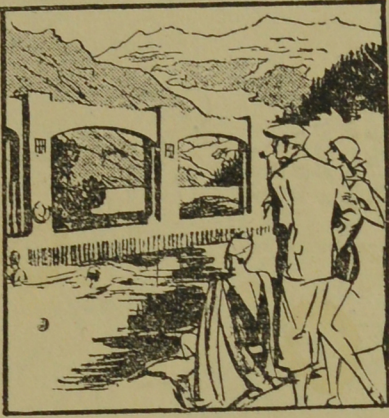


LAKE LOUISE

A MILE HIGH
..... IN DEEP
SPRUCE FORESTS

From a romantic Chateau... gaze across the loveliest lake in the Canadian Rockies! An age-old glacier slowly slips into the still waters. Brilliant Iceland poppies nod their gay heads. Mountains pierce the sky. Follow the trails on horseback, on foot... or by motor to Banff Springs. Dive through the air... into a picturesque Grecian pool. Dance moon-lit evenings away to the strains of soft music. For Chateau Lake Louise is a Canadian Pacific Hotel... and that assures you the ideal vacation!



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WOMEN'S COLUMN

COATS FOR AUTUMN SHOW CAPE EFFECTS

Paris—Looking ahead to autumn, coats for cool days and nights show many little interesting cape effects.

There are any number of practical models in light woolen materials in beige or string-color, some built on straight lines and some with a bit of flare. One has an interesting cape-kerchief effect in black broad-tail and another has a pleated back-cape and belt, with a nickel buckle. One maker shows a charming coat in black velvet, with godets in the lower part and a long velvet scarf down the back. It has a square of ermine at the back of the neck, forming part of the collar, and similar squares at the lower part of the full sleeve.

A coat in black broadcloth is elaborately trimmed with a combination of gray and black astrakhan. Tweed coats in beige, brown and green have deep collar and cuffs of astrakhan or nutria.

Seal-brown bias fair to be popular for the autumn coat. One model comes in seal-brown broadcloth, with a high collar of nutria.

LADY BALTIMORE CAKE

Ingredients:

- 1 cup butter
- 2 cups sugar
- 1 cup milk
- 3 cups pastry flour
- Whites of 6 eggs
- 2 teaspoons baking powder
- 1 teaspoon vanilla

Directions: Cream butter and add sugar gradually. Mix and sift all dry ingredients and add alternately with the milk, beginning with the flour mixture. Beat the egg whites until stiff and fold them in gently. Add vanilla extract. Bake in three layers at a temperature of 375 degrees F. (moderate oven) for about 25 minutes.

LADY BALTIMORE CAKE FILLING AND ICING

Ingredients:

- 3 cups granulated sugar
- 1 cup boiling water
- 1-4 teaspoon salt
- 1 cup chopped raisins
- 1 cup nut meats (English walnuts or pecans)
- 5 figs chopped fine
- Whites of 3 eggs
- 1 teaspoon Bee Brand vanilla extract.

Directions: Cook sugar, water and salt together until a temperature of 248 degrees F., is reached or until the sirup will spin a thread. Pour the hot sirup slowly into the well-beaten egg whites while beating constantly until the frosting will hold its shape when tossed over the back of a spoon. Add the vanilla extract and divide the mixture into two equal parts. Add the chopped nuts and fruits to one part and use a filling. Then frost the top and sides of the cake with the other half of the plain icing.

"Pappa, vat is science?"
"My how could you be so stupid! Science is dose things vat says 'no smoking'."

WHEN A CHILD IS FEVERISH, CROSS, UPSET



Colic, gas, sour belching, frequent vomiting, feverishness, in babies and children, generally show food is souring in the little digestive tract.

When these symptoms appear, give Baby a teaspoonful of Phillips Milk of Magnesia. Add it to the first bottle of food in the morning. Older children should be given a tablespoonful in a glass of water. This will comfort the child—make his stomach and bowels easy. In five minutes he is comfortable, happy. It will sweep the bowels free of all sour, indigestible food. It opens the bowels in constipation, colds, children's ailments. Children take it readily because it is palatable, pleasant-tasting.

In buying, be sure to get genuine Phillips Milk of Magnesia. Doctors have prescribed it for over 50 years.

Learn its many uses for mother and child. Write for the interesting book, "Useful Information". Address The Chas. H. Phillips Chemical Co., Windsor, Ont. It will be sent FREE.

MODEL CHICKEN SALAD

- 1-2 cup mayonnaise
- 1-2 cup whipped cream
- 3-4 tablespoons lemon juice
- 1 tablespoon gelatine
- 2 tablespoons cold water
- 2 cups cooked chicken minced
- 1-2 cup celery, minced
- 1-4 cup stifled olives, minced very fine.

Soak gelatine five minutes, set over hot water until it melts. Add to mayonnaise, fold in the cream and add remaining ingredients. Transfer to small molds and chill in refrigerator till firm. Arrange shredded lettuce on salad plates with slice of tomato in center on which turn out the mold, top with mayonnaise and garnish with pickle "fans."

MINT ICE

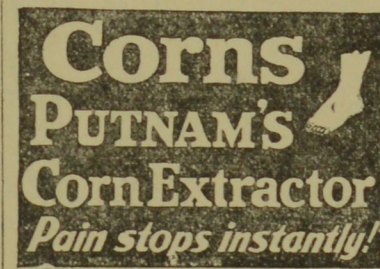
Ingredients:

- 1 quart water
- 2 cups sugar
- 3-4 cup lemon juice
- 1-2 teaspoon mint extract
- Green coloring

Directions: Make a sirup of water and sugar and bring to the boiling point. Remove from flame, add lemon juice, mint extract and green coloring. Cool and freeze.

THE STOLE

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Or swim the deepest sea
Will stick his toe into the surf
And say "Too cold for me."



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