

AT CRITICAL TIMES FROM YOUTH TO AGE

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"I am taking Lydia E. Pinkham's Vegetable Compound during the Change of Life for nervous feelings, loss of appetite and to gain strength. It is a great tonic and I have taken a

dozen bottles of it. It was recommended to me by a friend and now I recommend it to all women for such troubles as come at this time."—MRS. W. V. RUSSELL, R. R. No. 5, Fenwick, Ontario.

There are three trying periods in a woman's life: when the girl matures to womanhood; when a woman gives birth to her first child; when a woman reaches middle age. At these critical times, Lydia E. Pinkham's Vegetable Compound helps to restore normal health and vigor. Countless thousands testify to its worth.

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"I took Lydia E. Pinkham's Vegetable Compound for my monthly troubles and it has given me wonderful relief and I have taken only four bottles so far. My aunt said it helped her in the Change of Life and for other troubles. I am feeling real well now, thanks to the Lydia E. Pinkham Medicines."—GLADYS E. FIDLER, Bittern Lake, Alberta.

EPISCOPALIANS HALT PRAYER BOOK REVISION IN THE U. S.

Washington, Oct. 16—The House of Bishops of the Protestant Episcopal Church set its face definitely today against revisions of the prayer book which tended to destroy full freedom of worship and thought, ending for at least a decade the program of the Anglo-Catholic wing to impose high church ritual upon the Evangelical wing.

The doom of the movement virtually to Catholicize the Episcopal service was forecast two days ago when the House of Deputies, in triennial session decisively voted down adoption of the new prayers and ritual which admittedly were copied from the Roman service, but the House of Bishops went even further at its session today.

The bishops refused to ratify a new prayer for the dead, another strongly Catholic collect, which the House of Deputies ratified on Thursday, and had been recommended for inclusion in the modernized prayer book by the last triennial in New Orleans. Unless the Deputies ask for reconsideration, which is not thought likely, the matter is closed.

This action of the House of Bishops together with the strongly conservative viewpoint of the House of Deputies is regarded in Episcopal churches here as ending for many years the movement to Catholicize the Episcopal church in much the same manner as a similar movement was defeated de-

cisively by the Church of England several months ago.

To Interpose Six-Year Interval

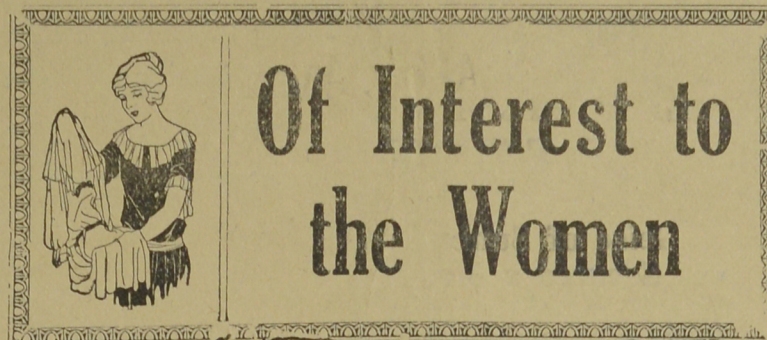
Unless new recommendations for revision of the prayer book are presented and adopted by this convention of the Episcopal Church, no further changes can be made under the church's laws for at least six years. The disposition of this convention is admitted by all sides in the fight to be irrevocably opposed to further tampering with the prayer book after the present modernizing program has been completed, which will be accomplished within the next week or ten days.

Although the Anglo-Catholic wing of the churches undoubtedly has strong majorities both in the House of Bishops and in the House of Deputies, many high churchmen are opposed to destroying the degree of freedom that now exists. They maintain that the Episcopal Church should be so constituted that it can continue to accept the low church, which leans decidedly toward Methodism, as well as the high church, which is strongly Catholic in its views.

Mr. Hardfax—The mere sight of a spray of goldenrod brings tears to my eyes.

Miss Gushmore—It arouses some sad, sweet memory I presume?

Mr. Hardfax—Nope. Hay fever.



Of Interest to the Women

PUMPKIN PIE WITH ORANGE MARMALADE.

1 1/2 cups cooked pumpkin
3/4 cup brown sugar
1 teaspoon cinnamon
1 teaspoon nutmeg
1/2 teaspoon ginger
1/2 teaspoon salt
2 eggs
2 cups milk
6 tablespoons orange marmalade
The pumpkin may be steamed or baked or canned pumpkin may be used. Mix in the order given and bake in a crust like custard pie in a hot oven (450 degrees Fahrenheit) for ten minutes. Then lower temperature to 325 degrees Fahrenheit and bake until set. Serve hot or cold, garnish with whipped cream. Just before serving dot with orange marmalade.

FIG PUDDING

1 cup molasses
1 cup chopped suet
1 cup milk
1 1/4 cups flour
2 eggs
1 teaspoon soda
1 teaspoon cinnamon
1/2 teaspoon nutmeg
2 cups figs
Mix together the molasses, suet and figs cut fine. Dissolve soda in a tablespoons of not water. Mix with the milk. Beat eggs light and stir into the mixture. Add the flour and beat thoroughly. Butter mold and steam three hours. Serve with creamy sauce.

CREAMY SAUCE

1/2 cup sugar
1/4 cup butter
2 egg yolks
2 tablespoons sweetened sherry
flavoring
Few grains salt
1/2 cup cream
Cream, sugar and butter together. Add the well beaten egg yolks and beat mixture thoroughly. Place in a saucepan over the fire and stir until the constituency of cream. Do not boil.

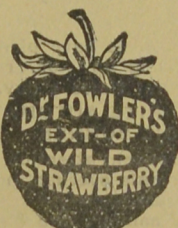
STANDARD WHITE CAKE

2 cups flour
3 teaspoons baking powder
1/2 cup butter or other shortening
1 cup sifted sugar
3/4 cup milk
1 teaspoon vanilla
3 egg whites, beaten light
Prepare pan. Sift flour once, measure, add baking powder and sift again together. Cream shortening thoroughly, then add sugar gradually and cream together until light and fluffy. Add sifted flour and baking powder to creamed mixture, alternately with milk, a small amount at a time. Beat after each addition until smooth. Add vanilla; fold in egg whites. Bake in loaf or layers in moderate oven. (Loaf; one hour—350 degrees Fahrenheit. Layer: twenty to twenty five minutes—375 degrees Fahrenheit).

SMALL CAKES

1/3 cup shortening
1 cup sugar
2 eggs
1/2 cup milk
2 cups flour
2 teaspoons baking powder

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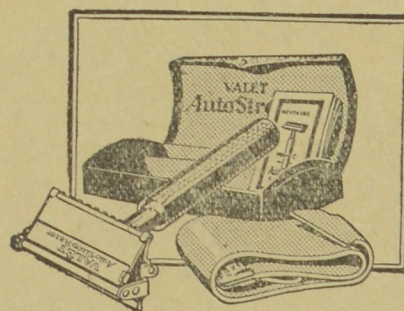
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