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For Infants and Children. Mothers Know That Genuine Castoria Always Bears the Signature of

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THE CENTAUR COMPANY, NEW YORK CITY.

OF INTEREST TO WOMEN

DESSERTS WITHOUT SUGAR.

A Scanty Sugar Bowl Should Make These Sweet But Sugarless Recipes Desirable.

Fresh fruits are the best of desserts, but sometimes a family with a sweet tooth will rebel against "this everlasting peach, plum, and watermelon stuff" and set up a wall for some old-fashioned desert like pie and pudding. But a scanty sugar bowl will warn the housewife away from pastry and turn her thoughts to deserts like these—sweet, but without sugar.

Honey Custard

Soak 1½ tablespoonfuls of gelatin in 3 cupfuls of milk until dissolved. Scald the milk gelatin mixture in a double boiler. Beat 3 egg-yolks thoroughly, adding a generous pinch of salt and ½ cupful of strained honey or corn syrup. Pour the hot milk and gelatin into the egg and honey mixture and return all to the double boiler, allowing it to cook to a thin custard consistency. Add 1 teaspoonful of vanilla. When slightly thickened add the custard to the stiffly beaten whites of the 3 eggs and pour into individual molds to stiffen. Chill and serve with cream.

Rice Pudding

Soak ¾ of a cupful of rice in 1 cupful of cold water for 20 minutes and then add 3 cupfuls of hot milk to the rice and cook the mixture 15 minutes. Remove from the fire and stir in 6 tablespoonfuls of corn syrup, 1 tablespoonful of butter, ½ teaspoonful vanilla, ½ teaspoonful salt, ½ teaspoonful cinnamon and 1-3 cupful shredded coconut. Mix well and turn into a buttered dish. Pour 1 cupful of cold milk over the top of the pudding, cover the dish and bake slowly for two hours.

Apple Sauce Cake

Make a batter by mixing together ½ cupful of lard and butter or vegetable fat, 1½ cupful of molasses and 1 cupful of boiling water. Sift in 1 cupful of corn flour and 1 cupful of wheat flour, ¼ teaspoonful salt, 1 teaspoonful powered ginger. Beat 2 eggs and add to the batter. Spread a buttered pan with an inch thick layer of fresh apple-sauce to which is added 1 tablespoonful of melted butter and 3 tablespoonfuls of corn syrup. Pour the molasses batter over the sauce and bake. When done, turn out and serve with whipped cream.

CLEANING HINTS

To clean paint put in two quarts of hot water two tablespoonfuls turpentine and one pint skimmed milk and soap to make a weak suds. It will remove all stains from paint and leaves a luster.

Chloroform or alcohol will remove grass stains. Marble may be cleaned with benzine or common clay.

A tablespoonful of turpentine boiled with your white clothes will whiten them. Mildew can be removed by following these directions: To one quart of hot water add a heaping teaspoonful of chloride of lime, strain carefully, dip the article into the liquid until the stains disappear, then rinse thoroughly in several clear waters.

Pigs is Pigs

Notice—Mrs. Ezra Clark desires Mr. Mitchell of Fredonia who sold her pigs to communicate with her at once.

Skirts

President Nelson of Smith college whose humor is much enjoyed by the young women of that institution has recently told of an amusing experience which he had when returning home from a speech-making trip. While in the observation car, he and a "drummer" were trying to pass away the time, and with chat. Just as the train was nearing the president's station, the "drummer" in a final burst of confidence said, "My line's skirts; what's yours?" As he picked up his luggage and hurried out, Dr. Nelson called back: "So's mine."

There She Goes

Frank C. Dalley, attorney, tells the following, and vows it is a true tale: An Indianapolis business man of mature years received a letter from his secretary, and, after trying in vain to read the written words, told the secretary to send it to Ft. Wayne whence it came, and to inform the sender he had better learn to write. "But, sir, this is a letter you wrote and sent to Ft. Wayne," the secretary replied. "They sent it back saying th ey could not make it out." "Well, send it back and tell them to learn to read," thundered the boss.

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"How's that?"
"He wants to be near the links."
(Business of falling over backward.)

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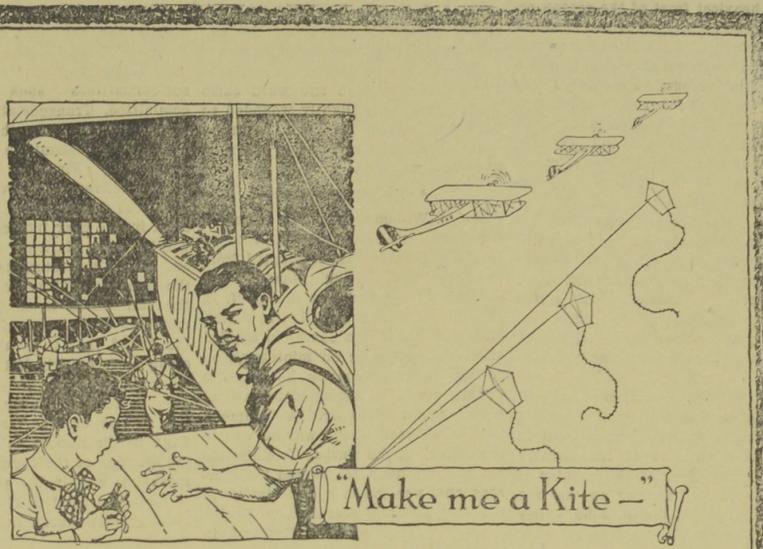
"A man used to apologize for wearing an old suit."

"And now?"

"He brags about it."



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IF a child were to enter one of our aeroplane factories and interrupt a workman with a request to have a kite made—the workman would smile indulgently—and proceed with his aeroplane.

You yourself would condemn the man if he stopped his vital war work to build a toy.

Condemn yourself, then, if you employ labor and material to make such goods as cater only to your self indulgence.

Every time you buy a thing you do not need, you interfere with Canada's war work.

Every dollar you spend on goods not strictly necessary, is a dollar—not merely wasted—but used to employ labor on things that have nothing to do with our efforts to win the fight for freedom.

Too many of us, in Canada, are flying the "luxury kite." Too much of the time of Canadian workmen is being purchased by us to make the things that are for show and pleasure. Too great a quantity of material that our soldiers could effectively use against the foe, goes into the

making of superfluous things for us, whom they are so valiantly defending.

Stop the reckless spending.

Stop acting like children. This war we are fighting calls for men and the brains of men. If you cannot fight—at least do not interrupt the war-work by buying the things you merely want and do not need.

The money you have been spending wastefully—with no result but to divert labor from war-essentials—will make a worth-while sum.

Use that money to build up a fund, that you can lend your Country, when your Country calls.

Published under the authority of the Minister of Finance of Canada.

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