

Special Entertainment At Skating Matinee

Calgary Art Skating club is giving an entertaining sporting matinee for the skating matinee on Saturday afternoon, 3 to 5, at Acadia rink, Twelfth avenue and Twelfth street. The members of the club bring their friends, and prospective members as well as persons interested in figure skating are to attend this meeting, at which a short introductory lecture on modern figure skating will be given by the president of the club.

Towards a practical demonstration of the fundamental elements of the skating matinee (figure skating, international style) will be on the ice. Miss M. McHugh, Verne are also preparing for an impromptu exhibition in modern skating. The exhibition and will be over by 3:30, after which the general skating starts. When instruction in this exciting sport is proposed to some place up the rink instruction in this exciting sport will be given free, and skis called "skeleton" sledges will be loaned to members.

Donald School of Dancing and Physical Training

Several private classes have begun. Persons wishing to join their own club Phone W4870 appointment.

Children's classes Saturdays at 10 a.m. and 2 p.m.

Academy may be rented for dancing entertainments of exclusive

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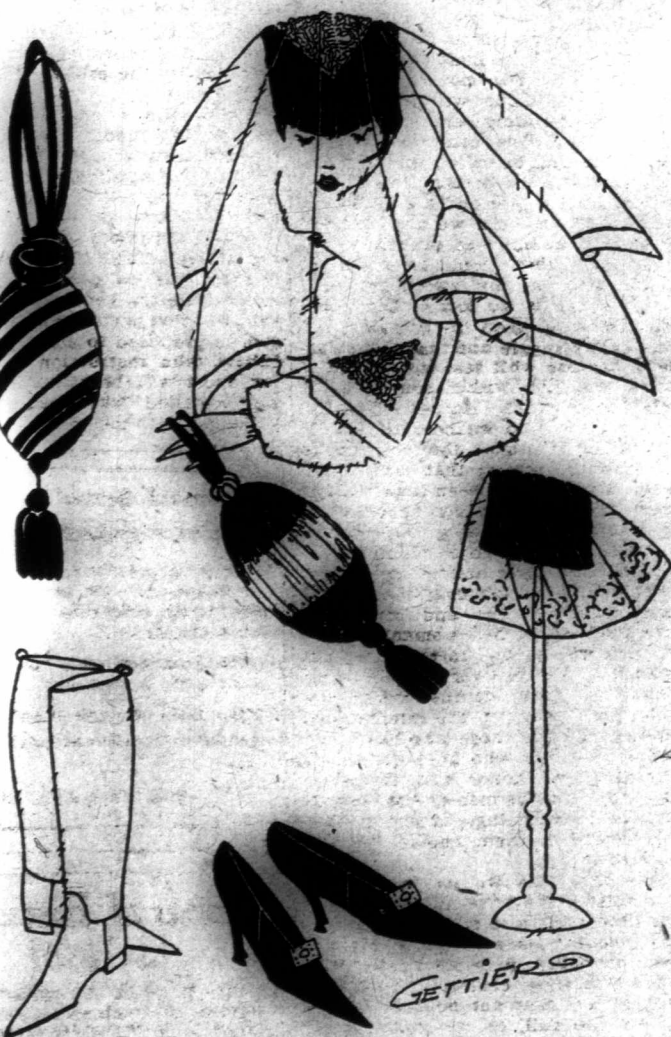
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Feminine Fads and Fancies

Hints on Dress, Fashions and Their Accessories
News and Gossip of the Fashion World



ACCESSORIES OF THE MOMENT

Never were her innumerable accessories so varied, or more charming than they are this winter. Her veils perforce must be of two lengths, the one, a square affair, so arranged that its rippling points fall well below her shoulder, the other just deep enough to reveal her firm little chin when properly adjusted. Her old leather handbag has abdicated this season in favor of a frivolous affair in taffeta matching her costume in shade and finished with a dangling tassel. Loops adjusted with a sliding clasp hold it fast to her slender wrist. Not to be outdone in the matter her black satin utility slippers have taken unto themselves a heel section of black suede and stunning buckles of cut steel.

The Economical Housewife

The housekeeper who must limit her home table expenditure to an average of \$1 a day for four grown persons will have to keep her wits about her to get the most out of the allowance. But she will find the planning of appetizing and well balanced meals an absorbing study, and one that will bring into play (or work) not only her utmost executive ability, but sharpen her bargaining eye and cause her to employ all her artistic sense. Every time the housekeeper has succeeded in converting an inexpensive food into a nutritious and attractive dish, she has achieved a culinary triumph which should make her glow with pride. The menus given here are arranged to give the proper balance in stews, soups, and vegetable dishes. They can be prepared for the stipulated dollar.

Breakfast
Oranges.
Rice Crisps.
Buttered Toast Strips.
Coffee.
Luncheon
Tomato Soup.
Nut Bread.
Dinner
Fruit Appetizer.
Creole Meat Loaf.
Buttered Potatoes.
Nut and White Bread.
Cuban Pudding, with Cream.
Coffee.

Prepare the oranges as grapefruit is usually served, allowing a half for each person. Slash several times through the pulp and run a sharp knife around next the skin to loosen it. Heap a level tablespoonful of sugar on each orange half.
Rice Crisps—Cupful cooked rice, an unbeaten egg and a generous pinch of

salt. Mix well and drop by the tablespoonful into a skillet containing two spoonfuls smoking hot fat. Leave room for crisps to spread. Fry a delicate brown, and drain before placing on a hot platter.

Sautéed Salt Pork—Select a lean, firm piece of salt pork. Cut off six or seven slices one-fourth inch thick. Cover with boiling water and boil five minutes. Drain, dip in cornmeal and cook slowly for five minutes in a little hot fat. Then cook more rapidly until crisp and browned on both sides.

Buttered Toast Strips—Cut each slice of bread into three or four slender fingers, toast evenly and butter lightly.

Be sure the coffee you serve is hot, and has steeped on the simmer long enough to bring out every bit of its strength and flavor.

Tomato Soup—Open a 10-cent can of tomatoes and pour the contents into an earthen bowl. Save out one large cupful for pure use, and put the remainder into a granite vessel on the stove, with three cupfuls of water, two slices of onion, a sprig of parsley, a bit of bay leaf and three cloves. Season with salt and cayenne pepper and cook 20 minutes. Melt two tablespoonfuls butter, add flour. Press the tomato mixture through a sieve and thicken with the blended butter and flour. Serve with crackers or toast.

If you have a garden of your own serve radishes with the soup.

Nut Bread—Into a flour sifter put one cupful white flour, two teaspoonfuls baking powder, scant teaspoonful salt and one-half cupful sugar. Sift it all into a mixing bowl, and add a cupful unsifted graham flour and half cupful pecan or English walnut meats. Break an egg into a cup and fill the cup to the brim with sweet milk. Blend with the flour mixture and pour into a well greased bread pan. Let rise 20 minutes, then bake 40 minutes in a moderate oven. Enough for two meals and may be eaten hot or cold.

The dinner appetizer can be made while lunch is preparing. Pare and cut two oranges into small cubes; cut the strawberries saved from luncheon into quarters and squeeze over them a tablespoonful lemon juice. Sweeten to taste with sugar.

Creole Meat Loaf—Buy two pounds of the bottom of the beef round and run through food chopper. A very little salt pork chopped with the beef adds flavor, but do not let your butcher be the judge of how much pork to add or you will be paying the beef rate for salt pork. A small slice of pork is all that will be required for two pounds of beef. For this loaf take the cup of left over tomatoes to moisten the meat, add an unbeaten egg, a teaspoonful of cracker crumbs, a teaspoonful of salt, pinch of pepper and half a teaspoonful of kitchen bouquet. Press in loaf shape in a buttered bread pan, cover with cracker dust, pour one-half cupful hot water around the loaf and bake an hour and a quarter, basting occasionally. There

WHEN BUYING YEAST INSIST ON HAVING THIS PACKAGE



DECLINE SUBSTITUTES

should be enough left from dinner to slice for the next day's luncheon.
Savory Potatoes—Pare and slice six medium size potatoes and put into a shallow, rather large pan. Cover with a layer of sliced onions, season with salt, pepper and a teaspoonful of sage. Pour over all a cupful of milk and dot with butter. Bake an hour and a quarter in the oven, at the same time your meat cooks, covering during the first half hour.

Buttered Beets—Trim the leaves from a bunch of young beets and scrub the beets well. Cook an hour in boiling water. Slip off the skins as soon as taken from the stove. Cut beets into slices, add a tablespoonful butter and season with salt and pepper.

Cuban Pudding—One-fourth cupful minute tapioca; one and a half cupfuls of brown sugar, one and a half cupfuls cold water and a few grains of salt. Boil 15 minutes. Serve cold, with cream. A few broken nut meats may be added.

FASHION HINTS

Dress hats are mostly large.

Buckles are being worn on low shoes.

White frocks edged with ecru are charming.

Narrow fancy edged ribbons are in tremendous favor for outing hats.

Occasionally one sees the brightest of grass-green in a summer frock.

A frock of silk jersey can be effectively trimmed with bands of serge.

The serge holds the shape.

Lingerie garments are made of dotted Swiss and cross-barred dimities.

Some of the new skirts are longer in the back than in front.

The Victorian gowns influence the

coiffure—there is a suspicion that the coming coiffure will be fluffy.

The correct hats are so simple that any woman may have many and spend little, if she is just a little clever with the needle. A hat of straw turning up at the side front will be sufficiently trimmed with a pair of wings of contrasting color, perched on the edge that is turned up.

If men are giving up high hats, women are taking to them. The crowns of the new spring models are in many cases quite of the stovepipe order, and the brims are rather wide. They are exceedingly becoming, especially to young faces.

THE NEW FAD

Forgotten the waltz and its languorous steps.

The maxixe and its manifold graces. And dim in the past are the animal hops.

The fox, bear, and bunny-hop paces. The clinkety-clank of the clink-clank skates.

Is the rhythm we now find entrancing.

Then ho! for the pastime which fashion dictates—

The voice of the skater is calling!

Come where the frosted arena is glowing.

To myriad lights:

Follow the rest of the populace going To newer delights:

The trot, the fandango.

The Argentine tango.

Abandon with chorlines of glee; For tempus advances

And dead are the dances—

Away to the rink with me!

The ballroom is dusty; the ghost of the dance

is limping alone, brokenhearted;

He dips and he glides, but his dolorous prance

is naught to his glory departed;

The clinkety-clank of the clink-clank skates.

Like the laugh of an impudent satyr, Re-echoes, "He facet a sport of the fates!"

The "dancer, dethroned by the skater!"

HOUSEHOLD HINTS

Potatoes that have been taken out of the ground before they are thoroughly ripe will never bake or boil so as to be light and fluffy.

When boiling cabbage, put a cupful of vinegar and a tablespoonful of sugar near the pot and the cabbage will not annoy by its bad odor.

To test mushrooms, put a silver spoon in the pan while they are cooking. If the spoon turns black there are poisonous elements in the mass.

SECRETS OF MAKING GOOD BREAD

After you have ventured on your first breadmaking you will discover two important points on this all-important subject: first, it takes considerable practice to make good bread with poor flour.

If flour is damp, peely and sticky, it is not of the best quality. Good flour, when kneaded by the hands, holds together in a mass and retains the impression of the fingers; when made into dough it is elastic and easy to knead.

"Speaking of foods and their values," W. S. Bridge says: "It is extravagant to buy cheap flour. It is estimated that one barrel of flour will last one person a year. Flour is not improved by long keeping, though many flour dealers will tell you differently. Flour should always be kept in a cool dry place, as the least dampness causes it to absorb moisture; the gluten loses its tenacity, and bread made from it is coarse and heavy."

Wheat is the greatest and most important of all foods. About one hundred million tons are grown in the world every year, yet a third of this amount is wasted in the milling of the white flour. For every pound of wheat that is milled a third of a pound is wasted in order to get all the flour. This third that is wasted contains all the vital elements of the grain, and for the need of which we have suffered the severest penalty.

The best bread is made with home-made yeast. In making yeast the graded, raw potato is to be preferred to the boiled potato. Old potatoes are better than new for yeast, because they contain much sugar. The essential points are that the water shall be boiling, so that all the cells can be acted upon.

In baking bread the flour, baking powder and salt should be put through a sieve to make sure all the lumps are out. To make the crust of bread a golden brown, wet the top with milk before it is put into the oven.

Hymns that Have Figured in History

It is not every day one finds a hymn mentioned in history. But certain hymns have been "lucky" in this respect.

For instance, Newman's great hymn, which is really a lyric out of "The Dream of Gerontion," generally known by the name of "Praise to the Holiest," got into the daily papers on two occasions, for the very good reason that those two great men whose names were so intimately linked with Gladstone and Jordan, both met death with this hymn on their lips.

It seems but yesterday that the fame of "Nearer, My God, to Thee," went round the world literally, on the wings of a wireless message. The band on board the fated Titanic had played it, even while the doomed vessel was sinking into the depths of the Atlantic.

But years before that and even this hymn got into the papers. It was the consolation of President McKinley as he lay dying by an assassin's bullet. He sang it, sang it himself, but a choir came to his bedroom door and sang it for him. W. T. Stead heard the strains of that hymn-playing band on the Titanic a few moments before he himself was drowned.

Some hymns seem to fit every race, and one of them is "There's a Friend for Little Children." This can often be heard in Central Africa, and is perfectly familiar in China and Japan.

But the translation of hymns is a risky business. A literal translation of the two opening lines of "Rock of Ages," sung with great gusto in Papua, gave the following result: "Very old stone split for my benefit. Let me absent myself under one of your fragments."

OF ORGANDIE AND TULLE

Transparent frocks of organdie embroidered with white or colored beads are among the latest creations of the house of Paquin. The organdies are not only trimmed with beads, but with velvet and flowers and with organdie of another color. A mauve organdie is effectively combined with white organdie, and a frock of white organdie is trimmed with light brown lace and plaited brown tulle.

Paquin blouses of white tulle are trimmed with embroidered white muslin, and the dainty tinted organdie blouses of this house are quite untrimmed, save perhaps, for a velvet cravat and bracelets.

Delicate as flowers are these blouses of pale muslin—faint blue, rose, mauve and yellow—as exquisite and almost as perishable.

A COLOR SCHEME FOR DRESS

A famous portrait painter gives the following schemes:

Brilliant with clear skin and color in their cheeks: Red, yellow, olive, orange and russet.

Blondes with clear skin and bright eyes: Blue, green and mauve. A fresh complexion blonde, low, especially well in gray. Pale skin blondes look well in purple.

For youth nothing is prettier than pink. Colors that suit everybody: White, gray and black.

Two-color combinations that are good: Black and warm brown, violet and pale green, chocolate and bright blue, deep red and gray, deep blue and pink, buff and claret.

Three-color combinations that are good: Red, blue and orange; orange,

black and light blue; light salmon, dark green and scarlet; brown, light orange and purple; crimson lake, greenish yellow and black.
"But," he adds, "anyone may wear almost any color if it is far enough from the face, and so relieved with cream or ivory as to keep the skin of the neck and face from being thrown into sharp contrast with the color."

STYLISH HINTS

For the Girl Who Wants to Be Beautiful

Be stylish rather than beautiful; it is better so, in the present state of the art. Purchase the best; it is the cheapest.

Many new, extreme fashions are for the demimonde; use care not to buy one of these.

Three costumes are enough — one two-piece tailor suit, one day dress for house wear, one evening gown and cloak.

Buy one superior costume instead of three inferior ones.

Choose well but less frequently; a woman spends more time on thoughts of dress than a man spends in working.

More depends upon how a woman carries herself than upon what she has on.

Never select a hat merely because it is new or interesting, but in relation to your face and clothes.

A face with an upturned nose should not wear a hat with an uplift in front.

A face that is long and narrow is comic when crowned with a flat hat with hornlike trimmings at either side.

A round, plump face looks like a full moon in a small, round, box-shaped crown and heavy.

A woman with small eyes should not wear a hat that hides her eyes.

Don't buy clothes, hats and shoes as units; think of the body as a whole and make the garments harmonize.

Don't wear diamonds unless you are a brilliant and witty type of woman. Good style is not wearing the prevailing mode, but in wearing what looks best on you.

There is a sleeping beauty in every woman that she must awaken.

A brunette with clear skin and plenty of color can wear red, yellow, orange, olive and russet.

A blonde with clear skin and bright eyes can wear greens and mauves.

A fresh complexion blonde can wear green particularly well.

A pale skin blonde looks well in purple.

The young girl looks best in pink.

Every woman can wear white, gray and black.

Women with brown hair look best in green or dark blue.

Unless you are a raving beauty do not wear brilliant hats.

Always wear a hat that casts shadows; you will be more beautiful.

Learn all you can about furs before buying them; beware of the low priced article.

BETTER KEEP SMILING

If the day is sort of gloomy. An' your prospects are so blue That you may be nearly able To see your way quite through. It won't help your chances any. Nor make your sight more clear. To take counsel of your doubting And surrender to your fear.

Anyway, you better jest keep on smiling — I do.

Other people have their trouble. Though they greet you with good cheer. Their sorrows may be double Those that come to you each year. So I say, keep right on moving. Through the darkness an' the light. He who guides us knows the pathway. He will always lead us right.

Anyway, you jest keep on smiling — I do.

'Spose your neighbor is more lucky An' secures an easy job. While your work so overcomes you That your temple fairly throbs. It won't make your task the lighter If you grumble and complain; Learn to smile when in the shadder. For there's sunshine after rain.

Anyway, you jest keep on smiling — I do.

So I'll end this little sermon With this couplet proper an' clear— "You can't win success in future With the time you lose this year."

So don't stop to groan an' whimper At the foot of every hill. Instead keep climbing upward With the thought, "Of course I will."

Anyway, you jest keep on smiling — I do.

BE PRETTY! TURN GRAY HAIR BARK

Look young! Nobody can tell if you use Grandmother's simple recipe of Sage Tea and Sulphur.

Almost everyone knows that Sage Tea and Sulphur, properly compounded, brings back the natural color and lustre to the hair when faded, streaked or gray. Years ago the only way to get this mixture was to make it at home, which is messy and troublesome. Nowadays, by asking at any drug store for "Wyeth's Sage and Sulphur Compound," you will get a large bottle of this famous old recipe, improved by the addition of other ingredients, for about 50 cents.

Don't stay gray! Try it! No one can possibly tell that you darkened your hair, as it does it so naturally and evenly. You dampen a sponge or soft brush with it and draw this through your hair, taking one small strand at a time; by morning the gray hair disappears, and after another application or two, your hair becomes beautifully dark, glossy and attractive.

Wyeth's Sage and Sulphur Compound is a delightful toilet requisite for those who desire dark hair and a youthful appearance. It is not intended for the cure, mitigation or prevention of disease.

Eggs a La Espanol
Boil three eggs for twenty minutes, cool in cold water, shell and chop not too fine. Prepare a rich cream sauce by melting in a saucepan two table-spoonfuls of butter; then blend in two table-spoonfuls of flour, and very gradually add one cupful and a half of milk. Stir constantly until the sauce thickens and boils, and add half a teaspoonful of salt, one table-spoonful of finely minced pimientos, one large cupful of grated cheese and the eggs. Cook until the cheese is melted and serve on rounds of hot, crisp toast.

THE THIEF
I find that unbelieved
Is nothing but a thief
That robs me of my sense
Of God's rich Providence;
That takes from me the light
The Heavens hold in sight
To lead my soul above
To realms of endless love;
That wrests from me the days
That urge to higher ways,
And clouds the smiling face
Of Everlasting Grace.
To leave me in my stress
A world of Nothingness.

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