

IN THE REALM OF WOMAN --- TOLD IN TWILIGHT



(Continued from Page 3.)

Mrs. Rankin Smith and little daughter, Margaret, Gore street, have returned after being the guests of Mrs. W. Watts.

M. R. O'Loughlin, member of the New York Stock Exchange, will arrive in town Saturday, to spend the week-end with his sister, Mrs. W. V. Beaman, Montreal street.

Miss Rose O'Connor has returned from Toronto.

Mr. and Mrs. Hobart Dyde, Johnson street, have returned from their trip to the Gulf of St. Lawrence.

Miss Elizabeth Hentig and Miss Kison returned to Boston, Mass., on Monday after spending the summer with Miss Hentig, Princess street.

Kerr Skinner will return to Cararaqui Lodge, Gannonque, tomorrow after a few days in Kingston and Napanee.

Miss Aileen Rogers, Earl street, has returned from a visit with her aunt, Mrs. Henry, Lachine.

Miss Mona Ferris, Toronto, is with Mrs. H. A. Betts, Albert street.

Mrs. John Segsworth and her three daughters Mrs. Simpson, Mrs. Glass and Miss Segsworth, Toronto, were the guests of Mrs. W. B. Dal-

ton, Johnson street, for the wedding yesterday.

Miss Freda Stothers went to Ottawa on Tuesday after a week's visit in the city.

Evans Box, in town for a week, left to-day for Carleton Place.

Miss Marjorie Thompson has returned from Brockville.

Mrs. (Capt.) Esford has gone to Brockville to visit her daughter, Mrs. George Thakala.

Miss Helen Darragh, King street, has left for New York to visit her sister, Mrs. (Dr.) John Hill.

Dr. Dennis Jordan, wife, and Miss Calvert left on Tuesday for Toronto after visiting Mrs. W. G. Jordan, Barrie street.

Mr. and Mrs. William Ballie, Barrie street, have returned from Montreal, where they spent almost three weeks with Mr. and Mrs. A. C. Johnston.

Mr. and Mrs. William W. Linton, Wellington street, left Tuesday on a holiday trip to Atlantic City.

Joseph E. Clark and his daughter, Mrs. James Elliott, left on Tuesday for Winnipeg after spending two months in the city.

bands and bands of woolen braid are all used.

WHAT FASHION ORDAINS

Pearl Ornaments.
Pearl ornaments may be elegantly polished by first rubbing the olive oil to remove the dirty appearance, then applying any red nail polish. This latter gives a burnished appearance, and with a little fast-rubbing the pearl takes on a brilliant glow.

White Over Black.
There is a great tendency to use white lace net or chiffon over black taffeta, satin and crepe de chine to create an evening gown. In fact, some of the newest lingerie gowns are of beautiful embroidery over black silk. By adding a slip of black material to your collection of pink, blue and white slips you will be able to transform the appearance of a dress in the twinkling of an eye.

Faced Ruffles On Skirts.
A very new note brought out on dresses copied after the nineteenth century period is the facing of the many ruffles which add to the beautiful lines of a gown. One dress of wood-green faille has six narrow but full ruffles around the bottom of the skirt. Each ruffle is faced with sand-colored silk. Wider ruffles outline the neck of the pointed bodice and edge the cuffs of the full sleeve. These are also lined with the contrasting color.

Pockets Held Firmly.
When stitching pockets on aprons and shirts or any other garment, that the pockets are stitched on, you will find that they will not rip off so easily if the stitching is begun about half an inch from the top and stitched upward, then turned downward. When you come to the other side, stitch downward the same distance as you stitched upward on the other side.

Bands On New Skirts.
Bands are an important item of trimming on the new skirts as well as on more elaborate gowns. Bias bands of the same material as the skirt, stitched bands of cloth, silk

Housewife's Timely Tips

A Meatless Diet.
Often for dietary reasons as well as expense the meat allowance must be cut down.

Substitutes which lend variety and possess the same energy producing qualities are the following: Whole wheat flour, dried beans, peas, lentils, peanuts, walnuts, pecans, peanut butter, oatmeal, cracked wheat, whole wheat, cheese, eggs, butter, cream, olive oil, milk, macaroni and rice. These are a few of the many foods which, singly or in combination, make a wholesome diet.

Dried fruits and nuts are valuable foods as well as the fresh fruits, which are indispensable in a well balanced diet.

Whole wheat, if soaked overnight, then cooked long and slowly, makes, with thin cream or rich milk, a meal of itself. Beans, peas and lentils should be soaked, then cooked in water and softened by a pinch of soda.

Rice Croquettes With Grated Cheese.—Cook a cupful of rice in two and a half cups of milk, with a teaspoonful of salt, until tender, adding more milk if needed. Season with two tablespoonsful of butter, a dash of paprika and mix with two beaten egg yolks, then chill. When cold and stiffened mold into cones, balls or cylinder forms, dip in crumbs, then in egg white and in crumbs again. Brown in hot fat and serve with grated cheese.

Cheese Sauce.—Take three tablespoonfuls of butter, add four of flour when the butter is bubbling hot, mix well, add a half teaspoonful of salt, a few dashes of paprika, one and a half cups of milk and a cupful of chopped cheese. Cook the sauce well before adding the cheese and serve as soon as it is melted.

Cheese-Savory.—Prepare some thin slices of toast. Cover each slice with one-half inch pieces of good flavored cheese. Lay in a baking pan and place an egg carefully in the center of each piece. Bake in a hot oven until the eggs are set. Season with salt and a dash of paprika on each.

Parsnip Croquettes.—These are especially well liked by those who are fond of parsnips. Cut the parsnips in halves and cook until tender, remove the skins and any tough portion and mash until perfectly smooth, and butter, pepper, salt and set aside to cool. When cool enough to handle mold into balls, dip in crumbs and egg, then crumbs again and fry a deep brown. Use as a garnish for a roast.

Some Pretty Ribbons.
Among the season's ribbons are pretty color, a pastel shade in pink and another in blue. These are in a heavy gros-grain ribbon, about an inch wide. A wider ribbon, in taffeta, is in a pattern of tiny blocks, of black and white, or a dark shade of color. A narrow white gros-grain ribbon has a heavy edge on each side in black. Another rather narrow ribbon is watered for half its width, the other half plain. These narrow fancy ribbons are much used in hat trimmings.

The Corsage Bouquet.
Small compact corsage bouquets, popular through the winter, are still seen, giving a dainty touch of color. They are made of tiny flowers and worn high on one side of the coat collar. The flowers are tightly massed and set in a rim of leaves.

Attractive Wraps.
Very dressy wraps for wear over formal frocks are of fabric classique, or of navy or taupe colored golden-rod satin, lined with black and white checkerboard pussy willow taffeta. The fashionable afternoon wrap is dark on the outer side, but linings are extremely gay.

Rules Of Fashion.
It is the irony of fashion that straw hats must be worn in winter and velvet hats in summer to keep up with the styles. It is undeniable that sheer gowns of summer and some of the new velvet hats are interesting for this reason. Big, floppy white felt hats with black velvet facings and crowns, more severe effects with white kid forming splendid contrast to the velvet, and white humpy hats with crowns and brim binding of black-hatters' plush are ultra new.

Polish With Ashes.
Take a small baking powder can, make a number of holes in the cover with a small nail, fill the can with sifted wood ashes and replace cover. Moisten a cloth with any good soap, sift some of the ashes on the cloth and polish aluminum ware and all kitchen utensils. Then wash in clear warm water.

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Drop Hermits.
Cream one-half cupful of butter; add one and one-half cupfuls of brown sugar and cream; now add two eggs; beat in one at a time until very light; stir three and one-half cupfuls of bread flour with two heaping teaspoonfuls of baking powder; add one-half teaspoonful of soda (scent) several times; alternate with one and one-half cupfuls of milk to first mixture. Flour two cupfuls of raisins (the seedless are best). Beat all together five minutes and drop on greased buttered biscuit tins and bake in hot oven until a nice brown. If butter is lightly salted put in a pinch of salt.

Russian Sauce.
Yolks of two eggs mixed with one teaspoonful of dry mustard, same amount of sugar and salt and a dash of cayenne pepper. When this is thoroughly mixed add one-half cupful of olive oil and either lemon juice or vinegar to taste. To this may be added one teaspoonful of chopped pines to and two of chili sauce. In making rub the inside of bowl with garlic or onion before making the dressing.

Eggs Virginia.
Butter a deep baking dish. Break in as many eggs as needed, allowing two for each person to be served. Season lightly with salt, cover with a thick layer of coarse breadcrumbs, dot thickly with tiny squares of bacon, sprinkle with a little finely minced parsley, add a light layer of the breadcrumbs, season very lightly with salt, dot with more bacon and bake in a moderate oven for ten minutes.

Woman's World

Beautiful Queen of the Italians Who Is Noted For Her Charities.



QUEEN HELENA.

Now that the kingdom of Italy has gone over to the allies it may be interesting to know something of the beautiful queen who sits upon the Italian throne with her husband, King Victor Emmanuel III.

Queen Helena is extremely interested in charities, especially in those charities which have for their object the relieving of the ills of children. She is lovingly called the "Babies' Queen" by her subjects.

Queen Helena is six feet one inch in height and is a splendid horsewoman and an all round athlete. King Victor Emmanuel is five feet three inches in

height, and when he and the Montenegrin princess were married she knelt upon a cushion to bring her beautiful dark head upon a level with that of her loyal lover.

The king and queen of Italy are the most mutually attached couple among the world's royalties, and at the same time the most democratic, often employing toward equals and inferiors alike a courtesy which surpasses any royal etiquette. When in Rome their private apartments are on the second floor of the Quirinal, looking toward the Barberian palace.

Although Queen Helena as a Montenegrin princess lived a comparatively humble and frugal existence at Cetinje the fall months she usually spent with wealthy relatives in St. Petersburg, while the winter found her with her sisters on the Riviera. She is a good housewife. She writes poetry and short stories and plays the violin by ear. Her demeanor in public is somewhat haughty in repose, but in speaking or in action the same graceful solicitude which has made her husband such a favorite is noticed in her.

Alone of all Italians, aristocratic Florentines still affect to dislike her, and speak of her as the "Barbarian Queen." But, then, these Florentines regard all people, with the exception of themselves and certain members of old Roman families, as barbarians.

However, this war may serve to unite more closely the entire Italian race, and even the aristocratic Florentine may be glad that upon the throne with Italy's king is a queen who, despite her Montenegrin birth, is by adoption all Italian, and who loves Italy so much that for years she has foregone the pleasure of visiting Montenegro to prove to her subjects that their queen is first, last and always loyal to her great trust.

A style feature in gloves which is rapidly increasing in importance is the two-tone embroidery effect which is shown in a variety of smart forms. The note of contrast, however, is ever present, both in the fabric novelties for summer and in the kid and lamb effects for fall. Sometimes it takes the form of contrasting goes with lacings; again it appears in an elaborate hem decoration.

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Women of Canada are demanding a perfect hair tonic, one that is daintily perfumed, that is not sticky or greasy, and that will make the hair grow profusely and give it a lustre that attracts admiration.

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Since the introduction of Parisian Sage into Canada druggists in every town are recommending Parisian Sage because they know that it will do exactly what the makers say it will do.

Besides being a hair grower and beautifier, Parisian Sage is rigidly guaranteed to stop itching scalp, to stop hair from falling, and to banish every trace of dandruff, or money back.

Parisian Sage causes the hair to grow strong, vigorous, and lustrous because it kills the dandruff germs that infect the hair roots, which is the basis of all scalp and hair diseases, and also because it furnishes natural nourishment to the weakened and run-down hair tubes.

Parisian Sage is sold by druggists everywhere for only 50 cents a large bottle. It is fully guaranteed.

For sores, pains, rheumatism, etc., try Parisian Mustard Ointment. Its effect is wonderful. Use in place of mustard plasters, poultices or hot applications. Will not blister. 25c. a tube.



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13 cents, 2 for 25 cents in the Kellogg WAXTITE package, which keeps the fresh, good flavor in—and all other flavors out.



THE WAR'S EFFECT ON BRITISH FASHIONS. The photograph shows a woman with a hat modeled after naval design and known as the Jellicoe hat, in honor of the famous admiral, worn in combination with a military cape.