

NEWS AND VIEWS FOR WOMEN READERS

Abbey's
EFFERVESCENT SALT
for Insomnia

Society
for over eighty years
has relied upon Gouraud's Oriental Cream
to keep the skin and
complexion in perfect
condition through the
stress of the season's
activities. White
Flesh-Rachel.
Send 10c for Trial Size
FROM T. BOURGEOIS & SONS, Montreal

GOURAUD
Oriental Cream

Borden's
EAGLE
BRAND

Condensed Milk
Is baby losing weight? Does his
food disagree with him? Thousands of children have been
raised exclusively on Eagle Brand—a pure, nourishing easily-
digested natural food.



GATES OF GOLD.
These verses, with no authorship
given, and no title, either, are
worth cutting out and keeping; but
don't keep them so carefully that
you will forget where they are.

If you are tempted to reveal
A tale someone has told
About another, make it pass
Before you speak, three gates of
gold.

These narrow gates: First, "Is it
true?"
This, "Is it needful?" In your
mind
Give truthful answer. And the next
Is last and narrowest: "Is it
kind?"

And if to reach your lips at last
It passes through these gateways
three.

Then you may tell the tale, nor
fear
What the result of speech may
be.

WONDERFUL SCENERY

By Juanita Hamel



Eyes that see will find new wonders and great beauties in things at which other eyes will
look unseeing. The seeing eye beholds the glories of things close at hand, but the unseeing
eye may roam the world and never find one beauty worth the viewing. But there are times—
certainly one time—when even the most perfectly-seeing eye beholds its fairest loveliness
closest even amid most wonderful scenery in the world. This time is—yes, the honeymoon!

Efficient
Housekeeping
by **Laura A. Kirkman**

TOMORROW'S MENU
Breakfast
Pears
Cereal
Coffee
Dropped Eggs on
Wholewheat Toast
Luncheon
Baked Beans, Catsup
Lettuce
Tea
Bread and Jam
Dinner
Celery Soup
Cheese Souffle
Baked Sweet Potatoes
Tomato Salad
Coffee
Lemon Gelatine

faits that freeze themselves?" exclaimed
a young husband to his bride, on a
Sunday morning when he preferred to
read his newspaper instead of grinding
the freezer-crank. And I don't know
but he's right? A parfait is just as
delicious as an ice-cream—so, in very
hot weather, why not make the thing
that takes the least energy? Try one
of the following:

Caramel Parfait: Put one cup of
granulated sugar into a dry frying pan
and place the pan over direct heat;
stir till the sugar melts and even let
it burn a little, then pour into the fry-
ing pan, carefully, one-half cup of boil-
ing water; it will foam a good deal
when you add the water and will also
lump, but keep the pan over the fire
until the lumps dissolve, still stirring.

Let cool slightly, then turn the brown-
ish liquid over two egg-yolks which
you have mixed with one-half cup of
extra sugar and put into the top of a
double boiler. Cook the mixture over
hot water till thickened, then add to
it one-half tablespoon of granulated
gelatine which you have soaked in just
enough water to cover it—soak it at
least five minutes in this water. Stir
well and turn the custard into a china
dish to cool. Chill it, then add to it
one and one-half cups of heavy cream
beaten stiff (measured before beating)
and, flavored with one teaspoon of
vanilla. Turn all into a mold or into
your ice-cream freezer can. Cover
closely (if you use a regular aluminum
mold, line the cover with waxed paper,
and bind the crack between mold and
cover with adhesive tape, or smear it
with lard and bind around with a strip
of cloth). Pack in equal parts of
cracked ice and rock salt and let stand
four hours before serving. (Do not
turn the ice-cream freezer handle if
you make parfait in the freezer-can.)

Brown Sugar Parfait: (This recipe
was originated by a Reader Friend,
Miss N. T.) "Put three-fourths of a
cup of brown sugar and one-half cup
of water into a saucepan and cook until
it forms a thread. Beat two eggs well,
then turn the syrup slowly onto the
eggs, beaten with an egg-beater (this
operation, of course, requires two peo-
ple). Now cook this mixture in the
top of a double boiler until thickened,
stirring constantly. When thick, re-
move from fire and beat with an egg-
beater till cold. Have ready one pint
of heavy cream beaten stiff (measured
before beating) which you have
flavored with one tablespoon of vanilla
and fold this cream into the cooled
mixture. Turn all into baking powder
cans and pack in equal parts of ice
and rock salt, to stand three or four
hours. In winter-time I freeze it in
snow and rock salt, using three small
shovels of snow to each good handful
of the salt."

Tomorrow—Household Hints From
Readers.

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 stamp
and self-addressed envelope must
be enclosed with the question. Be
sure to use YOUR full name, street
number, and the name of your city
and province. —The Editor.

First Woman in Diplomatic Service.
The recent resignation of Mrs.
Nadejda Stancloff from the Bulgarian
Legation, of which she was First
Secretary, to her father, the Min-
ister, reminds me that this clever
girl was the first woman diplomat.
Every morning at eight o'clock,
Mrs. Stancloff was at her desk,
and there she sat seeing to all
the thousand and one things that
occurred.

For many years this twenty-
eight-year-old girl has been her
father's secretary; she has been
in London nearly three years.
She speaks six languages and can
keep secrets in all of them.

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easy fitting Raglan and set in sleeves, convert-
ible collars, military and slash pockets. All
seams and raw edges neatly finished with
binding, wind shields in the large flaring cuffs.
A splendid utility Coat at a price that is \$10.00
less in price than they regularly sold for pre-
vious seasons.

MATERIAL—Plaid Back English All-
Wool Coatings.
SIZES—36 to 44. Price \$19.95

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Range of
Anderson's Scotch
Gingham Dresses
Formerly \$9.50
for **\$7.50**
Women whose figures demand large
sizes will be pleased to hear of this won-
derful offering. Correctly styled to give
straight lines, so much sought after by
stout figures.
Sizes: 36 to 44½. All colors.
Clearance Sale Price **\$7.50**

Ratine Dresses
For Women and Misses
Formerly priced as high as
\$14.50
for **\$5.95 and \$7.95**
These Dresses you may wear all the Fall
and Winter seasons. Good weight of ma-
terial and smartly fashioned. A host of
wanted colors to select from: The prices
represent reductions of from 1-3 to ½ off
regular prices.

Extra Special—Voile Dresses
In Women's and Misses' Sizes.

Formerly priced up to \$18.95. Now priced at:
\$5.95 - \$7.95 - \$9.95 and \$12.50
There is a dress for every type of figure in this range of
Swiss Normandy and English Voile Dresses. Dresses for the
Matron; Dresses for the Misses and Dresses for the Juniors.
Each has the distinction and fashioning that bespeaks much
higher prices. All colors and practically all sizes. Make your
selection to-morrow, at—
\$5.95 - \$7.95 - \$9.95 and \$12.50

THE brilliant colours of the
Orient are to be found in the
gauzes, silks, laces and Chinese
figured chintz, now so much in
vogue for window hangings.

You need not feel that window
grime and dust must damage
your most precious draperies.
Wash them in the rich Lux
suds. The creamy lather gently
dissolves the dirt, and gives you
back your hangings with colour
undimmed and texture un-
harmcd.

Sold only in sealed
pockets—dust-proof!

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Toronto

LUX



**Launder dainty things
twice as often, this way**

It's not necessary to keep your prettiest things
folded and laid away. Wear them—often. Launder
them just as often as necessary. *But do it this way:*
Use Palmolive PRINCESS SOAP FLAKES—
and see fragile crepes, silks, laces, come from laun-
dery absolutely unharmed. Colors brightened
and freshened, if anything.
The great foam of suds contains nothing to hurt
the daintiest fabric, the most delicate coloring. It
dissolves the dirt, however, most thoroughly—and
washes it away.
These snowy, crinkly flakes contain nothing but
pure soap. So they go farther, cleanse more effi-
ciently. That makes it economical to use them in
the washing machine, for all laundering, and for
every general household purpose.
If only to try, get some to-day of your dealer.
He has them—in handy one-pound packages, or
in bags.
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will increase in adequacy. heads may miss!