NEWS AND VIEWS FOR WOMEN READERS



He is the greatest artist who has embodied in the sum of his works into cold water. Beat two egg-whites the greatest number of the greatest stiff and slowly add them to the sirup

Announcing

Laura Secord Historical

Essay Contest

heroine of 1812, is one of the brightest spots in

Canadian History. Her heroism shines out through

the years as an emblem of patriotism and pluck

Canada's fate hung on this dauntless woman's cour-

age-that this devoted woman braved almost cer-

and girls of our schools and to encourage them in

Yet how many boys and girls know that once

To develop a greater interest among the boys

woman.

a study of the history of

our country, Laura Secord

Candy Shops are offering

\$500.00 in gold for the best

Essay, Short Story or

Composition on the life of

this patriotic Canadian

Contest Open to Everyone

everyone up to the age of

eighteen, but to make it

more fair, there are two

classes, seven prizes in

each and one special prize

of \$200.00 in gold or a free

trip to New York for the

boy or girl, and of course

Mother must go along too.

bright Canadian youngster

to treat his Mother to a

trip to New York.

A fine chance for some

The contest is open to

that is a model for our lives to-day.

tain death to save her country.

THE RULES

They are few and plain.

Resays or stories must not be over 500 words in length and written on one side of sheet.

entrant must be on the top of first page, and if attending school, name of teacher.

Parts must be historically

Contest is open to all boys and girls up to 18 years of age. Meetness, originality and good composition will have first consideration.

\$100.00 in gold.

First-\$100.00 in gold.

\$25.00 in gold.

GRAND PRIZE

For best Hessy in either class, \$200.00 in gold, or trip to New York for Mother and the successful contestant. The winner of this prize will not be eligible for any of the other prizes.

Secretary-Laura Second Misterical Essay Contest. 61 College Street, Toronto, Ont

\$25.00 in gold.
For the five next best essays, \$5.00 in gold.

Clauses and Prizes.

The devotion and loyalty of Laura Secord, the

BIAS FILLED

CORSETS .



Breakfast Grapefruit Cereal Wholewheat Griddlecakes Maple Strup

Dinner Celery Soup Leg of Lamb Mashed Potatoes Spinach Diced Fruit with Whipped-Cream

> Supper Stuffed, Egg Salad Boston Brown Bread

RECIPES FROM READER FRIENDS

Generous Reader Friends have contributed the following recipes for other women to enjoy:

N. A.: "Divinity Frosting. Boil together two cups of sugar, one-half cup crystal-white karo syrup and onehalf cup of hot water until the mixture cracks when a little of it is dropped (off the stove). Be careful not to let

the frosting get too hard before spread ing. One teaspoon of vanilla extract may be added to it just before spreading on cake."

E. S.: Southern Corn Pone: Mix together one quart of sifted cornmeal, one teaspoon of salt, three teaspoons of lard (melted) and enough water to make a soft dough. Mold this dough with the hands into oblong 'pones' which are one inch wider in the middle than at the ends, and rather flat. Bake these pones on a well-greased pan in a good, hot oven till they are a delicate brown-about 15 minutes. Eat them hot, breaking them with the fingers (never cut them)."

K. McC: "Frosted Cottage Pudding: Cream together one cup of sugar and a piece of butter the size of an egg; add three egg-yolks and one egg-white (keep the two left-over egg whites for frosting), then add one cup of sweet milk and two cups of flour which have been sifted with one heaping teaspoon

of baking powder. Flavor with onehalf teaspoon of lemon extract. Bake minutes in a moderate oven in loaf form. While still hot, frost with the following. Beat the egg-whites stiff and beat into them one cup of sugar and a drop or two of lemon extract (or van-Put this uncooked meringue on the cake very thickly as it is the dressing for the pudding. Eat warm. We like this better than a liquid sauce."

A Mother": "Fruit Cake Without Spices: Cream together one cup of sugar and one cup of lard; add three eggs well beaten, one cup of cream (or you may use canned cream diluted with cold water in equal parts), one cup of blackberry jam, one cup of seedless raisins, one cup of dates cut small and stoned, one cup of almonds broken small, and three and one-half cups of flour sifted with three and one-half teaspoons of baking powder. Turn the batter into a greased pan (this makes a large cake) and bake in a moderate oven for one hour and 20 minutes-or perhaps a little longer."

KNITTING A MULTI - COLORED JACQUETTE SWEATER.

The multi-colored jacquette sweaters are becoming more popular every day. There are many brands of multi-colored yarns sold—that is, yarns shot with different colors, to give a "rain-bow," or Persian effect when knitted up. To make the following sweater you will need eight balls of this multi-colored yarn and three balls of any plain color you like (old rose or old blue is particularly effective with multi-colored yarn.) The plain color is used as a border for bottom of sweater, bottom of Mandarin sleeves and around edge of collar. Both kinds of yarns must be two-ply. Shetland floss is about the right weight yarn to use, but if may be substituted for Scotch worsted, Scotch heather, Spanish worsted or Radiant Byzantine.

MULTI - COLORED JACQUETTE SWEATER, Size 36 .- Pattern K 1 row, P 1 row. BACK: Using a pair of number five bone needles, cast on 90 stitches, using the multi- colored yarn, Work in pattern for 16 inches. Decrease one stitch every other row on each end, four times, armhole measures six inches, K 29 sts., bind off 24 sts., for back of neck, and on remaining 29 sts., work six rows.: Cast on toward front 35 sts. Work in pattern and when work measures five inches from shoulder, increase one stitch toward armhole every other row, four times. Cast of 2 sts. toward armhole (hav-70 sts. on needle). Work in pattern till front is as long as back. Now fold 17 sts, of the 35 front stitches, and sew down. Work other side to correspond.

Collar; Pick up 69 stitches around neck, omitting five sts, at each end for border (59 sts.) and with the multi-colored yarn work pattern for three inches, then pick up the sts. on both sides, and with the single colored yarn K 5 ribs, increasing 2 sts, at each corner every other rot and bind off. Then sew the five ribe to the five sts. just omitted. Sleeves: With right side toward

back sts. at bottom of sweater and It is impractical to try to boycott with double-strand of the single col- thei sugar dealers by doing that we ored yars K 9 ribs and bind off, would also boycett the fruit grower Place a button at left side of sweater who faces a situation more serious and a loop on the edge of the right- than that of the house-wife. If we hand front.

Kirkman in care of the "Efficient Housek eping" 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- successfully and the flavor is better ed and self-addressed envelope must than when canned. Time and patibe enclosed with the question. Be ence are required for this methou. sure to use YOUR full name, street Our grandmothers dried cherries. number, and the name of your city peaches plums and apples as a matand province. —The Editor, ter of course, To those who possess

Many fruits can be dried



qualities of a Dominion Linoleum Rug-so warm and cosy and so easily cleaned? Light mopping replaces tiresome scrubbing and sweeping when these sensible floor coverings are used.

Dominion Linoleum Rugs, too, are highly sanitary and germicidal; they are waterproof, stainproof, germproof. Nowhere will you find more harmonious combinations of beauty and

Dominion Linoleum Rugs are made in sizes to fit any room. The range of patterns and colorings will please the most fastidious and many designs are available in at least two distinct

DOMINION Linoleum by the Yard

is also made in attractive color combinations, and in many patterns. It is ideal where one desires to cover the whole floor, without seam or crack. It has all the features that make Dominion Linoleum Rugs so popular. Both products are easy to lay, pleasing to walk on and are satisfactory all around. They will please you well.



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WE CARRY A COMPLETE STOCK OF LINOLEUMS-ALL WIDTHS Pianos, Victrolos, Wall Paper, Furniture and House Furnishings.

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many patterns await-

ing your selection.

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See us for Dominion Linoleum-all the different designs in stock.

JAMES REID
254 Princess Street

Try Grandmother's Plan-Dry Fruit. a small evaporator the drying of furnace is started, it is quickly ac-

hole Next row, P 52 sts., turn, Practical bits of information about est tinsmith. Have a box made of apples dried in this way are equal K 34 sts., turn, P 36 sts., turn, K 38 a variety of things, such as the care galvanized sheet iron about three in appearance and better in flavor sts. turn, continue this way always and preservation of fruit and gen- feet in height and twenty inches or than those done in factories. taking up two more ets. at each row eral home administration. At this two feet square without top or bottill all sts. have been taken up (72 time of year when fruit is so plenti- tom. One side has openings to adsts.) Follow patern till sleeve ful that the house-keeper is plan- mit traps made of heavy galvanized measures 17 inches, or desired ing and working to preserve it for iron netting which slide in and out length. Then K I ribs with doube- winter uses, the unfortunate, com- on supports soldered on two sides. by one market-woman on another, strand of the single colored yarn and bination of a very beautiful fruit These small evaporators can be in the course of which every effort crop and the high price of sugar placed on the back of the kitchen of rhetoric was made to provoke re-Border: Pick up both front and presents a difficulty hard to bridge, range, or if drying apples, after the taliation, but without effect. DODD'S could have the fore-sight to buy a year's supply of sugar at & taus

PILLS

Stray scraps of house-hold know- friuts is a simple matter. The dryer complished by placing over a floor you and using the multi-colored ledge are often the most valuable or evaporator, is of simple construct register. The trays are moved up yarn, pick up 72 sts. around arm- things our gray matter holds — tion and can be made by your near- and down as required. Peaches and

> In a State of Grace. perceived, a flerce verbal onslaught swer ye, because I've been to confession this morning, and I'm in a state of grace. But wait till I get out of it!"

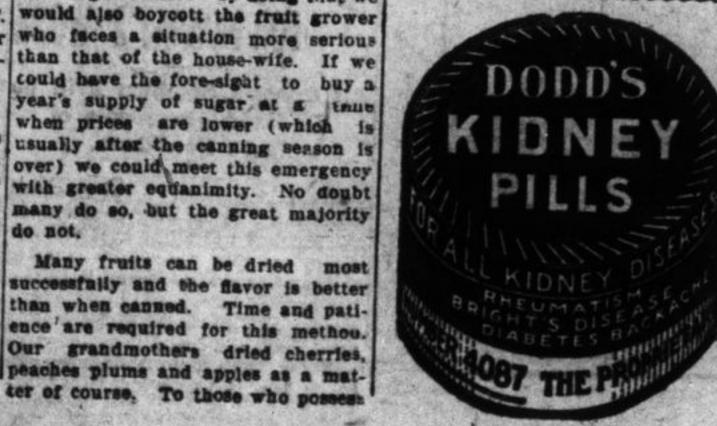
Swims in Drop Of Water. A microscopic animal about one two-hundredths of an inch long has been discovered by L. L. Woodruft, of Yale University, who has named it "Parameelum polycaryum." It is he of the one-cell forms known as protozoa. It moves about rapidiy in a drop of water and feeds on bac-

No action is commendable which is not voluntary.

Dr. Martel's Female Pills Thousands testify to beneficial re-Painful Menstruction, Nervousness Backache, Dizziness, etc. Sold only in Sexied TIN BOX with our signature, \$5.00. All Druggiets of DIRECT BY MAIL, plain package, Knicker hocker Remedy Co., 71 E. Front St., Toront There is nothing size just as good. Cook's Cotton Root Cor WHEN USING WILEON'S

Best of all Ry Hillers Me

per Padket attall IDe



The Judges are as follows: R. W. Doan-Secretary, Ontario Educational Association. John R. Bone-Managing Editor, The Daily Star, Toronto. Harry Anderson-Assistant Editor, The Globe, Toronto. Geo. E. Scroggie-Advertising Manager, The Mail & Empire, Toronto. J. S. Snider-News Editor, The Evening Telegram, Toronto. Fifteen prizes amounting in all to \$500.00 in gold will be awarded by the judges according to the conditions and distributed not later than December 1st. Contest closes October 31st, 1923-decisjon to be announced about Novem-All inquiries addressed to Miss usually after the canning season is ber 15th. The conditions are easy-the prizes are worth while and we hope every boy and girl will try for one.

Additional information may be obtained at any of the Laura Secord Shops, or by mail to-

Laura Secord Historical Essay Contest 61 COLLEGE STREET. TORONTO, CANADA