PAGE OF INTEREST TO WOMEN

DIARY OF A FASHION MODEL

She Describes the Correct Attire For Many Sports.

walking suit, madame. I would interest you, I think, I have the most beautiful piece of Scotch tweed that's 'just aching' to be made up into such a costume," madame ough it should be worn out of doors

Heather Brown Tweed Shows

When cooking or baking mix Klim dry with flour, sugar and other dry ingredients. More con-

food at lowest cost.

Stunning Norfolk Model.

How You May Improve Your "Walk" in Real Beauty Ways



DEMONSTRATION

COME to our Boothany day this week and learn about Klim and how it can cut your milk costs. See for yourself how convenient

it is. Taste and prove its genuineness by its natural unchanged

PROCESS BUILDING.

Western Fair, London

The uses of Klim will be demonstrated at our booth,

Come! You'll acquire a new idea of milk, and learn how to get milk

Every woman should walk well, and yet a large persentage of women have an imperfect carriage. One of the surest contributors toward defective carriage is the constant wearing of high heels. Happilly the walking see and Oxford with low heels and well - arched soles have come into fashion. Women are is slow, however, to slow, however, to slow, however, to slow, them for the should realize that your body canot have proper poise or adequate exercise in the exagger and your head your shows and your head to get a full length mirror. Select two books that are a little higher than the highest and your best or additional proper poise or adequate exercise in the exagger and your head your best or additional proper poise or adequate exercise in the exagger and your head your head or additional proper poise or additional proper poise or additional proper po

with low heels and well - arched soles have come into fashion. Women are slow, however, to adopt them for general wear, and many still cling to French heels for every-day use.

Outdoor sports, such as golf, have taught women the value of "walking" heels. French heels may be all right for parties and for evening wear, but you

again fresh separated milk. Deli-cious to drink. Has the natural flavor unchanged.

Baking Always In Sight THE clear glass door is only one of the

I modern features of this dependable

range. Its baking qualities you know.

The cooking top will take the boiler either across or lengthwise, making it easy to cook

the regular dinner on wash-day.

M°Clary's Pandora

Grates work smoothly. Hot water reservoir is enamel, and may be removed for cleaning. A dependable thermometer takes all guess-work out of baking. No other

range will quite satisfy you once you see the Pandora.

J. A. BROWNLEE, 385 Talbot Street.
J. A. PAGE, 807 Dundas Street.
C. W. SUMMERS, 433 Hamilton Road.

ASHION MODEL

MORNCLIFFE.

The Attire For Many Sports.

If would interest you, I think, I have the most beautiful piece of Scotch tweed that's 'just aching' to be made up into such a costume," madame, though I was undecided best ween the black and white or 'pepper and salt' mixture—as the men call it—or a herringbone brown, or a brown heather," Mrs. Harris said.

"The piece of tweed I suggest for you is a heather brown. Here it is now," madame said as the telior brought the goods.

"That is stunning and exactly what I what I'd like," Mrs. Harris said. "Now, tell me how you would suggest making it." "I have this suit all thought out," madame replied, "so it will be a ques—"The hat is brown velour, trimmed with green equal feathers."

"The hat is brown velour, trimmed with green equal feathers."

"The hat is brown velour, trimmed with green equal feathers."

"The hat is brown velour, trimmed outstretched being in one of irection your left hand outstretched being the proper carriage in the proper carriage, but your dancing may be as full of faults as your walk. You should learn to walk before a full-length mirror, and if posting in the proper carriage is gone with green equal feathers."

"The hat is brown velour, trimmed outstretched beind you. Begin a circling movement with your right hand pointing in one direction, your left hand outstretched beind you. Begin a circling movement with your right hand pointing in one direction, your right hand pointing in one direct

A good exercise for promoting the pensection of your carriage is gone through with as follows: Stand with your toes and outstretched right hand pointing in one direction, your left hand outstretched behind you. Begin a circling movement with your right hand going downward toward your toes, while your left hand goes back and up high over your head.

over your head.

Keep On.

Continuing this motion, your body will turn so that your left hand points in the direction that your toes are pointing, while your right hand points as your left did when you started. Continue this circling motion very slowly until you get used to it, then you may increase the action.

You should go through this exercise about ten revolutions at a time.

SOCIAL AND PERSONAL

Miss May and Miss Elizabeth Bacon, Emery street, have returned after

Miss Muriel Elcoat of Brucefield is n the city visiting friends. Miss Elcoat captured first prize for her china painting at the Fair this year.

FARR-KENNEDY.

A quiet wedding was solemnized at Memorial Methodist parsonage on Wednesday, Sept. 11, at 3 p.m., when Miss Clara Marie Kennedy became the bride of Mr. David Farr, both of St. Marys. The ceremony was performed by Rev. B. H. Robinson of Memorial

and Country Club yesterday, London for her brothers and sisters when a big being three up on the match at the close of the game.

A delightful tea was given following

Tiny And dropped to the ground just in time to save herself.

Onald McLean were hostesses.

The following ladies played:
BRANTFORD.

Ilss Gibson,
diss Gibson,
diss Schell,
diss Schell,
diss Schell,
diss E. Buck,
diss K. Buck,
diss Matthews.

Mrs. Hunter
Mrs. Sterling,
Mrs. Sterling,
Mrs. A. M. McKay,
Miss D. Gunn,
Mrs. E. Williams,

Miss Matthews. Mrs. E. Williams,

BAMFORD—FIELD.

St. James' Church, London, was the scene of a very pretty wedding on Wednesday, Sept. 3, at 4 p.m., when Emma, daughter of Mr. and Mrs. H. Son of Mr. and Mrs. A. A. Bamford, London, were united in holy bonds of matrimony, Rev. Leslie Arminge, B. A., rector of the church, officiating, To the strains of Lohengrin's wedding march, played by Mr. L. Percy, organist, the bride, dressed in white sain with veil and orange blossoms and carrying a bouquet of bridal roses and orchids, who was given away by Mr. A. A. Bamford, marched to the altar, where the groom was in waiting. Miss Katie Cords was bridesmaid and was dressed in shell pink georgette crepe and wore a satin hat with fin of georgette and carried a bouquet of American Beauty roses. Mr. Karl Bamford, brother of the groom, was best math. Messrs. Everett and Elton Bamford, cousins of the groom, was best math. Messrs. Everett and Elton Bamford, cousins of the groom, was best math. Messrs. Everett and Elton Bamford, cousins of the groom, was best math. Messrs. Everett and Elton Bamford, cousins of the groom, was best math. Messrs. Everett and Elton Bamford, cousins of the groom, was best math. Messrs. Everett and Elton Bamford, cousins of the groom, was best math. Messrs. Everett and Elton Bamford, cousins of the groom, was best math. Messrs. Everett and Elton Bamford, cousins of the groom, was best math. Messrs. Everett and Elton Bamford, cousins of the groom, was best math. Messrs. Everett and Elton Bamford, cousins of the groom, was best math. Messrs. Everett and Elton Bamford, cousins of the groom, was best math. Messrs. Everett and Elton Bamford, cousins of the groom, was best math. Messrs. Everett and Elton Bamford, cousins of the groom, was best math of the groom wa

bridal party left the church Mr. L. Percy played Mendelssohn's wedding march. The bride was the recipient of many beautiful and costly gifts. The groom's gift to the bride was a sunburst of pearls, to the bridesmaid and soloist pearl pendants and to the groomsman an amethyst tiepin. After the ceremony a dainty wedding luncheon was served at the home of the cheon was served at the home of the groom's parents, 77 Duchess avenue. groom's parents, 77 Duchess avenue. Guests were present from Montreal, Windsor, Listowel, West Monkton, Strathroy and London. Mr. and Mrs. Bamford left via the G.T.R. for western points, the bride traveling in a navy blue satin suit, trimmed with marabon with hat to match. On their return they will take up their residence in London. Hearty congratulations are extended to the happy couple, together with best wishes for a long and happy wedded life.

Tiny Ant was a cute little ant, but, ear me, she was very, very forgetful In fact, she had to be told to do things several times, or the work was never disheartened, for she was afraid Tiny "Some day you'll for set your head, then where will you be?" she often told her thoughters daughter
But Tiny Ant didn't seem to mind the

heartaches she was causing her mamma, and never tried to mend her careless

Mamma Ant called her children together and told them to get ready for a long journey, as their ant home was too small to hold their growing family and spending four weeks with friends in that she was going to take them out into the world to find a new home.

There was much scurrying and bus-There was much scurrying and bustling in the old ant hill, for all the baby ants had been given two pretty, new, shiny wings, and Mamma Ant showed them each how to put them on and how to unhook them when they wanted to take them off again. Then the merry party started off, waving good-bye to their scurier. their cousins and aunts and uncles, who remained behind in the old home. Now, Tiny Ant was so very proud

by Rev. B. H. Robinson of Memorial Methodist Church. Mr. and Mrs. Farr will reside in St. Marys.

fiew ahead of all ner protners and the standard flew ahead of all ner protne The Beautiord Ladies' Golf Club her little heart almost stood still with played the ladies of the London Hunt and Country Club yesterday. London Tiny Ant turned to fly back to look to have been applied to the ladies of the London Hunt fright, for there wasn't an ant in sight. Tiny Ant turned to fly back to look to have been applied to the ladies of t around to say something to her mamma

A delightful tea was given following the game. Mrs. T. H. Baker, president; Mrs. F. McCormick and Mrs. Donald McLean were hostesses.

The following ladies played:
BRANTFORD.
LONDON.
Miss Gibson,
Mrs. Hunter,
Miss Wickson
Miss J. Belton,
Miss Schell,
Mrs. Sterling,

"Tm tired anyway, so I'll rest a wee bit, then I can fly back and hunt for Mamma and the others." And, feeling lazy and sleepy, Tiny Ant unhooked her shiny wings and hid them in the grasses and lay down to rest. She was soon sound asleep.

It was almost dark when Tiny Ant awakened, and, forgetting she had taken

her wings off, she tried to fly.
"Silly!" she laughed to herself. "I've
taken my wings edt."
But, to save her life, Tiny Ant couldn't

STRENGTH STRENGTH Snowflake Ammonia ves 90 Per Cent S F. Lawrason & (

KITCHEN ECONOMIES

By Isobel Brands, of the Applecroft Experiment Station,

Six Ways To Get the Most Food Value From Nuts.

Nuts provide just as much nutriment—in fact, in proportion to weight, even more. They are much more wholesome and digestible than meat, expecially for most proportion.

wholesome and digestible than meat, especially for young people or elderly ones for whom meat is not the best kind of food for the evening meal. Nuts can be used in a mock-meat loaf or as a substantial sauce to a lighter dish—or as a salad or dessert.

Nut Sauce.

One pint of chestnuts scalded so that it is easy to remove the inner skin. They are then broken in half and cooked in salted, boiling water until very soft, and mashed in the water in which they were boiled.

One tablespoonful of flour is cooked in two tablespoonfuls of browned butter, stirred into the chestnuts and cooked for about five minutes.

Nut and Tomato Salad.

Remove the pulp capefully from to-

Nut and Tomato Salad.

Remove the pulp camefully from tomato, so that each tomato eem be used as a cup for stuffing. Mix the pulp with chopped clery and chopped walnuts, add French dressing and fill the tomato cups with this mixture.

Nut and Rice Loaf.

1½ cupful of rice.

1 cupful of rice.

1 cupful of weamuts.

1 eupful of neilk. 1 egg.

When the meat and fish seem to season and add one egg beaten light.

Mix and turn into a greased pan.

Place in the oven for 30 minutes, and serve with mashed rutabaga turnips and turn into a greased pan.
e in the oven for 30 minutes, and
e with mashed rutabaga turnips

and a tart jelly. and a tart jelly.

Walnut Pie Filling.

1 tablespoonful of flour.

1 cupful of sugar.

1 cupful of chopped walnuts.

Yolks of 2 eggs.

1 cupful of milk.

Sugar and flour are mixed thoroughly, beaten egg yolks and milk are added and boiled until thickened. It is allowed to cool and chopped nutmeats

allowed to cool and chopped nutmea The whites of eggs are used to make the top meringue. This is a rather ich, but very palatable dessert for n •therwise light meal.

Almond Pudding.

1 cupful of finely ground almonds.

2 cupfuls of white breadcrumbs.

1 cupful of sugar.

3 cupfuls of melted butter.

Grated nutmeg.

Grated rind of lemon.

Breadcrumbs almonds grans have

Breadcrumbs, almonds, sugar, lemon and nutmeg are mixed together, and melled butter added. The mixture is then placed in a buttered pudding mold and steamed for two hours. It may be served with a chocolate or resemunication.

To Make Salted Almonds. To Make Salted Almonds.

Blanch one cupful of almonds by pouring boiling water on them. Allow to stand about five minutes, drain from the water and poff the brown skin, dry thoroughly. Heat one-half cupful of salt in water, and when boiling add the nuts. Cook eight minutes, drain place in a beking special. Sait, pepper and paprika.

Heat the milk and pour over the breadcrumbs, smooth with a fork, add the nuts, which should have been put through the food chapper, using the nut grinder, then the not boiled rice.

I from the water and ship off the brown skin, dry thoroughly. Heat one-half cupful of sait in water, and when boiling add the nuts. Cook eight minutes, drain, place in a baking pan and brush with two teaspeonfuls of butter. Stir frequently and bake until brown.



2861

Advertiser Patterns

A Smart Bathing Suit.

2861—This is a very comfortable model and may be worn with tights, bloomers or knickerbockers. Panama, gabardine, flannel, satin, silk, drill or limen, could be used for this style. The closing is under the panel front.

The pattern is cut in 4 sizes. Small The pattern is cut in 4 sizes: Small. 32-34; medium, 36-38; large, 40-49; extra large, 44-46 inches bust measure. Size medium requires 3½ yards of 44-inch material.

A pattern of this illustration mailed to any address on receipt of 10 cents in silver or stamps.

Caution: Be careful to inclose the above illustration, and send size of pattern wanted. When the pattern is bust measure, you need only mark \$8, 34, or whatever it may be. When in waist measure, 22, 24, 25 or whatever it may be. If a skirt, give waist, and length measure, when misses or child's pattern, write only the figure 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 ten days from the date of application.





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The young leaves—the

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ness of these choice, delicate leaves is fully preserved for

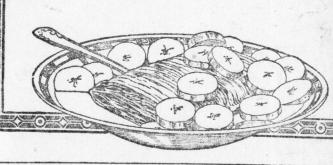
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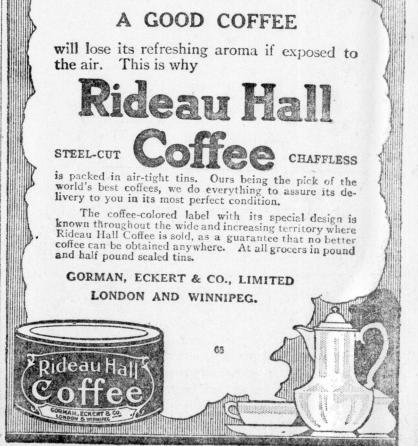
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Nature has given us a bountiful supply of wheat - but it takes time to recover from war restrictions. Our big factory is now running over-time. If you don't get all the Shredded Wheat Biscuit you want, don't scold the grocer. He is doing the best he can. Normal conditions will soon return. It is the same Shredded Wheat you have always eaten-pure, wholesome and nutritious. The most food for the least money. Delicious with sliced bananas, or other fruit.





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