



The Sheraton Design—

Sterling Silver Deposit on Full Crystal

FOR the hostess who likes the sparkle that lends life to a well-laid table, we now present, through a few of the exclusive stores that feature artistic table appointments, this newest product of our decorating shop, feeling that its distinctive appearance, embodying the decorative motif of the famous furniture designer, will appeal to the hostess who is adding to her table appointments.

It would make an ideal set that might be commenced for the bride—as it can readily be added to or replaced—and it is so new, too.

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MAYFAIR'S HOSTESS

Mayfair, May, 1930

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A modern spring symphony in silver and mauve is this formal luncheon table for six. The cloth is a fine pale mauve damask, providing a background of distinction and elegance for the appointments, which, except for the goblets, are entirely of silver plate. The pieces are 1847 Rogers, and include the recently introduced Viande knife and fork, which feature long handles and simple modern design. Candles are pale mauve, and the flowers are mauve Tulips, Poeticas and Pussy Willows

LET US ADVENTURE

By EUSTELLA F. BURKE

OVER the radio lately, a man told how we could all live to the age of one hundred and fifty.

Said he, "you must not eat. You must not touch pies, pastry, or pork, and you had better leave off meats of all kinds. Rich sauces, gravies and dressings must be cut out, also cakes and cookies, white flour, white bread, white rice, candies, sweets and preserves, tea and coffee, as well as all these things that our separated brethren to the south, find classified under the Volstead Act. Crullers, doughnuts and all kinds of fried foods, dishes like croquettes, hashes and forcemeats, as well as plum puddings and pancakes, all are banned."

After delivering himself of this nearly all-inclusive list, he wisely hedged, and concluded: "If you fulfill these specifications you may live to be one hundred and a half—and even if you don't, you will soon feel as though you were one hundred and fifty and more."

In other words, let us be adventurers in new and tempting dishes and enjoy, while we live, the pleasure which delectable food provides.

Let us have dishes at our table that are not only dietetic but artistic. Let us plan for well-balanced meals with the number of calories to suit our needs and the right proportion of protein and minerals and vitamins. But let us not overlook the value of appetizing flavor and artistic arrangement.

Art, as well as science, is needed to compose our menus. We need the artist's closeness, and that high gratification of the palate that stimulates the appetizing of Pawlow.

Green Pepper Cocktail

Cut off the stem ends from good-sized sweet green peppers, and scoop out the

seeds. Place the shells in ice water while you prepare the filling. Remove the skins from ripe tomatoes, cut out the soft and seedy part, then cut into small pieces the firm red flesh. Mix with an equal volume of broiled oysters, cooled and cut up, or broiled field mushrooms may be substituted. Season all with a few drops of Worcestershire sauce, a little salt, celery seed, lemon juice, and if you have it, a little Chinese soy. Pack into shallow bowls enough fine-shaved ice to fill them half-way, press down, let stand for a minute, then invert on glass plates, and with a small spoon make in each mound of ice a cavity large enough to receive the pepper shell. Fill each shell with the cocktail mixture, garnish with cream, and place a little fork on each plate before serving.

Carrot Souffle

Melt three tablespoonfuls of butter in a saucepan; add three tablespoonfuls of flour, one-fourth teaspoonful each of salt and paprika, and gradually add one cupful of rich milk. Stir while bringing to the boil and let boil three minutes. Add one pint of cooked carrots, passed through a sieve or ricer, and the yolks of three eggs, beaten until thick, then fold in the stiffly beaten whites of three eggs. Turn into a buttered baking dish, cover with one-half cupful of soft, sifted bread crumbs which have been mixed with one-fourth cupful of melted butter. Set the dish in a pan of hot water and bake in a slow oven about twenty-five minutes. Serve with meat, or with cream sauce as a main luncheon or supper course.

Parsnip and Tomato Ring

Scrape a pound of parsnips and steam or boil gently until soft. Cut

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