shortening for win-

ter puddings.

very well cooked,

steamed from two to three hours. The

gested than an-

Eggless Steamed Pudding.

powder and spices. Add alternately

with milk to mixture. Mix thoroughly and add raisins. Turn into

hours. Serve with lemon juice.

well buttered mold and steam three

in a pudding shortened with butter.

squares bitter chocolate, 1 cup nut

Work suet till creamy with hand.

must

SISTER MARY'S KITCHEN Suet Fine Shortening For

Winter Puddings

good point for suct is its cheapness. remaining flour with baking powder

One-half cup molasses, ½ cup hour. Add sugar and yolks of eggs brown sugar, 1 cup finely chopped and beat till mixture looks white.

suet, 1 cup seeded raisins, 2 cup seeded raisins, 1 cup seeded rai

Work suet with hand till creamy. and steam three hours. Serve with

Since suet is unsalted more salt Hen birds are generally chosen for required in a suet pudding than boiling on account of the whiteness

of their flesh.

Stir in molasses and brown sugar. the preceding sauce or plain hard

Mix and sift flour, salt, soda, baking sauce or whipped cream

UET is an excellent 3-4 cup cream, 1 teaspoon vanilla.

pudding is then crumbs from soft part of loaf, 1/2

gested than an- ½ cup chopped almonds, 4 eggs, 1 other type of pud-teaspoon baking powder tea-

by the use of lard. Use the flour to flour figs and suct

And another as much as they will absorb. Mix

ding made as rich spoons vanilla, 1/4 teaspoon salt.

easily di- cup sugar, 1 cup milk, 1-3 cup flour,

be ful at a time.

Cream butter. Slowly beat in

sugar. Beat in cream a teaspoon-

Delicate Fig Pudding.

One-half cup chopped figs, ½ cup chopped suet, 2 cups stale bread

Soak crumbs in milk for half an

TURKEYS.

Moderate-sized turkeys are usually

more tender than very large ones

BIRDS ON HATS.

hats arriving from Paris are trim-

med with a single bird-the whol

bird is used, from bill to tail feather.

COFFEE HINT.

Try adding a prune to the coffee

when you are making it. The fruit

improves the flavor and makes it

ADD MOLASSES.

omit the sugar, but add an extra

Many of the smartest of the small

# "Moran of the Lady Letty," a Sea-Farin' Thrill

BY JAMES W. DEAN. .

NEW YORK, Feb. 13.—It had to happen sooner or later. Francis
X. Bushman used to get away with it with considerable regularity.
Wally Reid has been guilty of it several times.

Yessir, Rudolph Rodolf Rudolpho Whatshisname Valentine just had to peel his shirt off and get out in front of the Kliegl lights sooner or later in his sleeveless undershirt so the audience might gaze upon his manly muscles.

That's just what he does in "Moran of the Lady Letty."

And Dorothy Dalton appears with her lovely tresses shorn to within eight inches of the scalp. That, to fit the role of a seafaring maid who helps man her father's boat, all the time wearing breeches and never a marcel in her hair.

Dorothy accepts men as her shipmates, but thinks of none of them as life mates until Whatshisname

Rudolf had been shanghaled when he missed a white-dacks launch party in San Francisco Bay. Smugglers took him aboard their sloop as a galley slave, but when he peeled his shirt and knocked the sea legs from under a deck swabber he was

deck or on terra firma. It gave "Moran Rodolph an opportunity to kick the Derothy Rodolph an opportunity to kick the Dorothy Dalton's best limit in or which is further proof that the cap'n a chance for a months. Valentino does better work average movie intelligence is somehigh dive into the blue sea.

**ERSKINE** 

PIONEER

DAVE YANDELL, pioneer of Pre-

WHITE ARROW, a boy of fifteen

flees to the stockade for protection

Lydia Noe, feverish and thirty, rose

from her bed to get a drink of water

outside her door, she stopped short

on the threshold. The lad, stark

naked but for his breech-clout, and

swinging his bloody scalp over his

head was stamping around the fire-

dancing the scalp-dance of the sav-

age to a low, fierce, guttural song.

The boy saw her, saw her face in

the blaze, stricken white with fright

the next doorway. With an oath

and a threatening gesture Joel mo-

tioned to the corner of the stockade.

turned. There was a ghastly smile



DOROTHY DALTON

The ship belonging to Dorothy's old man caught fire and all except old man caught fire and all except and then George Melford won the Dorothy perished. Rodolfo salvaged her and then fought the smuggling her and then fought the smuggling captain of his boat for her.

The first ended up in the rigging to Dorothy's turned to California. Right there "The Four Horsemen of the Apocaugh allyses," one of the best films of last sugar and molasses have a salty tang.

Chocolate Nut Pudding.

One-half cup chopped suct, ½ cup from was at a premium early in the in evening low-cuts. He allowed her to go right on through the fade-out afternoon of the first day and after the sugar and molasses have a salty tang. The fight ended up in the rigging to go right on through the fade-out afternoon of the first day and after

cap'n, and the cap'n a chance for a months. Valentino does better work average movie intenigence is somein it than he has in any picture what above that of a 14-year-old and stir to a smooth dough. Add

Finally Dorothy and Rudolpho resince "The Four Horsemen."



The Four Horsemen of the Apoc- But remember that both brown of the ship. That was much more in her raggedy outfit without a wave still waiting to see the picture, the "Moran of the Lady Letty" is only subject on the program. All work suct till creamy

> hours. Serve hot with cream sauce. Cream Sauce.

more easily digested. If using molasses in baking beans, into a well buttered mold. Steam two

spoonful of molasses, and you will One-third cup butter, 1 cup sugar, find the flavor improved.

ADVENTURES OF THE TWINS.

#### DEW TOWN

[By Olive Roberts Barton.]



"Nozzles for the hose," answered the fairy, touching his cap.

little train at Dew Town and again they all got out.

only tiny drops of water and easily scattered. Surely it wasn't any harder than sprinkling clothes for

But suddenly they heard a great hammering and on turning a corner they beheld an unusual sight, somethink they were not looking for at hustling about in overalls and caps and working as though there was never to be another day. Indeed they were so busy that Nancy whispered she thought they should be called "do fairies" instead of "dew fairies."

The little girl had visions of lovely sprites with gauzy wings floating gracefully here and there and drippink crystal drops from their fingers. This wasn't her idea of dew fairies at all!

But Nick was delighted beyond words at the sight of the sturdy. grimy little figures wheeling wheelbarrows, shoveling coal into furnaces, and keeping up a constant

racket. Such a din and roar was or hair ribbon on the dressers berausic to his ears. It was exactly cause of no place to hang them. Paverel . . . Well—there was simlike the mill his daddy had taken him Makes the bedroom look untidy. derstand dress. Polly was heartsick, he handed it to her. It was so worn and solled that she took it daintily and saw on it her father's name.

"Is he going to live here with us, to once in the city. When he grew accessory of the bourfant frock of up he was going to work in just rods and put along the wall, next to accessory of the debutante. They are rivaling such a place. But in Fairyland it the dresser, will appeal to the young real cutie. I bet you'll look a dream the debutante.

SCOOTALONG stopped the funny out to a queer little fellow, nearly as black as a chimney-sweep, do you make in this place?" "Nozzles for the hose," answered

the fairy, touching his cap. "And watering pots. We use them both to sprinkle the flowers." "Oh, don't you make dew?" asked Nancy

"No," he answered. "We get that out of the lakes and rivers.

To Be Continued. (Copyright, 1922.) rushed the dress out of sight.

show you!" She drew back, beaming, from her kiss of greeting. "Shut your eyes and don't peep while I get it arranged."

"Sure I do. But I can't tell much till you wear it. Does brown suit

erel's be ready?" Polly tried to speak, but could only

have a habit of dropping necktie he didn't even guess it was the liant orange crepe.

# Color This Valentine For Your Girl Friend BOOL



I've taken you to movie shows And bought you lots of candy Now if you'll be my Valentine I think that will be dandy.

A little bit of crayon will make t his a fine home-made valentine for you to give to your girl friend. Cu t it out and paste it on a piece of cardboard. Then color it neatly.

# POLLY AND PAUL AND PARIS CHAPTER XXI—The Paverel Frock

By Zoe Beckley THE brown-and-orange frock came, home from Paverel's, and Polly hardly keep the tears out of her took it from its tissue wrappings wrappings took it from its tissue wrappings hardly keep the tears out of her in India and is familiar with civil life there with the English men and with trembling fingers. She could the Paverel. I suppose it looks to women who make up the Indian Civil not afford to have this one go wrong. you like a cheap little hand-me-down Service, with the natives of all castes She had watched every stage of its from a department store, and it's one

progress from its silken lining, so carefully fitted to her slim figure, to Why, it—it cost a perfect fortune!" Her description the last detail of its finish. And it was, she told herself, holding it up ing but exmained the frock again, clumsily. against her, a perfect thing-a creation of art.

It was a joy just to look at the delicious lustre of the silk, the rich tint of it, the way it "almost stood alone" as she propped it on the bed-like "best black" that had Aunt Sue's lasted 30 years!

Polly could hardly wait for Paul to come home and be shown the masterpiece. Of course, it had cost a lot. But when you paid a lot and got something for it, there wasn't a feel-

She heard her husband's step. Be-

"Oh, Paul, I've got something to

"Now-behold!" She drew back,

waiting.
Paul turned, approached the dress
Paul turned, approached the dress
her—I hate her—I hate her!"

British rule.

little dress-put it on." "But-but Paul! Don't you like it, dear?"

you? When will the one from Pav-

SONNY and little sister sometimes ingly supervised Paverel frock! And

Paul looked blank. He said noth-"What do you call a fortune?" He

and \$60 perhaps-"A a hundred and eighty-and

the tax," breathed Polly. "Whew!" whistled Paul and fell

Polly was so hurt she dared say nothing for fear of tears-or an angry outburst. She began putting the frock back into its box.

"Of course, it's all right, dear," said Paul. "Vio Rand knows clothes, and if she helped you choose it, it's fore he flung open the door, Polly a swell little dud. I knew Violet would-"

This was too much.

"Miss Rand had nothing to do with

dressing-room. Paul fled after her. But the key turned in the lock.

To Be Continued. (Copyright, 1922.)

TWO TONES.

Very stunning are some of the gloves. Sometimes they manage a gasp. She sat down quick-ly in the nearest chair. \* \* \* And in two tones of the same color. One new negligees which are being done she thought he would rave. Her of the loveliest of the models was beautiful, carefully-chosen painstak- made of very heavy but supple yellow satin with a loose lining of bril-

Lace and gauze spangled fans are

# Here's How To Tell Imitation Furs From Real Thing!

## And from his window the little Ken- BY LEON A. HAUSMAN, Ph. D.t

"The messenger is the son of a tuckian saw the company coming up tuckian saw the company coming up the path, brave with gay clothes and smiles and gallantries.

"And from his window the fittle full tuckian saw the company coming up tuckian saw the company coming up the path, brave with gay clothes and smiles and gallantries.

All the men were dressed alike and a study of the microscopic structure a study of the microscopic structure.

James, a noble path of thick grass a modern highway ran hundreds of yards between hedges

That such knowledge is of improvement the gay talk and hundreds of yards between hedges

That such knowledge is of improvement the gay talk and be readily seen. For the microscopist hundreds of yards between hedges of roses straight to the open door of the great manor-house with its one was a hole with the edge blood-Consider the structure of an ani-

is not a single horny cylinder, but "I am your cousin Harry," he consists of definite structural parts, quickly when he had finished and put out his hand to the stranger.

"I am your cousin Harry," he consists of definite structural parts, said, and taking him by the arm he which are different for each animal. Through the center of the shaft runs the pith, technically known as the the pith, technically known as the a little kinsman of And the young ladies greeted him medulla, consisting of a number of

Like Scales on Fish THE little girl rose startled, but flashed from the piercing black eye ent hairs, but this is their usual

Within and among the cells of the plates or scales, laid over one an-

-Medulla scale Pigment (1) An animal hair shaft; (2) nu-

cortex lie the pigment granules, other in an imbricate arrangement, which gives the characteristic color much like the scales on a fish.

Take some of the most common cases of fur misnaming, for instance the selling of the South American coypu rat (called ordinarily, nutria) for otter. Figure 2 shows the appearance of the hair of the nutria after it has been prepared and examined under the microscope. Compare this with a hair from the European otter (Figure 3). No one acquainted with the methods of the micro-analysis could for a moment be de-Can't Deceive Microscope.

And let us examine a few hairs from a low-priced "beaver" set. It s likely this is nothing but clipped rabbit or hare. Figure 4 shows the appearance of typical rabbit hairs under the microscope, and figure the appearance of true beaver.

Hairs are, for ordinary first examination, washed in a mixture of equal parts of 95 per cent alcoho and ether, to remove any oily material from the cuticle and then mounted in some one of the various media used by microscopists. Mounting means placing the hairs on a glass slide, dropping upon them

a minute quantity of the mounting medium, and covering with an extremely thin circle of glass espec ially made for this purpose. is the procedure in use for hasty examinations. Often no more complicated treatment is necessary.

The equipment necessary, besides

EDITED BY CABR.

PAGES FROM THE LIFE OF A. PAGAN: A Romance of the Real. By Mrs. Walter Tibbits. New York: E. P. Dutton & Co.

A THREAD of story is used by Mrs. Tibbits to bind together well-written descriptions of many gorgeous or bizarre or interesting scenes in India and Europe. The story itself is very slight, but it is old in an unusual way and a certain pungent quality, due, perhaps, to the personality of the author, permeates t through and through.

The "pagan" of the title hardly seems to deserve that appellation, for she is a very civilized person, and a very self-controlled one, for, although primal impulses storm through her heart, she does not yield to them. The only sense in which she can be considered a pagan is in he power with which the author endows her of being able sometimes to sink into a clairvoyant state in which she glimpses past incarnations of her own. Through these she learns of the sins she had committed in pagan civilizations, and senses the expiation she must make in her present life.

There is in the tale a good deal of Hindu occultism, its weird powers and influences being exerted at crucial moments, and showing their effectiveness over human lives. Mrs. Tibbits writes of these things with much skill, the most impressive and interesting of her pages being those that deal with the powers and the mysteries of the Tibetan Brother-The central character, Carmen

Scaife, is the young wife of an eld-erly Judicial Commissioner in India. It is necessary for her to be hostess to a visiting personage of the royal louse of Spain, who looks upon her with amorous eyes. But she flees both from him and from the spontaneous response of her own heart, and lives on through many striking experiences, to become, financially, a 'Yellow Cap" nun of the Tibetan Brotherhood seeking and finding peace in a cell far up in the Himalayas, where "the Sun God blazes upen the golden roof of the Great Llamasery of Lhassa."

There are scenes in Lucknow, in

the Vale of Kashmir, still further up in the Himalaya Mountains, and, by "But-Oh, Paul-" Polly could The author has evidently lived much and with the splendor that surrounds

Her descriptions of the scenes in which the native and the English life flows on, especially the native highcaste life, are vivid, rich with color and impressive with the significance figured hastily what he paid for his that lies behind their outward seemown suits—something between \$40 ing. There is a good deal about the character of the service with which England governs India and the author expresses the highest laudation of Curzon during the term as Vice-

oy. Some bits of gossip about his American wife and her sisters seem to imply that the English in India did not think nearly so well of her as they did of him.

Mrs. Tibbits writes frequently with

a scathing pen, and she does not spare her victims, whether they belong to Anglo-Indian, to Roman or to English society. The chief interest of her book is rather less in the slight story than it is in its pictures of Indian life and Indian character, it" blazed Polly. "I'd rather wear and it is just now particularly timely a potato-sack than have her choose because of the general interest in the my clothes! It's cruel of you to sug- Prince of Wales' tour in India and in gest that she knows more than I do the efforts of Gandhi and his follow-

Mrs. Tibbits seems to think there is no possibility of a common meeting ground between the two races.

#### ALL WHITE.

The all white sport togs for young girls are indescribably lovely; shaggy white scarfs with caps and woo with shaggy bands of black.



## Nervous Breakdown

The extreme depression and discouragement which comes over one at times is the most alarming symptom of nervous exhaustion. This letter is a message of hope

to all who find themselves in this unfortunate condition.

Mrs. Geo. T. Tingley, Albert, N.B., writes:-

"For years I was in a very nervous run-down condition, was much depress-ed in spirits and suffered a great deal at times. The least noise would irri-

tate me and at times I felt as though I certainly would go crazy. I consuited different doctors to no effect. "A friend advised the use of Dr.

Chase's Nerve Food and I can truly testify today to the great benefits re ceived. There was a marked change before I had finished the second box and when I had used a dozen boxes my nerves were thoroughly restored and was entirely relieved of those terrible feelings I used to have. I shall ever be ready to testify to the benefits of this wonderful medicine, feeling sure that it will give to others the quick and permanent relief it has given me."

Dr. Chase's Nerve Food, 50c box, all dealers, or Edmanson, Bates & Co., Ltd., Toronto.

# THINGS NEW IN

Each package of "Diamond Dyes" contains directions so simple any woman can dye or tint her worn, shabby dresses, skirts, waists, coats, byes —no other kind — then perfect, had have learned manners? And home dyeing is sure because Diamond then he, too, saw the hole in the moccasin through which the bleed-ing had started again. "You are hurt—you have walked a long way."

WOMEN! DYE

"DIAMOND DYES"

met death from the savages, and the what the tub of water was for. For The Indians attack the fort but little kingdom passed into Colonel the same reason he felt no surprise ere driven off. In the battle White Dale's hands. Indentured servants, as well as was only puzzled how to get into Arrow slays the Indian who malhim and caused his flight. blacks from Africa, had labored on them.

mortally wounded. He gives a start it had once stalked a deputation of the group on seeing White Arrow.

GO ON WITH THE STORY.

"Never mind now," said old Joel, soothingly, "you must keep still!"

The boy's eyes had begun to shift under the scrutiny and he started a deputation of the group of the group

-and her coming was just as though "Come back here!" commanded the one of the flowers about her had ounded man, and still searching the "Who is that boy?" Nor would he have his wound dressed or even take have his wound dressed or even take the dial she paused. She gave Joel briefly told the story, when he lay back on the ground and closed fear, thought what she saw was

Darkness fell. The dying man was her wheel in flight. Instead, she gazed steadily into a laid on a rude bed within one cabin, laid on a rude bed within one cabin, pair of grave black eyes that were and old Joel lay on the floor close fixed on her from under a green fixed on her from under a green to the door. The stranger lad re-fused to sleep indoors and huddled branch that overhung the footpath, himself in a blanket on the ground in one corner of the stockade. Men, one corner of the stockade. Men, women, and children fell to a deep and fringed breeches to the mocca-

and weary sleep.

An hour later the boy in the cor-Who are you and what do you ner threw aside his blanket, and when

It was a new way for a woman to speak to a man; he in turn was not pleased, and a gleam in his eyes

"I am the son of a king." She started to laugh, but grew puzzled, for she had the blood of Pocahontas herself. "You are an Indian?"
Drawing a letter from the belt.

"He live there?"

"You wish to see him?" The boy grunted assent, and with

From behind him the voice of the very high indeed. wounded man called, and old Joel king."

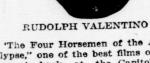
wide verandas and mighty pillars, stained. And then she began to young Harry Dale's face broke into manner. set deep back from the river in a watch showed that the contents of the let- ing indoors he went forward with mal hair shaft (Figure 1). ter were astounding him. He rose hand outstretched.

> he said with great kindness. "Bar- tion. ours from Kentucky. He was the adopted son of an Indian chief, but young gentlemen suddenly repressed other, with a network of horny by blood he is your own cousin. patronizing smiles and gave him threads between. His name is Erskine Dale."
>
> patronizing smiles and gave him threads between. grave greeting, for if ever a rapier Like Sca

hand outstretched. The boy took it rather whimsical smile, bowed with elastic, transparent substance, com- (B) the microscope. shabby dresses, skirts, waists, coats, as he had taken her father's, limply a politeness that was a trifle too posed of many minute, elongated elaborate.

as he had taken her father's, limply a politeness that was a trifle too posed of many minute, elongated elaborate.

Harry was quick to notice Hugh's Within and among the cells of the attitude. other kind — then perfect, lad have learned manners? And



The lad shrugged his shoulders hot water. Mix thoroughly and turn carelessly. "Take him into the kitchen, Barbara, and tell Hannah to wash his

foot and bandage it." The boy looked uncomfortable and shook his head, but the little girl was smiling and she told him to come with such sweet imperiousness that he rose helplessly. Hannah's eyes made a bewildered

start! Swiftly the old negress bound his foot, and with great respect she led him to a little room in one ell of the great house in which was a

BEGIN HERE TODAY.

grove of ancient oaks.

The second son of the reigning generation, one Colonel Dale, sat in generation, been his, and he had been sitting She closed the door. Once, winter from his Indian companions.

It is discovered that White Arrow elder brother came home from his plunged into the river with his Interesting the property of th

was taken captive with his mother.

His Indian captives told him that their only son was a captive among not know what the word meant; yet his mother was killed and that he the Indians. Two years later still. he had learned so much at the fort word came that the father, too, had that he had no trouble making out

One of the Virginian rescuers is that path in front of him; and up The boy began putting on his mortally wounded. He gives a start it had once stalked a deputation of own clothes.



"THE MESSENGER IS THE SON

OF A KING."

to move and he stopped, staring at her a moment with savage rage, and went on again. Old Joel's body filled the bow waved his hand toward the house far up the path.

"Perhaps. You must be very nice such a place. But in Fairyland it the dresser, will appeal to the young real cutie. I bet you'll look a debutante. They are rivaling such a place. But in Fairyland it the dresser, will appeal to the young real cutie. I bet you'll look a debutante. They are rivaling such a place. But in Fairyland it the dresser, will appeal to the young real cutie. I bet you'll look a debutante of the debutante of the debutante of the debutante. They are rivaling such a place. But in Fairyland it the dresser, will appeal to the young real cutie. I bet you'll look a debutante of the sound are rivaling and saw on it her father's name. They are rivaling such a place. But in Fairyland it the dresser, will appeal to the young real cutie. I bet you'll look a debutante of the sound are rivaling and saw on it her father's name. They are rivaling such a place and put along the wan, next to that. I tell you'll look a debutante of the young real cutie. I bet you'll look a debutante of the you'll look a first of the you'll look a debutante of the you'll look a first of th

At the bend of the river there was the flash of dripping oars, and the and with a flare of defiance in his a shock of resentment the little lady across the yellow flood.

across the yellow flood.

"There they come!" cried Barbara.

"That's—that's my son!"

III

FROM the sun-dial on the edge of the high bank, straight above the brim of the majestic yellow James, a noble path of thick grass as broad as a modern highway ran bundrada of him.

Seated."

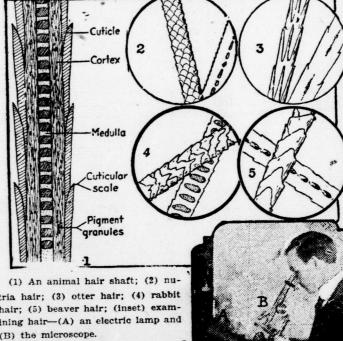
All the men were dressed alike and not one was dressed like him. Panic assailed him, and once more he looked at the clothes on the bed, and then without hesitation walked through the hallway, and stopped on the threshold of the fur industry, where a study of the microscopic structure of animal hairs has shown it to be looked at the clothes on the bed, and then without hesitation walked through the hallway, and stopped wise altered.

That such knowledge to the field of the fur industry, where a study of the microscopic structure of animal hairs has shown it to be looked at the clothes on the bed, and then without hesitation walked through the hallway, and stopped on the threshold of the fur industry, where a study of the microscopic structure of animal hairs has shown it to be looked at the clothes on the bed, and then without hesitation walked on the through the hallway, and stopped on the threshold of the fur industry, where a study of the microscopic structure of animal hairs has shown it to be looked at the clothes on the bed, and then without hesitation walked through the hallway, and stopped on the through the field of the fur industry, where a study of the microscopic structure of animal hairs has shown it to be looked at the clothes on the bed, and then without hesitation walked through the hallway, and stopped on the through the field of the fur industry, where a study of the microscopic structure of animal hairs has shown it to be and then without hesitation walked through the hallway, and stopped on the field of the fur industry.

her father's face, which a smile of welcome. His father be-

attitude. (Continued in Our Next Issue).

According to Greek legend, the number of the first medical school was Chiron, the centaur.



tria hair; (3) otter hair; (4) rabbit hair; (5) beaver hair; (inset) examher breeding was too fine for beof that little Kentucky backwoodsmake up. The medulla is inclosed
trayal, and she went to him with
man when his cousin Hugh, with a by the cortex, a firm, horny, rather
ining hair—(A) an electric lamp and

The outermost integument of the tionships of these different ele-hair shaft is termed the cuticle, and is made up of a number of thin which make it possible to say from was taken.