

NEWS AND VIEWS FOR WOMEN READERS

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are but poor substitutes for the genuine

"SALADA" GREEN TEA

Try 'Salada' and be convinced. A post card will bring a sample. Address—SALADA, MONTREAL.

Patching Linoleum. Is the linoleum in the living-room wearing into holes near the door or under the legs of the tables? If it is, do not go to the expense of re-covering the whole floor with new material, but try your hand at patching the worn pieces. All you will need is an odd length of linoleum of the same pattern, a tube of liquid glue, and a few brads. First of all take a pencil and trace a line around the design so that the worn area is completely enclosed. Keep to the edges of the design and avoid crossing over the light patches of color. Then, with the point of a very sharp knife, score along the lines in-

dicated with the pencil, and afterward cut away the whole damaged area. Now lay the part so cut out on the length of new material in such a way that it exactly covers up similar portions of the pattern. Run the pencil around the old part and trim the fresh piece as indicated by the pencil marks. Fit the new piece in the cut-out area, but before doing so smear the edges lightly with liquid glue. Finally, drive in a few brads where necessary. Good-nature is a great misfortune if it want prudence. The greatest things are done with the help of small ones.

Now is the time to fight constipation with Bran—Start to-day!

Don't give the diseases that follow in the track of constipation a chance to lodge in your system! Get after constipation with nature's greatest helper—BRAN. Kellogg's Bran, cooked and krumbled—because it is ALL BRAN and because it will give you permanent relief from constipation! It is scientifically prepared to relieve suffering humanity from constipation and it will do that. Bran's action is wonderful. It sweeps and cleanses and purifies. It knocks out the dangerous toxic poisons and frees the system from pollution! Try Kellogg's Bran for a week. Eat it regularly—two tablespoonfuls each day; as much each meal in chronic cases. You will be astounded at the difference in your feelings! Kellogg's Bran should not be con-

fused with common bran which is unpalatable and difficult to eat. Kellogg's is cooked and all ready to serve and is really delicious. Eat it as a cereal, sprinkled over your favorite hot or cold cereal or cook or mix it with hot cereal. In the latter cases add two tablespoonfuls for each person. Do you realize what Kellogg's Bran can do for you and for your family; do you realize that it will keep sickness away; that it will put every one on a new health footing; that it will free you all from pills and cathartics? Kellogg's Bran is particularly delightful made in raisin bread, in macaroons, popovers, muffins, etc. Recipes are printed on each package! You will say that Kellogg's Bran is a blessing to humanity. All grocers sell Kellogg's Bran!

Efficient Housekeeping

TOMORROW'S MENU: Breakfast: Grapes, Cereal, Coffee; Luncheon: Baked Macaroni-Cheese Dish, Wholewheat Bread, Tea, Jam; Dinner: Lamb Chops, Baked Potatoes, Beets, Fruit Salad, Coffee; Cup Custards.

"Just How" To Make Hot Milk Cake. "What cake do you bake most frequently for your own table?" I was recently asked. And, without a moment's hesitation, I replied, "Hot Milk Cake." I bake it oftentimes, because it is the easiest cake to make, as well as being light and delicious. Most housewives bake it in loaf form, in a moderate oven for about 35 minutes, but I prefer it in cup-cake form and baked in a hot oven. For the sake of my Bride Readers, who perhaps have not had much experience, I will give my recipe in "just how" form:

Hot Milk Cake: Break two eggs into a medium-sized mixing bowl and beat them well with an egg-beater. Then add to them one cup of granulated sugar and again beat with an egg-beater (this sounds easy, but you will find it very hard to do as the egg-and-sugar mixture is stiff and the egg-beater will not move swiftly. But beat it slowly in this way for one full minute. Turn a heaping cup of ordinary bread flour into your flour-sifter (holding the sifter over the mixing bowl so that the flour which goes through will not be lost) and put a pinch of salt and one teaspoon of baking powder on top of the flour. Sift the flour into the mixing bowl, and beat all together till well

mixed. Flavor with one teaspoon of vanilla extract, then add one-half cup of hot, sweet milk (have it very hot, but not boiled) and stir vigorously. Turn the batter at once into greased cup-cake pans and bake for about 12 minutes in a hot oven. Old cooks will have doubts about the thinness of the batter, before baking. For it looks almost like pop-over batter. But, although the batter does not look like ordinary cake-batter (that is, is not as thick as cake-batter usually is) it will make delicious little cakes. I make nine high, light cup cakes from this recipe, using a pan which has "wells" measuring three inches across the top, two inches across the bottom and one inch in depth. Usually I do not frost these cakes. For they are almost as delicate as sponge cake and do not really need frosting. If, however, you wish to ice them, use an uncooked icing made as follows:

Frosting for Hot Milk Cake: Turn one cup of confectioners' sugar into a small bowl. Add to it enough sweet milk to make a stiff paste (you must add the milk very gradually—only a drop or two at a time—as it takes very little to moisten it. Now soften one tablespoon of butter and rub this into the icing. Add one-half teaspoon of vanilla, then rub in a very little more of the sugar, to make it stiff. Spread this on while the cakes are still hot. Tomorrow:—Knitting Yourself A Sleeveless Jacket.

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. Be sure to use YOUR full name, street number, and the name of your city and province. —The Editor.

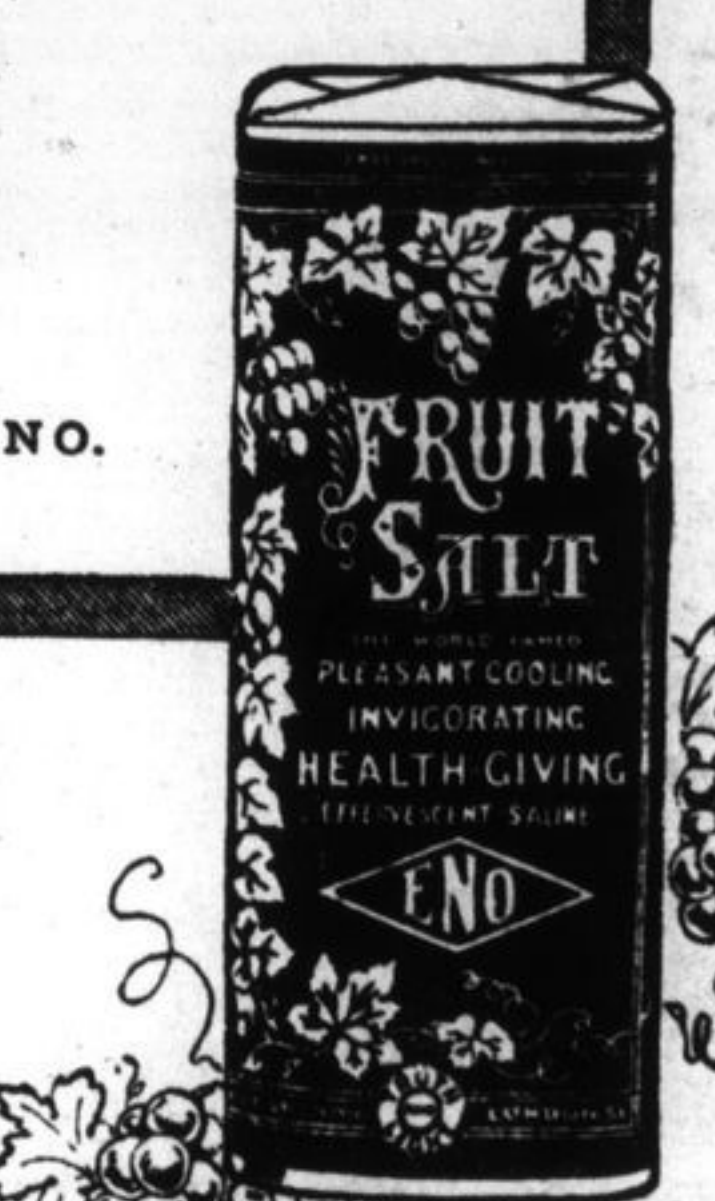
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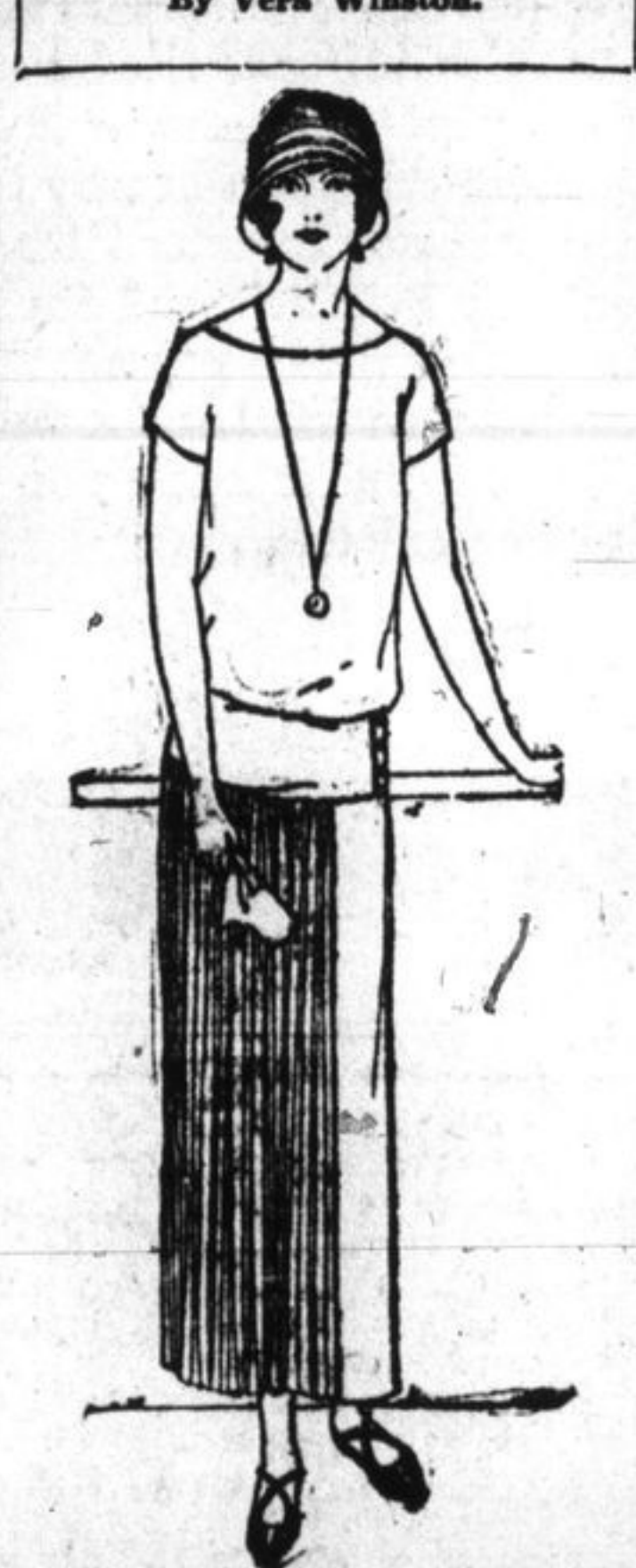
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TO-DAY'S FASHION



This Frock of Beige Wool-Crepe Achieves a Note of Difference Through Its New Use of Pleats. Though pleats have ceased to be unusual, they are even smarter than ever. One of the interesting features about the use of pleats is that you can always introduce variations. For instance, here's a beige wool-crepe costume that uses pleats of the usual narrow variety. But it achieves a note of difference by leaving one section plain. This makes an effective panel, twelve inches or wider, at the left side. Wool-crepe is satisfactory material because it wears well and is light in weight. The same costume would be charming in navy cashmere.

A SUCCESSFUL FAIR. Was Held by the Schools at Denbigh. —Personal Paragraphs. Cedar Lake, Sept. 23.—The rural school fall fair, under direction of C. C. Main, Napanee, was held in Denbigh public school grounds on Wednesday, Sept. 19th, and despite the inclement weather for some time previous, fair day dawned bright and cloudless. The exhibits, though not as numerous as in some former years, were a credit to the pupils of the various schools taking part. Denbigh village school, with Miss Fraser as teacher, took first prize in the parade, and Vennachar, with Mr. Ball as teacher, came second. The young folks all repaired to Beth's

Hall for the evening entertainment, which was much enjoyed by all present. There is talk of a chicken supper to be held in the near future in aid of the Methodist parsonage building fund. Clarence Chatsen left Thursday morning for Detroit via Renfrew. Miss R. Fraser, Ardoch, and Miss Frances Ready, Plevna, visited at the latter's home here, recently. The Messrs. Main, Aylsworth, Hawley, Leavens and the Misses Alma, Emma, and Annie Klein, and Gustave Herndt and Bertha Wilson took tea at the home of A. John's on Wednesday evening. Miss Minnie Ball, Kingston, who has been holidaying at her home in Vennachar, spent a few days at Simon Ball's. John D. Flake, Plevna, was in this vicinity buying cattle this week. Harry Ohlman, "The Mountain," and cousin, Michael, motored through here Saturday en route to Eganville. A. Glaeser, cheesemaker at Ardoch, attended the fair here, Wednesday.

SCHOOL FAIR AT NORTHBROOK. It Was a Fine Event and Well Attended. Northbrook, Sept. 24. — A number from here attended Kingston fair last week, all vouching it the best Kingston has ever had, which is saying much. Among those attending were Mr. and Mrs. N. Wood and family, Charles MacGregor, J. Perry, Mrs. C. C. Thompson and daughter, Veiva and others. Mr. and Mrs. J. Vogan are living in their newly erected house and workmen are fast erecting barns and suitable buildings to accommodate his saw mill, planes and full equipment. J. Rosenplot purchased a car Saturday from F. Rashotte. Mrs. William Kehoe has returned from Kingston where she received treatment for a cancer. Mr. E. Branscombe, and family have moved to the house recently vacated by J. Both. Mrs. Mouglin, Buffalo, is again living in her home at the Ore Chimney mines. Clayton Cole is spending the week-end with friends before returning to Buffalo. The school fair was well attended and many prizes won by our school under the management of Miss E. P. Dodd. Miss Mary Robinson was a week-end guest of her aunt, Mrs. Peter Lloyd. A number of tourists are enjoying duck hunting and fishing north of us. Mrs. C. C. Thompson was a visitor at Mrs. Nell Stonness', Westport, last week. George Connors, Spencerville, is helping in erecting the saw mill outfit for J. Vogan. Mrs. Gould, Delora, is spending a few days at St. Sedore's.

VISITING HIS CHILDREN. John Jones, Odessa, is Spending Holidays in Kingston. Odessa, Sept. 23.—Mr. and Mrs. William Jenkins, Kingston, were guests at the latter's parents, Mr. and Mrs. George Watts, last Sunday. Mr. and Mrs. G. B. Joy and Miss Rose Joy, Napanee, called on friends last Sunday. Arthur Clark, Od-

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DO you know there are two kinds of Bon Ami—cake and powder? Both are made from the same ingredients—both are equally good. It's a matter of taste which you use. Many women prefer the powder in its handy sprinkler-top tin—it's so easy to shake the powder on a damp cloth. Others prefer the solid cake—that's rubbed on the cloth like ordinary soap. Many women keep both kinds on hand—they prefer the cake for some uses, the powder for others. It's a splendid idea to keep both—why not try it? Are you familiar with the principal uses of Bon Ami—they're listed at the right? BON AMI LIMITED, MONTREAL.

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