

RED ROSE

COFFEE

For particular people—
Roasted and packed same day in airtight cans

About the House

FOR THE VERY YOUNG COOKS.

If you would have gifts for your daughters or for the little girls of your acquaintance at small cost perhaps you will like my plan which seems to give pleasure all out of proportion to the expense and effort required.

Whether they grow up to be very domestic in their tastes or not, there is a time when all girls love to bake cakes, biscuit, cookies and pies. They usually drive their mothers quite distracted begging to stir mother's batter and soon after begin to tease to be allowed to "bake one all by myself."

This stage of wanting to bake something without help is usually even more troublesome for Mother because she fears the result with its waste of eggs, shortening and sugar when there is a failure. Mother knows how soon, at best, her sugar sack gets empty and sugar must not be wasted.

Yet, how can Mother expect her girl to grow up to be the good little helper she needs or later the capable wife she should be if every desire to help and learn how is squelched? Small wonder if girls seem to "take to" other things when they are old enough to be of real help if never allowed to begin earlier.

Many mothers who would really like to begin their daughters' training early find it hard enough to divide a recipe for themselves when they want to make only half the quantity called for; and when it comes to dividing a recipe into quarters, fifths or eighths, to make a cake or a batch of cookies just right for a doll's tea party, why that's out of the question when mother is busy (and mothers always are!). "Thus do fractions make cowards of us all"—to misquote.

To answer the needs of my own little daughter at five years and the rather envious young neighbors of six and nine whose mothers wouldn't let them try a big cake, I hunted up the individual class recipes which I used in the days when I taught cooking. These small recipes delighted the little girls.

Because these little recipes proved so popular with both girls and mothers I wrote out a few of the best on good white paper, put them together to form a booklet, made a cover of heavy paper and tied prettily. Then with the cover decorated with a gay hand painted design, or easier still, by pasting on an attractive and appropriate colored picture from a

magazine, I had a "cook book" to delight almost any little girl.

These little cook books cost practically nothing and if one has a penny or so to spare, a few little tins add immensely to the gift. Tiny muffin or patty pan tins, a loaf tin about 2x3 inches, heartshaped tins, a small pie tin, a fancy cookie cutter, all please. If a tiny mixing bowl could be added, mother's would not be in use when she wanted it!

I am giving a few small-quantity recipes here, perhaps enough for a beginner, though probably everyone who makes a cook booklet will have at least one recipe which she will want to reduce to about one-fourth the family size and place with these.

Dividing recipes is not difficult if one keeps in mind a few rules. A standard sized cup holds 16 tablespoonfuls, one-half holds half the number and so on. A tablespoon level full equals three teaspoonfuls. An egg beaten fairly light amounts to about four good tablespoonfuls, so in taking one-fourth of a recipe calling for one egg about one tablespoonful is used.

Show the little girl how to make level measurements, leveling off cup or teaspoon by pushing off the rounding or heaping surplus with the edge of a knife. Teach her how to divide her spoonful into halves, quarters or eighths.

As the girl grows proficient in handling the small recipes, give her a splendid practical problem in arithmetic by letting her double and triple her recipes. Almost before Mother knows it the little girl can be trusted to make plain cakes, muffins and drop cookies for the family supper, first under supervision, and later alone.

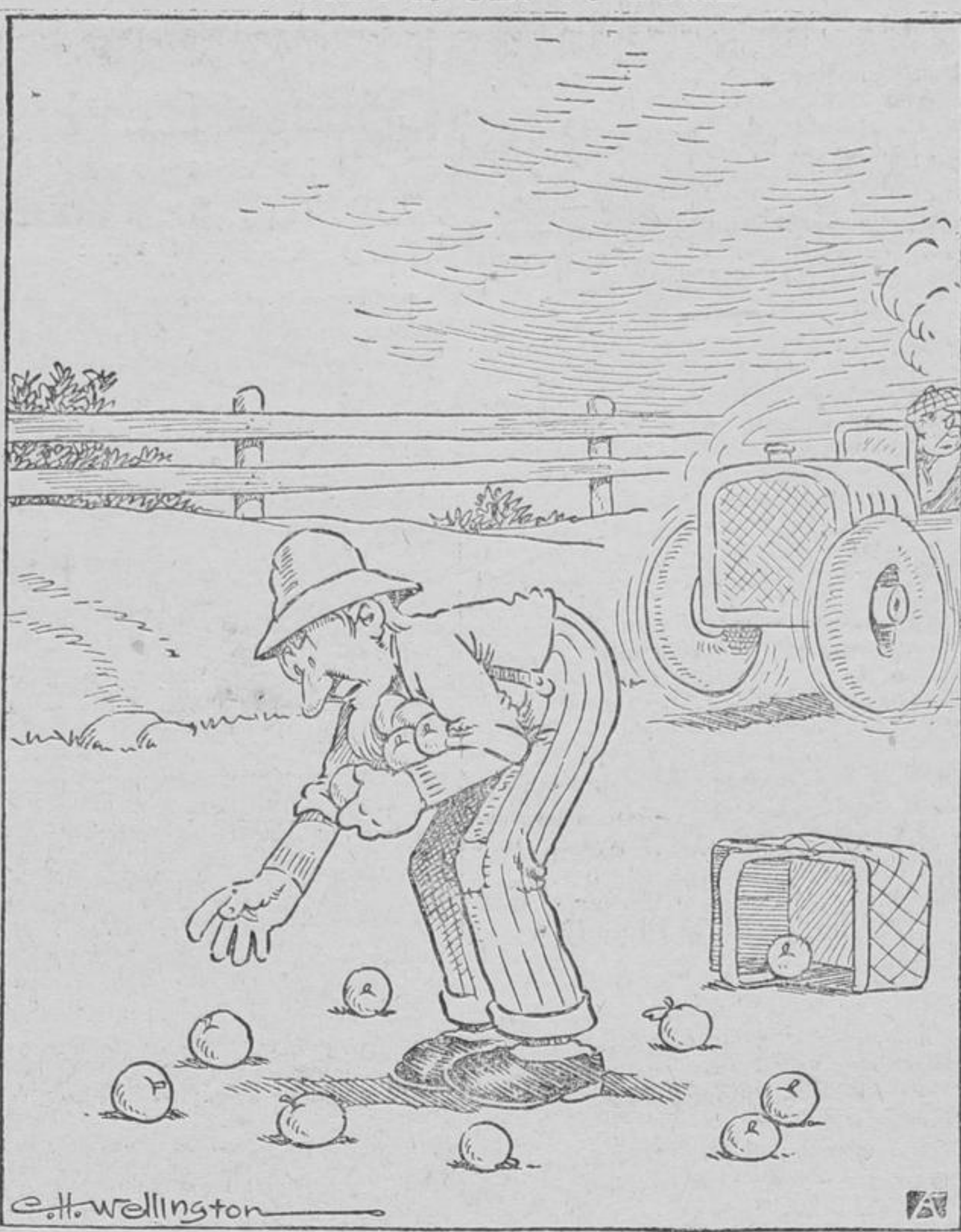
All these measurements are level.
Plain Cake—3 tsp. sugar, 1 tsp. butter, 1½ tsp. milk, 4½ tsp. flour, ¼ tsp. baking powder, few drops of vanilla, 1½ tsp. beaten egg. White of egg beaten instead of whole egg makes white cake.

Chocolate Cake—2-2-3 tsp. sugar, 4 tsp. butter, 4 tsp. beaten egg, 4 tsp. milk, ½ sq. melted chocolate, few drops vanilla, ½ tsp. baking powder, 5 tsp. flour.

Quick Coffee Cake—1 tsp. sugar, ½ tsp. butter (melted), 1 tsp. beaten egg, 2 tsp. milk, ½ c. flour, ½ tsp. baking powder, 1 tsp. raisins. Sprinkle thickly with sugar and cinnamon before baking.

Ginger Drop Cakes—2 tsp. molasses, 1 tsp. sugar, 1 tsp. lard, 1 tsp. boiling water, ½ tsp. beaten

—AND THE WORST IS YET TO COME



egg, ¼ tsp. cinnamon, ¼ tsp. ginger, ½ tsp. soda in flour, few grains of salt. Drop by teaspoonfuls on greased pans.

Muffins—½ tsp. beaten egg, 1 tsp. sugar, 2 tsp. milk, ½ tsp. melted shortening, 4 tsp. flour, ½ tsp. baking powder, few grains salt.

Baking Powder Biscuit—¼ cup or 4 tsp. flour, ¼ tsp. lard, few grains salt, ½ tsp. baking powder, 2 tsp. milk. Mix dry ingredients and lard, then add milk. Mix lightly, roll one-half inch thick and cut with small biscuit cutter. Bake in hot oven.

A POPULAR SEASONABLE GARMENT.



4703. This is a good model for wear over a one-piece dress or with a blouse and separate skirt. It may be made of sports silk, or wool fabrics, or of linen, alpaca or broad cloth. The fronts may be in shaped outline or straight as shown in the small front view.

The Pattern is cut in 6 Sizes: 34, 36, 38, 40, 42 and 44 inches bust measure. A 38-inch size requires 1½ yards of 40-inch material.

Pattern mailed to any address on receipt of 15c in silver, by the Wilson Publishing Co., 73 West Adelaide St., Toronto. Allow two weeks for receipt of pattern.

Send 15c in silver for our up-to-date Spring and Summer 1924 Book of Fashions.

A CAPACIOUS LAUNDRY BAG.

A good laundry bag that is up out of the way and that will hold as much as a good-sized basket can be made from any stout material by simply sewing up the sides to make a sack, hemming the top edges and running a stick through one hem. That side can then be fastened to the wall of the bathroom or washroom, and the other will hang conveniently open enough for placing articles of any size into it, yet will not spill any of the contents out.

WASH DAY IN FRANCE.

A tin wash boiler is likely to rust in spite of every care that is bestowed upon it by the housewife. French laundresses have found a way to prevent this. As soon as the wash boiler is emptied and while it is still warm and slightly moist, they rub its inner surface well with soap. This makes a coating over the tin which not only prevents rust but furnishes a nice ready-made suds for next wash day.

GIRLHOOD DANGERS

Can Be Avoided by Keeping the Blood Rich and Pure.

The anaemia of young girls may be inherited, or it may be caused by bad air, unsuitable food, hasty and irregular eating, insufficient outdoor exercise and not enough rest and sleep. It comes on gradually, beginning with languor, indisposition to exertion and a feeling of fatigue. Later comes palpitation of the heart and headaches. In the majority of cases constipation is present, and the complexion takes on a greenish-yellow pallor. The treatment is quite easy and simple. Dr. Williams' Pink Pills are just the tonic to remedy this wretched state of health. They act directly upon the blood, and as it becomes rich and pure strength and activity returns, the glow of health comes to the cheeks, and soon the trouble will disappear and good health follow. Miss Pearl Parks, R.R. No. 1, Reaboro, Ont., has proved the value of this medicine, and her statement will point the way to health to all other weak girls. She says:—"I was very ill with anaemia. I could not sleep at night; my appetite was poor, my face and lips were very pale and my eyes dull. I got so weak that I could not go upstairs without resting. I took dizzy and fainting spells, had no ambition whatever, and did not care to go about. I was in this condition for nearly a year. I had treatment from two doctors; but did not regain my strength, so my mother, who was very uneasy about me, decided I should try Dr. Williams' Pink Pills. After using the pills for a while I felt somewhat better, and continued taking them until I had used about a dozen boxes, when I was again well and strong. I can strongly recommend Dr. Williams' Pink Pills for the treatment of any suffering from anaemia."

You can get these Pills from any medicine dealer or by mail at 50 cts. a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Overheard in An Orchard.

Said the robin to the sparrow:
I should really like to know
Why these anxious human beings
Rush about and worry so.

Said the sparrow to the robin:
Friend, I think that it must be
That they have no Heavenly Father
Such as cares for you and me.
—Elizabeth Chenley.

Fortune is like glass—the brighter the glitter the more easily broken.

Water freezes every night in the year at Alto Crucero, in Bolivia, while at noon the sun is almost hot enough to blister the flesh.

Listening for a Metal.

Old legends tell of men who had the power to look down into the earth and see where gold and silver lay hidden.

We cannot do this yet, but something almost as wonderful is now possible; we can listen and hear the veins of precious metal.

Two Swedish engineers, Mr. Hans Lundberg and Mr. Harry Natharst, have invented an electrical instrument which will locate metallic ores under the ground and indicate their presence by making a sound that can be heard.

The prospector carries the instrument over the ground he is prospecting, and, with telephone receivers fixed on his head, listens. When the instrument passes over a vein a sound is heard, and the prospector knows that what he seeks is somewhere beneath his feet.

Capital punishment has been abolished in Austria, Holland, Norway, Portugal, Italy, Rumania and Sweden.

Self-love is a mote in every man's eye.

It's good to prove, in yourself, that not all the good die young.

CHEVROLET

Brings your friends close to you

THE isolation and loneliness of the farm have gone. Friends miles apart are now neighbors. Cities once the mecca for holidays and market days only, are now only a few minutes away.

On the other hand, the country places, the beauty spots of nature and the friends in the country are now within easy reach of the city folks.

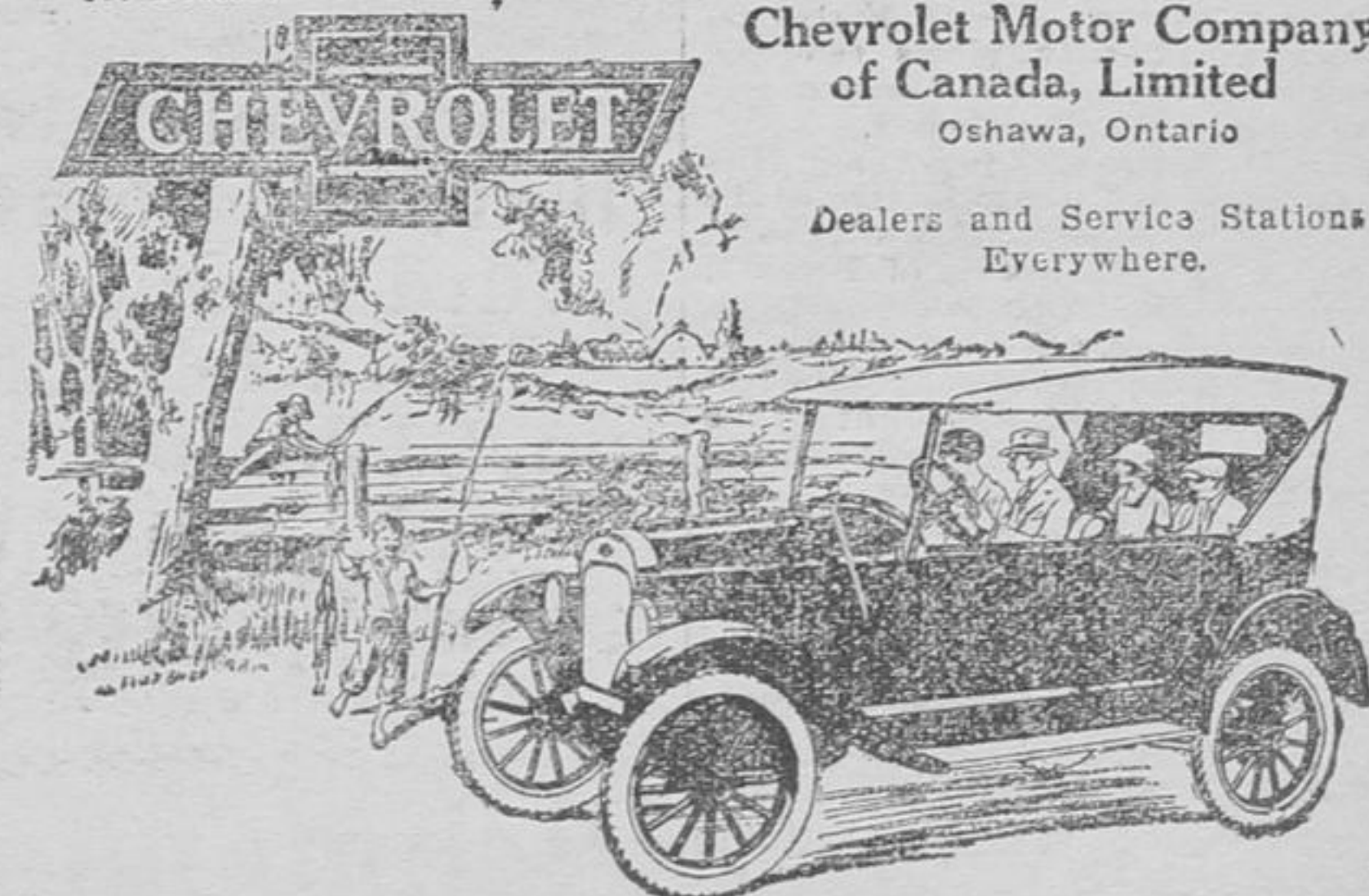
And in bringing this service to Canadians, Chevrolet has gone beyond any other car built. Chevrolet offers quality, dependability, comfort and full equipment at a price unapproached by any other quality car in the world.

Moreover by its low prices and easy payment plan, Chevrolet has further enlarged the group of those who can afford to own this fine quality car, and bring to them the enjoyments of motoring to a still greater degree.

Before you buy a car at any price, see Chevrolet. Examine its fine quality thoroughly. Ask for a demonstration.

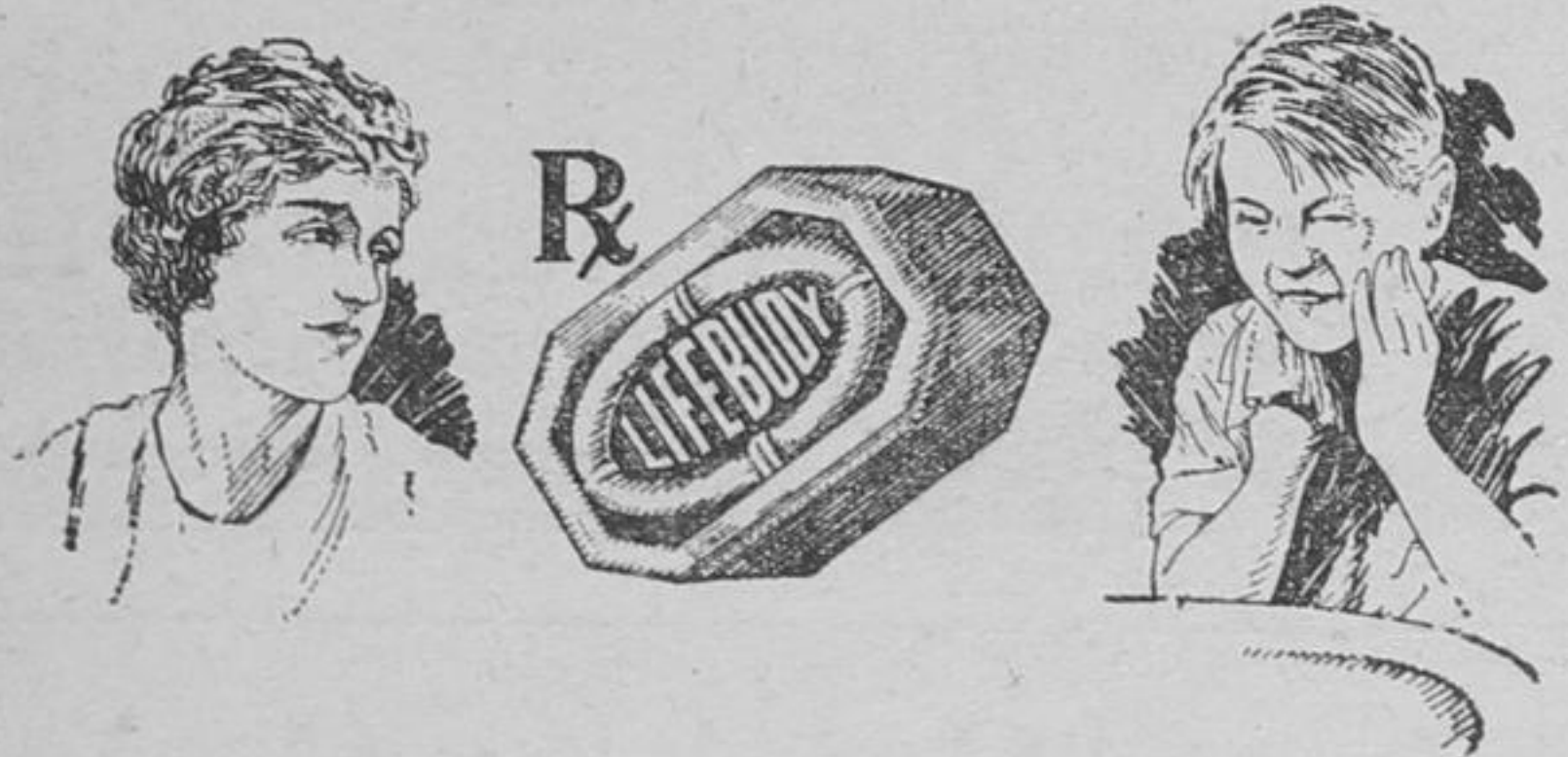
Ask About The G.M.A.C. Deferred Payment Plan

for Economical Transportation.



Chevrolet Motor Company of Canada, Limited
Oshawa, Ontario

Dealers and Service Stations Everywhere.



Mother's prescription

JOHNNY is taking a prescription. His careful mother—the family health doctor—ordered it. Her daily ounce of prevention—Lifebuoy Soap—works wonders in combating disease.

Every day your children touch dirty objects and cover themselves with germ-laden dirt. Give them Lifebuoy—the health soap.

Lifebuoy protects

The rich creamy lather of Lifebuoy carries a wonderful health element deep down into every pore. The skin is completely purified, and cleansed—delightfully stimulated.

LIFEBUOY

HEALTH SOAP

More than Soap—a Health Habit

The odour vanishes after use,
but the protection remains.

LEVER BROTHERS LIMITED, TORONTO

Lb-4-22