

## Children Cry for Fletcher's

## CASTORIA

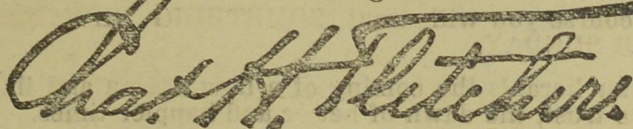
The Kind You Have Always Bought, and which has been in use for over thirty years, has borne the signature of and has been made under his personal supervision since its infancy. Allow no one to deceive you in this. All Counterfeits, Imitations and "Just-as-good" are but experiments that trifle with and endanger the health of Infants and Children—Experience against Experiment.

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## OF INTEREST TO WOMEN

## THE KITCHEN TOWEL.

Like Time and Tide, the Kitchen Towel Waits for No Man—or Woman.

We can sometimes postpone the buying of tablecloths and shift along with the few we have on hand, making use of "runners" for luncheon and breakfast and mayhap for dinner if we are quite "en famille." And, although they are not especially nice, we can even use bath towels for hand towels. But if you have ever seen a cotton dish towel after it has been used a few weeks or if you have ever had to use one you know how impossible they are.

Linen, of course, gives up its grime and stains much quicker than does cotton and hence its fair appearance, while cotton even when boiled appears grimy and discolored. Moreover, linen is absorbent, and therefore a good material with which to dry china and glass, while cotton does not absorb water so readily and is therefore a poor material for this purpose.

So if you run short of kitchen towels there is no such thing as waiting till the price of linen goes down. As a matter of fact this heavy linen, such as used for kitchen towels, is not so very expensive at the present time, and sometimes you can pick up a few yards of material that is part of a pre-war stock at a very good price.

## Don't Waste Energy.

There is no necessity for hemming kitchen towels by hand. They do their work just as well if they are hemmed by machine. And there is no necessity for marking them by hand; you can buy tape with your name in it for a very little money; or else you can mark the towels with indelible ink. Use a special marking tablet—a little sheet of tin 3 inches wide with a little hoop to slip over the material, which is stretched across the tin sheet—and if you have no tin sheet, stretch the material in embroidery hoops and slip some smooth object under the part to be written on.

The simplest sort of hand embroidery lettering can be done in outlining and cross stitch, but unless a woman has few outside interests this way of marking is a waste of time.

## The Roller Towel.

The argument against the roller towel is that part of it is soiled before the rest is and therefore a partly soiled towel must hang for several days, until the cleaner parts have been used. The argument in its favor is chiefly one of laundering. A roller towel takes less time to iron than half a dozen small towels—and at the laundries costs only as much as one small towel.

Towels used in the kitchen should always be rinsed in moderately cool water and then washed in hot, soapy water. Then they should be rinsed and dried in the open air. If time is at a premium they need not be ironed. Probably this laxity would shock many careful housewives, but a clean towel dried in the open air is quite as useful for drying dishes as one that is ironed smooth.

## RANDOM REMINDERS.

If the sewing machine band becomes loose drop a little castor oil in the groove in which the wheel turns, and turn it rapidly for a few moments.

It is said that you can polish boots quickly and beautifully by rubbing them with a piece of orange. Let the juice dry in, then polish with a soft brush or cloth.

If the pans in which milk, custards and salad dressings are to be boiled, are first wiped with a soft cloth greased with a little lard, they will not scorch.

Biscuits should be handled as little as possible in mixing. If you like a crusty exterior place them in the pan so they do not touch each other. They will look better if baked close together, but they will not bake as quickly, as they will if separated.



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## TEMPERANCE DRINKS.

## Diplomat Punch.

3 lemons  
 2 pints of ginger ale  
 1 pint grape juice  
 1½ cups of sugar  
 1 cup of boiling water  
 ½ cup of mint leaves  
 Grate the lemon rind. Pour boiling water over the mint leaves, sugar and grated lemon rind, then set aside to cool. When cold, strain into the punch bowl, pouring over the ginger ale, grape juice, lemon juice and ice. Place a few sprigs of mint on the top as a garnish.

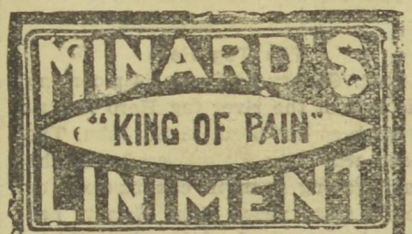
## Ginger Ale Punch.

2 tablespoonfuls of lemon juice  
 1 quart of vichy  
 2 quarts of ginger ale.  
 Mix and pour over a piece of ice in punch bowl.

The sputtering of hot fats can be avoided when eggs are dropped in the pan to fry, by sifting a little flour into the fat just before the eggs are added.

The pie crust will be more flaky if you add a level tablespoonful of cornstarch to every drop of flour before sifting it.

All milk puddings, such as rice, tapioca, etc., should be cooked slowly. Rapid boiling destroys the flavor and causes the milk to evaporate. Allow four hours for the baking of a milk pudding.



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## HOUSEKEEPERS' HANDY REFERENCE

## BRIEF BUT USEFUL RECIPES.

Restore Gilt Frames.—Rub with a sponge moistened with turpentine.  
 Drive Away Ants.—A little quicklime placed in the infested places.  
 Kill Insect Life.—Burn sulphur in a tightly closed room. It will kill almost all insect life and their eggs and larvae.

Make Leather Waterproof.—Saturate it with castor oil; to stop shoes squaking, drive a peg into the middle of the sole.

Clean the Hair.—Wash well with a mixture of soft water, 1 pint; sal soda 1 ounce; cream tartar ¼ ounce.

Remove Tar from Cloth.—Rub it well with turpentine till every trace is removed.

Egg Stains on Spoons.—Rub with common salt.

Fruit Stains on Hands.—Wash the hands in clear water, dry slightly and while still moist strike a sulphur match and hold your hands around the flame.

Clean Gloves.—Pour a little benzine into a basin and wash the gloves in it, rubbing and squeezing them until clean. If much soiled, they must be washed again through clean benzine and rinsed in a fresh supply. Hang in the air to dry.

Clean Hair Brushes.—Dissolve a little soda in warm water and pour in a small amount of ammonia. Hold the brushes with the bristles downward and avoid wetting the back as far as possible; shake until the grease is removed; then rinse in cold water and put in the air to dry.

Remove Stains from Linen.—Wet the part stained and lay on it some salt of wormwood; then rub without diluting it with more water.

How to Remove a Rusty Screw.—Apply a red hot iron to the head for a short time, the screw-driver being applied immediately while the screw is hot.

Remove Mildew from Cloth.—Put a teaspoonful of chloride of lime into a quart of water, strain it twice, then dip the mildewed places in this weak solution and lay in the sun. If not effective the first time repeat.

Cure Mosquito Bites.—Put ten drops of refined carbolic acid into an ounce of rose water; shake well and apply. (If you hold your breath while a mosquito has its bill in you it cannot withdraw it until you breathe again).

## TIME FOR BAKING.

Beans—8 to 10 hours.  
 Beef—Sirloin, rare, per lb., 8 to 10 minutes; well done, per lb., 12 to 15 minutes; rolled rib or rump, per lb., 12 to 15 minutes; long or short fillet, 20 to 30 minutes.  
 Bread—Medium loaf, 40 to 60 min.  
 Cake—Plain, 20 to 40 minutes.  
 Biscuit—10 to 20 minutes.  
 Sponge Cake—45 to 60 minutes.  
 Chickens—3 to 4 lbs weight, 1 to one and a half hours.  
 Cookies—10 to 15 minutes.  
 Custards—15 to 20 minutes.  
 Duck (tame)—40 to 60 minutes.  
 Fish—6 to 8 lbs., 1 hour.  
 Gingerbread—20 to 30 minutes.  
 Graham Gems—30 minutes.  
 Lamb—Well done, per lb., 15 min.  
 Mutton—Rare, per lb., 10 minutes, well done, per lb., 15 minutes.  
 Pie crust—30 to 40 minutes.  
 Pork—Well done, per lb., 30 min.  
 Potatoes—30 to 45 minutes.  
 Pudding—Bread, rice and tapioca, 1 hour; plum, 2 to 3 hours.  
 Rolls—10 to 15 minutes.  
 Turkey—70 lbs., 3 hours.  
 Veal—Well done, per lb., 20 minutes.

## TABLE OF WEIGHTS AND MEASURES.

4 teaspoons of a liquid equal 1 table-spoon.  
 4 tablespoons of a liquid equal ½ gill or ¼ cup.  
 ½ cup equals 1 gill.  
 2 gills equal one cup.  
 2 cups equal 1 pint.  
 2 pints (4 cups) equal 1 quart.  
 4 cups of flour equal 1 pound, or 1 quart.  
 2 cups of butter, solid, equals 1 lb.  
 ½ cup of butter, solid, equals ¼ lb., or 4 ounces.  
 2 cups of granulated sugar equal 1 lb.  
 2½ cups of powdered sugar equal 1 lb.  
 1 pint of milk or water equals 1 lb.  
 1 pint of chopped meat equals 1 lb.  
 10 eggs, shelled, equal 1 pound.  
 4 tablespoons of flour equal 1 ounce.  
 8 eggs with shells equal 1 pound.  
 2 tablespoons of butter equal 1 ounce.  
 2 tablespoons of granulated sugar equal 1 ounce.  
 4 tablespoons of butter equal 2 ounces or ¼ cup.  
 4 tablespoons of coffee equal 1 ounce.  
 1 tablespoon of liquid equals a half-ounce.

## HINTS TO HOUSEWIVES.

Milk will remove discolorations from gilt frames.

Do not limit supplies of milk and butter, but do not waste them.

Apples cored and baked with raisins in the cores are delicious.

Beef can be made more tender by soaking in vinegar and water.

To bake potatoes, either sweet or Irish, pour boiling water over them and let them stand a few minutes. They will bake more quickly, and seem more flaky.

Cheese cloth bags are almost invaluable for lettuce, radishes, etc., in the

ice box. Any hot green pepper can be used the same as sweet, if you will remove the part to be used without cutting the rein of the pepper.

You can clean any white paint with warm water, using a little whiting on the wash cloth, and rinsing afterward with clear water.

## Cook's Cotton Root Compound.

A safe, reliable, regulating medicine. Sold in three degrees of strength—No. 1, \$1; No. 2, \$2; No. 3, \$5 per box. Sold by all druggists, or sent prepaid on receipt of price. Free pamphlet. Address: THE COOK MEDICINE CO., TORONTO, ONT. (Formerly, Windsor.)



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