

Scouts

How to Run a Troop.

TEENTH WEEK'S WORK. Message Work.—It is important that the Scout should be able to carry a message correctly. This is, in fact, the test for the Scout's Badge. Before an aid to becoming a Scout. To remember a message for an hour or so, is really not a feat. At first the message may be written on a card, and then, later on, on a piece of paper. The following method of teaching the Scout to carry a message is simple, and will produce a desired result:

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WOMEN'S REALM

WAR AND FASHION

Some Interesting Facts as to The Origin of Various Modes.

In the trend of different styles of dress may be traced very often the daily happenings of the world. In both English and French history we have examples to show that following great rebellions radical changes in dress and customs of the times took place.

At the Court of Marie Antoinette, fashion had reached a height of extravagance and luxury perhaps never attained before. Women wore hooped skirts of exaggerated dimensions and their hair elaborately powdered and dressed in the most fantastic styles.

The Revolution changed all this and brought about a vogue for simple classic styles and simple hairdressing, while a tax upon powder was imposed with the express purpose of putting an end to the fashion for powdering the hair, says "Daily Argus."

Napoleon Got a Fashion. A hundred years ago, Europe was engaged in another great war, or series of wars, brought about by Napoleon's aspirations to world power. The Napoleonic wars are said to be responsible for one of the greatest changes in fashion that the world has witnessed—the change in men's dress. At one time, women were quite eclipsed by the sterner sex in the magnificence of their attire. Our dandies of the past ruffled it in silk and velvet of the richest and of all the brightest shades, from white satin to bright blues and reds and purples.

The struggle against Napoleon altered all this, for it is said that the vogue for black, and clothes of sober hue and cut among men arose in the first instance from the general mourning into which all Europe was plunged during these wars which lasted for years.

Origin of the Blouse. We owe one of our most useful and one of our most permanent fashions to a great Italian patriot. The shirt blouse, which simply never seems to go out of fashion, was originally copied from the red shirt worn by Garibaldi. Some of you will remember that in former years blouses were called "Garibaldi" after the famous man who was in the first instance, responsible for their vogue.

The original of the clocks on stockings, which are so generally worn in Europe, is a curious one. Hundreds of years ago, when stockings were made of pieces of cloth sewn together, ornamental braiding or stitching was laid on to hide the seams, and when woven stockings of silk and cashmere were introduced, the fashion for ornamenting that part of the stocking where the seam was, was continued in the form of clocks. In the same way, the three tabs which ornament the backs of gloves were also first introduced to hide seams.

War Fashions of Today. Nowadays there is no disguising the influence the great war in Europe is having upon our clothes. In the first place the exaggerated light shirt of the days before the war is dead. Women

We are always pleased to receive any new or tried recipes, or any fashion notes, etc., which may be of interest to our readers. All communications for these columns to have name and address (not for publication) and be addressed to the Editor, Women's Realm, "The Standard," St. John, N. B.

The Daily Fashion Hint.



Because of fur or warm velvet or other materials that cover the wearer's dress completely taffeta silk gowns are fashionable this winter. This new model of dark blue chiffon taffeta has a full outer skirt that loops up at the sides in panner puffs and a corsage with piped seams and touches of embroidery.

The Kimono Style.

During the Russo-Japanese war the influence of the Japanese "kimono" style in dress became very marked. Kimono-shaped sleeves have been in vogue at regular intervals since then. Indeed, to a certain extent they have never died out, for they are always being revived in some form or other.

Then, again, the Balkan war of two years ago brought Balkan embroideries of all kinds into fashion, and very effective use we made of them, too! Serbian embroideries are especially in vogue just now.

White spots on the nails are usually due to poor circulation or to poor health. You can get rid of them and erase the ugly ridges that sometimes mar the smooth surface by building up your system and improving the circulation. An effective paste to use at times is made of equal parts of refined pitch, or of turpentine and myrrh, melted and mixed together. This spread on the nails at night and may be removed in the morning by rubbing with olive oil. Any ingredients for creams and lotions may be purchased at a drug store.—Woman's World for January.

Christmas Plum Pudding

MADE WITH PURITY FLOUR

- 1 Pint PURITY Flour
- 2 Cupfuls Finely Chopped Beef Suet
- 2 Cupfuls Fine Bread Crumbs
- 1 Heaping Cupful Sugar
- 1 Cupful Seeded Raisins
- 1 Cupful Well-washed Currants
- 1 Cupful Chopped Blanched Almonds
- 1 Cupful Citron, sliced fine
- 1 Teaspoonful Salt
- 1 Teaspoonful Cloves
- 1 Teaspoonful Cinnamon
- 1/2 Grated Nutmeg
- 4 Well-beaten Eggs

Dissolve a level teaspoonful of soda in a tablespoonful of warm water. Flour the fruit thoroughly from a pint of Purity Flour then mix the remainder as follows: In a large bowl put the well-beaten eggs, sugar, spices and salt in one cupful of milk. Stir in the fruit, chopped nuts, bread crumbs and suet, one after the other, until all are used, putting in the dissolved soda last and adding enough Purity Flour to make the fruit stick together, which will take all the pint. Boil or steam four hours. Serve with wine, brandy, or any well-flavored sauce.



en are doing so much useful work just now that it is important that their clothes should be planned upon practical lines. The neat, short wide shirt gives freedom of movement. Once more we are able to step out when we walk, and run when we want to catch a train!

But it is in the general trend of style that the war influence is most marked. Smart little tailor-made of military cut; neat suits of navy blue of a decidedly nautical persuasion; high Cosack boots and long Russian coats; Highland tartans and the Glenarry cap—all are to be seen in the present-day modes.

Serving Their Country.

Most of the dress designers and buyers of the great Paris houses serving with the French army at the front; yet so keen is their interest in their work that they will spend the greater part of any leave they may be granted at the dress ateliers to which they belong, planning out new designs and giving their verdict as to which kind of materials are to be worn.

A visitor to one of the great dress-making salons of Paris quite recently expressed surprise at the number of officers in uniform she saw. "But, madame, they are all our employees," she was told. "One of them, the chief buyer, is only just recovering from a wound he received when in the fighting line, and is helping us with his ideas until his time of leave is up. What was his work before the war proves his recreation now."

Dress artists are not the only people who look upon their pre-war work as play these days!

The Beauty Seeker

Give your nails special care for half an hour once every week or two; if you do, a few minutes each day will keep them in good condition. Wash your hands with soap, using the nail brush freely. Dry them gently and push the skin back from the edge of the nail with an orangewood stick. Wood is preferable to metal for instruments to be used on the nails, as the latter is apt to scratch the surface. If the skin is stained, wrap a piece of cotton around the stick, dip it into a solution of peroxide which you can get from a druggist, and rub this swab around the nail. It is best not to cut around the nail. It is best not to cut around the nail. It is best not to cut around the nail.

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Planning a Week's Meals

- | Breakfast—Sunday | | |
|---|------------------|---------|
| Oranges | Bacon | Muffins |
| Chicken Hashed in Gravy | | |
| Baked Potatoes | Bolled Onions | |
| Evening | | |
| Bread and Milk | | |
| Poached Eggs on Toast | | |
| Buttered Toast | Marmalade | |
| Middle | | |
| Fish Souffle (made with left-over cold fish and potato) | | |
| Buttered Beets | Lima Beans | |
| Breakfast—Tuesday | | |
| Dried Beef in Cream Sauce | Muffins | |
| Vegetable Salad | | |
| Chicken Soup with Rice | Baked Apples | |
| Breakfast—Wednesday | | |
| Oranges | Scrambled Eggs | Rolls |
| Middle | | |
| French Toast | Marmalade | |
| Evening | | |
| Mashed Potatoes | Stewed Tomatoes | |
| Breakfast—Thursday | | |
| Griddle Cakes | | |
| Middle | | |
| Veal Hash with Tomato Sauce | | |
| Evening | | |
| Creamed Codfish | Baked Potatoes | |
| Spinach | Apple Pudding | |
| Breakfast—Saturday | | |
| Oranges | Corfish Hash | Muffins |
| Middle | | |
| Creamed Eggs | Bread and Butter | |
| Evening | | |
| Bolled Corn Beef | Potatoes | |
| Cabbage | Carrots | Apples |
| Breakfast—Sunday | | |
| Bread and Butter | | |

—Woman's World for January.



Men Who Like Rolls Love Five Roses Rolls

In the popular eating places where men meet, Hot Rolls are insisted upon—their consumption is enormous. The craving for good rolls is insatiable. People seek them before the meal and after when nothing else will do. On the dining cars, the steamships, in palatial hotels and cafes, FIVE ROSES is the flour used to improve the rolls they serve, in looks and flavour. Because the men love rolls and will show their preference for the FIVE ROSES kind, we invite you to please your folks with a batch of these dainty bread morsels baked from

Five Roses FLOUR for Breads-Cakes Puddings-Pastries

Think of the lightest bread sponge imaginable, brushed with sweet melted butter, and baked into crisp bits of golden brown—and you think of FIVE ROSES rolls. You will find it hard to confine them to only one meal. Your rolls will be in great demand. And there is no waste, so stubbornly do they retain their freshness and moisture. Merely by reheating in a well-steamed oven, they become as alluring and palatable as when first baked. Not merely to rolls and buns, but to all your bread-making FIVE

ROSES brings the vitality so plentifully stored in the ripe Manitoba wheat. We mill it exclusively from the fat, well-fed kernels so powerfully rich in food value. Let FIVE ROSES be a consistent ingredient in all your bake-things. Your foods will be so much finer and porous, so much more digestible. And so delicious in savour and aroma that the children will eat more of the breadstuffs that are so good for them. FIVE ROSES invites you to reduce your meat bill and increase the family health.

Guaranteed NOT BLEACHED—NOT BLENDED.

Reliable Receipts

Jellied Rabbit. Get two young rabbits, two slices of bacon, a quarter of an ounce of gelatine soaked in water, a blade of mint, ten peppercorns, a bunch of sweet herbs, half a teaspoonful of lemon-juice, one teaspoonful of salt, and one and a half pints of water. Wash the rabbits in salt and water, cut into joints, place in a stewing jar with the bacon (cut in dice), and the rest of the ingredients. Cover down with lid. Place the jar in a moderate oven and cook for two and a half hours. Rinse a quart mould with cold water, put in the pieces of the liquid gravy over, then cold, turn the mould out carefully.

Marmalade Tart. Two teaspoonfuls of marmalade, two teaspoonfuls of breadcrumbs, yolks of four eggs, whites of two, a small piece of butter, and white sugar to taste. Slightly melt the butter, and mix all the ingredients well together, then pour into a buttered pie-dish lined with short pastry. Bake until a nice brown, and sift castor sugar over it. Serve hot or cold.

Apricot Fritters. Get a tin of apricots and drain them free from juice. Roll out some pastry, thin, and cover each apricot with it—as you do apple dumplings—and fry each in boiling fat until of a light golden brown. Serve them very hot. Sift powdered sugar over.

Brown Bread. One cup bread flour, teaspoonful

(level) soda, 1-2 teaspoonful salt, sifted together. Add 2-3 cup Indian meal, 1 cup seeded raisins and 2-3 cup molasses. Mix quite moist with warm water and steam 2-3 hours. Dry 1-2 hour in oven.

Cold Meat Cuts. Eight ounces of cold meat, one ounce of flour, one ounce of butter, a quarter of a pint of gravy, pepper and salt, a little chopped parsley or onion. Make a sauce of the butter, flour and gravy, add the meat and the parsley, finely chopped. Season, allow the mixture to cool, make into cutlets, dip into beaten egg, then in breadcrumbs, and fry in hot fat. Serve with gravy.

Fashion Hints

To Make Decanters, Cruet Bottles, Etc., Look Brilliant. Fill about two-thirds full with hot ammonia water, one-quarter fill with bird sand or sea sand. Shake occasionally, and let it remain for a few

hours. Rinse out well. A small brush should be kept for cleaning cruetes in cut or pressed glass.

Always Sew Hooks and Eyes, Placket Fasteners, Etc., by the tape measure method. Pin the tape measure on the side of the garment where the hooks are to go, and sew them on at every inch mark. Now pin the tape measure on the opposite side, and sew the eyes on at the inch mark also. It saves a good deal of worry and measuring.

Oranges Made Sweet. The unpalatable sourness of early oranges may be remedied to some extent by either soaking them for about half an hour in hot water, or leaving them on the hearth in front of the fire for an hour or so.

A New Apron from an Old Skirt. Old cotton washing skirts make most useful work aprons. Take off the waistband—or if high-waisted cut off at the waist—turn in the rough edges, and face them with a band of tape which forms the strings. The back of the skirt is slit up, the placket

removed, and the raw edges hemmed. The result makes a big useful apron for sewing, cooking, or any household duties.

To Clean Steel Knives. A large cory moistened and dipped in powdered bath brick will clean steel knives used in the kitchen.

Accessible—Reasonable in Price

Hotel Seymour

44-50 West 45th Street NEW YORK

Between Fifth Avenue and Broadway. Time tables from Grand Central Station. Near Shops and Theatres. Large Light Rooms, with Bath, \$2.00

Parlor, Bedroom and Bath, 3.00 Excellent Restaurant a la Carte

Also HOTEL BRETON HALL Broadway & 86th Street

Help to Make Her Dream Come True

SHE is one of some Three Million Belgians who, since they refused to sell their honor to Germany, have lived on the brink of starvation. A thriving industrial people, used to life's comforts, they have been reduced to a state where they dream, not of luxuries or pleasures, but of having enough to eat!

True to their character as the war has unmasked it, the Germans callously refuse to help the starving. The task of feeding them has been undertaken by Belgium's Allies and Neutral Nations, through the

Belgian Relief Fund

provided by voluntary contributions and administered with wonderful economy and efficiency by a neutral Commission.

Absolutely none of the supplies go to Germany, and most of the food taken into the country is paid for by Belgians who have still a little money. But to feed those who cannot pay, nearly \$2,500,000 a month is needed!

Send your contributions to Local or Provincial Committees or to the Central Executive Committee, 59 St. Peter Street, Montreal.

\$2.50 KEEPS A BELGIAN FAMILY A MONTH

Surely no people ever deserved our sympathy and aid more than do these starving Belgians!