

OF INTEREST TO WOMEN

Bean Loaf.
One quart of cold baked beans, one cup of canned tomatoes, one-half cup of bread crumbs, one egg, a little brown beef gravy. Mix all together and bake slowly one hour. Serve either hot or cold.

Oyster Scramble.
Take 20 or 30 oysters, drain well, and chop fine, seasoning with salt and pepper; then beat well six eggs, and three tablespoons of cream, and one-half cupful of forked bread. Mix a tablespoonful of butter in a frying pan, then put in the egg, cream and bread; when beginning to cook stir in the oysters and scramble well.

Cheese Straws.
Six oz. flour, 3 oz. butter, 3 oz. grated cheese, a little cayenne and salt, yolk of 1 egg and a little milk. Rub together flour, butter and cheese, add salt and cayenne, and form into a firm dough with egg and milk; knead on flour board very lightly and roll to quarter-inch thick, cut into narrow strips and bake in moderate oven until crisp and a light brown.

Ham Cream Toast.
Melt five teaspoonfuls of butter, add four tablespoonfuls of flour and stir until well blended. Then pour on gradually, while stirring constantly, two cupfuls of scalded milk. Bring to the boiling point and add one-half teaspoonful of salt. Cut stale bread in one-fourth inch slices; remove crusts and cut slices in halves crosswise; there should be twelve pieces. Toast on both sides and dip in hot sauce. To sauce remaining add from one-third to one-half cupful of chopped cold boiled ham, and pour over toast.

Jellied Vegetable Salad.
Half teaspoon granulated sparkling gelatine, half cup cold water, half cup vinegar, juice of one lemon, two cups boiling water, half-cup sugar, one teaspoon salt, one cup shredded cabbage, one cup finely cut celery, half cup pimiento, half cup celery, almost cut, half green pepper, finely chopped.
Soak the gelatine in cold water. Add the boiling water and place dish over hot water. Let stand until gelatine is dissolved. Remove sugar and salt. Cool and when it begins to jelly, add the chopped vegetables. Pour into moulds, chill. Serve on lettuce leaves with salad dressing.

CHEESE CUSTARD
The ingredients are: 1 cup of milk, 1 egg, 1 tablespoon of maple sirup or honey, 1 teaspoon of gelatin, 2 tablespoons of cold water, 1/2 teaspoon of vanilla, 1 cup of cottage cheese salt. Heat the milk, pour it gradually over the beaten yolk of egg, add the sweetening, and cook the mixture until it coats a spoon. Soak the gelatin in the cold water; dissolve it by setting the cup in boiling water. Beat the white of egg until it is stiff, add the vanilla and the dissolved gelatin. Heat the mixture until it is very stiff. Fold this into the custard mixture. Chill the pudding. Just before serving it, add the cheese slightly salted.

THE OPEN-NECKED GOWN.
Any objections that are urged against the open-necked dress for general wear are not on the score of injury to health. On the contrary, no design could be chosen more conducive to health improvement and conservation, according to some medical opinions.
"Beauty parlor" specialists, too, add their endorsement. They say that doing away with tight necks and warm clothing round the neck means facial improvement. With free circulation of blood the complexion grows better, and other conditions being favorable, the face will become plumper. They say, too, these beauty people, that with a freer supply of blood to the scalp there is ground for hope that women will be less troubled with falling of the hair or too early graying.
The unpleasant effects of heat, too, are lessened as the coolness of the neck helps to reduce the temperature of the whole blood stream and body.
The good influence on the nervous system is perhaps the most important benefit conferred by the loose-necked gown. Coolness and ease and free circulation of blood to the brain, tend to reduce the number and severity of headaches, to lessen irritability and make a woman a more cheerful and comfortable person.

Making Buttons Stay On in the Wash.
At last I have found a way to prevent the laundress from tearing buttons from underwear. Button all garments up securely and turn them wrong side out and tell her not to turn them. They come clean as easily as before, and I haven't lost a button from the wringer since I tried it. This is an amicable adjustment, a longstanding source of friction.

Washing Stockings.
Washing stockings is often the "last straw" after a big wash has been done and the housewife is very tired. Try this plan and you will find the work will be done much easier. Take an old dishpan or a small tub, fill it with warm water, place it on a bench or an old high chair and sit down on a chair before it with the soiled stockings and some good soap; then, while your feet and back are resting, gently rub the stockings with the hands. There will be no lint on the stockings if they are washed separately.

WHY UMBRELLAS HAVE HOLES
One of the fruitful causes of holes in the folds of an umbrella is in proper care when it is wet. To roll up a wet umbrella is to invite the dyes to rot it, and one of the bands of the umbrella manufacturer is loaded dye on silk. Out of a hundred samples of silk examined recently, not over ten were found and fifty per cent. of the silks were spotted. This was due to the fact that the umbrella is rolled up and would stand a chemical test. This is a trifling cause of trouble in umbrellas. When overdyed silks are wet and the umbrellas rolled and put away, the owners find that their umbrellas are cracking in the folds. The holes appear, and the folds are apt to return the umbrella to the man they bought it from, and demand another in exchange. When an umbrella is wet, place it in the scullery or some other place, open out, and then it dries perfectly, and your lamp will last three times as long.

MENDING RENTS IN DIFFERENT GARMENTS
A garment properly repaired is not to be slighted. The patch may be made as perfect almost as artistic embroidery. Each article of material, however, demands its own special treatment. For instance, the hose or woven garments should be mended before the threads break. That is, they should be "run," using fine silk, wool or cotton, as the case may be, taking each stitch with your needle through the woven stitch and going a little beyond the hole. Darn these on the wrong side. The thread for mending should be about the same texture as the material never coarser. Thread finer than the material is preferred.
A pulled rent is about the most difficult of all garment tears if possible, place a piece of material with threads running the same way under it and baste it in place. Then darn it down neatly and flat with ravelings. The "three-cornered" tear also requires patience. These two kinds of injuries should be attended to as soon as possible to avoid stretching. Do the work on the right side, and it might be well to add, do not trim the rough edges of the tear, but baste, then sew the edges down, working exactly with the weave of the goods.
When it becomes necessary to patch a garment, as is often the case with children's clothing, place the patch under the material as described; baste it on evenly, cut the edges of the garment and patch, turn them under and make a tiny "snip" at the corners; see that the pattern of the material matches, plaids for plaids, stripes for stripes or thread for thread in plain goods; hem it on the right side and then on the wrong make little stitches with fine cotton, remove the bastings, carefully, cutting in small pieces, not just pulling them out hurriedly.
To mend fine embroidery, first reinforce it with sheer lawn, then work over it either buttonhole or plain stitch, as the case may be. For lace, an underlay of net, fine or coarse, according to the texture of the fabric to be mended, is best and most durable. It will be less in evidence when the work is done.
Stains from fruit juice can be removed by pouring boiling water through the stain.
Warm the raisins before adding to the cake batter, and they will be less likely to sink.

ABOUT BLANKETS
Wash woolen blankets in strong suds, not too hot, rubbing on a little soap as possible, rinse always in warm water, dry where they will not freeze, and they will not shrink. Pull them into shape and fold neatly—do not iron.
Hang up woolen blankets lengthwise so that if the colors in the striped ends are inclined to run they will run down the stripe and not discolor the rest of the blanket.

CARE OF KITCHEN CUTLERY.
Kitchen cutlery is one of the most important features in kitchen equipment. It should be selected of the best steel, each knife for its special task and it should be used for no other. Spatulas of two sizes will save the knives from being used to lift cakes and foods that often dull their sharpness. They should be carefully cleaned with appropriate cleaners. Cooks dipped in powdered bristol brick rubbed over the knives placed on their cleaning board is a quick way, and knives should be sharpened frequently, especially those that do not hold an edge well.
One important aid is to have the knife drawer thinly padded on the bottom then covered with velvet or cotton flannel. This is not difficult to do as the lining, after being fitted, is pasted in place. Some housekeepers prefer keeping their best knives in a cotton flannel sheath case hanging on the pantry door, then there is no danger of knives getting scratched and blunted. A favorite knife that has lost its original handle may acquire a new one of a clothespin and so continue its usefulness. Cut the prongs of the pin down to about an eighth of an inch shorter than the prongs of the blade, drive it gently, then cement with sealing wax, tar or putty, wrap neatly with florist's wire or linen twine, and the handle will be very satisfactory to work with.

NEW POSSIBILITIES FOR THE FLOWER BOWL
The flower bowl with its floating blossoms is a tired favorite among the many different forms of decoration which adorn our tables, but a new vista of its possibilities has recently opened up for it. Our flower bowl may, in future, be only a flower bowl, nothing more, by day, but by night it may play its part in the lighting scheme and thereby find itself transmuted. To bring this about, the bowl, made either of a white, onyx, colored glass, or of a white, semi-transparent substance, should be placed on a hollow stand containing, and concealing, an electric light. This stand may be severely plain or it

HOUSEWIVES ATTENTION
Don't you always notice when company comes to dinner you haven't enough silverware?
Sundays it usually is, when guests pour in from out of town, or go home with you from church. And all the time you're saying how glad you are to have them, you're wondering how on earth you'll manage to set the table with the small amount of silver you have.
Everybody knows that every woman loves beautiful silver—that she rarely, if ever, has enough.
So we have purchased a supply of Oneida Community PAR PLATE, 26 pieces to the set—guaranteed for ten years of every-day-in-the-year wear.
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Come to the office today and let us tell you about our offer and show you a complete set of Oneida Silverware which you get FREE. You'll be delighted with the simplicity of the plan. If you cannot conveniently come to the Guardian office, fill in the coupon and mail it to us today.

SOME LITTLE WAYS OF SAVING FUEL
Here are some studied out ways of preparing foods before consigning them to the stove that will aid materially in saving fuel. Take potatoes for instance. They will bake better and more quickly if a thin slice is cut off each end and the potato laid on a rack with a pan of water beneath. Large potatoes may be cut half to bake. Again if they are boiled a few minutes before putting them in the oven, that, too, will hasten the baking process. Vegetables to be fried or scalloped should be diced—it cuts the time of cooking down about half. So should apples for pies. Thin slices take longer to cook because they pack and leave little air space. Cut potatoes that are to be mashed into three or four pieces, and do not use more water than is necessary in cooking anything for it only takes that much longer to heat. If you render your own lard or suet, it will melt faster if it is first run through the food chopper. Cut biscuits quite thin and your soup meat in small pieces—close fitting covers for utensils, and after boiling has once started lower the blaze, if you are using a coal or stove, but see that the lid is not lifted every little while for steam to escape. After a certain temperature has been reached it does not require much heat to retain it. And keep the heat of the tea kettle to reheat foods or to keep them warm, and save lighting the oven for that purpose. Rolls, bread or cake may be warmed by placing them in a paper sack over the simmering tea kettle. Set the dish of food to be kept warm in a colander and place over the kettle or over another pan of hot or imitate the thrifty cook and set all such foods in a large pan of hot water set back on the stove. The double boiler, also, will come in handy in this connection. Suet causes the temperature to rise quickly, so a spoonful or two in the outer vessel of the double boiler is another help. When foods are to be cooked in boiling salted water, put the salt in the water first and it will heat faster. A large thermos

may in itself be a highly ornamental object.
The effect of the light, striking upward, and diffused and softened by its passage through the bowl and the water, is exceedingly charming. The flowers floating on the surface of the water would of course be carefully chosen with a view to their harmonious combination with the color scheme as a whole; indeed, the possibilities of experiment and variety presented by the idea will at once become apparent to those with an inventive turn and an eye for color.

ENGLISH WOMEN AND FARMING
Although the English land army was officially demobilized the end of last November, there seems to be every prospect of a large number of women continuing to work on the land.
It is reported that many women in England are taking up small holdings as under the Land Settlement Bill. For acquiring land former service women have the same facilities as former service men. Such numbers of women wish to emigrate that Government commissions of women have been appointed to make enquiries respecting proper openings and conditions for them, and to make plans to control emigration for the good of the dominions and the women emigrants.
Women not only have shown themselves to be capable agriculturists in the matter of working the land and producing food, but they have also proved themselves most successful in all branches of dairy work, in the care of young live stock and in horticulture.
More agricultural education for women seems to be one of the needs of the day, especially in the rural districts, and more opportunities for education in agricultural colleges, and in extension work by itinerant teachers.
There are many of the distinctly "out-of-door" type of women among the immigrants from the Old Country who may wish to take up land in Canada. Will they help us to realize that the country is the solution to many of the city problems? If they can help in the "back to the land" movement, which some optimists foresee as Canada's great future hope, if they in any way help to prove to our boys and girls the importance of agriculture and food production, they should be more than welcomed.

YOU ARE AGING
If your skin is shrinking and your face looks wrinkled, careworn and old like leaves in autumn while the other by keeping up a strong power for resistance against disease may pass the three score and ten mark with surprising health, strength and vigor. But you cannot expect to look and feel young and vigorous unless you have plenty of iron in your blood, and physicians explain below why they prescribe organic iron—Nuxated Iron—to supply the iron deficiency in the weak, nervous, and run-down so as to build them up into stronger, healthier men and women.
"Many a man and woman who ought still to be young in feeling is losing the old vim and vigor that makes life worth living by the gradual depletion of iron from the blood. A strongly advised
Sold in this City by Geo. E. Hughes, Apothecaries Hall, E. A. Foster, Central Drug Store, H. J. Mabon.

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If you are weary by the activities of your daily life
readers in all cases to get a physician's prescription for organic iron—Nuxated Iron—if you don't want to go to this trouble then purchase Nuxated Iron in its original packages and see that this particular name (Nuxated Iron) appears on the package. If you have taken preparations such as Nux and Iron and other iron products and failed to get results, remember that such products are an entirely different thing from Nuxated Iron.
Dr. George H. Baker, formerly Physician and Surgeon, Mosmouth Memorial Hospital of New Jersey, says: "From a careful examination of the formula and my own tests I am convinced that it is a preparation which any physician can take himself or prescribe for his patients with the utmost confidence of obtaining highly beneficial and satisfactory results."
Nuxated Iron, which has been used by Dr. Sullivan and other physicians with most striking results, is not a secret remedy, but it is well known to druggists everywhere. Unlike the cheap iron pills, which are sold in every drug store, Nuxated Iron does not irritate the stomach, does not cause constipation, and does not interfere with the digestive process to transform them into organic iron—Nuxated Iron—before they are ready to be taken up and assimilated by the human system. A strongly advised
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If the enthusiasm for tackling your daily problems has waned

How Signs Of Old Age Creep Into Your System When The Iron In Your Blood Runs Low
For Want of Iron, You May Be Old At Thirty—Nervous, Irritable and All Run-Down—While at Fifty or Sixty, With Plenty of Iron in Your Blood, You May Be Young in Feeling and Brimming Over With Vim and Energy
IRON IS THE RED BLOOD FOOD
That Helps Strengthen the Nerves, Restores Wasted Tissue and Aids in Giving Renewed Force and Power to the Body. Physicians Explain Why Administration of Simple Nuxated Iron Often Increases the Strength and Endurance of Delicate, Run-down People in Two Weeks' Time.
Old age has already sunk its talons into thousands of men and women who ought still to be enjoying the springtime and summer of life simply because they have allowed worry, nervous strain, dissipation and occupational poisons to sap the iron from their blood and thereby destroy its power to change food into living tissue, muscle and brain. You will find plenty of people at 40 who are broken in health and steadily going downward to physical and mental decay while others at 60 are strong, active, alert and seemingly growing younger every year. One class withers and dies like leaves in autumn while the other by keeping up a strong power for resistance against disease may pass the three score and ten mark with surprising health, strength and vigor. But you cannot expect to look and feel young and vigorous unless you have plenty of iron in your blood, and physicians explain below why they prescribe organic iron—Nuxated Iron—to supply the iron deficiency in the weak, nervous, and run-down so as to build them up into stronger, healthier men and women.
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Housewives Attention

Guaranteed for 10 Years

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Do You Know About Oneida Community Par Plate?

It is made by Oneida Community who make the finest silverware in the world. It is sold by the best dealers everywhere. You can always be proud of the Oneida Community stamp on the back of your silverware—it means the best materials that can be put into any silverware, the most perfect designs by the best artists in that line of work.

Bridal Wreath

The Bridal Wreath design is charmingly simple, with its designs delicately traced around the shape of the handles. The finish is soft gray—long-wearing, A-1 plate on a base of the best nickel silver.
Do not delay, write or come today and be first in line to secure one of these beautiful sets.



TO EVERY PURCHASER OF ONEIDA COMMUNITY PAR PLATE
WE GUARANTEE ALL GOODS BEARING THE STAMP ONEIDA COMMUNITY PAR PLATE (except those for 10 years in ordinary family use) THE ENAMES WE GUARANTEE TO BE OF THE HIGHEST QUALITY AND THAT THE METAL FOODS WILL STAY PURELY OF PURE SILVER TO THE DOZEN

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