

In The Realm Of Woman--Some Interesting Features

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WAR MENUS
How to Save Wheat, Beef and Bacon for the men at the front. Issued from the office of the Food Controller for Canada.

MENU FOR WEDNESDAY

Breakfast
Sliced Peaches, Corn Flakes, Milk, Sugar, Griddle Cakes and Syrup, Tea or Coffee

Luncheon
Codfish Balls, Roasted Potatoes, Brown Bread, Apple Sauce, Milk

Dinner
Kidney Stew, Mashed Potatoes, Mashed Turnips, Oatmeal Cookies, Prune Jelly, Griddle Cakes and Kidney Stew as follows.

Griddle Cakes
2 cups flour, 1/2 teaspoon salt, 2 cups sour milk, 1 1/2 teaspoons soda, 1 egg.
Mix and sift flour, salt and soda, add sour milk and egg well beaten. Drop by spoonfuls on a greased hot griddle, cook on one side, turn and cook on the other. Serve with corn syrup.

Kidney Stew
Soak, pare, trim and slice the kidneys. Sprinkle with salt and pepper and fry in butter. Remove to a hot dish. Cook some finely chopped onion in 2 tablespoons of butter until brown. Add two tablespoons flour and one cup boiling water. Put the kidneys in this and cook five minutes. Season to taste and serve.

THE CONFESSIONS OF ROXANE

(By Frances Walter)

JEALOUS!

(Copyright, 1917, by the McClure Newspaper Syndicate.)

"We shall expect you at 7, then?" I bowed and she and her niece turned away. But I was watching them without really seeing them. What did Mrs. Hardwick mean by pretending that she had not seen Kenneth? There are women who sometimes consciously, sometimes unconsciously, chain the attention of men the moment they are looked upon. Such women are dangerous. Potentially, at least, they are always home-breakers, because they are almost invariably women who care nothing for the sacredness of marriage, who look upon every masculine personality as a thing to be explored and possibly exploited. Admiration is what they crave, but once won, admiration is insufficient to fill the void in their souls. They demand more—service, devotion, attention to the exclusion of others, however dear those others may be to the victim of these cunning wiles. Many a family has been broken up because a pair of dark, passionate eyes rested a moment too long upon the face of a susceptible man. Many a wife, confident of the affection of her lord and master, has permitted him to bask once too often in the sunshine of such a woman's eyes.

The moment I saw Kenneth and Mrs. Palmer together I became jealous. All the suspicion which had been aroused when Mrs. Hardwick first introduced her was revived, but now it was ten times as keen. I wondered why I had been so thoughtless as to accept the invitation to dinner, why I had not made some excuse and thereby prevented her meeting my husband. But I had not and now I found myself seated beside the old woman whom I detested, while Kenneth was visibly charmed by the vivid beauty of this creature who had come so suddenly into my life. And to make the situation the more disagreeable, Mrs. Hardwick was aware of the attention Kenneth was paying to Mrs. Palmer, and was taking a furtive delight in watching my growing impatience and my evident jealousy.

I remembered with disgust as I watched Kenneth gradually come under the beautiful Mrs. Palmer's

charm, that he had not wanted to come, and that I had urged him not to run the risk of offending his first customer. Then he had yielded, but with no enthusiasm. Now, as I looked at him, I smiled bitterly. It was evident that he was enjoying himself intensely, and the evening was due solely to Mrs. Palmer, for she had quietly monopolized my husband and had left me to the tender mercies of her old aunt.

"Poor Kenneth!" I mused as I looked at him and her. "How little he knows of women."

"Isn't she handsome?" inquired Mrs. Hardwick suddenly as we left the table. Kenneth and Mrs. Palmer leading the way to the drawing room. "I have always been proud of Jeannette, but I must confess that I never did expect her to develop into the beauty that she has. It is seldom that one sees such a face and form combined."

"She is very handsome," I admitted. Then I went on a little exploring expedition myself as I added, "Her husband must literally worship her."

Mrs. Hardwick was silent and I noticed embarrassment in the air, but it was only for a moment. Suddenly she gave one of her short, cackling laughs.

"He was proud of her," she declared. Then, after a minute's reflection, "But James was impossible. You know there are such men in the world. He was entirely unreasonable, so there was but one thing to do, and I am glad to say that Jeannette did it with dignity. There was no scandal, and even the newspapers had very little to say about it."

"It is too bad," I said spitefully. "Divorce always is a disagreeable thing."

"I do not agree with you," the old woman replied sharply. "In many cases it is necessary, and whatever is necessary is right and proper."

"Still it is unfortunate that some things are necessary," I persisted.

Another cackle from my disagreeable old companion.

"I will admit that it was unfortunate for James," she declared. "I hear he has quite gone to pot."

"What are you two dear people talking about?" I inquired a silvery voice. "You are entirely too serious. One would almost suspect that you were discussing your religious belief. I tried to smile as I looked back at the dazzling beauty, but I fear it was a rather poor attempt.

"Nothing of the sort," replied Mrs. Hardwick. "We were speaking about people, as usual. They are a great deal more interesting than religion ever was."

Mrs. Palmer laughed sweetly. "I am afraid she will corrupt you."

Mrs. Holman," she said. "Be on your guard."

Then she turned to Kenneth. "Come," she said, "and I will show you the view I spoke of."

Kenneth looked at me, rose slowly and followed her through the window to the veranda.

(To Be Continued)



CORINNE CARTER
With the great magician at the Grand on Oct. 5th and 6th.

THE WORLD'S NEWS IN BRIEF FORM

Tidings From All Over Told in a Pithy and Pointed Way.

A Chinese steamer was sunk by a plunger off Iceland.

Lord Northcliffe is to be in Ottawa on October 4th for a few days discussing problems connected with the war.

Two hostile machines were destroyed and two others driven down by British air patrols in bombing raids over Belgium on Saturday.

The water is still rising in the flooded city of Tien Tsin. The electrical services, and the water supply have been completely disarranged.

Mrs. Edward Sage, Vandemar, Ont., was burned to death when her night clothing was set on fire by the explosion of a coal oil lamp in her bedroom.


Russian troops have made another advance in the Riga region. The Russians advanced between eight hundred and a thousand yards.

Sir Robert Borden is back in Ottawa, and it is the general expectation that within a few days important Cabinet changes will be announced.

The Great North Western Telegraph Company has accepted the award made by the majority of the Board of Conciliation, and the strike may be considered over.


Rev. Trevor H. Davies, the new pastor at Metropolitan church, Toronto, in an interview says Lloyd George would bring in drastic temperance legislation but for certain influences.

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Blouse in Blue Handkerchief Linen.



1/2 inch from folded edge. Next, gather the front at upper edge between "T" perforations. Turn shoulder edge of back under on slot perforations, lap on front with notches and edges underneath even; stitch 3/4 inch from folded edge. Close under-arm seam as notched. Center-front of waist indicated by large "O" perforations. Gather back on line of small "o" perforations and 1/2 inch above.

Sew the collar to the neck edge as notched, center-back even. Adjust facing on collar and underneath front with edges and center-backs.

CONSTRUCTION GUIDE 7317



even. Roll collar and front high or low, as preferred. Adjust the stay on back with lower edge of stay at line of small "o" perforations, center-backs even, with small "o" perforation in stay at under-arm seam. Close stay in front.

Next, bind the slashed edges of sleeve and close seam as notched. Gather the entire lower edge. Face deep cuff, lap to small "o" perforations and finish for closing. Sew to sleeve as notched, small "o" perforation in cuff at seat of sleeve and bring the opening in cuff to the slash in sleeve; roll lower part of cuff back on small "o" perforations. Sew sleeve in armhole with notches and small "o" perforations even easing in any fullness.

There is a sprinkling of high necked models among the new sheer blouses, and the convertible designs accommodate themselves to either high or low effects.

Pictorial Review Waist No. 7317. Sizes, 34 to 44 inches bust. Price, 20 cents.

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A Bowl of Soup and a Slice of Bread

HOW many of us grumble at the burden of planning three meals a day, day after day? How much more simple it is in Belgium, where most of the inhabitants stand in line for a few hours to get a bowl of soup and a slice of bread—the entire day's ration.

Imagine any little child you know trying to grow on such a pittance! Naturally the poor little Belgian children are breaking down. Tuberculosis, rickets and kindred ills are the common lot. As far as funds will permit these children are taken to Holland to recuperate under proper feeding and care. But funds are so low they cannot be kept longer than 4 weeks, and more than 15,000 children are waiting for this much. Generous contributions (marked for the Belgian Children's Health Fund) will enable the Dutch authorities, who have replaced the American Consulate, to carry on this vital work successfully.

Then the orphans! Think of the thousands whose fathers have fallen in battle, are still fighting, or have been taken away into German bondage. Living in the midst of plenty, will you deny these orphans must be fed and clothed and educated? Yet this work too, must depend largely on charity. Mark your contributions for the Belgian Orphans' Fund.

As you plan your own meals, remember Belgium's "Bowl of Soup and a Slice of Bread" and HELP until you feel the pinch. It's a debt we owe to Belgium.

Your contribution will go entire through the Belgian Minister of the Interior (in Le Havre, France) to Dutch authorities, who administer the relief work under the approval of the British and Dutch Governments, and Mr. Hoover's Committee.

What will you do for the waifs of Belgium?

BELGIAN RELIEF FUND

Ottario Branch 86 King St. West, Toronto
J. W. Woods, Esq., Chairman of the Advisory Board,
Mrs. Arthur Pepler, Chairman of the Committee.
Send contributions to Miss Isabella L. George, Hon. Treas., or to Local Committee.
Make cheques payable to Belgian Relief Fund.
Don't forget Mrs. Agnes Adamson's Canal Boat Fund for work among Belgian refugees behind the allied lines in Flanders.

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