

NEWS AND VIEWS FOR WOMEN READERS

Get Your Boy  
A  
MOHAWK  
"Big Chief"  
Bonnet



The very thing to keep him busy and happy playing "Mohawks" during the holidays.

Lipton's idea to please the boys.

A Mohawk "Big Chief" Bonnet—like that shown in the picture, but with real brightly coloured feathers—will make the Boy's eyes sparkle.

Here's the way to get it.

You can get a Mohawk "Big Chief" Bonnet with the purchase of a package of delicious

Red Label LIPTON'S TEA, for 25c.

Ask your Grocer—If you're quick you'll get one.

Boys! Remember—

"All good Mohawks help their Mothers"

Efficient Housekeeping  
by Laura A. Kirkman

**TOMORROW'S MENU**  
Breakfast  
Diced Oranges and Bananas  
Cereal  
Fried Liver and Bacon  
Coffee  
Toast  
Luncheon  
Apple Slump  
Wholewheat Bread  
Tea  
Cream Cheese  
Dinner  
Cream of Celery Soup  
Lamb Chops  
Mashed Potatoes  
Peas or Lima Beans  
Raisin Pie  
Coffee

BAKING WITH AN OVEN THERMOMETER.

From time to time I receive letters from my bride readers asking me how they can be certain that their oven is "medium," "slow," or "hot" and asserting that they have failures after failure in cake-making.

There is no doubt about it, incorrect baking is the cause of most cake and pie failures. And until the housewife learns to judge of the temperature of her oven merely by putting her hands into the oven, as the old cook does, she needs an oven thermometer.

Any up-to-date hardware store today carries oven Fahrenheit thermometers. If, however, the particular store in your vicinity does not carry them, write to me, enclosing a self-addressed, stamped envelope and I will gladly send you the name of a thermometer factory which makes such thermometers and will sell you one by mail. (Indeed, they make other cooking thermometers, as deep fat frying thermometers, candy and icing thermometers, and the kind which stands on a fireless-cooker to determine the correct temperature.) These all cost around \$2, some of them less, and come with directions for using.

ures, however, may vary slightly from the directions given by manufacturers. This table is based on my own personal experience with an oven Fahrenheit thermometer. The stove I used was either gas or oil. Put your thermometer in the oven shelf with a screw device, others hang from the hinged wire shelf by a hook fastened in the top of the thermometer. Be sure to place the thermometer well back in the oven. Do not put the food in to bake or roast till the thermometer registers the proper heat, as follows:

Baked Custard (set in a pan of water), 360 to 375 degrees F. Baking Powder Biscuits, 475 to 480 degrees F. Bread, start at 435 degrees then reduce oven heat to 400 degrees F. Layer Cakes containing butter 400 to 410 degrees F. Loaf Cakes containing butter 400 to 410 degrees F. Loaf Cakes containing butter 275 to 380 degrees F. Sponge Cake, 340 degrees F. to 350 degrees F. Fish, start at 425 degrees, then reduce to 350 degrees F. Meats, start at 500 degrees then reduce to 400 degrees F. Muffins 400 to 450 degrees F. Pastry 460 to 480 degrees F. Souffles 360 to 375 degrees F.

To use the "Thermostat" thermometers found on oven doors simply use the above given table but reckon from 50 to 70 degrees less than these figures given for Fahrenheit.

Tomorrow—Canning Corn By The Intermittent Method.

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.

Glenvale Teacher to Return.

Glenvale, June 30.—A number from here attended the Sunday school convention at Murvale. School has closed for the summer and all are glad to know that Miss Dobson will return for another year. Miss Margaret Arthur, Ottawa, is spending some time with her sister, Mrs. Russell Ellerbeck. Miss Mildred Orser has returned from a visit in New York and was accompanied home by her cousins who will spend their vacation here.

Mrs. Hosea Campsall has returned from Brooklyn having spent some time there with her daughter, Mr. and Mrs. George Hartman and family, Buffalo, N.Y., called on friends here recently. Mrs. J. Cooper spent a few days at her son's, Morven.

Richard Ellerbeck is improving the appearance of his dwelling by putting on a cottage roof.

The Young People's Society purposes holding a lawn social in the near future. Miss Theima Dobson spent the week-end at South Lake.

A large brick residence, owned by Alec Lapointe, Spring Valley, was destroyed by fire with all its contents. The loss is in the neighborhood of \$5,000. Insurance is carried.

Herman W. Reasoner, died at Cape Vincent after a long illness. Mr. Reasoner was born on a farm near Cape Vincent, and had always lived in that locality.

Several wild cats have been captured recently in Scotland.

Cut out heavy foods

Winter is over. The appetite craves light, nourishing, easily digested foods. Give Nature a chance. Eat Shredded Wheat with berries. Cover the Biscuit with red, ripe berries and serve with cream and sugar. No short-cake was ever so good, and none so easily and quickly prepared. No white flour soggy dough—just crisp, oven-baked shreds of whole wheat with luscious berries. Delicious for breakfast, for lunch, for dinner.



The Canadian Shredded Wheat Company, Ltd. Niagara Falls, Ontario

Shredded Wheat  
Most food for least money

ICE CREAM

Made the better way—pasteurized and homogenized. The purity and delightful flavors of our Ice Cream insure satisfaction.

Sold, wholesale and retail—in bulk and brick.

We ship everywhere.

GEO. MASOUD

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Extremely Popular Sandals

You will need them as soon as the weather changes.

Sandals in Suede.

Sandals in Buck.

Sandals in Patent Leather.

Many new styles to choose from.

The Sawyer Shoe Store

Phone 159. 184 Princess St.

How to make better strawberry jam in a few minutes

Keeps perfectly—Make up a supply now to use during winter months.

By ANN PROCTOR

Everyone loves strawberry jam. For a spread on bread or hot biscuits nothing seems to equal it. Its wonderful flavor makes children of us all. Until now, however, an expert was required to make it. Until now, also, it was expensive. Certo, a natural product of fruit, has solved the problem so that everyone can now make and eat this delicious conserve.

This process banishes all the guesswork or worry, as perfect results are certain. Unlike the old method of "pound for pound" mixture which had to be boiled for thirty or more minutes, with consequent loss of fruit juice and flavor being boiled away, the economical Certo process requires only one minute's boiling and thereby saves all the fruit to produce 50 per cent. more jam.

Certo is an absolutely pure fruit product—contains no gelatine or preservative. Jams and jellies made the Certo way will keep perfectly. Certo will positively save you time and fruit and eliminate all guesswork. You can use it on all kinds of fruits and you can even use canned fruits—something you could never do before. It is highly endorsed by all domestic science experts. Every woman who has used it recommends it to her friends and says she will never be without it.

Write today to the Douglas Packing Co., Limited, Cobourg, for a copy of the Certo recipe booklet of 73 recipes. If your grocer does not have Certo send 40c in stamps to this Company and they will forward you a bottle.

Be sure to start now—the new, sure, quick, economical way of making jams and jellies. You will never return to the old "hit or miss" method.



BLACK LACE AND WHITE CHIFFON

Black lace and white chiffon are both lovely, fragile fabrics and when they join their forces as they have in this gown and hat we get a truly satisfying result. Besides the lace edging, motifs of the lace are cut out and applied on the skirt and the scarf. It is impossible to overestimate the popularity of the black and white combination this season. As the season advances we find that white trimmed with black is more popular than black trimmed with white, but you can't go wrong with the combination any way you use it.

HEMLOCK PARK STOCK FARM

A. H. FAIR, Sole Proprietor.

Clean, pure milk from healthy cows. Not pasteurized or sterilized in any way.

Herd Tuberculin tested.

Purveyors to the Kingston General Hospital, an institution which only buys the best.

Health of attendants, Sanitation, Sterilization, etc., under the personal supervision of Dr. Miller, Professor of Pathology, Queen's University.

We guarantee that every bottle is from our own stable.

Delivery to all parts of the city.

TELEPHONE 1105 R-3.

HEMLOCK PARK STOCK FARM



Bon Ami

is made in both Cake and Powder Form

Made in Canada

Do you know that Bon Ami comes in two forms—cake and powder? Both are made from the same ingredients—both have the same wonderful gift of cleaning and polishing without scratching.

For some purposes you'll want the Bon Ami powder in its handy, sifter-top tin—it's so easy to shake out on a damp cloth. For other uses you'll prefer the solid Bon Ami cake that you can rub on the cloth like soap.

Most housewives keep both the cake and powder always on hand. These two "Partners in Cleanliness" are unequalled for cleaning and polishing many things about the home.



BON AMI LIMITED, MONTREAL

New Salvation Army appointments are: Belleville, Capt. Margaret Lowe; Trenton, Adjutant and Mrs. Ritz. William Kenneth, a former resident of Roblin, now located in Colorado, after renewing acquaintances in these parts, is motoring back home, a distance of some 4,400 miles.