

IN THE REALM OF WOMAN TOLD IN TWILIGHT



THE PICNIC STANDBY

The everyday bread and butter sandwich becomes so unappetizing to the picnicer who loves this form of entertainment, that it is almost impossible to swallow. But there are combinations which are very good to taste, and can be prepared without much trouble.

Ham Or Tongue Sandwiches.

Ends of ham or tongue may be run through the chopper and minced very fine. To every cupful of meat add the yolks of two hard-boiled eggs, one tablespoonful melted butter, one teaspoonful lemon juice, one teaspoonful mustard, and one-fourth teaspoonful white pepper. Mix into a paste, and spread on thin slices of buttered bread and form into sandwiches.

Chicken Sandwiches.

Chop the chicken up fine, add to each cupful of chicken, one tablespoonful of chopped celery, one-half cupful of chopped almonds, and enough highly seasoned mayonnaise to make a paste that will spread nicely. Spread between slices of thin buttered bread.

Meat Sandwiches.

Even lamb or mutton the least attractive meats for sandwiches can be made piquant by the following treatment. To each cupful of meat add two hard-boiled eggs chopped, and enough salt, pepper and paprika to season right; then use enough mayonnaise, or melted butter to make of the right consistency. Spread on thin slices of bread that have been sprinkled with a little fresh mint, and form into sandwiches. They may be cut in fancy shapes if desired.

Nut Sandwiches.

Run through the chopper any meat you have on hand and an equal amount of pecan nuts, mix with the meat, season with salt, pepper, Worcestershire sauce and tomato catsup; then blend in enough melted butter or thick cream to make of the right consistency. Spread on slices of buttered bread.

Deviled Sandwiches.

Mix into a half pound of cream cheese worked to a paste, three hard-boiled eggs chopped fine, and a few chopped capers, season with salt, pepper, and a little mustard. Add mayonnaise and spread on buttered bread.

What Peggy Sees.

That the best dressed women are wearing black shoes and stockings. "That the 'Medical Times' says, 'To keep young you must keep spry.' That Oriental poppies seem unusually large and abundant this season. That wicker bird-cages with china birds inside seem the latest insanity. That a New York woman has patented a cover for ash carts; wish Rochester had some. That a white serge suit trimmed with fur looks and is hot, though it is modish. That a steam shovel on Chestnut street has ever a group of idle men watching it, never a woman. That black moire ties with little ornament of embroidered or brocaded silk are very fetching. That the new vegetable shop kept by a Greek is patronized only by the rich or poor, guess why. That the newest camisole has your coat of arms embroidered on the left side in colors. That Mme. von Klener says women do not cultivate their minds but waste strength running to clubs. That Miss Barker, 19, heiress to \$3,000,000, has received thousands of letters proposing marriage, yet 'tis said women are mercenary.

For The Thin Woman.

If you would grow plump eat lots of eggs, drink milk and put butter into and on everything which you can. Don't be afraid of a little fat meat now and then, eat cereals with cream and food made with milk, eggs and butter. Go to bed early and get full eight or nine hours' sleep every night and, above all, don't worry.

To Fatten the Face.

To fatten the face, whenever the opportunity offers, try blowing out the cheeks as you sometimes see little children do, holding them in this position for the space of a minute or so. Do this night and morning and several times during the day.

To Make the Cheeks Plump.

To treat the right cheek, place the thumb of the left hand just beyond the corner of the mouth of the left cheek as a brace. Make rotary movements upward and outward, beginning at the corner of the mouth and making the diverging lines of manipulation over the cheek. Then with the right hand treat the left cheek. In three months your face will show a decided improvement.

Hat Trimmings.

Ribbons are to play an important part in the trimming of hats, especially the tailored hats. These narrow ribbons are usually of grosgrain or faille. There is, too, a tendency to high lustre satin ribbons of a more obvious width, ornamented with fancy edge. This last described millinery ribbon is known as "Georgette ribbon." It is to be had in all the new shades.

Wide Moire Bows.

Wide moire bows are considered in good standing for a certain type of hat. With some of the quaint poke fashions for the summer velvet hairbands will be worn. Large buttons, covered with plaid silk, are used on the severe type of hat.

The Vogue of "Pressed" Flowers.

The vogue of "pressed" flowers is a pretty one, and one finds very flat flower effects laid within the brims of double veiling or chiffon, wired at the edge to keep them in position.

Little Girls' Gowns Will Be Just Like Grown-Up Ladies' Dresses.

There will not be much gingham worn this year, even in children's frocks. The manufacturers, however, have made many of the new cotton weaves into gingham patterns.

While the new loosely woven ratines will probably not wear as long as gingham, they are softer and prettier than standard material for children's school dresses.

Brown and yellow plaid ratine makes a smart school frock for a little girl eight to ten years old. The skirt is perfectly plain, somewhat gored at the belt, and the waist is cut in kimona shape, left open in front to show a white cotton duvetine waistcoat. The collar and cuffs are of handkerchief linen, hem-stitched.

Most children will wear the low-heeled "baby doll" slippers this summer, and white stockings will be worn to the exclusion of any other color.



Gored Skirts Coming Back.

Gored skirts are rapidly appearing. One of the latest models shown is cut like an umbrella, with eight or ten gores. The seams are joined by a cord and a cord finishes the scalloped edge at the bottom or the skirt. Each scallop is the width of the gore at the bottom. The many gored skirt recalls skirts, worn several years ago, and one wonders if this is a forerunner of the once popular organdie skirts which had from eleven to fifteen gores and with the aid of hair cloth were made to form a rounded effect resembling the pipes of an organ.

All-Night Service.

Boston Transcript. Bix—You used to walk in your sleep. Do you still do so? Dix—No. I take car fare to bed with me now.

To Have Wavy Hair Like Nature's Own

Here's a brand new recipe, of unquestioned merit, that I advise you to make note of, unless you are one of the few possessors of naturally wavy hair. It's very simple, for all you need do is to apply a little liquid hairbrush at night—with a clean tooth brush—and in the morning you will find this has dried in the sweetest curls and waves imaginable. They will be just like Nature's own, having no resemblance to the effect produced by hot iron, which is so obviously artificial.

The application is really beneficial to the hair and gives it that lively lustre so much desired. As it is easy to obtain a few ounces of the liquid hairbrush from your druggist—sufficient to keep the hair curly for many weeks—there's no reason now for putting up with either that straight contrary hair or with the curling iron nuisance.

—Marie Demarest in *Pilgrim Magazine*.

Measuring The Baby.

This question one may determine easily from day to day by means of the new baby measuring rod which every up-to-date mother should have in the nursery as a sort of ready reference. The rods are 2 1/2 inches wide and 5 feet long. On one side they are prettily handpainted, and on the reverse side they have marked a measuring scale, a weight scale, and a calendar months, days and weeks. Opposite these figures may be tabulated the baby's age, weight from week to week, and growth, so that a complete record of the baby's growth may be kept. The best time to measure the baby's weight is just before bedtime, when all the little garments are removed, for then the baby loves to stretch. Lay the child on the bed with the stick beside it, and hold the little legs out straight.

As if playing a game, and the trick is done. When a child sleeps, in assuming a comfortable position, it may curl up like a little kitten. To straighten the child would awaken it, so the other way is best. Nursery scales solve the weighing problem, and this is done after the morning bath, when baby is laid in the scale pan on a soft, flannel pad. This record, too, may be made on the rod every day or once a week.

What to Read at Home.

Many girls, when they are at home, are often at a loss to know what sort of books to read for improvement and amusement. There is such a large selection nowadays, that any girl can please her tastes, be they ever so fastidious.

Novel reading is an excellent thing for recreation, and also magazines and periodicals, but something more solid and instructive than such literature is needed by the serious-minded girl. Girls who wish to improve their minds and attend to mental culture should certainly peruse thoughtful books on science.

Biographies of famous men and women are often excellent books to read, and are extremely interesting, and much can be learnt from them. It is an excellent thing for every family to have a certain evening set aside for reading aloud.

For the Economical Woman.

Rag rugs, made of cotton wash well, are inexpensive and are often just the thing for the kitchen. Clippings from cloth garments made excellent fillings for cushions. They should be finely shredded. A square of good chocolate supplies more nourishment than some other foods many times its bulk.

Plain gold ornaments require frequent washing and polishing with a chamomile if they are to look their best. To test nutmegs pick them with a pin, and if they are good the oil will instantly spread around the puncture.

When cream is too thin to whip easily, place the dish containing the cream in a pan of cold water until it is thoroughly chilled, then put it into a pan of hot water, and it will whip without difficulty.

Doubted the Dealer.

Boston Transcript. Picture Dealer (showing a Raphael)—The painter died at thirty-eight. Mrs. Newrich—Why, I thought you said he was an old master.

GRAY HAIR

Dr. Treman's Natural Hair Restorative used as directed is guaranteed to restore gray hair to natural color or money refunded. Positively not a dye and non-injurious. For sale by T. H. Stewart, druggist, corner Princess and Montreal streets, Kingston. Price \$1.00 postpaid. Write Treman Supply Co., Dept. 26, W. Toronto.

(Continued from page 3.) Mrs. William Claxton, Union street, entertained on Tuesday afternoon in honor of her daughter-in-law Mrs. W. A. Claxton, who is her guest from Florida.

There will be a dance at the Yacht Club this evening. Miss M. Stenson, visiting Mrs. Richard Waldron, Barrie street, expects to return to Rochester, N.Y., on Friday.

Mrs. W. Steacy is visiting at Mrs. E. T. Steacy's Cottage on Wolfe Island. Mr. and Mrs. M. G. Johnston, 95 Frontenac street, have as their guests the father's father and mother, Rev. and Mrs. T. H. MacDonald, Rochester, N.Y., also her sisters Mrs. M. C. Lazier, Napanee, and Mrs. J. S. Johnston, Lindsay.

Mr. J. Farrano Pringle, and her three small sons, are spending the summer with Mr. and Mrs. Robert Pringle, Portland, Ont. Miss Mildred Horsey, visiting in Morrisburg was here last week the guest of Mrs. W. G. Anglin, and has now gone to Cressy, taking Miss Ruth Anglin with her up the river.

Mrs. James MacLennan, Toronto, is the guest of Mr. and Mrs. Wallace Jones, Sturgeon Point. Mrs. Fred Birkett and little Miss Vera Birkett, leave shortly to spend the summer at Echo Lodge, Ganouke.

Mr. and Mrs. Walter Boyd, Ottawa, arrived on Saturday to be the guests of Mr. and Mrs. Hiram Calvin, King street.

Miss Helen Stranck, Sydenham street, the guest of Mrs. James MacLennan, Toronto, left on Friday to visit Mrs. Roderick MacLennan, at Muskoka.

Mrs. Robert Rayson, University Avenue, has returned from Cressy, where she was visiting Mrs. Harlow Horsey.

Dr. and Mrs. Hatton, and their son, from the west Indies are in pension at "Avonmore," Mrs. Hatton and Miss Hatton, Peterboro, are also in town.

Mrs. Samuel Birch, and Miss Ada Birch, spending some time in Halifax returned on Monday, bringing Mrs. Stanley Graham and Master Billie with them.

Mrs. Frederick McParland and her two little sons leave to-day for Valcartier, and will sail later for England, when Capt. McParland leaves for overseas.

Mrs. H. A. Courteney, Duluth, is the guest of her mother Mrs. J. Gillespie, Princess street. She will also visit Mrs. W. A. Sawyer, University Avenue.

Miss Verma Wilmot, Vernon, B.C., is visiting Mrs. W. A. Sawyer, University Avenue. Mrs. W. H. Macnee and Miss Nora Macnee, Union street, left to-day for Little Melis, Que.

Miss Charles Short, King street, went to Halifax to-day to visit Col. and Mrs. Rutherford.

During hot weather the best shoe without question to wear is the white shoe. The white stocking, too, is ideal in every way as it is so easy to the feet, and betrays the slightest sign of dust or perspiration. The foot, in a well-fitting white stocking and shoe, a foot which has its daily bath, will struggle contentedly many miles or will wear up its quarters, if she must "stand and serve" all day without so much as one twinge or one little bit of soreness.

Next to the white the tan shoe and stocking is best, as the tan shoe is porous, it permits the foot to breathe, draw the foot, and yet will give good support. The tan stocking, too, possesses these same good qualities. Worst of all for hot weather is the patent leather shoe, and even a carefully-fitted patent leather pump will cause its wearer some hot quarters of an hour. The silk stocking, for all its beauty and luxury, is not the coolest thing in the world, yet the silk stocking is firmly enshrined in the heart of every girl. Silk stockings are very much better than they once were, as they are made more carefully than formerly, fit better and are in all ways more comfortable to the feet.

My only advice is to this effect, that a pair shall not be worn more than one day without washing, in the interest of both the stocking and the wearer. For it is a fact that foot perspiration, even just a little bit of it, plays hob with the fine silken fibre, and a stocking washed after each wearing will outwear those worn for several days at a time.

With the tips of the fingers massage the forehead from temple to temple with rotary motion, then slide down to the chin and work upward from the chin close to the side of the nose to the eyes. Slide down again each time a little further back, and repeat the movement until the entire face has been covered.

Next work under the eyes with the middle finger from the nose outward to the corners of the eyes. Remember that the movement should be rotary and always up and out toward the ears.

A good massage cream is made of express oil sweet almonds, 30 minims; fresh cucumber juice, one oz.; lanoline, four drams; oil of rose, four drops. Melt the oil and lanoline in a double boiler; remove from fire and stir in cucumber juice; before the mixture cools add the perfume; beat until cool.

You who desire to regain a youthful appearance will do well to make the acquaintance of the two simple, but valuable prescriptions here given. To make an effective wrinkle remover, mix an ounce of powdered sassafras and a half pint witch hazel. Bathe the face in the solution—immediately every wrinkle is affected. It acts wonderfully on sagging facial muscles; also, the lotion possessing remarkable astringent and tonic properties.

To get rid of an aged, faded, freckled or discolored complexion, but an ounce of common molasses wash as any drug store and apply nightly as you would cold cream, creating thin mornings with soap and water. This will slowly absorb the undesirable surface skin, revealing the younger, brighter, healthier skin underneath. There is nothing to equal this treatment as a facial rejuvenator.

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