

BAKE YOUR OWN BREAD WITH

ROYAL YEAST CAKES

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A Good Shampoo.
When shampooing the hair the thing to remember is not to brush it too thoroughly or roughly if the hair is fine and silky or you may see little bald spots appear in your shingle. Of course, if you have strong, coarse hair, you may brush as vigorously as you like. Any girl whose hair is very dry and without gloss should use the olive oil shampoo, and this is the way to prepare and use it over a cake of olive oil soap, pour a jug of boiling water and let it melt into a thin jelly. For the shampoo, use about three tablespoons of this jelly, and dissolve in it a small lump of borax. Now wet the head and hair very thoroughly with warm water, and rub this melted soap into the scalp with a piece of white flannel. Don't do this in a careless way, but go over every bit of the head in a spot careful manner. It will repay you to shampoo your hair correctly. And now don't forget to thoroughly rinse the hair until you are sure all the jelly is out of it and don't be afraid to use several waters.

A German national dish is carp, cooked in beer.

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EFFICIENT HOUSEKEEPING

By Laura A. Kirkman.

TOMORROW'S MENU

- Breakfast: Sliced Peaches, Cereal, Hash, Muffins, Coffee.
- Luncheon: Ham Omelet, Wholewheat Bread, Jam, Cookies, Iced Tea.
- Dinner: Rump Roast of Beef, Brown Gravy, Baked Potatoes, Cauliflower, Sliced Tomatoes, Bread Pudding, Coffee.

New Dishes This Week.

Tomato Celery Dish: Put a layer of uncooked, diced celery in the bottom of a baking dish, then add a layer of ripe tomatoes cut small; sprinkle chopped raw onion over the tomatoes, a generous pinch of salt, and a tiny bit of pepper, and add another layer of the celery, another of the tomatoes and still more seasonings. Repeat until you have still another layer of celery and tomatoes, then cover all with small cubes of bread, dot with bits of butter, and slip the dish into a moderate oven to bake forty minutes. Serve hot.

Fish-Stuffed Peppers: Cut three green peppers in half, remove seeds, and place in water to cover; bring to the boil and let simmer fifteen minutes (to parboil and remove strong taste). Now drain. Into a saucepan put a heaping tablespoon of butter; add one medium-sized peeled and chopped onion and let cook till the onion is a light brown, then add one tablespoon of finely minced parsley and thicken with three teaspoons of flour. Gradually stir in one cup of tomato soup (or thickened tomato juice) and let come to the boil. Cover one cup of shreaded codfish with cold water, and at once turn it into a clean cloth and wring it dry, then add it to the mixture which has come to the boil. Let cook a moment longer, then remove from fire and fill into the parboiled halves of green peppers. Top each stuffed half with a tablespoon of finely-chopped mild American cheese (or a little grated Parmesan cheese) and slip into a moderate oven for five minutes. Serve hot.

Cabbage Salad: Chop one-fourth head of cabbage, and salt it well. Pour boiling water over it and let stand for one and one-half hours in a cool place; now drain and chill in the ice box. Just before serving, mix it with enough Mayonnaise dressing to moisten well. Heap on crisp lettuce.

Hot Water Chocolate Cake (Contributed by "Bride"). Cream two tablespoons of butter with one cup of granulated sugar; add the beaten yolk of one egg. Now dissolve two heaping tablespoons of cocoa powder in one-half cup of boiling water and add this to the mixing bowl. Dissolve one-half teaspoon of baking soda in another half cup of boiling water and add this also. Stir in one teaspoon of vanilla and one and one-half cups of white flour sifted with one teaspoon of baking powder. (Do not use the egg-white). Bake thirty minutes in two layers in a hot oven. Put together with ordinary uncooked icing.

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 state. —The Editor.

MAPLE GROVE WEDDING.

Miss M. L. Thompson Married To Myron A. Kyse.
Maple Grove, Sept. 12.—On Wednesday evening a pretty wedding was celebrated at the home of the bride's parents, Mr. and Mrs. W. J. Thompson, "Sunshine" farm, when their eldest daughter, May Leah, was united in marriage to Myron A. Kyse, Eden Grove, Rev. C. W. Hollingsworth officiated. The house was beautifully decorated with ferns, roses and asters. The bride entered the parlor on the arm of her father to the strains of Lohengrin's Wedding March, played by her brother, Redvers Thompson. The dark haired bride looked charming in her costume of white silk canton crepe with silver lace trimmings. Her veil of tulle was tastefully arranged with orange blossoms; she carried a corsage bouquet of Ophelia roses. After the ceremony a dainty supper was served at which only the immediate relatives of the bride and groom, and a few intimate friends were present.

Later Mr. and Mrs. Kyse left on their honeymoon, amid showers of rice and good wishes, for the Capital and other eastern points. On Tuesday evening friends and neighbors gathered and presented Miss Thompson with a shower of gifts testifying the warm regard in which she was held by her hosts of friends. Visitors: Mr. and Mrs. Huret, Dr. Viger and Miss Susie Thompson, Chicago; Mrs. John Thompson, Hamilton, at W. I. Thompson's. Mr. and Mrs. Gordon Hurd and family, Buffalo, N.Y., spent the week-end guests of the latter's parents, Mr. and Mrs. H. Todd. Many from here attended Joyceville school fair and report it a decided success. Everyone is look-

STYLES CALL FOR GAY COLORS NOW



Two frocks for the coming season which indicate the trend toward gay decoration. The one at the right is of white satin with a wide hem of cloth of gold embroidery; the other, shown at the left and in the centre, is also of white satin but is embroidered with silver threads and beads.

ing forward to the Kingston Exhibition this week.

THE TOURIST TRADE.

This Year Best that Sharbot Lake Has Had.
Sharbot Lake, Sept. 14. — The school fair passed off very quietly with a good attendance. The village school took first prize. The exhibits were good. The creamery here is doing good business this summer. Mr. and Mrs. R. Bruce, Ixehoe, visited at J. Lyle's. Several from here attended the Toronto fair. Mr. and Mrs. E. C. Walroth motored to Niagara Falls and other places in Western Ontario.

Mrs. Barrie, Toronto, Miss Marion Carey, Omomee, visited at A. Erwin's recently. Mrs. E. Erwin, Perth, visited friends in the village. Mrs. M. Long has gone to Toronto for a month. Mrs. J. Bourk visited friends at Maberly recently. Mr. and Mrs. G. Thomas, Ottawa, and Mr. and Mrs. Howarth, Ottawa, spent the holiday at J. Bourk's. Mrs. Dalmage, Huntsville, visited Mrs. E. C. Walroth recently. Mr. and Mrs. H. Culbert have returned to the Soo. Mr. and Mrs. Briggs, Calgary, visited at H. Walroth's recently.

Mr. and Mrs. A. Reynolds visited friends in Westport. Mrs. H. Lee has returned from Fort William. The tourist trade was nearly all taken their departure for their various homes. The tourist trade was the best it has ever been here. Mr. Francis and family, Montclair, N.J., spent the month of August here and are planning to spend two months here next summer. J. W. Carey and family, Smith's Falls, spent a few days here last week.

Mr. and Mrs. Herbert Gordon have gone to Detroit. Mr. and Mrs. G. Lucy, Kingston, at Mrs. J. Allen's recently. Some of the young men from here went west. Dr. and Mrs. Kilborn, Michigan, visited at Mrs. E. B. Buell's for two weeks recently. Mr. and Mrs. Allen Buell have gone to Gravel Hill for two weeks. The Ladies' Aid have a quilting at Mrs. A. Reynolds' this week. Mr. Reppard has had a stroke; he is a little better today. N. Eagleson, Ottawa, spent the holiday at his home here.

Mr. and Mrs. F. Avey, Perth, at M. Avery's. Mr. and Mrs. L. Burnham leave here for Florida this week. Mrs. Horace Martin, Perth, is visiting friends here. Mr. and Mrs. W. Kimberly and son, Cecil, motored to Trenton and Ottawa for a few days. Mrs. H. Taylor, Montreal, who has been visiting at H. Thompson's, has returned to Montreal. Mr. and Miss Sarah Thompson have returned to their home in Kingston, N.Y., after spending the past month at H. Thomson's.

Speed of the Gulf Stream as it flows along the United States coast is approximately five miles per hour.



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