

NEWS AND VIEWS FOR WOMEN READERS

Wherever the Recipe calls for Milk



—use Borden's St. Charles Milk. It will improve even your best recipes because it is so rich and creamy. Economical because twice as rich as ordinary milk. Four sizes. Write for St. Charles Recipe Book. The Borden Co. Limited Montreal 77-6-24

## Efficient Housekeeping

By Laura A. Kirkman

TOMORROW'S MENU

- Breakfast
  - Stewed Apricots
  - Cereal
  - Codfish Balls
- Coffee
- Pop-Overs
- Luncheon
  - Creamed Hard-Boiled Eggs on Toast
  - Fruit Salad
- Cocoa
- Rolls
- Cookies
- Dinner
  - Boiled Salmon with Hollandaise Sauce
  - Peas
  - Parsley Potatoes
  - Celery
  - Orange Custard
- Coffee
- Orange Custard
- Liver Balls.

this end measures ten inches from last increasing. The tie is now done. Answer to Recent Request for Crocheted Carnations: (Contributed by Mrs. K.): "I use a cork seven-eighths of an inch across top; I cover this with dark green crocheting in close stitches, small end down. Still with the green, chain five, put in first stitch with thread over once; chain one, thread over once, till you get around. Break off and put on color: thread over twice and put three times in every green space. Next time around, do the same in the red spaces. It will be very full. Finish by chaining three, catch around the edge. Run ribbon through open green spaces and draw up close."

Crocheting's a Man's Silk Necktie. To make a man's silk necktie, buy one spool of "Aviation" Silk (or any necktie crocheted silk) of the desired color, and a number ten steel crocheting hook.

The Satin Stitch is used in this tie. To make the Satin Stitch, take a single crochet over the single crochet stitch of previous row and into the row below; that is, instead of working the single crochet stitch into the previous row, you work it into the row below the preceding row. Do this wherever the Satin Stitch is called for, in the following directions:

Begin by chaining 25 stitches. Row One: Work 24 single crochet stitches, chain one, and turn. Row Two: Two single crochet, one Satin Stitch, six single crochet, one Satin Stitch, one single crochet, one Satin Stitch, six single crochet, one Satin Stitch, three single crochet. Repeat Row Two for 15 inches. Then decrease for neck band by skipping one single crochet on each side of center Satin Stitches every fourth row till you have decreased all the single crochet stitches between the rows of Satin Stitch patterns and only 12 stitches remain. Neck Band: Work in single crochet till neck band is one inch shorter than shirt band. Short End of Tie: Increase one stitch on each side of center Satin Stitches in every fourth row till you have 24 stitches, then work in pattern the same as for long end till

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 names of your city and state.

### Red And White Sports Frock

By ELEANOR GUNN

Plaids may have been disappointed to-date, for they certainly were widely heralded, yet many are worn. One varies the plaid, and often makes it more flattering by subjecting it to the pleating process, for nothing is quite exempt from a pleating machine these days.

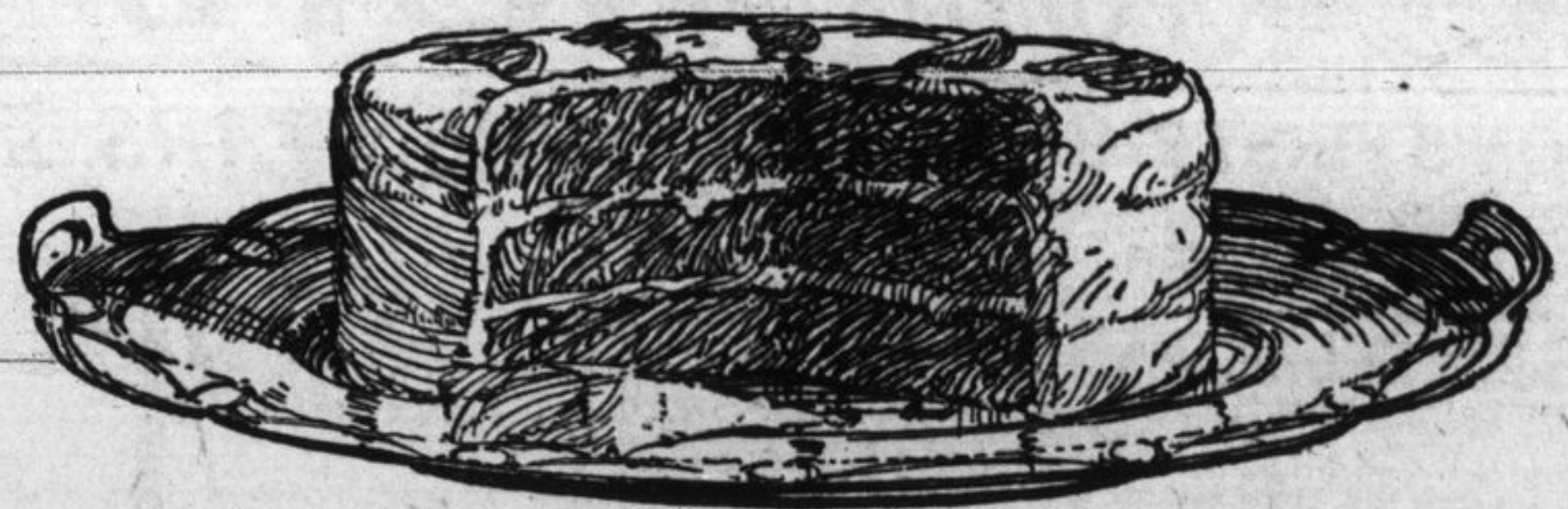
Here is a charming little summer frock which is in the popular combination of white and red. The hat is red taffeta, smartly trimmed with plaid and the frock reverses the order. One suspects that red shoes have an excellent chance of another lease on life, if women will only restrain their enthusiasm for them by not wearing them "out of bounds," to use a golfing term. The shops offer many stunning cottons for warm weather wear, some of which are Rodier designs in lovely embroidered effects and extraordinary colorings. Several of these have a cross-bar background with colored flowers, greatly conventionalized and spaced attractively. Such set figures are often at their best when used with plain materials, the compose frock being as popular in wash fabrics as in silks. Linen is more often used with some other material than by itself, volles being its usual running mate. Very dainty and smart effects result from the application of linen on volles.

Groups of fine tucking and smocking are both popular. Trimmings for such frocks and peasant embroidered in cross-stitch and other effects are still deemed desirable.

The sports frock of greatest interest at the moment is, however, of flannel. Both flannels and linen subscribe to tailored lines and buttons and severe treatments of all kinds are about the only ones which meet with acclaim. Pockets, long sleeves or none at all, boyish collars and sometimes narrow novelty belts are details of great moment.

Linen and flannels are often made in two sections, but the sheer volles gown is necessarily on softer lines and is generally in one-piece with a slight fullness at the sides. Embroidered and printed volles take their place with the newer applique effects, for one is right in assuming that an interest in printed chiffons presages an interest in printed volles.

Niagara growers do not believe that much harm was caused to fruit by recent frost.



## Even and Velvety in Texture—A Cake Made in 10 Minutes

GREEN'S Sponge Mixture enables you to bake — in 10 minutes — as delicious a layer cake or jelly roll as you now spend three times as long in baking. Light, even and velvety in texture — a cake which will stay fresh for days. One which you can always count on, too, for the finest cake-making ingredients have been embodied in Green's in the proportions we have found best.

And it's as simple as it's certain. Simply whisk two eggs together in a bowl, beat in the contents of a package of Green's Sponge Mixture, bake for about 8 minutes in a medium-sized tin and your cake is finished. The tedious job of cake baking easily accomplished in 10 minutes. Economical — because waste and failures are eliminated.

Green's Sponge Mixture has had a wide sale in England for years, where it has long been recognized as a high-grade product, meeting most acceptably the need for a quicker and easier method of baking. Millions of packets are used annually.

Ask for Green's Sponge Mixture at any grocery store. 20c a packet. Choose your favourite flavour—Plain, Vanilla, Orange, Lemon, Almond or Madria—learn at once how greatly your baking duties will be simplified. Recipes are given on the back of every packet.

### HERE'S ANOTHER RECIPE: MADGE BUNS

1 packet Green's Sponge Mixture, 4 eggs, Pastry Flour, 3 ozs. Butter, 1 oz. Lard, 1 small Egg, a little Raspberry Jam. Mix well together the Green's Sponge Mixture and Pastry Flour. Rub in the butter and lard. Add the well-beaten eggs, which will provide sufficient moisture to make a rather stiff paste. Take small pieces of paste and roll into a ball and place on a baking tin. Make a hole in the centre of each and drop in a small quantity of Raspberry Jam, close up, and bake in a fairly hot oven. The above ingredients will make at least 20 Madge Buns.

Ask your grocer for, or write for free recipe booklet, to

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# GREEN'S

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## SPONGE MIXTURE

For Layer Cakes and Jelly Rolls

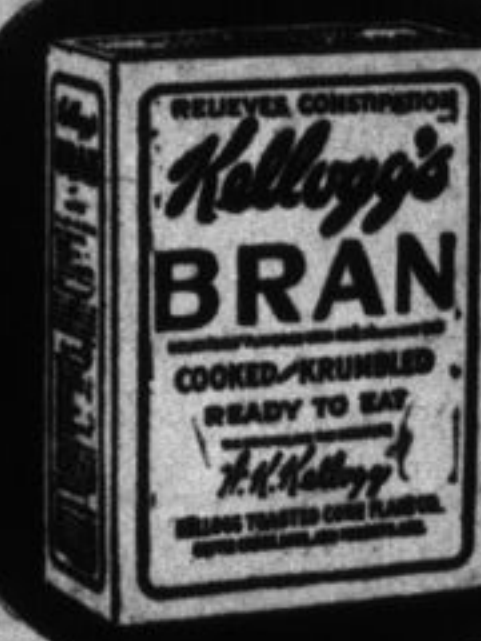
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Why go half way?  
**ALL BRAN**  
is a necessity!

When constipation is ripping the health out of your body you can't afford to temporize! For health's sake—DON'T—when bran, Kellogg's Bran, because it is ALL BRAN, is guaranteed to give you positive, permanent relief!

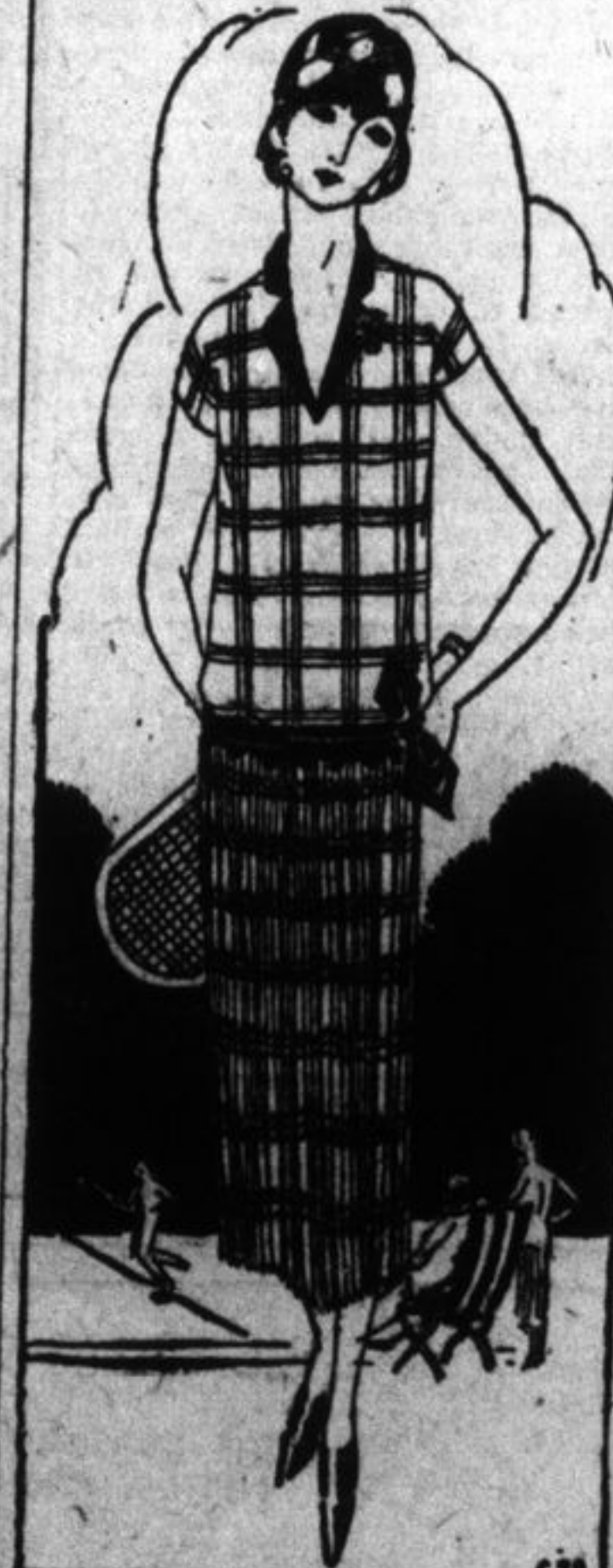
Know the truth about bran! To be efficacious, to give you sought-for relief, bran must be ALL BRAN! Foods with a part bran content cannot be considered as a relief for constipation sufferers! These foods do not have the bulk or "roughage" to drive out the conditions that are undermining your health!

What you need for 100 per cent relief is 100 per cent bran, and that is what you get when you buy Kellogg's Bran—IT IS ALL BRAN! And it is 100 per cent efficient, as your physician will tell you!

Kellogg's Bran, all cooked, krumbled and ready to eat, is delicious as a cereal or used in baking and cooking. Eat two tablespoonfuls daily, or as much with each meal in chronic cases—and rid yourself of constipation and the toxic poisons that lead to many of the most dreaded human ailments!

Remember—Kellogg's Bran is ALL BRAN and guaranteed to give you 100 per cent relief! DON'T GO HALF-WAY! All grocers.

Kellogg's  
The original BRAN  
—ready to eat



The Asteca Baffled Gray Hair  
Travelers to the Southwest marvel at the Indian women's thick, glossy, raven black hair. They wonder that gray hair is known to the aged only.

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This Gray Hair Remover  
Combining the secret of the Asteca, with modern science, an eminent hair specialist has evolved a modern hair that instantly colors gray, faded or bleached hair to any shade of blonde, brown or even Indian Black. Browntone will not rub off, or wash out—permanent color. Easily applied and guaranteed harmless to hair, scalp or skin. At all dealers 50c and \$1.50. Send 10c for trial bottle, indicating color.

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## FRECKLES

Don't Hide Them With a Veil; Remove Them With Othine—Double Strength.

This preparation for the removal of freckles is so successful in removing freckles and giving a clear, beautiful complexion that it is sold under guarantee to refund the money, if it fails. Don't hide your freckles under a veil; get an ounce of Othine and replications should show a wonderful improvement, some of the lighter freckles vanishing entirely. Be sure to ask the druggist for the double strength Othine; it is this that is sold on the money-back guarantee.

### UNUSUAL CAPE



A very unusual cape that is a part of the frock on one side and quite detached on the other makes this gown of almond-green silk with satin overplaids distinctive. The wide flat band of braiding running from shoulder to hem line is most effective on figured material. The cuff almost covering the hand is a fashionable touch.

### LAD BROKE HIS LEG.

He is in the Public Hospital at Smith's Falls. Lombardy, May 26.—At the completion of the course in medicine, at Queen's University, Kingston, the degree of M.D.C.M. has been granted to Harry House, Lombardy. Mrs. Ellsworth Joynt and Miss Inez Joynt, who are patients in the Public Hospital, Smith's Falls, are both making good progress towards recovery.

Donald Covell, the seven-year-old son of Mr. and Mrs. Albert Covell, accidentally fell and broke his leg at school one day last week. He is now in the Public Hospital, Smith's Falls. Mrs. John Duffield is recovering from an attack of pleurisy. Mrs. Dudley Joynt is able to be out again after a very severe illness under pleurisy.

The directors of the Rural Telephone Co., held a meeting on Friday evening last. Miss Helen McNamee, Laporte, Indiana, was a recent visitor here. The inclement weather on the 24th prevented many from attending the opening of "Rideau Inn" at Rideau ferry. The many friends of Jeremiah O'Donnell were shocked to hear of

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and have some  
**REAL Coffee**

## CHASE & SANBORN'S SEAL BRAND COFFEE

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his sudden death in St. Francis Hospital, Smith's Falls, on Saturday morning, 17th inst., after a week's illness of pneumonia. The deceased was an honest, industrious man, and a good friend and neighbor and was held in high esteem by all. His brother, Joseph, passed away three weeks ago. One brother and one sister survive. The funeral was held on Monday morning, 19th, to St. Francis de Sales church, Smith's Falls, and the remains were laid to rest in the church cemetery. Miss Rosella O'Sears, Ottawa, spent the week-end at her home here. Mr. and Mrs. W. A. Deslauriers, Ottawa, came up for the week-end. Mrs. Looby, who has been ill for some time was taken to the Public Hospital, Smith's Falls, on Monday.

**CONSTIPATION**  
A cause of many ills. Harmful to elderly people. Always relief in taking **CHAMBERLAIN'S TABLETS**. Easy—pleasant—effective—only 25c.