

Told in the Twilight --- In the Realm of Woman



versity, left to-day for his home in Stamford, Conn.

Miss Agnes Maude Machar, Kingston, was one of the guests at the luncheon at the Chateau Laurier on Wednesday to the Marshness of Aberdeen.

Miss Anita Sutherland and Miss Muriel Metcalfe, Princess street, have returned from a visit with friends in Ottawa over the week-end.

Mrs. W. McIntyre is in England visiting her husband, Sergt-Major McIntyre, W.O., R.C.H.A.

Dr. John Fitzsimmons has gone to Rockport to visit his parents. He will soon join the Overseas Medical Corps.

Miss Hilda Laird, Johnson street, is the guest of Mrs. Frank Yeigh, Toronto.

Mrs. Bourne, Penetanguishene, is in town to attend a family gathering.

The engagement is announced of Lillian May, daughter of Mr. and Mrs. A. Matthews, to James Elmer De La Plante, son of Mr. and Mrs. L. A. De La Plante, Toronto, the marriage to take place quietly on May 17th.

The engagement is announced of Bessie Belle, second daughter of Mr. and Mrs. J. D. Wercely, Cornwall, to T. Stanley Mills, B.A., B.Sc., D.L.S., Ottawa, son of Mr. and Mrs. Thomas Mills, of Kingston. The marriage will take place very quietly the end of May.

Mrs. and Mrs. Benjamin Chapman, Brockville, announce the engagement of their youngest daughter, Geraldine S. S., to Captain the Rev. H. L. Nicholson, B.A., chaplain to the 198th Battalion, Toronto. The marriage will take place very quietly the end of May.

Mrs. E. J. Bidwell, King street, returned this week-end in Toronto. Miss Molly and Miss Nan Saunders, Alice street, left on Friday for a few days' visit in Toronto.

Mrs. E. V. Leslie, of Weyburn, Sask., is the guest of her mother, Mrs. Frederic Brownfield, Wellington street.

Miss Nora Martin, Clergy street, is spending the week-end in Toronto with her brother, Arthur Martin.

Prof. F. B. Millet, of Queen's Uni-

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Mrs. Hare, formerly Miss Wrenshall, of Kingston, held her first reception since her marriage at her home in St. Anne's Road, Toronto, when she was wearing her wedding gown of Ivory crepe de Chine and a corsage bouquet of Killarney roses. Her sister, Miss Wrenshall, received with her in the drawing-room, which was pretty with pink roses, snapdragon and fern. In the tea room the decorations were Richmond roses in a silver basket on the tea table. Mrs. Wallace Anderson and Mrs. George Young presided, assisted by Mrs. Edward Qua, Misses Wrenshall, Miss Phyllis Lount and Little Miss Frances Qua.

Miss Muriel Shortt painted the place cards which were used on the table of honor at the luncheon at the Chateau Laurier at the Marshness of Aberdeen and the members of the executive of the National Council of Women. There are dainty Dutch windmills on the cards painted in two shades of blue, the colors of the National Council.

Mrs. A. P. Christmas and Miss Mar-



Thorough mixing is what makes cake delicate and tender

Lantic Sugar

makes the best cake because it creams quickly and thoroughly with the butter which is the hardest part of the mixing. Its purity and extra "fine" granulation make it dissolve at once.

2 and 5-lb. Cartons
10 and 20-lb. Bags
"The All-Purpose Sugar"

The Real Secret of Rejuvenating the Face

She holds the true secret of facial rejuvenation who has learned how to remove the dead skin particles as fast as they appear. It's a secret anyone may possess. The aged, faded, or discolored surface skin may be gradually absorbed, in an entirely safe and rational manner, by the nightly application of ordinary mercurized wax. Within a week or two the underlying skin, youthful and beautiful to behold, has taken the place of the discarded cuticle. So little of the old skin is absorbed each day there's no inconvenience at all and no one suspects you are putting anything on your face. The mercurized wax, procurable at any drugstore (the mercurized is sufficient), is applied like cold cream. In the morning it is erased with soap and water. It's the best thing known for freckles, blackheads, pimples, moth patches, liver spots and fine surface wrinkles. For the deeper wrinkles, an excellent recipe is: Powdered azaxolite, 1 oz., dissolved in 1/2 pt. witch hazel. Bathing the face in the solution produces quick and wonderful results.



THE BOLERO AGAIN.

A pretty suit of navy blue serge is sketched above, and introduces the old-fashioned bolero jacket effect. This, which is braided in loops, opens over a dainty vest of white silk closing with fancy buttons. The skirt is gored and very wide at the bottom and trimmed on either side of the front breadth with the same braid trimming which ornaments the coat, producing the effect of pockets. The sleeve carries out the Spanish effect in its flare over the hand, and is also braided and trimmed with a row of buttons.

ACTIVITIES OF WOMEN

England has a woman's cricket league.

There are eighteen woman cranberry growers in the United States. The Red Cross Society was organized in the United States in 1884.

Women may soon be admitted to the council of state in Norway.

Of the 5,864,492 farmers in the United States, 255,793 are women.

It is unlawful even to treat your wife in a public bar in England.

Women dockers have been introduced along the Mersey river in England.

Lady Bathurst is at the head of one of London's foremost newspapers.

Women in Denmark, Finland and Sweden outnumber the men by over 300,000.

Nearly 200,000 women are now being employed in the British munitions factories.

Eleven per cent. of the farmers in Pennsylvania employ female help in their homes.

There are thousands of women in the United States who play competitive golf and tennis.

The average weekly earnings of women in industries in the United States is \$5.24.

A minimum wage of \$6 per week is paid the clerks in the departmental stores in Oregon.

In Russia the wife is always ad-

Sleepytime Tales

MARY'S MONKEY GUEST

Once upon a time the children ran to the porch to see, coming up the street, a hand organ man and a monkey perched on top of the organ. The monkey was standing on his hind legs and was taking off his cap to all who spoke to him.

At last he reached the porch where the children were gathered, the man unwound the string to which the monkey was fastened, and he climbing up the pillar and sat on the railing of the porch, lifting his hat and chattering away as loud as he could.

Mary was a little afraid at first for she had never seen a monkey before and when it took hold of her hand to shake it, Mary drew back and began to cry. The children gave it cakes and crackers and when it had eaten all it could, it filled its pockets with what was left. After the monkey had gone Mary talked of

"Low Cost of Living" Menu

Menu for Sunday

BREAKFAST
Sliced Pineapple
Broiled Kidneys
French Fried Potatoes
Toast Coffee

DINNER
Potato Soup
Boiled Tongue
Washed Potatoes
Baked Turnips
Artichoke Salad
Ice Cream with Pineapple

SUPPER
Oyster Sandwiches
Potato Salad
Ginger Cookies Cocoa

BREAKFAST
Broiled Kidneys—Cut into thin slices. Sprinkle on both sides with salt, pepper and grated lemon peel. Dip in beaten egg and cracker dust. Broil over a moderate fire.

DINNER
Potato Soup—Boil and mash two large potatoes. Add two cups of milk and one cup of water. Boil five minutes and thicken with a tablespoon of dissolved flour. Cook

Menu for Monday

BREAKFAST
Steamed Rhubarb
Pommed Eggs in Milk
Waffles Coffee

LUNCHEON
Toast Pickles
Plum Tarts Tea

DINNER
Cream of Carrot Soup
Cold Slices in Milk
Potatoes Creamed Turnips
Cabbage Salad
Lemon Jelly

BREAKFAST
Poached Eggs—Place in a frying pan a cup and a half of milk. When boiling add the required number of eggs have set. Have ready thin slices of toast, place an egg on each piece and pour over the hot milk.

LUNCHEON
Plum Tarts—Mix two cups of flour, a tablespoon of sugar, half a teaspoon of salt and cut into this three-quarters of a cup of butter. Then add the yolks of two eggs and just enough water to make a soft dough. Chill thoroughly, roll very

dressed by her maiden name instead of that of her husband.

The London & North-western Railway Company of England is engaging girls as engine cleaners.

The auxiliary service of the French army is now employing women where they can be used to an advantage.

Eight hundred high school girls in Baltimore have taken a pledge never again to wear feathers in their hats.

Mme. Makarenko, the Russian prima donna, was the youngest prima donna in her country when she made her debut.

Mrs. Hannah D. Long, who has just begun her duties as policewoman in

Roasting Beef.

The various cuts of beef differ in tenderness, flavor and cost according to the part of the animal from which they are taken. The nutritive value of all cuts is practically the same.

Much money is wasted by the improper cooking of the high priced cuts. Since rib portions (prime roasts) cost more simply because they have more highly flavored juice and are more tender, they should be so cooked as to retain as much of their juice as possible. As cooking for tenderness is not necessary, the only other requirement is the development of the proper color.

Heat a pan or roaster and place the meat in it, turning, until all cut surfaces are well seared. Do not use a covered roaster. The searing makes a coat or crust on the outside which prevents the escape of the juices. The meat is literally "cooked in its own juices." It the roast is placed, properly the melted fat will run down one side and baste the meat sufficiently. The degree of cooking depends upon personal taste. No water need be used. When water is used or a cover placed on the pan the resulting steam will break the seal and allow the juices to exude.



Anxious forethought

The decision as what to give Baby if he is denied his natural food rests chiefly on one point. The alternative nourishment must correspond as closely as possible with healthy human milk.

Cows milk diluted with water and modified under disadvantages in the home does not provide a satisfactory food. Further—cows milk as usually distributed is infected with germs; a grave danger to Baby. The quality of cows milk varies—a serious drawback. In the spring it is subject to changes, and in the summer it is a cause of infant mortality.

Careful tests of the milk values; the necessary modifying, the making up of deficient cream and milk sugar to ensure

Uniformity of Nourishment and Complete Digestibility

are more than can be managed in the home. All these steps are carried out with expert skill in the manufacture of the 'Allenburys' Foods.

The Milk Food No. 1—identical in composition with maternal milk, pure and germ free, is the ideal food for the youngest baby. Made immediately by adding hot boiled water only.

Having decided what Baby's food shall be at first, one naturally looks forward. Experience has proved that for the hand-fed baby a progressive system of dietry is advisable.

The Allenburys Foods

The only complete progressive dietary.

With every package there are full instructions as to the preparation of the foods, and full details of the Milk Food No. 2 & Malted Food No. 3.

We should be pleased to send you a copy of our helpful booklet—Infant Feeding and Management on receipt of a postal card.

The Allen & Hanburys Co. Limited, Toronto.

SIFTO FREE RUNNING SALT

Will never cause you or your guests embarrassment by obstinately refusing to leave the shaker. Sifto Salt—of snowy purity—remains dry and free-running in any climate, in any weather.

Try "Sifto" Salt. Put up in sanitary, damp-proof and dust-proof cartons. At all good grocers.

One of the famous Century Salt family. Prepared by The Dominion Salt Co., Limited, Sarnia.



McCormick's Sodas

So good that butter seems unnecessary.

Crackers and milk! "My goodness," you say, "it's a long time since I have enjoyed anything like that." But of course you remember how good it used to taste—the crisp, crackly bits of golden-brown biscuit floating in a bowl of sweet country milk. And it was nourishing. Children thrive and have always thrived on it, because it is a natural pure food.

What is good for wee folk will, as a rule, be found good for grown-ups, too. The condition of scrupulous cleanliness under which these biscuits are baked corresponds in effect to the cleanliness of your home kitchen.

THE McCORMICK MANUFACTURING CO., LIMITED
General Offices and Factory: London, Canada. Branch Warehouses: Montreal, Ottawa, Hamilton, Kingston, Winnipeg, Calgary, Port Arthur, St. John, N.B.
Makers also of McCormick's Fancy Biscuits

Thus the special value of the high priced cut is lost. Salt should not be added at first, as it tends to draw out the juices. Persons who enjoy the delicate flavor of meat prefer to season it on serving.

The above method of cooking gives a very juicy roast. On carving the juice will "follow the knife." When water is used or a covered roaster a dry meat results—as practically all of the juice is thus extracted.—May C. McDonald, in the Iowa Homestead.

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