

## NEWS AND VIEWS FOR WOMEN READERS



**Children love Baker's Cocoa**

Their active, energetic, little bodies frequently require a large amount of nourishment and much of this is supplied by Baker's Cocoa in a readily assimilable form.

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Pure and Wholesome  
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**How to Make Pine Cough Syrup at Home**

See us equal for several months. Takes but a moment to prepare, and saves you about 50¢.

You know that pine is used in nearly all prescriptions and remedies for coughs. The reason is that pine contains several peculiar elements that have a remarkable effect in soothing and healing the membranes of the throat and chest. Pine is famous for this purpose. Pine cough syrups are combinations of pine and syrup. The "syrup" part is usually plain sugar syrup. To make the best pine cough remedy that money can buy, put 1/2 cup of Pinex in a 16-oz. bottle, and fill up with home-made sugar syrup. Or you can use clarified molasses, honey, or corn syrup, instead of sugar syrup. Either way, you make 16 ounces—more than you can buy ready-made for \$2.50. It is pure, good and very pleasant—children take it eagerly. You can feel this take hold of a cough or cold in a way that means business. The cough may be dry, hoarse and tight, or may be persistently loose from the formation of phlegm. The cause is the same—inflamed membranes—and this Pinex and Syrup combination will stop it—usually in 24 hours or less. Splendid, too, for bronchial asthma, hoarseness, or any ordinary throat ailment. Pinex is a highly concentrated compound of genuine Norway pine extract, and is famous the world over for its prompt effect upon coughs. Beware of substitutes. Ask your druggist for 1/2 ounce of Pinex, with directions, and don't accept anything else. Guaranteed to give absolute satisfaction or money refunded. The Pinex Co., Toronto, Ont.

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**TOMORROW'S MENU**

**Breakfast**  
Left-Over Baked Apples  
Cereal  
Fried Liver and Bacon  
Pop-Overs Coffee

**Luncheon**  
Left-Over Cornmeal Mush  
(Stewed and Baked Brown)  
Maple Syrup  
Prune-Orange Salad  
Cookies Tea

**Dinner**  
Cream of Onion Soup  
Lamb Rissoles  
Baked Potatoes Spinach  
Steamed Raisin Pudding  
Hard Sauce Coffee

**Contributed Recipes.**  
From "Reader": Rolled Oats Pancakes: Soak two cups of rolled oats overnight in two and one-half cups of sour milk. In the morning add two slightly-beaten eggs, and one and one-half cups of flour sifted with one tea-spoon each of soda, salt and baking powder. Stir into this mixture two table-spoons of melted butter and one table-spoon of sugar. Beat well. Cook like any griddlecakes. Here is another good recipe:  
Rolled Oats Macaroons: Cream together one table-spoon of butter and one cup of sugar; add the yolks of two eggs which have previously been mixed with two table-spoons of baking powder. Now flavor with one tea-spoon of vanilla extract, and fold into the mixture the stiffly whipped whites of two eggs. Drop this batter onto buttered pans by tea-spoonfuls, not too close together, as they spread. This recipe should make about 65 cookies.

From "Constant Reader": Although we may not realize it, Christmas is almost upon us and it is time to make our fruit cake. I make an economical one as follows: Pork Fruit Cake: Chop or grind one pound of fat salt pork and place

it in a mixing bowl; spread over the pork two tea-spoons of soda, and over this pour one pint of boiling-hot coffee. Let the mixture stand till cold, stirring it from time to time, then add one egg well beaten, one large cup of molasses, two cups of sugar, one tea-spoon each of ground cinnamon, clove, ginger and allspice, and one-half tea-spoon of mace. Mix well and also add one pound of citron cut small, one-half pound of chopped walnut meats and enough flour to mix quite stiff (I never measure this, so cannot give the amount!). Bake for one hour and 40 minutes, or thereabouts, in a moderate oven in greased pans. This keeps very well if wrapped in waxed paper and stored in a dry, cool place.

(Note: I have another recipe for this Pork Fruit Cake which does give the amount of flour. It may be helpful: One pound of chopped salt pork dissolved in one pint of either boiling water or coffee; two cups of brown sugar, two cups of molasses, two table-spoons of cinnamon, one tea-spoon each of ground clove and nutmeg, two pounds of raisins, one heaping tea-spoon of soda, seven or eight cups of flour and either two or three eggs. Lemon and orange peel may be added if desired. Proceed as in above recipe. Contributed by Mrs. L. S.)  
Tomorrow — A Knitted Scarf From One Ball of Yarn.

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. —The Editor.



## Dominion Linoleum

*Good taste in floors is easily expressed*

You couldn't wish for a more attractive floor covering than Dominion Linoleum. It is preferred by people who pride themselves on their taste in home decoration. Dominion Linoleum costs little but ranks high in beauty and service.

Dominion Linoleum is firm, smooth, waterproof and non-absorbent. Dirt, lint, grease or germs cannot lodge in it. Think how easy this makes cleaning! A few light mop strokes and your floor is clean as new!

In dining room, living room, bedroom — or any room — Dominion Linoleum adds brightness, cosiness and on atmosphere of true beauty. Its wearing qualities are remarkable too. It will not fade or tear and withstands the youngsters' scamperings in a way that will amaze you.

### Dominion Linoleum Rugs

Be sure to see your dealer's display of Dominion Linoleum Rugs. Beautiful, every one, with all the durable and sanitary features of Dominion Linoleum. Made in popular sizes to fit—and improve—any room. Lie flat without fastening and can be easily moved from room to room.

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Always turn over the edge when buying and look for the burp back. It guarantees long and satisfactory service.

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### ATHENS NEWS BUDGET

**Real Estate Changes Are Recorded—Activities Among the Churches.**

Athens, Nov. 18.—Mrs. Cheetham has purchased the Barnes property, her family has taken possession. Arthur Hawkins and family have moved to Harry Webster's house, Church street. E. Fair, Addison road, has purchased the Fortune property, Reid street, and has moved his family there. Mr. Fortune has purchased the Wilts house, Elgin street, and has taken possession. Mrs. Ernest Bogart and family

have leased the Thornhill dwelling on Wellington street. Mrs. Clara Chant is now domiciled in her Henry street residence purchased from Mrs. M. Derbyshire, who has gone to reside with her family in Toronto and London. W. Ooon has leased the Scott bakery, Elgin street. The work on the new high school is progressing favorably.

On the evening of the 7th inst. the Baptist mission circle held an open meeting, which was most enjoyable. Special features were vocal numbers by the Misses Brees, Male and Parish, a monologue by Miss Eunice Upham, and a missionary dialogue. The address of the evening was given by Miss Washburn, Smith's Falls, and was most interesting. Refreshments and a social half hour over the tea-cups brought the meeting to a close.

On the evening of Armistice Day an open meeting of the W.M.S. was held, a large company being in attendance. Mrs. (Rev.) Curtis gave a comprehensive report of the recent district convention at Prescott, and Mrs. (Rev.) Warren spoke briefly of the centenary of missions in Toronto. A pretty harvest-time pageant by over thirty mission band members was a pleasing feature of the programme, and a vocal solo by Miss Pearl Burnham was much enjoyed.

A unique event took place on the 13th inst., when Christ church celebrated its fortieth anniversary. Bountiful dinner and supper were features of the day and addresses by resident clergy, former rectors, ministerial brethren from outlying points and other celebrities conveyed felicitations and were reminiscent of the earlier history of this parish. A most instructive post-Armistice Day address was delivered Sabbath evening in the Methodist church by Rev. H. E. Warren, M.A., B.D., using as text Math. 26:52. He said the great war was precipitated because of boundaries, economic rivalry and international jealousy and the cost was tremendous in human lives, wasted health, and loss of confidence. But there is a revulsion of

### Quick Action for Piles

If you suffer with the pain, strain, itching, bleeding and soreness of protruding piles, no matter how severe, send to the nearest drug store for a 50-cent box of Pile Suppositories. It is a wonder, you get the kind of relief that puts you on your feet and gladly tell about it.

feeling against war, among all classes, in all countries, and the parliament of nations is accomplishing much, but the real solution of the problem is the conquest of the individual, the nation and the world by the "Prince of Peace," who alone can bring harmony out of discordant elements, and—bring to pass the dream of the ages, a world at peace. At the Epworth League meeting on Monday evening Miss Warren, B.A., of the high school staff, gave an intensely interesting paper on mission work among the Indians, tracing the developments, in chronological order, by the Jesuit, Anglican, and Methodist missionaries, men of heroic mould who endured privations, hardships and sometimes martyrdom to propagate the gospel among the aborigines of America.

The Har always insists that his word shall be accepted as Simon pure truth.



Nine Brides on the Metagama

THE Canadian Pacific S.S. Metagama sailed from Glasgow last week with the largest number of brides that has left Glasgow within the past three months—nine in all. The majority of them crossed the Atlantic with the intention of marrying young men who have made good in this country and had sent over for them.

**McLAREN'S INVINCIBLE JELLY POWDER**  
MADE OF PURE FRUIT JUICES

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