

"How do I keep my figure?"

"I eat Shredded Wheat but instead of cream I use whole milk—just as it comes from the bottle. That kind of meal gives me pep and strength. It's delicious and nourishing and easily digested. Sometimes for variety I add sliced bananas or other fruits, but I like it any way at all."

THE CANADIAN SHREDDED WHEAT COMPANY, LTD.

SHREDDED WHEAT



WITH ALL THE BRAN OF THE WHOLE WHEAT

Help Canadian Prosperity by eating TWO "Shredded Wheat" Biscuits a day

John Drinkwater's collection of United States stamps was sold in London recently for \$7,500. People of snowy Switzerland bought 1,000,000 pairs of rubber footwear in the last 12 months.

What the Fashionables are Wearing

Illustrated Dressmaking Lesson Furnished With Every Pattern

By Annabelle Worthington



666

Simple dignity and youthful line, make this model a favorite with the miss and the younger type women. The waist fronts are gathered and attached to the pointed extension on the panel front of the six-piece circular gored skirt, which gives graceful slenderness to the figure. It will take the minimum time to make it, it's so cleverly designed. Style No. 666 is designed in sizes 14, 16, 18, 20 years, 36, 38 and 40 inches bust. Size 16 requires 3 1/2 yards of 39-inch material with 1/2 yard of 18-inch lace. It's equally lovely in either black, dark green or wine-red transparent velvet with the inset vest in white Alencon lace. Black canton-falle crepe silk is conservatively smart with the vest of white satin crepe. Be sure to fill in the size of the pattern. Send stamps or coin (coin preferred.) Price of pattern 15 cents.

No. 666. Size

Name

Street Address

City

State

Grape Recipes

Wash the grapes, remove from the stems and press the pulp from the skins. Cook the pulp 10 minutes and put it through a sieve to remove seeds. Add skins to the pulp and measure the mixture. To 1 cup of pulp allow 2-3 cup of sugar. Cook about twenty minutes or until skins are tender and seal at once in sterilized jars.

Grape Jelly

Use slightly underripe grapes, wash, place a layer in saucepan and mash well, then add more grapes and mash and set saucepan over hot water to draw out the juices. Strain juice through double cheesecloth. Test for pectin and add sugar. It will take about equal proportions of sugar and juice. Continue boiling until it reaches the jelly stage. Pour into hot sterilized glasses, cool, seal, label, and store.

Spiced Grapes

Weight out 7 pounds of grapes and slip the pulps from the skin. Put the pulp over the fire and let simmer until softened, then press through a sieve fine enough to retain seeds. Add this sifted pulp to the skins with 4 pounds of sugar, 1 pint of vinegar, 1 nutmeg grated, 1-2 tablespoonfuls of ground cinnamon and a scant table spoonful of ground cloves. Let the whole simmer very gently for 2 hours. Put in sterilized jars and seal.

Grape Cot serve

2 pounds grapes, 1 pound sugar, 1 orange, 1-2 pound seeded raisins, 1-4 pound shelled walnuts. Remove skins from the grapes and boil the pulp until soft and slightly changed in colour, then press through a sieve to remove seeds. Add the skins, chopped raisins, shredded orange and sugar to the pulp and boil until thick. Add chopped nuts and boil 5 minutes longer. Put into hot, sterilized jars, and seal.

Grape Jam

Wash grapes picked from the stems, press with thumb and forefinger on the grapes, one by one, to separate the pulp from the skins. Heat the pulp over the fire until it softens and changes colour a little, then rub through a sieve. To the pulp add the skins and equal weight of sugar. Mix and let cook about 15 minutes. Cool, cover with paraffin wax and seal.

Grape Catsup

4 pounds grapes
3-4 pint elder vinegar.
1 teaspoon cloves.
1 teaspoon salt
1 3-4 pound sugar.
2 teaspoons ground cinnamon.
1 teaspoon ground allspice.
Wash and stem grapes. Place in saucepan with vinegar, and cook for 15 minutes; rub through sieve fine enough to retain the seeds and skins. Boil pulp until thick, add other ingredients and boil half an hour longer. Fill into hot sterilized jars or bottles, and seal.

Grapes and Apple Butter

2 cups grape pulp
2 cups sugar
2 cups apple pulp.
Prepare fruit pulp by cooking fruit with a little water to prevent burning and passing it through a coarse sieve. Combine the ingredients and cook 20 minutes. Seal at once in sterile jars.



THE GRANULATED HARD-WATER SOAP

Rinso

in tub or washer ... for whiter washes



(Millions use Rinso. Thousands write us letters like this.)

"Easier on the Clothes and it's a great work saver" says Mrs. Rose Freidrick

"You never saw such active, soapy suds as Rinsos gives! The water around here is hard, too. Rinsos' creamy suds soak out the dirt; clothes come white and clean so easily. This way saves the clothes, saves me work, too. I use Rinsos for dishes and all cleaning. It's great!"

MRS. ROSE FREIDRICK.

Thick suds in hardest water

Women like Rinsos suds—they're so soapy and active. How they loosen dirt! Thrifty, too.

Cup for cup, Rinsos gives twice as much suds as lightweight, puffed-up soaps. Rich, lasting suds, makers of 38 washers recommend Rinsos. Get the BIG package.

Guaranteed by the makers of LUX—Lever Brothers Limited, Toronto

Milady....
in quest of something new....
serve
Christie's Cream Crackers



With the family meal... at dinners... bridge parties... teas... anytime... Christie's Cream Crackers offer a new experience because of their out-of-the-ordinary flakiness, crispness and fine flavor.

Toothsome Omelets

Raisin Omelet

2 eggs
1 dessertspoon sugar
1 oz. butter
1-2 cup water
1-4 cup raisins
Put raisins and water into saucepan and cook for 10 minutes. Separate yolks from whites of eggs and beat each separately. Get a hot plate ready—melt butter in pan. Mix yolks, whites and sugar lightly together and pour all into pan. Stir until mixture begins to set. When lightly browned underneath, brown top by placing pan under gas or electric grill or oven, for a minute. Slip on to a hot dish, spread raisins on half the omelet and fold the other half over. Sprinkle with powdered sugar and serve at once.

Savory Omelet

2 eggs
1 ounce butter
2 tablespoons sultanas or lexis
2 tablespoons ground ham
1 dessertspoon mustard pickles
Salt and pepper to taste.
Beat eggs lightly and add all ingredients except butter. Melt butter in omelet or small frying pan, pour mixture in and stir until it begins to set or thicken. Shake pan occasionally and when sufficiently firm fold omelet over into an oval shape. As soon as outside is set and a golden color, turn on to hot dish and granish with chopped gherkin.

Baked Stuffed Apples

6 cooking apples—Canadian
1 cup seeded raisins or sultanas—Australian.
1-2 cup brown sugar—Jamaica
1 teaspoon cinnamon—Indies
Small lump butter—Ontario.
Water.
Core apple and peel from the top to about half way down. Mix raisins, sugar, cinnamon and butter together, and stuff the centre of each apple with the mixture. Put in

greased baking dish, and if there is any stuffing over fill the space between the apples with it. Pour in enough water to cover bottom of baking dish, and bake slowly till apples are tender and syrup like caramel.

Chocolate Raisin Pie

1 tablespoon cornflour
1-2 tablespoon cocoa
2 tablespoon sugar
2 eggs
Vanilla
1 cup seeded raisins
2 cups milk
Mix cornflour, sugar and cocoa together. Warm milk, pour a little on cornflour to blend, and bring the remainder to boiling point. Stir in the cornflour mixture and cook two to three minutes. Cool add beaten egg yolk, raisins and vanilla. Line a tart plate with short paste, pour in filling and bake 20 minutes in moderate oven. Beat egg whites till stiff, fold in a tablespoon sugar. Pile on top of tart and brown.
("Cornflour" is just the way our Australian sisters designate "cornstarch")

Currant Cake

1-2 lb. butter
1-2 lb. sugar
1-2 lb. currants
1 oz. candied peel
1 teacup milk
1 lb. flour
Salt
2 level teaspoon cream of tartar
1 level teaspoon soda
3 eggs
Sift flour, rising and salt. Beat eggs. Cream butter and sugar, add flour and fruit. Bake in a moderate oven 1 1/2 to 2 hours in a shallow tin lined with paper.
For decoration of your Australian Good-Will party table have the children make cut-outs of kangaroos and beavers to smile at each other from among some gay Autumn maple twigs in the centre of the table.

Dorothy Dix Letter Box

Continued from Page 8

Dear Miss Dix—Do the modern girls have to do the chasing? I know so many nice-looking girls who have to stay at home by themselves, while other girls not nearly so attractive have dates galore just because they play up to their crushes. Which is right? Chase the boys and have a grand and glorious time or wait to let them hunt you up and stay home alone night after night.
PEGGY.

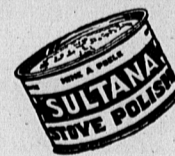
Answer:

The proof of the pudding is in the eating, Peggy, and if the only way you can get a boy is to chase him down, then go to it and more speed to you.

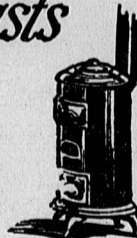
But it is a thing that can be easily overdone and the girl who runs after men is very apt to find that they run away from her and that they can outstrip her. Of course, now and then there is an overly conceited boy whose vanity is flattered by adopting the grand pasha attitude toward girls and making them make all the advances. They boast that they make a girl do all the telephoning and arranging of dates and that when they go out with a girl she has to furnish the car and even pay for the gasoline. They think it is honor enough for a girl to be seen out with him and that she should be willing to pay for their society.

But there are not a great many men with this high idea of their own attractions and that low opinion of women, and most men prefer girls who are not too easy and not too anxious. They want to be the hunters and not the hunted.
DOROTHY DIX.

A Shine that Lasts



Just a few rubs and your stoves look like new with



SULTANA
STOVE POLISH

Sultana Limited, Montreal

MR. AND MRS.

Preparing for a Rainy Day

By BRIGGS

