

**EFFICIENT HOUSEKEEPING**

By Laura A. Kirkman.

**TOMORROW'S MENU**

- Breakfast  
Stewed Prunes  
Cereal  
Baked Eggs  
Coffee  
Toast  
Luncheon  
Baked Grapefruit Dish  
Wholewheat Bread  
Lettuce  
French Dressing  
Jelly  
Cocoa  
Dinner  
Left-Over Beef Heated in Brown Gravy  
Mashed Potatoes Lima Beans  
Celery-Apple Salad  
Apricot Pie  
Coffee

**Some Good Hot Breads**

Hot bread recipes are always useful. For every housekeeper knows the necessity of varying her breads occasionally so that her family will not tire of favorite bread recipes.

**Southern Batter Bread.** Is delicious when made as follows: Sift together one-half cup of cornmeal and a pinch of salt, then add one and one-half cups of cold, sweet milk and cook for 15 minutes in the top of a double boiler. Add one beaten egg, remove from fire, mix well, and turn into a buttered baking dish. Set in a pan containing enough hot water to rise half way up the dish, and bake in a moderate oven for 45 minutes. Serve hot, with a spoon, and eat with butter.

**Sally Linn:** Sift two cups of flour with a pinch of salt and two teaspoons of baking powder. Beat the yolks of two eggs and add to them one cup of sweet milk and one-half cup of melted butter. Add this liquid mixture to the flour mixture, then fold in the two egg-whites stiffly whipped. Turn all into a buttered pan and bake from 25 to 35 minutes in a hot oven. Serve hot.

**Gingerbread:** Sift together one and one-fourth cups of bread flour, one-half teaspoon of baking soda, a pinch of salt, one teaspoon of ground cinnamon, and two teaspoons of ground ginger. In another bowl cream one-half cup of brown sugar with one-fourth cup of butter, and stir in one beaten egg and one-half cup of molasses. Into this sugar-egg-molasses mixture stir, alternately, the flour-mixture and one-half cup of boiling water. Turn all into a buttered pan, slip it into a moderate oven, and bake for 30 minutes. (A very dark color may be obtained by adding one-fourth teaspoon of cocoa to this recipe.)

**Boston Brown Bread:** Mix together one cup of cornmeal, one cup of ordinary bread flour, one cup of graham flour and a pinch of salt. Now dissolve one and one-half teaspoons of baking soda in two cups of sour milk, then mix this milk with three-quarters of a cup of molasses, beat well, and turn it into well-greased molds (these may be empty cans of any sort). Never fill a mold, or can, more than three-quarters full, as its contents rise and will force out the lid. After covering tightly, sink the mold up to its cover in boiling water, weighing it down so that it will not topple over. Let the water continue to boil around it from two to three hours, then take mold from water, remove cover, and dry in a moderate oven 15 minutes. Turn the little "loaves" from their cans or molds and slice them with a string.

All inquiries addressed to Miss Kirkman, in care of the "Efficient



**USES PRESS TO BREAK ENGAGEMENT**

Miss Ruth Carr Patton, pretty Kansas City debutante, took an unusual method of ending her engagement to Samuel Inman Cooper, wealthy Atlanta architect. She published in the newspapers of the two cities an announcement that the engagement was broken. It was real news to Cooper, who rushed to Kansas City, but Miss Patton refused to see him. She has given no reason for her action.

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 province.

8.20 p.m.—Bible questions and answers, Judge Rutherford.  
8.40 p.m.—Fred Turoshk, tenor.  
8.50 p.m.—Dr. Hans Hoag, violinist.

WABG, Richmond Hill, N.Y. (\$15).  
12-2 a.m.—Dance programme.

WEAF, New York, N.Y. (491).  
6 p.m.—Dinner concert.  
7 p.m.—"Old New York." Henry Collins Brown.  
7.30 p.m.—Boris Papovitsky, pianist.

7.45 p.m.—Pasadena Warblers.  
8 p.m.—Boris Papovitsky, pianist.  
10.40 p.m.—Caroline Powers.  
10.50 p.m.—Light opera quartette.  
11 p.m.—Vincent Lopez.

WOC, Davenport, Iowa (483).  
9 p.m.—May Chambers, soprano; Ted Short, baritone; Emil Huss, reader.

11 p.m.—Leclair hotel orchestra; Peter MacArthur, baritone.

WGN, Chicago (370).  
6.30 p.m.—Drake concert ensemble; Blackstone string quartette.  
8.30 p.m.—String trio.  
10.30 p.m.—Jazz scamper.

Complete radio programmes sold at Canada Radio Stores.

**WOMEN FOLK RULE IN THIS VILLAGE**

Lawford, Essex, Oct. 9.—The petticoat flying in the breeze alongside the British Union Jack!

It hasn't happened yet in this pretty little Essex hamlet, but there would be a poetic fitness if the inhabitants took their courage in their hands and brought this about.

For Lawford is a unique place in Great Britain. In the United Kingdom there are 2,000,000 more women than men, but men still rule the roost, carry on the government, hold down most of the jobs and carry on the public business—except in Lawford. Here the men let the women do the work.

Every day from eight in the morning until six in the evening it's a woman's town. The men are gone all day, most of them working in big factories in towns near by. So they have neither time nor inclination to hold down the jobs that are left in Lawford. Fact is, about the only men left in the place on week days are three:

- The parson.
- The coffin-maker.

**GILLETT'S PURE FLAKE LYE**

I find it best for cleanliness  
Don't call the plumber when the dirt drain gets clogged. A little Gillett's Lye will probably clear it in a few minutes. Scores of other uses around the ordinary home.

**If You see them, we know you'll be convinced That the Smartest Coat Fashions are at McNabb's**



No matter what we say here—no matter how strong we make it—we can't convince you of our excellent values as well as we can if you come in and see them.

Ten minutes spent in strolling around our store will be a revelation to you in seeing consistently good garments at really attractive prices. We have such a wide range of merchandise that we have no hesitation in saying that whatever your desire, we can show you a garment to please you at a suitable price.

We only ask you to come in and stroll around—there will be no urging to buy—for we are convinced that your own good judgment will tell you that there is no finer selection and no fairer range of prices than we have here.

**Fur Trimmed Coats**

FOR EVERY TYPE AND PERSONALITY

**\$39.75 to \$85.00**

Never did a season bring so many smart and different styles to choose from, and never has the McNABB Store been better prepared to meet your every coat requirement—in Style, Variety and Price.

**Fur Trimmed Coats—High Grade Garments**

STYLES AND SIZES FOR WOMEN AND MISSES ON SALE SATURDAY AT THREE POPULAR PRICES

**\$25.00 \$29.75 \$35.00**

Every garment fully lined and interlined—and every Coat sold under McNabb's Famous Guarantee—SATISFACTION OR MONEY REFUNDED.

at \$25.00

at \$29.75

at \$35.00

Smartly styled Coats in the newest flare effects—splendid quality Velours and Cross Check fabrics—Fur Collar, Cuffs, and Fur Trimmed. Flares thoroughly tailored and carefully finished. Really outstanding values at the price.

Developed in fashionable, soft Suedine, Duveltyne and Marvella—and richly trimmed with Fur—in smart dyed Opposum, Mandel and Sealine. The newest variations of the Autumn mode, with its varying straight lines and flares are shown—exceptional values.

A fashion event—a thrift event—Sample Coats representing the new Fall mode—marked at dollars below regular—styles are flared, straight-line and side tie effects. Materials are rich in Duveltyne, Suedine and Marvella. Furs are new, in dyed Opposum, Mandel and Sealine.

We cordially invite your inspection and comparison of Quality, Styles, Prices.

**BALBRIGGAN, FLANNEL AND KASHAN SPORT FROCKS**

**\$8.95 to \$18.95**

In vivacious French colorings—contrasted or effective in a single shade—all follow the tailored lines of Sports Dresses—one or two piece styles. Sizes 16 to 40.

**Hundreds of New Dresses IN DELIGHTFUL STYLES, AT MODERATE PRICES, RANGING FROM — \$12.95 up**

We know you'll be delighted when you see our beautiful Dresses. Some of our values will be amazing to you, and you'll find many models in different shades that will appeal to you, including all the new and popular ones. Be fair to yourself, and come in and look around—you'll enjoy it whether you want to buy or not.

**The J.A.McNABB Co., LTD.**



**MEXICAN SOCIAL LEADER IN MOVIES**  
Dolores Del Rio, Mexican society leader, has collected an elaborate wardrobe and gone to Hollywood to enter the movies under a contract held by Edwin Carews. She is believed to be the richest girl in Mexico.

**The grave digger.**  
If you've got any business in the way of placing some poor person in the almshouse or paying your taxes or talking about hamlet improvements, the person you have to deal with is Miss Emily Spooner, overseer, tax collector and clerk to the parish council. She has been holding the jobs since 1905, succeeding her father and grandfather. She was raised on the job. She can calculate taxes lightning fast.

If you've got a child who is of school age, then the person you have to see is Miss Kate Rowell who is the school mistress and who in turn was preceded by a woman.

Outside of the school and the parish offices and the rectory there is only one other important place in Lawford. That's the postoffice. And here you find Miss Martha Payne. She has been on the job for ten years and was preceded by three postmistresses.

And when Postmistress Payne calls in her staff of letter-carriers, does a trousered brigade answer the summons? It does not! Petticoats to fore once more! For the post-women are Mrs. Mary Reason, who has served for 16 years years and Miss Scott who has served for 23.

**Winter Mosquitoes Busy.**  
Near Frankford, Del., mosquitoes appeared during the January hunting season in such numbers as seriously to annoy the duck hunters. These pests usually appear only in summer in that locality, and their presence during the cold spell cannot be accounted for. They hover over the salt marshes.

**DODD'S KIDNEY PILLS**

FOR ALL KIDNEY DISEASE  
RHEUMATISM  
BRIGHT'S DISEASE  
DIABETES  
GRAVEL  
OBSTINATE  
"ROBT THE PRINCE"



**SHE NEEDS NO GUARDIAN!**  
This picture was snapped at a New York dog show. It shows wee Sarah Weymouth Taylor, aged twenty months, with her very own dog, Trusty Patsy O'Dare.

**"Kingston's Most Popular Eating Place"**

**THE CAPITOL CAFE**

Full Course Dinner ..... 60c.  
A La Carte Meals ..... 30c. up  
6 Doors Above Capitol Theatre. Geo. Whelock, Manager