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## HOME ECONOMICS



young animals, with the eact than the veal, is more easily digested than the meat of older animals, because there is tablespoonfuls of scraped beef in a tablespoonfuls of scraped beef in a tablespoonfuls of scraped beef in a tablespoonful of scraped beef in a t

pends upon their condition, but for the first meat meal in convalescence a patient may be permitted to have scraped beef made into balls.

beef made into balls.

To prepare scraped beef balls, wipe with a dry cloth a piece of lean beefsteak, cut from the round. Cut it into strips and lay them on the meat board. With the back of a small paring knife, or some prefer, with the tines of a silver fork, scrape the meat toward you, separating all the flesh from the fibre. As the meat from one side is scraped, turn it over and scrape the other side. You need leave pothing but the connective tissue of the meat. Season the scraped meat with salt, shape it lightly into balls, and heating a frying pan very hot, sear the balls quickly on both sides. Serve them hot on rounds of buttered toast cut slightly larger than the balls. For sandwiches scrape beef as for toast cut slightly larger than the balls.

For sandwiches scrape beef as for balls ard season with salt. Cut bread ton were due to the efforts, of the convenient, Miss Jessie McWilliams, and her committee, as well as Charles E. Wheeler, the organist and choir master.

Meat when properly prepared is easily greated and well absorbed, and experient proves that raw meat is more easily digested than cooked. The meat of oung animals, with the exception of salt, is more easily digested than the exception of salt, is more easily digested than the exception of salt in git.

Scraped beef may also be attractively served in cream on toast. Heat three served in cream on toast. Heat three served in cream on toast. Season with salts of the convenient managements for the function were due to the efforts, of the convenient, Miss Jessie McWilliams, and her committee, as well as Charles E. Wheeler, the organist and choir master.

BRYANT—KIPP.

A pretty house wedding took place on Monday, September 20, at the home of Mr. and Mrs. E. H. Kipp, Dunn street, when their daughter, Bertha Adeline, became the bride of Mr. Leonard C. Bryant of this city. The Rev. Served in cream on toast. Season with salts out the efforts of the convenient, Miss Jessie McWilliams, and her committee, as well as Charles E. Wheeler, the organist and choir master.

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parents must insist on is that the child remain at table twenty minutes at least, whether he eats or not. There should be no exception or let down in enforcing this rue. In time, the child will learn to occupy the twenty minutes in leisurely eating, instead of gulping down food and rushing away to play.

A vast quantity of medicine is poured into children with indigestion to no good purpose. It is utterly absurd to feed such a child any form of pepsin in the belief that it will help digest the food. The pepsin is never wanting in the stomach secretion, even in the case of indigestion. It is equally illogical and futile to give the child medicines which purport to be stomach or intestinal tonics, for, of course no medicines have such effects. The relief of chronic indigestion in children must be brought about by a search for the cause and the proper treatment of any causative condition discovered, or by a regulation of the habits and diet of the child.

In some cases, particularly when there is considerable fermentation in the lintestine, lactic acid bacillus cultures have been given wifh benefit.

Bottle Weakness.

My baby is fifteen months old and I suppose she ought to be taking milk



How To Have Pretty Natural Looking Curls

Straight, lank hair is becoming to but few women and there's' no excuse now for anyone looking homely and unkempt on that account. Those who have foresworn the curling iron because of the damage it does by drying and breaking the hair, will be glad to hear that the simple silmerine method will produce a far better and prettier effect, without any injurious result whatever. If just a small quantity be applied with a clean toothbrush before doing up the hair, the loveliest natural-looking curls and waves will be in evidence in three hours, and there will be nothing streaky, sticky or greasy about it. hours, and there will be nothing streaky, sticky or greasy about it.

A few ounces of liquid silmerine, obtainable at any drug store, will prove a welcome addition to many a dressing table. It is best applied by dividing the hair into strands and moistening each of them separately from root to tip. The beautiful wavy effect will last for a considerable time.—Advt.

Bottle Weakness.

My baby is fifteen months old and I suppose she ought to be taking milk from a cup, instead of the bottle now. But she refuses to do so. How can I make her take it from a cup? (Mrs. E. D.) D.)
ANSWER—A baby should be taught to drink water from a cup by the time she is six months old. Your baby will take the milk from the cup if you take the bottle away once and for all and simply light the battle out with her until she concludes that she is going to have pretty poor picking unless she takes food from the cup.

Monty wiggled his little self until he was sore, but he could not get free from the sack. He was a prisoner in and seven, has ever had the measles. A neighbor now has two children down with it. Don't you think it advisable to expose our children, or at least the older one to it now, so he will have it was a dirty old sack that potatoes had been in, and the dust and sand with it. On't you think it advisable to expose our children, or at least the older one to it now, so he will have it was a dirty old sack that potatoes had been in, and the dust and sand with it was not to be that he was not to expose our children, or at least the older one to it now, so he will have it was a dirty old sack that potatoes had been in, and the dust and sand with it was a dirty old sack that potatoes had been in, and the dust and sand with it was a dirty old sack that potatoes and the should.—E. D. C.

Answers—Your advisors are a singularly ignorant lot, for this late day. They evidently imagine measles is a, joke and something good for a child. Measles kills three times as many children as scarlet fever does and two-thirds as many as diphtheria does. Alayone who would advise or sanction the deliberate infection of a child with measles ought to be given ten years in prison, whether ignorant or just victors. Alayone who would advise or sanction the deliberate infection of a child with measles ought to be given ten years in prison, whether ignorant or just victors. Who was the did not know, nor did the man know had solen him, to make sure that he would not was not to be that he wa

# PAGE OF INTEREST TO WOMEN

SOCIAL and PERSONAL

TELL IT TO THE SOCIETY EDITOR.

Mr. and Mrs. Thomas Fissette, Brantford, announce the engagement of their daughter, Florence Made-line, to John Percival McDonald, son of Mr. and Mrs. Daniel McDonald, of Brantford, the marriage to take place early in October.

The many friends of Mrs. John Milne of Daytona, Florida, formerly a well-known resident of this city, will regret deeply her death, which occurred on Sunday fist. Mrs. O. C. Barrie left on Monday to be with her father, Mr. John Milne.

Mr. George Sage and Mr. James Sage of Ingersoll have been guests at the home of their aunt, Mrs. Dyer, Richmond street north. Another guest in the house was Miss Katharine Fisher, also of Ingersoll. Miss M. Dwyer has just returned from Detroit, Mich., where she has been visiting Mrs.

Miss Stanley was the hostess of a delightful little tea given at the Victoria nurses' residence on Monday afternoon, when the guests were the Municipal Chapter of the I. O. D. E. and the men's advisory board in connection with the new Sick Children's hospital. Tea was served by graduate nurses in uniform.

A delightful little supper and dance was that held by the choir of St. Andrew's Presbyterian Church at the Springbank Pavilion last night. The excellent arrangements for the function were due to the efforts of the convener, Miss Jessie McWilliams, and her committee, as well as Charles E. Wheeler, the organist and choir master.

G. W. Dewey officiated at the ceremony, Mr. G. E. Bryant acted as groomsman, and Miss Nellie Johnson as bridesmaid. Only the immediate relatives of both parties were present, including the bride's grandfather. After a wedding dinner had been partaken of the happy couple left amid showers of good wishes for Niagara Falls and points east. On their return they will reside in their new home on Dunn

The Child With Conditions outside of the digestion. Thus infected accessory sinuses and tract often cause so-called chronic indigestion in childhood. Thus infected accessory sinuses and there is no reason to important the nose are commonced accessory sinuses and there is no reason to important the nose are commonced accessory sinuses and there is no reason to important the nose are commonced accessory sinuses and there is no reason to important the nose are commonced in the size of the size of

A charming house wedding was that which took place at 4 o'clock yester-day afternoon at the home of the bride's sister, Mrs. Melville Dale, of

THE CIRCUS DOG

Part Six.

MONTY IS RESCUED.

Monty wiggled his little self until he was sore, but he could not get free from the sack. He was a prisoner in earnest, and the man who had stolen him, to make sure that he would not warm night, 'you will remember and

### FIRST READING CIRCLE OF DRAMA LEAGUE IS **ALREADY ORGANIZED**

Mr. Roy Anderson has returned from a three weeker visit in Chicago, ill.

Miss Garvey, Maple street, is spendinger of Miss Una Loretta Mich. Wr. F. T. Battlie of Lansing, Mich. In Coremony was performed in Jenother City of Miss Dorothy Campbell of Horton effront in London.

Miss Dorothy Campbell of Horton effront from the London of Mrs. R. E. M. Battle of Lansing, Mich. In Coremony was performed in geveral weeks in Chicago.

Mr. Janes Morrison has gone to Toronto, where he will shortly take up his studies at Osgoode Hall.

Mrs. C. W. Rowley and Miss Miriam Rowley of Winninger are guests at the home of Mr. and Mrs. E. La Taylor, Mill etreet.

Mrs. John Price of Piccadilly street is visiting the fact of the Coremony was and a corrasge of roses and including breakfast was served, the North Carlother of Mrs. Agronal Mrs. R. L. Taylor, Mill etreet.

Mrs. Morry Wickett, Nilson street, accompanied by her young daughter, Mrs. And Mrs. E. Mrs. Morry Wickett, Nilson Here, and Mrs. R. L. Taylor, Mill etreet.

Mrs. Morry Wickett, Nilson street, accompanied by her young daughter, Mrs. And Mrs. R. L. Mrs. Mercy Wilson, Mrs. Margaret Anderson, Portiag and Wilson, Mrs. Mercy Wilson, Mrs.

Addresses Victoria Alumnae at First Meeting of Season.

Dr. Hill of the Institute of Public Health was the speaker for the first meeting of the Victoria Nurses' Alumnae, held last night at the hospital, his subject being "The Public Health Nurse." The speaker referred to the excellent work being done in the United States and Canada along this line, pointing out the technicalities of the work and the great usefulness of the public health nurse to the community. He claimed that there was a great demand for such workers, and urged the nurses to take up this line of nurse ing, pointing to the new class being opened on October 15 in connection with the Western University, where they might receive instruction.

Union Mothers' Club to Hold First Meeting on November 4.

Meeting on November 4.

The executive of the Union Mothers' club make plans for them. They were very prefty. As this is pickling time will give a pickle hint. How many have tried putting a few bits of horse-radish on top of plain cucumber pickles before sealing? It improves the flavor and they keep well if the sealer isn't real air tight. We have kept them splendidly in a crock. LilLLIAN. Bub-Normal Child," "Our Neighbors," "Cultivation of the Habit of Obedience," "Currect Peducation By Beech and Good Manners," "Education By Beech and Good Manners," "Education By Beok," Round Table Talks With the Teachers, "Truancy' and Delinquent Parents."

Union Meeting on November 4.

Am returning patterns you so kindly sent. Thanks for them. They were very prefty. As this is pickling time will give a pickle hint. How many have tried putting a few bits of horse-radish on top of plain cucumber pickles the absence of the fresident, Mrs. L. Atkinson, first vice-flux to the absence of the president, Mrs. John Lands of the absence of the president and they keep well if the sealer isn't the absence of the president and they keep well if the sealer isn't great flow of the Child," Our Neighbors, "Current parents of the Child," Our Neighbors, "Current parents of the Child," O Health was the speaker for the first meeting of the Victoria Nurses' Alumnae, held last night at the hospital, his subject being "The Public Health Nurse." The speaker referred to the excellent work being done in the United States and Canada along this line, pointing out the technicalities of the work and the great usefulness of the public health nurse to the community. He claimed that there was a great demand for such workers, and urged the nurses to take up this line of nursing, pointing to the new class being opened on October 15 in connection with the Western University, where they might receive instruction.

Book," Round Table Talks With the Teachers," "Truancy' and Delinquent Parents."

Union Meeting.

The first regular meeting of the Union Club will be held at the Chesley Avenue school on November 4, when W. L. Clark of Leamington will give a talk. This will be the first of a series of talks to be given in the city by Mr. Clark during the week-end. The Union Club has on hand almost \$700 towards their \$1,000 promise to the Children's Hospital. At yesterday's meeting they decided to keep the money in the bank until the whole amount had been collected.

Elderberries Canned—Pick and wash betries, put in kettle and cover with water. Bring to boil and let boil two or three minutes, then bottle. Elderberry Pie—Line a pie plate, put in elderberries, ½ cup sugar to one pie, a little nutmeg, sprinkle a little flour over elderberries, cover with pie crust and bake.

ENGLISH BUTTERCUP.

P. S.—Will you please forward inclosed letter to Reilly, who is a shut-in? Also find inclosed mite for S. C. H.—E. B.

Ans.—Letter forwarded. Thank you for generous hospital gift and recipes.

Advertiser Patterns

Owing to the pattern manufac-turers increasing the price of pat-terns to us, all patterns adver-tised from this date will be 15 CENTS EACH.

The new recording secretary, Mrs. Kirkpatrick, was present. Through an error her name was omitted from the list of officers published last spring. An interesting and pretty feature of the meeting was the distribution of a box of heather, sent from Scotland by Mrs. John Gemmel, the president, who is expected home shortly.

### Cynthia Grey's Mail-Box

"The sober folk, the useful folk, who all the day are toiling. They say God gives the solid things that to their world bethings that to their floring long,
Houses, and lands, and golden gains to pay them for their moiling;
But I, a foolish poet, say that God gives song."

—Eleanor Duncan Wood.

Requests.

Dear Miss Grey.—I wrote some time ago, but never saw my letter in print. Hope you got mite (shin plaster) for S. C. H. May I have baby bonnet pattern Leona sent in? Will copy and return as soon as possible. Inclosing stamped envelope, also dime for fund. Hope to be some help next time. MEDINA. Ans.—Thank you very much for dime for hospital, Medina. As soon as pattern is feturned to Mail Box, shall be glad to send it to you. Dear Miss Grev.-Would you kindly

Dear Miss Grey,—Would you kindly reprint the recipe for elderberry wine which appeared than issue of The Advertiser a few weeks ago? Thanking you in anticipation. ANONYMOUS. Ans.—In making a request of this kind, it is preferable to send name and address for clipping, as space is valuable. However, we are reprinting recipe for you. for you:
Elderberry Wine—Strip the berries

Elderberry Wine—Strip the berries from the stalks and measure them into a crock. Pour boiling water on them, in the proportion of two gallons of water to three of berries, press them down into the liquor, cover them closely and let them remain until the next day, then strain the juice from the fruit through a sieve of cloth; when this is done squeeze from the berries the greater part of the remaining juice, mix it with that which was first poured off. Measure the whole, and add 3 pounds sugar, % ounce cloves, 1 ounce ginger for each gallon, and boil twenty minutes, keeping thoroughly skimmed. Put it when more than luke warm into a perfectly dry and sweet cask (or if a small quantity of wine be made) into large stone bottles, which answer for the purpose quite well, fill the cask entirely, and pour very gently into the bunghole a large spoonful of new yeast mixed with a very small quantity of the wine.

HEATHER BELL. CAUTION: Be careful to malose the above illustration, and send size of pattern wanted. When the pattern is bust measure, you need only mark 38, 44, or whatever it may be. When in waist measure, 22, 24, 26, or whatever it may be. If a skirt, give waist and length measure. When misses' or child's pattern, write only the figure representing the age. It is not necessary to write "inches" or "years," Patterns cannot reach you in less than one week from the date of application.

Recipes From Anna Beil.

This is my first letter to the Mail-Box, and I trust it will not be destroyed. I am a constant daily reader of your valued paper and have tried many of your recipes, which have been excellent; also have received many useful hints from your page. I am inclosing a dime for the Sick Children's Hospital, and will you kindly send me the wonderful stocking-foot pattern? I will also inclose some recipes which I have tested and found to be extra good. Am inclosing self-addressed inclose.

Graham Loaf-3 cups graham flour, 2 cups sour milk, 1 cup brown sugar, ½ teaspoon sait, 1 teaspoon baking powder, 1 teaspoon soda, 1 cup raisins, This recipe has never failed.

Silver Cake (extra good)—Cream ½ cup butter with 1 cup sugar, 1 cup milk, 1½ cups flour, 3 teaspoons baking powder; lastly, beat in whites of 2 eggs, or even 1 white with two tablespoons of water put in before you beat it will do, especially when eggs are dear.

Muffirs—1 egg, ¾ cup sugar, 1 cup milk, 2 teaspoons butter, 3 teaspoons baking powder, 1½ cups flour and a pinch of sait.

Crumb Cake—1¾ cups flour, 1 cup brown sugar, 1 tablespoon butter (rounded); mix above well and save ½ cup to sprinkle on top of cake; 1 cup sour cream, 1 cup raisins, 1 teaspoon cinnamon, ½ teaspoon cloves, 1 teaspoon soda put in cream.

Ans.—Thank you for your good recipes and hospital dime, Anna Bell, I lease send me your name and address, repeating request, and I shall be pleased to mail stocking-foot pattern.

I am inclosing the pattern sent to me by Queen Bess. Thanks for her copying it for me. I can't crochet my-self very much, but my sister does, so I got the pattern for her. She has

copied it and I am returning it. Will try and be of help next time.
SARDONYX.

dense if I asked how the stocking was

Ripe Tomato Mustard.

Ripe Tomato Mustard.

About a year ago you printed a recipe for green tomato mustard pickle which was very hot and lovely. We moved about three months ago, and I have lost my book which contained my recipes I had cut out of your valuable column. I want to know if you could print the recipe again if you have it at hand. Here is a ripe tomato mustard pickle which is good: Slice and boil for an hour, with six small red peppers, ½ bushel of ripe tomatoes, strain through a collander and boil 1 hour, with 2 tablespoonfuls of black pepper, 2 ounces ginger, 1 ounces allspice. ½ ounce of cloves, 1-8 ounce mace, ¼ pound salt. When cold add 2 ounces mustard, 2 ounces curry powder and 1 pint of vinegar. powder and 1 pint of vinegar.
For Sore Throat—Take 1 teaspoon of baking soda and dissolve in 1 pint of boiling water and 1 teaspoon of salt and gargle, half glass at time, when cold. Better than peroxide.
Hoping I am not taking too much of your splendid paper, I will close, and as I have seven girls will sign myself BUSY MOTHER
Ans.—I think this is the recipe to

Country Club was held on September 18 at the home of Agnes C. McKay. tendance and considerable work ac-

which you refer: Mustard Relishquarts green tomatoes, peeled and chopped; twelve cucumbers, peeled and chopsalways right up in progressive ideas and work. Having got the baby
clinic well established they are now
taking up what is known as mothercraft. This is very new and may be
described as teaching the girls from 11
years up to be helpful in the home in
case of mother's illness.

The course, which will be conducted
by Miss McKee, head V. O. N. nurse,
will comprise eight to ten lessons of
one hour each, given every Friday afternoon from 4 to 5 o'clock. It will
embrace such useful information as
to how to bathe and dress baby's
food utensils and prepare the food;
how to make up her bed with her in
it. This

"Our Neighbors" was the subject which Mrs. Pellow addressed the Wortley Road Mother's Club last evening. The other contributors to the program secretary, showing the total receipts for the year to be \$109.33, total expenditures \$50.81, and the balance on hand \$52.80.

The officers for the following year



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