PAGE OF INTEREST TO WOMEN

KITCHEN ECONOMIES

By Isobel Brands, of the Applecroft Experiment Station.

Solving Some of the Children's Lunch Dish Problems.

If all the children come home for their noonday meals at the same time its service is fairly simple. But in many families the various ages of the children, their attendance at different branches of school, result in each one coming home at a slightly different hour, and then the matter of serving luncheon becomes complicated.

One mother I know has to serve four luncheons to four little boys separately, for it so happens that while the first child comes home from school at 11:45, the last doesn't arrive until almost 1 o'clock.

Hot dishes are, of course, desirable, but things that must be served at once, like omelets or pancakes of any kind, are out of the question. It would mean constant cooking as well as constant serving. Sandwiches are one solution, as they can be kept on the table and require no serving.

Soup kept on the table in a vacuum jar is another help to service, or if there is a fireless cooker it can be kept at the right temperature without cooking unnecessarily long. Children are not always fond of meat soups, but a sweet soup of some kind is almost sure to be liked. Here is one that is easily made and is very wholesome:

Tapioca Soup.

2 cupfuls of milk
2 cupfuls of vegetable stock.
½ cupful of cream.
1 tablespoonful of melted butter.
3 egg yolks.
1 tablespoonful of tapioca.

Let the stock come to boiling point, sprinkle in the tapioca, and cook until transparent. Set aside to cool. Beat together the yolks of eggs and cream, add melted butter and stir into the soup. This soup need not be piping hot, but tastes just as good if slightly warm, and even cold.

Chestnut Soup.

2 cupfuls of boiled mashed chestnuts
1 quart of milk.
1 tablespoonful of chopped onion.
1 tablespoonful of butter.
1 tablespoonful of flour
1 teaspoonful of salt
Dash of sugar.

Cook the chestnuts in boiling water for 10 minutes. Strain, remove the skins with a sharp knife, and mash through a colander. Melt the butter, blend with the flour, milk and onion and cook for 20 minutes. Then add the mashed chestnuts and seasoning, and heat.

This soup, served with crackers spread with cheese or peanut butter, will make a complete and wholesome meal.

Sweet Potato Pudding.

5 sweet potatoes.
1 egg.
2 tablespoonfuls of butter.
2 tablespoonfuls of sugar.
1 teaspoonful of cinnamon.
1 teaspoonful of ginger.
½ cupful of milk.
1 lemon.

Cook the potatoes, mash with butter, sugar, milk and the beaten egg. It may be necessary to add a little more milk if the mixture does not seem sufficiently moist and soft. Add the seasonings, pour into a greased baking dish, and bake until brown.

Good Night Stories

By Clarke Stone

POLLY VISITS HER CHINESE FRIEND.

"Oh, dear!" exclaimed Polly crossly, when her mamma asked her to clean the pet bird's cage, and Polly went about it so roughly that she scattered most of the bird seed on the clean kitchen floor. "I certainly do hate to clean that old bird!" and Polly went for the broom and the dustpan. "Bird pets are so much trouble I hate them!"

"Hate what?" asked a squeaky voice and Polly turned to see Gocomeback, the little travel Elfin, sitting on the table beside the bird cage, swinging his feet back and forth. "What's that you hate?"

"Birds!" answered Polly crossly. "Especially birds in a cage." You have to clean them every day and I don't like to. It always musses up the floor so I have to sweep it over and over."

"Well, you don't hate him when he sings, do you?" laughed Gocomeback.

"I should say not!" replied Polly quickly. "I love him when he sings. But I don't like to clean his cage."

"You wouldn't do to live with your little Chinese friend, then," laughed Gocomeback.

Before Polly could ask him why she was sailing beside the little elfin, seated on the broom handle she was holding in her hand.

They soon reached a strange country, which Gocomeback told Polly was where her Chinese friends lived. The streets were crowded with men going about the narrow streets selling wares, and children playing games.

"Oh, dear me, here comes a Chinese carrying a bird!" exclaimed Polly. "Do you suppose it's for sale?"

"For sale, nothing!" laughed Gocomeback. "The Chinese are very fond of their birds, and some carry them around in their cages all the time. See, there's another thing you might think very funny."

Gocomeback pointed to two men who had just chanced to meet. Each looked at the other, and instead of shaking hands with each other, each shook his own hands.

"How very funny!" laughed Polly. "It's bad enough to carry a bird cage around, but to shake you own hands is funnier. And they never take their hats off to show respect, do they?"

"No, indeed!" replied Gocomeback. "A Chinamen keeps his head covered to show his respect, just the same as your daddy takes his hat off for the same reason. Another thing, under no circumstances would a Chinese gentleman ride in the same carriage with his wife, and ladies never go shopping—the articles are always brought to their own homes for their selection."

"Oh, dear me!" laughed Polly. "I'm glad my daddy and mamma don't do those funny things. But I suppose they think us just as queer as we think they are. Well, I'm ashamed I complained about cleaning my bird's cage, for I love him even though I wouldn't like to take him out on the street with me every time I went," and before Polly could blink her eyes she was standing alone in the kitchen, for Gocomeback had disappeared.

Polly cleaned up the muss she had made and hung her bird's cage out in the sunlight. Then she went to the store on an errand for mother, glad she didn't have to carry the bird cage with her.

MONKEY FUR TRIMMING.

Monkey fur, whose fringe-like qualities makes it particularly adaptable for trimming tunics, sleeves, etc., is being extensively featured both on gowns and wraps. When used as a deep border, the fur is sewed in broad strips and set in upright lines so that the hairs fall over like the feathers of a fan or the fronds of a fern. When used in this way the "humanness" of monkey fur, to which so many persons object, is completely lost, and the pelts take on a depth and softness undreamed of in their use as fringe.

THE GREATEST POWER FOR GOOD IN WORLD THE BRITISH EMPIRE

Overseas Club Commissioner Talks of Economy.

CANADIAN AVIATION

Inter-Empire Trade and Immigration Urged at Women's Canadian Club.

"Because we got together we won the war, and unless we get together now we are not going to solve the problem of peace, and they are even more difficult than the problems of war," declared Francis R. Jones, F.R.G.S., of England, special commissioner for the Overseas Club and Patriotic League, in an eloquent address before the Women's Canadian Club on "Shall We Win the Peace?" yesterday afternoon.

"You speak of the high cost of living. I tell you that it is going to last, until you set about to stop it. You say it is the fault of the profiteers. It may be partly their fault, but do you realize the kind of absurdities that are going on in the world today? People think because they have got a little more money they must spend it. Until you restrain your desire to spend, things must remain high. There aren't enough articles in the world to meet the demand. For four years we have done nothing but destroy and tear down. 'Tis true we did wonderful things in the way of economizing then, but go on for a little while longer, and things will right themselves. We must restrain our desire for excess and go on producing.

Buy British Goods.

"We could help the British Empire greatly by buying British-made goods. By that, I means goods manufactured within the British Empire. We've got to build up our Empire trade which has been smashed to smithereens by the war. Germany is out also to secure the overseas trade, and here surely it is not necessary for me to say that it is not desirable that you should be in too big a hurry to buy from Germany.

"Then there is the United States. And in this connection let me say that there is nothing more desirable than the friendly relations which now exist between the United States and the British Empire. But it is also a fact that the United States did not suffer greatly from the war. She is rolling in wealth, and every dollar we spend over there is making her wealthier. Why not spend that dollar at home or within the British Empire?

Empire Emigration.

"In regard to immigration, let me say that immigration should be carried on within and not outside the Empire. Canada should give a great welcome to the immigrant from the Old Country, for unless he comes here, he will go to the United States, and every one who goes to the United States adds to the wealth and prosperity of that country. And let me ask you here to help get settled in Canada those women from the Old Country who have become here as wives of your boys. Unless you do, you'll probably be the means of wrecking many homes."

The speaker referred to the work which the Overseas Club was doing in regard to the advancing of aviation in the different overseas dominions.

"We worked hard to secure sixteen flying machines for Canada, and we have also sent them to the other overseas dominions. These we shipped for the purpose of encouraging aviation. But the sad part of our effort is that the machines for Canada are still lying boxed up in Montreal, waiting to be unpacked. And the Government says that they cannot be made use of owing to lack of finances.

To Encourage Aviation.

"Let me tell you that the science of aviation is of the greatest importance, and that the government that does not consider it so, is behind the times. There is going to be another war some day, and it will be largely fought in the air. Britain has the supremacy of the skies now, and she must keep it.

"It is not far to think of the time when we shall get aboard an airship here in London or in Toronto and start on a 48-hour trip to the Old Country with as little concern as we now take train for Halifax and go aboard ship to cross the Atlantic. Why, it has taken the automobile 25 or 30 years to reach its present stage of perfection, and relatively the airplane has reached the same stage in but nine years.

"If you have any influence, bring your pressure to bear on this thing. Remember that Canada has some of the best air material in the way of men. And many of them are just aching their hearts out to do a little flying here and try and perfect this art, without being paid for it, either."

Club Ten Years Old.

The speaker referred to the formation of the Overseas' Club nine or ten years ago at the suggestion of Earl Grey, and how it has grown from a handful of people to a membership of 66,000. It was formed for the purpose of bringing the different parts of the Empire into closer touch with each other for their mutual good.

"And let me say this," he said, "Under God, I believe that the greatest power for good in the world today is the British Empire, else I would not waste my time and energy traveling about to make the thread which binds it together still stronger. This thin thread of sentiment drew men from the overseas dominions to fight side by side with the motherland during the past war, and at the last it became a band of steel which throttled the German.

"Oh, but some say 'It was dollars which sent the men across.' I say God help us if it was dollars! It wasn't dollars. It was sentiment, the greatest thing in the world.

"I tell you, ladies, we are a wonderful people, and don't you be afraid to wave the flag once in a while. Why is the solid opinion of the people of the United States and of the world that at the last war it was the British Empire that once again saved the world for freedom."

Lifeboats were invented by Mr. Greathead, an Englishman, who received a premium from parliament in May, 1802.

The British Museum contains what is believed to be the oldest known examples of Chinese writing in the form of inscriptions on animals' bones.

SOCIAL AND PERSONAL

Rev. C. V. Fraser of Princeton is in town for a few days.

A. J. Crerar of Hamilton was a visitor in town for the Charity Ball.

Miss Leah Lewis, Hamilton road, is the guest of Miss Minnie Newman, of Hamilton.

Mrs. Charles Eilber of Crediton spent the week-end with her daughter Ila, Simcoe street.

Miss Kitty Butchart is in Boston, where she will spend the winter with her sister, Mrs. Stanton.

Miss Ethel Packer, Hamilton road, left on Saturday evening to spend a month with her sister in Chicago.

Mr. and Mrs. Ross McClennan of Brantford were among the out-of-town guests at the Charity Ball on Friday.

Western "U" Meds of the year '23 will hold their annual dance in the "Gym," Oxford street, on Friday evening.

On Sunday evening a party was given by Miss Nettie Burman, 401 Simcoe street, to celebrate the sixth anniversary of the founding of the Daughters of Zion. Since this society was formed in London the young ladies have been engaged in charitable work, and at present are collecting funds to finance Jewish people who wish to go to Palestine to live.

Mrs. K. P. R. Neville was hostess at an afternoon tea for the Western University Women's Faculty Club, at her home, Bridport street, yesterday. The club, which was formed this year, meets at the homes of the various members from time to time, and a chat over the tea cups is enjoyed and business transacted. Yesterday afternoon the meeting was entirely social. The next meeting will be held at the home of Mrs. W. F. Tamblyn, Grosvenor street.

Mrs. R. M. Graham has returned to the city after a short visit in Hamilton and Toronto. While in Toronto she was one of the guests of honor at a meeting of the Toronto Women's Press Club, when Judge Murphy (Janey Canuck) addressed the gathering. The suggestion that a delegation of press women be sent to view the European battlefields, which was taken up so enthusiastically at the meeting and passed on to the National Press Club, was made by her. She was in Hamilton attending the national executive of the Council of Women.

WINIFRED BLACK

Writes About a Perplexed Wife.

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Winifred Black

Twenty-two and with a burden like this on her mind!

Read it, wives of 50, and be glad your troubles are over and not coming to you.

Up till six months ago she was happy, poor little Twenty-Two, just as happy as she could be, and she used to sing at her work and watch for her husband to come home at night, and she never had a care nor a sorrow.

And now—read what she says about it:

I am 22 years old, a wife and a mother. My husband is 34 years old and only in moderate circumstances. Up until six months ago, we always "got along," and he never bothered with any one, not even men.

Nine or ten months ago, a young girl about 20 was employed in his office. Without realizing it he fell in love with this girl, and she reciprocates his love.

I found a letter to him from her, mentioned the fact to him, and he told me the truth—that he really loves this girl. Lately I met this flame and was very much attracted to her.

She is not pretty, she is short and talks a great deal. Since then she has been visiting me and the children. She became very fond of the children and brings them presents whenever she visits us. She even sends gifts to them by my husband. Lately he has not said anything to me about her, but when they are in one another's company one need not be told they love one another. A look is enough.

Now, I love my husband dearly, and I want him to be happy. Do you think I should divorce him for her? She said she does not want to break up our home and will love silently. Kindly advise.

A PERPLEXED WIFE.

It Isn't Hidden.

Now wouldn't you like to shake that girl from the office?

I would. I'd like to box her ears just as hard as she needs to have them boxed—little, vain, selfish, shallow-minded, empty-hearted, conceited creature! I suppose she's as proud of her new conquest as a pug dog is of a new ribbon on his neck.

Poor foolish thing, what kind of a conquest is it to make of a man who would be foolish enough to make such a goose of himself over her?

Of course everyone in the office sees it, every decent woman and every sensible man resents it, and the first thing she knows she will be looking for work somewhere else and the next silly little girl who takes her place will be making eyes at this very man.

The man? Well, I wish the little wife had a good six-foot brother, with a broad palm. I think he would come in handy right now. It's bad enough for the man to insult and to humiliate his wife by such "goings-on," but for him to bring this girl to his own home under the same roof with his own children is really too caddish to be even discussed with calmness.

Consider the Man.

Divorce your husband for this girl? My dear, I wouldn't think of such a thing. She's only an incident. The man himself—if you can stand it to live with such a man, that is your privilege, but if you do, you must maintain your own dignity and your own self-respect. Do not receive the girl at your home. Do not talk about her to your husband. Don't allow yourself to be made a cloak for this pair of fools and their cruel folly. This particular affair will be over in a few months if you don't fan the flame by opposition and jealousy.

Men are a good deal like little boys, you know. You have to shut your eyes sometimes and pretend not to see their follies. You, yourself, are young and so is he, perhaps you can train him into some commonsense and common decency. Put this girl right out of your life just as you would any other undesirable acquaintance.

As to your husband—ah, that is an affair that you must settle for yourself.

Advertiser Patterns

2972

A Smart Little Frock.

2972—Here is a pretty model with attractive lines and pleasing features. The fronts open over a vest, which together with collar, belt and cuffs, may be of contrasting material. The pockets are joined to the belt. The sleeve may be finished in wrist or elbow length. Blue and white check gingham, brown and white striped galatea, likewise plaid or check suiting, repp, poplin, or gabardine are good for this style.

The Pattern is cut in 4 sizes: 2, 4, 6 and 8 years. Size 4 requires 2¾ yards of 27-inch material.

A pattern of this illustration mailed to any address on receipt of 10c in silver or 1c and 2c stamps.

Name .....

Province .....

Town .....

Age (if child's or misses' pattern).....

Measurement: Bust..... Waist.....

Caution: Be careful to inclose the above illustration, and send size of pattern wanted. When the pattern is bust measure, you need only mark 38, 34, or whatever it may be. When in waist measure, 22, 24, 25, or whatever it may be. If a skirt, give waist and length measure. When misses' or child's pattern write only the figure representing the age. It is not necessary to write "inches" or "years." Patterns cannot reach you in less than ten days from the date of application.

OUCH! PAIN! RUB OUT RHEUMATISM

Stop suffering! Relief comes the moment you apply old "St. Jacobs Liniment."

Rheumatism is "pain only."

Not one case in fifty requires internal treatment. Stop drugging! Rub the misery right away! Apply soothing, penetrating "St. Jacobs Liniment" directly upon the "tender spot" and relief comes instantly. "St. Jacobs Liniment" conquers pain. It is harmless rheumatism liniment which never disappoints and cannot burn the skin.

Limber up! Stop complaining! Get a small trial bottle of "St. Jacobs Liniment" at any drug store and in just a moment you'll be free from rheumatic pain, soreness and stiffness. Don't suffer! Relief awaits you. "St. Jacobs Liniment" is just as good for sciatica, neuralgia, lumbago, backache, sprains and swellings.

Eczema Wash

A touch of D. D. D. to any Eczema sore or itching eruption and you'll be able to rest and sleep once more. Think—just a touch! Is it worth trying? Get a trial bottle today. Your money back if the first bottle does not relieve you.

Strong's Drug Store.

D.D.D.

NO EXPERIENCE NECESSARY

The idea that bread making is a long and difficult operation is a mistake, as bread may now be included in the list of quickly prepared foods, for with

ROYAL YEAST CAKES

light, sweet bread can be baked and ready for use within four hours from the time the sponge is set. Full detailed instructions are contained in Royal Yeast Bake Book which will be sent free upon request.

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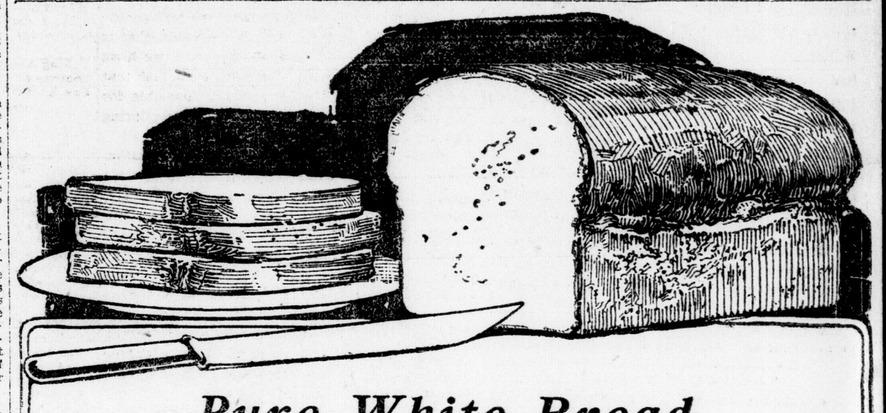

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It is the ideal flour for Bread, Pies, Cakes and Pastry.
To get the desired results you should use Diamond Flour.
Look for the labels on the bags.

Hunt Bros., Limited, London, Ontario.

Also Millers of Horton Flour—Highest Manitoba Patent

DIAMOND FLOUR HUNT BROS

21

Lord Roberts Chapter To Raise Money for Children's Hospital

$100 For Educational Scheme and $25 Each to V. O. N. and Navy League.

At a meeting of the Lord Roberts' Chapter, I.O.D.E., held yesterday afternoon in Cronyn Hall, the sum of $100 was voted by the chapter to the national I. O. D. E. educational war memorial, of which the total objective for Canada is $500,000. $25 was also voted to the Victorian Order of Nurses and $25 to the Navy League.

The matter of raising funds in aid of the Sick Children's Hospital to be built in the city by the order was discussed, and it was definitely decided that the chapter would undertake some scheme whereby they might raise funds for this purpose. The nature of the scheme has not yet been decided upon, however.

The members expressed their delight that Mrs. Wm. Allan Young, a former member of the chapter, who is ill in St. Joseph's Hospital, is progressing favorably.

Mrs. E. B. Smith, the regent, was in the chair, and she announced that the next meeting on the fourth Monday in January would be held in the new St. John Ambulance rooms above the Grand Opera House.

How to Purify the Blood

"Fifteen to thirty drops of Extract of Roots, commonly called Mother Seigel's Curative Syrup, may be taken in water with meals and at bedtime, for the cure of indigestion, constipation and bad blood. Persistence in this treatment will effect a cure in nearly every case." Get the genuine at druggists.

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WENDELL HOLMES, LIMITED
LONDON.

Phone 300. Opposite Advertiser.

DROP SHOULDER AND WIDE SKIRTS

The drop shoulder of the Mid-Victorian era has returned with the full skirt, and displays lovely shoulders even more picturesquely than the next-to-nothing shoulder straps to which we moderns have grown accustomed. Wide skirts and drop shoulders call for the "pinched" waist line, and even the corsetieres are bending low before the new silhouette, and we hear less of the straight youthful figure and more of the small waist beloved by our mothers and grandmothers. Feminism is rampant in fashion, particularly in evening and afternoon models, though man-tailored sports clothes and suits continue to be sought for street wear.

"What About This Nerve Food Doctor?"

"IS all right."

"Would it do for me to take it?"

"I cannot see any objection."

"Well, I know so many women who are using it to good advantage that I decided to give it a trial."

"Then why ask me about it?"

"Just because you know my condition, and I felt that I would like your opinion."

"Of course, you know that we doctors are supposed to be prejudiced against all package medicines. As a matter of fact, nearly all the best medicines on the market are the prescription of doctors and first made their merits known in some doctor's private practice.

"There is scarcely a day but I see Dr. Chase's Nerve Food in the homes I visit, and to be perfectly candid I know of many instances in which this treatment has brought about really remarkable cures."

"Then you thnk it suits my case?"

"Undoubtedly. Your blood is thin and watery. You are anaemic. The nerve cells are starved. Hence the neuralgic pains, the nervousness and irritability, the sleeplessness. The medicine I gave you does not seem to be exactly what you need. The Nerve Food may be just what is required to get your blood and nerves in good condition."

"One thing certain, doctor, it has been a wonderful benefit to several people I know."

"If the conditions are similar in your case there can be no better proof that it will benefit you. After all it is cure we are after, and while every doctor has his own favorite prescriptions, it is results that count."

"Thank you, doctor, I am glad to have your approval and I am going to start in with Dr. Chase's Nerve Food with the determination to give it a good honest trial."

"Good, that is what our medicines do not always get. I would suggest that you follow up this treatment for at least a month or two, and then you will be in a position to know just what benefit you are obtaining. For it takes a little time and patience to restore an exhausted, nervous system."

Dr. Chase's Nerve Food, 50 cents a box, 6 for $2.75, all dealers, or Edmanson, Bates & Co., Limited, Toronto. Every box of the genuine bears the portrait and signature of A. W. Chase, M.D., the famous Receipt Book author.

Doubly-Saving and Double-Acting

No Baking Powder can be more efficient, more economical than this.

Paying a high price for a baking powder does not guarantee you the best. *High prices are sometimes charged for the impression they make.*

EGG-O Baking Powder

is doubly saving because it is sold at a fair price, and its double action—in the bowl and the oven—makes it a never-failing leavener.

Buying Egg-O in the larger sized tins is most economical for family use.

Always follow the directions—one level teaspoonful to one level cup of well sifted flour.

The Egg-O Baking Powder Co., Limited
Hamilton, Canada

20