

NEWS AND VIEWS FOR WOMEN READERS



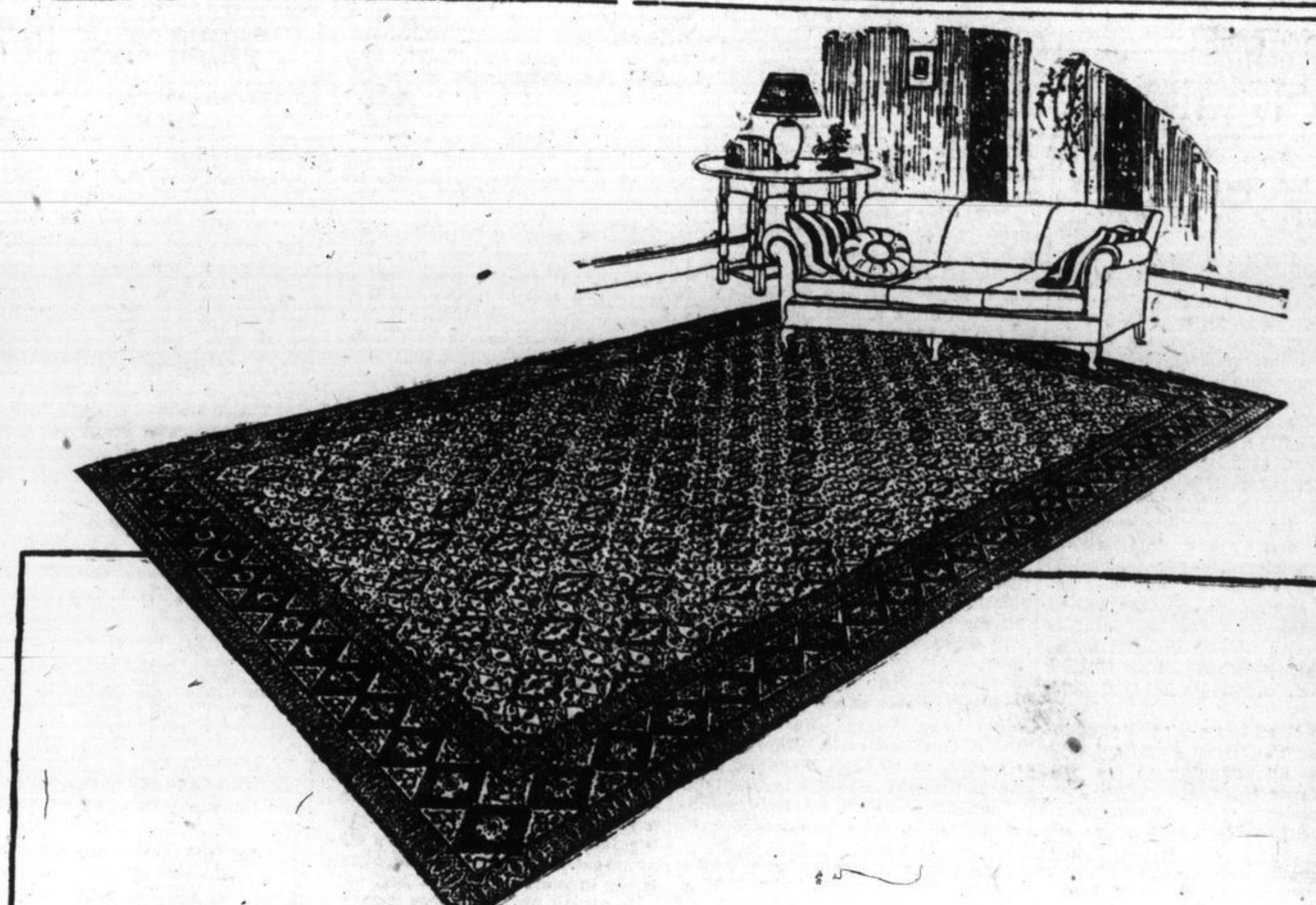
FINISHED in pink fancy brocade, with fancy silk elastic section running full length over the hips. Offers freedom while pleasing conservative tastes.

Efficient Housekeeping

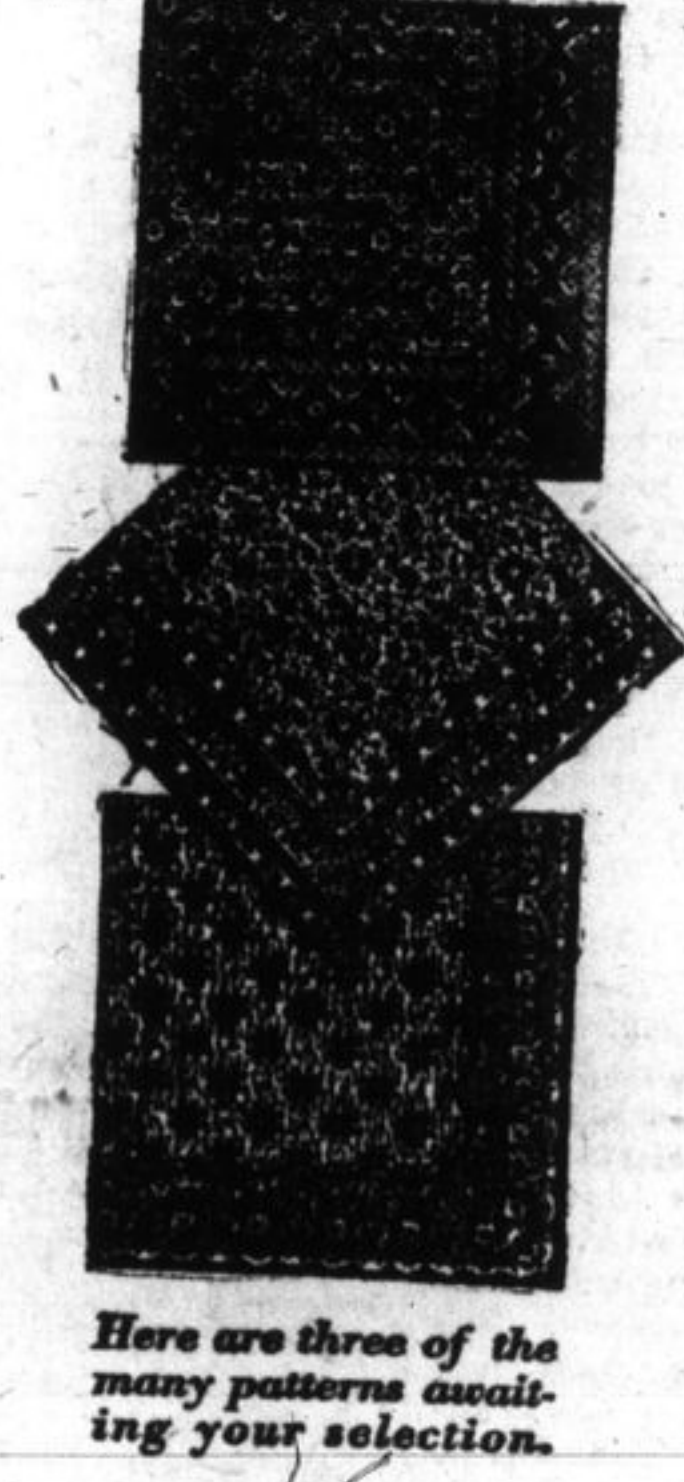
- TOMORROW'S MENU
Breakfast: Grapefruit, Cereal, Wholewheat Griddlecakes, Coffee
Dinner: Celery Soup, Leg of Lamb, Mashed Potatoes, Spinach, Diced Fruit with Whipped-Cream, Coffee
Supper: Stuffed Egg Salad, Boston Brown Bread, Tea, Cake

RECIPES FROM READER FRIENDS
Generous Reader Friends have contributed the following recipes for other women to enjoy:

the frosting get too hard before spreading. 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.



Here's your Rug for Fall and Winter



THIS is the housewife's busiest season. The family is home; cooler weather calls us indoors; social engagements press; slush, mud, coal dust and ashes make extra cleaning up necessary.

Announcing Laura Secord Historical Essay Contest

The devotion and loyalty of Laura Secord, the 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 that is a model for our lives to-day.

THE RULES
1. Essays or stories must not be over 400 words in length and written on one side of sheet.
2. Name and address and age of contestant must be on the top of first page, and if attending school, name of teacher.

Contest Open to Everyone
The contest is open to 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.

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.

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.

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 row and bind off.

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.

DOMINION LINOLEUM RUGS for all your floors

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

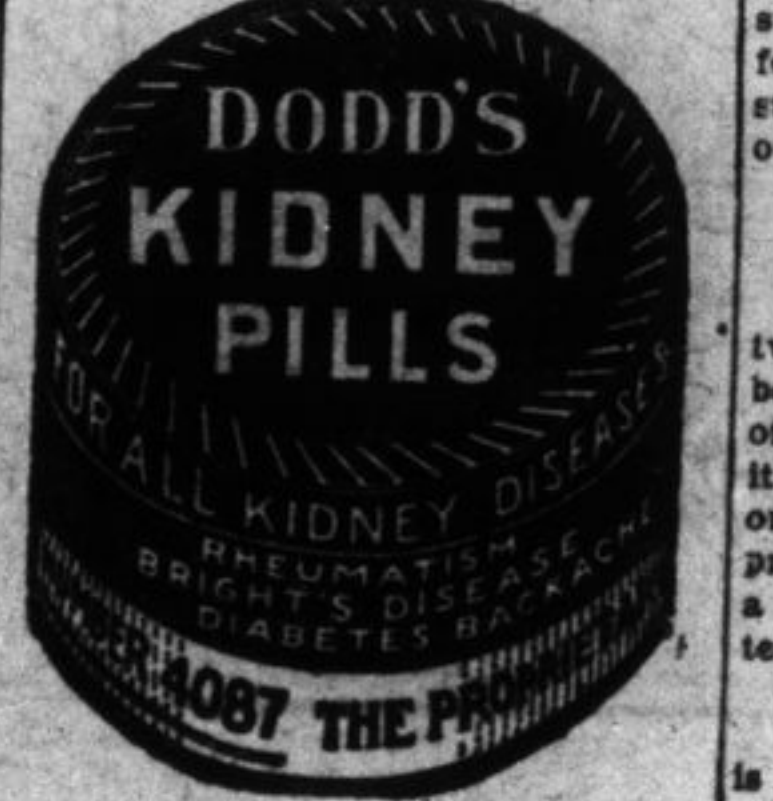
See us for Dominion Linoleum—all the different designs in stock. JAMES REID 254 Princess Street

Try Grandmother's Plan—Dry Fruit. Stray scraps of house-hold knowledge are often the most valuable things our gray matter holds.

In a State of Grace. A priest once chanced to hear, unperceived, a fierce verbal onslaught by one market-woman on another.

Dr. Martell's Female Pills. Thousands testify to beneficial results last half century. Delayed and Painful Menstruation, Nervousness, Headache, Dizziness, etc.

Cook's Cotton Roof Compound. A safe, reliable, regulating medicine. Sold in three degrees of strength.



Swims in Drop-Of Water. A microscopic animal about one two-hundredths of an inch long has been discovered by L. L. Woodruff, of Yale University, who has named it "Paramecium polygyrum."

