}$ pints rye meal, $\frac{1}{2}$ pint flour, $\frac{1}{2}$ teacupful corn meal, 2 pinches cinnamon, a little salt and 2 teaspoonfuls baking powder. Add 1 egg, well beaten; 2 tablespoonfuls each of molasses and sugar, and cold water enough to make a thick batter. Fry in hot lard, a heaping tablespoonful at a time, and cook until well browned.

To Keep Doughnuts Soft—A half slice of white bread put in with the doughnuts will keep them light and soft.

Grease Marks on Wall Paper—These can be removed by applying a mixture of paste of pipeclay and water to the stains and allowing this to dry all night, or day. Then the powder should be gently brushed off without scratching the paper.

Before putting fat in the frying-pan, sprinkle the pan with a little salt. This will prevent the stove being spattered.

To keep the stove radiantly bright, keep a piece of hard soap in the blacking-dish. After wetting the dauber, rub lightly over the soap before putting in blacking; or in liquid blacking dissolve a tablespoonful of hard soap in a very little water, and thin blacking with it.

Cakes

Fruit Cake by Measure (Excellent)—2 scant teacupfuls butter, 3 cupfuls dark-brown sugar, 6 eggs, whites and yolks beaten separately, 1 lb. raisins, seeded, 1 lb. currants, washed and dried, and $\frac{1}{2}$ lb. citron cut in thin strips; also $\frac{1}{2}$ cupful cooking molasses, and $\frac{1}{2}$ cupful sour milk. Stir butter and sugar to a cream, add to that half a grated nutmeg, 1 tablespoonful ground cinnamon, 1 teaspoonful mace, add molasses and sour milk. Stir all well; then put in the beaten yolks of egg, a wine-glass of brandy; stir again all thoroughly, then add 4 cupfuls sifted flour, alternately with beaten whites of eggs. Now dissolve a level teaspoonful of soda; stir in thoroughly. Mix the fruit together, and stir into it 2 heaping tablespoonfuls of flour, then stir it in the cake. Butter 2 common-sized baking-tins carefully, line with buttered paper and bake in moderate oven 2 hours. Cool before taking from pan.

English Pound Cake—1 lb. butter, $1\frac{1}{4}$ lb. flour, 1 lb. pounded loaf sugar, 1 lb. currants, 9 eggs, 2 ozs. candied peel, $\frac{1}{2}$ oz. citron, $\frac{1}{2}$ oz. sweet almonds, a little pounded mace. Work butter to a cream; add sugar, then the well-beaten yolks of eggs, next the flour, currants, candied peel, which should be cut into neat slices, and almonds, which should be blanched and chopped, and mix all these well together; whisk the whites of eggs, and let them be thoroughly blended with other ingredients. Beat well for 20 minutes, and put into a round tin, lined at bottom and sides with strips of white buttered paper. Bake from 2 to $2\frac{1}{2}$ hours. Let oven be well-heated when the cake is first put in, as otherwise the currants will all sink to the bottom. A glass of wine is usually added to mixture, but this is scarcely necessary, as cake will be found quite rich enough without it.

No Egg Cake— $\frac{1}{2}$ cupful butter and 1 cupful brown sugar, creamed, 1 cupful sour milk, 1 teaspoonful soda in 1 cupful flour, 1 teaspoonful baking powder in 1 cupful flour, 1 teaspoonful allspice, 1 teaspoonful cloves, 1 cupful raisins, nuts if you prefer. Bake in loaf tin about $\frac{3}{4}$ hour.

Fruit Layer Cake—This is a delicious novelty in cake-making. Take 1 cupful sugar, $\frac{1}{2}$ cupful butter, $1\frac{1}{2}$ cupfuls flour, $\frac{1}{2}$ cupful wine, $\frac{1}{2}$ cupful raisins, 2 eggs, and $\frac{1}{2}$ teaspoonful soda; put these ingredients together with care just as if it were a very rich cake; bake in three layers, and put frosting between—the frosting to be made of whites of 2 eggs with enough powdered sugar to make it thick. The top of the cake may be frosted if desired.

Cake Without Eggs—Beat together 1 teacupful butter and 3 teacupfuls sugar, and when quite light stir in 1 pint sifted flour. Add to this, 1 lb. raisins, seeded and chopped, then mixed with a cup of sifted flour, 1 teaspoonful nutmeg, 1 teaspoonful powdered cinnamon, and lastly, 1 pint thick sour cream or milk, in which a teaspoonful of soda is dissolved. Bake immediately in buttered tins 1 hour in moderate oven.

Dried Apple Fruit Cake—Soak 3 cupfuls dried apples overnight in cold water, chop them in the morning, and put on fire with 3 cupfuls molasses; stew until almost soft; add a cupful nice raisins (seedless, if possible), and stew a few moments; when cold, add 3 cupfuls flour, 1 cupful butter, 3 eggs, and a teaspoonful soda; bake in steady oven. This will make 2 good-sized panfuls of splendid cake; the apples will cook like citron and taste delicious. Raisins may be omitted.

White Fruit Cake—Cream $\frac{1}{2}$ cupful butter with $1\frac{1}{4}$ cupfuls sugar. Add beaten yolks of 2 eggs, $\frac{2}{3}$ cupful Pacific milk, 1 teaspoonful orange extract, 1 teaspoonful vanilla, $2\frac{1}{4}$ cupfuls flour, 1 tablespoonful lemon juice, $\frac{1}{2}$ cupful sultanas, 1-3 cupful currants, $\frac{1}{2}$ cupful chopped preserved cherries, $\frac{3}{4}$ cupful chopped nutmeats, 2 tablespoonfuls chopped candied peel and beaten whites of 2 eggs. Mix carefully and bake in moderate oven $1\frac{1}{4}$ hours.

Date Cake— $\frac{1}{3}$ cupful butter, $1\frac{1}{3}$ cupfuls brown sugar, 2 eggs, $\frac{1}{2}$ cupful Pacific milk, $1\frac{3}{4}$ cupfuls flour, $\frac{1}{2}$ teaspoonful cinnamon, $\frac{1}{2}$ teaspoonful nutmeg, $\frac{1}{2}$ lb. dates stoned and cut in pieces. Beat 3 minutes, using wooden spoon, put in buttered and floured pan. Bake 40-45 minutes in moderate oven.

Coffee Cake—1 cupful very strong Harkness coffee, 1 cupful butter, 2 cupfuls sugar, 3 eggs, $1\frac{1}{2}$ pints flour, $1\frac{1}{2}$ teaspoonfuls baking powder, 1 cupful stoned raisins, cut in two, $\frac{1}{2}$ cupful chopped citron, 10 drops each extract allspice and nutmeg, and $\frac{1}{2}$ cupful Pacific milk. Rub butter and sugar to a white cream; add eggs, 1 at a time, beating 3 or 4 minutes after each. Sift together flour and powder, which add to the butter, etc., with the coffee, raisins, citron, milk, and extracts. Mix into smooth batter. Bake in paper-lined cake-tin, in hot oven, 50 minutes.

Molasses Fruit Cake—One teacupful butter, 1 teacupful brown sugar, worked well together; next 2 teacupfuls cooking molasses, 1 cupful Pacific milk with a teaspoonful of soda dissolved in it; 1 tablespoonful ginger, 1 tablespoonful cinnamon, and 1 teaspoonful cloves, a little grated nutmeg. Now add 4 eggs, well-beaten, and 5 cupfuls sifted flour, or enough to make a stiff batter. Flour a cupful of raisins and one of currants; add last. Bake in a very moderate oven, 1 hour. If well covered will keep 6 months.

Currant Cake—Half-cupful butter, 1 cupful sugar, 3 eggs, $\frac{1}{2}$ cupful Pacific milk, 2 cupfuls flour, $\frac{1}{4}$ teaspoonful salt, $1\frac{1}{2}$ teaspoonfuls baking powder, 1 cupful cleaned currants, 1 teaspoonful vanilla. Mix flour, salt and baking powder, dredge the currants. Cream, butter and sugar. Add beaten yolks and vanilla. Beat in flour and milk; add whipped whites and currants, and beat hard. Bake in shallow pan in moderately hot oven.

Golden Spice Cake—Six eggs (yolks only), 2 cupfuls syrup, 1 cupful brown sugar, 1 cupful butter, 1 cupful sour milk (or cream), 1 even teaspoonful baking soda, 5 cupfuls flour, 1 teaspoonful ground cloves, 2 teaspoonfuls each cinnamon and ginger, 1 nutmeg, $\frac{1}{2}$ teaspoonful salt. Cream sugar and butter. Add eggs and beat to a light batter before putting in the syrup. Dissolve the soda in the milk, and mix it with the syrup; also the spices and salt. Put all together and stir until thoroughly mixed, adding slowly the flour, which has been sifted. Beat it well together for 5 minutes, and bake in a moderate oven. This cake can be made to advantage, when you have the yolks of eggs left after using the whites for candy or white cake.

Mock Fruit Cake—One cupful sugar, $\frac{1}{2}$ cupful shortening; beat well, then add 1 egg, 1 cupful sour milk, 2 cupfuls flour, 1 teaspoonful soda, $\frac{1}{2}$ teaspoonful ground nutmeg, 1 teaspoonful ground cinnamon. Lastly put in 1 cupful seeded raisins. This makes excellent cheap cake which will keep fresh for days.

Rolled Jelly Cake—3 eggs, 1 teacupful fine sugar, 1 teacupful flour; beat yolks until light, then add sugar, then 2 tablespoonfuls water, a pinch of salt; lastly stir in the flour, in which there should be a heaping teaspoonful of baking powder. The flour added gradually. Bake in long, shallow biscuit-tins, well greased. Turn out on damp towel or bread-board, and cover top with jelly. Roll up while warm.

Plain Sponge Cake—Beat yolks of 4 eggs together with 2 cupfuls fine powdered sugar. Stir in gradually 1 cup sifted flour, and whites of 4 eggs beaten to stiff froth, then a cup of sifted flour in which 2 teaspoonfuls baking powder have been stirred, and lastly, a scant teacupful of boiling water, stirred in a little at a time. Flavor, add salt, and, however thin the mixture may seem, do not add any more flour. Bake in shallow tins.

Marble Cake—White part: Whites of 4 eggs, 1 cupful white sugar, $\frac{1}{2}$ cupful butter, $\frac{1}{2}$ cupful Pacific milk, 2 teaspoonfuls baking powder, 1 teaspoonful vanilla or lemon, and $2\frac{1}{2}$ cupfuls sifted flour. Dark part: Yolks of 4 eggs, 1 cupful brown sugar, $\frac{1}{2}$ cupful cooking molasses, $\frac{1}{2}$ cupful butter, $\frac{1}{2}$ cupful sour milk, 1 teaspoonful ground cloves, 1 teaspoonful cinnamon, 1 teaspoonful mace, 1 nutmeg grated, 1 teaspoonful soda, the soda to be dissolved in a little milk and added after part of the flour is stirred in; $1\frac{1}{2}$ cupfuls sifted flour. Drop a spoonful of each kind in a well-buttered cake-dish, first the light part then the dark, alternately. Try to drop it so that the cake shall be well-streaked through, with the appearance of marble.

Snow Cake (Delicious)—1 lb. arrowroot, $\frac{1}{4}$ lb. pounded white sugar, $\frac{1}{2}$ lb. butter, the whites of 6 eggs, flavoring to taste of essence of almonds, vanilla or lemon; beat butter to a cream; stir in sugar and arrowroot gradually, at the same time beating the mixture. Whisk whites of eggs to stiff froth; add them to the other ingredients and beat well for 20 minutes; put in preferred flavorings; pour cake into buttered mould or tin, and bake in a moderate oven from 1 to $1\frac{1}{2}$ hours. This is a genuine Scotch recipe.

Cream Cake—4 eggs, whites and yolks beaten separately, 2 teacupfuls sugar, 1 cupful sweet cream, 2 heaping cupfuls flour, 1 teaspoonful soda; mix 2 teaspoonfuls cream of tartar in flour before sifting. Add whites the last thing before the flour, and stir in gently without beating.

Angel Cake—Put into 1 tumbler of flour 1 teaspoonful cream of tartar, then sift 5 times. Sift also $1\frac{1}{2}$ glasses of white powdered sugar. Beat to stiff froth the whites of 11 eggs; stir sugar into eggs by degrees, very lightly and carefully, adding 3 teaspoonfuls vanilla extract. After this, add flour, stirring quickly and lightly. Pour into clean, bright tin cake-dish, which should not be buttered or lined. Bake at once in moderate oven about 40 minutes, testing with a broom splint. When done let it remain in cake-tin, turning it upside down, with sides resting on the top of two saucers, so that a current of air will pass under and over it.

Canary Sponge Cake— $1\frac{1}{2}$ cupfuls sugar, grated rind and juice of $\frac{1}{2}$ lemon, $\frac{1}{4}$ teaspoonful salt, $\frac{1}{2}$ cupful cold water. Beat yolks of 3 eggs till lemon color and add to mixture, then 2 cupfuls of flour to which has been added 1 teaspoonful baking powder. Add carefully the whites of eggs, beaten stiff. Bake in loaf-tin about 1 hour.

Gold or Lemon Cake—2 cupfuls sugar, $\frac{1}{2}$ cupful butter, yolks of 6 eggs, and 1 whole egg; grated rind and juice of a lemon or orange; $\frac{1}{2}$ teaspoonful soda, dissolved in $\frac{1}{2}$ cup fresh or Pacific milk; 4 cupfuls sifted flour, sifted twice; cream butter and sugar, then add the beaten yolks and flour, beating hard for several minutes. Last add lemon or orange, and bake, frosting if liked. This makes a more suitable lemon cake than if made with the white parts of eggs added.

Layer Cake—Cream together 1 cupful sugar, 2 tablespoonfuls butter, add yolks of 2 eggs, $\frac{2}{3}$ cupful of fresh or Pacific milk. To 1 cupful flour add 2 teaspoonfuls cream of tartar, sift well; then $\frac{2}{3}$ cupful flour more, fold in white of eggs, beaten stiff, and lastly 1 teaspoonful soda in a very little warm water. Bake in 2 layers 15 minutes.

Devil's Food Cake— $\frac{2}{3}$ cupful sugar, $\frac{1}{2}$ cupful chocolate, $\frac{1}{2}$ cupful fresh or Pacific milk, yolk of 1 egg. Stir these together and boil until like thick cream, then set aside to cool. 1 cupful sugar, 2 eggs well beaten, $\frac{1}{2}$ cupful milk, $\frac{1}{2}$ cupful butter, 1 heaping teaspoonful soda dissolved in hot water. Beat well together; add the above and then stir in $2\frac{1}{2}$ cupfuls of sifted flour and 1 cupful of shredded cocoanut. Bake slowly. Use "fudge" frosting. Icing for Devil's Food Cake: 2 cupfuls sugar, 1 cupful Pacific milk, 1 teaspoonful butter. Boil these together until a drop in cold water does not dissolve (it need not turn hard). Then add $\frac{1}{4}$ cake chocolate and let it melt. Pour out and stir on marble slab with wide paint knife, until becomes creamy candy. If it gets too hard to spread on cake, thin it with rich cream or Pacific milk. If any other flavor is desired instead of chocolate, it may be added instead, only after the candy has been stirred on the marble. This is enough frosting for a three-layer cake.

Nut Cake— $\frac{1}{2}$ cupful butter, $1\frac{1}{2}$ cupfuls sugar, 3 eggs, $2\frac{1}{2}$ cupfuls flour, $1\frac{1}{2}$ teaspoonfuls baking powder, $\frac{1}{2}$ cupful Pacific milk, 1 cupful of any meats of nuts. Rub butter and sugar to a light, white cream; add eggs beaten a little, then the flour, sifted with the powder; mix with the milk and nuts into a rather firm batter, and bake in paper-lined tin in steady oven 35 minutes.

Ribbon Cake—This cake is made from same recipe as marble cake, only make double the quantity of the white part, and divide it in one half, adding a very little cochineal to one part. It will be a delicate pink. Bake in jelly-cake tins, and lay first the white, then the dark, then the pink one on top of the others; put together with frosting between. It makes quite a fancy cake. Frost the top when cool.

Orange Cake— $\frac{1}{2}$ cupful butter, 2 cupfuls sugar, 5 eggs, 1 pint flour, $1\frac{1}{2}$ teaspoonfuls baking powder, 1 teaspoonful extract orange, 1 cupful Pacific milk. Rub butter and sugar to a cream; add the eggs, 2 at a time, beating 5 minutes after each addition; add the flour sifted with powder, milk, and extract; mix into smooth, fine batter, put in a paper-lined cake-tin, and bake in moderate oven 30 minutes. When cool, cover top with the following preparation: Whip the whites of 3 eggs to a dry froth; then carefully mix in 4 cupfuls sugar, the juice, grated rind, and soft pulp, free of white pith and seeds, of 2 sour oranges.

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Minnehaha Cake— $\frac{1}{2}$ cupful butter, $1\frac{1}{2}$ cupfuls sugar, 3 eggs, 1 cupful Pacific milk, $2\frac{1}{2}$ cupfuls flour, 2 teaspoonfuls baking powder, 1 teaspoonful vanilla. Mix dry ingredients. Cream butter and sugar, add beaten yolks and vanilla, then, alternately, the milk and flour. Beat well, and bake in 3 layers in quick oven. Put together with fruit filling.

Marshmallow Cake—1 egg, $1\frac{1}{2}$ cupfuls sugar, 1 tablespoonful butter, 1 cup Pacific milk, 2 cupfuls flour, $\frac{1}{4}$ teaspoonful salt, 2 teaspoonfuls baking powder. Mix flour, salt and baking powder. Cream butter, add $\frac{1}{4}$ of sugar, and beat. Add beaten egg and remainder of sugar, and beat 4 minutes. Add alternately flour and milk, beating well. Add vanilla and bake in layer-cake pans in quick oven. Cut fine $\frac{1}{2}$ lb. marshmallows. Spread between cake layers, and stand in open oven till they melt.

Soft Ginger Cake—Stir to a cream 1 cupful butter and $\frac{1}{2}$ cupful brown sugar; add to this 2 cupfuls cooking molasses, 1 cupful Pacific milk, 1 tablespoonful ginger, 1 teaspoonful ground cinnamon; beat all thoroughly together, then add 3 eggs, the whites and yolks beaten separately; beat into this 2 cupfuls of sifted flour, then 1 teaspoonful soda, dissolved in spoonful water, and last, 2 more cupfuls of sifted flour. Butter and paper 2 common square breadpans; divide the mixture and pour half into each. Bake in moderate oven. This cake requires long and slow baking, from 40 to 60 minutes. If sour milk is used, the cakes are much lighter, but either sweet or sour is most excellent.

Strawberry Shortcake—Beat together 1 teacupful sugar and 1 tablespoonful butter; beat 3 eggs very light and add; sift together 2 teacupfuls flour and a heaping teaspoonful baking powder with a little salt, and stir in, using enough Pacific milk or cream to make it roll out easily. Bake in deep tin plates. With 3 pints strawberries mix 1 teacupful sugar and spread on the cake. The top layer of strawberries may be covered with a meringue made with a tablespoonful powdered sugar and the white of an egg.

Lady-Fingers—Beat 2 eggs lightly; add 1 teacupful sugar, a little salt and flavoring to taste. Use 1 teaspoonful baking powder, making dough of consistency that can be rolled. Cut into strips the size of the finger and bake.

Bride's Cake—Cream together one scant cupful butter and 3 cupfuls sugar, add 1 cup milk, then the beaten whites of 12 eggs; sift 3 teaspoonfuls baking powder into 1 cupful cornstarch mixed with 3 cupfuls sifted flour, and beat in gradually with the rest; flavor to taste. Beat all thoroughly, then put in buttered tins lined with letter-paper, well-buttered; bake slowly in a moderate oven. A beautiful white cake. Ice the top. Double the recipe if more required.

Mock Angel Cake—One cupful sugar, $\frac{2}{3}$ cupful rice flour, 4 teaspoonfuls baking powder, $\frac{1}{4}$ teaspoonful salt, $\frac{2}{3}$ cupful scalded Pacific milk, 1 teaspoonful vanilla, 2 egg whites. Mix and sift the dry ingredients several times; pour on gradually the hot milk; fold in the stiffly beaten whites of eggs and add the vanilla. Bake in an angel-cake pan in a moderate oven for 40 minutes. This cake keeps moist several days.

See Page 93 and Solve Your Clothing Problems

Neapolitan Layer Cake—Three eggs, $\frac{3}{4}$ cupful sugar, 3 tablespoonfuls cold water, 1 cupful flour, 1 teaspoonful cream of tartar, $\frac{1}{2}$ teaspoonful soda, $\frac{1}{2}$ teaspoonful salt, $\frac{1}{2}$ teaspoonful vanilla. Beat eggs and water together until thick and lemon-colored. Add sugar gradually, beating constantly. Mix and sift dry ingredients and fold into first mixture with vanilla. Bake one half mixture in a greased and floured cake pan seven inches square, and remainder in small greased and floured muffin tins. While the cake is baking, make the

Cake Filling—One-quarter cupful sugar, $1\frac{1}{2}$ tablespoonfuls flour, few grains salt, $\frac{1}{2}$ cupful scalded Pacific milk, 1 egg yolk, $\frac{1}{4}$ teaspoonful vanilla. Mix dry ingredients, add scalded milk, and cook fifteen minutes in a double boiler, stirring constantly until thickened, afterward occasionally, then add to slightly beaten egg yolk, and stir and cook one minute. When cool add vanilla. Split the square sponge cake, and put the filling between the layers, and cover the top with

Meringue—Two egg whites, 5 tablespoonfuls sugar, $\frac{1}{4}$ teaspoonful vanilla. Beat egg whites until stiff, add gradually 3 tablespoonfuls sugar, beating vigorously. Fold in remaining sugar and vanilla. Spread smoothly on top of cake, and sift a little sugar over the top. Score in diagonal lines with a red-hot wire skewer. This meringue is not baked in the oven. To make an extra thick meringue and to cover the sides of the cake, double the recipe.

Potato Chocolate Cake—Half-cupful grated chocolate, 1 cupful mashed potatoes, 4 eggs, 1 cupful butter, 2 cupfuls sugar, $\frac{1}{2}$ cupful Pacific milk, $2\frac{1}{2}$ cupfuls flour, 1 cupful chopped nutmeats, 1 teaspoonful vanilla, $\frac{1}{4}$ teaspoonful nutmeg, $\frac{1}{4}$ teaspoonful allspice, $\frac{1}{2}$ teaspoonful powdered cloves, $\frac{1}{2}$ teaspoonful powdered cinnamon, 4 teaspoonfuls baking powder. Beat butter and sugar together until creamy, add potatoes, chocolate melted, yolk of eggs beaten, milk, flour, baking powder, spices, etc., and whites beaten stiffly; bake in moderate oven.

New Sponge Cakes—All may be made by this method; Separate the yolks and whites of the eggs. Beat the yolks until light; add the sugar, the salt and the lemon juice. Fold in alternately the flour and the stiffly beaten whites. Sift the flour before measuring it, and measure it lightly. These cakes are all very nice and light. Barley has characteristic flavor. The cornflour cake is especially tender, and all are of good texture. The extra lemon juice is used with rice and corn because these flours have a slightly starchy taste.

Cornflour Sponge Cake—One cupful cornflour, 1 cupful sugar, 4 eggs, 2 tablespoonfuls lemon juice, $\frac{1}{8}$ teaspoonful salt.

Rice Sponge Cake—Three-quarter cupful rice flour, 1 cupful sugar, 4 eggs, 2 tablespoonfuls lemon juice, $\frac{1}{8}$ teaspoonful salt.

Barley Sponge Cake—One and one-third cupfuls barley flour, 1 cupful sugar, 4 eggs, 1 tablespoonful lemon juice, $\frac{1}{8}$ teaspoonful salt.

Oat Sponge Cake—One cupful oatflour, $\frac{1}{3}$ cupful cornflour, 1 cupful sugar, 4 eggs, 1 tablespoonful lemon juice, $\frac{1}{8}$ teaspoonful salt.

Cheap Cream Cake—One cupful sugar, 1 egg, 1 cupful sweet or Pacific milk, 2 cupfuls flour, 1 tablespoonful butter, 2 heaping teaspoonfuls baking powder; flavor to taste. Divide into 3 parts, and bake in round shallow pans. Cream—Beat 1 egg, $\frac{1}{2}$ cupful sugar together, then add $\frac{1}{4}$ cupful flour, wet with a very little Pacific milk, and stir this mixture into $\frac{1}{2}$ pint of boiling milk, until thick; flavor to taste. Spread the cream, when cool, between the cakes. Custard may be used instead of cream.

Lightning Cake — One cupful butter, 1 cupful granulated sugar, 3 eggs, 2 cupfuls flour, $\frac{1}{2}$ teaspoonful baking powder, grated rind 1 lemon. Mix flour and baking powder. Cream butter and sugar, add lemon and beaten eggs, add flour, and beat well. Spread 1 inch thick on flat buttered pans, sprinkle with a mixture of granulated sugar, powdered cinnamon, and few chopped almonds. Bake pale brown in hot oven, and when cold cut in squares.

Cookies and Drop Cakes

Orange Rock Cakes—Cream $\frac{1}{2}$ cupful butter with $\frac{1}{2}$ cupful sugar, then beat in 2 eggs, 1 at a time. Add 3 cupfuls flour, 1 teaspoonful baking powder, grated rinds of 2 oranges and strained juice of 1. If too stiff a little Pacific milk may be added. If not stiff cakes will not keep their shape. Bake in quick oven 10 minutes in buttered and floured tin.

Ginger Snaps—1 cupful brown sugar, 2 cupfuls molasses, 1 large cupful butter, 2 teaspoonfuls soda, two teaspoonfuls ginger, 3 pints flour to commence with; rub shortening and sugar together into flour; add enough more flour to roll very smooth, very thin, and bake in quick oven. The dough can be kept for days by putting it in flour-barrel under the flour, and baked a few at a time. The more flour that can be worked in and the smoother they can be rolled, the better and more brittle they will be. Should be rolled out to wafer-like thinness. Bake quickly without burning. They should become perfectly cold before putting aside.

Drop Cakes—1 cupful butter, $\frac{1}{2}$ cupful sugar, 2 eggs, 1 small teaspoonful baking powder, 1 pint flour, 1 cup washed and picked currants, 1 teaspoonful each extract nutmeg and lemon, $\frac{1}{2}$ cupful Pacific milk. Rub butter and sugar to a white, light cream; add eggs, beat 10 minutes; add flour and powder sifted together, the milk and extracts. Mix into rather firm batter, and drop from spoon on to greased baking-tin; bake in quick oven 10 minutes.

Cocoonut Cookies—1 cupful butter, 2 cupfuls sugar, 2 eggs, 1 cupful grated cocoonut, 1 teaspoonful vanilla, 2 teaspoonfuls baking powder, flour to roll out. Bake pale brown.

Walnut Wafers— $\frac{1}{2}$ lb. brown sugar, $\frac{1}{2}$ lb. broken walnut meats, 2 level tablespoonfuls flour, $\frac{1}{4}$ teaspoonful baking powder, 1-3 teaspoonful salt, 2 eggs. Drop small spoonfuls on buttered pans, bake in quick oven.

Thin Rich Cookies—1 cupful butter, 1 cupful sugar, 3 eggs beaten together to a cream; use just enough flour to mix and roll thin.

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Drop Cookies—Cream together $\frac{1}{2}$ cupful shortening, 1 cupful sugar, add to this 2 eggs well beaten, 1 cupful black strap molasses, 1 cupful cold water, in which dissolve 2 teaspoonfuls soda; 1 teaspoonful cinnamon, 1 teaspoonful cloves, and 5 cupfuls standard flour. Beat well, drop by spoonfuls on tins and bake slowly. A few raisins placed on each cake before baking add to their appearance. This recipe makes a large batch.

Oatmeal Drop Cakes—One-third cupful shortening, $\frac{1}{2}$ cupful sugar, $\frac{1}{2}$ cupful raisins, $\frac{1}{2}$ cupful nut meats, 1 cupful rolled oats, 1 egg and 1 yolk, $\frac{1}{4}$ cupful sweet or Pacific milk, 1 cupful barley flour, $\frac{1}{4}$ teaspoonful soda, $\frac{1}{2}$ teaspoonful salt (use accurate level measurements). Cream the shortening, beat in the sugar, the raisins and the nut meats chopped together and the rolled oats; beat the egg and yolk, add milk, and stir into the first mixture, alternately, with the barley flour mixed and sifted thoroughly with the soda and salt. Drop by teaspoonfuls onto a greased pan, allowing $1\frac{1}{2}$ inches between each cake, make smooth and bake in a quick oven.

Fluffy Ruffles—Beat 1 egg. Gradually add $\frac{1}{2}$ cupful sugar. Add 2 teaspoonfuls cooking oil, $\frac{3}{4}$ cupful rolled oats, $\frac{1}{3}$ teaspoonful salt, and $\frac{1}{4}$ teaspoonful vanilla. Drop on an oiled baking tin. Bake in a moderate oven until delicately browned. One-quarter cupful cocoanut may be substituted for $\frac{1}{4}$ cupful rolled oats.

Sugar Cookies — Three-quarter cupful shortening, 2 cupfuls sugar, $\frac{1}{4}$ cupful Pacific milk, 2 eggs, 3 to $3\frac{1}{2}$ cupfuls flour, 3 teaspoonfuls baking powder, $\frac{1}{4}$ teaspoonful grated nutmeg, 1 teaspoonful vanilla or the grated rind of lemon. Cream shortening and sugar together; add milk to beaten eggs and beat again; add slowly to creamed shortening and sugar. Add 2 cupfuls flour sifted with baking powder; add enough more flour to make stiff dough. Roll out on floured board; cut with cookie cutter and sprinkle with sugar and place four blanched almonds on top of each cookie. For variety, cinnamon and sugar can be sprinkled in the centre of each or sprinkle the top of each cookie with grated cocoanut or chopped nuts; bake about 12 minutes in hot oven. The sandwich or filled cookies are made with the following filling: Filling — 1 cupful chopped raisins, figs or dates, $\frac{1}{2}$ cupful sugar, $\frac{1}{2}$ cupful water, 2 teaspoonfuls flour. Mix flour and sugar; add water and fruit, and cook until thick, being careful not to burn. Place one teaspoonful filling on each cookie; cover with another cookie, press edges together and bake in moderate oven 12 to 15 minutes.

Cocoa Cocoanut Cookies—Two and a half cupfuls flour, 5 teaspoonfuls baking powder, 1 cupful sugar, $\frac{1}{2}$ cupful dripping, $\frac{1}{2}$ teaspoonful salt, 2 eggs, $\frac{1}{2}$ cupful sherdde cocoanut, $\frac{1}{2}$ cupful cocoa, about 1 cupful of mixed Pacific milk and water. Beat sugar, dripping and eggs together. Sift flour, baking powder and cocoa, combine all ingredients, roll out thin, cut in fancy shapes and bake in moderate oven.

Raisin Chocolate Cookies—Two eggs, 1 cupful brown sugar, $\frac{1}{2}$ cupful flour, 1 teaspoonful baking powder, sifted with flour, $\frac{1}{2}$ teaspoonful cinnamon, $\frac{1}{2}$ teaspoonful allspice, 1 cupful seeded raisins, mixed together with walnuts, citron and candied orange peel; 4 tablespoonfuls chocolate. Drop teaspoonful into pan and bake in moderate oven about 10 or 15 minutes.

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Sand Cookies—Half cupful butter, 1 cupful sugar, 1 egg, $1\frac{3}{4}$ cupfuls flour, 4 teaspoonfuls baking powder, blanched almonds, 1 tablespoonful sugar, $\frac{1}{2}$ teaspoonful best ground cinnamon. Beat butter, sugar and 1 egg well, add flour mixed and sifted with baking powder. Let get very cold and roll out, cut into shapes, brush over with white of 1 egg, and sprinkle with sugar and cinnamon mixed. Bake in moderate oven 10 minutes.

Popcorn Fruit Cookies—Mix 1 cupful each of fine-ground popcorn, sugar and fine-cut figs or other dried fruit with $\frac{1}{2}$ cupful each of shortening and Pacific milk and beaten egg. Gradually add 1 cupful each of wheat flour and cornmeal, into which 1 teaspoonful of salt, $1\frac{1}{2}$ teaspoonful nutmeg and 4 teaspoonfuls baking powder have been sifted. Roll $\frac{1}{3}$ inch thick; cut out and bake in a moderate oven.

Reception Macaroons—These are as tasty as the fancy cakes for which the retail stores charge 60 to 80 cents per pound. 1 cupful shortening, 1 cupful dark brown sugar, 2 eggs, 2 teaspoonfuls vanilla, 3 teaspoonfuls baking powder, $\frac{1}{4}$ teaspoonful soda, 1 tablespoonful cocoa, 2 to $2\frac{1}{2}$ cupfuls flour, $\frac{1}{4}$ teaspoonful salt. Cream the shortening, add the sugar gradually, and then the eggs, which have first been beaten until thick. Dissolve the cocoa in a few drops of boiling water and add it to the first mixture. Mix and sift 2 cupfuls flour together with the baking powder and soda and the salt. Combine the mixtures, add flavoring. This mixture should be about the same texture as a soft cookie dough, but as the size of the eggs will vary, the cook must use her own judgment. If necessary, add gradually the remaining half cupful of flour. Drop by small spoonfuls on greased tin and bake in moderate oven. These should be light and red and crisp and will keep for weeks.

Chocolate Jumbles—Take $\frac{1}{4}$ pound chocolate (melted), 1 cupful molasses, 1 cupful sugar, 1 teaspoonful cloves, 1 teaspoonful allspice, 1 teaspoonful cinnamon, 1 teaspoonful shortening (one-half lard and one-half butter), 2 eggs, 2 teaspoonfuls baking soda, sufficient flour to make a soft dough. Roll out, cut thin and bake in a moderate oven.

Scotch Oat Cakes—Two cupfuls fine oatmeal, 1 cupful flour, 1 teaspoonful salt, 3 level teaspoonfuls baking powder, $\frac{1}{4}$ cupful brown sugar, $\frac{1}{2}$ cupful shortening. Sift flour, salt and baking powder into oatmeal and sugar. Rub in shortening with the finger tips, then add enough water to make a very stiff dough; roll out about $\frac{1}{4}$ inch thick, cut with biscuit cutter and bake in a moderate oven 15 to 20 minutes. Care must be taken to have measurements exact, as too much water or too much flour in rolling out will make these hard instead of crisp. Handle as little as possible.

Cocoanut Macaroons—One cupful sugar, 1 tablespoonful butter, 1 egg, 2 cupfuls rolled oats, $\frac{1}{2}$ cupful whole wheat flour, 3 teaspoonfuls baking powder, 1 cupful cocoanut, 1 teaspoonful vanilla. Cream butter and sugar, add yolk of egg, add rolled oats and whole wheat flour, to which baking powder has been added; add vanilla and cocoanut and fold in the beaten egg white. Drop on buttered tins with teaspoon. Bake in moderate oven.

Cornstarch Cakes—One cupful each of butter and sweet or Pacific milk, and $\frac{1}{2}$ cupful cornstarch, 2 cupfuls each of sugar and flour, the whites of 5 eggs beaten to stiff froth, 2 teaspoonfuls of cream of tartar and 1 of soda; flavor to taste. Bake in gem-tins or patty-pans.

Cup Cakes—Two cupfuls sugar, 1 cupful butter, 1 cupful milk, $3\frac{1}{2}$ cupfuls flour, 4 eggs, $\frac{1}{2}$ teaspoonful soda, large spoonful cream of tartar; stir butter and sugar together, add beaten yolks of eggs, then the milk, then flavoring, and the whites. Put cream of tartar in flour and add last. Bake in buttered gem-pans, or drop the batter, a teaspoonful at a time, in rows, on flat, buttered tins. To this recipe may be added 1 cupful English currants or chopped raisins; and also another variety of cakes may be made by adding a $\frac{1}{2}$ cupful citron, sliced and floured, a $\frac{1}{2}$ cupful chopped almonds, and lemon extract.

Peach Cakes—Take the yolks and whites of 5 eggs and beat them separately (the whites to a stiff froth). Then mix the beaten yolks with $\frac{1}{2}$ pound pulverized sugar, and beat the two together thoroughly. 15 minutes will be none too long for the latter operation if you would have excellence with your cakes. Now add $\frac{1}{2}$ pound fine flour, dredging it in a little at a time, and then put in the whites of eggs, beating the whole together for 4 or 5 minutes. Then with a large spoon, drop the batter upon a baking-tin, which has been buttered and floured, being careful to have the cakes as nearly the same size as possible, and resembling in shape the half of a peach. Have a quick oven ready, and bake the cakes about 10 minutes, watching them closely so that they may only come to a light brown color. Then take them out, spread the flat side of each with peach jam, and stick them together in pairs, covering the outside with a thin coat of icing, which when dry can be brushed over on one side of the cake with a little cochineal water.

Helpful Hints

To keep chocolate cake moist a long time, put half a cupful of hot mashed potatoes in it.

When melting chocolate, take the amount of granulated sugar that the receipt calls for and put it in a perfectly dry granite pan, and into this shave the chocolate as usual. Stir into the sugar. Place on the stove (not too hot, and stir for two or three minutes. The sugar and chocolate will blend perfectly and no chocolate will be wasted by sticking to the dish. The reason for this is that chocolate melts at a much lower temperature than sugar.

Sour Milk—If the recipe calls for sour milk when you have only sweet, add vinegar to the milk. A teaspoonful of strong vinegar will sour a cupful of milk. This is especially helpful when one has to cook with canned milk.

Melted Sugar—When making pies, candies, and cake fillings that require melted sugar, if the sugar is placed in the oven until it is thoroughly heated, then put over the fire, it will melt much quicker and does not lump.

An Every-day Use for Maple Sugar—To attempt to use maple sugar as an every-day substitute for cane sugar is not practical, as the supply of maple sugar in the country is not large, but it is always possible to get. At any season of the year maple sugar is to be had and can be kept on hand. For desserts, and all kinds of dainty sweets, which the conservation of sugar forbids too frequently, maple sugar can be most excellently used. A smaller amount is required than when using white sugar.

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Icings

In the first place, the eggs should be cold and the platter on which they are to be beaten also cold. Allow, for the white of an egg, one small teaspoonful of powdered sugar. Break the eggs and throw a small handful of sugar on them as soon as you begin beating; keep adding it at intervals until it is all used up. The eggs must not be beaten until the sugar has been added in this way, which gives a smooth frosting and one that will dry much sooner than the old way.

Spread with a broad knife evenly over cake, and if it seems too thin, beat in a little more sugar. Cover cake with two coats, the second after the first has become dry, or nearly so. If icing gets too dry or stiff before last coat is added, it can be thinned sufficiently with a little water, enough to make it work smoothly.

A little lemon juice or half a teaspoonful of tartaric acid, added to the frosting while being beaten, makes it white and more frothy.

The flavors mostly used are lemon, vanilla, almond, rose, chocolate and orange. If you wish to ornament with figures or flowers, make up rather more icing, keep about one-third out until that on the cake is dried; then, with a clean glass syringe apply it in such forms as you desire and dry as before; what you keep out to ornament with may be tinted pink with cochineal, blue with indigo, yellow with saffron or the grated rind of an orange strained through a cloth, green with spinach juice and brown with chocolate, purple with cochineal and indigo. Strawberry, or currant and cranberry juices color a delicate pink.

Set the cake in a cool oven with the door open, to dry, or in a draught in an open window.

Plain Chocolate Icing—Put into shallow pan 4 tablespoonfuls scraped chocolate and melt gradually, but do not scorch; stir in 3 tablespoonfuls of Pacific milk and 1 of water; mix all well together, and add 1 scant teaspoonful sugar; boil about 5 minutes, and while hot, and when the cakes are nearly cold, spread some evenly over the surface of one of the cakes; put a second one on top, alternating the mixture and cakes; then cover top and sides, and set in a warm oven to harden. In making "Chocolate Eclairs" this recipe will be found very satisfactory.

Cream Frosting—A cup of sweet thick cream whipped, sweetened and flavored with vanilla. Cut a loaf of cake in two, spread frosting between and on top; this tastes like Charlotte Russe.

Marshmallow Frosting—Heat 2 tablespoonfuls Pacific milk and 6 tablespoonfuls sugar over fire; boil 6 minutes without stirring. In double boiler heat $\frac{1}{4}$ lb. cut marshmallows. When very soft add 2 tablespoonfuls boiling water, cook till smooth. Beat in hot sugar; keep beating till partly cool, add $\frac{1}{2}$ teaspoonful extract vanilla. Use at once.

Maple Frosting—1 cupful maple sugar, whites of 3 eggs, 1 cupful nuts, pinch of cream of tartar, 1 cupful water. Boil sugar and water until it forms a soft ball. Add cream of tartar. Pour in nuts after it is removed from fire, and beat into the stiff whites. When sufficiently thick to spread, add to the cake. This can be made without nuts, but it is better with them.

Clear Icing for Cake—Put 1 cupful sugar in bowl with a tablespoonful lemon juice and whites of 2 eggs. Mix together smooth and pour over the

cake; if the cake is not hot enough to dry it, place it in the mouth of moderately warm oven.

Almond Frosting—The whites of 3 eggs, beaten up with 3 cups fine, white sugar. Blanch 1 lb. sweet almonds, pound them in a mortar with a little sugar until a fine paste, then add whites of eggs, sugar and vanilla extract. Pound a few minutes to thoroughly mix. Cover cake with a very thick coating of this, set in cool oven to dry, afterwards cover with plain icing.

Gelatine Frosting—Put 1 level teaspoonful gelatine into 2 tablespoonfuls boiling water, adding enough pulverized sugar to make the mixture of proper consistency to spread. Let the cake cool, but spread the frosting before it sets. Let dry in a cool place. Do not put the cake in oven after frosting is spread.

Golden Frosting—A very delicious and handsome frosting can be made by using the yolks of eggs instead of the whites. Proceed exactly as for ordinary frosting. It will harden just as nicely as that does. This is particularly good for orange cake, harmonizing with the color of the cake in a way to please those who love rich coloring.

Frosting Without Eggs—An excellent frosting may be made without eggs or gelatine, which will keep longer, and cut more easily, causing no breakage or crumbling, and withal is very economical. Take 1 cupful granulated sugar; dampen it with $\frac{1}{4}$ cupful Pacific milk; place on the fire in suitable dish, and stir until it boils; then let it boil for 5 minutes without stirring; remove from fire and set dish in another of cold water; add flavoring. While it is cooling stir or beat constantly, and it will become a thick, creamy frosting.

Tutti Frutti Icing—Mix with boiled icing 1 oz. each of chopped citron, candied cherries, seedless raisins, candied pineapple, and blanched almonds.

Cake Fillings

Fig Filling—Take 1 lb. figs, chop fine, and put into stew-pan on the stove; pour over them a teacupful of water, and add $\frac{1}{2}$ cupful of sugar. Cook all together until soft and smooth. When cold, spread between layers of cake.

Peach-Cream Filling—Cut peaches into slices, or chop them and prepare cream by whipping and sweetening. Put a layer of peaches between the layers of cake and pour cream over each layer and over the top. Bananas, strawberries or other fruits may be used in same way, mashing strawberries, and strewing thick with powdered sugar.

Another Cream Filling—1 cupful powdered sugar, $\frac{1}{4}$ cupful hot water. Let them simmer. Beat white of an egg and mix with the above; when cold, add $\frac{1}{2}$ cupful chopped walnuts, 1 tablespoonful grated cocoanut.

Ice-Cream Filling—Make an icing as follows: 3 cupfuls of sugar, 1 of water; boil to thick, clear syrup, or until it begins to be brittle; pour this boiling hot over the well-beaten whites of 3 eggs; stir mixture very briskly, and pour sugar in slowly; beat until cool. Flavor with lemon or vanilla extract. This spread between any white cake layers, answers for "Ice-Cream Cake."

Maple Filling for Cream-Puffs or Custard—1 pint Pacific milk, 1 cupful Maple syrup, pinch of salt, 1 tablespoonful cornstarch, 2 eggs (yolks only), 1 tablespoonful vanilla. Blend cornstarch with milk, add other ingredients and pour into a custard mould. Set into pan of boiling water and bake. This is quite simple to make, and can be used as a filling or served as it is with sponge-cake.

Cocconut Filling—Thicken whites of 3 eggs with powdered sugar and grated cocconut; put between layers, and cover top of cake with the cocconut.

Apple Filling—Peel and slice green, tart apples; put on fire with sugar to suit; when tender, remove, rub through fine sieve, and add a small piece of butter. When cold, use to spread between the layers; cover cake with plenty of sugar.

Fruit Filling—4 tablespoonfuls finely chopped citron, same of chopped seeded raisins, $\frac{1}{2}$ cupful chopped blanched almonds, $\frac{1}{2}$ lb. chopped figs, whipped whites 3 eggs, $\frac{1}{2}$ cupful sugar. Whip whites with sugar, add fruits, and beat well.

Lemon Filling—Grated rind 2 lemons, their strained juice, 2 cupfuls sugar, whites 2 eggs, 1 cupful boiling water, 2 tablespoonfuls flour mixed with cold water, 1 tablespoonful melted butter. Cook together in double boiler, adding beaten whites last.

Chocolate Filling— $\frac{1}{4}$ cake chocolate, grated, $\frac{1}{2}$ cupful Pacific milk, yolk 1 egg, 1 cupful sugar, 1 teaspoonful extract vanilla. Boil sugar, chocolate, and milk till thickened, add egg yolk, cook 2 minutes, take from fire, add vanilla.

Banana Filling—Make an icing of whites of 2 eggs, and $1\frac{1}{2}$ cupfuls powdered sugar. Spread this on the layers, and then cover thickly and entirely with bananas sliced thin or chopped fine. This cake may be flavored with vanilla. The top should be simply frosted.

Lemon-Jelly Filling—Grate yellow from rind of 2 lemons and squeeze out the juice, 2 cupfuls sugar, the yolks and whites of 2 eggs beaten separately. Mix sugar and yolks, then add whites, and then lemons. Now pour on a cupful of boiling water; stir into this 2 tablespoonfuls of sifted flour, rubbed smooth in $\frac{1}{2}$ cup water; then add a teaspoonful melted butter; cook until it thickens. When cold, spread between layers of cake. Oranges can be used in place of lemons. Another filling of lemon (without cooking) is made of the grated rind and juice of 2 lemons, and the whites of 2 eggs beaten with 1 cupful sugar.

Ribbon Filling—Make about a cupful of chocolate icing and double the quantity of white icing. Divide latter in two parts, coloring the one part pink with liquid cochineal. Make four thin layers of cake and spread with the icing, first the chocolate, using about two-thirds of the quantity made, then the white and then the pink. When the cake is put together cut it in sections and ice sections in such a way that no two pieces of the same color will come together. Put cake together again at once and send to table without disturbing the sections. This cake is specially nice for children's parties. The sections after being iced can be sprinkled with very tiny candies.

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Preserved Fruit Filling—Make a good white icing and cover cake layers thickly with it. Chop into small pieces preserved cherries, such as are sold in candy stores, also any other varieties of candied fruits, such as pineapples, etc., and sprinkle each layer thickly with them. Ice top of the cake and decorate with the whole fruits, having a large whole pear or peach in centre, then rows of cherries, on the outer edge pineapple.

Nut and Raisin Filling—Mix thoroughly 1 cupful of raisins chopped fine, and 1 cupful of finely chopped walnut meats. Spread between cake layers. Ice top with plain white icing.

Caramel Filling—2 cupfuls light brown sugar, 2/3 cupfuls Pacific milk, 1 tablespoonful butter, 1 teaspoonful vanilla. Boil 15 minutes over quick fire, stirring constantly, spread quickly over cake and between layers.

Cooking Helps

Another Use for Kitchen Shears—When preparing breakfast bacon, which you buy sliced, use your kitchen shears in place of a knife for cutting off the rind. It makes the work very much easier and quicker and there is less waste.

To Thicken Jelly—When jelly refuses to thicken, grate a carrot, put it into a clean piece of cheese-cloth and strain a few drops into the juice. Boil a few seconds longer and you will find it works like a charm.

To Prevent Jelly From Boiling Over—Grease the edge of kettle or pan in which it is to be boiled, and your troubles will be ended.

If sweet potatoes are greased before being put in the oven, they will bake in half the time.

To prevent the odor of cabbage or onions, throw red pepper pods into the pan they are cooking in.

The syrup from sweet pickled peaches make a very delicious dressing for lettuce with hard-boiled eggs.

If a little flour is sprinkled on potatoes before frying, they will be a delicious golden brown when done.

When pouring boiling water or milk into a glass or glass dish, place in a knife or spoon to prevent cracking.

A tiny bit of salt added to fresh milk will keep it fresh a much longer time.

When cooking cranberries, add a pinch of baking-soda before adding sugar, and it will greatly reduce amount of sugar needed.

Pour boiling water on oranges and stand for five minutes before slicing for sauce or pudding. The white lining will then come away with the skin.

To make clear white apple sauce, as you peel the apples put in slightly salted water, boil quickly, covered, and when soft beat with potato-masher, put in sugar, let boil up, and remove from the stove at once.

Scatter bits of lemon peel among your cookies as you put them into jar or tin box, and they will have a fine flavor.

Dip the tops of your fruit jars in paraffin to insure their keeping.

Puddings

Steamed Carrot Pudding, Lemon Sauce—1 cupful grated raw carrot, 1 cupful seeded raisins put through a food chopper, 1 cupful dry bread crumbs, $\frac{1}{2}$ cupful flour, 1 cupful beef suet, $\frac{3}{4}$ cupful sugar, 2 teaspoonfuls salt, 2 teaspoonfuls cinnamon, 1 teaspoonful ginger, 1 teaspoonful grated nutmeg, 2 tablespoonfuls chopped candied orange or grapefruit peel. Mix all well together; add enough cold water to make a stiff mixture; brush a mold or bowl with drippings. Close, and steam for $3\frac{1}{2}$ or 4 hours. Serve warm with lemon sauce. To reheat pudding put it in the top of double boiler until warmed through. This pudding will keep a week. **Lemon Sauce:** Add to 1 cupful boiling water 1 tablespoonful cornstarch, which has been mixed with cold water; boil for three minutes; add 1 tablespoonful lemon juice, $\frac{1}{4}$ cupful of sugar, 1 tablespoonful caramel and a pinch of salt. If you do not wish to make a lemon sauce, any tart fruit syrup may be used as sauce.

Mincemeat Log Pudding—Make a nice suet crust, roll out very thin, spread with good thick layer of mincemeat with exception of about $\frac{1}{2}$ inch all round, which should be well moistened with water. Roll into a nice thick roll the length of an ordinary 2-lb. jam jar, which has been well greased inside. Place pudding in, and the end well up. Boil or steam for 2 hours, lying on its side in saucepan, after which turn out and serve with white sauce. This pudding has the appearance of round log, and cuts into delicious slices.

Ocean Queen Pudding—Take the weight of 2 eggs in butter, sugar, and flour, 2 ozs. preserved ginger, $\frac{1}{2}$ tablespoonful syrup of ginger, $\frac{1}{2}$ teaspoonful baking powder. Beat butter and sugar to a cream, drop in eggs and flour alternately, and heat again; cut ginger in small pieces and add to syrup. Lastly, add the baking powder, put in well-greased mould, tie a piece of paper over it, and steam for $1\frac{1}{2}$ hours. Turn out and serve with sweet sauce. This will be found a nice light pudding.

Almond and Raisin Pudding— $\frac{1}{2}$ lb. bread crumbs, 4 oz. suet, $\frac{1}{2}$ pint Pacific milk, $\frac{1}{2}$ lb. raisins, 2 ozs. almonds, 2 eggs, 2 ozs. sugar, a little almond flavoring, and a little nutmeg. Chop suet very fine, mix into the bread crumbs, nutmeg, and sugar; beat eggs with Pacific milk and flavoring, and mix into the dry ingredients. Butter a pudding basin, line it with rows of stoned raisins and rows of blanched almonds, put pudding carefully into basin, and steam for $3\frac{1}{2}$ hours. Turn out, and serve with sweet sauce.

Food for the Gods—3 tablespoonfuls sugar, $\frac{1}{2}$ cup corn syrup, 3 eggs, yolks and whites beaten separately, 7 heaping tablespoonfuls crumbs, 1 level teaspoonful baking powder, 1 package dates, 1 cup nut meats. Bake 40 minutes in slow oven. Serve with whipped cream.

Fig Pudding— $\frac{1}{2}$ lb. figs, chopped fine, 2 cups bread crumbs, $\frac{1}{2}$ cup brown sugar, $\frac{1}{4}$ lb. suet, chopped fine, juice of 1 lemon, rind of $\frac{1}{2}$ lemon, grated fine, 1 dessertspoonful molasses, $\frac{1}{2}$ nutmeg (grated), 1 tablespoonful barley flour, $\frac{1}{2}$ teaspoonful (level) soda. Steam 3 hours and serve with thin lemon sauce.

Ginger Pudding—6 ozs. flour, 3 ozs. suet, 3 ozs. moist sugar, 2 eggs, tablespoonful Pacific milk, 3 ozs. preserved ginger. Mix ingredients well together, steam for 2½ hours in buttered mould. Serve with jam sauce.

Walnut Pudding—Take 1½ pounds wheaten flour, ¼ pound walnuts (finely minced), ½ pound stoned dates, 1 ounce butter, 2 heaped dessert-spoonfuls of sugar, 1 of pastry flour and sufficient Pacific milk to moisten; 1 egg may be added if rich pudding is desired. Rub butter into flour, stir in all other ingredients, the egg and milk last of all. Steam 3 hours.

Welsh Pudding—4 ozs. flour, 3 ozs. sugar, 1 teaspoonful baking powder, 2 ozs. butter, 1 egg, 2 tablespoonfuls jam, marmalade or golden syrup, 3 tablespoonfuls Pacific milk. Well mix the flour, sugar, baking powder and the butter together; then add egg (well beaten) and Pacific milk to other ingredients; put jam in bottom of basin with a little water, put in mixture, cover with a butter paper and steam for 1 hour. Do not butter the basin. Very nourishing for children.

Saucer Pudding—1 breakfast cupful warm Pacific milk, 1 teacupful self-raising flour, 1 egg, 2 ozs. fresh butter. Melt butter, stir well into the flour; then add warm milk and yolk of egg. Beat until smooth, and lastly, add white of egg. Butter some rather deep saucers, and fill about three parts full with mixture. Bake in moderate oven.

Five Minutes' Pudding—2 ozs. flour, 2 eggs, 2 ozs. castor sugar, 3 teaspoonfuls baking powder. Mix flour, sugar and baking powder, and a pinch of salt; add eggs, but do not beat them. It requires nothing but the eggs to moisten it, neither does it want beating except to make smooth. Spread mixture thinly over greased baking-dish, then sprinkle with flour; and lastly, with castor sugar. Bake 5 minutes, turn on to a piece of sugared paper, spread with warm jam. Roll up and sprinkle with castor sugar.

A Creamy and Nourishing Pudding—Cover bottom of pie-dish with rolled oats, sprinkle with white sugar and fill up dish with Pacific milk. Add about a tablespoonful suet and a pinch of salt, and bake ½ hour in moderate oven. This pudding is delicious.

Pumpkin Pudding—4 cupfuls cooked pumpkin, 2 cupfuls Pacific milk, 2 eggs, 1 cupful sugar, 2 teaspoonfuls salt, 2 teaspoonfuls ground ginger, 1 teaspoonful grated nutmeg, 1 teaspoonful cinnamon, 1 teaspoonful butter. After cooking pumpkin, drain it in a colander for 1 hour, then mash it through the colander; add milk, well-beaten eggs, sugar and spice; mix well; pour into baking-dish brushed with butter and sprinkle the top with cinnamon. Bake in slow oven for 1 hour. Serve while warm.

Peach Pudding—2 eggs, ½ cupful sugar, 1½ cupfuls flour, ½ cupful butter milk, ¼ teaspoonful soda, 1 tablespoonful butter, 3 drops almond flavoring. Beat yolks of eggs very light and gradually add sugar, then the fat. Beat until fat is well blended, add the milk in which the soda has been dissolved, and then the flour. Finally add the stiffly-beaten whites of eggs and the flavoring. Pour half the batter into baking-dish and cover with peaches, then add the remainder of the batter and arrange peaches over the top. Bake in a quick oven and serve with lemon sauce.

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Raisin Roly Poly—2 cupfuls flour, $\frac{1}{2}$ teaspoonful salt, 1 teaspoonful of baking powder, sifted together. Rub in 2 tablespoonfuls butter, mix with Pacific milk to soft dough, roll out $\frac{1}{2}$ inch thick. Spread with a little soft butter. Sprinkle thickly with seeded raisins, then with 2 tablespoonfuls granulated sugar. Roll up, pinch ends together, lay on buttered pie-plate, and steam 30 minutes. Dry off in oven 10 minutes. Serve with creamy or liquid sauce.

Canary Pudding—2 eggs, and their weight in butter, flour, castor sugar, 1 teaspoonful baking powder, 1 tablespoonful Pacific milk, grated rind of one lemon. Thickly grease mould or basin. Cream butter and sugar together in basin; when soft like whipped cream break and add eggs, beating well in. Mix together flour and baking powder, add to other ingredients, also the lemon rind, stirring them lightly in. Pour mixture into the greased mould, and steam for 2 hours. Serve with sweet sauce.

Plum Pudding—1 lb. raisins, 1 lb. currants, $\frac{1}{4}$ lb. candied orange peel, $\frac{1}{4}$ lb. citron, $\frac{1}{2}$ lb. chopped suet, $\frac{1}{2}$ lb. stale bread crumbs, $\frac{1}{4}$ lb. flour, 1 tablespoonful cinnamon, $\frac{1}{4}$ teaspoonful allspice, $\frac{1}{2}$ pint grape juice, $\frac{1}{2}$ lb. brown sugar, 1 nutmeg grated, 8 eggs. Wash and dry currants, stone raisins. Cut citron and orange peel very fine. Mix all dry ingredients together. Beat eggs and pour them over the dry ingredients; add the liquid, and mix thoroughly. Pack into greased moulds, and steam 6 hours at time of making, and 2 hours when wanted for use. Serve with hard sauce. Garnish with holly.

Helston Eggless Pudding—This is a delicious pudding, and can be made the day before needed. Take 2 tablespoonfuls each of raisins, currants, sugar, bread crumbs, ground rice, and flour, 3 tablespoonfuls suet, $\frac{1}{2}$ teaspoonful mixed spice, 1 piece candied peel, and a pinch of salt; moisten with Pacific milk in which $\frac{1}{4}$ teaspoonful of carbonate of soda has been dissolved. Boil in buttered mould or basin for 2 hours.

Milk Pudding—2 eggs, their weight in castor sugar, butter, and flour, 1 tablespoonful apricot jam, and 1 teaspoonful baking powder. Beat butter and sugar to cream, then add eggs well whisked, and then flour; add jam and lastly the baking powder. Pour into well-buttered mould, which should be about three-parts full. Steam $\frac{1}{2}$ hour. Turn out, put a little jam on the top, and put it in oven for a few minutes to melt the jam before serving.

Mystery Pudding—2 eggs, and their weight in butter, flour, and castor sugar, a tablespoonful marmalade, a teaspoonful baking powder. Beat butter to a cream and add the sugar, then the flour, with which the baking powder should be mixed, then the marmalade. Beat eggs well, yolks and whites separately, adding whites last. When other ingredients are well mixed, pour into a well-buttered basin, tie over a greased paper, and steam $1\frac{1}{2}$ hours. Turn out and spread a little marmalade over the top, and serve with sweet sauce.

Cup Pudding—1 cup flour, 1 teaspoonful baking powder, salt, 2 tablespoonfuls lard, water enough to make batter, fruit as desired. Place fruit in greased individual cups with about spoonful of batter on top of each. Steam about $\frac{3}{4}$ hour.

Imperial Pudding—Grate 6 oz. bread crumbs, pare, core, and slice 6 oz. apples, well grease a pie-dish, strew bread crumbs over bottom and sides, cut a thin slice of bread and lay in the bottom of the dish on the crumbs. Put a layer of apples and grate a little nutmeg, and strew a tablespoonful of sugar over the apples; next a layer of crumbs, then apples, etc., finishing with crumbs. Mix 1 egg with $\frac{1}{2}$ pint Pacific milk, diluted, pour over the pudding, put a small piece of butter on the top, and bake for $\frac{3}{4}$ hour. Turn out on hot dish.

London Pudding—(For using up stale buns)—Cut buns in two, and spread with a little jam; make into sandwiches. Lay on bottom of pie-dish and sprinkle with a little grated suet; then beat up 2 eggs with 1 dessertspoonful sugar and $\frac{3}{4}$ pint Pacific milk. Pour over the buns and bake in moderate oven. Bits of cake may be used up in same way.

American Lemon Pudding—Mix together the juice and grated rind of a lemon, the well-beaten yolks of 3 eggs, 5 tablespoonfuls castor sugar, and $\frac{1}{2}$ pint diluted Pacific milk. Have dish ready covered with puff paste. Pour mixture over, and bake for 20 minutes. Whisk whites of eggs with 3 tablespoonfuls castor sugar and drop lightly on top of pudding. Return to oven for about 5 minutes to brown slightly.

Prune Honey Pudding—Wash $1\frac{1}{2}$ cupfuls prunes; then let them stand just covered with warm water for 20 minutes. Drain, remove pits and chop the pulp. To this add $\frac{1}{2}$ pint of fresh or Pacific milk, 1 cupful bread crumbs, the grated rind of half a lemon, 3 tablespoonfuls honey, and 3 tablespoonfuls melted shortening. Then sift 1 cupful flour, 2 teaspoonfuls baking powder, and 1 teaspoonful salt together and add last. Place mixture in greased mould (a pound coffee can is excellent) and set, weighted, in a kettle of boiling water that will come two-thirds to the top of the mould. Cook in this way or in a steamer for $2\frac{1}{2}$ hours. Serve with a sauce made of 1 beaten egg, 1 cupful honey, and 2 teaspoonfuls lemon juice, boiled together. Add hot water if a thinner sauce is desired.

Souffle Pudding—Put $\frac{1}{2}$ pint bread crumbs into pie-dish with 1 pint fresh or Pacific milk, 2 ozs. sugar, grated rind of 1 lemon, 1 oz. butter cut up small, and yolks of 2 eggs. Bake until set and nicely browned. Now put a layer of any firm preserve on top, beat whites of 2 eggs to stiff froth with the juice of half lemon and 2 ozs. castor sugar, and put over the preserve. Put pudding back into oven, and brown lightly.

Prune Souffle—2 cupfuls stewed prune pulp, juice of 1 lemon, $\frac{3}{4}$ cupful sugar, whites of 4 eggs. Whip white of eggs until stiff. Beat in sugar, lemon juice, and add prune pulp. Turn into an oiled baking-dish, bake in brisk oven 10 minutes. Serve with whipped cream substitute—a sliced banana whipped into the white of 1 egg.

York Cream—Peel and core 4 or 5 large apples, cut in slices, and arrange in pie-dish; sprinkle with sugar, and cover with a thin layer of apricot jam. Take 1 oz. of arrowroot, mix with 1 pint cold Pacific milk, $\frac{1}{2}$ oz. butter, and sweeten to taste. Stir this over the fire till it boils, then pour slowly over the preserve in the dish. Scatter a few breadcrumbs over the top, and bake a golden brown. Serve hot or cold.

Hebrew Apple Pudding—6 large apples, $\frac{1}{4}$ lb. brown sugar, 2 ozs. currants, the same of sultanas and ground sweet almonds, 3 ozs. candied peel cut very small, $\frac{1}{2}$ teaspoonful ground cinnamon and cloves mixed. Peel apples, slice, and put into stewpan with other ingredients. Add a little water to prevent pan burning, and cook until apples are soft. Well grease a pudding-basin, sprinkle with brown sugar and cinnamon, and line with a good suet crust. Fill it with the stewed fruit, and cover with a layer of crust. Bake in quick oven till paste is done, and turn out of the basin before serving.

Apple Dumplings— $1\frac{1}{4}$ cupfuls flour, 1 tablespoonful baking powder, $\frac{1}{2}$ teaspoonful salt, $1\frac{1}{2}$ tablespoonfuls lard, $\frac{1}{2}$ cupful Pacific milk, 2 apples, 2 tablespoonfuls sugar, $\frac{1}{2}$ teaspoonful cinnamon, $\frac{1}{4}$ cupful boiling water. Mix and sift flour, baking powder, and salt. Work in lard with tips of fingers. Add milk gradually, pat and roll out, and divide in 4 pieces. Pare apples, cut in eighths, remove core and place on the pieces of dough. Sprinkle with 1 tablespoonful sugar mixed with $\frac{1}{4}$ teaspoonful cinnamon or nutmeg. Cover apples with dough, put in buttered pan, sprinkle with 1 tablespoonful sugar mixed with $\frac{1}{4}$ teaspoonful cinnamon, surround with boiling water and bake $\frac{1}{2}$ hour or until apples are soft. Serve with lemon sauce.

Apples Stuffed with Raisins—Wash, core, and remove pulp from 12 smooth apples, leaving a good shell to hold the following dressing. Through a food chopper put 2 cupfuls raw apples, add 2 cupfuls seeded raisins, and 1 tablespoonful lemon juice. Stuff apple shells with this mixture and place on greased baking-tins. Into a saucepan pour 1 cupful each of water and corn or maple-syrup, and 1 tablespoonful of butter, then bring to boiling-point and boil for 5 minutes. Pour this sauce over the apples and bake in moderate oven for 20 minutes. Serve hot or cold.

Prune Tapioca— $\frac{1}{3}$ cupful granulated tapioca, $\frac{1}{2}$ cupful brown sugar, $\frac{3}{4}$ cupful cold water, 1 cupful fruit juice, $\frac{1}{2}$ lb. prunes (uncooked). Mix tapioca with cold water and add fruit juice or water in which prunes have been soaked. Cook until tapioca is transparent. Stir in the sugar and pour over the prunes which have been soaked at least 8 hours and are pitted. Bake in moderate oven until fruit is tender. Serve cold.

Dainty Tapioca Pudding— $\frac{1}{2}$ cupful fine tapioca, 3 cupfuls boiling water, 8 tablespoonfuls sugar, raisins, $\frac{1}{2}$ teaspoonful powdered cinnamon, 1 cupful cooked apples, meringue, sugar and cream. Sprinkle tapioca into boiling water and cook until quite tender. Then stir in sugar, powdered cinnamon, and cupful of cooked apples. Cook this all together in oven in casserole or baking-dish for 5 minutes. Decorate edges with meringue and raisins. Serve hot with sugar and cream.

Apple and Raisin Tapioca—Pare and core 4 good-sized apples. Fill centres with raisins and molasses. Put into baking-dish and place in hot oven; when nearly done cover with tapioca made by boiling 3 tablespoonfuls tapioca in 3 cupfuls boiling water until clear. Add a little salt, sweeten to taste with molasses, and add $\frac{1}{2}$ cupful seeded raisins, cut into small pieces.

Creamy Tapioca Raisin Pudding—To 1 qt. diluted Pacific milk add 2 tablespoonfuls uncooked tapioca and 2 tablespoonfuls uncooked rice, $\frac{1}{2}$ teaspoonful salt, $\frac{1}{2}$ cupful honey and 1 cupful seeded raisins, washed and dried. Bake in slow oven, stirring down the crust as it forms on top until pudding is done. Then let it just form.

Normandy Pudding—Put 2 ozs. large sago, and $\frac{1}{2}$ pint fresh or Pacific milk into saucepan; swell gradually by side of fire. Pare, core, and slice 2 large apples and cook till tender with a little sugar and water. Take the sago from fire when it has absorbed milk. Beat up an egg with a pint milk, mix with sago and $\frac{1}{2}$ teaspoonful ground ginger. When apples are cooked mix all together, put into buttered pie-dish, and bake $\frac{1}{2}$ hour.

Amber Pudding (Tennessee)—3 cupfuls cold boiled rice, 1 cupful dried apricots, 1 tablespoonful sugar, 2 cupfuls Pacific milk, 2 well-beaten eggs, pinch of salt, butter. Place rice in greased baking-dish, spreading over it all the apricots, and finishing with the balance of the rice. Brush butter sparingly over the rice, sprinkle with sugar, and pour over it the milk and eggs, beaten together. Add salt and bake for 30 to 40 minutes in slow oven.

Cumberland Pudding—2 ozs. flour, 2 ozs. sugar, 1 oz. butter, 1 pint diluted Pacific milk, the grated rind of $\frac{1}{2}$ a lemon or a few drops of essence of lemon, and 1 teaspoonful egg powder. Put flour, egg powder, sugar, butter, and lemon peel into a basin before the fire until butter is nearly melted. Mix well with a wooden spoon; pour in a little milk, stir well until quite smooth; boil remainder of milk, and add gradually, still stirring. Put into buttered dish, and bake in moderate oven for about 20 minutes. This pudding has the advantage of being quickly prepared, and only needs a short time for baking.

Persian Pudding— $1\frac{1}{2}$ lbs. plums, 2 ozs. rice, sugar, 1 pint Pacific milk, 1 egg. Wash rice and boil it in diluted Pacific milk until quite tender. If there is any milk left, pour it away. Stew plums to pulp in a little water. Remove all stones and mash plums. Mix in the sugar, add the rice and the egg well beaten up. Butter a mould, put in the pudding and steam 1 hour. Turn out, strew sugar over top, and serve with custard.

French Rice Pudding—A $\frac{1}{4}$ pound ground rice, 2 cupfuls Pacific milk, 2 tablespoonfuls sugar, 3 eggs, 1 tablespoonful butter, 2 tablespoonfuls sultanas, $\frac{1}{2}$ teaspoonful vanilla extract. Boil fresh or diluted Pacific milk slowly, sprinkle in ground rice, boil till thick, about 6 minutes. Remove and add sugar and butter. Mix well, cool a little, add eggs (well beaten), extract and raisins, stirring them into the mixture. Butter a pudding mould, pour in the pudding. Bake for 1 hour in moderate oven. Serve with lemon sauce.

Orange Pudding—4 ozs. flour, 2 ozs. butter, $1\frac{1}{2}$ ozs. lard, 1 or 2 eggs, rind of 2 oranges, $\frac{1}{2}$ teaspoonful of baking powder, and a pinch of salt. Cream butter and sugar, sift in half the flour, one egg, then remainder of flour, then egg (or Pacific milk), grated orange rind. Pour into greased mould and steam for $1\frac{1}{2}$ hours. Sauce: Juice of 2 oranges, 2 ounces brown sugar, 1 teaspoonful cornflour, 1 gill of water. Mix cornflour with orange juice, put water and sugar into a saucepan; when boiling, pour on mixed cornflour and reboil.

Maple Junket— $\frac{1}{2}$ cupful maple sugar, 1 quart fresh or Pacific milk, 1 junket tablet, 1 tablespoonful vanilla, $\frac{1}{2}$ cupful chopped nut-meats. Make a syrup of the sugar, cool, and add to the milk. Heat to luke-warm, and add dissolved junket tablet. Flavor and pour into individual cups. When ready to serve, sprinkle a few nuts over the top of each and add a tablespoonful of sweetened whipped cream.

Maple Tapioca—1 pint Pacific milk, $\frac{1}{2}$ cupful seeded raisins, 2 tablespoonfuls tapioca, 1 cupful maple syrup, 2 eggs. Into the heated milk stir tapioca and raisins; boil 15 or 20 minutes. Remove from fire and add beaten yolks and maple syrup. $\frac{3}{4}$ cupful sugar and $\frac{1}{4}$ cupful boiling water make the syrup. Put back over the fire and thicken. When almost cold, fold in the stiff whites. Serve with or without cream.

Fruit Custard Pudding—After baking a custard, put away till cold, then turn out into glass dish and spread raspberry jam over it (be sure to use raspberry jam, as it adds to the quality of the pudding), then slice some nice bananas to cover, and repeat, alternately spreading jam and bananas till there is sufficient quantity. The pudding is completed by pouring thick whipped cream over all.

Economical Boiled Custard—1 pint Pacific milk, 1 new-laid egg, 1 dessert-spoonful cornflour, 1 teaspoonful castor sugar, a few drops of vanilla or other flavoring. Boil milk in double saucepan; put cornflour into basin, break egg into it, and mix with spoon till quite smooth. Add boiling fresh or Pacific milk by degrees, stirring all the time. Sweeten, return to saucepan, and stir, always the same way, for a few minutes, till it thickens and cornflour has lost its rawness. Do not overcook. Flavor and pour into jug till required. Then remove skin, stir, and serve as desired.

Banana Cream—2 bananas, 1 quart Pacific milk, 2 ozs. cornflour, 2 ozs. castor sugar, 2 yolks of eggs, $\frac{1}{2}$ teaspoonful vanilla essence. Mix cornflour with a little Pacific milk, put the rest of milk into stewpan with sugar, when boiling add blended cornflour and milk, and boil about 10 minutes. Let preparation cool a little, then add beaten yolks of eggs and stir by side of fire until thickened. Now add vanilla essence, the bananas thinly sliced, and when cool pour into prepared mould.

Macedoine of Fruits—1 packet lemon jelly, 2 bananas, 1 sweet orange, 1 tablespoonful desiccated cocoanut, 1 oz. crystallized cherries, $\frac{1}{2}$ lb. green grapes. Make jelly according to directions on packet, cool, but do not quite set; cut bananas in rings, peel and cut orange in quarters, cut cherries in half and pick grapes. Then put in wet mould alternate layers of jelly, fruit and cocoanut. Turn out when set. If more is needed, double the ingredients.

Caramel Pudding with Dates—2 tablespoonfuls sugar, $\frac{1}{2}$ cupful water, 2 tablespoonfuls cornstarch, 1 pt. scalded Pacific milk, 2 teaspoonfuls butter, 1 cupful chopped dates, $\frac{1}{4}$ teaspoonful salt. Caramelize a tablespoonful of sugar in small pan, add water and boil until they form a thin syrup. Cool, pour over the cornstarch, the remainder of the sugar and the salt. Add this mixture to the scalded milk and stir till thickened. Add butter and dates, cover and cook for $\frac{1}{4}$ hour before turning into mould to chill. This recipe may be varied by using seeded raisins and chopped nuts in place of dates.

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Silver Pudding—4 lemons, $\frac{1}{2}$ lb. sifted sugar, half a packet of gelatine, 2 eggs. Soak and dissolve gelatine in breakfastcupful of water over fire. Whisk the whites of eggs, lemon juice and the whole of the other ingredients together for $\frac{1}{2}$ hour. Put into damp mould and turn out when set. Make custard with the yolks of 2 eggs, a little sugar, and $\frac{1}{2}$ pint Pacific milk. When custard is cold, pour round the pudding.

Mocha Pudding— $\frac{1}{3}$ cupful butter, 1 cupful brown sugar, 3 egg-yolks, $\frac{3}{4}$ cupful cold strong Harkness coffee, 12 lady fingers, $\frac{1}{4}$ teaspoonful vanilla. Cream butter and add sugar gradually. Add coffee little by little and vanilla. If coffee is added quickly mixture will curdle. Line mould with lady-fingers and fill with alternate layers of cream and lady-fingers. Chill and serve on platter.

Marshmallow Grape Pudding— $\frac{1}{2}$ pint grape juice, $\frac{3}{4}$ lb. marshmallows. Heat slowly, stirring occasionally until marshmallows are dissolved and mixture comes to boiling-point. Remove from stove; stir several times while cooling; beat thoroughly and turn into seven glass cups. Cool and serve with whipped cream.

Ginger Cream—Let 1 pint fresh or Pacific milk come slowly to boil, then add $\frac{1}{4}$ cup sugar, and 1 oz. gelatine which has been previously dissolved in a little cold water. Boil slowly until gelatine is dissolved, then add 4 ozs. prepared ginger, cut dice if desired. Chopped candied cherries, apricots, etc., may be included with the ginger and some broken nut-meats. Cool, add 1 pint whipped cream, turn into wet mould.

Apple Cream—Take $1\frac{1}{2}$ lbs. apples, 2 ozs. castor sugar, $\frac{1}{2}$ gill hot water, $\frac{1}{2}$ pint cream, 1 lemon, some red currant jelly, and a little cochineal. The apples should first of all be peeled, cored and sliced, then put into saucepan with the water, sugar, and grated lemon rind. Stew gently till soft, rub through wire sieve, after which beat to a pulp with an egg-whisk. Whip the cream stiffly and stir apples into it with a few drops of cochineal added to make it a pretty pink. The mixture should then be heaped up roughly in glass dish and decorated with a few little heaps of red currant jelly.

Peach Sponge—1 oz. gelatine, 1 tin peaches, juice of 1 lemon, $\frac{1}{2}$ lb. lump sugar, whites of 3 eggs, 3 gills water. Soak gelatine in hot water 10 minutes. Put into stewpan juice of peaches, sugar, lemon juice, and dissolved gelatine, making liquid up to 1 pint. Stir over fire till hot, pour into large basin; when beginning to set add whites of eggs stiffly beaten; whisk until preparation is light and spongy; heap up lightly on glass dish and serve with peaches around. Fill centre of peaches with whipped cream.

Two Lemon Puddings Made With One Egg—For first pudding soak $2\frac{3}{4}$ oz. gelatine in $\frac{1}{2}$ teacupful water for $\frac{1}{2}$ hour at least. Add juice of large lemon. Put half of this into small saucepan, add to it 2 ozs. sugar, the beaten yolk of 1 egg. Stir all together over slow fire or gas-jet until it thickens, but do not let boil. Strain and set in wet mould. For second pudding take the remainder of the soaked gelatine, water, and lemon juice, add to it 2 ozs. sugar; stir over slow fire until hot—it must not boil. Remove from fire, strain and cool. While cooling, whip the white of an egg to a stiff froth. When the gelatine is cold and beginning to set, stir in beaten egg white, and whip all together until like snow. Pile on glass dish.

Pear Meringue—Peel about $1\frac{1}{2}$ dozen pears, and put into pan with sugar to taste, and a very little water. Stew till tender, taking care not to break them. Lift carefully, and arrange neatly in glass dish. Boil up the syrup with a little more sugar till thickish. Add drop or two of cochineal—as pear syrup has always a dull color. Pour it over the fruit. Whisk the whites of eggs to a stiff froth, add 2 tablespoonfuls castor sugar, spread roughly over pears, and brown slightly in oven.

Chestnut Surprise—(A French Recipe)—Boil chestnuts in water until soft enough to peel. Flavor $\frac{1}{2}$ pint fresh or Pacific milk with vanilla and sugar, put in peeled chestnuts, and boil until perfectly soft. Pass through a colander so that mixture has appearance of vermicelli. Pile lightly on glass dish, pouring some whipped cream or a nicely-flavored custard round.

pudding Sauces

Brandy or Wine Sauce—Take 1 cupful butter, 2 of powdered sugar, the whites of 2 eggs, 5 tablespoonfuls sherry wine or brandy, and $\frac{1}{4}$ cupful boiling water. Beat batter and sugar to a cream, add whites of eggs, 1 at a time, unbeaten, and then the wine or brandy. Place the bowl in hot water and stir till smooth and frothy.

Sugar Sauce—1 coffee-cupful granulated sugar, $\frac{1}{2}$ cupful water, a piece of butter the size of a walnut. Boil all together until the consistency of syrup. Flavor with lemon or vanilla extract. A tablespoonful lemon juice is an improvement. Nice with cottage pudding.

Lemon Sauce—1 cupful sugar, $\frac{1}{2}$ cupful butter, 1 egg beaten light, 1 lemon, juice and grated rind, $\frac{1}{2}$ cupful boiling water; put in a tin basin and thicken over steam.

A Good Plain Sauce—A good sauce to go with plain fruit puddings is made by mixing 1 cupful brown sugar, 1 cupful best molasses, $\frac{1}{2}$ cupful butter, 1 large teaspoonful flour; add juice and grated rind of 1 lemon, half a nutmeg, grated, half a teaspoonful cloves and cinnamon. When these are all stirred together, add 1 teacupful boiling water; stir it constantly, put into saucepan and boil until clear; then strain.

Plain Cold, Hard Sauce—Stir together 1 cupful white sugar, and $\frac{1}{2}$ cupful butter, until it is creamy and light; add flavoring to taste. This is very nice flavored with juice of raspberries or strawberries, or beat into it a cupful of ripe strawberries or raspberries and the white of an egg, beaten stiff.

Marmalade Marshmallow Sauce—3 tablespoonfuls Pacific milk, 3 tablespoonfuls orange marmalade, 3 heaping tablespoonfuls marshmallow cream. Heat milk in top of double boiler; add it to marshmallow cream, beating until smooth. Then beat in orange marmalade. Serve with simple puddings.

Caramel Sauce— $\frac{3}{4}$ cupful sugar, 1 cupful boiling water, 1 tablespoonful cornstarch, 2 teaspoonfuls cooking oil. Caramelize $\frac{3}{4}$ cupful sugar. Mix remainder of sugar with cornstarch and add water gradually, stirring constantly; add cooking oil and caramelized sugar. After it has boiled 5 minutes remove from fire.

Pastry

Crust for One Pie—1 cup sifted flour, 2 heaping tablespoonfuls lard, 4 tablespoonfuls water and a pinch of salt. Sift flour and salt together, add lard, cutting and mixing well with a knife. When well mixed add water, still stirring with a knife. Sprinkle moulding board with flour and turn out the dough. Roll out, then fold and roll out about four times. Then it will be ready to use. For top crust finish by adding a few drops of butter between last folding, and sprinkle a teaspoonful of sugar on top and slightly roll in as for sugar cookies.

To make the crust much more flakey, put it in a dish covered with a cloth, and set in a very cold place for $\frac{1}{2}$ hour. In summer it could be placed in ice box.

A great improvement is made in pie-crust by the addition of about a heaping teaspoonful of baking powder to a quart of flour, also brushing the paste as often as rolled out, and the pieces of butter placed thereon, with the white of an egg, assists it to rise in leaves or flakes. As this is the great beauty of puff-paste, it is as well to try this method.

Great care is requisite in heating an oven for baking pastry. If you can hold your hand in oven while you count 20, the oven has just the proper temperature, and should be kept at this temperature as long as pastry is in; this heat will bake to a light brown, and will give the pastry a fresh appearance. If you suffer heat to abate, the under crust will become heavy and clammy, and the upper crust will fall in.

In baking custard, pumpkin or squash pies, it is well, in order that the mixture may not be absorbed by the paste, to first partly bake the paste before adding it, and when stewed fruit is used the filling should be perfectly cool when put in, or it will make the bottom crust sodden.

Making the Pie—After making crust, roll out a portion and fit to a buttered pie-plate by cutting it off evenly around the edge; gather up scraps left from cutting and make into another sheet for the top crust; roll it a little thinner than the under crust; lap one half over the other and cut three or four slits about a quarter of an inch from the folded edge (this prevents the steam from escaping through the rim of the pie, and causing the juices to run out from the edges). Now fill your pie-plate with prepared filling, wet top edge of rim, lay upper crust across centre of pie, turn back the half that is lapped over, seal the two edges together by slightly pressing down your thumb, then notch evenly and regularly with a three-tined fork, dipping occasionally in flour to prevent sticking. Bake in a rather quick oven a light brown, and until the filling boils up through slits in the upper crust. To prevent juice soaking through into the crust, making it soggy, wet the under crust with the white of an egg, just before you put in pie mixture. If top of pie is brushed over with egg, it gives a beautiful glaze.

Rule for Under Crust—A good rule for pie-crust for a pie requiring only an under crust—as a custard or pumpkin pie—is: 3 large tablespoonfuls flour, sifted; rubbing into it a large tablespoonful cold butter and part lard, and a pinch of salt, mixing with cold water enough to form a smooth, stiff paste, and rolled quite thin.

Fine Puff-Paste—Into 1 quart sifted flour, mix 2 teaspoonfuls baking powder, and 1 teaspoonful salt; then sift again. Measure out 1 teacupful butter and 1 of lard, hard and cold. Take lard and rub into the flour until a very fine, smooth paste. Then put in just enough ice-water, say $\frac{1}{2}$ cupful, containing a beaten white of egg, to mix a very stiff dough. Roll it out into a thin sheet, spread with one-fourth of the butter, sprinkle over with a little flour, then roll up closely in a long roll, like a scroll, double the ends towards the centre, flatten and re-roll, then spread again with another quarter of the butter. Repeat this operation until butter is used up. Put it in an earthen dish, cover it with a cloth and set it in a cold place, in the ice-box in summer; let it remain until cold—an hour or more, before making out the crust. Tarts made with this paste cannot be cut with a knife when fresh; they go into flakes at the touch.

You may roll this pastry in any direction, from you, towards you, sideways, anyway, it matters not, but you must have nice flour, ice water, and very little of it, and strength to roll it, if you would succeed.

For Icing Pastry—To ice pastry, which is the usual method adopted for fruit tarts and sweet dishes of pastry, put the white of an egg on a plate, and with the blade of a knife beat it to a stiff froth. When the pastry is nearly baked, brush it over, with this, and sift over some pounded sugar; put it back into the oven to set the glaze, and in a few minutes it will be done. Great care should be taken that the paste does not catch or burn in the oven, which it is very liable to do after the icing is laid on. Or make a meringue by adding a tablespoonful of white sugar to the beaten white of 1 egg. Spread over the top and slightly brown in oven.

Green Apple Pie—Peel, core and slice tart apples enough for a pie; sprinkle over about 3 tablespoonfuls sugar, a teaspoonful cinnamon, a small level tablespoonful sifted flour, 2 tablespoonfuls water, a few bits of butter; stir all together with a spoon, put into a pie-tin lined with pie-paste; cover with a top crust and bake about 40 minutes.

Apple Custard Pie—3 cupfuls Pacific milk, 4 eggs, and 1 cupful sugar, 2 cupfuls stewed apples, strained through a colander. Beat the whites and yolks of the eggs lightly, and mix yolks well with the apples, flavoring with nutmeg. Then beat into this the milk, and lastly the whites. Let crust partly bake before turning in this filling. To be baked with only one crust, like all custard pies.

Irish Apple Pie—Pare and take out cores of apples, cutting each apple into 4 or 8 peeces, according to their size. Lay neatly in baking-dish, seasoning with brown sugar, and any spice, such as pounded cloves and cinnamon, or grated lemon peel. A little quince marmalade gives a fine flavor to pie. Add a little water, and cover with puff-paste. Bake 1 hour.

Lemon-Apple Pie—Grated rind 1 lemon, 2 tablespoonfuls lemon juice, $\frac{2}{3}$ cup sugar, $\frac{1}{3}$ cup corn syrup, 1 egg yolk, 1 tablespoonful melted butter substitute, 2 tablespoonfuls corn flour, $\frac{1}{4}$ cup hot water, 2 apples, pared and grated, 1 egg white. Mix grated rind of lemon, lemon juice, sugar, corn syrup, egg yolk slightly beaten, melted butter substitute, corn flour and hot water. Then add apples which have been pared and grated. When well mixed, fold in stiffly beaten egg white. Line pie plates with wheatless pastry, fill with lemon mixture, cover with pastry, and bake.

Apple and Peach Meringue Pie—Stew apples or peaches and sweeten to taste. Mash smooth and season with nutmeg. Fill crusts and bake until just done. Put on no top crust. Take whites of 3 eggs for each pie, and whip to a stiff froth, and sweeten with 3 tablespoonfuls powdered sugar. Flavor with rose water or vanilla; beat until it will stand alone; then spread it on the pie $\frac{1}{2}$ to 1 inch thick; set back into the oven until meringue is well "set." Eat cold.

Chocolate Custard Pie— $\frac{1}{4}$ cake chocolate, grated; 1 pint boiling water, 6 eggs, 1 quart Pacific milk, $\frac{1}{2}$ cupful white sugar, 2 teaspoonfuls vanilla. Dissolve chocolate in a very little Pacific milk, stir into the boiling water, and boil 3 minutes. When nearly cold, beat up with this the yolks of all the eggs and the whites of three. Stir this mixture into the milk, season, and pour into shells of good paste. When custard is "set"—but not more than half done—spread over it the whites whipped to a froth, with 2 tablespoonfuls sugar. You may bake these custards without paste, in a pudding-dish or cups set in boiling water.

Lemon Pie—Take a deep dish, grate into it the outside of the rind of 2 lemons; add to that $1\frac{1}{2}$ cups white sugar, 2 heaping tablespoonfuls unsifted flour, or 1 of cornstarch; stir well together, then add yolks of 3 well-beaten eggs, beat thoroughly, then add juice of the lemons, 2 cups of water, and a piece of butter the size of a walnut. Set this on the fire in double boiler and cook until it thickens, and will dip up on the spoon like cold honey. Remove from fire, and when cooled, pour into a deep pie-tin, lined with pastry; bake, and when done, have ready the whites, beaten stiff, with 3 small tablespoonfuls sugar. Spread this over the top and return to oven to set and brown slightly.

Orange Pie—Grate rind of 1 and use the juice of 2 large oranges. Stir together 1 large cupful sugar and 1 heaping teaspoonful flour; add to this the well-beaten yolks of 3 eggs, 2 tablespoonfuls melted butter. Reserve the whites for frosting. Turn this into a pie-pan lined with pie-paste, and bake in a quick oven. When done so as to resemble a finely baked custard, spread on the top of it the beaten whites, which must be sweetened with 2 tablespoonfuls sugar; spread evenly, and return to oven and brown slightly. The addition of the juice of half a lemon improves it.

Baker's Custard Pie—Beat up the yolks of 3 eggs to a cream. Stir thoroughly a tablespoonful of sifted flour into 3 tablespoonfuls sugar; this separates the particles of flour so that there will be no lumps; then add it to the beaten yolks; put in a pinch of salt, a teaspoonful of vanilla, and a little grated nutmeg; next the well-beaten whites of eggs; and lastly a pint of scalded Pacific milk (not boiled) which has been cooled; mix this in by degrees, and turn all into a deep pie-pan, lined with puff paste, and bake from 25 to 30 minutes.

Cream Pie—Pour 1 pint cream upon $1\frac{1}{2}$ cupfuls of sugar; let stand until whites of 3 eggs have been beaten to stiff froth; add this to the cream and beat up thoroughly; grate a little nutmeg over mixture and bake without an upper crust. If a tablespoonful of sifted flour is added to it, as the above custard pie recipe, it would improve it.

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Boston Cream Pie—Cream part: Put on 1 pint Pacific milk to boil. Break 2 eggs into a dish, and add 1 cup sugar and $\frac{1}{2}$ cup flour previously mixed; after beating well, stir into the milk just as the milk commences to boil; add 1 oz. butter and keep on stirring one way until it thickens; flavor with vanilla or lemon. Crust part: 3 eggs, beaten separately, 1 cup granulated sugar, $1\frac{1}{2}$ cups sifted flour, 1 large teaspoonful baking powder, and 2 tablespoonfuls Pacific milk. Divide batter in half and bake to a straw color on two medium-sized pie-tins, in a rather quick oven. When done and cool, split each one in half with a sharp broad-bladed knife, and spread half the cream between each. Serve cold. The cake part should be flavored same as the custard.

Mince Pies—4 lbs. lean boiled beef, chopped fine, twice as much of chopped green tart apples, 1 lb. chopped suet, 3 lbs. raisins, seeded, 2 lbs. currants picked over, washed and dried, $\frac{1}{2}$ lb. citron, cut up fine, 1 lb. brown sugar, 1 quart cooking molasses, 2 quarts sweet cider, 1 pint boiled cider, 1 tablespoonful salt, 1 tablespoonful pepper, 1 tablespoonful mace, 1 tablespoonful allspice, and 4 tablespoonfuls cinnamon, 2 grated nutmegs, 1 tablespoonful cloves. Mix thoroughly and warm on the range until heated through. Remove from fire and when nearly cool, stir in a pint of good brandy, and 1 pint Madeira wine. Put into a crock, cover tightly, and set in cold place where it will keep cold but not freeze. Use as desired.

Mock Mince-Meat Without Meat—1 cupful cold water, $\frac{1}{2}$ cupful molasses, $\frac{1}{2}$ cupful brown sugar, $\frac{1}{2}$ cupful cider vinegar, $2\frac{1}{3}$ cupful melted butter, 1 cupful raisins, seeded and chopped, 1 egg beaten light, $\frac{1}{2}$ cupful rolled cracker crumbs, a tablespoonful cinnamon, a teaspoonful each of cloves, allspice, nutmeg, salt, and black pepper. Cook water and raisins in saucepan a few minutes, then add sugar and molasses, then the other ingredients; lastly, add a wineglassful of brandy.

Pumpkin or Squash Pie—Mix 3 cups thick stewed and sieved pumpkin or squash, 2 cups Pacific milk, 1 cup sugar, 1 teaspoonful salt, 2 eggs, $\frac{1}{2}$ teaspoonful cinnamon, pinch cloves. Line 2 pie-plates as for custard pie; bake in moderate oven.

Green Tomato Pie—Take medium-sized tomatoes, pare, and cut out the stem end. Having your pie-pan lined with paste made as biscuit dough, slice tomatoes very thin, filling pan somewhat heaping, then grate over it a nutmeg, put in $\frac{1}{2}$ cup butter and a medium cup of sugar, if the pan is rather deep. Sprinkle a small handful of flour over all, pouring in $\frac{1}{2}$ cup vinegar before adding top crust. Bake $\frac{1}{2}$ hour in moderate oven, serving hot.

Sweet Potato Pie—1 pound steamed sweet potatoes finely mashed, 2 cups sugar, 1 cup cream, $\frac{1}{2}$ cup butter, 3 well-beaten eggs, flavor with lemon or nutmeg, and bake in pastry shell.

Dried Fruit Pies—Wash fruit thoroughly, soak over night in water enough to cover. In the morning, stew slowly, until nearly done, in the same water. Sweeten to taste. The crust, both upper and under, should be rolled thin; a thick crust to a fruit pie is undesirable.

Jelly and Preserved Fruit Pies—Preserved fruit requires no baking; hence, always bake the shell, and put in sweetmeats afterwards; you can cover with whipped cream or bake a top crust shell; the former is preferable for delicacy.

Cream-cheese Pie with Strained Honey — The yolks of 3 eggs are well-beaten and mixed with 3 tablespoonfuls sugar, a cupful of cottage cheese, $\frac{1}{2}$ cupful cream and $\frac{1}{2}$ cupful blanched, chopped almonds; the stiffly beaten whites of eggs are then added, and mixture poured into a plate lined with pastry. Bake 25 minutes. Serve covered with strained honey.

Raisin Chocolate Pie—Mix 1 tablespoonful flour to a smooth paste with a $\frac{1}{4}$ cupful Pacific milk. Add 1 oz. melted chocolate, 1 teaspoonful butter, 3 tablespoonfuls chopped arisins, 3 tablespoonfuls honey, a pinch of salt and $\frac{3}{4}$ cupful Pacific milk. Cook in a double boiler until it thickens; then add 2 well-beaten eggs and $\frac{1}{2}$ teaspoonful vanilla extract. Pour into a baked crust and set in a hot oven until firm.

Pineapple-Raisin Pie—Ordinary pie crust is used in a deep pie pan, and into it is poured a delicious fruit filling made by cooking together until tender a cupful of raisins and a cupful of sugar, and adding to this mixture 1 beaten egg, a tablespoonful of flour, a tablespoonful of finely shredded citron and 2 cupfuls sliced canned pineapple. Bake in moderate oven until crust is a rich brown.

Rice-Cocoanut Pie—A deep pie pan is lined with pastry. Pour into it filling made by creaming together 2 tablespoonfuls butter and a cupful of sugar, and adding the yolks of 3 eggs, a teaspoonful cornstarch, $\frac{1}{2}$ cupful desiccated cocoanut and $\frac{1}{2}$ cupful cooked rice soaked in $1\frac{3}{4}$ cupfuls Pacific milk. After the custard is baked the top is spread with currant jelly and sprinkled with cocoanut.

Dixie Cinnamon-Apple Pie—For 1 large pie 1 quart of sliced apples is required; the pie plate is lined with a layer of pastry and filled with the sliced apples. A cupful of sugar, a tablespoonful of flour and some powdered cinnamon are sprinkled over the apples and, last of all, a $\frac{1}{4}$ cupful of water. It is baked in a moderate oven for 45 minutes.

Ribbon Pie—The filling of this pie is made in 3 colors—first, the coffee layer; second, the vanilla cream for the centre; and third, the chocolate-covered top. 5 tablespoonfuls cornstarch dissolved in a cupful of cold Pacific milk is mixed with the yolks of 2 eggs, $\frac{1}{2}$ cupful sugar and $\frac{1}{2}$ teaspoonful salt, then stirred into a quart of boiling milk and cooked until smooth. When removed from fire a teaspoonful of vanilla and a tablespoonful of butter are added. A cupful of the custard is reserved for the top, and the remainder is divided into 2 equal parts. To 1 part, the bottom layer, is added 2 tablespoonfuls of extra-strong black Harkness coffee; stir until thoroughly blended, then pour into a pie-crust shell. When partly set, pour over the vanilla-cream layer; before it is set spread over the top the reserved cupful of custard blended with 2 squares of melted chocolate.

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Bramble Tart—4 ozs. flour, 4 ozs. cornflour, 3 ozs. butter, a small $\frac{1}{2}$ teaspoonful baking powder, pinch of salt, 1 oz. castor sugar, one yolk of egg, $\frac{1}{2}$ gill of Pacific milk, $\frac{1}{2}$ lb. stewed blackberries, $\frac{3}{4}$ gill of cream. Mix together flour, cornflour, salt, and baking powder; rub in butter lightly, add sugar, beat up egg, mix it with milk. Mix flour, etc., with these two, so as to make smooth paste. Line tin with pie-crust; fill in middle with a greased paper filled with rice to keep the shape. Bake in moderate oven till a nice brown. Put stewed blackberries in middle after removing rice and putting the case of pastry on a dish. Whip, sweeten, and heap cream over the top, and serve cold.

Bachelor's Tart—Mix together 6 ozs. cornflour, 6 ozs. common flour, 1 dessertspoonful sugar, $\frac{1}{2}$ teaspoonful baking powder. Beat up to a stiff froth the white of an egg, stir in a little cold water, and mix flour into a stiff dough with it. Roll out and, having divided 5 ozs. of butter into 3 parts, place on dough, and proceed as for puff-paste. Cut a round the size of a plate, butter the plate, and lay on the pastry. Fill the centre of the tart with the following mixture: boil the rind of a lemon until very soft, pulp it, squeeze the juice of the lemon over it, add to it one large apple chopped, 1 tablespoonful suet chopped, 1 tablespoonful currants, 1 of sugar, a little nutmeg, cinnamon, and cloves to season. Bind together lightly with yolk of egg. Bake in smart oven for 20 minutes.

Tartlets—Tarts of strawberry or any kind of preserves are generally made of the trimmings of puff-paste rolled a little thicker than for ordinary pies; then cut out with a round cutter, first dipped in hot water, to make the edges smooth, and placed in small tart-pans, first pricking a few holes with a fork before placing them in the oven. Bake from 10 to 15 minutes. Let paste cool a little; then fill it with preserve. By this manner, both flavor and color of jam are preserved, which would be lost were it baked in the oven on the paste.

Vanilla Slices—Take 1 lb. flour, $\frac{1}{2}$ lb. lard. Rub lard in the flour, and mix to a fairly stiff paste with cold water. Divide paste into two equal parts, roll each one about 8 inches long and 4 inches wide, and bake in hot oven. When baked, and quite cool, sandwich together with following mixture: 1 oz. corn flour, 3 oz. castor sugar. Place in brass pan, and beat well together with 1 egg; then add a cupful of Pacific milk, and boil until it becomes the consistency of thick cream, and add a drop or two of essence of vanilla. When you have sandwiched them together, run a little water icing over the top, and cut in slices about an inch wide.

Maids of Honour—Puff pastry, 2 lemons, 4 lumps sugar, 4 ozs. castor sugar, 3 ozs. butter, 4 yolks of eggs, 1 tablespoonful cream, 2 ozs. sweet almonds. Shell almonds and pound them with the castor sugar. Rub rinds of lemons with the loaf sugar, scraping it off, as it gets moist, into a basin. Warm butter in a pan, add sugar, almonds, juice of 1 lemon, and beaten yolks of eggs. Stir all with a wooden spoon over a slow fire until mixture thickens. Pour into basin and leave until cold, then stir in the cream. Line patty-tins with mixture, and bake in moderate oven for about 20 minutes.

Chopped Puff Paste—This paste is more quickly made than that made by following the usual process. 2 cupfuls of butter is chopped together with a quart of sifted flour, a tablespoonful of sugar and a tablespoonful of salt, until the butter is the size of a pea. 2 eggs beaten lightly and mixed with $\frac{1}{2}$ cupful of ice water and a tablespoonful of lemon juice are then added, chopping all the while. When the mixture has been added the paste is rolled and folded 4 times, then chilled, and rolled out ready for use.

Cream Puffs—1 cupful hot water, $\frac{1}{2}$ cupful butter or butter substitute, $1\frac{1}{2}$ cupfuls pastry flour, 5 eggs. Heat fat and water until mixture boils. Add flour all at once, and mix thoroughly. Cook from 3 to 5 minutes, and when cool, add unbeaten eggs, one at a time. Beat until thoroughly mixed. Drop by tablespoonfuls on buttered baking-sheets, and bake in moderate oven 25 or 30 minutes. When cold, open at sides and fill with cream filling or whipped cream.

Rural Roll—Roll out pie-crust and cover with such fruit as you choose, either fresh or canned, or if preferred, jam or jelly. Sweeten to taste and add small pieces of butter. Roll up in form of jelly-cake and bake quickly.

Welsh Cheese-Cakes—Make short pastry in usual way. Ingredients for cheese: The weight of an egg in castor sugar, butter, and flour, a pinch of baking powder, the juice of a lemon, and a little raspberry jam. Cream butter and sugar, add beaten egg and flour alternately, beat well with wooden spoon, then add baking powder and lemon juice. Line some patty-tins with pastry, put a little jam in each, then a teaspoonful of cheese, smooth surface with a knife, and bake in moderate oven for 15 minutes.

Boston Cream Cakes—Put into large-sized saucepan $\frac{1}{2}$ cup butter, and 1 cup hot water; bring to boil, then turn in 1 pint sifted flour at once, beat and work well with a vegetable masher until very smooth. Remove from fire, and when cool enough add 5 eggs well beaten, first the yolks and then the whites; also $\frac{1}{2}$ teaspoonful soda and a teaspoonful salt. Drop on buttered tins in large spoonfuls, about 2 inches apart. Bake in quick oven about 15 minutes. When done and quite cold, open them on the side with a knife or scissors, and put in as much of the custard as possible. Cream for filling: Make of 2 eggs, 3 tablespoonfuls sifted flour (or $\frac{1}{2}$ cup cornstarch), and 1 cup sugar. Put $\frac{2}{3}$ pint Pacific milk over fire in double boiler; in $\frac{1}{3}$ fresh or Pacific milk stir sugar, flour and beaten eggs. As soon as milk looks like boiling, pour in mixture, and stir briskly for 3 minutes, until it thickens. Remove from fire and add teaspoonful butter; when cool, flavor with vanilla or lemon, and fill cakes.

Chocolate Eclairs—Make mixture exactly like the recipe for "Boston Cream Cakes." Spread on buttered pans in oblong pieces about 4 inches long and $1\frac{1}{2}$ inches wide, to be laid about 2 inches apart; they must be baked in rather quick oven, about 25 minutes. As soon as baked, ice with chocolate icing, and when this is cold, split them on one side, and fill with the cream.

Charlotte Russe—Add $1\frac{1}{4}$ tablespoonfuls powdered sugar to $\frac{1}{4}$ cupful heavy cream beaten stiff. Dissolve $\frac{1}{8}$ teaspoonful granulated gelatine in $\frac{1}{2}$ tablespoonful boiling water; strain through cheese cloth and add to first mixture; add $\frac{1}{4}$ teaspoonful vanilla, few grains salt. Stir well. Line individual moulds with 4 halves ladies' fingers; fill with mixture and chill.

Canning and Preserving

Canned fruits are less expensive than preserved fruits, because of the smaller quantity of sugar used. Canning without sugar, is today practised successfully, although many prefer to use sugar.

The fruit may be cooked in a saucepan with just enough sugar to make palatable and water to keep fruit from burning, then transferred to sterilized jars. Or it may be put in the jars first and cooked by steam—this latter method preserves color and flavor better.

The great secret of canning is to make the fruit or vegetable airtight. It must be put up boiling hot, and the jar filled to the brim. Occasionally screw the tops tighter, as the fruit shrinks while cooling. Keep in a dark, cool, dry place.

To sterilize jars, put jars into cold water, bring water to the boiling point, and boil 10 minutes; fill jars with cooked fruit, and pour in syrup to overflowing; adjust rubbers and covers. Invert and let stand on folded cloth until cold; if there are not air bubbles place jars in a cool, dark closet to keep. If air bubbles are present, take off cover, re-heat, and add more hot syrup and proceed as before.

The covers for the jars should be sterilized in boiling water for 5 minutes; the rubbers should be dipped, but **not allowed to stand** in the water, just before they are put on the jars.

Before placing jars in boiler, put in a thick cloth, or board, or better still, a wire or wooden rack to raise them slightly from the bottom; cover the jars well with cold water.

How to Boil Sugar—Put 1 cupful of sugar and $\frac{1}{2}$ cupful of water on to boil. Do not stir after it boils. Boil 15 minutes, dip the fingers into cold water, take up a little of the syrup between them; draw apart, and if a thread is formed the sugar is at the second degree, the best for sherbets, preserves, etc. A little later, if on taking a spoon and blowing, bubbles fly, it is the fourth, which is best for creams, etc., and gives a rich flavor to preserves. If taken on a stick it is brittle, it is the sixth, suitable for fruit glaze.

The **Cold-pack method** of canning involves the following five steps:

(1) **Blanching**—The products are placed in a wire basket or cheese-cloth bag and plunged and kept in boiling water as follows: Tomatoes, apples, pears and quinces, $1\frac{1}{2}$ minutes. Apricots, figs, gooseberries, peaches, 1 to 2 minutes. Pumpkin, squash and cauliflower, 3 minutes. Sweet corn, mushrooms, sweet peppers, carrots, parsnips, beets, turnips, sweet potatoes, require 5 minutes; beans, green or ripe peppers, cabbage, Brussels sprouts, peas and vegetable combinations, from 5 to 10 minutes; asparagus, spinach, dandelion, 15 minutes. Greens and green vegetables should be steamed over hot water so that all their nutritive value will be retained. Berries and soft fruits are not blanched. Blanching begins the sterilization of the food, prevents the food from shrinking after it is packed, and together with the cold dip, sets the color of the food. When the skins of tomatoes and peaches are removed by this method, the process is called scalding.

(2) **Cold-dipping**—When the product is removed from the boiling water or steamer, dip immediately into very cold water. From this time on the success of the canning will depend primarily upon quick, uninterrupted work.

Drying—Fruit or vegetables for drying should be cut in small pieces as the interior then dries before the skin forms too firm a coating. The food for drying should be as carefully selected as that for canning and only those fruits and vegetables which are firm and fresh should be dried. All the knives and cutters should be scoured before they are used so that they will not discolor the food. A meat-chopper, sharp knives and strong shears will be sufficient for preparing the foods for drying. Vegetables and fruits for drying are blanched according to the directions given for canning. Blanching coagulates the protein matter in vegetables and more of the natural flavor is retained. It softens the vegetable fibres and as a result the moisture in the vegetables evaporates quickly. Trays for sun drying are easily made of laths and a slight space is left between the laths for ventilation. Trays can also be made of wire netting. The edges of the netting are bent up about 1 inch and no lumber is required. The trays should not rest on the ground but should be supported on wooden horses. They must be protected from insects by netting.

Drying by Artificial Heat—Fruit or vegetables may be dried in wire trays in the oven, or in a drier hung over the stove. The temperature of the oven should never be above 150 degrees Fahrenheit, and better results will be obtained if the food is dried below this temperature and slowly with a low heat, which is gradually increased. If the heat is applied too quickly the result will be the same as that obtained when the food is not cut in small pieces. The surface of the pieces will dry and the heat will not penetrate the interior. Small quantities may be dried in the oven on tin plates. Left-over vegetables may be dried in this way to be used for soups.

Canned Apples—4 lbs. apples, 1 lb. sugar, 2 pints cold water, juice and rind of 2 lemons. Pare and core apples; cover with cold water. Boil sugar and water 5 minutes; add apples and simmer until tender; add lemon juice and rind; place apples in sterilized jars; fill to overflowing with syrup; adjust rubbers and covers; set in cool place until cool, then keep in dark, dry closet.

Canned Blackberries—4 pints blackberries, 2 pints sugar. Place sugar and berries in preserving kettle, let stand several hours, then cook slowly until boiling point is reached; boil 5 minutes; fill sterilized jars and seal.

Canned Blueberries—Blueberries are canned the same as blackberries, allowing $\frac{1}{2}$ cupful water for every 4 lbs. of blueberries.

Canned Cherries—4 lbs. cherries, 1 to 2 lbs. sugar. Stone the cherries or not, as preferred. Place sugar and cherries in preserving kettle over night. Cook slowly until boiling point is reached, skim, fill sterilized jars, and seal.

Peaches—Plunge into boiling water to make skins come off easily, then throw into cold water. For 3 lbs. fruit use 1 lb. sugar and not quite 1 cupful water. When syrup boils, put in peaches, a few at a time, and cook until tender. The stones will add to the flavor.

Canned Raspberries or Strawberries—4 lbs. raspberries, 2 lbs. sugar. Arrange berries and sugar in alternate layers in glass jars; set jars on trivet in large boiler 2-3 full of water; cover and cook until the water in boiler boils vigorously. Remove jar; if berries have settled, refill from another jar, and seal.

Canned Tomatoes—Remove skins from tomatoes; boil hard 20 minutes; fill sterilized jars, being careful to keep seeds away from rubbers. Seal, and keep in cool place.

Canned Grapes—Squeeze pulp from skin, as seeds are objectionable; boil pulp until seeds begin to loosen, in one kettle, having the skins boiling hard in a little water in another kettle. When pulp seems tender, put it through sieve; then add the skins, if tender, with the water they boil in, if not too much. Use a large coffee-cupful sugar for a quart can; boil until thick; and can in the usual way.

Canned Quinces—Cut quinces into thin slices like apples for pies. To 1 quart jarful quince, take a coffee-saucer and a half of sugar, and 1 coffee-cupful water; put sugar and water on fire, and when boiling put in quinces; have ready the jars with their fastenings. Stand jars in pan of boiling water on stove, and when quince is clear and tender put rapidly into the jars, fruit and syrup together.

Canned Peas—Fill the can full of peas, shake frequently, adding peas to fill. Pour into the cans enough cold water to fill to overflowing, then screw cover tight as you can and steam 3 hours. String beans are cut as for cooking and canned in the same manner. No seasoning of salt, pepper or sugar should be added.

Canned Pumpkin—Pumpkins or squash canned are far more convenient for ready use than those dried in the old-fashioned way. Cut up pumpkin or squash into small pieces, first cutting off the peel; stew until tender, add no seasoning; then mash very fine. Have ready the cans, made hot, and fill them with hot pumpkin or squash. Seal tight.

Peach Butter—Pare ripe peaches and put in preserving-kettle, with sufficient water to boil them soft; then sift through a colander, removing stones. To each quart of peach put $1\frac{1}{2}$ lbs. sugar, and boil very slowly 1 hour. Stir often, and do not let burn. Put in stone or glass jars, and keep in a cool place.

How to Stew Cranberries—Pick over and wash berries. Cook rapidly till skins burst, in the proportion of 1 pint of water to each quart of berries. Put through a colander so as to get rid of skins. Put pulp back into kettle, and as soon as it boils add 2 cupfuls granulated sugar to each quart of berries; let simmer a few minutes and serve warm or pour into moulds or cups and serve cold. Fruit sweetened when cooking requires more sugar than if sweetened when cooked. Sugar boiled from 10 minutes with acid fruit is converted into glucose and loses its sweetening properties, so that 2 lbs. of sugar added to acid fruit while cooking will make it no sweeter than 1 lb. will if added to the fruit after it is cooked. Cranberries and other acid fruits should be cooked in granite, earthen or porcelain-lined vessels, as the flavor is much better.

Carrot Marmalade—4 lbs. carrots, 4 lbs. sugar, 12 lemons, 1 teaspoonful salt, 14 pints water. Wash and grate carrots and rinds of lemons, and squeeze out the lemon juice. Add salt and water, and let stand for 24 hours. Then boil for 2 hours; add sugar, and boil until it jellies, usually $1\frac{1}{2}$ hours.

"Give me health and a day and I will make the pomp of emperors ridiculous."—Emerson.

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Oriental Marmalade—1 cupful prunes, 1 cupful dried apricots, $\frac{1}{2}$ cupful figs, $\frac{1}{2}$ cupful dates, $\frac{1}{2}$ cupful raisins, $\frac{1}{2}$ lemon, $\frac{1}{2}$ orange, 1 cupful dark corn syrup. Soak prunes and apricots; remove stones from the prunes and chop or grind both fruits. Cut figs and dates into small pieces and chop lemon and orange. Mix all together; add just enough water to cover, and soak for 24 hours. Add syrup, and cook for 40 minutes. This is particularly good with meat, as it is not very sweet.

Apricot Marmalade—2 lbs. dried apricots, $\frac{1}{4}$ teaspoonful salt, 1 lb. dates, 3 cupfuls light corn syrup, juice and rind of 1 orange. Chop or grind the apricots and cook overnight in just enough water to cover. Cut the orange fine, and add, with syrup and salt, to the soaked apricots. Cook until mixture thickens; stone and cut dates into quarters; add them, and boil for 5 minutes.

Cranberry Marmalade—2 lbs. winter pears, 1 quart cranberries, 2 cupfuls sugar, 2 cupfuls light corn syrup. Pare and chop pears; add cranberries, with just enough water to cover, and cook until soft. Add sugar and syrup, and cook until thick.

Pineapple-Peach Marmalade—1 lb. dried peaches, 1 pint can grated pineapple, $\frac{1}{2}$ teaspoonful salt, $1\frac{1}{2}$ cupfuls sugar, $1\frac{1}{2}$ cupfuls light corn syrup. Grind or chop the peaches and soak overnight in just enough water to cover. Add pineapple, sugar and syrup. Cook until it thickens—for about $\frac{1}{2}$ hour.

Spiced-Apple Marmalade—2 quarts apple pulp, 4 inches stick cinnamon, 2 tablespoonfuls whole cloves, 2 cupfuls sugar, 2 cupfuls dark corn syrup, $\frac{1}{2}$ cupful vinegar. Cut apples into pieces; cook with enough water to cover until soft, and press through a coarse strainer. The pulp left from jelly-making may be used. Add sugar and syrup, tie the spices in a piece of cheesecloth and cook with the fruit for $\frac{1}{2}$ hour. Remove spices; add $\frac{1}{2}$ cupful vinegar, and cook for 10 minutes more. Pour into sterilized glasses and seal.

Orange Marmalade—Take equal weights of sour oranges and sugar. Grate the yellow rind from one-fourth of the oranges. Cut all fruit in halves at what might be called the "equator." Pick out the pulp and free it of seeds. Drain off as much juice as you can, and put it on to boil with the sugar. Let it come to boil; skim and simmer for 15 minutes; then put in the pulp and grated rind and boil 15 minutes longer. Put away in jelly tumblers.

Rhubarb Marmalade—1 quart canned rhubarb, skin of 4 oranges, sugar. Add skins of oranges cut into small pieces to the rhubarb, and sugar to taste. Cook to one-half the quantity.

Cherry Conserve—2 lbs. dried cherries, 1 lb. raisins, $1\frac{1}{2}$ cupfuls dark corn syrup, 3 inches stick cinnamon, $\frac{1}{2}$ tablespoonful cloves, $\frac{1}{2}$ cupful vinegar. Soak cherries in just enough water to cover, for 24 hours, cook until soft, and remove the stones. Add syrup, and the spices tied in cheesecloth, and cook until mixture thickens. Add raisins and vinegar, and boil for 5 minutes.

Grapefruit Conserve— $1\frac{1}{2}$ lbs. carrots, 1 grapefruit, 1 lemon, $1\frac{1}{2}$ cupfuls sugar, $1\frac{1}{2}$ cupfuls light corn syrup. Cook carrots until soft; chop or grind with grapefruit and lemon. Add sugar and syrup, and cook until fruit rind is clear and mixture thickens. Pour into sterilized glasses and seal.

Ginger-Pear Conserve—4 lbs. winter pears, $\frac{1}{4}$ lb. green ginger, 2 lemons, 4 cupfuls light corn syrup, 1 cupful sugar. Pare and chop the pears; chop the ginger and the lemon; add syrup and sugar; cook until mixture thickens—about 45 minutes.

Nut-and-Peach Conserve—2 lbs. dried peaches, 1 lb. figs, $\frac{1}{4}$ teaspoonful salt, $2\frac{1}{2}$ cupfuls light corn syrup, $\frac{1}{2}$ lb. blanched almonds. Grind or chop peaches and soak overnight in just enough water to cover. Add the figs, syrup and salt, and cook until the mixture thickens. Add nuts; boil for 5 minutes. The almonds may be omitted.

Prune-Raisin Jam—3 lbs. prunes, 3 lbs. sultana raisins, 3 cupfuls sugar, 3 cupfuls dark corn syrup, 3 oranges, $\frac{1}{2}$ lb. chopped walnuts. Soak and cook prunes until soft; remove stones and pour 2 cupfuls water over them and let stand for 1 hour. Pour off this liquid, and add to it the water in which prunes were cooked, the prunes, raisins, sugar, syrup, orange pulp, orange rind cut fine, and the nuts. Cook for 25 minutes.

Raisin Jam—1 quart cranberries, 1 cupful boiling water, 1 lb. raisins, $1\frac{1}{2}$ cupfuls sugar, 1 cupful light corn syrup. Cook cranberries with the water until soft; add syrup, sugar and raisins. Cook until the mixture thickens—for about 15 minutes. This makes a delicious pie filling as well as jam. Gooseberries may be used in place of cranberries.

Raspberry Jam—To 3 or 4 lbs. ripe red raspberries add an equal quantity of white sugar. Crush well in preserving kettle; add 1 pint currant juice and boil gently until it jellies upon a cold plate. Seal hot in sterilized jars.

Strawberry Jam—Put into a porcelain kettle 4 lbs. strawberries, 1 pint red currant juice, and 2 lbs. sugar. Boil berries and currant juice first; add sugar and boil up again, skimming well before putting into jars.

Orange Jelly—Take 8 bitter oranges, 2 lemons and 1 sweet orange. Put all the fruit into a preserving pan, whole, and cover with cold water; then just bring the water to the boiling point, and pour off at once. Wipe the fruit gently, cut off any small blemishes, and cut each orange up roughly into 6 or 8 pieces. Return the sliced fruit to the preserving pan with 3 or $3\frac{1}{2}$ quarts cold water. Boil briskly, and mash constantly for $\frac{1}{2}$ hour; then pour into a scalded fine hair sieve, and rub the pulp through with wooden spoon. Measure, and allow 1 lb. sugar to each pint of liquid, and boil until it "foams," or jellies when tested on a plate. Pour into small, warm jars. The fruit in the sieve may be boiled up again with another $1\frac{1}{2}$ quarts of water, and a second small supply of jelly will be thus obtained. It will be seen that this is not what might be called an orthodox recipe for "jelly," which should be allowed to drip through a cloth without pressure being used; but in this recipe one keeps the real taste of the fruit by using comparatively little water and by boiling only for a short time; and "once made it is always made."

Wild-Rose Jelly—This is very common in Europe, but is little known here. Pour 1 pint cold water over 1 quart of rose blossoms. Boil 10 minutes. Strain and measure 3 cupfuls of rose juice to 2 cupfuls of sugar. Cook as you would any other jelly. Loest blossoms may be used in the same way.

Crab-Apple Jelly—Wash the fruit clean, put into kettle, cover with water and boil until thoroughly cooked. Then pour into sieve and let it drain. Do not press it through. For each pint of this liquor allow 1 lb. sugar. Boil from 20 minutes to $\frac{1}{2}$ hour. Jellies can be made from quinces, peaches and apples in same way.

Currant Jelly—Wash fruit clean, put into a kettle; scald but not cook; cool and strain. Boil the juice alone 20 minutes. Weigh the sugar, 1 lb. to a pint of juice, and have it in oven browning lightly and heating thoroughly. When juice has boiled 20 minutes stir in sugar until it dissolves; then put into glasses.

Spiced Plum Butter—7 pints quartered sour apples, 8 pints sugar, 2 oz. cinnamon, 1 oz. cloves, 7 pints plums, 1 pint vinegar, 2 ozs. allspice. Stew fruit separately in enough water to prevent burning. Force through a colander. Add other ingredients and cook for 40 minutes. This makes 14 pints of butter.

Rhubarb Preserved Without Sugar or Heat—Cut the rhubarb up as if for stewing and fill jars as full as possible; then fill to overflowing with cold water, previously boiled for $\frac{1}{2}$ hour and cooled. Make sure that there is no air in the jar. While the jar is overflowing, seal down tightly.

Making Cherry Olives—Wash a quantity of sweet cherries well in cold water, using only those which have stems. Fill a quart jar with cherries; over this pour $\frac{1}{4}$ cupful vinegar, and 1 level tablespoonful salt. When the salt is well dissolved, fill the jar with cold water and seal.

A Vegetable Medley—Fill a tight iron-hooped barrel with a strong brine and add your vegetables as received from time to time. Be careful to have the brine cover the vegetables well, and tie a cloth over the barrel to keep out the dust. Smaller vegetables, such as peas, beans, etc., may be put in a cheesecloth sack in the brine. Before putting the vegetables down, they must be prepared—quarter the cabbages, shell the peas, string the beans, and remove the husk and silk from the corn. If the brine evaporates, new brine must be made, taking great care not to bruise the vegetables in removing. Vegetables must be soaked in fresh water overnight before using, after taking from the brine.

Pickles

Pickles should never be put into vessels of brass, copper or tin, as the action of the acid on such metals often results in poisoning the pickles. Porcelain or graniteware is the best for such purposes.

Vinegar that is used for pickling should be the best cider or white wine, and should never be boiled more than five or six minutes, as it reduces its strength. In putting away pickles, use stone or glass jars; the glazing on common earthenware is rendered injurious by the action of the vinegar. When the jar is nearly filled with the pickles, the vinegar should completely cover them, and if there is any appearance of their not doing well, turn off the vinegar, cover with fresh vinegar and spices. Alum in small quantities is useful in making them firm and crisp. In using ground spices, tie them up in muslin bags.

To green pickles, put green grape-vine leaves or green cabbage leaves between them when heating. Another way is to heat them in strong ginger tea. Pickles should be kept closely covered, put into glass jars and sealed tightly.

"Tumeric" is India saffron and is used very much in pickling as a coloring.

A piece of horseradish put into a jar of pickles will keep the vinegar from losing strength, and the pickles will keep sound much longer, especially tomato pickles.

Chili Sauce—36 ripe tomatoes, 4 large onions, 2 tablespoonfuls cinnamon, 1 tablespoonful cloves, 2 tablespoonfuls salt, 1 teaspoonful pepper, 2½ cupfuls vinegar. Simmer for 1 hour, then bottle and seal.

Spiced Vinegar—Take 1 quart cider vinegar, put into it ½ oz. celery seed, 1/3 oz. dried mint, 1-3 oz. dried parsley, 1 garlic, 3 small onions, 3 whole cloves, 1 teaspoonful whole peppercorns, 1 teaspoonful grated nutmeg, salt to taste, and 1 tablespoonful sugar; add 1 tablespoonful good brandy. Put all into a jar and cover well; let stand for 3 weeks, then strain and bottle. Useful for flavoring salad and other dishes.

Currant or Gooseberry Catsup—4 lbs. currants, 2 lbs. sugar, 1 pint vinegar, 1 teaspoonful cloves, 1 tablespoonful cinnamon, pepper and allspice. Boil in porcelain saucepan until thoroughly cooked. Strain through sieve all but the skins; boil down until just thick enough to run freely from mouth of bottle when cold. Cork and set aside.

Chow-Chow—Take 1 peck green tomatoes, 5 onions, 3 heads solid cabbage, 1 dozen green peppers. Chop separately, then mix, salt well and drain over night. Put in porcelain kettle 1 lb. brown sugar, ½ teacupful grated horse radish, 1 teaspoonful each of ground black pepper and ground mustard and of celery seed. Cover with vinegar, boil and pour on the pickles in a jar. Do this for several successive days, then put away in glass jars.

Chutney Sauce—Remove seeds from 2 green peppers, put peppers with 1 cupful of raisins, 2 onions, and 6 green tomatoes through a chopper. Cook for 1 minute, 1 quart vinegar, 2 cupfuls brown sugar, 1 tablespoonful powdered sugar, 2 tablespoonfuls salt and 2 tablespoonfuls mustard seeds. Combine two mixtures and simmer 1 hour. Add apples cut into quarters, and cook until soft but not broken. Seal in sterilized fruit-jars.

Southern Relish—Chop 5 quarts green tomatoes and 2 large onions fine. Add 1 cupful salt. Let stand over night. In the morning, drain, and add 1 pint vinegar and 1 quart water. Boil 15 minutes. Drain thoroughly. Add 2 quarts vinegar, 2½ lbs. brown sugar, 2 chopped red peppers, ½ lb. whole mustard seed, and 1 tablespoonful each of pepper, allspice, clove and ginger. Boil 1¼ hours. Put into sterilized glass jars while hot.

Tomato and Apple Pickle—Use 12 tomatoes, 12 apples, and 6 onions in 1 quart vinegar until tomatoes are soft. Chop apples, onions, and 1 lb. raisins very fine. Add to the tomato mixture with which has been combined 1 lb. brown sugar and 1 teaspoonful of salt. Boil for ½ hour. Add ½ teaspoonful ground cloves and ½ teaspoonful ground cinnamon. Cook 5 minutes. Seal while hot in sterilized glass jars.

Tomato Catsup—Scald, peel and core 1 peck of sound, ripe tomatoes. Mash as if for stewing. Season with 1 tablespoonful ground black pepper, $\frac{1}{2}$ teaspoonful red pepper, 1 tablespoonful each of cloves, allspice and mace, and 3 large onions cut very fine, with salt to taste. Put all in porcelain-lined kettle to boil, and when tomatoes are thoroughly cooked rub catsup through a sieve to get out the seeds and pieces of spice. After straining return to kettle and boil until thick as cream. Set aside, and when cold put into pint bottles, filling each to within half an inch of the cork, and pouring in on top of each a teaspoonful of salad oil. The bottles should be kept in a cool, dry place, resting on their sides.

Home-made Fruit Vinegar—For vinegar, you can use the left-overs from jelly-making—juice from the jelly-bag, peelings, cores, etc., of various fruits. Gather a quantity of these together and boil slowly for 1 hour. Strain, and to each cupful of syrup add 1 quart of water and 1 tablespoonful molasses. Pour into a crock or stone jar. Tie a piece of white muslin over the top and place in the sun for 4 to 6 weeks before using. This vinegar is pure and wholesome and has no acid in it, though tart in taste.

Blueberry Pickle—Wash and pick over the berries carefully, using only firm sound fruit. Place them in a stone crock, pouring in molasses until the berries are nearly covered. Tie a muslin cloth over the mouth of the crock. The molasses will sour, and after the fermenting process is over, settle down as vinegar. These picked berries are firm and crisp, with a piquant and delicious flavor.

Red Cabbage Pickle—1 quart vinegar, 1 oz. whole white peppers, $\frac{1}{2}$ oz. whole ginger, 1 red cabbage, salt. Pour vinegar into saucepan, add peppers and whole ginger, well bruised; bring to boiling point; boil for 5 minutes and let stand until cold. Remove outside leaves of cabbage, divide it into quarters, remove stalks and cut cabbage across in thin slices. Put slices in large sieve, sprinkle generously with salt, and allow to drain overnight. Turn into colander and, if too wet, wipe with a cloth. Divide the cabbage into jars, cover with the vinegar, and seal. This pickle will be ready for use in 48 hours.

Pepper, Celery, and Onion Pickle—1 packet sweet bell peppers, 1 large cabbage (chopped), 6 onions (chopped), 3 bunches celery (chopped), 2 cupfuls salt, 12 allspice, 2 quarts vinegar, 1 cupful sugar, 2 tablespoonfuls white mustard seeds, 3 tablespoonfuls whole black peppers, 12 cloves, 2 inches of cinnamon stick. Seed and chop the peppers, add the cabbage, onions, celery, and salt. Allow to stand overnight, then squeeze mixture as dry as possible. Pour the vinegar into preserving kettle, and add sugar and spices. Bring to boiling point, add vegetables, and cook 20 minutes. Do not cook too long or you will soften the vegetables. Seal in glass jars.

Delicious Spiced Pickles—4 quarts green cucumbers, 4 onions, 2 large green peppers, 1 cupful grated horseradish, 1 quart vinegar, 1 cupful sugar, 1 teaspoonful white mustard seeds, 1 teaspoonful powdered cloves, 1 teaspoonful tumeric powder, 2 teaspoonfuls celery seeds, salt. Slice cucumbers, onions, and peppers and place in layers in large bowl, sprinkling each layer with a little salt. Add horseradish and allow to stand for 3 hours. Drain, and put into a large kettle, adding the vinegar, sugar and spices. Boil for 20 minutes. This pickle will keep without sealing.

Raisin Sweet Pickle—8 bunches raisins, 1 quart vinegar, 4 cupfuls granulated sugar, 2 teaspoonfuls powdered cloves, 2 teaspoonfuls powdered cinnamon, powdered sugar. Dissolve sugar in vinegar and add spices. When vinegar begins to boil, drop in the whole bunches of raisins and allow to boil for 10 minutes. Remove raisins from the vinegar and place in quart jars. Allow vinegar to boil 6 minutes longer, then pour over the raisins and seal. When ready to serve, take a bunch of raisins from the jar, sprinkle with powdered sugar, place in the oven for a few minutes and set aside to cool.

Mustard Pickle—1 quart small button onions, 1 large cauliflower, 2 cupfuls salt, 4 quarts water, 1 cupful flour, 6 tablespoonfuls mustard, 1 tablespoonful tumeric powder, vinegar, $1\frac{1}{2}$ cupful sugar. Mix a brine of the salt the cauliflower, which has been divided in pieces. Make a brine of the salt and water and pour over the vegetables; let stand for 24 hours. Heat mixture to scalding point and turn into colander to drain. Mix the flour with the mustard and tumeric powder and enough cold vinegar to make a smooth paste; then add the sugar and sufficient vinegar to make 2 quarts. Boil mixture until thick, stirring all the time; then add vegetables and cook until well heated through.

End-of-Season Pickles—2 quarts chopped green tomatoes, 1 quart chopped ripe tomatoes, 3 bunches celery (chopped), 3 red peppers (chopped), 3 green peppers (chopped), $\frac{1}{2}$ cupful salt, 3 large onions (chopped), 1 head cabbage (chopped), 1 large cucumber (seeded and chopped), 6 cupfuls vinegar, 2 lbs. brown sugar, 1 teaspoonful mustard, 1 teaspoonful black pepper. Put vegetables into a large bowl with the salt and allow to stand overnight. Drain well, add vinegar, sugar, and spices. Turn into a kettle and cook until clear, then seal in jars.

Pickled Apples—3 lbs. apples, 3 cupfuls granulated sugar, 1 teaspoonful powdered cinnamon, 1 cupful vinegar, $\frac{1}{2}$ teaspoonful powdered nutmeg, $\frac{1}{2}$ teaspoonful powdered cloves. Pare, core, and quarter the apples, place them in a saucepan with the vinegar and boil slowly for 1 hour. Add the sugar and spices, boil 10 minutes longer, and seal in sterilized jars.

Pickled Beans—1 packet butter beans, boiling salted water, 2 quarts vinegar, 3 lbs. brown sugar, 1 cupful mustard, 1 cupful vinegar, 2 tablespoonfuls tumeric powder, 2 tablespoonfuls celery seed, 1 cupful flour. Cut beans into small pieces and boil in salted water until tender, then drain and add vinegar and sugar. Bring to boiling point and add mustard mixed with the flour and vinegar. Add spices and boil for 10 minutes before turning into jars. Onions, cucumbers, or cauliflower may be used in place of beans.

Cucumber Pickles—1 gallon vinegar, 1 cupful salt, 1 cupful mustard. Heat vinegar on stove until it comes to a boil; when perfectly cold add salt and mustard. Should the vinegar be very strong, dilute with one-half cold water before adding salt and mustard. Select cucumbers 2 or 3 inches long. Scrub them thoroughly with a vegetable brush; wipe with a cloth and pack in jars; fill with vinegar mixture and seal. A little fresh horseradish added to each jar improves the flavor. These will keep hard and crisp for 2 years, are easy to make, and very delicious.

Sweet Pickle for Fruit—Most recipes for making a sweet pickle for fruit, such as cling-stone peaches, damsons, plums, cherries, apricots, etc., are so similar, that we give that which is the most successfully used. To every quart of fruit, allow a cupful of white sugar and a large pint of good cider vinegar, adding $\frac{1}{2}$ oz. of stick cinnamon, 1 tablespoonful of whole cloves, the same of whole allspice. Let it come to a boil, and pour it hot over the fruit; repeat this two or three days in succession, then seal hot in glass jars if you wish to keep it for a long time. The fruit, not the liquor, is to be eaten, and used the same as any pickle. Some confound this with "Spiced Fruit" which is not treated the same, one being a pickle, the other a spiced preserve boiled down thick. Damsons and plums should be pricked with a needle, and peaches washed with a weak lye, and then rubbed with a coarse cloth to remove the fur.

Musk-Melon Pickle—2 melon gores, 2 lbs. sugar, $\frac{1}{2}$ oz. cinnamon, 1 quart vinegar, $\frac{1}{2}$ oz. cloves, $\frac{1}{2}$ oz. whole mace. Boil all together until melon is clear and can be easily penetrated with a fork. Take out and lay in jars and boil syrup 15 minutes longer. Pour over melon hot and seal.

A choice secret in preserving is the combination of the flavors. The boiling together of two fruits results in a fine marmalade of indescribable flavor. The fruits that blend best in marmalades and preserves are the following:—

Apples and grapes.

White currants and gooseberries.

Apples and black currants.

Apples and quinces.

Rhubarb and currants.

Greengages and lemons.

Grapefruit and oranges.

Tangerines and oranges, also grapefruit.

Oranges and rhubarb.

Red currants and raspberries.

Raspberries and cherries.

Plums and apricots.

Oranges and rhubarb, with strawberry juice.

Paring Pineapple—The knife used for paring pineapple should not be used for slicing, as the rind contains acid and it is apt to cause sore mouth and lips.

To Mark Fruit Jars—The easiest way to label canned fruit is with a wax china-marking pencil (such as china painters use). Can be purchased at art dealer's or stationery store for ten cents.

For Berry Pies—When making fresh berry pies, or pies from canned berries, which are even more juicy, put about two tablespoonfuls of minute tapioca in each pie; this will make the filling solid when cold and gives a better flavor than when flour is used.

Beverages

Boiling water is a very important item in making good coffee or tea, but the average housewife is very apt to overlook this fact. Do not boil the water more than three or four minutes; longer boiling causes most of its natural properties to escape by evaporation, leaving a very insipid liquid, composed mostly of lime and iron, that would ruin the best coffee and give the tea a dark, dead look.

Water left in tea-kettle overnight must never be used for preparing breakfast coffee; no matter how excellent your coffee or tea may be, it will be ruined by addition of water that has been boiled more than once.

To Make Good Tea—Scald out the teapot, put in the Blue Ribbon tea (quantity depends on strength desired and number of cups required), and pour on freshly drawn, freshly boiling water. Cover, and let the teapot stand where there is no danger that the tea will boil, but where it will keep hot. Infuse from 3 to 5 minutes. Stir the tea once during this time to equalize the infusion. Tea is properly served as soon as it is infused, because of the quantities of tannic acid extracted. If not, the next best plan is to pour the tea off from the leaves into a hot pot, where it will keep hot until you are ready. Tea balls are popular with many persons. A lifting up and down of the ball decides whether the tea is to be weak or strong. There are also teaspoons on the market which are made with perforated covers. These are placed in cups of boiling water, and the water stirred until the desired strength reached. Tea may be served with cream or milk, and sugar, or with thin slices of lemon.

To Make Good Coffee—Use 4 tablespoonfuls of ground Harkness coffee to a pint of water. Scald the coffee-pot and put in the coffee, then mix with a little cold water. Add the rest of the water, either hot or cold, put over a low flame, and bring very slowly to the boiling point. Before placing over the fire, crush a piece of paper, and stop up the spout (not too tightly) to keep in the aroma. Let the coffee boil 3 minutes, then pour out about $\frac{1}{2}$ cup and return it to the coffee-pot. Then add $\frac{1}{4}$ cup of cold water, and set the pot where the coffee will keep very hot but not boil. Let it settle 5 minutes. Pour off slowly. Have the cream for the coffee at room temperature. You will find scalded milk an excellent substitute for cream.

Perfection Cocoa—In preparing all cocoas, mix the sugar and cocoa together, and add water slowly, hot or cold. After the mixture is thoroughly blended, cook directly over the flame. Let the cocoa boil until it thickens, then add it to the scalded milk. Scald the milk in a double boiler. The cocoa may stand in the top of the double boiler and blend as long as desired. Just before serving, beat the cocoa with an egg-beater or wire whisk, until the bubbles stand an inch thick on the top. As you serve it, pour some of the bubbles in each cup. This will prevent the forming of scum on top. The beating also thoroughly mixes the beverage. Serve with whipped cream, sweetened and flavored, or marshmallows, dropping one in each cup before serving.

To Make Chocolate—Always melt the chocolate over hot water and add the sugar to it, stirring until perfectly smooth. Add water hot, a little at a

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time. Stir in each portion, and be sure you have the blending perfect. Cook and serve similar to cocoa.

Vienna Coffee—Allow 1 heaping tablespoonful of Harkness coffee to each person, and 2 extra to make good strength. Mix 1 egg with grounds; pour on coffee half as much boiling water as will be needed; let coffee froth, then stir down grounds, and let boil 5 minutes; then let coffee stand where it will keep hot, but not boil, for 5 minutes, and add rest of water. To 1 pint cream add white of an egg, well-beaten; this is to be put in cups with sugar, and hot coffee added.

Cocoa—Six tablespoonfuls cocoa to each pint of water, as much Pacific milk as water, sugar to taste. Rub cocoa smooth in a little cold water; have ready on the fire a pint of boiling water; stir in grated cocoa paste. Boil 20 minutes, add milk and boil 5 minutes more, stirring often. Sweeten in cups so as to suit different tastes.

Blackberry Wine—Cover your blackberries with cold water; crush berries well with a wooden masher; let stand 24 hours; then strain, and to 1 gallon of juice put 3 lbs. common brown sugar; put into wide-mouthed jars for several days, carefully skimming off the scum; put in several sheets of brown paper, and let them remain in it three days; then skim again, and pour through a funnel into your cask. There let it remain undisturbed till March; then strain again and bottle. These directions, if carefully followed out, will insure you excellent wine.

Hop Beer—Boil 5 quarts water and 6 ozs. hops for 3 hours, then strain the liquor, add to it 5 quarts water, 4 ozs. bruised ginger root, boil again 20 minutes, strain and add 4 lbs. sugar. When lukewarm, put in a pint of yeast. In 24 hours it will be ready for bottling.

Egg Nogg—Beat the yolks of 12 eggs very light, stir in as much white sugar as they will dissolve, pour in gradually 1 glass of brandy to cook the eggs, 1 glass of old whiskey, 1 grated nutmeg, and 3 pints of milk. Beat the whites to a froth and stir in last.

Raspberry Vinegar—Put a quart of raspberries into a suitable dish, pour over them a quart of good vinegar, let it stand 24 hours, then strain through a flannel bag, and pour this liquor on another quart of berries; do this for 3 or 4 days successively, and strain it; make it very sweet with loaf sugar; bottle and seal.

Cold Russian Tea—Put 6 teaspoonfuls Blue Ribbon tea in teapot; fill pot with freshly boiled water; let stand 2 minutes, then pour off and add juice of $\frac{1}{2}$ lemon and sugar to taste. Stand on ice till cold.

Claret Lemonade—In a large glass put $\frac{3}{4}$ tablespoonfuls sugar, 6 to 8 drops lemon juice. Fill glass nearly full of fine-shaved ice and the balance with water. Shake up well and add $\frac{1}{2}$ glass of claret. Be careful to have claret flowing on top of lemonade.

Sauterne Punch—In a large glass put $1\frac{1}{2}$ tablespoonfuls fine sugar, 2 slices of orange, and 1 slice of lemon. Fill with fine ice, then fill with sauterne and mix well.

Fruit Punch—Boil 1 quart water, 2 cupfuls sugar and 2 cupfuls chopped pineapple 20 minutes; add $\frac{1}{2}$ cupful of lemon and 1 cupful orange juice; cool, strain, and dilute with ice water.

Frosted Sarsaparilla—Into $\frac{1}{4}$ glassful of sweet cream, pour ice cold sarsaparilla, slowly, so it will not foam and run over. A spoonful of whipped cream on top finishes this delectable and nourishing drink.

Loganberry Mint Julip—Soak one bunch of fresh mint in bottled loganberry-juice for 2 hours. Add as much sparkling water as juice, and strain. In each glassful serve a marshmallow, a loganberry or raspberry and a sprig of mint.

Sunset Lemonade—Two cupfuls sugar, the juice of 4 lemons and the grated rind of 2 oranges are boiled with 1 quart of water for 5 minutes and set aside to cool. The lemonade is then served in tall glasses, with cracked ice and half slices of orange, and a candied cherry floating on top of each glass.

Lemon Frost—Squeeze the juice of $\frac{1}{2}$ lemon over 3 teaspoonfuls sugar, and add cracked ice and water to fill the glass. Beat the white of 1 egg until stiff and light, and "frost" the top of each glass with a heaping spoonful slightly sweetened and flavored with lemon juice.

Shadow Lemonade—Wash and sugar fresh blackberries, allowing them to set a little while to draw out the juice. Press through a bag carefully so the juice is clear. Half fill each glass with the blackberry juice; add the juice of $\frac{1}{2}$ lemon, and ice to fill the glass. It is best not to serve this drink too sweet. It is much better tart.

Strawberry Shrub—Pick over, wash and sugar one quart of ripe strawberries. Over them squeeze the juice of 2 lemons, and allow to stand. Half fill glasses with ice, crush the berries, and fill up the glasses with the crushed fruit and juice. Serve with several whole berries, unstemmed, on the serving plate accompanied by little sweet wafers or sponge cake.

Spiced Lemonade—Make a lemon syrup as follows: Squeeze juice from 4 lemons and chip the rind from 1. Add 1 cupful sugar, $1\frac{1}{2}$ cupfuls water, 3 whole cloves and $\frac{1}{2}$ teaspoonful cinnamon. Cook until sugar is well dissolved and spices mixed, adding more water, if necessary, to keep the syrup thin. Cool and use $\frac{1}{4}$ glassful for each one, filling glasses with very fine chopped ice.

Mint Ice—Squeeze the juice of 1 lemon over a handful of mint leaves in the bottom of a tall glass. Crush well; add 4 teaspoonfuls of sugar and sufficient ice and water to fill the glass.

Lemon Crystal—To 2 teaspoonfuls sugar add juice of $\frac{1}{2}$ lemon and 2 tablespoonfuls pineapple juice. Fill glass with cracked ice. Over the top of each glass grate crystallized ginger and serve a generous piece on the edge of the glass itself.

Raspberry Lemonade—To 2 tablespoonfuls of raspberry juice—either of the fresh fruit or canned—add the juice of 1 lemon, 2 teaspoonfuls of sugar and ice to fill up the glass. A most refreshing drink.

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(See next page for seasonable suggestions)

Ices and Ice Cream

Vanilla Mousse with Decorations— $1\frac{1}{2}$ cupfuls heavy cream, 1 teaspoonful vanilla, $\frac{1}{2}$ cupful powdered sugar, few grains salt. Beat cream until stiff, then gradually add remaining ingredients. Reserve a small portion and put remainder in two pint brick moulds lined with paper; make cream very smooth on top. Divide reserved cream in two portions. To one portion add one drop almond extract and a bit of green color paste. To other portion add two drops strawberry extract and rose-pink color paste. Make two or three paper cones, cut off one end of each cone to make a point, and in one put the green cream and in the other the pink cream. With these decorate the cream in the moulds, making pink roses or sweet peas, and green stems and leaves. Each mould should be decorated so that it may be cut in three portions without spoiling the design. Cover with buttered paper and with tin cover and bind the cover on with a strip of cheesecloth dipped in melted butter or fat. Pack moulds in two parts ice and one part salt, and leave two hours. Remove from ice. Lift out frozen cream, and remove paper. Cut mould in three pieces and serve on dainty little doily-covered plates.

Maple Ice-Cream—One cupful maple syrup, 1 tablespoonful cornstarch, 2 egg-whites, 1 pint Pacific milk, 2 egg-yolks, few grains salt. Beat the yolks of the eggs slightly and add the cornstarch, maple syrup and salt. Beat thoroughly. Cook in the top of the double boiler until the mixture begins to thicken. Cook about 10 minutes. Cool. Add the whites of eggs beaten until stiff, and the milk beaten until frothy. Freeze.

Frozen Cereal Pudding—One cupful Pacific milk, $\frac{1}{2}$ cupful rice-water, 1 egg, 1 tablespoonful sugar, $\frac{1}{2}$ teaspoonful vanilla, $\frac{1}{2}$ cupful cooked rice (very soft), $\frac{1}{2}$ cupful canned peaches (previously passed through a sieve), few grain salt. Make a custard of $\frac{1}{2}$ cupful milk, rice-water, egg and salt. Cool and add rice, peaches and remaining milk beaten until frothy. Freeze.

Grape Juice Sherbet—One teaspoonful gelatine, 1 tablespoonful cold water, $1\frac{1}{2}$ cupfuls boiling water, 1 cupful grape juice, $\frac{1}{4}$ cupful lemon juice, $\frac{3}{4}$ cupful sugar. Soak gelatine in cold water 5 minutes. Dissolve in boiling water. Add other ingredients. Cool and freeze. (1 quart sherbet). Serve sweet wafers with the sherbet and a crisp, unsweetened cracker with the cheese.

Fruit Coupe—One cupful Pacific milk, 1 egg-yolk, 2 tablespoonfuls sugar, few grains salt, $\frac{1}{2}$ cupful chopped pineapple, 1 cupful heavy cream, 1 egg-white, $\frac{1}{2}$ cupful raspberry syrup, 8 maraschino cherries. Scald milk. Mix egg-yolks, sugar, and salt. Add hot milk, return to double boiler and cook until thickened, stirring constantly. Set aside in a cool place. The chopped pineapple, half the cream beaten stiff and egg-whites beaten stiff can be added just before the ice-cream is frozen. At serving time fill coupe glasses half full of ice-cream, cover with a spoonful of raspberry syrup and with whipped cream, garnish with maraschino cherries and pieces of pineapple. A raspberry syrup can be made from the juice drained from a jar of home-canned raspberries. Put it in a saucepan and boil about 15 minutes. If the juice is not sweet, add sugar before boiling.

For Card Parties, Ball Suppers, etc.

nothing is more easily served or more generally appreciated than

ALMOND'S ICE CREAM

Suitable designs or centrepieces such as Ace of Hearts, Ace of Spades, Ace of Diamonds, Ace of Clubs, Shamrock Leaf, Eggs, etc., or whole or crushed fruits and nuts frozen in ice cream in the form of bricks, cakes or puddings, can be obtained upon reasonably short notice.

Milk Sherbet—One cupful Pacific milk, 1 cupful water, $\frac{3}{4}$ cupful sugar, 5 tablespoonfuls lemon juice. Combine the milk and water. Chill in freezer. Mix juice and sugar and add to milk. Finish freezing.

Pineapple Mousse—Two eggs, 1 cupful pineapple juice, 6 tablespoonfuls sugar, $\frac{1}{2}$ cupful water, few grains salt, 1 cupful grated pineapple, $1\frac{1}{2}$ cupfuls Pacific milk. Beat eggs until light and add pineapple juice, sugar and salt. Cook in double boiler until thick as cream. Cool and add grated pineapple, water and milk beaten until frothy. Pour in mould, pack in salt and ice and let stand four hours.

Chocolate Ice-Cream—1 1-3 cupfuls Pacific milk, 2-3 cupful water, few grains salt, 1 square chocolate, 1 teaspoonful vanilla, $\frac{1}{2}$ cupful sugar. Bring milk and water to boiling point and pour over melted chocolate. Beat thoroughly. Add sugar and salt. Cool. Add flavoring. Freeze.

Fig Ice-Cream—Two-thirds cupful water, 6 tablespoonfuls sugar, 11-3 cupfuls Pacific milk, few grains salt, $\frac{1}{2}$ cupful cooked and chopped figs, 2 tablespoonfuls lemon juice. Make a syrup of sugar and water by boiling together for two minutes. Cool, and add to milk beaten until frothy. Add figs, previously cooked until soft in a little water, drained, and put through food-chopper and mixed with lemon juice. Add salt. Freeze.

Coffee Ice-Cream—Two cupfuls Pacific milk, $\frac{1}{2}$ cupful water, $\frac{1}{2}$ cupful sugar, 1 egg-yolk, 3 tablespoonfuls Harkness coffee. Combine 1 cupful of milk and the water. Add coffee, and bring to boiling point. Add $\frac{1}{4}$ cupful of sugar. Mix egg-yolk, slightly beaten, with the remaining sugar. Combine with first mixture and cook in double boiler until mixture begins to thicken. Add remaining milk and let stand in double boiler for 20 minutes. Strain through a double cheese-cloth. Cool and freeze.

Cranberry Sherbet—Stew 1 quart berries until soft. Pass through sieve; add to pulp, juice of 3 oranges, 1 tablespoonful liquid from maraschino cherries, and sugar to sweeten. Garnish each cup with a teaspoonful whipped cream, candied cherries, and a mint leaf. Serve with lady-fingers.

Angel Parfait—Boil together $\frac{1}{2}$ cupful sugar and $\frac{1}{2}$ cupful water until a soft ball can be formed. Whip whites of 3 eggs until foamy, but not stiff, pour syrup in a fine stream over them, beating until cold. Add 1 tablespoonful vanilla. Fold in 1 pint thick cream, beaten stiff. Turn into a quart mould and freeze. Serve in high glasses, and decorate with candied cherries.

Biscuit Glace—Custard: 1 quart cream, yolk of 6 eggs, 1 cupful sugar. When cool, add vanilla, and a pint of cream whipped stiff. Put in moulds and freeze.

Honey Ice Cream with Fresh Strawberries—One quart milk, 10 ozs. honey, 1 pint cream, 2 ozs. cornstarch. Boil milk add cornstarch, which has been mixed to a paste. Add honey and when thoroughly dissolved, remove from fire and add cream. Then freeze. Garnish with crushed strawberries, leaving one whole one for the top.

Pistachio Ice Cream—One pint Pacific milk, $\frac{1}{2}$ cupful heavy cream, $1\frac{1}{3}$ cupful sugar, 1 teaspoonful vanilla, $\frac{1}{2}$ teaspoonful almond extract, a few grains salt, and vegetable color paste to make a delicate green color. Set mixture (in freezer) in hot water until lukewarm, then add one junket tablet dissolved in 1 tablespoonful cold water. Mix thoroughly; freeze. Serve on chilled peach slices, and garnish with candied cherry.

Candy

Granulated sugar is preferable. Candy should not be stirred while boiling. Cream tartar should not be added until syrup begins to boil. Butter should be put in when candy is almost done. Flavors are more delicate when not boiled in candy but added afterward.

Creamed Nuts—Mix 1 lb. confectioners' sugar, white of 1 unbeaten egg, 1 teaspoonful vanilla, and 2 teaspoonfuls cold water to a stiff paste. Shape in little balls, press between halved walnut or other nut-meats. Stoned dates and large raisins may be filled with this cream, or it may be mixed with chopped nuts, shaped in bars, and cut in squares.

Peanut Brittle—Shell and chop roasted nuts to measure 1 pint. Put 2 lbs. granulated sugar in clean frying-pan. Stir over slow fire. It will lump, then gradually melt. When pale coffee color and clear, add nuts and pour quickly on buttered tin sheet. Roll thin as possible. When cold break up.

Fudge—Cook 3 cupfuls sugar, 1 cupful Pacific milk, and 1 tablespoonful butter. When sugar is melted add 4 or 5 tablespoonfuls cocoa. Stir and boil 15 minutes. Take from fire, add 1 teaspoonful vanilla, stir till creamy, pour on buttered plates, cut in squares.

The Way to Make and Use Fondant—Put 1 lb. sugar into granite saucepan, add $\frac{1}{2}$ pint water and stir over the fire with wooden paddle until dissolved, not an instant longer. With a sponge or piece of soft cheesecloth wipe the crystals from the side of the saucepan, if they are allowed to fall in the syrup they will cause granulation. The syrup must boil without stirring or without motion until it will form a soft ball when dropped into ice water. As soon as this stage has been reached pour the syrup on a very lightly greased marble slab or a large meat platter. When it is cool enough to bear your finger begin to stir rapidly and constantly with a wooden paddle until a thick white creamy mass is formed. Dust a board with confectioners' sugar, take the mass in your hands and knead it as you would bread, it will soon become soft and smooth. Put this into a bowl, cover closely with a piece of wet cheesecloth. Do not make more than 1 lb. at a time.

Creamed Fruits—Creamed fruits are made by dipping the fruits in melted fondant. Add a little water, drop by drop, until fondant is sufficiently thin to cover the fruit. Always melt in a small pan standing in a pan of hot water. Stir the fondant constantly while it is melting. Oranges, candied cherries, white grapes and nuts make very nice confections when neatly dipped.

Panocha—Have ready shelled a quantity of pecan nuts. Put 1 lb. dark brown sugar and $\frac{1}{2}$ cupful of cream into a saucepan, stir over the fire until it melts and boils and forms a soft ball when dropped into cold water. Take from the fire, add $\frac{1}{2}$ pint of pecans, stir until the sugar is granulated and then drop it in little cakes on oiled paper.

Cocoanut Drops—Grate 1 cocoanut and add to it $\frac{1}{2}$ its weight in sugar and the white of an egg whipped to a stiff froth. Mix all together thoroughly and drop on buttered white paper in a pan. Bake 15 minutes.

Lemon Candy—Put 1 lb. sugar into pan or kettle with $\frac{1}{2}$ pint water and a third of a teaspoonful of cream of tartar; let it boil, and when a little of it dropped in cold water becomes brittle it is done; pour into shallow buttered dish. When cooled sufficiently to be handled, add one-third of a teaspoonful of tartaric acid with the same quantity of extract of lemon, and work thoroughly into the candy until acid has been evenly distributed. If worked too much the transparency of candy may be destroyed.

Chocolate Caramels—Cream together 1 teacupful sugar with half the quantity of butter; add $\frac{1}{4}$ lb. grated chocolate and 1 teacupful each of molasses and Pacific milk. Beat well together and boil until a portion of it dropped in ice water sets and cracks. Pour into well-buttered tin pans to the thickness of $\frac{1}{2}$ inch. When nearly cold mark into squares with a buttered knife.

Molasses Taffy—1 cupful molasses, 1 teaspoonful vinegar, 1 tablespoonful butter or substitute, $\frac{1}{16}$ teaspoonful salt, 3 drops oil of peppermint (if desired), $\frac{3}{4}$ teaspoonful soda, add mint if desired. Boil molasses, vinegar, salt and butter until it is brittle when it is put in cold water. Add the soda (and peppermint if used). When it stops foaming, pour into greased pan and let stand until cool. Gather into a ball and pull; when light and stiff cut into desired pieces.

Butter Scotch—1 cupful dark corn syrup, 3 tablespoonfuls butter or substitute, 2 tablespoonfuls vinegar. Heat the corn syrup and add 2 tablespoonfuls of the butter, blending it in. Add vinegar and boil until it is brittle when it is put into cold water. Add the last tablespoonful of butter and pour into greased tins. While still warm mark in squares. Allow the entire mass to get cold and then break. This recipe may be doubled. If the pieces are wrapped separately in waxed paper there will be no danger of their sticking together.

Fruit Candy— $\frac{1}{2}$ cupful uncooked prunes, $\frac{1}{4}$ cupful figs, $\frac{1}{2}$ cupful raisins, $\frac{1}{4}$ cupful nut-meats, $\frac{3}{4}$ teaspoonful salt, $\frac{1}{4}$ teaspoonful cloves, $\frac{1}{2}$ cupful dates. Remove seeds from raisins, dates and prunes. Put fruit and nuts through food chopper. Add salt and cloves and mix well together. Roll to $\frac{1}{4}$ -inch thickness. Cut into shapes with fancy cutters. This recipe makes about two-thirds of a pound. Wrap each piece in waxed paper.

Sugarless Peanut Brittle—2 cupfuls dark corn syrup, 1 tablespoonful fat, $1\frac{1}{2}$ cupfuls chopped peanuts, $\frac{1}{2}$ cupful water, $\frac{1}{2}$ teaspoonful soda. Cook the syrup and water until it is slightly brittle when put in cold water. Add the fat and nuts, and stir constantly. Cook until peanuts begin to brown and candy is very brittle in cold water. Add soda, stir well, and pour out on an inverted baking-sheet $\frac{1}{4}$ inch thick. Mark into squares while warm.

Kriss Kringles—1 egg white, $\frac{1}{2}$ cupful sugar, $\frac{1}{3}$ cupful shredded coconut, $\frac{1}{2}$ cupful chopped pecans, $\frac{3}{4}$ cupful toasted cornflakes, $\frac{1}{2}$ teaspoonful almond extract. Beat the egg until very stiff and dry; add the sugar, a little at a time, and beat until the sugar is dissolved. Add the other ingredients, one at a time, and mix until well blended. Drop small spoonfuls on white paper and bake in slow oven 40 minutes. Remove from paper and keep in a dry place.

Two Simple Maple Candies—1 lb. maple syrup, 1 cupful nuts, 1 pint Pacific milk, 1 tablespoonful vanilla. Put the sugar on with the milk and let it cook to a soft ball in cold water. Add the flavoring and nuts. Pour out into greased tins to harden. Use the same ingredients, only, when removed from the fire, beat into a rich cream and drop with a tablespoon on oiled paper in thick cakes.

Frosted Corn—Free a gallon of popped corn from all hard or unpopped grains. Boil $2\frac{1}{2}$ cupfuls granulated sugar, with $\frac{1}{2}$ cupful water and a pinch of salt, in a large enameled kettle, until it spins a thread from the spoon. Then without removing kettle from fire, put in the corn and stir rapidly with a long spoon until all the corn is coated with syrup and the grains separate and rattle. When done it is snowy white, crisp, and sugary, and will keep indefinitely. For variety in flavor and color boil 2 or 3 teaspoonfuls cocoa or peanut butter with the syrup, adding a teaspoonful of vanilla before putting in the corn.

Candied Cranberries is a Thanksgiving sweet both delicious and economical. Boil sugar and water until a soft ball forms when dropped into cold water. Use $1\frac{1}{2}$ lbs. sugar and $\frac{1}{2}$ cupful water for each pound of cranberries. Simmer very slowly for 10 or 15 minutes or until the berries are a clear transparent red. Remove with a skimmer and put on platters. Place in a strong sun or in a slow oven until nearly dry. Cook the syrup until it forms a hard ball when dropped into cold water, then place in the cranberries until thoroughly permeated with the thick syrup and crystals form around each when taken out of the pan. Place the berries in the sun or in a slow oven until thoroughly dried. They may be packed in pasteboard boxes lined with waxed paper.

Popcorn Caramels—Boil 2 cupfuls granulated sugar, 2 cupfuls corn syrup, a pinch of salt, and $\frac{1}{2}$ cupful water until it hardens in cold water, then add $\frac{1}{2}$ cupful cream or Pacific milk; boil again until it hardens in water, and add vanilla, 2 cupfuls chopped popped corn, and $\frac{1}{2}$ cupful chopped peanuts. Stir just enough to mix and pour into a buttered pan. When cold cut in blocks and wrap in waxed paper.

Popcorn Crackle—Popped corn, 4 quarts; sugar, 2 lbs. Run popped corn, freed from hard grains, through the medium wheel of the food-chopper into a paper bag tied on the machine to keep it from flying (or the corn may be put in a muslin bag and crushed with a rolling-pin). Melt sugar (granulated or light brown) in a deep frying-pan, no water, stirring constantly until melted and a light amber color. Have corn chopped and ready at hand and turn quickly into a buttered pan, press down with the spoon, and when cold break in pieces. Only as much corn should be used as the syrup will hold together nicely. A cupful or more of finely chopped peanuts or of other nuts mixed with the dry chopped corn is a palatable addition, but is not essential to the goodness of the "crackle." The manipulation of the ingredients at the last requires quick work, but the finished product is worth the trouble and is always much liked.

Before Cracking Pecans—Pour boiling water over them and let stand twenty minutes, drain water off and crack. You will find that the meats do not crumble but come out in large pieces, even if a small hand-cracker or hammer is used.

Nursery Suggestions

No mother can expect to have a strong, vigorous child if she is overworked, worried, unhappy or ill-nourished. Her diet should be most carefully selected because her own general condition and that of the baby are based upon it. This diet should include soups, fresh fish, eggs, cooked cereals, with cream, milk and sugar, potatoes, asparagus, tomatoes, peas, Lima and string beans, spinach, celery, lettuce, whole wheat, bran, Graham or corn bread, ripe raw fruits or cooked fruits. Only light meats should be eaten and these very sparingly. Simple puddings, like custard, and pure Almond's ice cream are permissible. Pure water should be drunk freely, between meals; fresh or Pacific milk, buttermilk, cocoa and chocolate are nourishing, milk being especially good for an expectant mother. She should not drink more than 1 cupful of tea (Blue Ribbon) or coffee (Harkness) a day; avoid all alcoholic drinks, rich desserts and highly-seasoned foods. There is no foundation of fact in the belief, somewhat prevalent, that beer is beneficial. It is best for the expectant mother to bathe daily in order to keep the pores in such a condition that they will do their share of the work of throwing off waste matter. Very hot or very cold baths are not advisable. Inhaling fresh air is quite as essential as bathing, for the lungs need oxygen as much as the body needs the cleansing medium of water. It is highly important, also, to keep the bowels moving every day. All the household tasks should be performed in well-ventilated rooms, and the sleeping room should be especially looked after in this matter. If possible, the expectant mother should have an outside bedroom. Eight hours of sleep at night and a daily nap or rest period are essential. Violent exercise and laborious work of any sort should be avoided, but the muscles must not be allowed to grow flabby and weak through inaction. A daily walk in the open air and such household tasks as are not tiring may be continued to the last. The clothing should be loose and comfortable, and lacing be avoided as dangerous to both mother and child. It is also inadvisable to wear tight gloves or shoes.

The child of clean, healthy parents, with wholesome mental and physical habits, will be certain to possess the heritage of the well-born—a strong mind in a strong body.

The perfect boy has the following measurements (1 lb. less being counted for girls):—

Average weight, height and circumference of head and chest (for boys).

At Birth—Weight, 7½ lbs.; height, 20½ inches; chest, 13½ inches; head, 14 inches.

One Year—Weight, 21 lbs.; height, 29 inches; chest, 18 inches; head, 18 inches.

Two Years—Weight, 26½ lbs.; height, 32½ inches; chest, 19 inches.

Three Years—Weight, 31 lbs.; height, 35 inches; chest, 20 inches; head, 19¼ inches.

Teeth—Central incisors appear about the seventh month; lateral incisors from eighth to tenth; anterior molars, twelfth to eighteenth; eye and stomach, fourteenth to twentieth; posterior molars, eighteenth to thirty-sixth.

The child should make the first attempt to sit up at about the sixteenth

Hospital Fundamentals

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COURTESY—Always a working principle.

Nothing is forgotten or left undone that adds to the well-being of our clients. Everything that loving hearts and skilful hands can do to alleviate pain and suffering in times of sickness or disease is freely given. We endeavor to make your visit with us so homelike that when you leave our roof it is with a feeling you have found some true friends. These are the things that bring our doctors and clients back again and again.

If at any time you need help or advice we shall be pleased to give it. Address all letters to the matron. Any enquiries will be strictly confidential.

Grandview Hospital

MEDICAL, SURGICAL AND MATERNITY

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week, be able to do so at about the fortieth, and be firmly seated at the end of the tenth or eleventh month.

The first attempt to stand should be made about the thirty-eighth week. The fourteenth or fifteenth month is the average period for walking. A child who cannot walk by the eighteenth month is backward in that respect.

The flesh should be firm, the skin pink, the lips red, the tongue uncoated and the breath sweet. Breathing should be done through the nose. The child should not be fretful, nervous or disinclined to play.

The normal child can say words like mamma, kitty, down, etc., by the end of eighteen months. By the end of the second year it is able to join words into short sentences.

Suggestions for Baby's Layette.

- 3 Flannel binders, 8 inches by 18 inches (unhemmed).
- 4 Shirts, wool or silk-and-wool.
- 3 Dozen diapers, bird's-eye cotton or canton flannel. (Many layettes include 3 dozen 22-inch square cotton diapers for next the body, and an equal number of 36 or 44-inch square over-diapers of canton flannel).
- 6 Flannel Gertrude petticoats (or barricoats).
- 4 Nainsook Gertrude petticoats.
- 8 Plain dresses.
- 4 Fine dresses.
- 4 Kimona wrappers (cashmere).
- 4 Short kimonas or knitted jackets.
- 1 Eiderdown cover.
- 3 Small flannel blankets.
- 8 Sheets.
- 4 Pillow-slips.
- 3 Pairs bootees.
- 2 Washable wool sleeping bags.
- 2 Hood capes.
- 2 Knitted hoods.

The Nursery—Sunshine is as necessary for the baby as for the plant, and a baby deprived of it will droop just as a plant does; therefore the room in which the sun shines for the longest period of the day should be chosen for the nursery.

The room should have a constant supply of fresh air, as the baby will be much less liable to illness than when he is deprived of it. To "air" a room at intervals by opening the windows is well, but a far better plan is to have a continual stream of fresh air flowing through. To do this the windows must be opened on opposite sides of the room in order to secure a cross draft, which is always necessary to real ventilation. When the outside temperature is so extremely low that a comfortable temperature cannot be maintained with the windows open, outside air should be frequently admitted by opening wide the windows on opposite sides and flushing every part of the room for a few moments. In severe weather it is a good plan to air the nursery whenever the baby is taken into another room. In all the mild months the windows should be kept constantly open night and day.

Cleaning—The floor should be bare, so that it can be kept clean by wiping it with a damp cloth or dust mop. There should be no heavy draperies nor

upholstered furniture to catch dust. Painted walls which can be washed are sanitary and easily renewed.

Pillow—A baby will breathe more easily and take a larger supply of air into the lungs if no pillow is used. If the mother desires, she may place a clean folded napkin or some other clean soft cloth under the baby's head, but it should not be allowed to elevate the head appreciably. Toward the end of the second year a thin hair pillow may be used. Feather or down pillows are unduly heating to the child's head.

Clothing—Clothing should always be adapted to season and climate. A baby is comfortably dressed when his clothing is warm enough without being too warm. If he is too warm, the baby will perspire; if not warm enough, he will have cold hands and feet or become blue about the mouth. Little babies need to be kept warm, and gradually accustomed to cooler conditions, but older babies are often overdressed. A baby that is continually dressed in clothing which is too warm becomes pale and languid, and instead of being protected is more liable to colds and bowel troubles. The mother should feel of the baby's body occasionally, and if she finds it constantly moist the clothing is too warm. In addition, clothing must be loose, so that all the little growing and expanding muscles and organs may have plenty of room to develop; it must be soft and smooth, so that the tender flesh will not be irritated; and, finally, it must be clean and dry. When these conditions have been secured it does not matter in the least how plain and simple the garments are.

Out-of-Door Life—Keep the baby out of doors. Except in winter, begin when the baby is two weeks old to take him out for a few minutes every day in mild, pleasant weather, increasing the time gradually until he is staying out most of the time. Probably no other thing will do so much to insure a healthy babyhood as this, and the result will well repay whatever trouble is necessary to secure it.

When Not to Take the Baby Out—When the weather is very cold, as in winter in the North, when the snow is melting, or when there is a heavy storm in progress or a high wind blowing quantities of dust about, it will be best to give the baby his airing indoors or on a protected porch. Dress him as for going out, open all the windows wide, and let him remain in the fresh air for some time.

When the weather is excessively hot the baby should be taken out early in the day and then kept indoors until the late afternoon. From that time on until the rooms have cooled in the evening he should be kept out, being well protected from mosquitoes. If a screened porch is available, the health and comfort of the baby will be greatly increased.

How to Weigh the Baby—Undress the baby completely. Put a soft cloth in the pan of the scales and lay the baby on it, or wrap the baby in a blanket if the room is not warm. Weigh carefully and write down the result. Remove the baby, weigh the blanket or cloth, and subtract this amount from the first weight.

Drinking Water—The baby needs plenty of cool, unsweetened water to drink. It is safe to boil all the drinking water for a baby, which should be given to a young baby lukewarm, never ice cold. Never put sugar or any-

thing else in it. Offer it to the baby between feedings; in summer, especially, he needs to drink frequently. A "runabout" baby is constantly exercising while awake, and requires a great deal of water. Fretful babies, especially those who are cutting teeth, are often quieted by a cool drink.

Sleep—Baby should always sleep in a bed by himself, and whenever possible in a room by himself, where he need not be disturbed by the presence of other persons, and where light, warmth, and ventilation may be adjusted to his particular needs. Not a few young babies are smothered while lying in the bed with an older person, some part of whose body is thrown over the baby's face during heavy sleep.

Amount of Sleep—A young baby sleeps 18 or 20 hours out of 24. At six months of age a baby sleeps about 16 hours, at one year 14 hours, and at two years at least 12 hours. Daytime naps should be continued as long as possible. Never give a baby any sort of medicine to induce sleep. All soothing syrups or other similar preparations contain drugs that are bad for the baby, and many of them are exceedingly dangerous. Many babies die every year from being given such medicines. The baby should never be allowed to go to sleep with anything in the nature of a pacifier in his mouth. Thumb and finger sucking babies will rebel fiercely at being deprived of this comfort when they are going to sleep, but this must be done if the habit is to be broken up. The baby ought to have a quiet place in which to sleep, but should be taught to sleep through the ordinary noises, unless they are unduly disturbing. It should not be necessary to walk on tiptoe and talk in whispers while baby sleeps, provided he has a room to himself during his daytime naps.

Systematic Care—In order to establish good habits in the baby, the mother must first be aware what they are, and then how to induce them. Perhaps the first and most essential good habit is that of regularity. This begins at birth and applies to all the physical functions of the baby—eating, sleeping, and bowel movements. The care of a baby is readily reduced to a system unless he is sick. Such a system is not only one of the greatest factors in keeping the baby well and in training him in a way which will be of value to him all through life, but reduces the work of the mother to the minimum and provides for her certain assured periods of rest and recreation.

As a sample of what is meant by a system in baby care the following plan is suggested which may be variously modified to suit particular cases:

- 6 a.m., baby's first nursing.
- Family breakfast; children off to school.
- 9 a.m., baby's bath, followed by second nursing.
- Baby sleeps until noon.
- 12 to 12.30, baby's noon meal.
- Out-of-door airing and nap.
- 3 to 3.30 p.m., afternoon nursing.
- Period of waking.
- 6 to 7 p.m., baby's supper and bed.

It is quite feasible to have the baby's night meal at 11.30 or 12 o'clock, in order to give the mother a chance to spend an occasional evening in pleasant recreation.

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Playing With the Baby—The mother should not kiss the baby directly on the mouth, nor permit others to do so, as infections of various kinds are spread in this way. She needs also to be cautioned about rocking the baby, jumping him up and down on her knee, tossing him, shaking him in bed or carriage, and, in general, keeping him in constant motion. All these things disturb the baby's nerves and make him more and more dependent upon these attentions. But this is not to say that the baby should be left alone too completely. All babies need "mothering," and should have plenty of it. When the baby is awake he should frequently be taken up and held quietly in mother's arms, in a variety of positions, so that no one set of muscles may become overtired. An older child should be taught to sit on the floor or in his pen or crib during part of his waking hours, or he will be likely to make too great demands upon the mother's strength. No one who has not tried it realizes how much nervous energy can be consumed in "minding" a baby who can creep or walk about, and who must be continually watched and diverted, and the mother who is taking the baby through this period of his life will need to conserve all her strength, and not waste it in useless forms of activity.

Weaning—Weaning is the process whereby the baby is gradually deprived of breast milk. It should proceed slowly, one bottle feeding being substituted for one breast feeding during the day for some time, then two bottles, and so on until all breast feeding has been done away with and the baby is entirely weaned. In order that this change may be accomplished with as little disturbance as possible, one bottle feeding may be given to the baby in 24 hours as early as the fifth or sixth month. This will hardly be sufficient to upset the baby's digestion and yet will serve to accustom him to the taste of strange food and to the use of the bottle, and to begin the education of the stomach in dealing with new materials.

If drinking water has been given by means of a nursing bottle during much of the first year, the baby will take his food in the same way the more readily. A healthy infant weaned at nine months should begin with the food for an infant of four or five months. If he digests this mixture well, the strength can be increased until within two or three weeks he is taking the food full strength. Increase in the diet should be made with special caution at the beginning of summer or during the heat, when there is great danger of inducing diarrhoea. It is far better to keep the baby on rather a low diet, even without increasing his weight, than to upset the intestinal tract by over-feeding. If, after trying a new food, vomiting occurs or the stools show that there is indigestion, it is always best to return to the weaker food until the disturbance has subsided.

Weaning From the Bottle—An artificially fed infant is weaned from the bottle by beginning at ten months to substitute one feeding a day from the spoon or cup for one bottle feeding, gradually increasing the number of such feedings until the baby is weaned, usually by the thirteenth month. The mother will find it a convenience to continue the bottle for the night feedings as long as necessary.

Care of the Milk—One of the reasons why cows' milk is not always a safe food is that it is very readily infected with germs, some of which may make the baby sick. These germs multiply with astonishing rapidity when

the milk is allowed to stand for any length of time at a moderate temperature, but do not flourish if the milk is kept very cold. The milk should never be left standing on the door-step in the sun, nor in a warm kitchen, but should be put in the ice-box as soon as it is delivered. It must be kept covered, protected from dust and flies, not left standing in shallow, open pans nor put into the refrigerator in pitchers or open dishes, as it is very readily contaminated by other foods. Milk should be kept in glass jars or bottles which are made sterile by boiling before being filled. If the milk is sour, or shows a sediment in the bottom of the bottle, it is not fit to give to the baby.

Preparation of the Food—Everything that is to be used in the preparation of the baby's food, including the hands and clothing of the mother or nurse, must be absolutely clean. To clean the utensils they should be boiled in the large kettle for 15 minutes just before using.

Utensils—Enameled ware or aluminum utensils are the safest kind to use, since they are most readily kept clean. They should be used exclusively for this purpose. The following articles will be found convenient:

As many nursing bottles as there are feedings in one day.

A nipple for each bottle.

A new clean cork-stopper for each bottle.

A bottle brush.

A graduated measuring glass.

A 2-quart pitcher.

A funnel.

A long-handled spoon for stirring the food.

A pail or kettle for pasteurizing the milk and sterilizing the utensils.

A fork.

A tablespoon.

A double boiler for cooking cereals.

Bottles—The best nursing bottle is the one which affords the least harbor for germs. An 8-ounce cylindrical bottle having the scale in ounces blown in the side is most convenient, as it fits readily into the ice-box and the pasteurizer. Such a bottle should have a short neck which slopes gradually into the shoulder. It is difficult, if not impossible, to clean a long-necked bottle having a sharp angle below. It should be possible to reach every part of the inside with the bottle brush. New bottles should be annealed by placing them on the stove in a dishpan of cold water and leaving them to boil for 20 minutes. Allow them to stay in the water until it is cold. Bottles thus treated will not readily break when filled with boiling water or when the food is being cooked in them.

Each bottle should be emptied as soon as the baby has finished nursing, then rinsed with cold water and left standing, filled with water, until the bottles for one day's feedings have all been used. At a convenient time, scrub all the bottles with hot soapsuds, using the bottle-brush over every part of the inside. Then rinse them thoroughly through several waters and put them in a kettle of water over the fire. When the water has boiled for 15 minutes the bottles will be sterilized.

Nipples—A conical nipple is best, since it can be readily turned inside out to be cleaned. Nipples attached to long rubber tubes should never be used, as it is impossible to clean them. The hole in the nipple should be just large enough so that when the filled bottle is held upside down the milk drops rapidly. If the hole is large enough so that the milk runs in a stream, the baby will take his food too fast.

Immediately after the feeding remove the nipple and rinse with cold or warm (not hot) water. Rub the outside with a little common salt to remove the milk, turn the nipple inside out, rinse, and rub with salt; rinse again and boil for 5 minutes. The nipple will dry at once when removed from the boiling water. Place in a dry glass jar which has been boiled and screw the cover on tight. Keep from the light. The nipples should be rinsed in boiled water just before using.

The Feeding of Older Infants—The following rules are quoted from the report of the committee of the American Medical Association.

Unless a child has loose bowels he should be given from 1 to 3 tablespoonfuls of strained fruit juice once a day after he is 7 or 8 months old.

After he is 9 months old he may be given squeezed beef juice, beef tea, or plain mutton or chicken broth once a day.

When he is 10 months old he may have part of a soft egg, a small piece of crisp toast, or a crust of bread to chew immediately after his feeding.

Other solid foods should not be given during the first year.

At 12 months he may take his milk undiluted, and strained cereal may be given twice a day.

During the second year the child should have four meals a day. Hours: 6 a.m., 10 a.m., 2 p.m., 6 p.m. Nothing but water should be allowed between his meals.

At 12 months the baby should be weaned from the bottle and taught to drink milk from a cup. He may then have cereals twice a day, which should be thoroughly cooked, and for the first two or three months they should be strained. He should have four cupfuls of milk daily.

When 15 months old he may have at first a teaspoonful, later 1 tablespoonful of rare scraped beef, mutton, or chicken.

When 18 months old he may have one-half of a mealy baked potato daily.

When 2 years old he may have most of the fresh green vegetables when thoroughly cooked and finely mashed.

The juice of fresh fruits may be given after 12 months.

Cooked fruit, such as baked apple or apple sauce, should be given once a day after a child is 18 months old; it should at first be strained.

Stale raw fruits are especially dangerous in the city and in the summer.

Begin with a very small quantity of each new food, noting carefully the effect on the baby, and increasing it slowly as required. For instance, begin by giving 1 teaspoonful of fruit juice, diluted with an equal quantity of water, and increase gradually until the proper amount for the given age is reached.

Beef juice is chiefly valuable as a stimulant. It has but little food value, and is not to be given in the place of nourishing foods but as an addition to it; 2 teaspoonfuls diluted with an equal quantity of water may be given 15 minutes before the midday feeding, beginning about the ninth month. If the baby is delicate, it may be begun as early as the fifth month.

in half the above quantity. Only one new article should be added to the baby's diet at a time and the effect carefully noted. Meat should be boiled, roasted, or broiled for the baby, and must be cut in fine pieces, as the baby will not chew it sufficiently at this age.

Never give the baby cakes, candy, doughnuts, pastry, fresh breads, griddlecakes, syrups or molasses, pork or tough meat of any kind, bananas or any over-ripe fruit, pickles, tea, coffee, soda water, wine, cider, beer, nor tastes of the family meals. If this is begun he will soon demand a taste of everything he sees, and his appetite for the simple diet which is essential at this age, will be quickly destroyed.

Cleanly Habits—Children should be taught very early that it is not safe to use a handkerchief that has been used by someone else; and for similar reasons the use of individual towels and wash cloths should be insisted upon.

A baby should be taught to blow its nose, to submit the tongue and throat to inspection, to gargle, and to regard the doctor as a friend whose visits are to be looked forward to with pleasure. Attention to these suggestions will make the task of the physician at some critical time far less difficult than it otherwise might be. If a baby has sometimes been threatened with a visit from the doctor as a means of securing obedience, his fear may be a serious drawback to successful treatment.

RECIPES FOR BABY'S FOOD.

Gruels and Cereal Jellies.

Barley—Barley water, gruel, and jelly differ only in thickness. For barley water use 2 level teaspoonfuls of barley flour. Make it a paste with cold water and add to it a pint of boiling water, stirring constantly to prevent lumps. Add a pinch of salt and cook for at least an hour, adding sufficient water at the end to make a pint of liquid. Strain through a cheese-cloth or gauze strainer. If gruel or jelly is desired, use two to eight times as much flour to the same amount of water. Pearl barley may be used if necessary. The grains must soak overnight and be cooked for 3 to 4 hours. Use a heaping teaspoonful of the grains for a pint of water.

Oatmeal—Have a pint of water boiling in the top of the double boiler; add $\frac{1}{2}$ teaspoonful salt and drop in gradually $\frac{1}{2}$ a cupful oatmeal flakes, stirring all the while. Then cook for 3 hours and strain through a wire sieve. Thin with boiling water to the desired consistency.

Rice and Wheat—Rice jelly is made in the same way as barley jelly. The directions for cooking the various wheat preparations appear on the boxes, but all such preparations should be cooked at least three times as long as is there indicated and should be strained and thinned to the proper strength with boiling water.

Fruits and Fruit Juices.

Orange and all other fruit juices should be strained through a wire strainer or a cloth, so as to remove every particle of solid matter, and in addition should be diluted by using an equal quantity of water for a baby of five months, gradually diminishing this amount until the juice is given pure.

Apples may be stewed or baked.

Prunes are prepared as follows:— Wash them well through several waters, then put them to soak overnight. Cook them the next day in the same water. It will take only a little cooking to make them perfectly tender. A very little sugar may be added, but for a baby it is best to omit the sugar, as the fruit has its own sugar. The clear juice is laxative. In the second year the cooked fruit may be squeezed through a colander and the strained pulp given to the baby.

Broths—Chicken, beef, or mutton may be used as a basis of broth. Use a pint of water and allow it to come to a boil, then lower the fire so that it will barely simmer for three or four hours. Or prepare it in the fireless cooker as directed for soup.

When the meat is tender, remove it and add enough water to make up the original amount of liquid; strain through a wire sieve and set it away to cool. When cold, the fat may be removed in a solid piece, leaving a clear liquid or jelly. Heat a small portion, seasoning with salt only. Broth has little or no nutritive value in itself, but if added to milk, or thickened with arrowroot, cornstarch, or gelatine, or eaten with dry bread crumbs, it becomes a real food.

If it is desired to use the broth at once, pour out a little into a bowl or soup-plate and set the dish on the ice or in a pan of very cold water. The fat will rise and may be skimmed or strained off.

Bread.

Toast—The ordinary breakfast toast is not suitable for baby. For him the bread should be at least one day old and be cut in very thin slices. The slices should be placed on edge in a toast-rack in the oven to dry, or kept separated by some other means. Leave the oven door partly open. The slices should not be brown, but after they are dry they may be lightly toasted and should be tender and of a uniform dryness throughout.

Eggs.

Coddled Eggs—Have a saucepan of water boiling hard, put the egg into the water and remove dish from fire at once. Cover and allow the egg to cook about 7 or 8 minutes. The white should be soft and of a jellylike consistency, which makes it quite readily digestible. A few experiments will determine what quantity of water to use. Too much water will cook the egg too hard. Some children cannot digest the yolks of eggs, and it is wise on this account to begin by feeding the white only. Season with a little salt.

Accidents and Common Ailments

Burns—These are of three degrees. The first simply causes a reddening or inflammation of the skin, and all that is necessary is to relieve the pain, which may be done by covering at once with pure, clean vaseline, borated vaseline, or sweet oil. The second degree burn destroys the superficial layer of the skin and forms blisters. The third form destroys the true skin and deeper tissues. Both of these forms may become infected, so they should be covered with gauze or lint saturated with a weak antiseptic solution, such as boracic acid, one teaspoonful to a pint of water. If severely scalded the clothing should be carefully removed from the child at once, taking care not to

break the blisters. Cut away the material rather than try to remove a garment which sticks to any burned or blistered part. Put the patient to bed at once and summon the physician. Remember that shock is a serious factor in burns.

Convulsions—These are most frequently caused by acute indigestion due to some unsuitable article of food, or by an improper diet. They may, however, indicate the onset of an acute illness, ear trouble, or any pronounced irritation of the nervous system—which in children is easily upset—particularly in children improperly fed and suffering from rickets. They are never to be regarded lightly, as even one convulsion predisposes to another. The treatment until the doctor comes, should be:

1. Remove all clothing.
2. Place in a warm bath—not hot, for the baby may be burned by unskilled or excited persons—a teaspoonful of mustard may be added to the bath.
3. Apply cold to the head.
4. Give an enema of warm soapsuds.
5. As soon as the child can swallow, give a liberal dose of castor oil.

Poisons—Send for the doctor at once. A safe general rule to follow is to make the child vomit. Whatever the poison, the sooner it is expelled from the stomach the better.

Diarrhoea—This disease is responsible for more deaths among infants than all others combined during the summer months, and is rightly dreaded by all mothers. The principal causes are over-feeding, or feeding with an unclean or improper food, though continued or very hot weather predisposes the infant on account of its depressing effect and its lessening of the digestive power. If diarrhoea occurs, all food should be stopped at once, whether breast-fed or not. A cathartic, such as castor oil or calomel, should be given. If there is much vomiting, even water should be withheld; but if not, it should be given freely, but nothing else by mouth. If in a few hours the fever and diarrhoea have not subsided, the physician should be at once called.

Foreign Bodies in the Nose or Ear—Such articles as peas, pebbles, etc., are often inserted in the nose or ear by children. There is no immediate harm in their presence, and it is wiser not to attempt to remove them. Serious damage to the nose or ear-drum may result from injudicious poking or manipulating. When a fly or other insect invades the ear, the best and simplest plan is to fill the ear with warm (not hot) sweet oil. This will entangle and drown the insect and float it to the surface where it can be readily removed.

Rickets—Rickets is probably the pitfall into which the largest number of babies tumble headlong. Babies do not often die of rickets itself. But rickets predisposes to such diseases as pneumonia, tuberculosis and whooping-cough and gives the baby feeble resistance against diseases in general. Poor surroundings and lack of fresh air and sunshine are factors, but a faulty diet is the real cause—a diet in which there is too much of the starches and too little of the tissue-building proteins and fats. For this reason a baby with rickets may be very fat, but he is apt to be flabby and have a peculiarly white, "pasty" look.

How Rickets Develops—Very often the first thing the mother notices is that her baby, who has been good-humored and apparently happy, becomes

irritable, hard to please and restless, particularly at night. He may have convulsions at the slightest provocation. The watchful mother will notice that her baby's head perspires; the forehead is prominent and the whole head looks large and square. The fontanelles are large and late in closing. The abdomen is large, the chest narrow and the little ankles and wrists are swollen. The baby's bones, nerves, muscles and mucous membranes are all harmed by rickets. The bones are harmed most of all. They have not enough salts and become soft and are easily broken. The bones in the legs and arms become curved and the baby may look bow-legged or knock-kneed. The bones in the legs and arms will not grow as they should and so the child may be shorter than normal. His ankles will be weak. His teeth will come late, be soft and decay early, and he will probably have indigestion while he is teething. Sometimes the spine is curved and it may be so weak that the baby cannot sit up straight without support.

Prevention of Rickets—The prevention of rickets lies in proper feeding. Sometimes cod-liver oil is given as a preventive to bottle-fed babies, but this, of course, must be ordered by a physician. The cure of rickets is a long, slow process, sometimes taking from three to fifteen months; and of course the earlier treatment is started the better. As rickets is due to errors in feeding, the cure is accomplished by giving proper food plus cod-liver oil. You can see how worth while it is to take endless pains with your baby's food in view of the fact that all of this can result merely from unsuitable feeding. For some strange reason, rickets is more common during the cold months, or in winter and spring, healing taking place during the summer and autumn months.

Scurvy—Like rickets, scurvy develops very slowly between the seventh and tenth months. Probably the commonest symptom is tenderness, or even pain, in the legs; and the mother notices this when changing the diaper or putting on the little stockings. And she may notice that whereas her baby has always been playful, cheerful and active, his disposition changes. He refuses to play; wants to be still and undisturbed in his crib or carriage and cries when handled. His gums become red and swollen, and may even bleed; there may be blood in the urine, and the large joints are likely to be swollen and very tender. A baby suffering from scurvy is very pale and listless and weak. He fails to gain in weight and length. As in rickets, this is all because of improper food.

Treatment of Scurvy—Orange juice or potato water both prevent and cure scurvy. Sometimes a baby is entirely cured by being given fresh cow's milk; but orange juice given about an hour before each feeding makes recovery even more certain. And the surprising part of it is that this kind of treatment will usually cure the baby very quickly—in a week or ten days—particularly if the trouble is discovered and treatment started early. And although increase in weight and length have stopped while the disease developed they will go on rapidly as soon as the proper diet is given.

Inanition—Marasmus—Malnutrition—These are the names used to describe conditions from which many babies suffer if not properly fed. In general they are alike in that the baby loses weight and strength because of insufficient or inadequate food. That is why your baby should be weighed

regularly once a week and to keep a record of his weight. A stationary weight—excepting sometimes during very hot weather—or a steady loss is a danger-signal which you should be sure to heed. As in most other baby troubles the prevention is proper food and the cure is proper food. But it is much easier and cheaper to prevent than to cure. In other words, keep your baby well.

For baby's toilet and comfort, the following is a fairly complete and practical list of necessary articles, none of which may be classed as luxuries:—

- Three dozen large, strong, white safety-pins.
- Two dozen very small safety-pins.
- One box of sterile absorbent cotton.
- Six tubes of lanoline.
- One tube of white vaseline.
- Three cakes of pure white castile soap.
- Six boxes of unseented talcum powder.
- One bath thermometer.
- One pound boric acid crystals, in sealed packages.
- Eight ounces olive oil.
- Four wash cloths. If two each are of different colors, the face and body cloths are more easily kept separate.
- Two bath blankets, knitted wool or cotton.
- Six soft towels.
- A soft hair brush.

Starvation of the heart in the education of children explains why so many men of exceptional talent make miserable failures of their lives. Nature dowered them for godly work, gave them minds capable not only of keeping themselves from evil, but also of advancing the good of others; but, unprotected by a God-fearing soul, they listened to the tempter and easily fell. A thousand ills of modern society could have been prevented had parents only appreciated that no education of children is worthy of the name from which God is eliminated; that no training is worthy of the time and money expended upon it, in which the head is not spiritualized by the heart as well as the heart intellectualized by the head.—By RABBI JOSEPH KRAUSKOPF, D.D., in "Ladies' Home Journal."

"Never allow any other place to become more attractive to your child than his home."

"A scolding mother never holds the confidence of her children, for when they do wrong they are afraid to tell their mother for fear that she will scold them."—From "Natural Education," by WINIFRED SACKVILLE STONER.

"Every normal child is born with some distinctive tendency or talent. Probably the only reason why this talent does not always bear fruit is because it is not discovered and cultivated in babyhood. . . . it is the mother we must look to discover her child's talent and to watch it grow into a marvellous, joy-giving flower. Many mothers take excellent care of their children's bodies. They see that the little ones are kept clean, are well-nourished and are given plenty of fresh air so that they may grow physically. Their sole wish is to see their babies large, fat and strong. They do not strive to develop them mentally, being content to have their children healthy animals."

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Care of the Hair—Normal hair should be shampooed every three weeks. If the hair is dry, a monthly shampoo is sufficient; if greasy, a shampoo is necessary every ten days. Unless the hair is healthy, a hair tonic should be considered a part of the daily toilet—but great care must be exercised in the selection of a tonic. Hot oil applied with a brush to the scalp, before the shampoo, does much toward toning up and feeding the hair roots. Another practical idea is to rub into the scalp, before shampooing, a lotion consisting of two tablespoonfuls of bay rum and the yolk of one egg.

The hair should be brushed twice a day. First carefully, not roughly, comb out the tangles. Brush it first from underneath, with an upward and outward motion. Then brush the outside, from the top of the head down. Ten minutes' brushing, daily, will give wonderful results. In the summer time the hair should be taken down in the open air as much as possible, allowing the sun to warm it and the breezes blow through it. And again, whenever general health falls below par, give your hair special care and tonic treatment. Healthy hair should be given the following treatment once or twice a year.

Special Treatment—Wash the hair, for a few weeks, every third day with tar soap. Dry it carefully and apply a little castor oil to the roots, massaging the scalp and brushing the hair faithfully every day. Results will be quick—and sure. Probably two or three weeks will suffice to put your hair in perfect condition.

Camomile tea treatment has been strongly recommended by a noted authority as one of the best for thin, stringy, fading or greying hair. The essentials of this treatment are the camomile tea, which can be purchased at the druggists, some good tar soap, cocoanut oil, petroleum ointment—and patience.

Prescription for Ointment—Balsam Peru, $\frac{1}{2}$ gr.; crude petroleum oil, 5 grs. The bottle should be labeled, "For external use only." Be sure to shake well before using.

The first step in the treatment is the cutting off of at least three inches of your hair, to get rid of the split and dead ends. Then wash the hair with tar soap, rinse it with warm water, and give it a final rinsing with camomile tea. This should be made of a pint of boiling water to two tablespoonfuls of the tea. Let it steep for ten minutes, strain and cool. A single brew of the tea will do for several rinsings.

When the hair is thoroughly dry, apply the petroleum ointment to the scalp with a small sponge. Part the hair with a comb or your fingers, and apply the ointment lightly to every part of the scalp. Then use the fleshy part of the middle fingers to rub the oil in gently, being careful not to irritate the scalp. Be sure that the finger-nail does not touch the head. Rub the ointment in, give the head a massage with both hands, using the thumbs and middle and third fingers. Start at the back of the head and work forward, keeping your fingers firmly on the scalp and making a movement as though you were drawing a circle. Start at the nape of the neck and finish at the forehead. This should take about ten minutes and be followed by a fifteen-minute massage and brushing of the hair. If the hair is very dry the second day, apply a little of the ointment before giving it the daily massage and brushing. The third day, wash the hair again, rinsing with the tea and applying

a very little coconut oil to the scalp, instead of ointment. Massage and brush as before.

Wash the hair every third day, rinsing with the tea and applying the ointment one time and the coconut oil the next. Keep up the daily massage and brushing. Five to six weeks will show an improvement in the condition of the hair, but a very unhealthy scalp will be slower to respond. Perseverance is the real secret of the splendid results so many women have received from this treatment.

If your scalp is easily irritated, you may find the camomile tea treatment too harsh for it. In that case, wash the hair every third day with tar soap, dry it, and lubricate the scalp with a little good olive oil. Then give your head the daily massage and brushing, and repeat the shampoo and oil every third day.

Eyebrows should be given constant care by brushing as often and as carefully as the hair—with a special brush made for that purpose. The hairs must be watched and trained, the too long ones removed with special tweezers. A skin food should be patted into the muscles just above the eyelids, always patting up.

The Neck should never be neglected if you would avoid one of the earliest signs of age. In caring for the neck, exercises come first. The muscles must be exercised or they will grow relaxed and flaccid. Throw the head back as far as you possibly can and revolve it as if on a pivot. Twist it as far as you can to the right and then to the left. Bow the head down, then toss it back. Do these exercises until it actually hurts. Twenty-five times morning and night is not a bit too much.

Massage is also a necessity. Massage, by the way, does not mean careless rubbing with any old cream. It means a gentle but firm upward and outward manipulation. It means that both sides of the neck must be treated at the same time. Both hands should be used. Use preferably the second and third fingers. Massage outward and slightly upward.

In treating the neck that has lacked care, in addition to the exercises there are astringents to use which will help to make firm the loose tissues. There are bleaches which are harmless, and there are lotions which are preventives against bagginess of the skin at the throat, to say nothing of the many appliances which properly support the throat and neck muscles and which have almost a miraculous way of preventing the accumulation of the dreaded fat cells about the neck and chin.

Eyes at their best are essential to good looks and in these days there is no excuse for neglect, there are so many comforting things especially made for care of the eyes. There is the eye bandage, for instance, which you steep in hot water and then lay over your eyes for about five minutes. These little bandages are a bit on the principle of a Turkish bath, for you replace the bandage with a pad of absorbent cotton which has been squeezed out in ice water and moistened with a tonic. This treatment is good for tired eyes and for removing shadows and puffiness underneath.

Eyelash growers are many, but must be carefully chosen. Friction is also good for making the eyelashes grow. Try rubbing the lids every night and morning with a good harmless lotion or ointment.



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The whites of the eyes should also receive special care. If they are yellow your liver evidently needs toning up. If they are filled with tiny red veins, there is a lotion for relieving the congestion which causes this blemish.

Tired eyes need an eye bath night and morning, and there are comforting tonics to bathe the eyes and rest them.

Here is a simple eye lotion any druggist can put up: 15 drops of spirits of camphor; 2 teaspoonfuls of crystal boracic acid. Add enough water to make one pint.

When motoring protect the eyes with glasses, if you would avoid wrinkles. Use goggles, and be sure the lenses are amber in color. Oculists will tell you that the amber shade is the most restful. It keeps out the actinic rays that also raise such havoc with your complexion.

Dressing the face for outdoors will be carefully attended to by all sensible women. The first thing is to give your face a bath, just as you do your body before dressing; but use a cleansing cream instead of water. Rub it quickly into the face, let it stay on a few minutes, just long enough for it to sink into the pores, and then rub it off. Next, cover the face for a few seconds with a steaming towel that has been dipped into water as hot as you can stand. Now wipe your face off with a soft cloth dipped in cold water, to which has been added a teaspoonful of a good astringent. That is the end of the face bath. The next step is to apply a protective cream, one that after being rubbed in will be invisible and prove a good foundation for powder at the same time. Then comes the finishing touch, the powder. And remember, too, that a different powder will be necessary in the summer days when a coat of tan is almost inevitable, and also that the powder used under artificial light will not be as suitable in daylight. In dressing the face, the protective cream is the most important of all. It must be no ordinary cream, but one which will actually protect the skin from the injurious effects of the sun's rays or strong breezes. This cream must suit the texture of the skin, and be used every time the face is dressed.

At the end of the motor ride do not wash the face hastily with soap and water. Rub into the skin, instead, a good cleansing cream. Leave it on a few minutes, and rub out as thoroughly as you rubbed it in. Then massage with a massage cream, and if not in too great a hurry, wipe the face with a skin-toning lotion, then with a soft cloth, finally patting the skin dry before applying a little powder. Similar treatment before retiring will involve the use of a good vegetable cold cream, to be left on the face overnight.

Never use water on a sun-burned face; use an almond lotion, which will heal and cleanse as well. Regular use of tomato juice or lemon juice will remove tan.

In the summer time, especially, the skin of face and unclad body (and pores unclogged) should be given a daily 15-minute period of "skin breathing." Once a week, before bathing, a lotion should be used that will act directly on the pores, promoting circulation and causing over-abundant secretions to be discarded.

Blackheads can be removed by using an ointment of 1 oz. of soap liniment and 1 oz. of ether mixed. At night scrub the face thoroughly with hot water, using a soft complexion brush. After wiping, apply the mixture to each blackhead, leaving on overnight. In the morning wash with hot water. Continue

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this treatment until spots disappear. If large pores remain, wipe over each with alcohol. For pimples that frequently appear with blackheads, make an ointment of 2 grains of beta naphthol, 20 grains sulphur precipitate and 20 grains of potash soap. Rub over the pimples at night. This may be used at the same time as the blackhead mixture.

Ammonia is a most refreshing agent at the toilet table. A few drops in the bath will make a better bath than pure water.

Well-groomed hands are within the reach of every woman. A little daily care as directed to users of any of the excellent manure sets containing necessary creams and polishes, discrimination in the use of soaps, use of rubber gloves if the hands must be kept in water any length of time, and special treatment after any work likely to irritate the skin of the hands—requires in reality more thoughtfulness than time, and such thoughtfulness will be well rewarded.

To Whiten Hands—Strained honey, 1 oz.; lemon juice, 1 oz.; cologne, 1 oz. Mix and rub well into the hands at night, then wear a pair of large kid gloves, the palms split for ventilation.

Soften the Hands—Keep a dish of Indian meal on the toilet stand with the soap, run the meal freely on the hands after soaping them for washing. It will surprise you if you have not used it how it will cleanse and soften the skin, also prevent chapping.

To remove fruit stains from the hands, scrub with a brush in strong tea.

In caring for the feet, especially when undertaking unusual exertion, an occasional toilet vinegar, or alcohol, rub will prove beneficial. Perspiration may be checked by lotions to be procured for that purpose. Unscented talcum powder will help relieve tired feet.

Ammonia in hot water entirely absorbs all obnoxious smells so often arising from the feet.

THREE RECIPES FOR MAKING SOAP

Toilet Soap—5 lbs. mutton tallow, 1 can lye, 1 quart water, 2 tablespoonfuls powdered borax, 4 ozs. glycerine, 2 tablespoonfuls ammonia, $\frac{1}{2}$ oz. oil of lavender of geranium. Dissolve lye in cold water. Melt tallow and cool to as low a temperature as possible without hardening. Beat very slowly into lye. Add oil, borax, and ammonia, separately, beating well each time. Whip hard for a few minutes, and mould in any desired form. The tallow should be sweet, white, and carefully clarified. Oil of bergamot may be used if preferred.

Oatmeal Soap—Shave into fine bits any small pieces of good toilet soap, ivory, white wool, and similar soaps. To $\frac{1}{2}$ cupful soap add 1 cupful boiling water, and keep hot until dissolved. Then add ground rolled oats to make a stiff batter. Mould in any desired shape, and set aside until hard and dry. Bran or Indian meal may be used in place of oatmeal. This makes a good toilet soap for children's baths or for adults whose skin is very sensitive, as the oatmeal has a soothing and softening effect on the skin.

Home-made Soap—5 lbs. lukewarm melted grease, 1 can (1 lb. can) lye, 1 quart cold water, $\frac{1}{2}$ cupful cold water, 3 tablespoonfuls borax, $\frac{1}{4}$ cupful ammonia, 2 tablespoonfuls sugar, 1 teaspoonful salt.

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The Home Dressmaker

Every woman should know enough about sewing to enable her to purchase materials intelligently, to appreciate what is good in design, and the appropriate material for different garments or household articles. Such articles as dish-towels and holders, curtains and so on, although simple, require some practice to insure straight hemming. The sewing student, after first working on such articles, requiring but straight sewing and little cutting, might well advance to simple house aprons and dainty tea aprons, which allow for some practice in cutting, fitting and sewing on bands, and may also involve the use of trimming. A slip-over cooking apron, nightdress or kimona will afford practice in running long seams.

In making the dainty underwear which appeals to all women, every care should be taken to have fine, even seams and facings. Narrow, flat seams are used in garments that come next the body and French seams, measuring from $\frac{1}{8}$ or less to $\frac{1}{4}$ of an inch are used in the outer underwear. One-piece plackets are usually used, which should be narrow and neatly fitted and finished. Buttons should be as small and inconspicuous as will answer the purpose, and buttonholes worked with greatest care, for the buttonhole is one of the surest tests of the careful dressmaker. Longcloth, nainsook, cambrie, crape, silk, crepe de chine and washable satin are all suitable for underwear.

In making woollen shirts, plain seams, overcasted, should be used, and careful attention given to pressing. In heavier goods a faced and extension placket is used, but the one-piece placket is suitable for the thinner kinds of goods. The seams should be pressed, and the skirt put on the waist-band before turning up the hem.

Chiffon or Georgette Crepe—If, when sewing thin materials, such as chiffon and Georgette crepe, you will slip a strip of paper under the seam to be sewn, it will stitch perfectly and not draw or pucker in the least. The paper can be torn off when the seam is finished.

Knitted Hose Rugs—Do not throw away the old hose which are still good, yet not good enough for wearing. Instead, get some large ivory or wooden knitting needles and, after cutting the hose into long strips, cutting around and around, knit them into beautiful and serviceable rugs.

A luncheon set of doilies can be made from an old white linen dress. Aprons can be made into laundry-bags or mending-bags. A small girl's undergarments can be made from your own long petticoats that are torn or worn in places, and every one knows that wonderful blouses and parts of suits for a small boy can be made from a man's shirt that is worn only around the collar.

Mending Over Stiff Paper—When mending a flat surface, such as a patch or darn, in cotton, flannel, or stretchy underwear, pin a piece of paper underneath in order to save the perpetual movement of the hand, and to keep the goods perfectly level.

Frayed Neck Bands—When a shirt neck-band commences to fray at the edge, trim it smoothly, then finish with a regular buttonhole-stitch. This, when laundered, looks neat, and the band will fray no more.

When binding or facing for thin material is used, try cutting your facings just a little wider than usual. Fold through the centre and stitch both raw edges to the edge of ruffle or fold. You will then have a smooth edge to turn back and one that can be stitched down on either right or wrong side and there will be no raw edges to turn under. Try it once and you will find it a great time-saver.

Instead of Using Snap-fasteners or hooks and eyes on your thin dresses, use a strip of ready-made buttonholes, which can be bought at any dry-goods store. Sew buttons on one side of the placket of the garment, and the strip of buttonholes on the other. This makes a much neater finish and does not show through the thin material.

To Make a Useful Bag for the Sewing-room, make a deep bag of heavy material, cut the corners of bottom rounding and bind the edge with bias binding. Fold the top over an oblong embroidery-hoop and fasten securely. At each end of hoop fasten a strap $\frac{1}{2}$ inch wide and 7 inches long, made of the material. Sew half a large snap-fastener to each end, remove the top machine-drawer, snap the straps together around the strip of wood that forms the side of the case, replace drawer and you have a neat and convenient holder for the scraps and ravelings that vex one so much when sewing.

A Layout Saves Goods—Place every piece of the pattern on the material before using the shears. If your table is not large enough, spread the material out on a bed. Determine proper lengths before cutting. If you can afford to make a blouse, a skirt, or even a sleeve shorter, mark the correction on the pattern. The closest layout can be made by spreading the goods in a single thickness. Lay the largest pieces on first and fill in with the smaller pieces. Shift the pieces until they lie in compactly. In marking right and left fronts, etc., mark one side, then turn the pattern over before marking the other side. If the material has an up and down, keep the pieces lying one way, that is, with the top of the waist, sleeve, etc., in one direction.

Ways of Marking—Do not attempt to pin a tissue paper pattern to the goods and cut around it. Weight the pieces down. Books always come in handy for this. Mark around the pattern pieces. At almost any notion counter you can buy little cakes of wax and chalk in white, black and colors, which come for this purpose. Be careful to mark the exact line of the pattern. Indicate notches with a crosswise line. Since chalk or wax may show through on the right side of the garment, awl-mark perforations. If the material is a loose weave and the tiny hole the awl makes does not show through, mark the perforations by taking an over and over stitch, with colored thread.

Use Heavy Shears—Use heavy cutting shears. They give a clean edge.

Shrink the Material—All materials, with the exception of silk, shrink when first wet. If you are wise, you will see that this process takes place before the garment is made up. Shrink wash fabrics, such as cotton and linens, by dipping into cold water. If the material is colored, soak it for fifteen minutes in salt and water to set the shade. Do not wring the material. Just squeeze out part of the water and hang it dripping on the line in a shady place, or roll the wet fabric in a Turkish towel. It is the slow drying that shrinks the goods. Press the goods while it is yet damp.

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The first thing to learn from those who have been through the mill is, don't be too eager to buy. No matter how much you want a certain piece of property, don't tell that to the owner. Remember there are other lots; if somebody wants this one enough to bid more for it than it is worth, let somebody have it.

When buying property for a home probably the wisest move is to consider (first) the health, comfort and happiness such-and-such location offers to you and your family; but (second) it will do no harm to have the thought tucked back in your mind somewhere that a lot that will also appeal to others is just as easily bought, and if you at some later date wish to sell it, the sale can be made at a profit.

Then determine whether you will just look around by yourself and, having made a selection, quietly hunt up the owner to make him a proposal, or whether you will go directly to a real estate agent and plan to deal with him.

There are advantages in dealing with real estate agents. In the first place, they are more familiar with buying and selling land than you are and therefore in a position to give expert advice. Then, real estate dealers are familiar with all or most of the property on the market and can direct you immediately to the items most interesting to you at considerable saving of your time. They know what land is worth, can arrange terms for its purchase, understand the conditions surrounding different localities and can deal with a landowner without divulging your name; so you can remain in the background and let the real estate dealer do the dickering. Look over the environment of your future home impartially and without sentiment. Walk about and size up the situation intelligently. Are there good schools and churches? How far is it to the street car? How much is the fare?

Telephone service, of course, is now practically universal, so you don't have to think of that, but you do have to remember water supply and sewage disposal. You should make inquiries on these matters.

Electric lighting will occur to you and you will need to know the rate for current; gas for fuel is desirable and you want to ascertain if the cost of gas is reasonable.

The Size of a Lot depends upon the size of your pocketbook. A happy medium in size is best: large enough for plenty of air and sunshine; not too large to permit cultivation of lawn and garden with reasonable effort. No one wants to slave every day keeping up a place.

This brings us up to the point of deciding on the "exposure." On a small lot you can't locate your home with its front anywhere you like, north, south, east or west. Usually but one frontage is possible—that toward the street; so you must determine before purchasing what frontage suits you best.

Those who prefer an east front claim that this situation permits the desirable morning sun in the front rooms. West front enthusiasts retort that it is better to have the kitchen (usually at the rear—east) catch the morning sun.



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leaving the kitchen cooler in summer than would be possible when the kitchen is on the west, where it gets the hot summer afternoon sun. Naturally a sunny south exposure is better than a cold north exposure; so every lot, before it is purchased, should be examined in sunlight.

Don't buy a lot with beautiful trees standing right in the middle, where they must be chopped down when you build; find one with trees on the edge. Try to get a lot with trees, but if it is as bare as a billiard table and satisfactory in every other way, don't hesitate. Plant trees.

Don't be burdened with property downhill from your neighbor's if there is danger that his land will drain onto yours.

It is always wise when building a house to consider it from a standpoint of economy of work for the housewife. Even in the larger houses rooms can be so arranged and the space so condensed that the housework can be simplified.

The same care may be exercised in buying a home. Perseverance and a long search will bring to light the home somewhat approaching your ideal. Do not be misled by a showy exterior, but examine carefully the workmanship, study the possibilities of the house arrangement, and pay the same attention to the neighborhood as you would if buying a lot to build upon.

Weak points to guard against when building:—

Poor Foundations—No foundations should be put in when the weather is too cold, otherwise the building will "settle," causing the plaster to crack.

Do not fail to have footings put under your foundation walls. These footings, being the undermost portion of the foundations, are the first work the masons do. They are usually built of concrete from 8 to 12 inches thick and 12 to 18 inches wider than the foundation walls. The footings are the "feet" on which the building stands, spreading the weight and thus reducing a tendency toward settlement when the full weight of the finished house comes on the walls.

Wet Basement—In filling in between the foundation walls and earth bank use gravel, sand, cinders or similar material instead of clay, thus providing a sort of sponge all around your house. Heavy rains or melting snow quickly sinks to the bottom of the trenches, where it should be led away by a drain tile before it can enter the basement. As an additional precaution coat the outside foundation walls with pitch or waterproofing compound.

Baseboards Pulling Up—Have them put in place before the finished floor is laid, and extend them down below the level of the floor. After the finished floor is laid, paint the baseboards completely before the quarter round is nailed in place. Nail the latter to the floor, not to the baseboards. When the baseboards shrink in winter and swell in summer (which they will) the wood will go up and down behind the quarter round and not show a raw, unpainted edge.

Cracks in the corners of door and window casings—Have all corners glued together in the mill in much the same way that picture frames are made. This adds but little to the cost and is the only way to secure close joints.

Patch a broken place in the plaster of a room with a paste made by mixing one part of white flour with two parts of sand and two parts of sifted coal ashes and water. The cement will outlast the original plaster.

Furnishing and Decorating

The instinct for a beautiful home is present in everyone, and is an instinct that should be cultivated, never deadened. A beautiful home need not necessarily consist of expensive furnishings, out of reach of all but the few. Thoughtful planning should precede careful buying. The home-maker should have in mind the vision of the finished room, the finished home, and purchase accordingly. There will not then be articles of furniture out of keeping with the rest of the home, nor decoration that clashes with furnishings. Comfort and artistic arrangement can well go hand in hand, no matter how small the money outlay may be. In buying your furniture let Utility, Comfort and Beauty be your slogan. "Have nothing in your room that you do not know to be useful," is the advice given by a famous manufacturer of artistic furniture. The practice of filling the house with useless bric-a-brac, cheap pictures and ornaments, fragile chairs and weakly constructed tables, is to be strongly condemned. Plain, well-made, artistic furniture, which lasts indefinitely and can be easily kept in sanitary condition, lends dignity to the humblest home.

Oak has long been a favorite wood for the furnishings of hall, library and dining room; mahogany, curly birch and maple are all utilized in bedroom furnishings. Circassian walnut is an established favorite in bedroom furniture, but since the better woods are expensive, veneering is much employed.

The true home-maker will not buy the complete furnishings for the home at one time, but will study its needs and unhurriedly purchase from time to time. Homes furnished "complete" are too stereotyped; they lack charm and that touch of individuality of the home which is slowly furnished by articles selected with care and thought. Moreover, the home of the first year is, in all probability, not a permanent one, and for this reason, if no other, furnishings should be simple, and not such as will be harmed in moving. It is far better to put the savings of earlier years into investment purchases, such as labor-saving equipment, rather than into showy furniture. A washing machine, fireless cooker, serving tray on wheels, and so on, will be really helpful purchases, their use extending over many years, no matter how frequently the home may change. In the same way is it better to invest money in dish-towels than in guest towels which may not be used, and in good, always useful table linen rather than expensive centre-pieces and doilies out of keeping with the home in general.

A home-maker of ten years' experience offers the following advice to young wives:

- (1) Buy first according to your expected, planned standard of living.
- (2) Buy considering whether your home or your husband's business will be permanently located.
- (3) Buy always considering value above price.
- (4) Buy guided by the "investment" point of view of years, not days.
- (5) Buy always considering the labor and upkeep involved, either of yourself or of a worker, for this upkeep is part of the true cost of the article.
- (6) Buy thinking not only of the present physical needs, but more of your family's future educational and ethical needs.

Similar advice may be given to the home-maker working out a color scheme

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for different rooms. Beware of quick results. Live with your scheme as it grows under your hand; try out each new note; if it does not ring true abolish it instantly. A little study of the principles of color and you will readily understand that a north, east or northeast exposure requires the use of warmer colors, a south, west or southwest exposure demands the cooler ones. Examining the primary colors, we find that yellow signifies light, life, happiness, cheer. Red is vital, warm, life-giving, but irritating and aggressive if used too prominently and under wrong conditions. Blue is of colder qualities, but capable of restful tones when used rightly. Of the secondary colors, green typifies coolness and light, restraint and cheer. Orange gives out heat and light, brilliance and happiness. Purple bears a tinge of mystery, dignity and quietness. More neutral schemes can be worked out by the use of such tertiary hues as old rose, peacock blue, brown, amber, etc. But it is well to remember that, for instance, a "blue room" does not mean that practically all other colors are absent. On the contrary, the blue of the furnishings and decorations should not be over impressive, but merely predominate. A room in which the upholstery was blue, walls blue, rugs, curtains, etc., would be anything but pleasing. The chosen color should always be shown against a lighter, neutral background. Monotony of color should be avoided by happy choice of smaller furnishings or ornament, such as reading lamp, cushions, vases and pictures.

The principle of grouping, the smaller furnishings especially, is most important. Just as the landscape architect masses his trees and shrubs, so the housekeeper should know the art of grouping, or putting things together, especially if there are few, instead of many, to arrange.

It is a common mistake to suppose that scattering things about makes them look like more, or fills the space better. But spaces should not be filled. Spaces are valuable. Things should simply be happily situated in the spaces of the room.

The eye prefers to dwell contentedly upon united interests rather than to jump restlessly from one object to another. Three articles skilfully grouped count for more than many scattered objects.

Things may be said to form a group when they appear united. This does not mean touching or crowding. If the space between two objects is less than the diameter of the smaller one, the eye accepts them as a unit. They appear together, just as a little boy within arm's reach of his mother is with his mother. Out of reach means separation.

It is well to remember that we see everything as through a periscope. The eye takes in a circular field in which the mind promptly draws vertical and horizontal diameters marking a centre around which a group should be balanced to give pleasure.

Having arranged a group, take a piece of string and try to describe a circle in the air as though tracing around it. See if the important lines of the group fall into some orderly relation to the lines of the circle. Geometry becomes a welcome friend when connected with the real problems of life.

"I know what I like, but I don't know why," is a pitiable confession of laziness on the part of an intelligent man or woman. We must know why. Housekeeping is rapidly taking its place among the scientific and artistic pursuits of modern life.

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The Home Medicine Chest

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Materials and Appliances—Absorbent cotton; sterile gauze; oiled silk; hot-water bag; ice-bag; medicine dropper; medicine glass; graduated measuring glass; soft rubber ear syringe; fountain syringe; small kidney-shape basin; clinical thermometer; package of wooden tongue depressors; package of wooden applicators; small dressing forceps; bandages, two-inch and four-inch; adhesive plaster; corkscrew; nail-brush; safety pins. The medicine glass is included because spoons are inaccurate measures for medicines. The oiled silk is very necessary when applying hot compresses. It not only helps to retain the heat, but prevents the water from leaking through. Wooden tongue depressors are useful in many ways. They are primarily intended for examining throats—that is, for holding the tongue down while looking at the throat. After using one of these it should be broken in half and burned. Most households use a teaspoon for this purpose. This is, however, very insanitary since, unless care is exercised and the spoon boiled, the sore throat or bad cold may pass to others of the family. A wooden tongue depressor may also be used as a spatula in applying salve. The wooden applicators are little, round wooden sticks, rather long. When a little absorbent cotton is wrapped around one end, the applicator may be used as a brush in applying iodine to a wound or for such other purposes as may arise.

Salves and Ointments—Zinc oxide; ichthyol (20 per cent.); lanolin; petrolatum; cold cream. Zinc oxide is valuable for healing abrasions and cold sores. Ichthyol ointment is used for reducing inflammation. Ointments should be kept either in small round jars or in tubes.

Crystals and Powders — Talcum powder; bicarbonate of soda; boracic acid; Epsom salts. With the exception of the talcum powder these are best kept in wide-mouth bottles with glass stoppers. The time-honored flaxseed and powdered mustard, used for poultices, should also have a place among these.

Medicines to Use Internally—The worth-while internal medicines consist of: Castor oil; cascara sagrada; petrolatum; milk of magnesia; olive oil; calomel; Seidlitz powder; aromatic spirits of ammonia; syrup of ipecac; sweet spirits of nitre; peppermint water; quinine pills (if living in malarial section); brandy or whisky; soda-mint tablets; limewater. The first five remedies are used for the home treatment of constipation or as a laxative. Milk of magnesia is best for infants, and castor oil for children from three to ten years. If constipation persists, lose no time in calling in a physician. Everyone knows the use of calomel and the Seidlitz powder. They should be used moderately. Aromatic spirits of ammonia is used for fainting, nausea or nervousness. Syrup of ipecac is useful in producing free vomiting in children with croup, when there is spasmodic closure of the glottis. Sweet spirits of nitre is sometimes given to children to break up fever or cold. Peppermint water is used for colic of infants. Quinine is the specific remedy against malarial infection. Brandy is a stimulant. Soda-mint tablets are for indigestion. Limewater is a gastric sedative. It is often added to milk and, by

preventing curdling in large lumps, aids in its digestion. When combined with olive oil in equal parts, carron oil is formed, which is an excellent dressing for burns.

Medicines for External Use—For external use the cabinet should contain: Alcohol; witch hazel; spirits of camphor; hydrogen dioxide; turpentine; tincture of iodine; antiseptic mouth wash; Dobell's solution; collodion. The uses of the first five are well known. Tincture of iodine is used externally as a counter-irritant and also as a disinfectant to wounds. It should be applied with a cotton swab or a camel's-hair brush. When extreme burning follows, the application should be washed off with alcohol. Dobell's solution is an efficient gargle for mild sore throat. Collodion is used for painting over small cuts or sores. It makes an excellent covering while healing is taking place. Carbolic acid has many uses in the household, not the least of which is cleaning the mouthpiece of the telephone with a 1-40 solution, thereby avoiding many a trying cold. As carbolic is such a deadly poison, it should be made into a solution of 1-20 (1 part carbolic to 19 parts water), which would be approximately 12½ drams of carbolic to one quart of water. From this as a stock weaker solution can be made. Carbolic should always be mixed with very hot water, otherwise globules of the acid may remain undissolved and any one of these will burn living tissue. All bottles containing poisons such as iodine or carbolic should be very small dark bottles with glass stoppers. Each should bear a red label marked "Poison," and they should be kept on the top shelf.

First Aids

Bleeding Arrested—1, by pressure and elevation of the limb; 2, by application of cold; 3, by application of styptics, such as Friars' balsam, alum, kino, etc.

Arterial Bleeding jets out forcibly, and the blood is bright red. Arterial bleeding requires instant attention, as the blood comes with great force. Tourniquet for artery bleeding applied: Place hard pad on artery between the wound and the heart, tie handkerchief loosely over the pad, and twist the handkerchief tight with a stick.

Venous Bleeding comes steadily, and the blood is dark red. Press a small cold water pad over the wound. Apply tight bandage on side of the wound away from the heart, except in cases of—

Varicose Veins Bleeding, when pressure must be put on both sides of the wound. Keep the limb well raised, and loosen all tight clothing between wound and the heart.

Nose Bleeding—Keep head back, apply cold to nose and back of neck; or press bleeding side of nose, and let patient hold up both arms above the head. Feet and legs in hot water.

Wounds: Description and Treatment—There are four kinds, viz., (1) incised or clean cut; (2) punctured, where depth exceeds breadth; (3) lacerated; (4) contused (skin not broken). There is more bleeding from incised than from lacerated wounds, but incised heal quickest. In lacerated wounds the blood vessels are stretched, which tends to arrest bleeding.

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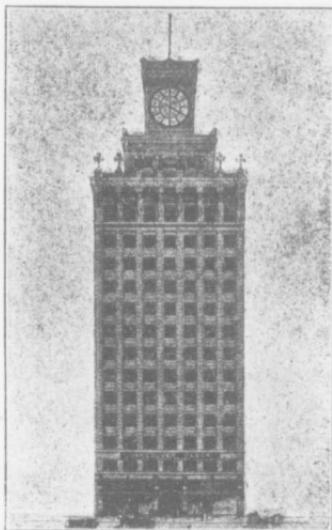
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General Treatment—Arrest bleeding, cleanse wound (by squeezing above it a sponge dipped in tepid water); where necessary bring wounded parts together, and secure with strips of plaster; place small pad dipped in cold water over wound and bandage. Blood clots that have formed on the wound should not be removed. For contused wounds apply bran and vinegar poultice, or lotion of tincture of arnica (1 oz. to pint of hot water).

Fractures: Description and Treatment—There are four kinds, viz.: (1) Simple, when bone is broken in one place. (2) Compound, when broken bone pierces the skin. (3) Comminuted, when bone is broken in more than one place. (4) Complicated, when surrounding parts are injured, as when an artery or vein is pierced by broken bone.

Symptoms of Fracture—(a) Pain and swelling at seat of injury. (b) Loss of power. (c) Distortion of limb. (d) Unnatural mobility. (e) Crepitus, a grating sensation produced by broken ends of bone rubbing against each other. But it is advisable not to try for crepitus, as serious injury might ensue.

Causes of Fracture—(a) Direct violence, as when shinbone broken by a kick. (b) Indirect violence, as when collar-bone broken by falling on shoulder. (c) Muscular action, as when kneecap is broken by a twist. Fractures of the skull, ribs, spine, and pelvis are more serious than others, because thereby vital organs may be injured.

General Treatment of Fractures—Carefully handle patient. Bring broken ends of bone in apposition, and keep there by splints and bandages. N.B.—Never move patient from scene of accident until first aid is given, and in all serious cases of fracture always remove patient on a stretcher. By careless handling of patient a simple fracture may be made a compound fracture. When there is profuse bleeding, arrest the bleeding before dealing with the fracture.

Special Treatment of Fractures: Thigh—Fix long splint outside from armpit to feet, and short splint inside from groin to foot. Secure by bandages round waist, hips, above and below fracture, below knee, and at ankle, then tie both legs together at ankle, passing the bandage round the feet.

Leg—Apply padded splints on outside and inside of bandage on both sides of leg fracture, and tie both legs together.

Upper Arm—Apply either two, three, or four splints. If only two splints are available, place inside and outside of arm. Bandage on each side of fracture, and place arm in narrow arm sling.

Fore Arm—Apply two splints, inner splint extending from bend of elbow to tips of fingers. Bandage and place in broad arm sling.

Collar-bone—Symptoms: Head inclined towards injured side, depression and sharp edge of bone may be felt. Place thick end of wedge-shaped pad well up in armpit, raise the arm gently, and sling well up in broad arm sling. Then tie arm to side by narrow bandage.

Lower Jaw—Gently raise the jaw to its natural position, and apply narrow bandage, bringing it under and slightly round the jaw, over the head, crossing at the ears, bring it round the forehead, and tie at side of head.

Ribs—Place flat pad over part, then wind a six-inch bandage of flannel three times round chest, or tie two broad triangular bandages firmly round chest.

Shoulder Blade—Same treatment as fractured ribs, and put arm in large arm sling.

Knee Cap—Place long flat splint underneath leg, and bandage securely.

Hand and Fingers—Place small splint on palm side of hand and bandage. Then place hand in narrow arm sling.

Foot—Send for medical aid. Meantime keep foot raised, and apply cold.

Dislocation—Displacement of bones forming a joint may be distinguished from fractures by (a) the injury being always at the joint; (b) the limb is firmly fixed; (c) there is no crepitus; (d) patient unable to move the injured limb. Treatment: Place injured limb in as comfortable position as possible, and remove patient carefully to medical man or hospital.

Sprain—A sprain is a sudden forcible stretching of the tendons of a joint. Foment with hot water, or pour continuous stream of cold water on part. Apply bran and vinegar poultice, and give perfect rest. If any doubt about a sprain, treat as a fracture.

Insensibility: Classification—Shock, sunstroke, apoplexy, epilepsy, hysteria, fainting, concussion of brain, compression of brain, intoxication, and poisoning.

Shock is a nervous depression, generally the result of injury or fright. Symptoms: Patient is faint and dizzy, and may become unconscious. Surface of body cold and clammy. Face pale and pinched. Treatment: Unloose all tight clothing. Apply heat to the body, and give hot tea or coffee. If insensible rub hands and body energetically and apply smelling salts. Place flat on back with head raised.

Sunstroke—Remove into cool place. Unloose all tight clothing. Place flat on back with head raised, and apply cold to head and face. Give no stimulants.

Apoplexy—Symptoms: Insensibility, face flushed, mouth drawn to one side, snoring and puffing of the lips, eyes fixed, and one or both pupils dilated. Temperature high, excepting feet, which are cold. Treatment: Place flat on back, with head raised. Unloose all tight clothing. Apply cold to head and heat to the feet; give no stimulants nor emetics. Keep very quiet. Send at once for medical aid.

Epilepsy—Symptoms: Sudden fall and often a cry. Convulsions. Frothing at mouth, tendency to bite tongue; insensibility. Treatment: Unloose all tight clothing, put coat or rug under head, place something between teeth to prevent biting the tongue. Control patient, but do not hold too tight. Apply cold to the head. After the attack let patient sleep.

Hysteria—Symptoms: Patient (generally a woman) becomes semi-unconscious, falls down, grinds teeth, laughs and cries. Never bites tongue. Treatment: Use or threaten to use plenty of cold water. Nothing else is required.

M. de Bellefeuille

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Scientists agree that the nerves control and supply the life energy to the physical body. The nervous system must be maintained in its normal condition that it may perform its function in keeping the physical body in its normal state of health. Weak, unhealthy or distressed nerves mean weak, unhealthy or diseased bodies.

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Fainting—Symptoms: Face pale, lips white, may fall down insensible. Caused by failure of heart to send pure blood to the head. Treatment: Lay patient on back, with head low. Loosen tight clothing; give plenty of fresh air; use smelling salts. If in crowded hall press head down towards knees, so as to bring the blood to the head.

Concussion of Brain—Caused by blow on the head or by a fall. Symptoms: Partial insensibility, skin cold, face pale, breathing quiet, pupils of eyes usually dilated. May possibly vomit, after which patient is better. Treatment: Lay patient on back with head raised. Unloose all tight clothing. Keep quiet in darkened room. Apply cold to the head, and heat to the feet and hands. When able to drink give warm tea or coffee. Send for medical aid.

Compression of Brain—This is a far more serious injury than concussion, though caused in same way. Symptoms: Insensibility, skin hot, breathing generally loud and slow, pupil of one or both eyes dilated, and insensitive to the touch; cheeks and lips puff out on expiration, and are drawn in on inspiration. Treatment: Unloose all tight clothing. Place in recumbent position with head raised. Apply ice to head and heat to feet. Send at once for medical aid.

Intoxication—Symptoms somewhat similar to apoplexy, excepting that the temperature is always very low, and strong smell of drink. Pupils of eyes equal, and usually dilated. Can be roused, but answers incoherently. Treatment: Unloose all tight clothing, apply cold to head, heat to the feet and body, encourage vomiting, afterwards give hot coffee. To arouse drunken man, stand behind and rub his ears well. Caution: Always treat every case of insensibility as of the very gravest nature, and send for medical man. Remove patient very carefully, on stretcher if possible.

Child in Fit—Put up to the neck in a pail or tub of warm water for 15 minutes; at same time apply cold to head with wet sponge.

Poisoning—There are two classes of poisons, viz., Irritants and Narcotics.

Irritant Poisons are strong acids, such as oil of vitriol, spirits of salts, carbonic acid, nitric acid, or aquafortis, etc. Also strong alkalies, as caustic potash, ammonia, soda, etc. Symptoms: Mouth, throat, etc., corroded, burning sensation in throat, and internal pains, tendency to vomit, which should not be encouraged. Treatment: Send at once for medical man. Abstain carefully from giving any emetics. Give soothing drinks, as any kind of oil, white of egg, milk, etc. If perfectly certain an acid has been taken, give an alkali, as magnesia, potash, baking soda, chalk, whitening from walls, etc. If perfectly certain an alkali has been taken, counteract by giving an acid, as lemon juice, vinegar and water, tartaric acid, etc.

Narcotic Poisons, such as opium, morphia, choloform, laudanum, etc., produce stupor, and progressive insensibility. Pupils of eyes contracted, snoring, breathing, livid countenance, cold clammy skin. Treatment: Give emetics at once, viz., tablespoonful of mustard, or 20 grains sulphate of zinc, or 20 grains ipecacuanha powder, or two tablespoonfuls of ipecacuanha wine, in a tumbler of warm water. If not unconscious, walk patient about to prevent

sleeping. Give plenty of strong pure coffee hot. Dash cold water on the face with a towel. N.B.—Always carefully preserve vomited matter, and all suspicious fluids found in bottles, etc.

Special Treatment in Certain Cases of Poisoning.

1. **Arsenic**—Symptoms: Pain and irritation, vomiting, throat dry, skin cold. Give plenty warm greasy water, and plenty of new milk. Antidote, $\frac{1}{2}$ oz. doses of magnesia and tincture of steel in warm water. Give plenty of new milk, white of egg, linseed tea, or any kind of oil. Keep warm. Stimulants if necessary.

2. **Antimony or Tartar Emetic**—Symptoms: Vomiting, purging, prostration. No emetic needed. Antidote, $\frac{1}{2}$ teaspoonful of tannic or gallic acid, or tincture of cinchona in water, or large quantities of strong tea. Then soothing drinks. Keep warm.

3. **Acetic and Tartaric Acids**—Symptoms: Pain, thirst, vomiting, constipation, cold skin. No emetic. Antidote, large quantity of water containing lime, whitewash, chalk, soap and water, carbonate of soda, etc. Then milk, oil, etc., freely.

4. **Ammonia**—Symptoms: Pain, purging, suffocating cough. Give copious draughts of water, vinegar and water, lemon juice, etc. If breathing interfered with give steam to inhale. Give soothing drinks, as olive oil, etc.

5. **Belladonna** (Nightshade berries, etc.)—Symptoms: Dilation of pupil, giddiness, drowsiness, intense thirst, difficulty of swallowing, no saliva, loss of speech. Give emetic. Give stimulants, keep warm, try artificial respiration if necessary.

6. **Calabar Bean**—Symptoms: Giddiness, paralysis of voluntary muscles, contracted pupils, mind clear. Give emetics; give stimulants; try artificial respiration if necessary.

7. **Carbolic Acid**—Symptoms: Burning pain in mouth and stomach, occasional vomiting, pupils contracted, breathing stertorous. Give oil and soothing drinks. Give $\frac{1}{2}$ oz. Epsom salts, in $\frac{1}{2}$ pint of warm water. Give no emetic.

8. **Chloral**—Strong emetics, and proceed as described at Narcotics.

9. **Chloroform**—Same as No. 8.

10. **Chlorodyne**—Let patient inhale 2 or 3 drops of nitrite of amyl, and stimulate breathing by slapping chest with wet towels, etc.

11. **Caustic Alkalies** (as Soda and Potash)—Symptoms: Pain and purging. Give no emetics. Give copious draughts of water, vinegar and water, lemon juice, or tartaric acid in water, etc. Then give soothing drinks.

12. **Croton Oil**—Symptoms: Pain, vomiting, purging, prostration. Give emetic of tablespoonful of mustard in water; then oil, milk, and other soothing drinks. Give stimulants if depressed. Use warm bath in extreme cases.

13. **Camphor**—Symptoms: Giddiness, dillirium, convulsions, prostration. Give emetic, castor oil, stimulants. Dash hot and cold water over head and chest; keep warm.

14. **Corrosive Sublimate**—Symptoms: Burning sensation in mouth, etc., choking sensation, vomiting, purging, skin cold. Give white of several eggs beaten up with water; failing that, give flour and water, barley water, etc. Then emetic.
15. **Cantharides**—Symptoms: Irritation of mouth, etc., vomiting, purging, convulsions. Give emetic; then linseed tea freely, gruel, etc., but no oil.
16. **Hemlock**—Symptoms: Weakness of legs, burning pain in mouth, etc., pupils fixed and dilated; give emetic, large quantities of strong tea or coffee. Give stimulants; keep warm; try artificial respiration to maintain breathing if necessary.
17. **Hydrochloric Acid**—Same treatment as Acetic Acid.
18. **Henbane**—Symptoms and treatment same as Belladonna.
19. **Iodine**—Symptoms: Giddiness, irritation, and convulsions. Give emetic, then arrowroot, white of egg, gruel, etc., freely. Apply poultices over stomach.
20. **Lead Poisoning** (Sugar of Lead, etc.)—Symptoms: Colic, paralysis of hand, etc., blindness, nervous disorders, etc. Give emetic. Antidote, $\frac{1}{2}$ oz. Epsom salts in water, or $\frac{1}{2}$ teaspoonful diluted sulphuric acid in water; then soothing drinks.
21. **Morphia**—See Narcotics for symptoms and treatment.
22. **Mushrooms**—Symptoms: Irritation of stomach, etc., colic, purging, giddiness, prostration; give emetic, then dose of castor oil, and stimulants.
23. **Muriatic Acid**—Some treatment as Acetic Acid.
24. **Mercury**—Same treatment as Corrosive Sublimate.
25. **Nitric Acid or Aquafortis**—Same treatment, etc., as Acetic Acid.
26. **Nitrate of Silver**—Symptoms: Pain, vomiting, etc. Give large draughts of salt dissolved in water; then give emetic, and afterwards soothing drinks, as oil, etc.
27. **Nightshade**—Symptoms: Pain, purging, vomiting, delirium, pupils dilated. If no vomiting give emetic, strong tea, or 30 grains of tannic or gallic acid in water. Give stimulants, and maintain warmth.
28. **Opium**—See Narcotics.
29. **Oxalic Acid**—Symptoms: Pain, thirst, vomiting of blood, and great depression of heart action. Give chalk, lime, whiting from walls freely in water, then castor oil; maintain warmth, and give stimulants.
30. **Prussic Acid**—Recovery doubtful. Symptoms: Giddiness, confusion, difficult breathing, then insensibility, pupils dilated, face livid, skin cold. If death not immediate, dash cold water instantly over head and neck. Try artificial respiration. Give nitrate of cobalt, or ammonia in small doses. After recovery give emetic, then strong coffee and stimulants.

31. **Potassium, Cyanide of**—Symptoms similar to Prussic Acid. Give emetic at once, give stimulants freely, and use smelling salts. Dash hot and cold water alternately on head and chest. Try artificial respiration if necessary.

32. **Phosphorus and Lucifer Matches**—Symptoms: Pain, vomiting, diarrhoea, dullness, delirium. Give emetic; give 10 to 20 drops oil of turpentine every half hour or so for a time, or strong tea or coffee, and $\frac{1}{2}$ oz. of Epsom salts; then give soothing drinks, but no oil or milk.

33. **Paraffin Oil**—Symptoms: Pain, thirst, prostration, breath smells. Give emetic; give stimulants freely, and keep warm.

34. **Saltpetre or Nitre**—Symptoms: Pain, etc., as in Irritant Poisons, and convulsions. Give soothing drinks, keep warm, and give stimulants.

35. **Strychnine**—Symptoms: Bitter taste, suffocating sensation, convulsions, pupils dilated. Give emetic; give 30 grains tannic acid in water, and a second emetic. To lessen spasms give 30 grains chloral hydrate, along with 60 grains bromide of potassium. Failing that give repeated doses of magnesia. If spasms not commenced give olive oil, melted lard, etc. Keep free from all cold air and noise of any kind. Artificial respiration.

36. **Sulphuric Acid**—Similar to Acetic Acid.

37. **Tobacco**—Symptoms: Sickness, vomiting, faintness, cold skin, convulsions. Give emetic of large draught of water, etc.; give strong tea, or 20 grains of tannic or gallic acid. Stimulants. Keep warm and lay flat.

38. **Turpentine**—Symptoms similar to Narcotics. Emetic of mustard and water. Give Epsom salts; then milk, barley water, etc.

39. **Vitriol (blue) or Copper Poisoning**—Symptoms: Burning pain in throat, vomiting, purging, stupor, quick breathing. Give white of egg in water and milk, then barley water, arrowroot, etc.

40. **Vitriol (white), Sulphate of Zinc**—Symptoms: Choking sensation, vomiting, purging, burning pain in throat, etc., cramps. Give plenty of milk, white of egg in water, olive oil, etc.

41. **Chloride of Zinc**—Same as above, also **Washing Soda**.

N.B.—Emetics given in cases of Irritant Poisoning by croton oil, cantharides, hemlock, iodine, lead, mercury, nightshade, nitre, potassium, paraffin, saltpetre, strychnine, tobacco, vitriol. Emetics not given in cases of poisoning by acids of any kind, ammonia, and caustic, alkalies, and all corrosive poisons.

Noxious Gases—Remove at once into pure air, loosen all tight clothing, lay on back with head raised, dash cold water on head and face; use mild stimulants on recovery. If room filled with gas break the windows.

Suffocation—Same as preceding. Try artificial respiration.

Choking—Slap the back to get substance up. If that fails try to remove with finger. If patient can swallow, give emetic.

Dog-bites, etc.—Encourage bleeding. Wash wound plentifully with very warm water, or hold five minutes under running water. Then cauterize the wound with strong nitric acid, or with end of nail, etc., at white heat, and apply piece of lint smeared with vaseline. If dog supposed mad, place tight ligature on artery between wound and the heart.

Burns and Scalds—Apply cloths dipped in carron oil (linseed oil and lime water), or any kind of oil, or scrape inside of potatoes, or similar substance, and apply it to soothe and keep out air. Then cover with cotton wool and bandage. Flour alone is an excellent application. A good ointment in severe cases is ground chalk mixed with lard. In scalds of mouth and throat, give oil to drink, or white of egg. Blisters may be pricked when quite ripe but never cut, or removed.

Vitriol Throwing—Carefully remove all vitriol by letting water fall gently on the part, then treat as a burn or scald.

Swallowing Pins—Drink 4 grains of tartar emetic in a little warm water, and immediately afterwards take the white of six eggs. This will coagulate on the stomach, envelope the pins, and bring them up.

Wasp Sting, etc.—Press watch key over wound, when the sting will come out, then apply some ammonia, or rub some moist soil on spot.

Spitting Blood—Place patient on his side, or semi-prone, in cool room, loosen all tight clothing; give ice to suck. Do not allow speech.

Hanging—Remove rope from neck, or cut person down, taking care to support him in falling. Dash hot and cold water alternately on face and chest. Artificial respiration.

Flies or Dust in Eyes Removed—Draw down the upper lid over the lower lid of the eye, or hold the upper lid away from the eye with finger and thumb, look to the ground, and then let go the lid.

Insect in Ears—Pour in a little warm oil, which will kill and remove it.

Leeches, Etc. Swallowed—Give plenty of salt and water.

Wood-Tick—To remove, pour on coal-oil.

Dress on Fire—If a woman, let her roll herself at once on the ground to extinguish the flames; or, if anyone else is present, let him place her on the ground and wrap her in a rug or any woollen article at hand. If room is filled with smoke go down on knees, and so travel as near the floor as possible. Place handkerchief, dipped in water, over mouth and nostrils.

Apparently Drowned—Turn on face, folding one arm so that the forehead may rest upon it; put rolled coat, etc., under stomach so as to get water out; cleanse the mouth and nostrils; draw tongue out as far as possible, and keep it out with elastic band; unloose all tight clothing. Then try artificial respiration.

Artificial Respiration—Place patient on back on flat surface, body inclined upwards from the feet; support head and shoulders by placing firm cushion or coat underneath; then standing at the patient's head, grasp the

arms above the elbows, and draw the arms gently and steadily above the head and keep them there for two seconds, so that air may enter the lungs; then turn down patient's arms and press them gently and firmly for two seconds against the sides, so as to expel the air from the lungs. Persevere continuously until breathing is in the slightest degree perceived; then, and not before, try all possible means to promote warmth and circulation, rubbing the limbs and body upwards towards the heart. Allow plenty of air round patient, and give hot coffee; place in warm bed and let sleep.—Never allow the body to be held up by the feet to get water out. Chief points to remember: (1) Send for medical assistance; (2) remove all tight clothing, and dry chest; (3) restore breathing; (4) promote warmth.

Carrying Unconscious Man—Where no stretcher is available, and there are no wounds or fractures that may be further injured, this may be done as follows:—Turn unconscious man on his face, putting something first under his head, so that breathing is not interrupted, and extend arms in a line with the body. Lift up then in a kneeling position, push right shoulder under unconscious man's chest, place right arm between the thighs and round right leg. At the same time, with left hand, grasp the man's left wrist, draw it across bearer's chest, and catch it with right hand, holding it so while carrying unconscious man on shoulders. This leaves bearer's left hand free to carry anything else.

Diseases

Whooping Cough—More serious contagious disease than usually supposed. Doctor's advice should be had from beginning of attack. Symptoms: Running nose, slight fever, dry cough, followed by paroxysms of coughing during the first week. As breath is drawn in sharp, shrill noise, or "whoop" may be heard. Patient should have his dishes, wash-cloths, etc., kept separate, and handkerchiefs burned. Fresh air is one of the best aids in curing the disease. Put one dram of powdered ipecac in half cupful of water, giving a teaspoonful every ten or fifteen minutes until vomiting occurs. Rub the breast and spine with a good liniment, and take measures to relieve cough.

Croup — First indication usually comes about midnight, when child awakens in paroxysm of suffocation and dry, harsh, ringing cough. Use an emetic at once, such as a teaspoonful of powdered alum in sugar or syrup, mustard in warm water, a teaspoonful of warm lard, or doses of syrup of ipecac. Doctor's advice should be secured in order that the more dangerous membranous croup (requiring antitoxin) be not contracted.

Tonsilitis—Attack begins with swelling and pain in the throat, and difficulty in swallowing. Fever, violent headache, backache, stiff neck and nausea occur in severe case. Mild cases usually yield to treatment which includes rest in bed, hot or cold compressions on the neck, and administration of purgatives.

Quinsy—A form of sore throat (see Tonsilitis) which usually results in formation of abscess in region of tonsils. In severe cases patient has alternate chills and sweats, becoming delirious at night. The patient should rest quietly in bed, gargle the throat, take purgatives and quinine.

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The only Veterinary in the west specializing and limiting his practice to dogs and performing the caesarean and other major operations successfully.

Hon. Veterinary to the Terminal City Kennel Club, also the Vancouver and New Westminster Exhibition Dog Shows. (All canine clubs in B. C. except Vancouver Island.)

The Hospital has been remodeled as I have just secured a lease on the premises. Visitors always welcome.



Mumps—Glands swollen below and in front of the ear. Difficulty in swallowing. Warmth applied to swelling, and medicine to relieve fever are measures to be carried out. Ward off complications by rest in bed.

Chicken Pox—Fever is usually present twenty-four hours before the appearance of the eruption, and there may be vomiting, restlessness, and slight pains in the legs and back. Red pimples break out first upon the face, scalp and neck, later upon the limbs and back. They come in "erops," new blotches appearing while older ones mature. In from 12 to 24 hours these pimples fill with a thin fluid, which is not liable to become puss if kept from infection. Crust forms about fourth or fifth day. Fever ranges from 100 deg. F to 102 deg. F, falling to normal after first two or three days. Patient's body should be sponged each day, and scar-crusts kept oiled. Prevent scratching, or scars will remain.

Measles—Bad cold, headache, fever towards evening, weariness, running of eyes and nose are the first symptoms. On fourth day a bright red rash (raspberry tinted) appears on face, spreading to neck, chest and extremities. The rash appears in patches, beginning to peel about three days after formation. Eyes should be protected from light, body from exposure to cold, and cough carefully treated. Light diet and careful attention to bowels. If rash does not come out well use hot drinks, hot blankets, and hot bath. Parent should be kept warm and quiet for a week or two after apparent disappearance of the disease.

Scarlet Fever begins with vomiting, headache, shivering and sore throat. Rash develops from three to fourteen hours after vomiting (rash is lobster-colored, differing from measles somewhat). Throat needs particular attention, with antiseptic spraying. Patient should be isolated in quiet, darkened, well-ventilated room and kept on liquid diet.

Diphtheria—Weakness and depression, fever, thirst, nervousness, sleeplessness, and loss of appetite are typical symptoms, followed and accompanied by sore throat. If white patches appears on throat or tonsils doctor should be immediately called. Successful treatment of diphtheria depends upon early treatment (injection of antitoxin). Delay in diagnosis is to be strongly condemned. Patient should be strictly isolated.

Salt in the Hot-Water Bag—When the hot-water bottle is beyond use for hot water, use salt. Heat this in a pan in the oven, and pour it in. You will find that the salt retains the heat much longer than water.

A towel wrung out of cold water and bound around the throat will put one to sleep in a very short time.

A few drops of oil of lavender poured into a glass of hot water will purify the air in a sick room.

When Using a Lemon—In using a lemon for a cold, the juice will be much more effective if you first roast the lemon; besides, you will get nearly twice as much juice.

To keep a bouquet fresh drop a teaspoonful of powdered charcoal into the water intended for the flower stalks, and they will keep their freshness and perfume for several days, and look and smell the same as those just gathered. The charcoal settles to the bottom of the vase, the water remaining clear.

H. WALTON



DRUGLESS PHYSICIAN



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VANCOUVER, B. C.

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But perhaps the connection between our laundry service and your personal appearance hasn't occurred to you. Nevertheless, there is a connection, and a close one.

We offer you freedom from the household task that from time immemorial has coarsened the hands and robbed woman of her bloom—the family washing.

If you would protect yourself from washday exposure on wintry days; if you would add to your own comeliness; if you would have your family washing done in the most modern fashion, telephone us.

We will do your family washing in the softest of pure waters, and in foamy, billowy suds of flaked soap. It is a washing that restores newness to your clothes and to the children's. It sterilizes them, too.

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Seymour 2800

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Miscellaneous

The Care of the Piano—Have it tuned at least once every six months. Let the ivories or keys be exposed to the light as much as possible to prevent them turning yellow. When polishing or cleaning the case do not use these so-called "cure alls." Get it from those who are making this their specialty. This is important. If your piano is marred or scratched, do not attempt to overcome it yourself, but call in a workman in that line. It is decidedly cheaper.

To Clean Carved Ivory Articles—The beauty of carved ivory articles is frequently spoiled on account of dust which collects in the interstices, so those who possess them will be pleased to hear of an excellent method of cleaning the ivory effectually. A paste should be made of sawdust, water and a few drops of lemon juice. This paste should be applied thickly all over the carving, and be permitted to dry on. When finally brushed off with a soft, firm brush, the preparation will be found to have left the ivory pure and white once more.

Polish for Oilcloth—Save all candle ends and melt in the oven; mix with it sufficient turpentine to make a paste. This is excellent for linoleum.

Brushes and Combs—Put a teaspoonful of ammonia in a quart of water. Wash your brushes and combs in this and all dirt and grease will disappear. Rinse, shake and dry by the fire or in the sun.

How to Remove a Rusty Screw—Apply a red hot iron to the head for a short time, the screw-driver being applied immediately while the screw is hot.

Care of Bathroom—Plenty of fresh air and a generous flushing of pipes, using disinfectants every two weeks at least. Copperas is the best. Dissolve a couple of pounds of crystals in a gallon of water, pouring it down the drains while hot. It has no odor, but will stain any clothing, and must be used with care.

Tapestry-covered Furniture—To clean this, first brush thoroughly; then add a teaspoonful of ammonia to a quart of water. Wring a cloth out of this and sponge thoroughly, rinsing and turning the cloth as it gets dirty, changing the water when necessary. This freshens and brightens it wonderfully.

To Renovate Leather Furniture—Wash it with soap and water, and when dry apply a little vaseline, rubbing it well in with the hand. Let it remain till next morning, then polish with a soft duster. This treatment will prevent the leather from cracking.

To remove white spots left by hot dishes on the dining table, use either wood alcohol or camphorated oil, rubbing well in.

Coarse salt and water make a splendid cleaner for wicker furniture and summer matting. Use a strong brush and dry thoroughly afterwards.

Tissue paper should never be thrown away. Save it for polishing windows and mirrors, or for removing the first coat of grease from dishes previous to their immersion in the dishpan. Never use soda, use a little soap that has no bad effect.

To take white spots from varnished furniture, hold a hot plate over them and they will disappear.

For washing windows and mirrors, take a piece of paper and put a few drops of ammonia on it. This will readily take off all finger marks on the glass.

To clean sponges, wash them in diluted tartaric acid, rinsing them after in water. It will make them white and soft.

To brighten copperware, a little crushed borax, if sprinkled thickly on flannel cloth that is wet with hot water and well soaked, will brighten the copper like magic.

When buying a new dish-pan, get an oval-shaped one instead of the time-honored round one. You will find that it fits the sink much better and the dishes will pile into it easier.

As most people cook with gas, perhaps the following suggestions may be of help in saving of gas: Puddings, pies and beans can be baked well and at small expense by using a small tin oven, such as comes for oil stoves. Place the oven over one of the single burners, and you will find it will give a very satisfactory bake with only a low flame. This little oven is fine for keeping the dishes and the victuals warm.

To clean tarnished silver use a piece of raw potato, dipped in baking-soda. Flower vases can be easily purified and cleansed by rinsing them out with warm water and powdered charcoal.

Dampness in closets, pantries and cupboards can be remedied by placing in them a bowl of quicklime. This not only removes dampness, but kills all odors.

For ironing days a fire of cinders is better than fresh coal.

Wipe the range with brown paper after cooking, and it can be kept bright with little trouble.

Turpentine mixed with stove polish prevents rust, and gives a brighter gloss than the use of water.

The mica in stoves can be made clear by washing with vinegar slightly diluted. If the black does not come off immediately, allow the mica to remain in the vinegar a short time.

Scald your rat and mouse traps thoroughly with strong soap-suds each time you trap one, and you will catch all that smell the bait.

Oil of peppermint dropped in rat holes will rid a house of rats.

The effects of ammonia on vegetation is very beneficial. If you desire your plants to become more flourishing, try it upon them by using six drops to every pint of water you give them. Do not repeat this oftener than once in eight days, lest you stimulate them too highly.

Two pounds of alum dissolved in three quarts of boiling water and applied to all cracks and crevices, will keep out ants, roaches and bedbugs.

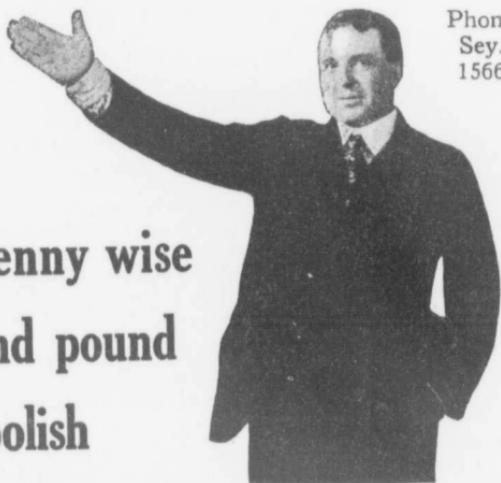
With a pint of suds mix a teaspoonful of spirits of ammonia, dip in your silverware, knives, forks and spoons, and rub them with a brush and polish them with a chamois skin.

A good china cement is made by mixing with a strong solution of gum arabic and enough plaster of paris to make a thick paste. This should be applied with a camel's hair brush.

To remove paint and putty from window glass put sufficient saleratus into hot water to make a strong solution, and with this saturate the paint or putty, which adheres to the glass. Let remain till nearly dry, then rub off with a woolen cloth.

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foolish**

NOTHING more aptly describes the man or woman who shrinks from spending a dollar today on what will cost him ten in the future. His teeth today could be put into perfect shape with little labor and small expense, but he prefers to "save" (?) the money, although he knows perfectly well that the longer he delays the more it is going to cost him. Surely you are not in that class.

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"IF IT HURTS DON'T PAY ME"

Dr. T. Glendon Moody

To clean straw matting, use a coarse cloth dipped in salt and water. Wipe dry. The salt will keep the matting from turning yellow.

Coal that is kept in a dry and airy place will burn much longer than that which is kept in a close cellar, with no ventilation. When coal remains long in close, airless places it gets rid of its gas, and the absence of this renders it less powerful and more wasteful when burned.

Large sponges soon break up, and, also are subject to being clogged up with impurities. Here is a new idea. Assemble small pieces of sponge in a bag of Turkish toweling or any other suitable material. Thus small pieces of sponge can be utilized, and can easily be kept clean.

Carpets in rooms which are seldom used are apt to be attacked by moths. Salt sprinkled around the edges and well under the carpets before being put down will generally prevent their ravages. Plenty of light and air should be admitted into the rooms, as moths favor close, dark places.

To remove rust stains from matting, cover the stain with paper and place a warm iron on this. When the spot is warm dip a glass rod in a bottle of muriatic acid and go over the rust spot with it, wetting every part with the acid. The spot will turn a bright yellow. Instantly wash it with an old tooth brush dipped in boiling water and rub dry with woolen cloths. Before beginning the work have all the appliances ready, and then work rapidly from start to finish. Muriatic acid always corrodes metals, therefore keep the bottle corked tight when not using it. Two or three ounces will be ample.

A Paint-Stained Dress—If you happen to get wet paint on your dress, rub the dress with another piece of the same goods and the stain will entirely disappear. You can use another piece of the same garment. What happens to the paint is hard to say, but it disappears.

Washing Narrow Ribbons—After washing lingerie ribbons or narrow ribbons of any description, wind them around a jar that is full of hot water, and they will dry and be smooth so that no ironing is required.

CARE OF CLOTHES

To prevent black stockings from changing color, add a tablespoonful of vinegar to the rinsing water.

Badly spotted tan shoes should be put on a shoe-tree and scrubbed with soap and water.

When the color has been taken out of black goods, it may be restored by the application of liquid ammonia.

If the stains on a dirty mackintosh will not come off with brushing, take a raw potato, cut it in two, and rub the soiled parts with it.

To make a faded cotton dress pure white, boil it in water which has half a cupful of cream of tartar to two gallons of water.

Dresses that have been laid away in drawers for some time often become very much creased. Hang them in front of the fire for a while and the creases will disappear.

Mud spots may be readily removed from dress skirts, trousers, rubber coats, or from children's clothing by rubbing the spots well with sliced raw potato.

To Make Shoe Soles Wear Longer—If you put boiled linseed oil on the soles of your new shoes it will make them water-proof, and also make them wear very much longer.

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To renovate black lace, wash it in strong vinegar, rinse in cold coffee, and press before quite dry with a piece of flannel laid over it.

An excellent cleaner for a tailored suit is dry bran.

When pressing ribbon, you will avoid the shiny appearance if you press it first on the wrong side, then on the right with tissue paper over it.

After washing children's bearcloth coats or bonnets, iron on wrong side while very damp, and fur side will be as soft and fluffy as when new.

Equal parts of ammonia and turpentine will take paint out of clothing, no matter how dry and hard it may be. Saturate the spot two or three times and afterwards wash out in soapsuds.

Borax will take leather stains out of white stockings.

Gloves of skin or leather are better mended with cotton than silk.

When washing colored woolen garments, put them in strong, cold salt water an hour before washing. This will set the color.

Before cleaning clothes in gasoline, mark each spot with a bit of light thread. Many of the smaller spots will vanish after the garment has been soaked in the gasoline, and the light thread will save time and labor in locating the spots that may need extra hard rubbing.

To remove rust spots from linen, wet the material in warm water and rub on the spots a solution of one part oxalic acid to six parts water. Hang in bright sunlight to dry.

To darken brown boots and shoes that have seen their best days rub all over with a piece of clean white flannel wet in ammonia. Do this twice, then polish with the usual brown liquid. They will look as nice as ever.

Kerosene will soften boots and shoes that have been hardened by water and make them as pliable as new.

To make calico wash well, infuse three gills of salt in four quarts of boiling water, and put in the calicoes while hot, and leave them till cold. In this way the colors are rendered permanent and will not fade by subsequent washings.

To brush silk goods, use a piece of black velvetten about a quarter of a yard large. This makes a most satisfactory brush, removing all dust perfectly, and yet does not injure the fabric.

To prevent flannels from turning yellow, lay pieces of white wax in the folds of white flannel or Swiss muslin.

To remove ink stains apply lemon juice and salt and lay the articles in the sun.

To take spots from wash goods rub them well with the yolk of an egg before washing.

Warm tights for the youngsters may be made from one or two pairs of discarded stockings.

When your rubbers break, cover the hole with adhesive plaster and go over this with shoe polish. If properly done the repair will outwear the rubber.

Table salt and cream of tartar, equal parts, will remove rust stains. Wet the spot and spread the mixture on thickly, then place material in the sun.

To remove perspiration stains from cloths, soak garments in strong salt water before washing.

Sprinkling clothes with hot water instead of cold makes the work of ironing much easier.

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137 PENDER STREET WEST

New Recipes

Oatmeal Cookies (Buns)

- 2 cups Rolled Oats
1 1/2 " Flour
1/2 " Butter
Currants ?
1/2 " Sour Milk
1/2 teaspoon Soda
Sugar
2 Eggs.
-

Coconut Cakes

- 1/4 cup Powdered Sugar
1 1/4 " Shredded Coconut
1/8 teaspoon Salt
2 table spoons Flour
1 teaspoon Vanilla
1 Egg White

Mix the dry ingredients, then add the vanilla.
Beat the egg white stiff, add the other ingredients & mix thoroughly. Grease a baking sheet & dredge it with flour. Drop the coconut mixture by teaspoonfuls on same. Bake in a moderate oven (375) for 20 minutes or until slightly browned.