

NEWS AND VIEWS FOR WOMEN READERS

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It gives a steady, intense, non-staining white heat that cooks quickly yet does not blacken the utensils.

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MAPLE LEAF UTILITY SPIRITS



HER PROBLEMS

By Annette Bradshaw



ONE HAS TO BE CAREFUL OF EVEN THE LATEST FAD. Miss Must-Be-Sure—But I must have a translation of the Chinese characters printed on that beautiful silk before I buy it and have it made into a dress. I love chop suey, and I'd hate to wander into a restaurant and wonder what the Chinese waiter was reading on my fork. It—it might be embarrassing!

Efficient Housekeeping

TOMORROW'S MENU

- Breakfast: Prunes, Cereal, Liver and Bacon
- Coffee
- Toast, Luncheon, Omelet
- Cocoa: Wholewheat Bread, Jam
- Dinner: Hot Beef Loaf, Baked Sweet Potatoes, Canned Peas
- Coffee: Lettuce, Russian Dressing, Chocolate Pudding

PUTTING UP THE APPLE

Quince-Apple Preserves: These two fruits are delicious canned together. Use two-thirds of firm, tart apples and one-third of quinces. Pare apples and cut them into quarters (cores removed). Pare and core quinces, then cut them into eighths. Drop the pieces (both fruits) into a bowl of cold water to which you have added the juice of one lemon. Drain and place them in a wire basket and lower the basket in boiling water for one and one-half minutes, then plunge the basket into a pan of cold water for an instant. Drain and pack the fruit in alternate layers in hot, sterilized glass jars; fill the jar to within one-half inch of top with a boiling-hot, medium-thick sirup made by boiling two quarts of water and six pounds of granulated sugar together until the sirup will wrinkle when a little of it is taken up on a spoon and the spoon tipped. Adjust new rubber and glass cap, partially seal (that is, put up top wire but do not press down side wire) and stand the jar on a wooden rack in your wash-boiler, in boiling water which rises almost to jar-top. Let the water continue to boil around the jar 20 minutes, then completely seal, invert to test for leaks, and store. (To sterilize the glass jar, before filling it with fruit, boil it empty, with its glass cap beside it, in clear water for 15 minutes.)

Apple-Grape Butter. Core and pare ten pounds of grapes. Stem seven pounds of grapes. Put apples and grapes into an enamelware or agate saucepan with four cups of cold water; bring to boiling point, then continue to boil until soft. Strain through a sieve, return to the saucepan, add eight cups of granulated sugar which has been heated a little in your oven, and also add one teaspoon of ground cinnamon and one-half teaspoon each of ground ginger, mace and cloves. Cook till thick, stirring often. Turn into hot, sterilized jars and seal.

Sliced Apple-Onion Pickle: "Core, pare and thinly-slice two pounds of cooking apples. Also pare and slice two pounds of Spanish onions. Fill hot, sterile glass jars with alternate layers of each, putting between each layer a little chopped red sweet pepper (or Chilies) and a pinch-each of ground ginger, cinnamon, allspice and mace. Fill the jars with cold vinegar and completely seal. This pickle is not cooked." (Contributed by Mrs. S. A.) Tomorrow:—Five Recipes For Transparent Pie.

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.

He that would relish success should keep his passion cool and his expectation low. A crown, if it hurt us, is hardly worth wearing.

MAGICAL BEAUTIFIERS FOR WOMEN

Women everywhere are trying all kinds of beautifiers, only to find that their effects are transitory. The first requisite of beauty is health. Without it the steps lag, eyes are lustreless, dark circles appear beneath them, the complexion becomes sallow, and almost invariably the underlying cause is some ailment peculiar to women. There is a very inexpensive remedy for this condition in Lydia E. Pinkham's Vegetable Compound, which for nearly fifty years has been relieving women from some of the worst forms of female ills. Why not let it restore you to health and beauty and the joys of living?

Snowflake
Ammonia 10%
Removes Grease
- makes Dishwashing Easy

Beauty Contented
You are always content that your beauty has been developed to its highest possibilities after using Gouard's Oriental Cream White Face-Powder. 1 Small 10c. Jar Trial Size F. T. BROWN & SON Montreal

Every 10c Packet of **WILSON'S FLY PADS**
Clean to handle. Sold by all Druggists, Grocers and General Stores

HEROINES OF HISTORY

Significant Incidents in the Lives of Famous Women. By Mark Stuyvesant.

What Her Great Courage Won for Mrs. Oliphant.

It is surprising how many women writers have embarked upon their careers either in an effort to forget some great sorrow, or to support their families when they have suddenly found themselves widows or destitute of any other means of support. The lives of many of these writers are as absorbing in interest as those of the heroines whose lives are chronicled by them. Among these authors is Margaret Oliphant Wilson, known throughout the English speaking world with great affection as "Mrs. Oliphant."

When I thus began the world anew, I had for all my fortune about a thousand pounds of debts, a small insurance of, I think, two hundred pounds on Frank's life, our furniture laid up in a warehouse, and my own faculties, such as they were, to make our living and pay off our burdens by.



She was Never Discouraged.

she depict scenes from the land of her birth, that soon she found herself successfully emerging from the great difficulties which had descended upon her with her widowhood. Although her life was one of great activity and tremendous responsibility and worry — for she had much

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illness to cope with in her young family — Mrs. Oliphant was never discouraged. It is said that she often sat down to write with a breaking heart and with her brain almost numbed by anxiety. But realizing what her efforts would mean, she would quickly emerge from her slough of despond, summon her courage and write with vigor and inspiration. With the publication of "Zaldee," Mrs. Oliphant's name came before the public and she was moderately discussed. But when "Chronicles of Carlingford" was presented to the public, her success was assured. From then on Mrs. Oliphant was able to provide comfortably for her family and her struggles were at an end — after fifteen years of effort.

A Good Sales Talk. A good salesman who was determined to sell a bill of goods to a shrewd old Yorkshire merchant had talked in his hardest, most eloquent and persuasive way for nearly an hour. Finally the merchant seemed to be convinced that the line was just what he wanted, and the traveller felt amply repaid for his extra effort. But the Yorkshire man added, reflectively: "There's ma lad Jock. Ah'd like him to hear what ye have to say. Will ye coom this evenin' and go over your talk again?"

The traveller gladly assented to the proposition, and at the appointed hour presented himself again for the interview with father and son. Again he went over the forceful selling points of his line. Never had he put forth a more persuasive argument or a finer selling talk. When he had finished, the old man turned to his son most enthusiastically and said: "Do ye hear that, Jock? Well, now, that's the way I want ye to sell our goods on the road."

Speaking of women, attractive simpletons are more popular with men than intellectual bores.



Three times a day—

Dishwashing — bans of all house-keeping — is losing its old-time hardship because of Lux. With the magic of white bubbling suds, Lux thoroughly cleans your finest dishes and most precious cut-glass, restoring their original sheen and lustre.

Will not redden the hands. And Lux will not redden your hands even though you wash dishes three times a day for months and months. Lux is just as easy on your hands as it is gentle with fine silks and delicate fabrics. One tablespoonful of Lux — hot water — and your dish-pan; and one package will last for 50 washings.

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