

HOW TO SECURE NEW NAMES FOR OLD

In England Anxious to Be
British Soon as Possible

That there is no falling off
in the desire to change foreign names
to English ones is shown by
the daily record book at
the courts.

Records for last month show
from October 2 to October 31 in-
cluded there were no fewer than 59
persons with foreign names
changing to English names in their
names.

of the changes are: Zimmer-
man to Reid, Fletcher to Reid,
to Taylor, Wagner to Mel-
krauss to Cross, Semitsky to
Schornstein to Shore, Lip-
Calthorpe, Hoffmann to Brown,
son to Hawkins, Zoller to
Obenaus to Kelly, Schaefer to
Koppenhagen to Kelsey,
to Richards, Stangenberg to
Neutzel to Barrington,
to Beaumont, Otto to Ruther-
humacher to Roxburg, Dvorko-
beane, Schrader to Wilson, Re-
to Rowlands, Fritz to Montag,
haler to Birtles, Schneider to

Donald School of Dancing and Physical Training

General private classes have al-
ready begun. Persons wishing to
join their own club Phone W4870
appointment.

Men's classes Saturdays at
8 a.m., and 2 p.m.

Academy may be rented for dan-
ce entertainments of exclusive

914 12TH AVE. W.

Central Business School

8 Eighth Avenue West
attending this school you have the
benefit of a university trained teach-
er and a society of Arts Diploma
short-hand, and has taught for
successive terms at the Calgary
Business School. This should be re-
commended enough for discrediting
this school has been exceptionally
successful in obtaining good positions
for its students. It is a small school,
the terms are moderate.

Extend Yourings To You

you greet yourself with
Asian Lamb, Hudson Seal,
also we offer a first grade
for.....\$250.00

set Best Eastern Mink
and Gray Fox, Black
Cat, Civit Cat or Siberian

all in Fur.

Pattern Hats at cost

BELL

706 2nd St. W.

Information!

AGES OF 16 AND 18 INCLUSIVE.

ICE.

How old are you?

subject?

and?

and?

and?

and?

and?

and?

and?

and?

and?

and?

and?

and?

and?

and?

and?

and?

and?

and?

and?

and?

and?

and?

and?

and?

and?

and?

and?

and?

and?

and?

and?

and?



Feminine Fads and Fancies

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

moistened with cold water and pour
over all.

Potato and Egg Salad

Cut cold boiled potatoes in one-
fourth-inch cubes; there should be two
cupfuls. Add one cupful of shredded
cabbage, three hard-boiled eggs, finely
chopped, two tablespoonfuls of chop-
ped pickles two tablespoonfuls of green
pepper, finely chopped, one tablespo-
onful of finely chopped parsley and a
few drops of onion juice. Moisten with
cream salad dressing and mound on a
bed of lettuce leaves.

Cream Salad Dressing

Mix thoroughly two teaspoonfuls of
flour, one teaspoonful of salt, one tea-
spoonful of mustard, one and one-half
teaspoonfuls of powdered sugar and a
few grains of cayenne; then add one-
third cupful of hot vinegar, one tea-
spoonful of melted butter and the yolk
of one egg, slightly beaten. Cook in
double boiler, stirring constantly, until
mixture thickens. When cold add one-
half cupful of heavy cream beaten un-
til stiff.

Luncheon Cheese

Beat one-half cupful of sour, heavy
cream until smooth and season with
one-half teaspoonful (scant measure-
ment) of salt and cayenne to taste.
Soak one teaspoonful of granulated
gelatine in one and three-fourths
tablespoonfuls of cold water ten min-
utes. Set cup containing gelatine in
a small saucepan containing boiling
water and stir until gelatine is dis-
solved, then add slowly to cream while
stirring constantly. When mixture be-
gins to thicken turn into a small mold.
Serve with thin, unwatered water-
crackers and crabapple jelly or Barle-
Duc strawberries.—Woman's Home
Companion.

One Egg Christmas Cake

This cake has been made every
Christmas in an old Southern family,
for whom it was arranged by their
cook just after the war. Two cups of
flour or enough to make a very stiff
dough, one cup of strong coffee, one
cup of molasses, one-half cup of butter
or butter substitute one cup of sugar,
one teaspoonful salt, one teaspoonful soda,
one teaspoonful each of cinnamon and
cloves, three pounds of mixed raisins,
currants, citron, orange and lemon
peel and pounded nutmeg. The fruit
must be finely chopped and sprinkled
with sifted flour. The success of this
cake lies in a vigorous beating after
all the ingredients are mixed. This
should be done with a wooden spoon.

Mince Meat

Two pounds currants.
Two pounds raisins.
Two pounds apples.
Two pounds suet.
One and one-fourth pounds brown
sugar.
Six ounces candied peel (lemon and
citron).
Two lemons, peel chopped fine, and
juice.
One large teaspoonful mixed spices
One-half nutmeg.
Wine and brandy if desired.
Chop suet, raisins and apples sepa-
rately, then all together.

TOOTH BRUSH A

HEALTH INSURANCE
Out of 330,179 school children exam-
ined in the City of New York in 1914,
194,207, or 58.8 per cent, suffered from
defective teeth. This exceeded the
sum total of all the other defects not-
ed by nearly eighty thousand. Defec-
tive teeth impair general health and
impede school progress. Disorders of
the digestive tract, tuberculosis and
various other diseases frequently are
preceded by diseased conditions in the
mouth. There is a direct relationship
between dental development and men-
tal development, and it is absolutely
essential to good work in schools that
children's teeth be maintained in a
healthy condition. The public health
service recommends that a good
tooth brush should be included in the
list of gifts to every American child.
That his use be made a part of the
daily training. If it is recommended
that he use the United States
tooth brush, he will have more healthy
teeth than last, and their chances of
growing up into useful, healthy men
and women will be increased.

Book Reviews

"Thirty Pieces of Silver," a novel
that the publishers believe to be of un-
usual importance and significance, will
be issued by the Bobbs-Merrill Com-
pany early in the autumn. It is by
Francis Neilson, author of "The But-
terfly on the Wheel," "How Diplomats
Make War," etc., etc. Mr. Neilson,
now living in this country, is an ex-
member of the British Parliament and
was at one time president of the
League for the Taxation of Values.
He is a bold and radical thinker
with a wide experience of life and a
strong sense of the dramatic that stand
him in good stead now that he has
turned his attention to fiction. "Thirty
Pieces of Silver" is a story of today
with England the scene and her prob-
lems its problems.

Arthur Stringer was born in Lon-
don, Ontario, in the early seventies,
though to look at him today you would
hardly believe it. He has lived much
out doors and away from cities with
the result that there is youth in his
step and the freeness of boyhood in
his face. He graduated from Toronto
University and from Oxford, England.
Then, with his schooling in his head

TALKS ON DOMESTIC SCIENCE

An Expert's Advice on What to Cook and
How to Cook It.

The Efficient Kitchen

Home efficiency begins with the
kitchen, and unless this room of the
house is compact, well lighted and
ventilated, sanitary and of convenient
working principles, housekeeping is
lacking a vital principle. A good kitchen
will do wonders with the servant
problem, for a servant finding conven-
ience and comfort for her labor be-
comes happy and contented with her
work. The woman who does her own
housework will find the convenience
an elevation to the task of housework.
The construction and equipment of
the ideal kitchen is planned to secure
economy of time and labor, hence the
modern kitchen is small and compact.
The amount of woodwork is reduced
to the minimum since dirt and germs
find wood a convenient lodging place.
Sheathing with its cracks, sharp cor-
ners and molded baseboard, all con-
venient harbors for dirt to accumulate,
have given place to sanitary materials
and plain finish woodwork and round-
ed edges.

It is essential that the kitchen be
well lighted and ventilated, perfect
ventilation being secured with windows
and doors forming a cross-draught
for circulation and coolness. A chim-
ney register above the stove carries
off cooking odors.

The walls should be of hard finish
plaster, painted with two or three
coats of light colored paint, or enam-
eled, in order that they may be washed
frequently and kept sanitary.

Linoleum makes the best floor cov-
ering, having the advantages of being
easy to clean, wearing well and com-
fortable to the feet. In purchasing
linoleum, buy enough extra that a
piece the size of a small rug may be
placed before the stove, sink and
table, thus saving wear.

Place the sink and stove in positions
where they are well lighted and of
convenient access to the pantry. The
best material for the kitchen sink is
enameled steel, though porcelain,
enameled iron or slate are recommend-
ed. If enameled steel or iron are the
choice, select a design with the sink
and back, which prevents the wall
from being splashed, cast entirely in
one piece with rolled edges. At
variance of having the one-piece back
is that the jointing is done away with
where dirt is apt to accumulate.
There is a good style of sink which
is fastened to the wall by means of
brackets, thus doing away with floor
supports, an advantage when cleaning
the floor beneath. An enameled drip-
board furnishes another convenience
to the enameled sink.

Brass faucets wear best in the kitch-
en, since continual usage wears
through the polish of nickel and makes
them streaked.

If your house is lighted by gas or
electricity, provide three side lights
for the sink, stove and work table or
cabinet.

Stoves with gas range attachments
are the most preferred. A small draw

two feet deep built in the side of the
wall near the stove is convenient for
kindling wood.
Heading the list of kitchen conven-
iences is the cabinet, the very acme of
orderliness and compactness. The
kitchen should possess a strong table
with small drawers and a zinc covered
top if the cabinet is not to be had.
New tables of enameled steel are par-
ticularly nice.

Most kitchen pantries are made
larger than necessary. Just enough
space to accommodate the supplies
should be allowed for the pantry. The
convenient pantry is equipped with
both shelves and drawers of various
sizes, the walls and shelves white en-
ameled and the inside of the drawers
varnished. Have one or two low
shelves covered with zinc for kettles
or pans. Include a zinc flour bin, open-
ing from the front, with a swinging
stand for the barrel, making access to
the flour easier by being able to swing
it out and back with little effort, as
well as keeping it raised above the
floor.

Provide glass doors on the china
shelves, that slide by each other in-
stead of opening outward.
Inadequate tools are a big handicap
in the kitchen, so provide your work
room with as many as possible of the
best utensils and labor saving devices
that time and progressive manufac-
turers are putting on the market.

A small narrow closet should not be
forgotten in which to keep brooms,
mops, etc. If you have an old-fashion-
ed kitchen, take an inventory of it
some day and see if you cannot make
its arrangement more convenient, com-
fortable and attractive as a place to
work in.

Good Ways To Prepare Good Things

Hugarian Goulash

Wipe and cut in two inch pieces two
pounds of beef from the top of the
round. Cut one-fourth pound fat salt
pork in small cubes, try out and strain.
Cook beef in the strained fat until
the entire surface is browned, stirring
constantly. Add cold water to
just cover, let simmer until meat is
tender, seasoning with salt and pepper
after the first hour. Cook two cupfuls
of canned tomatoes, one onion, peeled
and sliced, one stalk of celery, broken
in pieces, a bit of bay leaf and four
whole cloves, thirty-five minutes. Rub
through a sieve and add to stock in
which meat was cooked. Remove meat
to serving dish and surround with
a border of two cupfuls of boiled potato
cubes, one and one-half cupfuls of boil-
ed carrot cubes, one green pepper, par-
boiled twelve minutes, and cut into
thin strips, and one cupful of boiled
macaroni. Thicken gravy with flour

Our \$50 Diamond Engagement Ring

A Diamond bought on the basis of
size only must suffer when compared
to a Diamond that is bought on the
basis of quality.

A \$50.00 Diamond, bought on the
basis of quality, however, will never
suffer by comparison with any
Diamond, irrespective of size.

A D. E. Black Diamond at \$50.00 is
a good size, absolutely perfect and
blue white, and is mounted in Solid
Gold 14K. or 18K. with Platinum Tips.

You can order by mail, subject to
prompt refund if not entirely satisfied.

Send For Catalogue and Size Card.

D. E. BLACK & Co. Ltd.
JEWELLERS
HERALD BUILDING :: CALGARY

Winter Excursions

Low Round Trip Fares

TICKETS ON SALE DAILY DEC. 1st TO 31st.
TO TORONTO, HAMILTON, LONDON,
WINDSOR, OTTAWA, KINGSTON,
MONTREAL, QUEBEC, ST. JOHN
HALIFAX, and all points in
EASTERN CANADA
Final return limit THREE MONTHS from date of
issue.

To Atlantic Seaports in conn ction with ocean
tickets via all Steamship Lines, to the
OLD COUNTRY
Final return limit Five Months from date of issue.
**ALSO TO ST. PAUL, MINNEAPOLIS, CEDAR
RAPIDS, CHICAGO, COUNCIL BLUFFS,
DES MOINES, DUBUQUE, PORT
DODGE, KANSAS CITY
and other**

United States Points

Final return limit THREE MONTHS from date of
issue.

**TO VANCOUVER, VICTORIA AND NEW
WESTMINSTER.**
TICKETS ON SALE
December 4th to 9th, 1916.
January 8th to 13th, and February 5th to 10th,
1917.
FINAL RETURN LIMIT APRIL 30th, 1917.

For full information apply to any Canadian
Pacific Ticket Agent, or write—
E. DAWSON,
District Passenger Agent, Calgary.

as it may the story tells of the bring-
ing up and marriage of the twins and
the other members of Prudence's
household in a clever and interesting
manner that holds the reader's atten-
tion.

It is well worth reading, and no
doubt will enjoy a large sale from
those who read the first book and who
will eagerly seek for another page of
that charming story "Prudence of
the Parsonage."

"Prudence Says So," is on sale at all
news dealers or may be had on appli-
cation from the Canadian agents Mc-
Leod and Allen, Toronto.

THE BENEFIT OF GOOD EXAMPLE
The benefit of good example was il-
lustrated the other day at Plasher
Creek when two Treaty Indians, Neil
Yellow Piums and Charlie Grier
brought in the sum of \$20, as a con-
tribution to the Canadian Fairness
fund.

These two men had seen in the pa-
pers that another Indian, Big Swan,
had given \$10 to the fund, and they
were not to be outdone in their gen-
erosity, so they came with similar
amounts. If the white people of South-
ern Alberta contribute on the same
scale, the Patriotic fund will be sub-
scribed several times over.

Marshall Hardware

Limited

Wholesale and Retail

Everything in Hardware, Stoves, Graniteware,
Tinware, Paints, Oils, Fence Wire, Poultry Netting,
Goodyear Auto Tires, Trunks and Bags.

We have several lines of Summer Goods that
we are offering at Special Prices—Sporting Goods,
Skates, Hockey Sticks.

**WE WILL QUOTE ON ANY ORDER,
LARGE OR SMALL AND GUARANTEE
PROMPT DELIVERY**

Marshall Hardware, Limited
Phone M6320 131 Eighth Ave. East
SEE OUR COOKING AND HEATING STOVES

OPENED JAN. 13, 1913

WHEN IN LOS ANGELES
STOP at the NEW
FIREPROOF
HOTEL NORTHERN
EUROPEAN
200 OUTSIDE ROOMS
150 WITH BATH
420 W. 2ND ST. NEAR HILL
NORTHERN HOTEL CO., PROP.
FRANK L. CHAFFIN, MGR.
Cafe in connection RATES \$1.00 PER DAY and UP

"The HOTEL that's BEST
in all the WEST"

THE LA MODE LADIES' TAILORING AND FUR SPECIALIST

is now prepared to give better satisfac-
tion and lower prices to our many cus-
tomers and the public in general, than
before, as we now purchase our Furs
through our own buyer direct from the
trappers in the Far North. Therefore
we can sell cheaper than those who
purchase their furs from fur agents.
Before placing your order for that new
suit or set of Furs, ask us for quota-
tions and you will be surprised, when
you compare our prices with other
dealers.

We do all kinds of Remodelling and
Repairing of Furs. If you have any
raw furs, send them to us and if our
prices are not satisfactory we will pay
transportation both ways on same and
return them to you again. Highest
Prices paid in cash for Raw Furs.

LaMode Ladies' Tailoring
Phone M6170 1211 1st St. West
H. SILVER, Proprietor.
Calgary, Alberta

ADLAM COLLEGE OF MUSIC

Conducted by
G. H. ADLAM and A. J. TALBOTT
Instruction in all branches of Music and Elocution. Up-to-date
methods. Examinations prepared for
**PRACTICE FACILITIES
ORCHESTRA IN CONNECTION**
Conducted by A. J. Talbott
Spratt-Seaw Bldg., 405A Eighth Avenue W. Phone M4778

Select Seeds, Plants, Cut Flowers,
Floral Bouquets and Designs

The Campbell Floral Co.
Greenhouses and trial grounds, Hillhurst. Store 238 Eighth
Avenue W. Day Phone M1726; Night Phone M3915; Green-
house M3674.

New Parisian Dye Works

236 TWELFTH AVE. WEST
PHONE M3940
Dyers and Cleaners

he Card
receive
bligatory!