

may be in wrist or in elbow length. The pattern is cut in 5 sizes: 6, 8, 10, 12 and 14 years. It requires 3 yards of 27-inch material for the dress and 1 yard for the bolero, for an 8-year size. A pattern of this illustration mailed to any address on receipt of 10 cents in silver or stamps.

A Comfortable Play Dress—1918—Child's Rompers with Round Collar or Square Neck Outline, and with Long or Short Sleeve—Gingham, chambray, drill, galatea, flannellette and serge are good for this style. The pattern is composed of a waist and bloomers which may be joined to the waist or buttoned on separately. The design is cut in 3 sizes: 2, 4 and 6 years. It requires 3 yards of 36-inch material for a 4-year size. A pattern of this illustration mailed to any address on receipt of 10 cents in silver or stamps.

A Charming Negligee—1929—Ladies' Kimono or Lounging Robe—Silk crepe in blue and white, with trimming of blue satin was used for this model. Cotton crepe is equally attractive and pretty, as are also lawn, dimity, dotted Swiss and other lingerie fabrics. For warmth, flannel, flannellette, cashmere, or albatross would be good. The fronts fall in graceful folds below the deep collar. The fullness may be confined by the belt, or shirred to fit an inside band. In soft materials, the shirring would be very pretty. The pattern is cut in 4 sizes: 34, 38, 42 and 46 inches bust measure. It requires 7½ yards of 36-inch material for a 38-inch size. A pattern of this illustration mailed to any address on receipt of 10 cents in silver or stamps.

Mutton

We are told by scientists that mutton is not so nutritious as beef, but is more easily digested. The dyspeptic frequently finds that a nicely broiled tender chop taxes the stomach less than the same amount of broiled steak. Idiosyncracies, however, exist, and many persons cannot eat mutton in any form, although I have always had a feeling that the dislike for mutton is the result of not knowing what kind to purchase. Lean meat from a lean sheep that has been poorly butchered on a damp day, is the most unpleasant meat that one can eat, but lean meat from a Southdown sheep is simply delicious. A leg of mutton weighing less than nine pounds is certainly not "prime." If you purchase the right kind it is one of the most extravagant meats in which you can indulge. While mutton and beef are truly never out of season, the animals are better suited for food during the early months of winter, after that lamb is better than mutton.

Braised Leg of Mutton

Wipe carefully a nice leg of mutton, slice one carrot, a small onion and turnip, put them in the bottom of a braising pan, add a blade of mace, two bay leaves, four whole cloves and a half teaspoonful of celery seed. Place the mutton on top of these, add one quart of water, a teaspoonful of salt and a quarter of a teaspoonful of pepper. Put on the lid of the braising pan and place it in a quick oven to braise, fifteen minutes to every pound of meat. Baste every twenty minutes. When done, dish the mutton and decorate the bone with a quilling of paper. Put two large tablespoonfuls of butter in a frying pan, and stir it over the fire until a dark brown; then add two even tablespoonfuls of flour, stir until this is brown, and add the liquor from the braising pan, which should measure a scant pint. If it does not measure the pint, add water or stock; on the other hand if too much reduce it by boiling. Stir this sauce continually until it boils, add a tablespoonful of tomato catsup, salt and pepper to taste. Pour this sauce over and around the mutton. Serve with currant jelly, stuffed tomatoes, potato croquettes and peas.

Sleeplessness.—Sleep is the great restorer and to be deprived of it is vital loss. Whatever may be the cause of it, indigestion, nervous derangement or mental worry, try a course of Parmelee's Vegetable Pills. By regulating the action of the stomach, where the trouble lies, they will restore normal conditions and healthful sleep will follow. They exert a sedative force upon the nerves and where there is unrest they bring rest.

Irish Stew

Few people realize what a very nice dish this is when well prepared. Cut two necks of mutton into small pieces, put them in a stewing pan, and just cover with boiling water. Bring the whole quickly to a boil; boil rapidly one minute, then push the saucepan on the back part of the range where the contents will gently simmer for three hours. About a half hour before the stew is done, add one tablespoonful of grated onion, four potatoes cut into dice, and a palatable seasoning of salt and pepper. When done, dish the meat carefully with a skimmer, allowing as much as possible of the sauce to remain in the saucepan, which take from the fire. Beat the yolks of two eggs with two tablespoonfuls of cream until light, and add them hastily to the sauce, pour this over the meat, and sprinkle with finely chopped parsley. Serve with it stewed tomatoes and browned slices of turnip.

The Invalid's Chop

After a sick person has sufficiently recovered to have solid food, the physician usually orders a broiled chop, and what curious, unpalatable, burned and dried-up morsels are usually brought to you. A person in the very best of health, with a vigorous appetite, would have it immediately satisfied from the first sight without a venture to swallow it. To have it done well, first see that the fire is bright and free from gas, trim the fat neatly from the chop, scraping the bone perfectly clean. Place a small dish over hot water to heat. Put the chop on the broiler, which should be previously heated and greased, put it over the fire. As soon as one side is seared, turn, and continually turn every half minute for five minutes. Place it on the heated dish, and sprinkle lightly with salt. Invalids are rarely allowed melted butter and pepper. Serve at once.

Breaded Chops

Trim the chops and dust them with salt and pepper. Beat an egg without separating, add to it a tablespoonful of warm water. Put a nice quantity of bread crumbs out on the dish, season them nicely with salt and pepper. Dip the chops first in the egg and then in the bread crumbs, and see that they are nicely covered. When all are dipped, put about two or three tablespoonfuls of melted suet and butter mixed into a frying pan, when this is very hot put in the chops, fry three minutes on one side, turn and fry three minutes on the other. Drain on brown paper, and serve with tomato sauce.

Time For Cooking Vegetables

Potatoes, half an hour, unless small, when rather less; cabbage and cauliflower, twenty-five minutes; peas and asparagus, twenty to twenty-five minutes; carrots and turnips, forty-five minutes when young, one hour in winter; onions, medium size, one hour; beets, one hour in summer, one and a half or two hours (if large) in winter; French beans, if slit or sliced slantwise and thin, twenty-five minutes, if only snapped across, forty minutes; broad beans, if very young, half an hour, old, forty to forty-five minutes. All vegetables should be put into fast boiling water, and quickly brought to the boiling point again, not left to steep in hot water before boiling, which toughens them, and destroys color and flavor. This time-table will be found useful if copied and fastened on to the kitchen wall.

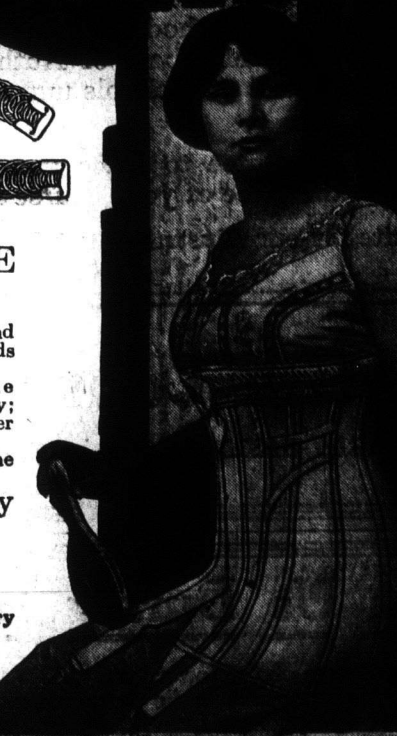
Almond Cream Pie

Two eggs, half cup of sugar, a scant pint of sweet milk, one heaping tablespoonful flour, large lump of butter. Mix well the sugar and flour, add the yolks of the eggs, well beaten; then the milk and butter: mix thoroughly and boil in double cooker; when it thickens sufficiently take from the fire and let it cool somewhat; then add half teaspoonful almond extract; beat the whites of the eggs to a stiff froth with a little powdered sugar and spread over the top. Bake the crust first, add the custard and whites and return to the oven until a delicate brown.

La Diva

NON-RUSTABLE

CORSETS



LA DIVA
SUPER-BONE
CORSETS

This new fashionable and daintily finished corset needs no introduction. The illustration gives some idea of its singular beauty; entirely different to any other corset made. **SUPER-BONE** boning is the best boning ever invented. Flexible as the body itself. Unbreakable and Non-Rustable. Perfect-fitting models for every type of figure. Just try a pair and be convinced.

DOMINION CORSET COMPANY
Montreal QUEBEC Toronto
Makers also of the Celebrated D & A Brassieres and Corsets.

Two Winners



OGILVIE'S ROYAL HOUSEHOLD FLOUR

HAS WON ITS WAY TO THE FRONT

To-day it is recognized by His Majesty, THE KING, and His Critical and Fastidious Highness, PUBLIC OPINION, as

CANADA'S BEST FLOUR

Canadian High Grade Flours
—Set the World's Standard.

Whether used in the Palace of the King or the farmhouse on the prairies, OGILVIE'S ALWAYS gives satisfaction

Is ROYAL HOUSEHOLD Flour in YOUR home?

When writing advertisers, please mention The Western Home Monthly