

FOR WOMEN

Foods Suitable For Young Children

The following are suitable foods for young children and quite easy to make ready.

- Cream of Vegetable Soup.
 - Any left-over vegetable can be used.
 - 1 cup milk.
 - 1 cup left-over stewed vegetables.
 - 2 tablespoons butter.
 - 2 tablespoons flour.
 - 1 teaspoon salt.
 - 2 tablespoons chopped parsley.
- Wash the vegetables through strainer; add to hot milk; add the melted butter and flour, which have been rubbed together until smooth; add salt and pepper; boil 6 minutes, stirring until creamy.

- Try This Wholesome Dish.
- 3 cups yellow cornmeal.
 - 1 cup flour.
 - 1 cup seeded raisins.
 - 1 cup milk.
 - 2 teaspoons baking powder.
 - 1 teaspoon butter.
 - 1 level teaspoon salt.
 - 1 egg.

Sift the flour, cornmeal, salt and baking powder into bowl; add milk, well-beaten egg and the well-washed raisins; mix; pour into pan which has been brushed with melted butter; bake 30 minutes.

Good for old and young, good for morning, noon and night and easily made. Serve with either maple syrup, maple sugar, brown sugar, molasses or milk and sugar.

Put 1 quart of water on to boil in top of double boiler; when boiling add 1 teaspoon salt and the cornmeal slowly. Boil 1 hour, stirring quite often.

This is just plain boiled mush.

Prunes should always be prepared without sugar. They are washed in warm water, then covered with cold water, set on back of range overnight and a pinch of salt added to each pound of prunes. The prunes should not boil. No sugar or syrup is needed if prepared in this way.

Prune Butter.

Wash 1 pound prunes, put in saucepan with cold water to cover and boil slowly until they will mash easily. Remove the stones, strain through coarse strainer or colander, return to the saucepan and add 1-2 cup sugar, 1-2 cup of syrup, 1 teaspoon salt; boil slowly 40 minutes to 1 hour, stirring frequently. It must be thick enough to spread and not separate.

Prunes and Farina Pudding.

3 cups prunes.
2 cups farina.
2 cups milk.
1-4 cup brown sugar.
1 teaspoon salt.
1-2 teaspoon grated orange peel.

Put 3 cups of water on to boil, add the farina slowly, boil until thick; add the salt, milk and oil in top of double boiler 1 hour. Wash and soak the prunes over night; dry and cut in half, removing stones and add to farina; pour into bowl, sprinkle with sugar and dust with a little cinnamon. Serve for luncheon.

Oatmeal With Raisins or Dates.

1 cup oatmeal.
1 cup seeded raisins.
1 tablespoon salt.

Put the oatmeal on in three cups boiling water, add the raisins. It should be started while getting dinner in top of double boiler; boil one hour; leave it on range overnight. In the morning bring to a boil; add the raisins, which have been washed and dried, and for a change one can put them through the food chopper.

It is economy to use raisins with the oats as it will take no sugar and save the stewed fruit for breakfast.

Oatmeal Pudding.

3 cups boiled oatmeal.
1-2 cup sugar.
2 cups canned or stewed fruit.
1 teaspoon butter.

When boiling the oatmeal for breakfast, make double amount. To the half add the sugar. Brush custard cups with melted butter, fill with oatmeal and set in cold place. Turn out into individual dishes, cover with any kind of canned or stewed fruit. This makes a good dessert, especially for children.

Cold Baked Cereal With Fruit Syrup.

When boiling cereal for breakfast make double amount. To the half add the sugar. Brush custard cups with melted butter, fill with cereal and set in cold place with evening. Turn out into shallow bowl or into individual dishes, cover with fruit or fruit syrup of choice.

Toasted Banana Sandwich.

Cut thin slices of bran bread and butter lightly. Slice and scrape the banana, set in half crosswise split each half into four, lay on slices of bread and dust with a little salt; press the other slice of bread on banana. Place in oven and toast on both sides.

A HUNDRED DOLLARS WORTH FOR THIRTY FIVE CENTS.

When you are awakened from a sound sleep by Cramps, when without a moment's warning pains spring upon you, then you would readily pay a hundred dollars for the quick relief you could secure from a thirty-five cent bottle of trusty old Nerviline. Nothing like Nerviline to relieve cramps, stomach gas, diarrhoea and indigestion. Nothing better for Nerviline, cold in the chest and sore throat, you, if then you would readily pay a hundred dollars for the quick relief you could secure from a thirty-five cent bottle of trusty old Nerviline. Nothing like Nerviline to relieve cramps, stomach gas, diarrhoea and indigestion. Nothing better for Nerviline, cold in the chest and sore throat, you, if then you would readily pay a hundred dollars for the quick relief you could secure from a thirty-five cent bottle of trusty old Nerviline.

Daily Fashion Hint



Disturbed by the novel arrangement of its trimming and the simplicity of its lines is this practical dress of dark blue serge. Narrow soutache braid is stitched at the lower edge of the flowing sleeves and lengthened side panels in the effect of a border, which is repeated on the house and skirt. Medium size requires 2 1/2 yards 54-inch material. The sleeves are cut in one with the side-fronts and side-backs.

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A Stitch in Time

Quick action is the only hope when kidney disease appears.

There is a whole train of dreadfully painful and fatal ailments which soon follow any neglect to get the kidneys right. Among others are rheumatism, lumbago, Bright's disease, headache, etc. Like every other part of the body, it must be nourished by the blood, and unless the general condition of health is good enough to insure a sufficient and healthy blood supply to the kidneys, all external treatments are useless. A general run-down condition is the chief "bug-a-boo" of healthy, vigorous hair, and the first step to take in producing beautiful hair is to build up one's general health. Yes, if you want wavy hair, you must take plenty of exercise, get lots of fresh air and sunshine, eat simple and nutritious food, and drink water freely.

Much is said as to just what treatment constitutes the proper care of the hair. In considering this, one should always bear in mind the fact that allowance must be made for constitutional differences of people. This makes it necessary, of course, that most suggestions for treatment of the hair be adopted according to the individual peculiarities. Let us think of the hair as independent of its texture or color, for it matters not whether it is a glorious Titian or a faded, faded, faded, it is not well groomed, you have lost one of your most potent charms.

Dr. Chase's Kidney-Liver Pills will find a treatment which is both quick and thorough.

Mr. C. E. Raynes, Lindale, Alta., writes—

"I was a great sufferer from kidney disease and lumbago for more than 6 years. A friend of mine one day told me of Dr. Chase's Kidney-Liver Pills and advised me to try them. After I had taken one box I felt better, so I continued until I had used five boxes. By this time I felt as well and strong as ever, and am glad to recommend Dr. Chase's Kidney-Liver Pills to anyone suffering as I did."

Dr. Chase's Kidney-Liver Pills, one pill does 25¢ a box at all dealers, or Edmondson, Bates & Co., Ltd., Toronto.

business of this harmonizes with the eye and brings out its loveliness by a sympathetic contrast.

Greens are not appropriate for the blue-eyed girl, except one that it is not the least green nor the jade. But rather an in-between gradation that may aptly be described as heart-of-lattice green. This tint is the only one the blue-eyed beauty should select. The color harmony of the blue eyes contrasted with the green look gives the eyes a violet glow that is truly fascinating.

The brown-eyed woman should keep her selection well within the scope of yellows and browns. Any variation from the palest of canary to the deepest tangerine is excellent for her. Let her beware of pale blues, pinks and greys. They form a discord that is distressing especially if the hair is as dark as the eyes.

Rods, all the way from rus to deep chestnut, are appropriate for the black-eyed beauty of the Orient. Especially do I suggest that the real Oriental type with her black hair and dark eyes select those colors which are in the shades of the Orient have afforded for generations. They are the colors of Egypt; jade green, scarlet, red, violet, reds, orange. Nothing more enchanting than the color of the truly Oriental type with the colors of her native land well selected to grace her sinuous body.

The color of the hair should be taken into consideration in selecting your costumes. For the blonde, or light brown shade of hair, the colors that the blue-eyed woman ought to wear will go with her hair, and you are gifted with this blonde hair, select your shades to harmonize with your eyes and overlook the colors I have selected for blue eyes.

The Titian-haired beauty is truly a problem. Not because the shades of this attractive hair are difficult ones for which to find harmonious colors, but because the coloring of the eyes has such a varying scope. Sometimes we find dark brown eyes and Titian hair. Again there is another type in which nature has given light blue eyes and a sort of golden Titian. Seldom do we find the real Titian with blue eyes. More often the Egyptian Titian which was the gift of Cleopatra finds its harmonious complement in grey or brown eyes.

For this type of beauty I would suggest browns, golden, violet, grey in all its variations, and black. But the shades of red, blue, white and orange, as they clash hideously with the tea nature has given of its own peculiar red.

Stop "doing" Rheumatism.

It's pain only; not one case in fifty requires internal treatment. Rub "St. Jacobs Oil" right on the "tender spot," and by the time you say Jack Robinson—out comes the rheumatic pain and distress.

"St. Jacobs Oil" is a harmless rheumatism liniment which never disappoints and doesn't burn the skin. It takes pain, soreness and stiffness from aching joints, muscles and bones; stops sciatica, lumbago, backache and neuralgia.

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Helpful Hints To Homemakers

Some Very Simple Rules to Preserve the Beauty of Your Hair.

We possess nothing which can more easily make or mar our good looks than our hair. Really beautiful hair—and it is not uncommon to find it—and is capable of redeeming a plain face and even enjoining us into the belief that it has a certain fascination. In no bodily attribute is personal neglect more manifest than in this—"woman's crowning glory." No unkept, uncareful hair can be beautiful. If we could only realize the importance of even ten minutes each day devoted to the careful managing of the scalp and brushing the hair!

Many of us fail to understand that the hair, like the nails, is more or less a modification of the skin. This is why any disease or disorder of the skin affects its condition and growth. Like every other part of the body, it must be nourished by the blood, and unless the general condition of health is good enough to insure a sufficient and healthy blood supply to the hair, all external treatments are useless. A general run-down condition is the chief "bug-a-boo" of healthy, vigorous hair, and the first step to take in producing beautiful hair is to build up one's general health. Yes, if you want wavy hair, you must take plenty of exercise, get lots of fresh air and sunshine, eat simple and nutritious food, and drink water freely.

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MARY GARDEN GETS POISON PEN LETTER

Life of Famous Diva Threatened by "An Unknown Writer — Singer Receives Pistol.

Chicago, Jan. 10.—A writer of poison pen letters who has paralyzed wealthy society matrons of Chicago's "gold coast" today threatened the life of Mary Garden, director of the Chicago Opera Company.

Mrs. Garden received a box containing a revolver and six cartridges. The letter writer said she retained three cartridges for use on Mrs. Garden and "hoped soon to see her body floating down the Chicago river."

"Why the plot," was the only comment Mrs. Garden would make, when asked about the incident. The case was reported to Chief of Police Fitzmaurice by Mrs. Garden personally.

Police and Federal authorities have been working for several weeks on poison pen letters written to Chicago social leaders. They are convinced the writer is a woman, probably mentally unbalanced. About a dozen such letters were reported. They believed the one received by Mrs. Garden was written by the same person.

Chicago police have been assigned to guard homes of those who have received the letters.

Mrs. Garden was resting at her apartment when reporters called to ask about the incident. She said she was "worried" but would not be "plucked" on the spot.

The bullet, according to Chief Fitzmaurice, were cut dum-dum fashion. Police and federal authorities refused to say what evidence they have collected in the case of the threatening letters.

CAN THE DEAF BE MADE TO HEAR?

This question can be answered both ways. If the deafness is due to a general condition of the body, the patient persists in the use of Castor oil and thereby drives Catarrh out of the system. Penetrating through the membrane of the ear, the healing vapor of Castor oil relieves the inflammation, destroys the seeds of Catarrh and thereby allows Nature to reassert her power. The deafness, pain, and other symptoms associated with Catarrh of the ear, disappear. You'll be more than pleased with the result. Two months' treatment, One Dollar, sold everywhere, or the Castor Oil Co., Montreal.

Dreaded Third Degree So Confessed To Killing Detective

Negro Prisoner Gives Inside Light on New York Police Methods.

Philadelphia, Jan. 10.—Further details of the alleged confession of Lester Boddy, the negro who is held for the shooting of two New York detectives, which came to light this morning, show that Boddy was indeed being the victim of "third degree" police methods.

Boddy, in his reported "interview," declared that after the detectives met him he said: "We are not going to take you to the station house and find out what you know about this."

The detectives were trying to secure information about a previous shooting in which a girl named "Red" had had no part. "Of course, in New York, what they mean by taking you over to the station house, is the alleged confession continues, 'in they take you over there and kick around, for two or three hours, and I had had that done to me several times. Never been wanted for anything but, just taken over there and kicked around, and then you come back and stay in bed a week and rest up.'"

HEART WOULD BEAT LIKE A TRIP HAMMER

Heart trouble has of late years become very prevalent. Sometimes a pain catches you in the region of the heart, now and then your heart skips beats, palpitates, throbs, or beats with such rapidity and violence you think it is going to burst.

We know of no remedy that will do so much to make the heart regain strength and vigor, regulate its beat and restore it to a healthy normal condition as will

MILBURN'S HEART AND NERVE PILLS

Mrs. Chadwick, Duluth, Out., writes: "I had palpitation of the heart, and the least exercise, such as going up stairs or up a hill, my heart would beat like a trip-hammer and at times I was dizzy-headed and had a sinking sensation as if my time were near."

"A friend suggested I try Milburn's Heart and Nerve Pills, and I procured three boxes, and by the time the first one was used I began to improve. In all I took six boxes, and now although it is my 66th year I feel like a young girl; no dizziness or heart-thumping, and can walk miles without fatigue. At time of sickness I weighed 130 lbs. now I weigh 150."

Price, 50¢ a box at all dealers, or mailed direct on receipt of price by The T. Milburn Co. Limited, Toronto, Ont.

THE AFFAIR, UNDER THE DIRECTION OF DUKE OF SUTHERLAND, SCHEDULED FOR JANUARY 12.

London, Jan. 10.—(Canadian Press Cable)—The Duke of Sutherland, High Commissioner for the Church of Scotland, on behalf of Right Hon. James Churchill, Secretary of State for the Colonies, has given a farewell dinner to Sir George Perley, retiring Canadian High Commissioner, at Hamilton House, Mayfair, on Jan. 12. The Duke of Devonshire, former Governor-General of Canada, and a number of prominent Canadians will attend.

Sir George Perley is returning to Canada on Jan. 21.

DIED

MAXWELL—Suddenly, on Sunday, Jan. 8, 1932, Janie, beloved wife of William J. Maxwell, 81 Portland street, in the 72nd year of her age, leaving her husband, two sons and six daughters, also one brother, to mourn.

Notice of funeral later.

PURDY—At Highland Park, Illinois, on the 9th instant, Letta D., wife of John D. Purdy.

The members of Dominion L. O. L. are requested to attend a special