Of Her Household

By ISOBEL BRANDS

MARKETING FOR PERMANENT SUPPLIES

I had to change last night's menu at the last minute just because I didn't have the cheese for the spaghetti. Never again!

Besides, most of these permanent supplies will last me a week — some of them will last a month or more; so that the only things I'll have to buy on my thrice-a-week marketing trips will be fresh vegetables and fruit, or meats or

will be for such small quantities, as a rule, that the cost of delivery to you will be more than the profit on the order, and the cost of telephoning will make it too expensive for me to buy at all." I explained.

There's a lot of competition among the grocers here, and while the one nearest me seems quite accommodating. I'm not going to get into the habit of buying at just this place and no other. So I'm not opening a charge account, but paying immediately for everything I buy, and I'll buy at the place that offers me the best quality at the lowest price, regardless of where it is.

I shall keep my list of permanent supplies and mark the prices paid so that I can watch for special prices and save by extra large quantity buying whenever possible.

LIST OF PERMANENT SUPPLIES FOR COOKING

lbs.
Pepper, ¼ lb.
Mace, ¼ lb.
Molasses, 1 quart.
Small Edam cheese.
1 oz bottle each of
pistache flavor.
Bottle of chili sauce.

Apples, 1 quart.

Granulated sugar, 5 lbs. Salt. 1 lb. Mustard, 14 lb. Vanilla, 6 sticks (from druggist), Lemons, 6. Jar of preserved ginger. Bottle of anchovy paste, Box of curry powder.

Baking powder, ½ lb. Potatoes, 1 peck. Bananas, ½ dozen.

We're stocked up with all these things now, and by keeping to my system I don't see why my cooking should ever be interrupted because I'm "out" o something at the last minute.

HELPS ALONG THE DAILY ROUTINE

HELPS ALONG THE

WHEN your house plants look a trifle dejected, and water does not revive them, try putting coffee grounds on the roots three times a week; then once a week give them a tablespoonful of clive oil; do not allow the earth to become hard and dry.

VON HINDENBURG'S WIFE.

wife.

Behind the publication of the book

was a very worthy object of public interest but the book's appeal is founded on its merits as a sensible

founded on its merits as a sensible gathering of sensible recipes ranging from the good old fashioned dishes to the dainty things that delight the eye and are a joy to the palate. With Mrs. Powell's permission The Sunday World gives a few odd samples of the first part of the good things in the Toronto Cook Book.

Parker House Rolls

cupful of butter, flour. Make a sponge

of the milk, scalded and cooled, the yeast cake, softened in lukewarm

French Rolls

WO CUPFULS of scalded milk,

1 yeast cake. 1/2 cupful of lukewarm water, 2 tablespoonfuls sugar, 1 tablespoonful of salt, 14

Advice to Perplexed Girls

Annie Laurie's Answers to Letters From Sunday World Readers Who Seek Help in Settling Their Love Problems.

DEAR ANNIE LAURIE:

A short time ago I was introduced to a gentleman at a skating party, and since that time have been in his company almost continually. During our short acquaintance we have become very much attached to each other; in fact, he has told me that he loves me, and I know that I love him. I heard yesterday that he has been married for some time. If this is true, why has he done this, and

DEAR ANNIE LAURIE:

I am a girl of seventeen, and I have a boy friend of twenty-four. He loves me dearly, but I can't learn to love him because I think he is too old. He is a good worker and besides the work he is doing he has a business of his own. He loves his mother, and is very kind to her; he has no father. He is not good looking, that's the reason why I do not love him. My parents like him because he saves all his money. But I have met a nice looking fellow of twenty-one, and I love him, and he seems to love me. He talks very nicely to me. My parents have no objection if I wish te marry him, but they tell me to take the fellow of twenty-four, because he can make a happy home for me. Altho I do not love him, I like his ways. Please advise me what to do.

J. B.

DEAR ANNIE LAURIE:

met a very nice young man about my own age. I have been out with him a few times. He seems to be very nice and seems to think a lot of me. My parents think he is a very nice fellow, too. But I have another young man to whom I am engaged and earnestly love. My parents don't know about it. They don't think much of him; they have seen him going into saloons—but I don't think he gets drunk. He brings me chocolates every time he calls on me. He takes me to the theatre and gives me a very good time. Please tell me what to do.

DEAR ANNIE LAURIE: I met a young man while I was on my vacation last summer. Since then we have corresponded quite often, but his letters are quite often, but his letters are getting more businesslike. He doesn't seem to have the same good feeling towards me, and I find I am always thinking of him. I also seem helpless in letting him know when I write him. Please give me your advice. I am nineteen years old and my friend is twenty-two.

DEAR ANNIE LAURIE:

I am a girl of thirty years living in the country. I have a boy friend who loves me very dearly and I love him the same. He pro-

ed to me but I refused, as I thought I was too young. Just two weeks later he enlisted and went away with first contingent. I am heartbroken, but since he went away with first contingent. I am heartbroken, but since he has been away I have been adquainted with another young man. He is a farmer, too. His name is John. He has also proposed. Do you think I should continue with his company or do you think I had oetter walt and see if my other tover will come home not injured? He kissed me before he left and told me he would wait for me to marry him. Do you think I should wait?

Papa's Little Lady.

Papa's Little Lady. Papa's Little Lady.

OODNESS, gracious, "Papa's
Little Lady," you don't mean
that you are thirty years old,
do you? Your letter plainly reads
t-h-i-r-t-y. You meant to write thirteen, didn't you? If you are really
thirteen, you certainly are too young
even to have thoughts of marriage.
You should not marry until you are
eighteen anyway, and it is foolish to
think of marrying anyone whom you
do not love with all your heart—it, is
not only foolish, it is not fair either
to you or to the man who has asked
you to marry him.

I am'a young girl of nineteen and have become very fond of a young man who plays in one of the Toronto churches. I am sure he has no girl friends as he seems

In what way do you think I could get acquainted with him? I mean well acquainted? He seems to hold all the girls at a distance—at first I used to laugh at him, but now I am afraid I love him—he is so attentive to his duty and so gentlemanly and good. I can't join the choir as I am not a singer. Please tell me what I should do.

One Sunday I was thinking so much about him that he seemed to know, for he looked in my direction and I am sure I blushed. to know, for he looked in my direction and I am sure I blushed.
Twice since I have noticed him
glance at me. For two years I
have been hoping for such a young
man. I have never seen one just
like him before. He has no bad
habits—I know that much about
him—and be is very tender him—and he is very tend hearted. I found that out also.

Do you think I had better try when others evidently have failed? Y DEAR Rosemary, your letter is as sweet and charming as your name. No, I don't think I would try very hard to become acquainted with him, if I were you. Men always like to do the pursuing and it is better not to know one you like than to have him think you forward and bold. So, if I were you, Rosemary, I would go along just as before.

DEAR ANNIE LAURIE: I am twenty-five years, old and I am twenty-five years old and am keeping company—well. I suess I shouldn't say I am keeping company—but, anyway, this young gentleman asks me to telephone him two or three times a week and then he makes engagements with me. But when I make an engagement he doesn't always keep it. I feel I am being laughed at, altho he lives very far from my house and it takes him a great deal of time to come to see me, as he works on the 'phone in a hotel and is not relieved until 7 o'clock.

him when he tells me that he doesn't like to call when it is so late? He has asked me many times to meet him downtown, but I don't care to meet young gentlemen on the street corners. Do you think I should introduce him to my mother and bring him into the house te have some refreshments when we come back from a walk? Miss Billy.

Spoon at a time. Cook in moderate oven about twelve minutes, or till well puffed up, and a straw comes out clean. Serve at once.

Johnny Cakes

Johnny Cakes

White Bolted meal or corn meal (white preferred), one teaspoon sugar, salt (use judgment as to quantity); scald with madly boiling water; stir it. The hot water cooks the meal and swells it; thin to the right consistency for fryling with cold milk. Fry in cakes.

Miss Billy.

Miss Billy.

If I were you, Miss Billy, I would stop telephoning this young man who makes engagements with you and then breaks them—I wouldn't have anything to do with him any more. There is not a doubt in the world that he is laughing at you and likes to have you call him up simply so the other boys may think you are deeply in love with him. I am very glad you refused to meet him on street corners. Most certainly you should introduce him to your mother and she should be at home to meet you if you invite him in to have some religion.

ORONTO PLEATING.

s. But don't you think it better to forget him alto-

DEAR ANNIE LAURIE: DEAR ANNIE LAURIE:

I am a girl of eighteen and am very much in love with a man forty years old. He often phones me and wants me to go out with him. One night he called on me when the rest of the family were out and told me that he loved me and wanted me to marry him. Oh, Annie Laurie, if you, only knew how I love him and am perfectly happy when I am with him! The family like him very much and he is really younger than his age. Shall I marry him, or the younger man who professes to love me very much, but whom I do not love nearly as well as the man of whom I have told you?

Snockums.

If I were you I would think very long and very hard before I had very much more to do with a man so much older than myself. Just think, when you were born he was twenty-two years old, old enough to be your father. Marriages between persons so separated in age are not nearly as happy as those nearer the same age. So think hard before you make a decision that you might regret for the

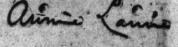
PERHAPS you show too plainly that you are too anxious for men friends.

Men like to do the hunting them.

selves.

They do not want to be hunted. I think that must be what is the matter—no man wants to get into a serious entanglement with a girl who thinks every man who comes to spend an evening with her is dead in love with her. Be simple and frank and unaffected and don't scare the man to death by being too eager—don't be discouraged—the right man is on the road.

Annie Laurie



We'd like to a sample of this pure essence of soap in flakes, Madame-A wonderful preparation that coaxes rather than forces the dirt out of clothes. LUX gives a rich, cream-like lather which dainty hands and garments need never fear. It prevents all fabrics from matting and shrinking in the wash. LUX Won't Shrink Woollens-Price 10c. Send a post-card to-day for free sample of LUX.

Made in Canada by Lever Brothers Limited, Toronto

NOW LET'S TRY SOME **CAUSES COLLAPSE**

Now in Wonderful Health through Dr. Cassell's Tablets

PALPITATION

Also had Acute Dyspepsia and Simply

manent avail.

Obtained Quick Relief and Speedy Cure through

DR. CASSELL'S TABLETS

Enderly folk all ever the Dominion who mafter from Dyspepsia or heart publication should read this story. They will then know what wonderful power there is in Dr. Cassell's Tablets to cure these certuring mainties, and to restore bright health and comfort even to those of middle and advanced age.

mealth and comfort even to those of middle and advanced age.

"I can't praise Dr. Cassell's Tablets enough for all the good they have done me," says Mrs. C. Harris, of Charnham street, Hungerford, England. "When I first got them," she continues, "I really thought I was going to die, and now to see the splendid progress I have made! It is almost a miracle. For years I had suffered with my heart, and windy spasms, and this brought me so low that I had hardly any strength left. I was much troubled with Dyspepsia, too, and simply awful headaches. My head used to ache till I really wished myself dead. But it was the heart palpitation that was my great affliction. It just fluttered like a bird, and if I exerted myself at all I went cold from head to foot, and so faint that I almost collapsed. I could not do any housework at all; if I tried to I fainted right away. I used to be in bed for days at a time. Pounds and pounds I have spent on treatment, but it was little use. I was told I could only be patched up, that there was no real cure. Once I tried a convalencent home, but I came back from it rather worse than when I went in. I was getting weaker as the years advanced, and oh! so help-lees.

"It is only about a year since I dirst got."

There was pain constantly at my chest.

wes wonderful. First they gave me sound refreshing sleep, and then I gained strength rapidly. The windy spasms and seadaches ceased to trouble me, and my heart grow stronger. Now I am in wonderful health."

Mrs. Elizabeth Forner, a lady of 67 years of age, of 9 Mainsforth terrace. Sunderland, England, where she is well-low work, said: "I feel it is only right that I should tell you of the wonderful benefit I have derived from taking Dr. Cassell's Tablets. It is about four years ago since I first began to suffer with



return. My life was a daily misery. Another trouble, perhaps my worst, was the frightful heart-palpitation I had to endure. My heart used to flutter till I felt like to collapse, and I had to throw myself down on a couch, utterly helpless. Sometimes I hardly cared whether I lived or died, I was so tortured and miserable. There was pain constantly at my chest, and I was so weak and faint that I could do nothing.

do nothing.

"Of course, I had medicine. I also tried other things. But it was all useless. I seemed incurable till at last I got Dr. Cassell's Tablets. Then I grew better. All path left me, all the sickness and palpitation; I could eat without fear, and now I am as well as ever in my life."

LARGEST SALE IN BRITAIN

Popularity Now World-Wide

Remarkable as these cures undoubtedly are, the facts as here given are true in every detail, and are simply an unvarnished story of what Dr. Cassell's Tablets are 'accomplishing every day in homes both here in Canada and elsewhere, Make a trial of Dr. Cassell's Tablets today, you will never regret it. They are a remedy of world-wide repute for Nervous Breakdown, Nerve Failure, leseness. Anaemia, Hidney Trouble, Dyspepsia, Stomach Disorder, Wasting, Pelpitation; and they are specially valuable for nursing mothers, and girls approaching womanhood. All druggists and storekeepers throughout the Dominion selected for the processes of the processes o

Franch Cinnamon Toast

BEAT TWO eggs, add two cups sweet milk and a little salt. sugar may be added to the milk, as it helps to brown it nicely. Dip slices of bread into the mixture, allowing them to absorb it; then brown the slices on a hot. well-buttered frying pan. Sprinkle with cinnamon; butter and serve very hot. are adept in the kitchen and whose glory does not rest upon a single dish but on the ability to take everyday foods out of their ordinary tastes and transport them into dishes delicious. Along comes a book to prove that, as cooks, the women of Toronto are artists, a book that will also add to their art. Its the "Toronto Cook Book," and from page 1 to page 353 it's a feast of good things. Only a few days on the bookshelves, it has already commanded appreciation. Mrs. E. J. Powell, the clever and energetic woman who compiled it, with a rare appreciation of what wemen want in a book of recipes and how they want it arranged, has issued a volume that has particular regard for the Canadian use to which it will be put for most of the recipes have a Canadian flavor. Some of them were originated here in Toronto, and all have been used and found fine by Toronto women experts. When she steps outside the country for a recipe it is for something that can be made at home; many cook books have as a chief fault that they put forward recipes demanding ingredients not handy to the local housewife.

Lovely Muffins

ONE AND a half cups flour, pinch of salt. one tablespoon butter. two eggs, two teaspoons baking powder, one tablespoon sugar, one cup milk; sift the flour, salt and baking powder together; rub in the butter, add sugar and mix to a batter with the yolks of eggs and milk. Last of all add the whites of eggs beaten to a stiff froth. Bake at once in a

Squash Muffins

I WO WELL-beaten eggs, one sup cooked and strained squash, one cup milk, a little salt, two cups flour, two teaspoons baking powder one tablespoon melted butter; after all the ingredients are mixed together, add melted butter last. Bake thirty minutes in a slow oven having oven

Potato Cake

BOIL A saucepan of good floury potatoes; peel while hot and set aside until cool enough to handle; then break them with your hands and as they become sticky and moist, dredge a little flour over your fingers. Do not use more flour than is necessary. Knead well, adding a little salt; then form it into the round of frying-pan and have it about two inches thick and let cook on top of stove, turning frequently. When done which will be in half an hour, cut into quarters; slit these and butter while hot.

Prince of Wales Cake

yeast cake, softened in lukewarm water, and 2 cupfuls of flour. Beat thoroly, cover and set aside until light; then add sugar, salt, melted butter and flour to knead. Knead about 20 minutes, let rise until double ir, bulk, then shape into balls, cover closely, and when light press the handle of a small wooden spoon across the centre of each biscuit without dividing it; brush the edge of one half with butter, fold the two haives and press together lightly; place in buttered tins some distance apart; cover and when light bake from 12 to 18 minutes. This makes enough for eight people. WO EGGS, three-quarters butter, half teaspoon nutmeg, three-quarters cup sour milk, one cup quarters cup sour milk, one cup raisins, a pinch of salt, three-quar-ters sugar, half teaspoon cinnamon, one teaspoon baking seda, two cups flour. Bake in three layers Filling—One egg. one lemon, one tablespoon cornstarch, half cup sugar, one cup water. Cook until it thick-

Rusks

ONE QUART of flour, one teaspoon salt, four teaspoonfuls
baking powder, nearly one pint
mink. Sift flour, salt and baking
powder together thoroly; rub in lard
powder together thoroly; rub in lard
the milk and mix into a powder together thoroly; rub in lard cold, add the milk, and mix into a gether flour, sait sugar and powder: rub in the lard cold; add the milk, beaten eggs, and spices. Mix into a dough, soft enough to handle; flour the board, turn out dough, and immediately give it one or two quick vigorous turns to complete its smoothness and quality. Now divide it into pieces the size of an egg, and each piece in half, which you form under the hands into the appearance of short thick rolls tapering sharply at each end. Put two of these pieces induced by side pinching the

Marshmallow Gingerbread

egg well beaten, two and onethird cups flour mixed and sifted with one and three-quarter teaspoons soda and one teaspoon each of sait and ginger and one cup sour milk. Bake in a large dripping pan about 20 minutes. Remove from pan, cut in halves crosswise and on one-half spread marshmallows. Cover with the other half and set it in oven for a few minutes Remove to serving dish, cool slightly and serve with whipped cream.

Omelet Soufflee

A LLOW A heaping teaspoon powdered sugar, a few drops of lemon or vanilla for flavoring and two whites to each yolk. To make and two whites to each yolk. To make a small omelet, beat the yolks of two eggs till light and thick; add two heaping teaspoons of powdered sugar and half a teaspoon of lemon or vanilla. Beat the whites of four eggs till stiff and dry, and fold them lightly into the yolks. Put it lightly into well-buttered baking-dish a table-spoon at a time. Cook in moderate oven about twelve minutes, or till well puffed up, and a straw comes out clean. Serve at once.

thin to the right consistency for fry-ing with cold milk. Fry in cakes.

Fruit Mousse

MASH ONE pound of fresh fruit four tablespoonfuls of sugar and stir over the fire until the sugar and stir over the fire until the sugar is dissolved. Remove from the fire and add one tablespoonful of gelatine which has previousty been dissolved in very little cold water. Stand on ice till thoroly chilled. Mix two tablespoonfuls of powdered sugar and one teaspoonful of extruct of vanilla with one quart of rich cream and thoroly, adding a tablespoonful at a time of the chilled fruit juice, sweetend more if desired. Pour into a mould, cover very tightly and allow ened more if desired. Pour into a mould, cover very tightly and allow to ripen in ice and salt at least three

Snow Pudding With Preserved Strawberries

Make A snow pudding with the whites of three eggs, one quart of sweet milk, a little salt, two tablespoons of cornstarch. Cook until like thick custard, and then pour into moulds and stand in a cool place to harden With the yolks of the eggs, one pint of milk, one and one-half tablespoons of cornstarch. one-half tablesprons of cornstarch, one-half cup of sugar (three-quarters

JTE WIS

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PRACTICAL

WILL ald the you to know just what crust for one pie.

"I should have

have an Indur

"I've heard of difference betw "Fibreware is

treme heat. A

of Tin

DEAR ANNIE LAURIE:

I am acquainted with a young gentleman who lives some distance away from here, but whom I meet very often at the rink. He always wants to skate with me and seems to show in an indirect manner that he cares for me. How can I find out this young gentleman's feelings toward me, as I care very much for him?

Rianch.

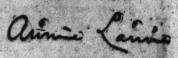
DEAR ANNIE LAURIE Can you advise us why we cannot get any boy friends? We are fairly good looking: at least neat in appearance, and like fun as well as any girls of twenty-four.

We are told by girl friends that we are good company and we always treat any boy that comes to our home as well as we know how, but guess there is something wrong somewhere.

Trusting that you will give us a little of your valuable advice.

Helen and Louise.

Miss Laurie will welcome letters



tove plate is put on to remain for three mallow the lid to be and not injured it.