

## Seasonable Ideas for Housekeepers

### SOUP IN SEASON AS CHILLY DAYS OF FALL ARE HERE

With the first chill in the air there is a general desire for hot

foods. Soup seems to be just right to give the luncheon or supper a satisfying and comforting warmth.

Some time ago the French government conferred a decoration on a chef because of the excellence of his soup. Whether it is the commercial chef or the home cook who prepares a good soup it is an accomplishment. Soups have infinite variety. There are stock soups, clear and with varied additions as well as cream soups and chowders so that it would be quite possible to serve soup every day and never repeat.

Soup may be a most extravagant course in an expensive meal or it may be a cheap and nourishing main part of a simple meal, according to the ingredients. Some recipes start with "Take three pounds of lean meat and two pounds of bone with marrow. Others are made from left-over vegetables, meat scraps, vegetable water, celery tops, outside leaves of cabbage and many other bits which may have accumulated in the refrigerator. This type of soup might well be called ice-box soup. For the average housekeeper it is well to have at least an outline of a recipe and, in the case of a cream soup, definite recipes will assure the same results each time it is made. The wonderful thing about a cream soup is that it is almost a meal

in itself, that is if it is made with milk and full of vegetables. Here are several recipes for delicious soups, tested and approved by home economists:

#### Cream of Cauliflower Soup

1 medium cauliflower (4 cups broken)  
1/4 cup chopped onion  
1/4 cup chopped celery leaves  
1 teaspoon salt  
4 tablespoons fat  
4 tablespoons flour  
3 cups milk  
Grating of nutmeg  
Break cauliflower into small pieces. Cook with onion and celery leaves in boiling, salted water. Drain, reserving liquid and remove 1 cup cauliflower. Press remainder of vegetables through a coarse sieve. Melt fat and add flour and stir until well blended, add hot vegetable puree and water. Cook, stirring constantly, until smooth and thickened. Add milk, nutmeg and unsieved cauliflower. Reheat and serve at once. Yield: six servings.

#### Squash Potage

1 small onion, thinly sliced  
2 tablespoons fat  
3 cups diced squash or pumpkin  
1 1/2 cups canned tomatoes  
1 teaspoon sugar  
1/2 teaspoon salt  
2 cups cold water  
1 1/2 cups milk  
1 egg yolk  
Cook onion slowly in 1 tablespoon fat. Add squash, tomatoes, sugar, salt and 1 cup water. Cook until squash is tender, then rub



ROYAL FARMERS—Prince and Princess Soutzo of Romania who fled the Communist regime in their country to come to Canada, are planning to take up farming in Alberta. The 36-year-old Oxford-educated prince was lord of Sutzesti and Isvor villages in addition to owning 8,000 acres of farm lands and forests. Shown here are the prince and princess with their 19-year-old daughter, Ioana, standing, and Alexander, six, in Calgary. (CP Photo)

through sieve. Heat milk and add to the puree. Mix remainder of melted fat with beaten egg yolk and remaining water. Add to the soup and reheat. Serve with croutons. Yield: six servings.

#### Bean Chowder

1 cup dried beans  
1 1/2 quarts water  
1 cup diced carrots  
1 cup canned tomatoes  
1 onion, finely chopped  
1/2 cup shredded green pepper (optional)  
2 tablespoons cracked wheat or 1 tablespoon flour

2 teaspoons salt  
2 cups milk  
Few grains pepper  
Wash beans, soak overnight, drain. Add water, cook in a covered pan until beans are soft, about 1 1/2 to 2 hours, then add vegetables. Add the cracked wheat or flour and salt, mixed with a little cold water and cook about 1/2 hour longer. Add milk and pepper. Reheat to boiling point and serve. Yield: 7 to 8 servings.

Louis XIV once paid \$14,000 for a pair of buttons.

## I.O.D.E. CHAPTER PLANS BAZAAR

Plans for the fall bazaar and raffle. November meeting will be held at the home of Mrs. J. Mary Chapter, I.O.D.E., held at the home of Mrs. D. O. McLeod Tuesday evening. Mrs. S. A. Kielback, regent of the chapter, was chairman.

The bazaar and tea are to be held at the Oddfellows' Hall on October 20. Mrs. J. A. Teng will be convener.

The meeting heard reports from the working committees, including one on shipments of parcels of food and clothing to Britain. Mrs. H. A. Breen and Mrs. J. A. Teng, conveners of the knitting and fancy work stalls at the forthcoming bazaar reported that they have collected a fine assortment of articles which members have made during the summer.

Following the business session, refreshments were served by the hostess, Mrs. S. A. Kielback, who was winner of the monthly

### HOW CAN I ???

By ANNE ASHLEY

Q. How can I make sandpaper?

A. Sandpaper can be made by coating stout paper with glue, and then sifting fine sand over its surface before the glue sets. Emery paper can be made in the same way, only that powdered emery is used instead of sand.

Q. How can I relieve a nervous headache?

A. A nervous headache can frequently be relieved if one will drink a cup of strong black coffee, to which the juice of half a lemon has been added.

Q. How can I whiten and purify sponges?

A. Soak in milk, then rinse thoroughly in warm water with a little carbolic acid.

## ARE YOU DISCOURAGED

because you suffer distress from

## 'periodic' FEMALE COMPLAINTS

which makes you NERVOUS HIGH-STRUNG on such days?

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In a recent test it proved helpful to women troubled this way. Why don't you get smart and try it yourself? Pinkham's Compound is what is known as a uterine sedative. It has a soothing effect on one of woman's most important organs.



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Tide is completely new and different! And Tide does what's never been done before—washes clothes cleaner than any soap, yet actually leaves colors brighter. Nothing's too dirty for Tide! And no water is too hard! Tide gives oceans of suds even in hardest water. Only Tide can make all these promises:

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#### 1. Washes clothes CLEANER!

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Fido's "doggy" smell around the house? Fido is the Wonder Dog of the World, but his particular brand of canine cologne leaves much to be desired! Keep Fido, by all means! ...but banish his "smell" from your rooms easily and effectively with a new wonder-working room deodorant! Called VAPAIR, it's just as effective with the after-dinner odor of stale cooking or cigarette smoke as it is with Fido's smell! Vapair costs less than a cent each time to use... so ask for the big-value, ten-ounce bottle to-morrow—at drug or department stores all across Canada!



### Are You "Guest

Shy" about your bathroom? After the first guest uses the basin, is it covered by soapy after-wash film that should have gone down the drain? Then it's time to discover GILLET'S DRAIN CLEANER! Prevent slow drains, keep them clear and fast-running by regular use of Gillet's Drain Cleaner. Just two tablespoons a week will prevent drains clogging—make basins so much easier to keep sparkling clean! So easy—so safe—so effective to use... ask for Gillet's Drain Cleaner next time you're shopping!

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