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HOUSEHOLD

Sour Cream Dishes

A few tablespoonfuls or half a cupful of sour cream is valuable these days, and should be used with economy.

SOUR CREAM SALAD DRESSING

Whip a cupful of sour cream with a little lemon juice or pineapple juice for flavoring. Season with salt, a little sugar and use on fruit or vegetables. When vegetables are used for the salad a bit of red pepper, mustard or Worcestershire sauce may be added. Sour cream may be substituted for sweet cream in any salad dressing.

COTTAGE CHEESE

Pour boiling water over a dish of thick sour milk, which will cook the milk enough so that it may be drained in a sieve. Season with plenty of cream, salt, a dash of red pepper and some melted butter, if there's not enough cream to give it richness. If plenty of boiling water is used, this method makes a tender curd and is quickly made.

SOUR CREAM COOKIES

Cream a half cupful of butter, add 1½ cupfuls of sugar, ½ cup of sour cream, 2 eggs, 1 teaspoonful of soda dissolved in the cream; mix well, add flour to roll, sprinkle the top with sugar.

SOUR CREAM PIE

This pie is baked with two crusts and is delicious. Take 1 cupful each of sour cream, sugar, raisins and 1 egg, a tablespoonful of vinegar, ½ teaspoonful each of salt, cinnamon and nutmeg, ¼ of a teaspoon of cloves

CODFISH with SOUR-CREAM WHITE SAUCE

A white sauce, using sour cream; a cupful and a half for a sauce to serve three or four people is sufficient. Melt a tablespoonful of butter and when bubbling hot stir in two tablespoonfuls of flour and a cupful and a half of sour cream; cook until heated through; add shredded codfish and serve. Delicious with baked potatoes. An escaloped dish, using codfish, white sauce, made with sour cream, and sliced potatoes, is very appetizing. Butter the dish, put in a layer of the potatoes, then one of white sauce, then a layer of fish, finish with the potatoes and white sauce, with buttered crumbs on top. The potatoes are previously cooked.

Indian Pudding Made With Crumbs.

One cup fine crumbs, one quart skim milk, one-third cup sugar, one-quarter cup molasses, two tablespoons melted butter or other fat, one-quarter teaspoon ginger, one-quarter teaspoon cloves, one quarter teaspoon cinnamon.

Scald the crumbs in milk; add the other ingredients; and bake one and a half hours in a slow oven. This pudding may be made with any kind of bread

crumbs, but it furnishes an especially good means of using up stale corn bread.

Milk and Vegetable Soup.

One quart skim-milk, one cup bread crumbs, or two large slices stale bread, one sliced onion. Small amount of spinach or outer leaves lettuce (not more than four ounces), salt. Cut vegetables into small pieces and cook with the bread crumbs in milk in a double boiler. If a large quantity is prepared for use in a school, for example, put vegetables through a meat chopper. In this way slices of bread can be ground with the vegetables, in order to absorb the juice.

Getting Ready To Leave Trieste

London, Aug. 24.—The Austrians are removing everything of value from Trieste to Vienna and other inland places, according to a Rome despatch to the Exchange Telegraph Company.



Electrical Storm

(Hartland Observer.)

One of the fiercest electrical storms ever to visit this section passed over on August 20th and left a train of considerable damage in its wake. There was a gale of wind, incessant lightning, torrential rain, and, in some sections a considerable amount of hail. The storm broke over the county about six o'clock and continued with slight intermission until after nine o'clock.

So vivid and so close the lightning seemed that most people were almost sure that their own houses were struck. As it was there was much damage done.

At Tracy Mills three barns are reported to have been destroyed, a barn owned by Peter Haynes of Glassville was burnt, and reports of other damage in that section have come in.

At Lansdowne the house of Delancey Foster was struck and the carpet on the floor was torn to shreds. Some of the inmates received severe shocks.

At Bannon barns owned by Wm Laskey and Mansfield Clark were struck.

At Main stream, Wentworth Shaw's house was struck and the bolt severed the ell from the main house.

Crops suffered severely in places the grain and potatoes having been beaten down by the heavy rain and wind, while in certain localities hail did quite a lot of damage. The storm extended over the whole province.

During the season there has been more electrical storms than in all the last five or six years

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put together, and it is hoped that the change of the atmosphere to cool, clear, fall like conditions will be permanent.

Competitions For Boys And Girls

Through the action of the Minister of Agriculture, The Honorable Martin Burrell, arrangements have been made to have the Canadian Bankers' Association cooperate with the Department of Agriculture in providing a liberal sum of money to be offered in prizes for calves and pigs exhibited by boys or girls under seventeen years of age, at county or township fairs.

These competitions are known as the "Canadian Bankers' Competitions", and are linked up with the activities of the Live Stock Branch of the Dominion Department of Agriculture. They represent an effort to increase in live stock, and constitute a part of the

active campaign for more and better stock inaugurated and carried on by The Honourable Mr. Burrell through his Department. The generous support accorded to the movement by the Canadian Bankers' Association, affords a practical demonstration of the attitude of the banks towards the live stock industry; and the active participation of the Association in this campaign is bound to strengthen and create general interest in farm live stock.

Canadian Bankers' competitions will be held at a large number of shows this year, and boys and girls should lose no time in finding out all about them. The calves and pigs must be fed at least six weeks by the boys and girls who exhibit them, so that it is very important to act promptly in securing a copy of the rules and other information.

Full information regarding the competitions can be obtained from the manager of any branch bank in the locality where a fall fair is held.

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