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OF INTEREST TO WOMEN

DON'T BANISH SOUP.

One of the first suggestions that students of household economy had to make when the war brought about need for food thrift was that we should eliminate one course from dinner, and this appealed to lots of people who had the planning of meals in their hands, because it eliminated the service of food. A good many housewives and managers of dormitories and boardinghouse keepers forthwith cut out soup as a war time thrift measure.

Now, as the last thing that the thrifty French housewife would do would be to eliminate soup; in fact, even the really poor folk in France, if they make any pretence to good management, have their soup for dinner, even though aeroplanes raid and long distance guns drop bombs outside the doors. Those who have returned from France and who have dined with the simplest folk there and made a study of their cookery, tell us that, and it is exactly what any one would expect who has known anything of the methods of the French housewife and the French cook.

For soup is the dish par excellence in which we can use up leftovers in the way of meats and vegetables.

A lot of leftover dishes—call them ragouts, croquettes, timbales or what you will—are rather messy looking affairs at best, and they do take a long time to prepare.

It takes no great skill to become a good soup maker, nor much time to turn out good soup. It is necessary to have fairly good palate, for soup must be seasoned to taste. There is no rule about it; it all depends on what you have made it out of, as to what seasoning it needs. It is likewise also necessary to be very clean about it, and to use only materials in good condition and to keep the utensils in perfect cleanliness. That is why some inferior cooks always produce soup with a cloudy taste—because they think they can be careless about these matters. And though soup needs long cooking, it needs a very slow and low-temperature cooking, and this consumes but little gas and requires no special forcing of fire if you use coal. So don't banish soup from your bill of fare. It adds tone to your diners, gives important nourishment, and uses up material that would otherwise be wasted.

FOOD BOARD FLASHES FOR FEMININE FOLK

Patrons of hotels and restaurants are requested not to ask proprietors to break the regulations of the Canada Food Board. It should be kept in mind that the proprietors are under license and that in meeting the demands of unreasonable patrons they are making themselves liable to the cancellation of their licenses and the payment of heavy fines into the bargain.

DAILY FISH BULLETIN.

(Issued by the Canada Food Board.)

"Flu" Attacks Fishermen.

Housekeepers cannot expect to get cod or haddock from now on as cheaply as they did during the summer months. There are many factors to be taken into consideration in the fluctuation of fish prices. During spells of bad weather fish landings fall off to an appreciable extent and the fish that are secured are worth every cent paid for them, as oftentimes the fishermen risk their lives to bring them in.

The recent epidemic of Spanish influenza exacted its price among the fishermen, too. Boats were held up while their crews lay sick. The result has been a decrease of something like 500,000 pounds of fish in the monthly catch.

The Turkish offer of peace was sent through Spain. Spain seems to be sending out a lot of punk stuff lately, including the "flu."

A lot of girls who are marrying soldiers are due for a sad disappointment when they see their husbands in civilian trousers with baggy knees.

English widows are reported to be remarrying rapidly. Returning soldier bachelors do not last a moment before an assault by these veteran shock troops.

BLOOD-MAKING MEDICINE

It took centuries for medical science to discover that the blood is the life. Now, it is known that if the blood were always abundant, rich and pure, very few people would ever be ill. It was not until the end of the 19th century that an instrument was invented for measuring the red part of the blood. Then doctors could tell just how anaemic a patient had become, and with medicine to make new blood the patient soon got well.

All the blood in the body is nourished and kept rich and red by the food taken daily, but when, for any reason, a person is run down and cannot make sufficient blood from the food to keep the body in health, then a blood-making medicine is required. The simplest and very best of blood-makers suitable for home use by anyone, is Dr. Williams' Pink Pills. When a course of these pills is taken their good effect soon is shown in an improved appetite stronger nerves, a sound digestion and an ability to master your work and enjoy leisure hours. For women there is a prompt relief, of or prevention of ailments which make life a burden. As an all-round medicine for the cure of ailments due to weak watery blood, no medicine discovered by medical science can equal Dr. Williams' Pink Pills.

You can get these pills through any dealer in medicine, or by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

Hippopotamus meat is said to be as good as pork, but the chances are that a lot of hippopotamuses would muss up a back yard almost as much as a flock of hens.

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