

Get a True Aid to Beauty

Underestimate Importance of Toe Grooming

Foot troubles blamed on poorly fitting shoes and stockings. These matters, of course, but, making a woman who and seeing most of the to consult a specialist, to her health as well as

are uncomfortable you walking, one of the best in the world. Golf, riding—will be a burden on you. Your disposition to be anything to make your face is bound to strain.

Learn something about intelligent ways to care for your feet now before you start your winter shoe

your aches are weak, of the many symptoms of fatigue after the day's work. Instead, when you get to bed (and a few of them), get a specialist and get to the kind of shoes you wear. If the soles and heels are worn unevenly, it is a sure sign that you are

try to cut corns out with a knife. Don't get to a chiropodist can suggest a pad that will lessen the pressure on the corn and usually cure it.

TOENAILS

Make the importance of toe grooming. Toenails should be cut straight (not rounded or pointed) and smoothed down with a file. To let toenails grow only is hard on the feet and will cause aet.

push outside back of foot. Keep a bottle of lotion handy for use after foot powder. About foot health, tips which include powder and a scented cream. Done up at, these should help comfort and there, the beauty.

Trade Reported

ns Now Hold Banking Chain

physical volume represented by the industrial product of manufacturing in 1926. The index figures in 1926 respectively.

reported for the United Kingdom to lead all recovery, the federation was reported in the second index of production on the 1925

ndance were: Mr. White, the chairman, and the committee, and

Quirks

ow Stateman (London)

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White Fruit Cake

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1 teaspoon baking powder
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1/2 lb. citron, finely cut
1/2 lb. each crystallized orange peel, lemon peel, pineapple and red cherries, finely cut
10 egg whites, stiffly beaten
1 lb. blanched almonds, finely cut
1 cup butter or other shortening
1 1/2 cups sugar
1 tablespoon lemon juice

Sift flour once, measure, add baking powder, soda and salt, and sift together three times. Sift one cup flour mixture over fruits and nuts; mix thoroughly. Cream shortening thoroughly, add sugar gradually, and cream together until light and fluffy. Add remaining flour mixture to creamed mixture, a small amount at a time. Beat after each addition until smooth. Add lemon juice, fruits, and nuts. Fold in egg whites, fruits, and nuts. Pour into paper-lined pan or small bread pans, 2 x 3 x 4 1/2 inches. Bake in slow oven (250 deg. F.) 2 1/2 hours, then increase to 300 deg. F. for 15 minutes. Makes 6 pounds fruit cake. Old-Time Brownies is a splendid

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Woman's World
By Mair M. Morgan

MAKE XMAS CAKES NOW

Eggs are sky-rocketing just as the "10-egg cake season," that of Xmas baking, opens.

While "use only tested recipes" is the first rule of a successful cook, nowhere is it more important than in making Xmas cakes, crammed full of the finest fruits and spices, held in a delicate, smooth batter made with the finest cake flour obtainable.

A good true recipe is of no use if it is not carefully followed and accurate measurements made. And, of course, the fruit, flour and eggs are not just thrown together as they come to hand—they must be added as specified in the recipe for, in a dark fruit cake, the fruit is added directly after the sugar; in a light, it is floured and added when the batter is well mixed.

The recipe for Christmas Fruit Cake here has been carefully tested and gives a perfect cake.

1 lb. (4 1/2 cups) sifted cake flour
1 teaspoon baking powder
1/2 teaspoon cloves
1/2 teaspoon cinnamon
1/2 teaspoon mace
1 lb. butter or other shortening
1 lb. brown sugar
10 eggs, well beaten
1/2 lb. candied cherries
1/2 lb. candied pineapple
1 lb. dates seeded and sliced
1 lb. raisins
1 lb. currants
1/2 lb. citron, thinly sliced
1/2 lb. candied orange and lemon peel
1/2 lb. nut meats, chopped
1 cup honey
1 cup molasses
1/2 cup cider

Sift flour once, measure, add baking powder and spices, and sift together three times. Cream shortening thoroughly, add sugar gradually, and cream together until light and fluffy. Add eggs, fruits, peel, nuts, honey, molasses and cider. Add flour gradually. Turn into pans which have been greased, lined with heavy paper, and again greased. Bake in slow oven (250 deg. F.) until thoroughly done. Cool in pans. For large loaves bake in 8 x 4 x 3 inch pans about 4 hours. For small loaves bake in 6 x 3 x 2 1/2 inch pans about 2 1/2 to 3 hours. Makes 10 pounds fruit cake. To store, brush lightly with port or brandy, wrap in waxed paper, and keep in air-tight container. Or brush with grape juice, wrap and store.

White Fruit Cake is becoming increasingly popular and this carefully tested recipe gives a feathery light batter for the delicious combination of fruits.

APPLE CIDER ANG

1 package quick setting lemon jelly powder
1 cup warm water
1 cup sweet cider
1 1/2 cups red apples, cut in match-stick pieces

Dissolve jelly powder in warm water; add cider. Chill. When slightly thickened, fold in apples. Turn into individual moulds. Chill until firm. Unmould. Serves 6.

Poor "Apple Betty" hasn't had a new dress since Canadian housewives first served her. Coconut Apple Betty is a "company" dish and yet easily made.

COCOANUT APPLE BETTY

4 tart apples, pared and thinly sliced
1 cup soft bread crumbs
1/2 cup finely packed brown sugar
1/2 teaspoon cinnamon
1/2 tablespoons butter

Arrange the layer of apples in greased baking dish. Cover with bread crumbs and cocoanut then sprinkle with a mixture of sugar and cinnamon, and dot with butter. Repeat until all ingredients are used, topping with cocoanut. Cover and bake in moderate oven (350 deg. F.) 35 minutes. Uncover and bake 10 to 15 minutes longer, or until apples are soft. Serves 6.

Escalloped cheese and olives is a flavoursome and smartly new supper dish—the very thing for late Sunday supper or "high tea" as many Canadians still call it. And it's excellent for luncheons, too, with rye bread or bran muffins.

ESCALLOPED CHEESE AND OLIVES

1 small onion, finely chopped
3 tablespoons quick-cooking tapioca
1 1/2 cups tomatoes, strained and heated
1/2 cup grated cheese
buttered crumbs
1 tablespoon butter
1/2 teaspoon sugar
1/2 teaspoon salt
1-2 teaspoon paprika
18 ripe or stuffed olives, coarsely chopped

Saute onion in butter. Add quick-cooking tapioca, salt, sugar, onion, and paprika to tomato juice, and cook in double boiler 5 minutes, or until tapioca is clear, stirring frequently. Place layer of tapioca mixture in greased baking dish, cover with cheese, add layer of olives, then re-

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Royal Performance



King George and Queen Mary of England pictured as they entered the flower-banked Royal Box at the Palladium in London to attend a command performance held there recently. Other members of the Royal Family also attended.

SAYS HIS IS SADDEST JOB

NEW YORK—Louis Oppie believes he has the saddest job in the nation's largest city.

He advanced his claim to the title at a gloomy brick building surrounded by a high iron fence at 29th Street and First avenue.

Oppie is custodian of the place. Officially it is known as the city morgue; but to him it is "tragedy terrace."

Across the street, tenement children play, unmindful of the morgue, and the life of the city whirrs by.

To Oppie's care are entrusted Manhattan's unidentified dead: Suicides, derelicts and failures tossed aside by the city's rush.

The bodies are photographed, wrapped in sheets, tagged and listed in the book of unidentified dead. Then they are taken to the basement and placed in long cases.

Here are men and women who met death suddenly and alone. Some are from other cities; they dropped out of sight without causing a ripple on New York's surface.

Relatives back home wait and wonder why they do not write.

Oppie sees relatives enter the morgue, and sit on a long bench waiting their turn. He leads their grim search through the corridors.

He commutes from Jamaica to what he calls "his port of missing men."

are well covered, while the stalks are left exposed to the air. In the morning gently shake the water from the petals and rearrange in vases.

Linseed oil is excellent for removing rust from the range.

A novel way to scent the hair is to sew a small cachet bag inside the hat.

A wet chamois, wrung dry, will remove all lint from the upholstered furniture.

Mahogany woodwork can be washed with cold tea, or with a weak mixture of vinegar and water.

Silk and woollens can be ironed safely on the right side if they are covered with a slightly dampened cheesecloth.

Keep a small bottle of ammonia on the desk. A dip of the pen in the ammonia will make it as clean as new.

A CHRISTMAS GIFT FOR ALL THE YEAR

There is no such thing as a poor Christmas present. Some are just better than others. Any gift offered out of a spirit of love and friendship carries a sentiment not to be discarded lightly.

All gifts, however, do not bespeak this wish so well as they might. Household gifts lack the desirable personal touch—yet purely personal presents often wear out or change style so quickly that the giving seems an ill-chosen waste. The perfect gift not only gives instant pleasure, but lingers on to charm the receiver many, many times.

Pets make excellent gifts. Canaries, particularly, touch a responsive chord in any woman's heart. They need little care: a bit of water, some bird-food and such tiny luxuries as will make life more pleasant for them. And in return they bring their owners the gift of song from morning till dusk.

With the Christmas season coming on apace, it is well to keep this suggestion in mind. The novelty of the gift will surprise and please the receiver.

HOME HINTS

When paper hanging, use common starch instead of flour for the paste. It sticks better, is also more economical, and makes the job much cleaner.

Housewives who have no hot water supply should place the washing up bowl full of cold water on the kitchen range. It will be getting ready for use.

Each night take violets from their vases and place them upside down in a pudding dish. Half fill the basin with water, so that the flower heads

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SUNDAY SCHOOL LESSON

LESSON X — December 8
NEHEMIAH REBUILDING THE WALL OF JERUSALEM
Nehemiah 4:6-9, 15-21.

GOLDEN TEXT — The people had a mind to work. — Nehemiah 4:5.

THE LESSON IN ITS SETTING
TIME — All the events recorded in the first seven chapters of the book of Nehemiah took place within a period of one year, 445-444 B.C.

PLACE — Susa, the ancient capital of Persia, the winter residence of Artaxerxes, about eighty miles east of the Tigris River; and the city of Jerusalem.

"So we built the wall." This phrase can almost be called a piece of quiet humor. Nothing could stop these people. God was there. The king's decree was in their midst. "And all the wall was joined together unto half the height thereof; for the people had a mind to work."

"But it came to pass that, when Sanballat, and Tobiah, and the Arabians, and the Ammonites, and the Ashdodites, heard that the repairing of the walls of Jerusalem went forward, and that the breaches began to be stopped, then they were very wroth." In most editions of the Hebrew Bible, this is the first verse of the fourth chapter. Here we have a complete list of the foes of Jerusalem. Here we find the anger of these opponents; reaching its highest pitch. "And they conspired all of them together to come and fight against Jerusalem, and to cause confusion therein." The sudden arrival of hostile forces outside Jerusalem did certainly cause confusion.

"But we made our prayer unto our God." Note here the plural pronouns. Hitherto there had been a melancholy solitariness about the earnest devotion of Nehemiah. The success of his mission began to show itself when the citizens began to participate in the same spirit of devotion. "And set a watch against them day and night, because of them." Certainly prayer did not make these people careless. Men who first speak to God and manifest dependence upon him are generally found to be those who make the wisest use of every available and honorable source for bringing about those things concerning which God has revealed his will.

"And it came to pass, when our enemies heard that it was known unto us, and God had brought their counsel to nought, that we returned all of us to the wall, every one unto his work." God has brought the counsel of the enemy to nought through the precautionary measures now taken by Nehemiah, and the enemy apparently abandoned their intention of making immediate attack.

"And it came to pass from that time forth, that half of my servants wrought in the work, and half of them held the spears, the shields, and the bows, and the coats of mail; and the rulers were behind all the house of Judah." We should gather from this verse that only in the case of Nehemiah's personal attendants was there still an insistence upon arms being carried while the work of building went on.

"Laded themselves; every one with one of his hands wrought in the work, and with the other held his weapon. And the builders, every one has his sword girded by his side, and so builded. And he that sounded the trumpet was by me." Nehemiah had kept oversight of the entire undertaking.

"And I said unto the nobles, and to the rulers and to the rest of the people, The work is great and large, and we are separated upon the wall, one far from another." "In what place soever ye hear the sound of the trumpet, resort ye thither unto us; our God will fight for us." "So we wrought in the work; and half of them held the spears from the rising of the morning till the stars appeared." Even though Nehemiah had made elaborate plans for the defence

Basque Model

2799

Here's a very smart basque model with a very modern look, that will interest bright young things and the young business woman.

Wool jersey, rabbits wool, velvet, novelty crepe silks, velveteen, etc., are very attractive materials for this dress. The shirt collar and double row of buttons are charmingly young.

Simple to sew— inexpensive, and what a remarkably chic effect.

Style No. 2799 is designed for sizes 11, 13, 15, 17 and 19 years. Size 15 requires 3 1/2 yards of 39-inch material with 1/4 yards of 39-inch contrasting.

HOW TO ORDER PATTERNS
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GOOD SERVANT BAD MASTER

Fire Department Warns Against Danger of Gasoline

Following several fires in an unnamed garage the Ontario Fire Marshal's Department has issued a general warning against the use of gasoline for cleaning purposes.

Gasoline is a very handy article for several purposes, but, like fire, it is a good servant but a bad master. Judging by the way some of its users treat it, especially for cleaning purposes, the wonder is that it has not caused many more deaths and injuries than it has.

One very common practice is to use it for removing spots from clothing or rugs, by the simple process of rubbing the spot until it disappears. The worse the spot, the harder the rub, never, apparently, knowing or caring that friction caused by the rubbing is liable to strike a spark that will ignite the gasoline and cause an explosion and fire. Another risky practice is to do cleaning with gasoline in a closed room with a light burning. If the light is a coal oil lamp the user is looking for trouble, for fumes will carry several feet, so that a lamp at apparently safe distance may explode in the gas.

Too much care cannot be used in handling gasoline. Have you ever noticed the chains trailing under the big gasoline trucks and wondered why the driver did not tie them up out of the way? Those chains are there to carry off any static electricity that may be generated by friction in any part of the truck—they are there to save the truck from going up in a burst of flames. You may have noticed too, that your service station attendant, when he is filling your tank, holds the hose nozzle against the side of the tank. That is to take up any static electricity that may be generated by friction between the gas and the hose. He knows what is liable to happen.

So, if you use gasoline for cleaning, do it in the open air away from lights and do not use too much "elbow grease" if you want to be sure of coming out with a whole skin. When pouring it from one vessel to another, keep the edges of the two vessels together. Keep open lights away from it. Do not turn the switch of an electric light in a gas-filled room; the switch may spark and start a fire. Keep it away from any fire. In short, treat gasoline with all the care and respect due to one of the most dangerous—while one of the most useful—articles in existence.

Your Daughter's Height

To tell how tall small daughter is likely to grow, take her height at the age of seven.

If she is tall, then she is likely to be tall at 16, when her growth is about complete. If medium at seven, she may always be so. If short then you need not expect a tall daughter.

The seven-year height is not infallible, but it is better for predicting than her height at the age of 11. Dr. Edwin B. Wilson, of the Harvard School of Public Health told the National Academy of Sciences.

That is the way girls grow, according to a study of 275, whose heights were measured each year from the ages of seven to 16.

Custom may lead a man into many errors; but it justifies none. — Fielding.

If you know how to spend less than you get, you have the philosopher's stone. — Franklin.

A New Deal?

Ridgetown Principal Declares More Interest Should Be Taken In Rural High Schools

The necessity for a new deal for the rural high schools in Ontario was advocated the other day by Mr. J. H. Edwards, principal of the Agricultural High School of Ridgetown, who serves the Toronto Mail and Empire.

The high schools of the rural districts, he declared, are lagging and are entitled to more public interest than they are receiving. The curriculum has been practically unchanged for fifty years, despite the fact that conditions are vastly different than a half-century ago, requiring different means of training the minds of pupils, whose lives will be spent on the farms.

Then, too, he stated 45 per cent. of the students in rural schools do not attend the secondary schools. Being interested in agriculture they remain on the farms. For higher education that would more fully equip them for agricultural life they should be able to look to the rural high school. The curriculum has not, however, been so adapted. To emphasize this fact, he said the attendance at the Agricultural High School in Ridgetown has increased from 25 in 1926 to 100 in 1935, and all the students are full-time day pupils. In addition, 62 boys and girls attend the short course, which is given during the winter term.

Productive farming, he claimed, is farming for the community—economic farming by scientific methods. To the school is left instruction to that end. Children of the farms should be taught farm management, economics, bookkeeping and how to employ hours of labor, to give time to reading and the study of farm organization. Vocational training in the 70 technical schools in Canada should help the young farmer but, unfortunately, he said, only three of them are in rural places. Owing to the fact that Canada is essentially an agricultural country, Mr. Edwards' observations are well worthy of consideration by those who have charge of our educational system.

A New Deal?

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