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- Raspberries with cream
- Friday—Breakfast
- Orange juice
- Ready-to-eat cereal
- Omelet
- Toast
- Coffee
- Luncheon
- Grilled sardines on toast
- Cucumbers with sour cream
- Cookies
- Tea
- Dinner
- Broiled bluefish
- Potatoes with parsley butter
- Carrots with lemon butter
- Radish salad
- Cherry pie
- Saturday—Breakfast
- Tomato juice
- Ready-to-eat-cereal
- Hot rolls
- Luncheon
- Eggs Mornay
- Young onions
- Radishes
- Hot biscuits
- Strawberry jam
- Ginger ale
- Dinner
- Baked tongue
- Baked sweet potatoes
- Buttered spinach
- Romaine salad
- Tapioca cream
- Popovers

1 cup flour
 1/2 teaspoon salt
 1 egg
 1 cup milk

Mix the salt and flour. Beat the egg slightly, and mix with the milk; add to the dry ingredients. Beat only enough to mix well, and pour into hot buttered gem pans or custard cups. Bake in a hot oven (450 degrees Fahrenheit) thirty minutes, then turn out the fire or open the door, and keep in the oven for ten minutes. Iron or earthenware is better than tin for baking popovers.

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BE BEAUTIFUL

By ELSIE PIERCE
 FAMOUS BEAUTY EXPERT



BILLIE BURKE is the mother of a young lady in her teens but she, herself, keeps active, young and attractive. Make-up is applied lightly and hair is waved softly to flatter and form a youthful frame.

Signs of Neglect and Loss of Interest Worse Than Signs of Age.

I don't think the truly smart woman of forty or fifty wants to look twenty years younger than she is. She wants to look just a little younger, yes. It flatters her ego to feel she is outwitting Father Time just a bit. But, after all, if she looks frankly but beautifully her age, what of it?

Take three women. One looks her age but looks ludicrous because she tries so very hard to look younger. She wears fashions that are much too youthful, she wears gay prints, high colours, uses too much make-up, has too much curl in her hair.

Another looks her age or somewhat older and is a sorry sight because she seems dull, listless, too definitely resigned. Her dresses are all dead black, she is extremely conservative in her choice of line, colour, clothes, hats and she wears very little make-up. Her hair style, if it is any style at all, is very plain, sometimes brushed straight back revealing every bit of wrinkle or sagging.

Frankly Lovely and Alive!

The third woman may look her age, or a little younger. She has hobbies, is interested in living. She chooses colours that are neither too blatant nor too conservative. She realizes that there are more and more muted pastels, quiet but lovely prints, the ever-effective black and blue set off with lingerie touches—all purposely planned by a kind fate and Fashionists for the mature woman. She knows that there are smart, simple, dignified styles, beautiful lines to set off the mature figure; that frills and excess trimming and fur-below are pitfalls that only the young can dare. She uses make-up in a subtle way. She uses perfume, too. She chooses just the right shades of rouge, powder and lipstick. She applies them properly, keeping the rouge high to give the face a lift, but away from wrinkles and expression lines to avoid emphasizing them. She also avoids excess curl and wave in her hair.

Household Hints

By MRS. MARY MORTON

- Menu Hint
- Tomato or Orange Juice
 - Griddle Cakes
 - Syrup
 - Ham
 - Jam
 - Toast
 - Coffee

Ever serve your Sunday breakfast on the porch in summer? It is such a nice change. Of course to serve griddle cakes on the porch you must have some way of cooking them there. We happen to have a small screened-in porch where we like occasionally to serve breakfast or tea, and there is an electric light fixture there, so we can attach an electric sandwich toaster or griddle and make our toast or cakes there. Of course you do not need both toast and cakes on your menu, but maybe someone would like to finish off the meal with a crunchy piece of toast. You never can tell, and it is always best to be prepared. The directions for making apply to both griddle cakes and waffles.

To-day's Recipes

SOUR CREAM GRIDDLE CAKES—One and one-half cups flour, one teaspoon soda, one cup sour cream, one teaspoon salt, two eggs, well beaten. This makes 12 medium griddle cakes.

SOUR CREAM WAFFLES—Two cups flour, one teaspoon baking powder, one teaspoon baking soda, one-half teaspoon salt, two tablespoons sugar, one-half pint sour cream, one-half cup milk, three eggs. Makes eight waffles.

Sift all dry ingredients together, add the liquids, then the well-beaten eggs. Mix thoroughly and bake.

Hints On Fashions

by LISBETH

Attractive Celanese Cape Wins Popularity on Beach



Celanese Cape

More and more capes are becoming an essential part of the bathing ensemble. Besides adding to the smartness of the beach outfit, capes are the answer for the girl who doesn't get along too well with the sun.

The cape pictured here is celanese rayon more in green and white, an attractive colour combination. It is worn by Mrs. Jeanne MacEvoy on the sands at Allaire Beach, Spring Lake, N.J.

Style Whimsies

These are the new hose shades that you see other women wearing—maybe—and wish you knew what to ask for when you go to buy: Radiance—a beige with a rose cast, harmonizes with muted colours and evening shades; amberose—bright amber, good with blues, white and bright prints; cedar—lively sun tan, for white, pastels, sports, as well as town navy and black; bisquette—a pale, neutral beige, for mustards, blues, neutrals and black.

"Joyful cottons" is a gay ad of one New York store to denote the delightful character and popularity of cotton dresses for warm weather.

Attractive black crystal bottles of fragrant bath oil to match the perfume she wears are suggested for shower presents for the bride. They would be appreciated, too, by the going-aways.

A drop of your favourite bath oil on a heated electric light bulb in the living room will scent the room faintly and delightfully.

The polka dot silk girdle with matching bras is another summer favourite.

Next to black, grapevine is going to be one of the most popular shades for woollen sportswear and campus clothes.

Home Is Offered Abandoned Babe

An application has been received from a Burks Falls couple to adopt the two-month-old baby girl which was left on the doorstep of Mr. and Mrs. Hector Lavigne, Callander, on the morning of June 9. John Brown, inspector of the Children's Aid in the North Bay district, reported yesterday. The application, which was sent to Constable L. K. Evans, Callander, was turned over to Children's Aid Inspector John Hartill, Burks Falls, for investigation.

Mr. Brown said Mr. and Mrs. Lavigne have decided not to make application for the child. Until recently the young Callander couple, who have cared for the little blue-eyed girl since she was found two weeks ago, were undecided as to whether they would keep her.

Although they have been investigating the matter since the child was discovered on the Lavigne doorstep, Mr. Brown said neither he nor Constable Evans had been able to establish its identity.

Until the child is adopted, Mr. and Mrs. Lavigne will probably continue to care for her.

Surprise Party in Honour of Birthday of Mrs. Suomu

A large number of her friends gathered at the home of Mrs. Mary Suomu, 62 Birch street north, on Thursday evening, at a surprise party on the occasion of her sixtieth birthday. Games and a social evening of fun and merriment were enjoyed, and a delicious lunch was served. Mrs. Suomu was presented with a birthday gift as a token of friendship and respect, and she received the best wishes of her numerous friends, who wished her many years of continued happiness. Mrs. Suomu is an old-timer of the camp, being one of the first of the Finnish settlers in the district, and during her residence here she has made friends with a very large number of the local residents.

Miscellaneous Shower in Honour of Bride-to-be

Mrs. R. Fournier and Mrs. C. Willowby were joint hostesses at a miscellaneous shower on Thursday evening in honour of Miss Albertine LaSalle, about 40 friends of the guest of honor gathered at the home of Mrs. R. Fournier, 40 Second Ave., to wish her much happiness. Miss LaSalle will be the bride of Mr. John Rauberge, of Rouyn, on July 4, and this popular member of the community is receiving the best wishes of her numerous friends in the town and district.

Bingo and other games were played during the evening, and a dainty and tasty lunch was served by the hostesses. The bride-to-be was asked to walk through an archway that had been gaily decorated with a criss-cross formation of streamers, and a shower of confetti fell on her from an umbrella, as a preview of the wedding. She was then presented with a large number of attractive gifts, and suitably thanked her friends for their kindness.

Among those who attended were Mrs. A. Pelletier, Mrs. J. Pelletier, Mrs. M. Gratton, Mrs. Paul Piche, Mrs. O. Stewart, Mrs. Fournier and Mrs. Willowby, (the hostesses) the guest of honor, Miss Albertine LaSalle, and the Misses Lou Vaillancourt, Sonja Shaw, Irene Milette, Gilberte Poulin, Blanche Desjardins, Jeanne Plouffe, Ruby Hawkins, Belle Baker, Claire Elliott, Annette Godin, Rose Marie Martin, Rene Leroux, Leona Lalavale, Georgina Rocheforte, Marie Rocheforte, Emmeline Fournier, Yvette Fournier and Marjorie Carrier.



Wrigley's Gum helps you keep fit! Relieves that stuffy feeling after eating. Cleanses crevices between teeth, too... assures sweet breath. A simple aid to health! Buy some now! Small in cost but big in benefits! Enjoy it after every meal—millions do!

Sister of Mrs. R. Seguin Passes Away at Chapleau

Chapleau, June 25—Requiem solemn mass was sung by Rev. Father Lafreniere, in Sacred Heart Roman Catholic Church, Tuesday morning at 9 o'clock, for the late Mrs. Alonzo Hurlbise, who died at her home June 18. Pallbearers were Edgar Pellow, William McLeod, Victor Burch, Angelo Bucciarelli, William Davis and Emile Fortin. Interment was in the Municipal Cemetery. The late Mrs. Hurlbise was born at Bonfield, Ont., 55 years ago, the daughter of the late Mr. and Mrs. Joseph Alary. On June 29, 1905, she was married to Mr. Hurlbise, and for the past 33 years had resided at Chapleau. She was a member of the Catholic Women's League and also of the Sacred Heart League. Surviving are her husband, three daughters and two sons: Mrs. P. Rasmussen, of Detroit, Mich.; Mrs. E. Eaton, of Dundas, Ont.; Neta, of Toronto; Wilfred, of London, Ont., and Ernest, of Chapleau. Four sister and three brothers also survive: Mrs. R. Seguin, of Timmins; Mrs. Clara McRae, of Winnipeg; Mrs. L. Laclac, of Swastika; Mrs. J. Burch, of Chapleau; Romaine Alary, of Toronto; Arthur Alary, of Sturgeon Falls; and Joseph Alary, of Larder Lake. Among those who attended the funeral from out of town were: Mrs. R. Levesque, of Callander; Mrs. L. Laclac, of Swastika; Mr. and Mrs. P. Rasmussen, of Detroit; Mrs. E. Eaton, of Dundas; Mrs. W. Hurlbise, of London, and Miss Neta Alary, of Toronto.

The Hamilton Spector points out that one thing that certainly doesn't go is new wine in old cars.

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- ACROSS**
- 1—Frozen dew
 - 5—A brass wind instrument
 - 8—To make amends for
 - 10—A cipher
 - 11—Exposed
 - 13—Habitual drunkard
 - 15—Travel by automobile
 - 17—A member of a lobby (U. S. pol. term)
 - 19—Letter C
 - 21—Little girl
 - 22—Celestial
 - 27—Ironworks city in Prussia
 - 28—A blockhead
 - 31—A plexus (anat.)
 - 33—Uncommon
 - 34—Buildings for hay and livestock
 - 36—Bulky and bluff
 - 37—A fall flower
 - 24—Letter N
 - 25—Behold!
 - 26—Stories of footed birds adventure
 - 29—Secure
 - 30—Raise
 - 32—Fourth note of the scale following
 - 34—Near Good Friday
 - 35—Symbol for radium
- DOWN**
- 1—Disconcert
 - 2—Rowing implements
 - 3—A bench for the feet
 - 4—Toward
 - 5—Exist
 - 6—Freely
 - 7—Puts forth energy
 - 9—Negative reply
 - 11—A youth
 - 12—A substance used on violin bows
 - 14—Sign of the infinitive mode
 - 15—Medicine
- FEDORA RICK**
A R A R A J E T I
M A R C H A S A T
O R E C O M P E L S
U S R O W E R A
S P A L I C E B
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