

In the Realm of Women---Some Interesting Features

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INFANTS DELIGHT

IT'S WHITE TOILET SOAP



Of the same high quality is **INFANTS-DELIGHT BORATED TALCUM.**

Efficient Housekeeping

BY Laura A. Kirkman

Requested Recipes.
For M.B.J.: Food for the Gods Dessert: Cream together the yolks of three eggs and one cup of granulated sugar; add the broken meats from one half pound of English walnuts (measured before shelling), then stir into the mixture one heaping teaspoon of baking powder mixed with five rounded teaspoons of fine cracker crumbs, (ground almost to dust.) Now add one-fourth pound of dates chopped, and fold in the stiffly-beaten whites of the three eggs. Spread this batter in a buttered cake pan and bake for one hour in a very slow oven. Cut in squares and serve with whipped cream piled on top. Mock whipped cream may be used if desired; this is simply egg-white beaten stiff with a tablespoon of jelly, then sweetened.

For "A Constant Reader": To Make Brown Gravy to Accompany a Roast: After removing the meat from the pan, put the pan on top of the range (after pouring off any fat which may be in it) and add about three cups of boiling water to it; let the water boil up, which will release the meat juices which have hardened on the bottom and sides of the pan. Stir with a large spoon till the water has become a good brown color, then add one-half cup of paste made by wetting one-fourth cup of flour with a little cold water. This will thicken the gravy, and it must then be strained into the gravy boat and seasoned with salt to suit the taste. The Pepper Relish you wish, appeared in this column on August 30th. Here is the other recipe you want:

Club Sandwich: Toast two slices of bread. Place a lettuce leaf on one slice, spread with a teaspoon of Mayonnaise salad dressing, add a couple of slices of roast chicken, put on another leaf of lettuce and more dressing, then finish with a layer of broiled bacon with a slice of tomato on top of it and still more lettuce and dressing under the top slice of toast.

To "E. V. D.": Ten recipes for Oatmeal Cookies have already come in to me from Column Readers, in response to your recently published request, and I shall begin publishing

these recipes soon (all of them—for they are splendid ones!). But, because the pickling season is almost over, I am first going to publish some pickle recipes sent in by readers for publication. (Watch for the pickle recipes this coming Saturday.) On October 25th, however, you will see the oatmeal-cookie recipes.

For "A Reader": Pickle Ice Cream: Mix together one pint of granulated sugar and three slightly beaten eggs; add two and one-half quarts of rich milk and cook in the top of your double boiler, over boiling water, for 20 minutes, stirring at first. Then cool, stir in one quart of rich cream which has been slightly whipped, and add two tablespoons of vanilla. Now freeze. Fill the freezer can only three-fourths full, cover, and begin to pack layers of ice and salt around it, using three parts of ice to one part of salt. Let the ice and salt come simply to the top of the freezer. Turn crank slowly at first but more rapidly later. When the cream is frozen, draw off the water, remove and scrape the dasher, cork the top of the can, and repack with ice and salt. Then cover with a piece of sack to retain cold air and let stand, to "ripen" for at least an hour (when it should be smooth and delicious.)

To-morrow—Have you tried "Tie Dyeing?"

All inquiries addressed to Miss Kirkman in care of the "Efficient Housekeeping" department will be answered in these columns in their turn. This requires considerable time, however, owing to the great number received. So if a personal or quicker reply is desired, a stamped and self-addressed envelope must be enclosed with the question—The Editor.

Bar Ladies' Finery From Mail to Greece

Washington, Oct. 19.—Importation by mail of virtually all articles of feminine finery into Greece is prohibited for six months, according to information received by the post office department from the Hellenic government.

Among the articles that are banned either by regular or parcel post mail are bonbons, fine cambrics, chocolate, articles made of crystal, artificial flowers, garments for women made of wool, women's hats, false jewelry, fine laces, porcelain lamps, silks, sweetmeats, umbrellas, parasols and beveled glass.

No reason is given for the order.

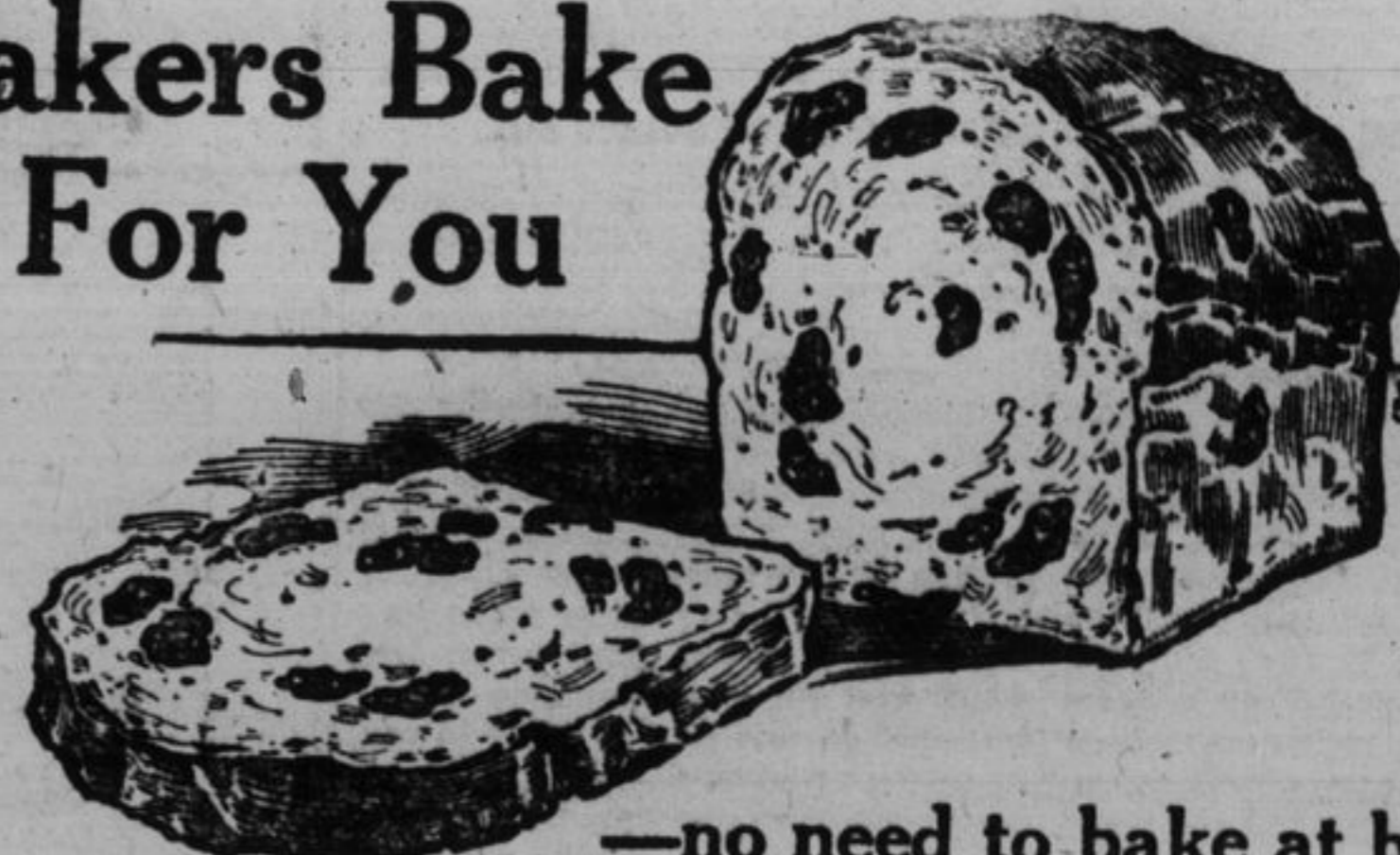
But He Didn't.
 Man-of-the-World. "I strongly suspect that the Smith's are doing a bit of boot-legging. I've never seen a family change so in a few months. From nearly down and out, they are very up and coming."

The Neighbor. "I was so surprised that I asked Smith how he did it. He told me he is letting the classified ads do a lot of his work. They save him no end of time and bring him no end of valuable help in all lines. I'm



A FLOOD OF GOLD!
 Wilhelm: "Blood is thicker than water, but the \$250,000 honorarium for my memoirs is far more to me than the heavy income I get from Germany."
 —From Waikire Jakob (Stuttgart, Germany).

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—no need to bake at home

HERE'S your old-time favorite—full-fruited raisin bread with at least eight tempting raisins to the slice—already baked for you by master bakers in your city.

Simply 'phone your grocer or a neighborhood bake shop and have a fresh loaf for lunch or dinner to delight your folks.

We've arranged with bakers in almost every town and city to bake this full-fruited raisin bread.

Made with big, plump, tender seeded

raisins. The raisin flavor permeates the bread. You've never tasted finer food. Order a loaf now and count the raisins.

Raisin bread is a rare combination of nutritious cereal and fruit—both good and good for you. Serve at least twice weekly to get the benefits.

Use Sun-Maid for home cooking of puddings, cakes, cookies, etc.

You may be offered other brands that you know less well than Sun-Maid's, but the kind you want is the kind you know is good. Insist, therefore, on Sun-Maid brand. They cost no more than ordinary raisins.

Mail coupon for free book of tested "Sun-Maid Recipes."

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Children Cry for Fletcher's CASTORIA

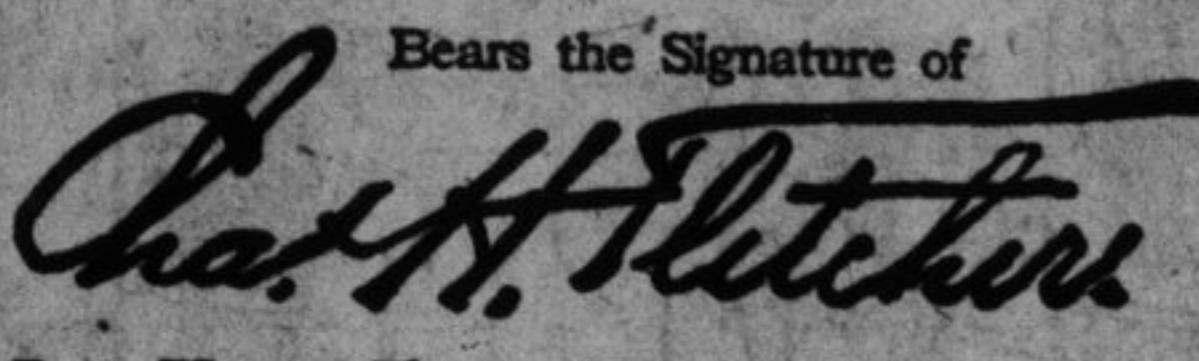
Fletcher's Castoria is strictly a remedy for Infants and Children. Foods are specially prepared for babies. A baby's medicine is even more essential for Baby. Remedies primarily prepared for grown-ups are not interchangeable. It was the need of a remedy for the common ailments of Infants and Children 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 proven.

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.

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THE CENTAUR COMPANY, NEW YORK CITY

As Vital as Milk to Your Growing Child





Do you know how important it is that your children should eat frequently and plentifully of Oatmeal?

Do you know that oats should be their daily food of foods—that the oat contains more units of nutrition than any other grain food—that oatmeal builds muscular bodies and gives energy to the brain? In fact, it is just as important that every growing child should be educated to eat Quaker Oats at the first meal in the morning, as it is that the child should be taught to drink milk.

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Quaker Oats are the best you can buy, because they consist of the very finest oats grown. All the puny or imperfect grains are discarded and in the Quaker carton you get the queen grains only—just the rich, plump, flavoury oats. That is why Quaker Oats has always dominated and why it should be the basic breakfast for your children. Quaker does most and costs less than one cent per dish.

Start NOW to educate your family to the value of oatmeal—good for children and grown-ups alike—but be sure to give them Quaker quality.

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