

THE HOME KITCHEN

By Jeannette Young Norton
Author of "Mrs. Norton's Cook Book."

Seven Ways to Make Delicious Holiday Candies.

Home-made candies never lose their popularity, even in cities where all of the best manufacturers offer their wares. Some of the candy-making and holiday merriment seem to go together. For those who have but a slim stock of recipes, the following will be a help.

Greek Fudge

Boil three cupsful of powdered sugar with a cup of grated sweet chocolate and a cupful of sweet cream. When the mixture forms a soft ball when tried in cold water, pour onto a marble slab or on a large platter, add a teaspoonful of vanilla and work it with spatula until it grains, then knead it with the hands until it is smooth like dough, flatten it to about an inch in thickness and mark off in square cut with a sharp knife and wrap in wax paper.

Apple Paste.

Select a dozen sound, ripe, tart apples, Pare, core, then boil them until tender, drain, and mash them through a fine sieve. Add their

THE MAN IN THE MOON



Speculation may run rife about just who lives or may be seen in the moon. One may see the face of a man. Another may behold the features of a woman. Still another may discern the profile of a youth and maiden, perhaps kissing. But they who love know there is but ONE man in the moon—the wee little, wonderful little Man of Love whose eyes also sparkle in engagement rings.

weight in sugar, and boil for fifteen minutes, watching and stirring so they don't burn, then pour out thin on plates or into shallow moulds and set to dry in a cooling oven. When cold, mark off in squares cut with a sharp knife, and wrap in wax paper.

Old-Fashioned Molasses Candy.

Put into a saucepan two cupsful of molasses, two tablespoonfuls of butter and one tablespoonful of vinegar. A teaspoonful of vanilla and a half-teaspoonful of baking soda must be added just before removing from the fire. Bring the mixture to boiling point, and stir as it boils until a little of it is brittle when dropped in cold water. Add the soda and flavoring, and pour into a buttered tin. When cooled sufficiently to handle pull until glossy, and cut into pieces with a pair of sharp scissors. Wrap the pieces in wax papers or keep on a buttered platter in a cool place.

Southern Maple Candy.

Boil in a saucepan two cupsful of sugar, one cupful of maple syrup and a half-cupful of sweet cream until a soft ball is formed when a little is tried in soft water. Take from the fire and beat three minutes, adding slowly two cupsful of pecan nuts. Drop from the end of a tablespoon in round cakes on wax paper to cool, then slip off onto a fancy plate to serve.

Butter-Scotch

One cupful of molasses, one cupful of white sugar, one-half cupful of butter and one-half cupful of water. Place the ingredients in a saucepan and boil gently until a little tried in cold water forms a firm ball. Add a saltspoonful of soda, and turn onto a well buttered plate or shallow pan to cool. Before the mixture sets cut or mark off in squares.

Vinegar Candy.

Put into a saucepan two cupsful of

granulated sugar, one-half cupful of vinegar and a small piece of butter. Boil gently until a little tried in cold water is brittle, add a cupful of chopped walnut meats and cool in shallow tins very slightly buttered. This is a chewing candy.

Saltwater Taffy.

Put into a saucepan one pound of sugar and a half-cupful of water. Add a tablespoonful of vinegar, a half-teaspoonful of cream tartar and a piece of butter the size of a walnut. Boil until brittle when tried in cold water, then pour on buttered plates. When cool enough to handle pull until white. Cut in pieces and wrap in wax paper.

Do You Make a Good Omelette with Delicious Filling?

An egg, an omelette pan, a good recipe and a deft wrist are the main requirements in making successful omelettes.

Cooks do not all agree on the methods of making omelettes. Some claim no other liquid should be added to the beaten eggs. Others use a little milk or water, as the case may be. Some cooks declare milk toughens the omelette texture, others that water makes it stringy. By beating the eggs separately a puffy omelette is made, and by beating together the usual omelette results.

In serving the puffy omelette, cut it in halves in the pan and place half on a hot dish, the other half on top of it. In serving the usual omelette, fold over and serve on a hot dish. If the latter is filled, the filling is put

in just before folding. Small omelettes are easier to make than large ones, and it is safer to make two omelettes than to fall with a large omelette improperly cooked. The four or six eggs omelette is the usual size.

Entire Egg Omelette.

Break six eggs into a bowl, omitting the whites of two. Add a little salt and pepper and a tablespoonful of butter cut in little bits. Beat well and pour into a hot, shallow omelette pan, in which two tablespoonfuls of butter has been melted. Stir with a silver spoon one way until the mixture begins to firm and set, then, with a fork, draw the cooked edges to the centre. When done, fill, fold and brown a minute under the broiler, garnish and serve.

How To Make Baths Beautify a Complexion

(By Lucretia Bori, the Famous Spanish Prima Donna.

Sometimes the skin becomes decidedly sallow, and a general air of lassitude pervades the system. It may be that tiny glands which nourish the skin are out of order, and the waste products are not being removed as they should.

Perhaps in your case you may be tired out, and instead of proceeding with your rigorous systems of exercise and bathing you have neglected somewhat the care of your body.

Nothing will help to tone up your skin more readily than a beauty bath. In order that you may get the full benefit of such a bath you should cover yourself with a thoroughly soapy lather. Use only a pure soap, such as castile. Then, after you have soaped yourself well, thus opening the pores of your skin, for, of course, you must use hot water with the soap, rinse well in warm water.

Now comes the beauty bath, but the ingredients must be assembled and prepared a full week in advance, so that they are properly mingled. To make this mixture you should have four ounces of rosewater, to which you should add one teaspoonful of powdered borax, one ounce of tincture of benzoin, one ounce of pure alcohol, and one ounce of glycerine. Mix these ingredients well together and let them stand for at least one week. During this period shake the bottle occasionally, as they should be thoroughly well mixed.

After this time has elapsed you should add two ounces of rosewater, and then this delightful mixture will be ready for use. Add a little of this mixture to your bath of tepid water and you will feel much refreshed, while your skin will be greatly toned up.

Such a bath should be taken at least once a week until you get your skin into good condition. Then, after you have thoroughly lathered yourself with a little of this mixture diluted in the water you should wipe your body with a soft towel. Do not make the mistake of rubbing your skin with a rough towel after such a bath as you do not wish to make it overstimulating, but rather refreshing.

If you are fortunate enough to be able to use rain water for your bath you will appreciate its softness. But if this is impossible to obtain, and if the water which you use is very hard you can remedy this condition by adding a little borax to it.

If you do not wish to go to the expense of purchasing these ingredients for a beauty bath, or you do not wish to take the trouble of preparing this bath lotion, there are other ways

of securing a refreshing bath which also has beautifying qualities.

One of the simplest is the hot water bath. Now, this may be enjoyed at home, for sea salt may be obtained at any drug store for a few cents, and all you need of this is a cupful to your bath. You will find such a bath most invigorating, although you should not expect to enjoy all the exhilarating effects that a swim in the sea gives you.

Some women prefer to use Epsom salts, as it is a better stimulant for the skin. In this case you do not need to use much. If you will take two ounces of Epsom salts and add this to the water in your tub, you will have a most invigorating bath. Of course, in taking such a bath it is not necessary to fill the tub to the brim, but if you do so, you should add a greater quantity of the salts.

Use your judgment in regard to this. All the water you require is just enough to lave yourself thoroughly.

ASOP'S Fables

THE FROG AND THE OX



An ox stepped on some frogs one day; A little frog who got away, Speaking in accents most intense Cried "Ma, that beast was just immense!"

"Am I as big?" his mother said, And swelled herself, he shook his head. She swelled and swelled and wouldn't stop Until she burst with quite a pop!

Moral: you won't get very far By acting bigger than you are!

Co-operative farming is being tried in sections of Alaska.

MOTHER!

Move Child's Bowels With "California Fig Syrup."



Hurry mother! Even a sick child loves the "fruity" taste of "California Fig Syrup" and it never fails to open the bowels. A teaspoonful today may prevent a sick child to-morrow. If constipated, bilious, feverish, fretful, has cold, colic, or if stomach is sour, tongue coated, breath bad, remember a good cleansing of the little bowels is often all that is necessary. Ask your druggist for genuine "California Fig Syrup" which has directions for babies and children of all ages printed on bottle. Mother! You must say "California" or you may get an imitation fig syrup.

Beware of Tender Gums

Unhealthy soil kills the best of wheat. Unhealthy gums kill the best of teeth. To keep the teeth sound, keep the gums well. Watch for tender and bleeding gums. This is a symptom of Pyorrhea, which afflicts four out of five people over forty.

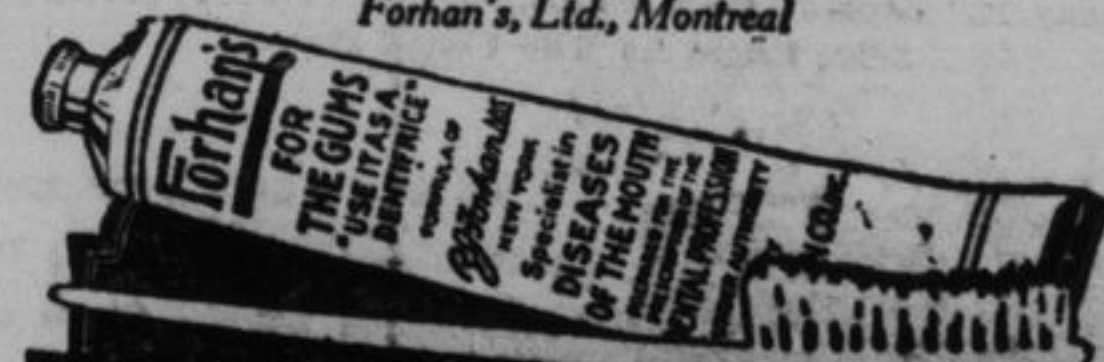
Pyorrhea menaces the body as well as the teeth. Not only do the gums recede and cause the teeth to decay, loosen and fall out, but the infecting Pyorrhea germs lower the body's vitality and cause many serious ills.

To avoid Pyorrhea, visit your dentist frequently for tooth and gum inspection. And use Forhan's For the Gums.

Forhan's For the Gums will prevent Pyorrhea—or check its progress, if used in time and used consistently. Ordinary dentifrices cannot do this. Forhan's will keep the gums firm and healthy, the teeth white and clean. Start using it today. If gum-shrinkage has set in, use Forhan's according to directions, and consult a 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 Pyorrhea

Children Cry for Fletcher's

CASTORIA

Fletcher's Castoria is strictly a remedy for Infants and Children. Foods are specially prepared for babies. A baby's medicine is even more essential for Baby. Remedies primarily prepared for grown-ups are not interchangeable. It was the need of a remedy for the common ailments of Infants and Children that brought Castoria before the public after years of research, and no claim has been made for it; that its use for over 30 years has not proved.

What is CASTORIA?

Castoria is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrups. It is pleasant. It contains neither Opium, Morphine nor other narcotic substance. Its age is its guarantee. For more than thirty years it has been in constant use for the relief of Constipation, Flatulency, Wind Colic and Diarrhoea; allaying Feverishness arising therefrom, and by regulating the Stomach and Bowels, aids the assimilation of Food; giving healthy and natural sleep. The Children's Comfort—The Mother's Friend.

GENUINE CASTORIA ALWAYS

Bears the Signature of

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In Use For Over 30 Years

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Crockery, China and Glassware, Lamps, etc.

For a few days we are offering a special sale of White China Tea Cups and Saucers, heavy gold band, good quality.

25c. each, \$3.00 per dozen
A Real Snap!

Care on Wheat Marketing.
Dunville, Nov. 10.—In a letter to E. A. Partridge, Sinalunga, Sask., Hon. Mr. Crerar lays down a policy on the marketing of wheat crops. He regards the difficulties in the way of the wheat board handling the balance of this year's crop as unsurmountable, and favors a co-operative

effort of farmers, and reasonable government assistance that might be necessary for success "would be entirely justifiable."

In India there are 25,000 deaths annually from snake bites. The friction match was invented in 1828.



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THE PURE WOOL UNDERCLOTHING THAT WILL NOT SHRINK



Acknowledged by experts to excel in fineness of texture, any imported underwear.

"CEETEE" a "Truly Canadian" product of 60 years reputation, commends itself to ladies of discriminating taste.

The only underwear made in Canada that is full-fashioned and re-inforced at all wearing parts.

A comfort-giving style for every purpose. Sold at the best shops—Worn by the best people—SOLE MAKERS

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—For something superior in Ice Cream, visit our modern parlor and you will be pleased with the excellent quality of our goods.

—HOME-MADE CANDIES of all kinds a specialty.

—Come and bring your friends

204 PRINCESS STREET
PHONE 648.

Indoor Life

Spending more time indoors makes women far more subject to constipation than men.

The liver becomes sluggish and torpid, the bowels constipated and the system poisoned by impurities.

If you would get away from the myriads of ills which result from constipation, it is only necessary to use Dr. Chase's Kidney-Liver Pills.

The benefits from their use are as lasting as they are prompt and certain.

Mrs. John Barry, 18 St. Amable Street, Quebec, Que., writes:

"This is to certify that I was troubled for years with constipation and tried all kinds of medicines without relief. At last my husband suggested that I try Dr. Chase's Kidney-Liver Pills. I did so, and must say that they have given me more relief than all the medicines I have taken during the last fifteen years. I may also add that I have used Dr. Chase's Ointment for piles with excellent results."

Dr. Chase's Kidney-Liver Pills, one pill a dose, 25c a box, all dealers or Edmanston, Bates & Co., Ltd., Toronto.