

Daily Tea-Table Talks  
News Notes About Women  
Katherine Leslie's Chat

# A PAGE FOR WOMEN

Cynthia Grey's Answers  
Tips on What to Wear  
Stories for the Children

## PEACH DESSERTS

RECIPES OF DESSERTS MADE FROM PEACHES TESTED BY CAROLINE COE, THE LONDON ADVERTISER'S COOKING EXPERT.  
Paste Them in Your Caroline Coe Cook Book.



## "Peaches"

Fruit desserts are far more wholesome and enjoyable at this season than are the heavy pastries and puddings of the winter bill of fare. They also require less time and labor in preparation, thus proving an inestimable boon to the housewife during the months when kitchen work is the hardest.

In my opinion, the peach heads the list of summer fruits in points of healthfulness and delicious flavor, and certainly none lends itself to greater variety in serving.

### PEACH SNOW.

Dissolve one-fourth box of gelatin in half a cup of boiling water, after soaking until soft in a very little cold water, the juice of a lemon, one-half cupful of sugar and the same of peach pulp which has been forced through a potato ricer or a colander. When the mixture begins to harden whip in lightly the stiffly beaten whites of five eggs and turn into individual molds. Serve in sherbet glasses, garnishing each portion with slices of peach and a single ripe blackberry. Macaroons may form the accompaniment.

### PEACH CUSTARD.

Fill sundae glasses about a quarter full of chopped peach, and then nearly to the top with soft custard. When ready to serve cover each portion with sweetened whipped cream and invert half of a chilled peach in the centre.

### PEACH BLANC MANGE.

Make a peach jelly by thickening a cupful of peach pulp with one and three-fourths tablespoons of gelatin dissolved in a little water, and adding sugar and lemon juice to taste. Mold in a single layer between two of plain blanc mange. Turn out upon a plate, garnish the top with half of a fresh peach and decorate the base with a border of alternate peach slices and candied cherries.

Peel and weigh your fruit. Clingstone peaches are best. To every five pounds of fruit allow two and one-half pounds of light brown sugar, one pint of vinegar, ten cloves, three sticks of cinnamon and a blade or two of mace. Let peaches lie in this syrup for two hours. Drain and put juice over fire. Boil rapidly. Skin all peaches and remove stones. When no more scum appears put in enough fruit to fill one can and boil for seven minutes if

the peaches are firm and if they are nearly ripe boil only five minutes. Remove peaches from syrup and place on platter and allow to cool. Add the spice to the syrup and boil at least fifteen minutes longer. Strain the syrup through a colander. Pack canned peaches in glass jars, pour boiling syrup over them and seal at once.

### PEACH TRIFLE.

Peel and slice enough peaches to make one quart. Put one cup of sugar and one cup of water into sauce pan and boil. Add peaches and six or eight stoned. Boil until tender. Set aside to cool, then press through a colander. Line a dish with stale sponge cake soaked in some of the peach syrup, spread over them the peach pulp. When ready to serve cover with one pint of heavy cream sweetened and whipped. If desired add one-half teaspoon of vanilla.

### PEACH GELATINE.

Soak one box of gelatin in one cup of cold water. Boil one and one-half cups of sugar and one cup of water and the rind of half a lemon for ten minutes. Pour the syrup over gelatin and stir until dissolved. Put one pint of peach pulp in mold and add half a cup of blanched almonds. Fill mold with syrup and chill. Serve with whipped cream.

### PEACH FANCIES.

This simple but delicious dainty is a combination of lemon sherbet and sliced peaches, served in glasses and garnished with green minted cherries.

### PEACH COMPOTE.

Peel and slice two dozen ripe peaches. Make syrup of one cup of water and one cup of sugar. Add four small pieces of stick cinnamon. When sugar is all dissolved and boiling add peaches and boil slowly until clear and tender. Serve cold with marmalade.

### PEACH MARMALADE.

Peel peaches and remove stones. To six quarts of fruit add one quart of water and put in preserving kettle and cook for one hour. Stir almost constantly so it may not burn. Add three quarts of granulated sugar and boil one hour longer, stirring so as not to burn. The marmalade should be thick, smooth and glossy at the end of this time. Put in small glasses or jars and seal at once.

## Half an Hour With the Cook

Readers of this page are requested to contribute recipes or helpful hints along culinary lines for publication in this column, the desire being to make it one of mutual benefit. Original recipes, or any found to be tried and true, will be especially appreciated.

"Corn," or "maize," is without doubt an national vegetable. From the time when the Indians and settlers used it, it has been in favor increasingly, and justly deserves the place it holds in the housewives' esteem. Corn, by analysis, shows these ingredients: 75.4 water, 3.1 protein, 1.1 fat, 19.7 starch.

They tell us that corn is largely a "starch" food, with a small proportion of protein. Since this is so, potatoes or rice should not be served at the same meal at which corn is eaten heartily. It is at its best either boiled or the cob or in many of the "made dishes" to which it lends itself so well, and in which the other food elements may be added, so that the dish may approach a "balanced" or complete meal.

Since corn is largely "starch" it is therefore a "heat-producer," and fattening, especially when combined with butter or other fat. It is the tough outer shell of each kernel that is often injurious to children, causing diarrhoea, and for that reason it should be carefully scraped so that these portions are not included in the food.

Here are three toothsome corn dishes: Corn Fritters.—Eight ears of corn, scraped from the cob, 2 eggs, 4 level tablespoons flour, 1/2 teaspoonful salt. Scrape the kernels and milk carefully into a bowl, add the eggs, beat and add flour and salt. Drop in spoonfuls carefully into pan greased with bacon fat, and fry on both sides light brown.

Corn Toast.—One cup cold cooked corn or grated fresh corn, 2 level tablespoons butter, 1 pin cream, 1 teaspoonful onion juice, 1/2 teaspoonful salt, 1/4 teaspoonful paprika, toasted bread slices.

Put butter and onion juice in skillet, add corn, cream, seasonings. Bring to the boiling point and pour over toast slices. Excellent luncheon dish.

Scalloped Corn.—Two cups corn pulp scraped from ear (or cold boiled corn), 2 tablespoons butter, 2 tablespoons flour, 1 teaspoonful salt, 1/2 finely-chopped onion, 1 small green pepper finely shredded, 1/2 cup milk, yolk of 1 egg, 1 scant cup fine cracker crumbs.

Cook pepper, onion and butter five minutes. Add four cups milk with seasonings, and then pour on milk, stirring constantly. Bring to boiling point and add egg and cracker crumbs. Turn into buttered baking dish and bake in hot oven until brown.

## The Poets' Corner

THE PANSY AND THE BOOK.  
Following across the moors a sound of bells,

We found a church, the smallest that could be,  
Hid in a tamarisk-grove beside the sea,  
And graves of shipwreck'd men set round with shells.

We entered when the prayers were almost done;  
The little children nodded on their knees,  
The preacher's voice was drown'd in hum of bees.

That danced about the lectern in the sun,  
Awhile we knelt I let a pansy glide  
Between her sweet, grave face and open book,

And whisper'd as she turn'd with child-  
ing look—  
"Heaven has not will'd, dear heart,  
This dove to see this in print. Thanking  
you in advance, I remain, SUSANNA.

Answer.—The best way, I think, is to study the addresses of other girls, and then adopt some style that you think will be becoming to you. cannot give special directions for hairdressing in this column, I should fancy that the darker browns and clear, rather bright blue, should be very becoming.

2. Yes, Susanna, I give my gracious permission, at least. What does your mother think? This is a "written law," so far as I know, about the number of times a young man should call. Once or twice a week might be quite a safe rule.

3. Jean, a feminine form of John, meaning "Gift of God"; Eva, life; Mandie, delectable; worthy of love; Katie, from Catherine, pure; Ernest, earnest; Montrose is not really a Christian name, but a surname given as such.

4. Not if you are stout enough to be well proportioned. 5. This nursery is passed on to the housewife readers of this column. 6. It is neat and quite attractive in formation.

After washing a China silk dress do not hang it out to dry, but roll it up as a towel for one hour. Then iron on the wrong side.

To test linen, moisten the goods with the tip of the tongue. If it is linen the wet spot will immediately show through the other side.

## Comical Creature Has Cute Pocket

In Its Long Beak—Feeds on Fishes  
AS TOLD BY AUNT GERTIE.

This is a pelican.  
It isn't a bit pretty on land, but it makes up for it in the water.

When it stands on a rock with its web feet spread out and its thin neck and bill curved like a hook, it looks such a comical creature.

The pelican, you know, is as large as a swan. Its white feathers are usually tinged with red, while the breasts of the really old birds are quite yellow.

The remarkable feature of the pelican is its beak. The upper part is long, large and flat, and has a hook at the end, which curves over the lower part.

And what do you think?  
Mother Nature has provided this strange bird with a sort of pocket in the lower part of its beak into which it can put fish.

When there is nothing in this pouch or pocket it looks very small. But it can be widened so that several fish may be carried in it.

You see, the pelican is a wonderfully clever fisher and fishes for its food every day in the streams and ponds.



beautiful when on land, it is very, very graceful flying through the air.

Sometimes you will see a whole flock of these white birds going at a great height overhead.

## The Book of Fall Fashions Is Now Opening for Your Perusal

### SILKS

Our fall stocks were never so beautiful. Our range was never so wide nor the qualities so good. All our goods were purchased in anticipation of being in our new store. Therefore our stocks are much larger than ever before, and we can show you the finest range of Silks of all kinds that we could gather together.

### VELVETS

Velvets will hold a prominent place amongst the materials for fall and winter. We are showing many new lines in these, such as brocade, shot, whipcord and other fancy corded and two-toned velvets, in addition to a very complete range of both silk velvets and velveteens. An early choice will give you the pick of the novelty goods.

### NEW FALL GOODS

NOW IN.

MANY NEW LINES

ARRIVING DAILY.

Linens

In the last two weeks we have opened out several shipments of new linens. These include goods from the very best Irish manufacturers, J. S. Brown's Old Bleach and Webb's. We have now a stock of Linens second to none in Western Ontario. We invite your early inspection of our lines.

### SUITINGS

We are showing such a large and such a varied range of new goods for fall and winter that to pick out any one material or shade as the most of the most popular would be hard to do. Suffice it to say that the rough-finished and fancy weave materials are having preference over the plain weaves for early wear.

### COATINGS

We are showing an extensive range of Coatings (which will be as much in demand as ever) this season. These come in the best shades, and in a number of new and pretty combination of shades. The prices vary from, yard ..... \$1.50 to \$3.00

AGENTS FOR THE LADIES' HOME JOURNAL PATTERNS.

GRAY'S LIMITED.

Drygoods, Millinery, Ladies' Ready-to-Wear Garments. Phone 1182. 150 Dundas.

GRAY'S LIMITED.

## NEW MOTOR WRAP FOR FALL RIDES



Among the newest motor wraps is one of dark red ratine cut in a long, full kimono shape, the ends brought up and thrown over the shoulders. To do this one must slash the back and place under it a sharp point of the plain cloth. This wrap is beautifully braided and finished with tassels. It is lined throughout with pale blue satin.

## Hints That Help

If a piece of sugar is put into the water that flowers stand in, they will keep fresh quite a long time.

Wet shoes should be stuffed with paper before they are put away. They will dry more quickly and not be so hard.

Finger marks on the doors will clean off easily if the cloth is first dipped in kerosene. Then wash in the usual way.

In preparing eggplant press it under water instead of just salting it. This prevents the vegetable from turning black.

Wall paper can be cleaned by making a paste of whitening. Lay it thick on the marks, allow it to dry; then brush off.

Half a lemon squeezed into a glass of warm water and drunk before breakfast is said to be good for the complexion.

Linen can be rendered non-inflammable by washing it in a solution of two ounces of alum dissolved in a gallon of water.

It is best to iron underwear on the wrong side. This makes the surface smooth and it will not be apt to irritate the skin.

## Tea-Table Talk

### A London Lady's Trip.

The London woman who has spent the summer in the vicinity of Edmonton told the writer some delightful, interesting things the other day about her trip and her impressions of the vast Canadian West.

The lady from the Forest City was accompanied on her long trip by her three children, and it was not the least part of her charming description to hear of the kindness accorded her all along the route by other travelling folks.

"On one occasion through some error, sleeping accommodation had not been reserved for me, but a fellow traveller immediately insisted upon my accepting his berth for the night. It was the same everywhere. All along the journey both men and women did all in their power to make it easier for me and the children," she said.

"Another thing that impressed me particularly in the West was the neighborliness of the people in the farming country around Edmonton. Practically all have rural telephones in their houses, and whenever one family was going to town they would telephone around the neighborhood to see if there was any errands to do or purchases to make for them. It was not 'Are you going to town?' 'Will you get me this?' but 'We are going to town. Can we do anything for you?'

"Then on Sunday evenings two or three or more families meet together and sing hymns and enjoy a few hours' rest. Their cordiality and friendliness with each other is remarkable to one from the east. These gatherings are particularly enjoyable to the newcomer. For in the evenings when the house is quiet, and the world, dismal cry of the coyote comes across the prairies, often sounding quite near, the stranger is apt to get rather blue.

"In the section I visited they seem in a fair way to solve the church union problem. The same building is used for Methodist and Presbyterian services, a Methodist minister preaching one Sunday, and a Presbyterian the next. 'Are the Presbyterians attend the Methodist services, and vice-versa?' was asked.

"Yes, very well, indeed, but what I noticed most of all was the number of men in the country. In many cases they quite outnumbered the women, and not old men either—it was young fellows, and men of 30 and 40 who filled the seats and made up the larger part of the congregation."

"Of the climate and beauty of the country in and around Edmonton the London lady spoke very highly. 'The climate is very bracing,' she said. 'And the days delightful, neither cold nor hot. Although we were there in the supposedly hottest months, I cannot recall one day's discomfort because of the heat. The nights were almost cold at times. In fact, we often used to have as much bedding in July as we do in December at home. It was all so strange to us and especially the long days, for the darkness does not descend until ten and eleven o'clock.

"The time passed very quickly, while we were visiting on the prairies. We were allowed the use of a pony and took long drives across country quite frequently. I had expected nothing but flat, level land, but around Edmonton it is beautifully undulating, and one drives along the roads with grassy banks at each side, thickly sprinkled with pretty wild flowers, blue, yellow and pink. Duck shooting is a popular form of sport there and how we used to enjoy the duck dinners!" here the London lady smiled reminiscently.

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Solve Church Union.

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## KATHERINE LESLIE'S HOME CHAT



### The Fashionable Shoe and Its Absurdities.

It is really jerky, stiff, often very labored and painful to see. How can it be otherwise of appalling to see in the fashion sheets that drag the shoes off the feet at the heels is fatal to good walking, to graceful movement of any kind, and when the pump is removed at night, the strain to the foot is felt in cramps and pains that make life a burden. Now, if there were other nice-looking shoes, pumps and slippers to be had one would have no grievance, for common sense would declare that there is no need to buy the modern foot-deformers we call shoes, etc. But one is forced into buying the high-heeled, stiff-soled monstrosities of fashion, especially in slippers, because outside of these there is nothing but things that are the extremes of ugliness, commonness and cheapness, and yet quite impossible to have the heel so high without forcing the ball of the foot and the toes into the ridiculously inadequate space ending in points the size of the great toe, and designed to hold the whole five toes. Is it any wonder that grace in walking is a thing of the past? The easy undulation in motion that the moderate heel and flexible sole gives is no longer seen. Women's feet step along as though each foot were the end of a wooden stilt, and the usual walk is

shoes, pumps and slippers for women. The Louis V. heel seems a dwarf heel beside these monstrous stilts called heels, which raise the foot at the heel up so high that one in reality walks upon an incline, and a steep one at that—all the time. Yet the women who wear these dreadful foot-deformers contribute towards missions in China, one of whose aims is to reform the feet of the Chinese women! It is quite impossible to have the heel so high without forcing the ball of the foot and the toes into the ridiculously inadequate space ending in points the size of the great toe, and designed to hold the whole five toes. Is it any wonder that grace in walking is a thing of the past? The easy undulation in motion that the moderate heel and flexible sole gives is no longer seen. Women's feet step along as though each foot were the end of a wooden stilt, and the usual walk is

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## Daily Healthogram

Anemia