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Dentistry
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Household Hints

THE TRANSFORMATION OF A WHITE SAUCE.

A white sauce in one of its three
degrees of thickness is the founda-
tion for many dishes where its
presence is unsuspected.

The thin white sauce is made of
one tablespoonful of flour, one
tablespoonful of butter, and one
cupful of liquid—generally milk.
Seasoning is added to taste, usual-
ly one-quarter of a teaspoonful of
salt, and one-eighth of a teaspoon-
ful of pepper. Mix the flour and
seasoning in the bottom of the
saucepan, rub the butter into the
dry ingredients—if it is not soft
enough, heat it gently for a little
while, then add the milk, about
a third at a time, and stir the
whole until it boils. The sauce
should then be smooth and velvety
and curiously enough it will be
more velvety if the milk is cold
when added, probably because the
blending of the ingredients is then
likely to be more thorough.

For a medium white sauce, the
ingredients and method are the
same, but two tablespoonfuls of
butter and two of flour are used.
For a thick white sauce, four
tablespoonfuls of butter and four
of flour are called for. The pro-
portions of flour to liquid must
always be exact, but one-half less
butter may be used at a pinch—
although, of course, the sauce will
not be so rich, and it will be a
good deal more difficult to make it
free from lumps.

Now for the transformation
processes.

Thin White Sauce—Cream
soups, so called, are made on a
foundation of thin white sauce.
Sifted vegetable pulp is added to
the sauce for cream of corn, pea,
spinach, tomato, and so forth, or
vegetables are chopped or sliced, as
for cream of celery or asparagus
soup.

Custards, where the eggs are
stirred into a thin white sauce,
properly sweetened, and the pepper
omitted,—will not separate and
curdle, and will not "whey" in
either a pie or a cup.

Medium White Sauce—All the
creamed dishes—creamed chicken,
creamed potatoes, creamed onions
and so forth—are simply the in-
gredients that gives the name to
the dish warmed up in a medium
white sauce.

Croquettes of minced meat, fish,
or what not, can have their ingre-
dients "bound" together by a
medium white sauce. Stir the
chopped meat or other substance
into the sauce until the mixture is
of a good consistency to shape in-
to the croquettes.

Thick White Sauce—This is the
most difficult of the three to make,
because it is so thick that it will
"lump" unless it is constantly
stirred.

THE ENERGY FOOD

The Vim and Vitality One Gets
From Oats

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oats do for horses. They have the same
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An extract of oats is employed as a tonic.
A diet of oats multiplies one's vitality.
That's why energetic men—men of vim
and spirit—are said to "feel their oats."

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grown—are subjected to 62 siftings. Just
the rich, plump grains are used. There is
only ten pounds of Quaker Oats in a bushel.

These grains have the maximum of rich-
ness and energy. They are also the most
delicious. To eat Quaker Oats once a day
for a month will show to the limit what
tonic effects, what bubbling vitality one
can get from oatmeal. One never knows
how good oat food is, or what it can do, un-
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Pays special attention to
**Savings
Accounts**

A Lad Stomach

Mrs. S. Keast, of Clarksburg, Ont., say
"A bad stomach trouble that had bothered
me for years, baffled and puzzled skilled
physicians, was nicely relieved by Mi-o-na.
My food would not digest but fermented in
my stomach, forming a gas that gave me un-
told suffering and pain and also made me
weak, nervous, irritable and unable to rest.
Since using Mi-o-na I can go to bed at night
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Tablets are guaranteed to cure dyspepsia and
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All druggists, 50c. a box from The R. T. Booth
Co., Ltd., Fort Erie, Ont. Sold and guaran-
teed by E. W. Mair.

For a delicious Welsh rabbit,
stir three cupfuls of grated or
sliced cheese into one cupful of
thick white sauce, highly seasoned
with paprika, mustard, red pepper,
Worcestershire sauce, or anything
else you can think of. Stir the
whole over the fire until the cheese
is melted and the mixture boils.
This rabbit will never "string",
never curdle never "separate,"
and it can be successfully made by
a novice.

The cream pies are all thick
white sauces, with or without a
beaten egg or two added the last
thing, or the yolks added and the
whites made into a meringue. A
delicious date cream pie has a
half-pound of chopped dates stir-
red into two cupfuls of the sauce,
a beaten egg added for its further
enrichment, and the whole sweet-
ened to taste.

Lemon pie is a thick white
sauce in disguise. Water instead
of milk is used for the liquid; a
quarter to a half cupful of sugar
one egg, and the juice of a small
lemon are added, in the order
given, for every cupful of sauce.
Two cupfuls make a good-sized
pie. The whites are used for the
meringue.

COOKING NOTES.

By placing a few lumps of loaf
sugar in the oven nearest the fire
when baking pastry the top crusts
will cook a lovely brown.

Try dipping your pork chops
and pork tenderloins in flour be-
fore frying them, and see how de-
licious they are.

A combination of nutmeg and
cinnamon makes a nice flavoring
for plain cookies, while nutmeg
and mace are delicious in buns.

In poaching eggs stir the water
till it is whirling rapidly. Then
drop your egg in quickly, and the
edges will be round and smooth.

To scald milk, set it in a jug or
basin in a pan of cold water over
the fire. When the water boils
the milk is scalded.

When mixing mustard for table
use, it is much improved if milk
instead of water is used, and a
small pinch of salt added to it,
brings out the flavor.

If a lemon is plumped by being
plunged in hot water just before
squeezing it the juice will flow
much more freely.

Shredded red cabbage and white
celery cut fine make a very
popular salad in one family.
Sprinkle the top of the salad with
a tablespoonful of minced onion
and dress with oil and vinegar.

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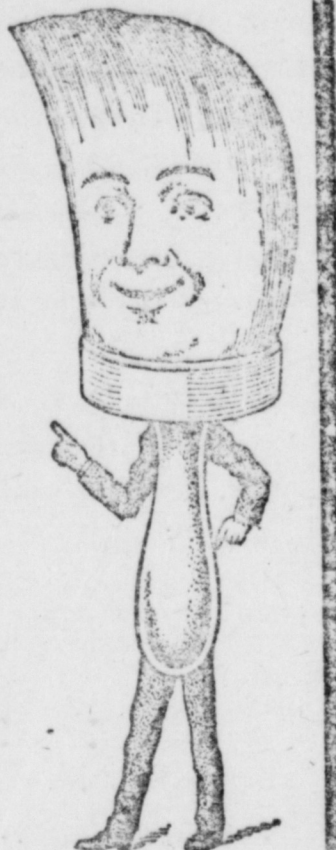
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100% Pure

is superior to hand prepared Lead and Oil
because it is made only of pure White
Lead, Pure Zinc Oxide and well aged
Linseed Oil together with the necessary
Drier and coloring pigments compounded
in correct proportions by the most
modern and powerful machinery.

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any temperature you wish. You
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half the fuel of the average stove.
Burns large knots, chunks, chips
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world.

SITTING-ROOM STOVE—Be-
cause one fire can be run all winter.

BEDROOM STOVE—The finest
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DINING-ROOM STOVE—Be-
cause you heat your room in ten
minutes.



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delay.

A. G. FIELDS, H. W. BOURNE,
Supt. Collector.
Woodstock, N. B., Dec. 14, 1911.

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particular locality every day in the
year.

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