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*Chas. H. Fletcher*  
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## OF INTEREST TO WOMEN

THE ART OF STEWING.

Since Meats Have Risen in Cost More Housewives Have Learned the Secrets of Savory Stews.

Do we have better stews than we used to?

It would be safe to say that we do, for since meats have risen in price more housewives and cooks have learned the secrets of the savory stew. There are many odds and ends of meat that we manage to get into our larders that make good stews.

The stew of today is therefore usually rather hit-and-miss, made up of meat perhaps that would not be tender cooked in any other way. And so the casserole is the best utensil in which to prepare it. A covered jar is of course just as good.

There are two methods for a stew. One is to boil water and plunge the meat into it and boil rapidly for five minutes, then reducing the heat and simmering until the meat is tender. The thickening is done later.

The other is to roll the pieces of meat in flour and brown them in the skillet, then cover them with boiling water and simmer them. These methods result in tender meat if simmered for a long time.

Most of the flavor remains in the meat because of the high temperature used at first.

## KITCHEN HINTS.

Do you know the quickest, easiest way to clean a grater clogged with coconut, lemon rind or cheese? Simply grate a little stale bread through it.

When a child gets a bump and the skin is not broken, apply cloths wet in a solution of arnica and water, or hot water alone.

If you wish to use plaster of Paris for filling cracks in walls, mix with vinegar instead of water; then it can be handled like putty.

Cream celery is best made from root celery. Cut roots in small cubes, boil half an hour in salted water, drain and cream as you would potatoes.

A clothes basket with two parts is convenient for keeping white and colored clothes separately. Or, the division may be made small and used for clothespins.

## THE WAR GARDEN.

Issued by the Canada Food Board

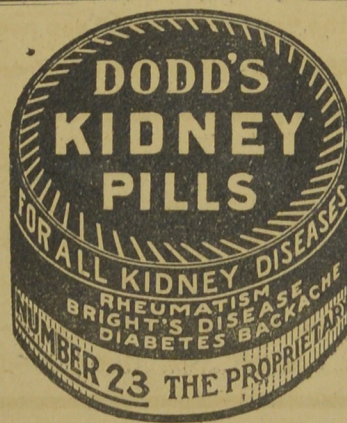
Use 'Em All.

Don't waste any of your vegetables. Use what you can and can what you can't.

It is a fact that through carelessness quantities of vegetables go to waste each year.

The thing is to use them one way or the other when their quality is 100 per cent. Remember that it is very easy to let them go too far and then to find that they are on the turn and you can do nothing with them. There is such a thing as catching them just at the right moment. One of the greatest assets of the garden lies in having vegetables of such a quality that you cannot buy anything in the stores to equal them, either canned or fresh.

For instance, young beets taken up now are better for pickling than any of the later growth. Another thing that Canadians do not realize is that the tops of vegetables should never be thrown away. French women use all of them in soup stock. Canadian women throw them in the garbage can. Try saving them and keep the water you boil your vegetables in for the stock pot too. The tops of beets, especially the young plants you pull to thin out the rows, make as delicious greens, when boiled, as spinach.



## An Unexpected Meeting

ANYONE who knows the Canadian Pacific Rockies knows that north of the main line of the C. P. R. and in the neighborhood of the headwaters of the Bow River there is good country. At one point where a crystal lake nestles in the chill grey rocks of 10,000 feet elevation there can almost always be found fresh indications of the peak dwellers.

Now, old goat hunters will tell you that there is nothing more difficult to approach from below than a band of Rocky Mountain goats. Their keen eyes and sensitive senses, their exaggerated caution and incessant watchfulness makes it a game of highest skill. But once let a hunter get above a band of goats and they are practically at his mercy. Trained as they are in the safety of the peaks, knowing full well that danger comes from below they watch the down slopes and are inclined to be careless about the trail behind, down which they have come in safety.

An old he-goat, tall as a yearling



calf and odorous as an Indian fish camp, went down to the lake to drink, and started back up the rock slide to his waiting band. It was summer, or rather early fall. Only old snow was yet in the mountains, and it lay only where the shadows of the cliffs protected it from the rays of the sun. It was above the timber line, there was no brush, but plenty of succulent lichens. The old goat was well-contented. He drank, he turned and climbed. Topping the grade, five hundred feet above the lake, he stopped astounded and

angry. A fierce black animal, neither wolf nor bear nor cat, faced him with fiery eyes, gleaming teeth, and deep throat rumblings. It was the lone hunting dog of a hunter. The dog had been trained to get above the goats and dispute passage until the hunter came to kill.

"But what's the use of killing him when I want to get sheep further up," the hunter reasoned, as he snapped his kodak shutter and whistled the reluctant dog to heel, while the goat still stood paralyzed with amazement.

L. V. K.

## FORTY MILES OF JAM.

So enormous has the business of jam making become in Dundee, Scotland, since the great firms there organized to supply preserves to the British army and navy, that according

to a report of the United States consular there to the U. S. Department of Commerce, the tins in which they put up one week's supply alone "would, if stood up on end, form a column fully forty miles high. It is no unusual

thing for this firm to deal with 100,000,000 oranges, and all kinds of fruit are dealt with on a similar scale."

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