

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



(Continued from page 7.)  
The first of the summer teas was held at the Country Club to-day, and will be held every Saturday during June and the first week in July.

Rev. E. B. and Mrs. Lancelley announce the engagement of their daughter, Kathleen, to Ewart Cecil Roberts, only son of Mr. and Mrs. Edward Roberts, Toronto. The wedding will take place in Howard Park Methodist Church, Toronto, the latter part of June.

Mr. and Mrs. J. T. Greenwood, Toronto, announce the engagement of their elder daughter, Emily Elva, to Melville Alfred Kemp, B.Sc., of Queen's University, and son of Mr. and Mrs. A. E. Kemp, Ottawa. The wedding will take place in July.

Miss Marjorie Campbell, of New York, is the guest of her parents, Mr. and Mrs. J. M. Campbell, Emily street.

Mrs. Brook Graham, who has been the guest of Mr. and Mrs. Colin Graham in Vancouver, B.C., returned home on Thursday.

Miss Margaret Murray, Frontenac street, left for Toronto on Thursday to visit her aunt, Mrs. Peterson.

Mr. and Mrs. Herbert Horsey and Miss Mildred Horsey left on Thursday to spend a few days in Pictou before going to their summer home at Cresay.

Capt. Hamilton is spending this week at his home in Peterboro.

Mr. and Mrs. Harold Hughes and their children left yesterday for Colons Bay, where they will spend the summer. Miss Edna Booth and Miss Marjorie Booth accompanied them to spend part of the summer.

Mrs. A. S. Brooks, Earl street, is spending this week with friends in Sydney.

Mrs. Watts and her little son Fred, of Aylmer, are the guests of Mrs. Charles A. Low, West street.

Mrs. Walter H. Macnee, Union street, is leaving the first of the week for Quebec to meet her son, Lieut. Walter K. Macnee.

Mrs. D. M. Fraser, Union street, will go to Toronto on Monday to see her daughter, Miss Margot Fraser, who is in training at the Toronto General Hospital.

On Tuesday evening, Miss Emma Gwatkin, Alfred street, entertained a few friends at a chintilly china shower in honor of Miss Edna Lake, the bride of next week.

Those present were the Misses Holter, D. Smallridge, L. McQuham, P. Richards, M. Montgomery, G. Stafford, J. Milne, E. Edgar, E. Lake, Mrs. G. Joyner, Mrs. V. Gedye, Mrs. R. H. Ward, Mrs. C. S. Creer and Mrs. T. Suddaby.

Mr. and Mrs. Edwin Redfern announce the engagement of their eldest daughter, Wilma Beatrice, to William Harold Rees, youngest son of Mrs. George Rees, Front Road, the marriage to take place in June.

leather soft and pliable enough to slip over the foot.

Other Nations' Footwear  
The moccasins of Indians are an ancient form of footwear, ideal for life in a wilderness, and their style is the same today as it always has been.

They were cut and embroidered in beads and grasses in many different patterns, which varied with the tribe that made them.

Many of the first shoes were crude, having leather uppers and heavy wooden soles. In the fourteenth century, patterns occupied the place of the modern rubbers or goshaws.

They were made of aspen wood, so as to be light, and had clumsy springs in the heel to fasten them to the inner shoes as their owners clattered along the streets, raised by iron rings above the mud.

In 1388, the Duke of Anjou introduced Polish shoes into England. They were fastened on by elaborate cords of silver, gold and silk, so shaped that they gave great width across the toes; the dandified duke wore them to dance in.

In the reign of Henry VIII, shoes became very large, so that in the reign of Queen Mary, parliament passed a law limiting them to six inches across the top of the toes.

In Queen Elizabeth's time slippers made their appearance in England, and rassettes were first worn. It was at this time that the high boot, laced on the side, came into prominence; it was called the "startup." This is

the type of shoe that is much worn on the streets today, though there is no history telling us where its sister shoe, laced up the back, originated. During the reign of William and Mary, shoe buckles of silver and gold appeared in England. In the early part of the eighteenth century, high heels and silk-lined shoes were introduced into France and later into England. Women of those days had to learn to keep their balance, after years of shuffling along on pattens.

**Military Boots**  
In the days of armor, military boots were big, specially designed to support the elaborate spurs which every warrior had to win by some brave deed.

In the sixteenth and seventeenth centuries, the fashion of wearing chopines originated in Turkey and extended to Italy. These are still worn in Cairo. They were very elaborate, made of fine wood inlaid with ivory and mother-of-pearl, and were from 5 to 18 inches high, according to the rank of the wearer. The foot was strapped securely to them.

**RHUBARB'S BACK AGAIN**  
Rhubarb is again arrayed among the everyday food supplies. Those of us who like it are decidedly glad, for there is hardly anything that returns year after year with such unspoiled freshness of taste as rhubarb.

Today, of course, it is as "sauce" that rhubarb is primarily used. There was a time, in the reign of Queen Elizabeth, when the leaves of rhubarb were considered better than spinach or best greens. In those days the stalk was discarded.

Things are reversed now, and we stew the stalk and make it into refreshing and tempting "sauce." One way to do this is to cut the stalks into inch lengths and put them in a double boiler with a very little water. When tender add sugar and stir it carefully.

Another way to stew rhubarb is to cut the stalks into one-inch pieces and to plunge these into boiling water. Leave them there, boiling, and when tender, but before they have softened enough to lose their shape, drain and sprinkle with sugar and the grated rind of lemon. Chill and serve with cream.

Rhubarb pudding is made in this way. Butter a baking dish and in the bottom put three slices of bread which have been dipped in hot water. Fill the dish with rhubarb stalks, cut into small pieces, and generously sprinkle with sugar and the grated rind of lemon. Sprinkle the top with bread crumbs and sugar and bits of butter and bake until brown.

Rhubarb tarts are delicious when made like this: Cut rhubarb enough to measure three cupfuls into small pieces and mix with the juice and grated rind of a lemon, tablespoonful of water, cupful of sugar and stew gently until tender. Bake good pie paste in muffin tins and cool these tart shells. When the rhubarb is cool, fill the shells and cover with



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## EVOLUTION OF SHOES SHOWS MANY CHANGES.

### Throughout History Nations Have Continually Changed Style of Footgear.

How would you like to live in a country where shoes can never be old-fashioned? There are peoples whose shoes have not changed in style for centuries. The Japanese, Chinese, Turks, Arabs and Indians, for instance look with wonder and derision at our sudden leaps from one style to another and question whether we have the right to call ourselves civilized. They, too, would change were there any good reason, but they will not do it merely for the sake of changing.

In China a new style in women's shoes has recently become necessary. The ancient custom of binding having been abolished, the natural feet now demand larger shoes.

The first shoes were sandals, designed merely to protect the soles of the feet from stones and thorns; they were strapped over the instep and between the toes. The ancients wore these sandals and mothers of today have begun to realize how much more comfortable their children's feet are in such foot-gear than in the clumsy boots that have been so long worn.

From the sandal grew the buskin, when the Moors in Spain discovered the art of tanning certain skins into

## Sleepytime Tales

### THE FAIRIES' PEARL FESTIVAL

Once upon a time, the fairies met to talk about their festival, for you know every year after the cold weather has gone and the warm rains and sun come, the fairies all gather and celebrate the return of summer.

When the warm rains come they gather the drops very carefully on leaves and piles of moss and carry them away to dry. They watch them closely and turn each drop each day for as they dry in the sun they shine and sparkle and in a few days become fairy water pearls. Then the little people go to their friends the spiders and get long silk threads with which to string the pearls.

For days they are busy working as fast as they can, making long beautiful necklaces with the pearls. Their friends, the grasshoppers, the beetles and the spiders are busy too, cleaning a strip of grass for the fairies to dance on and getting all kinds of good things to eat.

The crickets, too, are all busy practicing, for they are expected to sing and the beetles are prepared to furnish the music for the dancers.

At last the night arrives and each fairy attends all covered with the beautiful water pearls which shine and twinkle as they dance and skip about, each looking more beautiful than the other.

When it is time to go home they take off their pearls and drop them in the lake and there they stay until some human being finds them.

## "Low Cost of Living" Menu

### Menu for Sunday

**BREAKFAST**  
Orange Juice  
Eggs a la Turk  
French Fried Potatoes  
Toast - Coffee

**DINNER**  
Roast Pot Chicken  
New Potatoes, Asparagus Souffle  
Watercress Salad,  
Frozen Apricots

**SUPPER**  
Vegetable Salad  
Sausin Sandwich  
Crispers Cold Staw Tea

**BREAKFAST.**  
Eggs a la Turc—Prepare scrambled eggs and pour over six slices of toasted bread. Put one tablespoon of tomato puree on each piece, and in the centre of the puree put one half teaspoon of chicken livers sauteed in bacon fat.

**DINNER.**  
Roast Pot Chicken—Prepare a fowl as for roasting. Into a kettle put a small tablespoon each of lard and butter. When smoking hot put in the chicken and brown nicely. Then cover closely so no steam escapes and cook slowly

ly two hours. It may be necessary to add a little water but only enough to keep the bird from burning. Remove chicken, add water and flour and make gravy.

**Asparagus Souffle**—Boil two bunches of asparagus tips until tender, drain and rub them through a sieve, add four well beaten eggs, and a gill of cream, with pepper and salt. Beat it well, put in a buttered souffle dish and bake ten minutes.

**Frozen Apricots**—Use one can of apricots, two cups of granulated sugar and one pint of cream. Cut up the apricots and add sugar and one quart of water. Let stand one hour. Mix well to thoroughly dissolve the sugar, half freeze and add whipped cream. Pack and let stand an hour and a half or until firm.

**Vegetable Salad**—Slice in a dish three new onions, three tomatoes, and sliced cucumber, two cold potatoes, and a bunch of watercress. Pour over a French dressing.

**Raisin Sandwiches**—Cut very thin slices of bread, the merest shavings. Spread with seeded raisins which have been soaked in the best brandy

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