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### OF INTEREST TO WOMEN

CONSERVATION RECIPES.

#### Rice Croquettes.

If you try this recipe you will pronounce it very satisfying, especially at this time, when the price of meat is so high. When boiled rice is served, be sure not to cook it too much.

For this recipe take 2 cups rice and put it on the fire in a double boiler, add to it 1 gill of milk, salt and pepper to taste, 1 teaspoon of onion juice, 4 grates of nutmeg, the grated rind and juice of half a lemon, 1 tablespoon of grated cheese and the same of chopped parsley. Boil three quarters of an hour, then stir in the beaten yolk of 1 egg. Turn out on a flat dish to cool and when cold enough to handle easily, form into croquettes, dip into beaten egg, then in fine bread crumbs, and fry in deep boiling fat. Serve hot with or without tomato sauce.

#### Potato Sausages.

One cup mashed potatoes, 1 cup of ground nuts, fish or meat, 1 egg well beaten, 1½ teaspoons salt, ¼ teaspoon pepper, salt pork, bacon or other fat. Mix the mashed potatoes and seasonings with the ground nuts, fish or meat. Add beaten egg; form into little cakes or sausages; roll in flour and place in greased pan with a small piece of fat or salt pork on each sausage; bake in a fairly hot oven until brown.

#### Potato Croutons.

To 1 cup mashed potatoes add 1 egg yolk and beat well together. Spread half an inch thick on a flat buttered platter, and when quite cold cut in 2-inch squares, then each square diagonally across to form triangular pieces and when ready to use brush over with milk and brown lightly in the oven in a very little fat in the frying pan.

These make an attractive garnish for a platter of chops or of dried fish, alternated with slices of lemon.

#### SOOTHES BURNING FEET.

That burning sensation of the feet is all too often an accompaniment of hot sultry weather, but may be partially, if not entirely, overcome with attention. Rest and keeping off the feet as much as possible is of course the most vital factor in the cure, and frequent bathing is another almost equally important item.

Wear easy shoes about the house and bathe the feet often in cold water into which has been put a pinch of powdered borax. Dust a little talcum powder over the feet and into shoes that fit snugly.

#### ALLEVIATE EARACHE.

Wring out hot clothes and apply them over the ear. This often brings quick relief. If not moisten a small piece of cotton-wool with sweet oil or laudanum and place it carefully in the ear. Or a little hot water with baking soda dissolved in it can be dropped into the ear.

#### CIVIC STRIKE AT HALIFAX.

Halifax, Sept. 6.—Owing to the aldermanic "strike" a serious situation has arisen at City Hall. A meeting of the City Council was called for last evening for the purpose of authorizing negotiations for a loan of \$140,000 to the city to carry on certain departmental work.

## MINARD'S "KING OF PAIN" LINIMENT

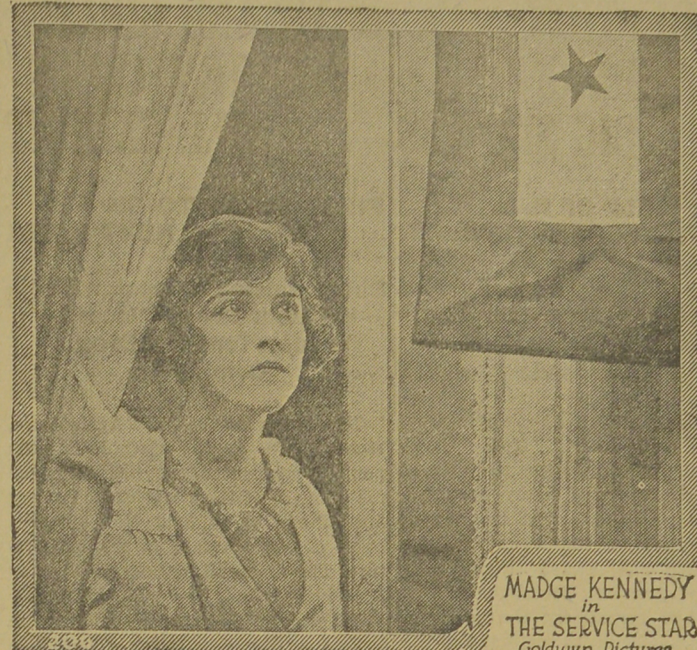
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