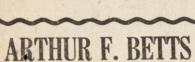
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It effectively off-sets the vomiting, purging and diarrhœa of cholera Price, 50c. a bottle at all druggists

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... OF ...

# Interest To Women

## READER ASKS BEST WAY TO ROAST RIB OF BEEF

thoroughly. Press cookie dough on a

Never |Fail Cocoanut Cake

Melt chocolate and butter together

thoroughly and then beat well. Pour

into a buttered pan and bake in a

moderate oven, 350 F. 35 to 40 min-

Frosting for Cake

Grapefruit Mayonnaise

grapefruit juice alternately until all

Tropical Chicken Salad

oil and fruit juices are used. Chill.

11/2 cups diced cooked chicken

2 squares cooking chocolate

2 teaspoons baking powder

3 tablespoons butter

1 cup cake flour

1 teaspoon vanilla

1/4 teaspoon salt

2 tablespoons butter

1 square chocolate

½ teaspoon vanilla

1/2 teaspoon sugar

1-8 teaspoon paprika

1 cup olive or other oil

3 ripe bananas, diced

¼ cup diced celery

1/4 teaspoon salt

1/2 cup diced pineapple

Mayonnaise to moisten

1/2 teaspoon salt

2 egg yolks

1 cup confectioner's sugar

1/2 teaspoon dry mustard

1-8 teaspoon white pepper

1 egg yolk

1-8 cup milk

1 cup sugar

1/2 cup milk

2 eggs

(By Marjorie Mills) R. G. in Newton Centre, wants to cookie sheet. This is a stiff dough so know about cooking meat by using it can be pressed with the hands. the long, slow method at a temper- Then beat the egg whites stilly and ature of 350 F. There are two schools spread over the dough, sprinkle cocof thought about roasting meat. In oanut over top and bake in a 375 to one the meat is seared first and the 400 F. oven for 20 to 25 minutes. Cut temperature lowered quickly to fin in squares or strips while hot. ish cooking. In the second—the one R. G. wants to know about—the meat is cooked at a constant low temperature throughout the whole period. The first method induces a crisper crust with a juicy interior, but may result in more shrinkage if the meat is cooked to a well done stage. The long, slow way yields a less crisp crust, but the interior is juicier and

age is apt to be less. To roast a rib of beef, wipe and place on a rack in a moderate oven,, 350 F. fat side up, and roast uncovered. allowing 18 to 20 minutes per pound for rare meat, 22 to 25 minutes per pound for medium-done meat, and 30 to 35 minutes per pound for well-done meat. A meat thermometer is a good investment and insures accurate degrees of 'doneness' for all roasts.

generally more tender. The shrink-

Italian Hamburg Loaf

1 pound ground lean beef ½ pound cheese, grated 1 green pepper chopped

1 small onion, minced 1 teaspoon salt

4 eggs, well beaten Mix thoroughly all ingredients and

shape into loaf. Bake in moderately hot oven, 375 F. for. 45 minutes Makes one medium-sized loaf, enough or six portions.

Barbecued Ham

6 thin slices boiled ham 2 tablespoons butter

1 tablespoon vinegar 1/4 teaspoon dry mustard

Dash salt, dash pepper Saute ham in butter until slightly browned, spread with mixture of vinegar and seasonings, and cook two

minutes longer. Makes six portions. Brown Crumb Cookies

1 cup butter 2 eggs separated

1 cup brown sugar

2 cups flour Shredded cocoanut

Mix bananas and pineapple together. Add other ingredients and mix well. Garnish, if desired, with chop-Cream butter and sugar; add egg ped nuts and additional mayonnaise. olks; then and sifted cake flour, mix Serves six.

## HOME INTERESTS ARE MEN'S, TOO

(By Edith Johnson)

Just how some men get it into their neads that woman alone can keep the home-fires burning is difficult to un-

on the contrary, it is full of sound sulphur and nepheline syenite. and fury she is usually blamed for that, poor dear.

In the heart of every bride there burns the hope that her husband is going to be her dear companion as well as her protector and mate. If he understands his part of the domhis equipment together, knowing that a week later he will quite as cheer fully help her make plans for something she enjoys.

For a growing boy there is no proper mate. deeper source of happiness than the ver hot water. Put sugar, eggs, milk, father who shares his interests. The who expresses an interest in domes form both from the smoke and from flour which has been sifted with bak- father who welcomes his son's con- tic affairs. There is little thrill in pyrites. The Aldermac Mine, Norauing powder and salt and vanilla, all fidences gives the boy a sense of his buying a new lamp if he refuses to da, was now opening up for the minin with the chocolate and butter. Mix own worth.

Just as a son gets his early ideas of on having his attention called to it McLeish. manhood from his father, so does the he merely grunts. But what a delightdaughter. For her a father can do no ful adventure for the wife if he finer thing than to teach her what shares with her these pleasures. sort of a person a real man is, therefore giving her an understanding that

#### LENT

If I have been too busy with gay living

To stop and count the many blessings sent:

Let me keep now a forty days' thanks giving, And know myself and God, because 2 tablespoons fresh grapefruit juice

of Lent. Let me find Time has better, finer Mix dry ingredients, add egg yolks | Than I had counted all these former

and a teaspoon grapefruit juice. Add days, oil by half teaspoons, beating con-Let me correct old follies and abuses stantly until mixture begins to thick And know the grace of penitential en. Continue beating, adding oil and ways.

If I have looked into the eyes of pleasure, If I have danced with joy too many

nights. Or sought too madly after earthly treasure, Or fought too valiantly for paltry

rights. Now may I come to stand upon a mountain

Nearer to Heaven than I was of yore, To slake my thirst at an Eternal fountain And know a peace that was not mine

-Lalia Mitchell Thornton

## GREAT FUTURE IN INDUSTRIAL MINERALS SEEN

Sulphur Acquires New Importance In Canadian Mining Picture

Mother, as we have been told times just of gold that mining men talk dustry. without number, is responsible for these days. Talk two minutes to John "If you had a boy just ready for

> You will discover too that to say minerals has doubled in the last decade is underestimating the true state

a gay evening, a wife is lucky among and now is being exported. It was

imes a real home.

TORONTO, March 18-It is not phur for use in the paper-making in-

keeping the machinery of home in McLeish, Director of Mines and Geo- college where would you tell him the running order. If home is a charming logy, Ottawa, and you will find that big future lay?" The Globe and Mare the big advance of nowadays is in asked John McLeish as he stood in the hubbub of mining men down at the Royal York Hotel yesterday.

that Canada's advance in industrial he said. "Great things have been done "Metallurgy and electro-chemistry" in these fields in Canada today and there are great things yet to be done.'

Nepheline syenite is being shipped He used sulphur as an illustration. estic contract, he manages to give from Ontario for use in ceramics in Canada for years, he pointed out, imher a reasonable share of his leisure- the United States. Anhydrite is be- ported sulphur for paper manufacturtime. This does not imply, however, ing shipped as fertilizer to England. ing from Texas and Louisiana. And that he shall relinquish his golf or an The Algoma Steel Corporation is op- at the same time sulphur belching occasional fishing or hunting trip. In ening up the old Helen Mine for iron from the smoke-stacks of smelters fact a sensible wife helps him to get and the big copper and silver mines blighted the countryside of mining are going after the production of sul- towns in Northern Ontario and British Columbia.

Researchists went after the probis invaluable to her in selecting a lem. At first they captured the sulphur from the smokestacks in the Not all men unfortunately, realize form of sulphuric acid. Now they companionship of an understanding how grateful a wife is to a husband have captured it in its elemental notice it or in redecorating a room if ing of sulphur from pyrites, said Mr.

Nepheline syenite, another of the new discoveries, is a form of feldspar, which is cheaper than the feld-Likewise with entertaining. Having spar now being used in china and the co-operation of her husband in glass making, he said. It is being arranging a party and giving guests mined in the Peterborough district the discovery of new methods of And so it is only when a man finds processing the rock, to get rid of its his true place in it that a house be iron content, that opened up this new field in Canada, he pointed out.

When a cold strikes . . . don't take needless risks

# Treat Colds This PROVED Way

WHY experiment? Vicks VapoRub has been doubly proved for you ... proved by everyday use in more homes than any other medication of its kind; further proved by the largest clinical tests ever made on colds. (See full details in each VapoRub package.)

Only Vicks give you such proof.
VapoRub is the direct external

direct external treatment. No "dosing"—no risk of stomach upsets. Simply and back (as illustrated). Relief starts almost at once. You begin to feel warm and comfort-

able as VapoRub starts working direct through the skin like a poultice. At the same time, its medicated vapors—released by the warmth of the body—are carried direct to the irritated air-passages with energy breath

with every breath.

This double action loosens phlegm—relieves irritation and coughing—helps break local congestion.

Repeat treatment at bedtime. After restful sleep comes, VapoRub keeps right on working, hour after hour. Often, by morning

the cold is

VAPORME

SKIN CARE BEGINS IN YOUTH

Here's One Mother Who'll See To It Her Daughter Won't Suffer As She Does

youngsters will not listen always. | neglect." hey must see the horrible example

before they will believe. I was one. at if it were not for my skin; larged their power to prod their daughters into skin care activity. If holding up pores elsewhere; and now from the the horrors of neglect won't serve. harsh corrective treatments, I have they can adopt the opposite tech-

help. Off course I am brokenhearted. daily care. You may be certain that my daugh ter's skin is being guarded. She will those doubters about the value of have the horrible example of her daily skin care are the middle-aged mother to remind her that 'nightly women who never have neglected cleansing' and all other leauty edit theirs. We could produce women ors' advice is based on experience within our own acquaintance whose and observation.

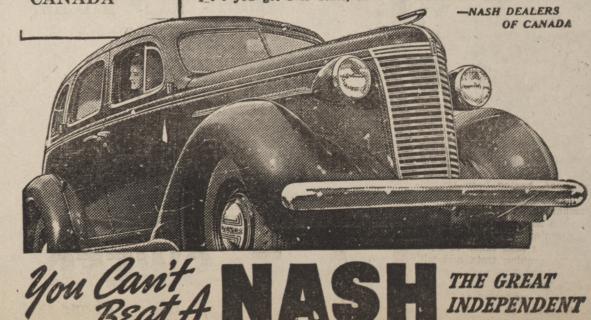
is to sit and read beauty advice and A woman said to me recently: 'Will realize that a nose dotted with large ou devote one day's column to those pores like a pin-cushion, is one's own; of us who were not wise enough to how discouraging it is to look at the ake care of our skins in our youth! beauty hints and realizes that one is You can tell women to cleanse sking beyond aid, that one's skin is ten daily to beware of large pores and years older than one's body just beother horrible skin troubles, but cause the early years were years of

Children of tender years often "Today I would not be bad to look won't listen but mothers have it in fine red lines crisscrossing my nose. nique and hold up the lovely skin the youngsters themselves will enjoy "I am beyond any dermatologist's right now and later on from constant

The last word in argument against skin at 40 and 40 plus is gorgeous "Tell your younger readers, and I and is as only because of fervid daily am sure there are many, how hard it or nightly care.



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