

# In the Realm of Women--Some Interesting Features

## Watch Your Gums-- Bleeding a Sign of Trouble

Medical science knows how serious is the sign of bleeding gums. For it knows that tender and bleeding gums are the forerunners of Pyorrhoea, that dread disease which afflicts four out of five people over forty.

If the disease is unchecked, the gum-line recedes, the teeth decay, loosen and fall out, or must be extracted to rid the system of the Pyorrhoea poisons which seep into the system and wreck the health. These poisons often cause rheumatism, nervous disorders, anaemia, and other ills.

To avoid Pyorrhoea, visit your dentist often for tooth and gum inspection, and use Forhan's For the Gums. Forhan's For the Gums will prevent Pyorrhoea or check its progress, if used in time and used consistently. Ordinary dentifrices cannot do this. Forhan's keeps the gums firm and healthy--the teeth white and clean. Start using it today. If gum-shrinkage has already set in, use Forhan's according to directions and consult your dentist immediately for special treatment.

35c and 60c tubes in Canada and U.S. If your druggist cannot supply you, send price to us direct and we will mail tube postpaid.

Formula of R. J. Forhan, D. D. S.  
Forhan's, Ltd., Montreal



**Forhan's**  
FOR THE GUMS  
Checks Pyorrhoea

## Three Minute Journeys

Where Puddings Are Kept For Several Years.

The Great area covered by the Solomon Islands makes it seem inevitable that there should be large variations in temperature. For instance, not only do these islands extend for about one thousand miles northwesterly and southeasterly in the west-Pacific ocean, but mountain ranges tower into the skies above some of the islands.

On some of these islands the climate on the coast is excessively hot. Here, among the bars and creeks, there are countless mosquitos. Consequently, malaria is common. A few miles inland may rise a mountain on whose top the thermometer always registers a degree of extreme cold.

It would seem possible that somewhere on the land between the shore and the mountain peak there might be found a climate equable and safe. Yet those who have tried to find such spots have told of their troubles in terms of mosquitoes and natives, as well as heat and malaria.

Tulagai is the seat of the government, but although it is a pretty place, it is unhealthy.

Some day, however, it is promised



A Pudding Storehouse.

that the mosquito will be banished. Even now malaria is fought by modern methods.

On the chief islands the principal commercial connections with the outside world are due to the making of soap. The palm, which supplies the cocconut, is the reason for the industry, for cocconut oil is one of the ingredients of the soap-making industry of the islands.

Many tons of the oil of this nut are exported in their raw state for manufacturing in this country.

Our illustration, however, is not of a machine related to the soap ingredient or the soap-making industry. It is a native contrivance—a pudding place.

On the Solomons grows a nut which is related to the almond. This nut is said to possess medicinal qualities of high value. But the natives use it to make a pudding, which, when smoked and encased in baskets made of wicker, keeps for several years.

Those who have tasted of this Solomon island almond pudding declare that it is very sweet, and yet is a palatable and exceedingly nourishing food.

substitute blue, coral or green bands as the neutral tone of the gray linen in an admirable background of gay colors.

## TASTY RECIPES

### 12 Layer Cake.

One of the most popular cakes served is a "torte" made of 12 very thin layers. For the layers beat to a cream the yolks of six eggs and one and a quarter cups of powdered sugar; beat in three-quarters of a cup of flour, measured after sifting three times; beat the whites of the six eggs until light and stiff and fold carefully into the flour mixture.

Turn cake pans bottom up and butter, sprinkle lightly with flour. Spread over the buttered and floured tins a very thin layer of the cake mixture and bake in a moderate oven; as soon as baked remove with a thin knife or spatula. The cake will be better if layers are made the day before using.

For the filling beat to a cream one cup of sweet butter and place on the ice until wanted. In a saucepan place half a pound of broken sweet chocolate, one cup of strong black coffee liquid, one cup of granulated sugar and boil until it can be pulled like candy; remove from the fire and beat until quite cold. Beat in the creamed butter and spread thinly between the layers and thick on the top and sides. Great care must be used in baking and removing the layers, as they should be as thin as wafers.

### Russian Tea Cakes.

Russian tea cakes as served at one of the Greenwich Village tea rooms are made by mixing one cup of sugar with one cup of beaten eggs, one cup of sour cream and enough sifted flour to make a dough stiff enough to handle. Place on a floured board and roll out very thin, one-quarter-inch thick; spread with a thin layer of butter; fold the dough, roll out

and spread again; repeat this four times, using a cup and a half of butter in all. Place the dough in a bowl, cover and place on the ice to harden. When the dough is hard, roll out very thin and spread with a mixture of one cup of chopped seeded raisins, half a cup of chopped blanched almonds and sugar mixed with a little cinnamon. Cut into seven-inch strips and roll each strip like a jelly roll. Cut into squares, sprinkle with chopped almonds, sugar and cinnamon. Bake in a hot oven.

### Raised Tea Cakes.

For sour cream raised tea cakes, beat to cream half a cup of butter and add five egg yolks, two tablespoons of sugar, grated rind of one lemon, one cup sour cream and two

## An Unfailing Way To Banish Hairs

### (Beauty Notes)

Ugly hairy growths can be removed in the privacy of your own home if you get a small original package of deLolone and mix into a paste enough of the powder and water to cover the hairy surface. This should be left on the skin about 3 minutes, then removed and the skin washed and every trace of hair will have vanished. No harm or inconvenience can result from this treatment, but be sure you buy real deLolone.



**Almost Unbelievable**  
You can hardly realize the wonderful improvement to your skin and complexion your mirror will reveal to you after using **Gouraud's Oriental Cream** for the first time. Send 15c for Trial Size. **PERD. T. HOPKINS & SON** Montreal

cakes of yeast dissolved with a little sugar in two tablespoons of lukewarm scalded milk. Mix well and work in three cups of sifted flour, when well mixed, drop from a teaspoon on well buttered pans and let rise until light in a warm place. Place on the top of each cake a seeded raisin brush with beaten egg white, sprinkle with sugar and bake ten minutes in a hot oven.

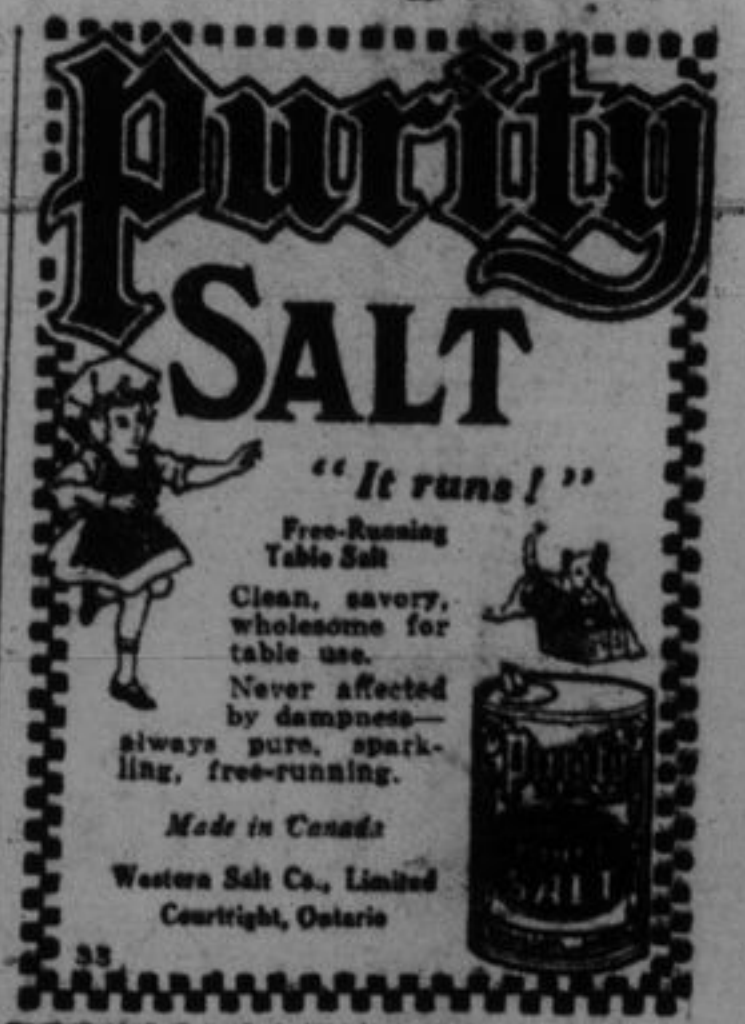
### French Raisin Cake.

French Raisin coffee cake as made by one of the big hotel pastry chefs. Dissolve one cake of yeast in a little lukewarm scalded milk. Place the yeast in a cup with two tablespoons of lukewarm water, a pinch of salt and one tablespoon of sugar, mix well and set in a warm place to rise. Beat to a cream one-half cup of butter, add one-third cup of powdered sugar, and mix smooth, stirring constantly in one direction. Add one at a time the yolks of four eggs and the grated peel of one lemon. Place in a bowl two cups of sifted flour and make a hole in the center, pour in the raised yeast and one cup of lukewarm scalded milk; beat to a smooth light butter and add the creamed butter and egg mixture, stir until it blisters and leaves the bowl clean; add one cup of chopped seeded raisins, half a cup of chopped blanched almonds and the stiffly beaten whites of four eggs. Pour into well buttered cake molds, set in a warm place and let rise until double in bulk, about three-quarters of an hour, bake in a moderate oven forty-five minutes. Fill center with whipped cream and pour over orange sauce.

### Oldest Alcoholic Drink.

Next to grape wine, it is believed that Japanese sake, or rice wine, is the oldest alcoholic beverage known to man, its use in Japan dating back over two thousand years.

A girl doesn't forget to wash her hair every now and then. But you can't always say that about her neck.



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if girls selected their husbands with  
as much care as they select hats.

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A good mother and sweet-faced kiddies and a clean home makes daddy happy.  
He hurries home, no stops, and puts his wages into trusty hands.  
Does he want old conditions back?—not on your Lifebuoy.  
Big Soap Sale now on!  
10 BARS BEST LAUNDRY SOAP ..... 80c.  
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A woman will buy six articles in one day if they cost \$1.98 each. But she would hate to buy anything that cost \$2.

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## TO-DAYS FASHION

By Vera Winston.

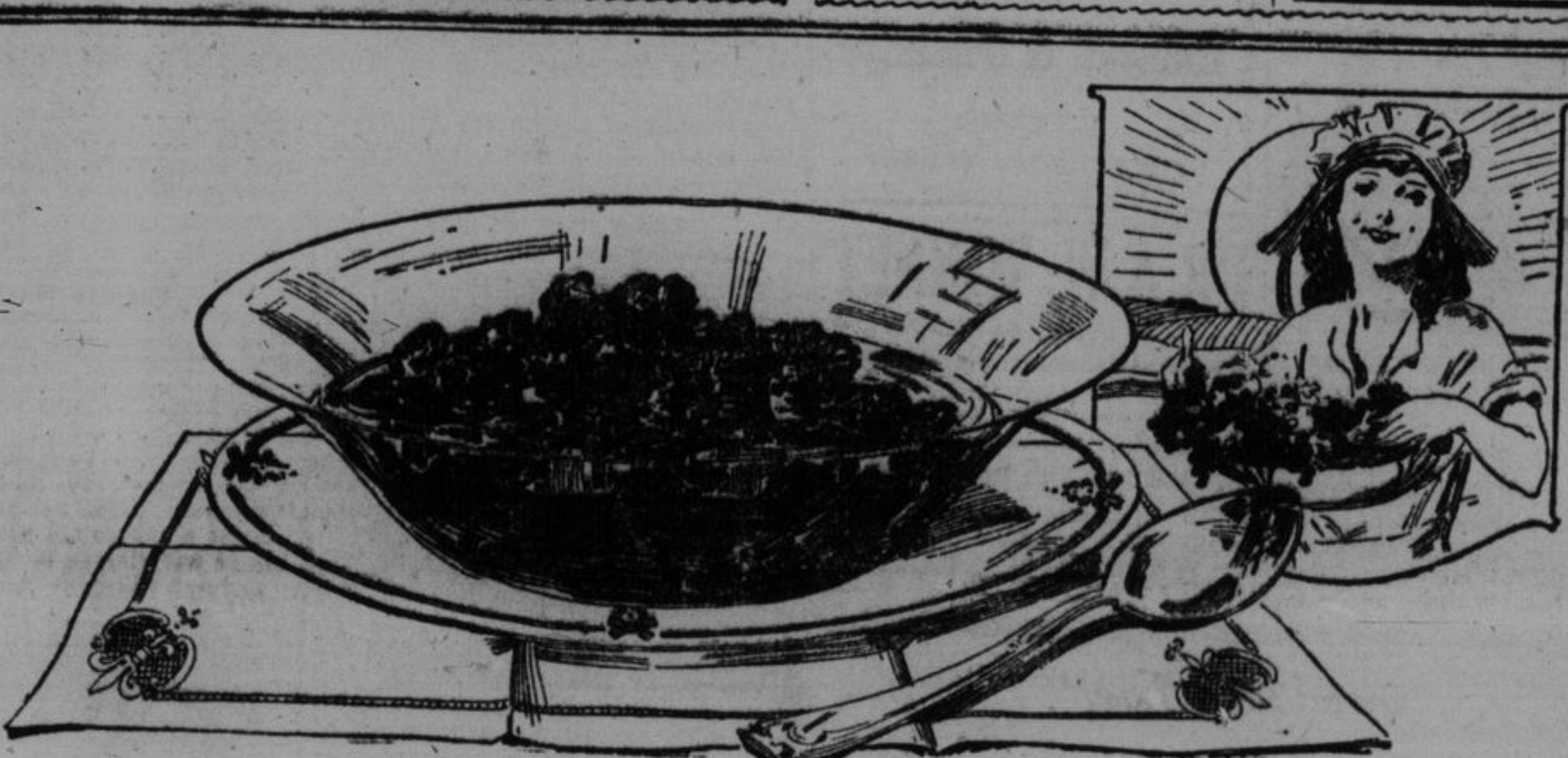


Bands of Orange Ribbon Trim This Gray Linen Frock.

Gray is one of the colors which is highly indorsed for early spring. Although at first it was used exclusively for grown-ups, yet it is now found in the realms of children's wear and is most fashionable.

The dress is made of gray linen, a fabric once more in favor. Bands of orange linen encircle the neckline, short sleeves and the lower part of the skirt, and from it are fashioned small, tailored bows which are placed at the left side.

Should you prefer it, you might



## "A Beauty Sleep"—and then "A Beauty Breakfast"

Try it for 30 days—to prove

This is what thousands do at the direction of experts to win back the healthful rose tint to pale cheeks—as told by the editor of a famous magazine which is read by half a million women.

They take regular exercise, sleep regular hours, and then start breakfast with stewed raisins. The raisins are plump, delicious fruit-meats stewed so the juice forms a luscious sauce. Note recipe printed on this page. A more alluring fruit dish never has been served in any home—nor any other food that's more effective in this way.

Read opposite what Dr. J. H. Kellogg, an authority who has made a life-time's study of foods, thinks of the raisin. You'll serve stewed raisins every morning when you know the good they do.

## Luscious nuggets of food-iron

Raisins are nuggets of food-iron—and food-iron is an essential to good blood.

Get what you need of it each day, and an incomparable, natural rose tint on the cheeks is the reward—nature's irresistible attraction—the good looks of good health.

No need to initiate with rouge when nature thus provides.

Youthfulness is the real beauty, as every woman knows. And good blood is the first consideration. Women of fifty often look but thirty if that natural rose tint is still there.

Stewed raisins are mildly laxative also. Those who eat them regularly are apt to have the

clear, white skin that sets the color off—unmarred by blemishes or sallowness.

Great sanitariums serve stewed raisins to rheumatic patients when other fruits might disagree.

So this simple but effective food is one of the most important that any woman ever used. Try daily for a month and see. Begin tomorrow morning. Look in your pantry now.

Let every member of the family have stewed raisins.

Be sure to mail coupon below for "100 Raisin Recipes," a valuable free book that every woman ought to have.

## TRY THESE.

**Stewed Raisins**  
Cover Sun-Maid Raisins with cold water and add a slice of lemon or orange to each half pound. Place on fire; bring to a boil and allow to simmer for one hour. Sugar may be added, but is not necessary, as Sun-Maid Seeded Raisins contain 75% natural fruit sugar. Serve with or without cream.

**What Dr. J. H. Kellogg says:**  
(Dr. Kellogg is head of the famous Battle Creek Sanitarium)

"Raisins are served on the Battle Creek Sanitarium Table every day. A pound of Raisins has twice the food value, an equal amount of iron and seven times as much food lime as a pound of the choicest lean steak. The sugar of Raisins is much more wholesome than cane sugar, requiring no digestion and being absorbed in one-fourth the time required for ordinary sugar. If the American people would eat more Raisins and less meat the results would be better digestion, less rheumatism, less Bright's disease, less heart disease, greater efficiency, and longer life."

**Raisin Rice Pudding**  
1/2 cup Sun-Maid Seeded Raisins  
1-3 cup rice  
2 cups milk  
2 eggs  
1-4 teaspoon nutmeg (may omit)  
Wash rice and place in double boiler with a cup water. Cook until water is absorbed. Add 2 cups milk, cook until rice is tender. To the remaining 1 cup milk add the sugar, spice and well-beaten eggs, combine with rice and raisins, pour into pudding dish, set in pan of hot water and bake until custard is set.

**RAISIN PIE**  
2 cups Sun-Maid Raisins.  
2 cups cold water.  
4 tablespoons corn starch.  
1-4 teaspoon salt.  
2 tablespoons sugar.  
2 tablespoons lemon juice.  
1 teaspoon grated lemon rind.  
Cover raisins with one cup water and bring slowly to boiling point. Mix corn starch and sugar with remaining cup water and add to boiling raisins, stirring constantly. Allow to boil ten minutes. Add lemon juice and rind and pour into pastry lined pie pan. Cover with pastry. Put into very hot oven, decreasing the heat after ten minutes of baking. Bake until brown.

## Cut This Out and Send It

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