

NEWS AND VIEWS FOR WOMEN READERS

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Headquarters for Gurd's Ginger Ales CRAWFORD'S GROCERY 'Phone 26.

BEAUTY CONTESTS AND MOVIE ACTRESSES



LOIS WILSON, MARY PHILBIN AND CORRINE GRIFFIN.

By Jack Jungmeyer. Hollywood, July 9.—Hollywood seems to have survived the inspection of federated clubwomen, whose convention was recently held more or less in its midst, and has even had the temerity to retort to some of the clubwomen's mild indictments.

Beauty contests, by which the screen has secured several of its notables, were, for instance, condemned by club resolution as being commercially inspired and baneful to many entrants.

To this John Francis Dillon, well-known director, replies that the beauty contest has recruited actresses of charm, talent and high repute, in addition to good looks.

"I hold that beauty contests have been of definite value to motion pictures," asserts Dillon.

"Corrine Griffin, Mary Philbin

and Lois Wilson are a few of the more popular and gifted players who were discovered in this manner.

"Miss Griffin's work in 'Lilies of the Field' and in 'Single Wives' abundantly justified the judges' decision.

"Likewise Mary Philbin, who came to prominence in 'Merry Go Round,' and Lois Wilson, formerly a school teacher, who forged to the front in 'The Covered Wagon.'

"There are a number of others, some of them probably among the film favorites of clubwomen supporting the resolution against beauty contests, who might otherwise never have graced the screen."

Additional winners of beauty decisions now to mind, are: Eleanor Boardman, Hazel Keener, Mary Thurman, Clara Bow, Madge Bellamy, Jobyna Ralston and Marjory Aye.

MENU FOR STOUT AND THIN EAT AND—

Lose Weight—Gain Weight

Lose Weight.

Breakfast—Hot water.
Luncheon—Four tablespoons fruit cocktail, 4 ounces cold boiled tongue, 2 tablespoons spaghetti with cheese, 1 tomato sliced on 2 ounces lettuce with 1 tablespoon lemon juice, 1 cup weak tea or hot water.

Dinner—Three ounces broiled Salisbury steak, 10 stalks asparagus, 1-2 cup shredded cabbage with 1 tablespoon lemon juice, 1 gluten roll, 2 fresh apricots, 1 cup skimmed milk.

Bedtime—One cup skimmed milk. Total calories, 1048. Protein, 33.4; fat, 26.2; carbohydrate, 452. Iron, .02 gram.

Many persons on a reducing diet prefer to do without breakfast and eat an early hearty luncheon.

As the diet has been low in protein for the last few days, this day's menu is very high in it, bringing the general average up to normal. If you find it impossible on "party" occasions to diet without hurting your hostess' feelings you can make up for your "intemperance" by going on a very low calorie diet the next day, bringing the general average for the two days down to normal.

Fruit Cocktail.

One tablespoon diced cantaloupe, 1 tablespoon diced pineapple, 1 tablespoon diced apricots, 1 tablespoon diced orange pulp, 1 teaspoon sugar, sprig mint.

The fruit should be cut in half-inch dice. The orange should be freed from skin. Combine with sugar and let stand on ice two hours to thoroughly chill and draw out the juices. Serve with a sprig of mint in each glass.

Total calories, 106. Protein, 5; fat, 1; carbohydrate, 101. Iron, .0003 gram.

Gain Weight.

Breakfast—One large glass orange juice, 1-2 cup boiled rice with chopped dates, 1-4 cup cream, 2 tablespoons scrambled eggs with minced ham, 2 tablespoons old-fashioned fried potatoes, 2 corn-meal muffins, 1 tablespoon butter, hot water.

Mid-morning lunch—One cup "half and half."
Luncheon—Four tablespoons fruit cocktail, 4 ounces cold boiled

tongue, 4 tablespoons spaghetti with cheese, 1 stuffed tomato on 2 ounces lettuce with 2 tablespoons mayonnaise, 4 tablespoons banana and strawberry pudding, 2 slices bran bread, 1 tablespoon butter, hot water or weak tea.

Afternoon tea—One cup fruit punch, 3 cream cheese and nut sandwiches.

Dinner—Three ounces broiled Salisbury steak, 4 tablespoons scalloped potatoes, 10 stalks asparagus with 2 tablespoons melted butter, 1-2 cup shredded cabbage with 2 tablespoons cream dressing, 2 slices whole wheat bread, 1 tablespoon butter, 2 fresh apricots, 1 chocolate eclair, 1 cup weak tea.

Bedtime—One cup whole milk. Total calories, 4011. Protein, 422; fat, 1681; carbohydrate, 1908. Iron, .021 gram.

"Half and half" is quite fattening and if your digestion will stand the extra fat you will find this drink of half milk and half cream more beneficial than all milk.

Old-fashioned fried potatoes are easier to digest than the usual fried potato. Enough butter to saute thinly sliced cold boiled potatoes is melted in the frying pan. Turn the potatoes to have them an even straw color. Then add cream to barely cover the potatoes and simmer until the cream is absorbed.

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The plaid coat of very soft wool, made on perfectly straight lines and wrapped about the figure in a casual fashion, is one of the most distinctive offerings in the realm of sport attire.

Whoever has a good work to do must let the devil's tongue run as it pleases.

ZAM-BUK
is the best remedy known for sunburn, heat rashes, eczema, sore feet, stings and blisters. A skin food!
At Douglas and Sons—50c.

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appetizing—delicious an ideal food dainty



QUAKER Corn Flakes are an ideal food for any meal in Summer time. They are just as appetizing and refreshing at lunch or supper as at breakfast. Their flavour always appeals.

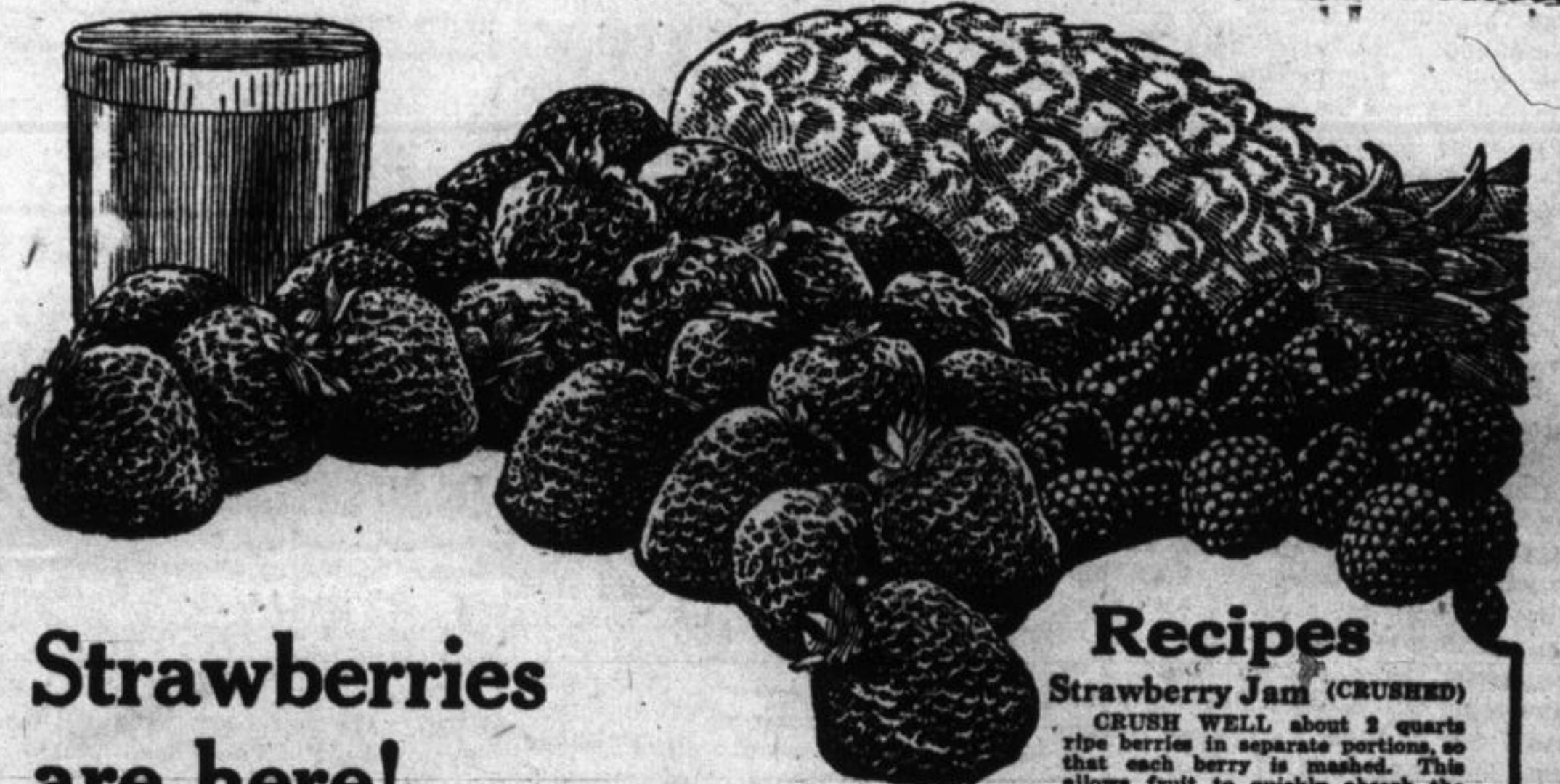
For Quaker Corn Flakes have a freshness, a crispness and a quality found in no other corn flake. They are milled from the best selected white corn; their flavouring is the most expensive ever put into any corn flake. Their goodness is preserved for you by the wax-wrapped package.

Just try them and see how delicious "fresh" corn flakes can taste.

At your grocers.

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Strawberries are here!

—why not make the most delicious jam or jelly you ever tasted?

Take full advantage of the bounty of orchard and garden. You can now convert strawberries into perfect jam or jelly with but one minute's boiling, and you can preserve that fragrance and delicacy of fresh, fully-ripened fruit which disappears under long boiling.

You can now make jam or jelly with fruits that never would "jell"—the strawberry, pineapple, cherry, etc.

Certo, the jellifying property of fruit, is the reason.

Certo is pure, concentrated pectin, the jelly making substance of fruits. It contains no gelatine nor preservative. The Certo process not only makes better and a greater variety of jams and jellies than the old process, but reduces cost per jar; no fruit juice is boiled away, and 50 per cent. more jam or jelly is obtained.

Use Certo with every fresh fruit available. Make a lot of jam and jelly this summer.

At your grocer's or send 40c direct to Douglas Packing Co., Limited, Cobourg, Ont.

CERTO

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Follow exactly the complete simple directions in the Certo Booklet of 73 recipes which goes with every bottle

Certo is pure pectin extracted from fruits

Recipes

Strawberry Jam (CRUSHED)

CRUSH WELL about 2 quart ripe berries in separate portions, so that each berry is crushed. This allows fruit to quickly absorb the sugar during the short boil. Measure 4 level cups crushed berries into large kettle, add 7 level cups sugar and mix well. Use hottest fire and stir constantly, before and while boiling. BOLL HARD FOR ONE MINUTE, remove from fire and stir in 1/2 bottle (scant 1/2 cup) Certo. From time jam is taken off the stove to stand not over 5 minutes, by the clock, before pouring. In the meantime skin, and stir occasionally to cool slightly. Then pour quickly. If in open glasses paraffin at once. If in jars seal at once and invert for 10 minutes to sterilize the tops. (Use same recipe for Raspberry, Blackberry, or Loganberry Jam.)

Strawberry Jam (WHOLE FRUIT)

See recipe in Certo booklet.

Strawberry-Pineapple Jam

CRUSH WELL about 1 quart ripe berries. Put pineapple through food cutter, or chop very fine. Measure 2 level cups of each into large kettle. Add 7 level cups sugar and mix well. Use hottest fire and stir constantly before and while boiling. BOLL HARD FOR ONE MINUTE; remove from fire, and stir in 1/2 bottle (scant 1/2 cup) Certo. Skim and pour quickly.

Strawberry Jelly

CRUSH thoroughly 2 1/2 to 3 quart berries. Place fruit in cheesecloth bag and squeeze out juices. Then drip juice through cotton funnel bag if a sparkling jelly is desired. Measure 8 cups of juice and 6 1/2 level cups sugar into large kettle. Stir and bring to a boil. At once add 1 bottle Certo, stirring constantly, and bring again to a FULL BOLL for HALF MINUTE. Remove from fire, let stand ONE MINUTE, skim and pour quickly. (Use same recipe for Raspberry, Blackberry or Loganberry Jelly.)

A FRAGMENT
Love in her sunny eyes does basking play,
Love walks the pleasant mazes of her hair;
Love does on both her lips for ever stray,
And sows and reaps a thousand kisses there:
In all her outward parts Love's always seen;
But oh! he never went within.
—Abraham Cowley

Books should be arranged loosely in a bookcase. This is to avoid harm to the bindings and also produce a pleasant effect. The books should also be arranged that their colors mingle harmoniously. You can remove pitch from clothing with lard. Then sponge with turpentine, hang in the open air until all odor has been removed. More than 70 per cent. of the Chinese people work seven days a week.

Let Cuticura Soap Keep Your Skin Fresh and Youthful