

# GLANCES IN MY LADY'S MIRROR

## MANY WAYS TO USE BANANAS

### Banana And Orange Meringue.

4 ripe bananas.  
1 cup orange juice.  
1 cup sugar.  
2 eggs.  
Pinch salt.  
Skin, scrape and slice the bananas into ramikins or an earthen bowl. Beat the yolks of the 2 eggs, 2/3 cup of sugar and salt together; then add the orange juice. Pour over the sliced bananas; set the ramikins in pan of hot water in moderate oven 25 minutes, or until set. Beat the whites of the 2 eggs until dry with 1-3 cup sugar. Spread over pulverized sugar; place in moderate oven to dry and brown slightly.  
This makes six ramikins.

### Bananas With Cornstarch Custard.

4 ripe bananas.  
2 cups milk.  
1/2 cup sugar.  
1 egg.  
1/2 teaspoonful salt.  
1 tablespoonful cornstarch.  
Skin, scrape and slice the bananas into sherbert cups. Pour over the cornstarch, made as follows:  
Put the milk on to boil; mix cornstarch with a little cold milk with the sugar, salt and well-beaten egg. Boil 3 minutes. Serve with a half teaspoonful of red jelly on top.

### Crushed Bananas With Fruit Juice Or Whipped Cream.

6 very ripe bananas.  
1 cup orange juice.  
1 cup whipped cream.  
Skin and scrape the bananas; put through potato ricer or fruit press into ice cream glasses, putting 1 tablespoonful of orange juice over each one and 1 tablespoonful of whipped cream on top. Garnish with half a cherry. It is easily and quickly made and must be served cold.  
The above amount makes six glasses.

### Banana Charlotte Russe

4 ripe bananas.  
2 cups cream.  
1 tablespoonful granulated gelatine.  
1-2 cup pulverized sugar.  
1 tablespoonful lemon juice.  
6 lady fingers or thin slices of sponge cake.  
Soak the gelatine in 2 tablespoonfuls of cold water; dissolve by putting cup over hot water; whip the cream until stiff; add sugar, gelatine and bananas, which have been skinned and scraped and put through strainer (add the lemon juice to bananas; then mix cream and bananas together; line bowl with lady fingers, which have been split. Put in the mixture and set in cold place. Garnish top with thin strips of citron.

### Sliced Bananas With Jelly or Fruit Sauce.

Six ripe bananas are skinned, scraped, sliced and put into bowl. One cup of grape, plum, peach or apple jelly is dissolved with 1-2 cup of boiling water. Pour over the bananas while hot; then set in cold place. The hot sauce brings out the flavor of the banana, but it must be served ice cold. This can be served as a first course.

### Cream Banana Soup

3 ripe bananas.  
2 cups milk.  
3 cups rice stock.  
1 tablespoonful butter.

### 1 tablespoonful flour.

1 teaspoonful salt.  
3-4 teaspoonful nutmeg.  
1 cup crutons.  
Put the milk and rice stock on to boil. When boiling add butter and flour, which have been rubbed until smooth. Boil 5 minutes; add salt, nutmeg and the bananas, which have been skinned, scraped and mashed through press or strainer. Boil 5 minutes. Serve with crutons.  
Crutons are made by cutting stale bread into 1-2 inch dice; place on platin in oven until nice and brown.  
A hint to new housekeepers is when mixing flour and butter have the butter soft, not melted.

### Banana Croquettes With Rice Sauce.

4 very ripe bananas.  
1 egg.  
1 cup dry breadcrumbs.  
1 teaspoonful salt.  
1 tablespoonful milk.  
2 tablespoonfuls flour.  
Skin and scrape the bananas; cut in half; dust the bananas with salt; roll in flour; then in the egg which has been beaten with the milk; then cover with breadcrumbs and fry in deep fat or oil. Serve with rice custard sauce made as follows:  
2 cups milk.  
1 cup boiled rice.  
2 tablespoonfuls sugar.  
2 tablespoonfuls chopped seeded raisins or dates.  
Put the milk on to boil in top of double boiler.  
The boiled rice is put through the meat chopper and added to the milk; add sugar, salt and nutmeg. Boil 20 minutes or until creamy; then add the raisins. Boil 2 minutes.  
This makes eight croquettes with eight helpings of rice sauce.  
This makes a very good meat substitute.

### Bananas And Rice.

4 very ripe bananas.  
1 cup rice.  
1 teaspoonful salt.  
1 teaspoonful butter.  
1/2 cup brown sugar.  
Wash, boil and blanch the rice as usual. Brush agate platter or large platin with butter. Pile the rice in mound shape; dust with salt. Skin and scrape and split the bananas; spread over the rice; cover with brown sugar; put in hot oven; bake 25 minutes or until bananas are done (a light brown). Serve on dish in which it is baked. Garnish with red jelly.  
This amount makes six helpings and is served in place of meat or fish.

### Scalloped Bananas.

6 ripe bananas.  
1 cup fresh breadcrumbs.  
1/2 cup brown sugar.  
1/2 cup butter.  
1/2 cup sugar.  
1/2 cup flour.  
Skin, scrape and slice the bananas; brush bakish with butter; put half of bananas in, dust with salt; half of breadcrumbs and half of sugar, rest of bananas, salt, crumbs and sugar. Divide the butter in small pieces and put over top; add 1/2 cup of water; cover and put in moderate oven 20 minutes; uncover and bake 20 minutes longer or until nice and brown. This makes 6 good-sized helpings, and can be served with grape juice sauce, which is made as follows:  
1 cup grape juice is brought to boil; add 1 teaspoonful of cornstarch mixed with cold water. Boil 1 minute, and sweeten to taste.

## LITTLE HINTS ON STYLE.

Tricorne hats in a dozen variations are fashionable, and they may be trimmed high or low as suits the fancy.

Even an old gown, provided it is not too scant, can be brought up to date by the addition of a little silk coat lined with flowered chiffon.

The softest materials and flexible boning are still used for corsets.

Spring fashion has brought handbags made of quaintly flowered silk.

Cotton gabardine for summer comes in white and delicate pale colors.

Skirts of little girl's dresses are in plaited effects, some double, others triple.

One sees many shades of covert



## COLOR AND CLOTHES

### SECRET LIES IN CONTRASTING COLORS — Blue Suits Blonde Women and Yellow and Red Are For the Brunette.

Every woman owes it to herself to know, in a general way, the colors which are best suited to her. Few persons have a true idea of color. To correct this fault secure a sample book of colors and shades, such as manufacturers have for distribution, and with these as a guide identify the colors, tints and shades found in the common things, such as a stone, a dried leaf or a board. The new colors, such as battleship gray, putty and sand, are related to these things of earth.

Color in woman's dress, however, should never be made a question of fashion. The tones of a shade may vary or be influenced by the development of fashion, but what is becoming is the chief thing. To contrast colors is one important factor. No two colors should be followed. No two colors should be used in combination unless each one contains at least one similar color in its composition. Care should be taken when blending shades of any color that the shades are of exactly the same tone. Colors may be called by the same name, but the variation of the tone is infinite. White has the effect of brightening every color with which it is combined. Black has the contrary effect.

### Two Usual Types.

In order to choose colors to suit each individual, certain characteristics, such as the color of the hair, eyes and complexion, must always be considered. These three points must be considered as a whole or together, because color may contrast with the hair and yet give a most unfortunate effect with the complexion. There are two usual types—fair hair and blue eyes and dark hair and dark eyes. These two types vary widely in degree. The color of the hair is usually the result of a mixture of red, yellow and brown, one of these tones being more of less pronounced. The average must therefore be considered to be a soft tone of orange brown. The color of the skin is always of a lower tone than the hair except in the red parts, as the lips. Blue eyes are really the only parts in the fair type which form a point of contrast in color, while the dark-hair type usually shows the harmonies of contrast. Dark eyes, eyebrows and hair contrast more strongly with the skin than in the blonde type. As a rule the dark type has less red than the fair.

### The colors that suit both blonde and brunette are those that produce the greatest contrast. Blue, which

## WORTH REMEMBERING

Silk shirts and stockings should never be ironed, as it cracks and rots the silk.

If a cake sticks to the pan, turn the pan upside down and lay a cloth wet in cold water over it. After three or four minutes the cake can usually be removed.

To remove grease spots from delicate colored silk, take a lump of magnesia and rub it wet on the spot. Let it dry, then brush off and the spot will be gone.

A crack in the range can often be repaired by using a filling made of wood ashes and common salt moistened with water. This will prove hard and lasting.

To make ferns, geraniums and nearly all house plants grow, put a teaspoonful of ammonia in one quart of water (lukewarm) and water the plants with it. This should not be used more than twice a week.

To remove grease spots from wall paper, sprinkle baking soda over blotting paper, place over the spot and press a moderately warm iron against it for a few minutes. The blotting paper will absorb the grease and the spot on the wall will disappear.

Cold slaw is greatly improved by the addition of a few leaves of parsley chopped fine with the cabbage, or two or three stalks of celery chopped with the cabbage. A rich mayonnaise should always be used for slaw, unless French boiled dressing is preferred.

Beauty Hints.  
A little rouge carefully applied will often freshen up the skin and give a bright, youthful appearance, but paint and powder put on with brushes and slap-dash make most women look anything but charming. One might as well rub green cheese on one's face as to use gray-blue chalk on the eyelids—the effect is that of facial mildew.

The same exercises that reduce flesh will put flesh on the thin, emaciated individual. The reason is that exercise, good diet and general hygienic living will create a normal condition. Swinging Indian clubs will do away with unnecessary fat on the arms, also the same treatment will cause angular arms to fill out with muscle and tissue. The motor car, good food and lazy habits are the commonest cause of most of the cases of obesity. No woman is happy who is carrying about twice as much weight as she should. No woman who is willing to do a little work and practice self-sacrifice need suffer from an oversupply of adipose tissue.

Corded Fabrics.  
There is quite a showing of corded fabrics in the spring samples. Silk poplins, failles, corded bengalines, and gabardines and other novelty cloths and corduroys are being pushed, and the old favorite, pique, is prominent among the cottons for warmer weather.

A smart calling or going-away costume for a bride shown at a recent opening was a skirt and short military coat of dove gray silk poplin, the coat being elaborately braided in gray silk cord. A tight-fitting vest showing beneath the short front of the coat was of the material, running up smoothly and untrimmed above for a row of small gray braided buttons running straight up the front to the top of the collar, which was relieved by a white ruching underneath the chin, close about the throat.

Of all the smart materials that have made a bid for smart favor none has exceeded covert cloth in excellence for the smart topecoat. The design shown here is capable of varied treatment, but reaches the height of chic in the self-strappings and full, rippling lower section.

The sleeves have two seams, finished with deep cuffs of their own material. Tan, olive-drab or elephant gray covert cloth is very fashionable for this design. 3 yards being required if 54 inches wide. This makes a 56-inch coat; if the 59-inch length is preferred, 2 1/2 yards of 54-inch cloth will be sufficient. The collar may be closed at the throat or thrown back.

Today's lesson concerns the cutting of the coat exclusively. After folding the cloth the back is laid on the lengthwise fold, about an inch from the edge of the material. On account of the rippled effect at the bottom there is a decided sloping away of the pattern, which makes it possible to place the cut and lower sleeve section opposite the back, only on a lengthwise thread. To the right of the back the yoke and collar are laid; these on the lengthwise fold. Although laid very close to the fold, the front of the coat is placed on a lengthwise thread; opposite lies the pocket, and to the left of the pocket is the upper sleeve section.

For shorter length coat cut off lower edges of front and back on lower line of small "x" perforations.

It is considered very smart to mount the coat on a lining of bright striped or checked silk.

In spite of the brilliant models, however, the fashionable colors this year are the duller ones—dark blues, greens, browns and putty colors, often combined with black. And, in fact, in everything, the tendency is toward a restraint and moderation befitting the times in which we live.

## EASY & PRACTICAL HOME DRESS MAKING LESSONS

### Prepared Especially For This Newspaper by Pictorial Review

### FASHIONABLE TOPECOAT IN CLOTH.

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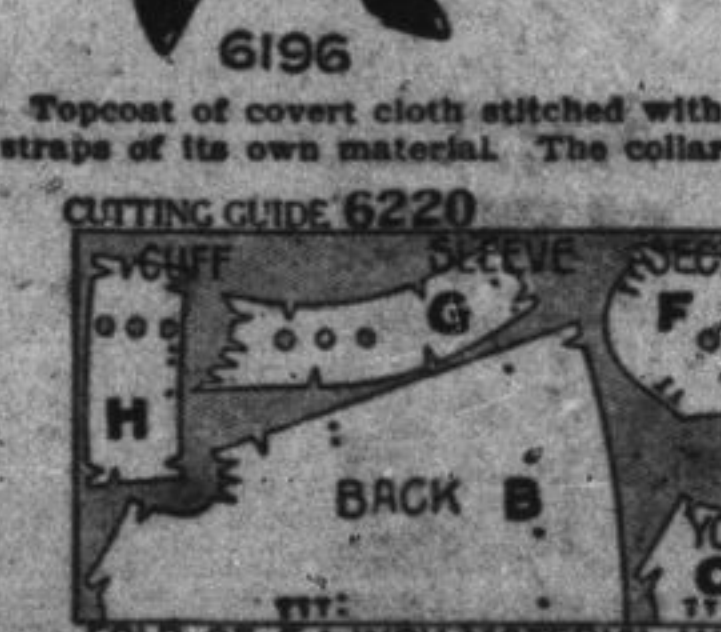
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### CUTTING GUIDE 6220



FOLD OF 54 INCH MATERIAL WITH NAP. Pictorial Review Coat No. 6220. Sizes 32, 34, 36, 38, 40, 42 and 44 inches. Skirt No. 6196. Sizes 22, 24, 26, 28, 30 and 34 inches waist. Price, 15 cents.



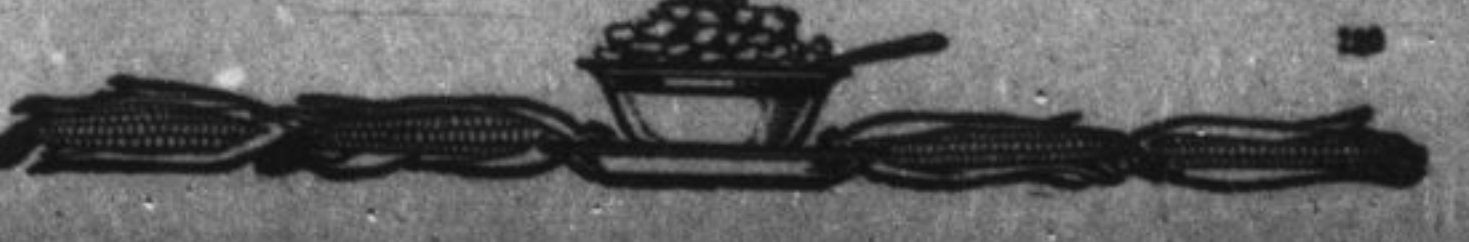
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"Kellogg's"

## CORN FLAKES

The attacker knows he has the countersign to pass him through the lines. The little sentry's sense of duty keeps him, at this post, but it is a hard strain to let that package pass. He would almost give up his play and even his cherished sword to get at its contents.

The Sweet Heart of the Corn. Made in Canada. 10c. per package.



## The Real Cause of Most Bad Complexions

It is a stern fact that no truly beautiful complexion ever came out of jars or bottles; the longer one uses cosmetics the worse the complexion becomes. Skin, to be healthy, must breathe. It also must expel through the pores, its share of the body's effete material. Creams and powders clog the pores, interfering both with elimination and breathing. If more women understood this, there would be fewer self-ruined complexions. If they would use ordinary mercurized wax instead of cosmetics, they would have natural healthy complexions. This remarkable substance actually absorbs a bad skin, unclogging the pores. Result: The fresher, younger, under skin is permitted to breathe and to show itself. An exquisite new complexion gradually peeps out one free from any appearance of artificiality. Get an ounce of mercurized wax at your druggist and try it. Apply nightly with cold cream. For a week or so washing it off morning. To eradicate wrinkles, here's a marvelous remedy: Apply a thin film of mercurized wax naturally and harmlessly. Dissolve hazel and use as a wash lotion.

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The kidneys do their utmost to free the blood of this irritating acid, but become weak from the overwork; they get sluggish; the eliminative tissues clog and thus the waste is retained in the blood to poison the entire system.

When your kidneys ache and feel like lumps of lead, and you have stinging pains in the back or urine is cloudy, full of sediment, or the bladder irritable, obliging you to seek relief during the night; when you have severe headaches, nervous and dizzy spells, sleeplessness, acid stomach or rheumatism in bad weather, get from your pharmacist about four ounces of Jad Salts; take a tablespoonful in a glass of water before breakfast each morning, and in a few days your kidneys will act fine. This famous salt is made from the acid of grapes and lemon juice, combined with lithia, and has been used for generations to flush and stimulate clogged kidneys, to neutralize the acids in urine so it is no longer a source of irritation, thus ending urinary and bladder disorders.

Jad Salts is inexpensive and cannot injure; makes a delightful effervescent lithia-water drink, and nobody can make a mistake by taking a little occasionally to keep the kidneys clean and active.

Agent, Geo. W. Mahood.

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