

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



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"

For Baby Allenburg's Foods

a pure, complete Progressive Dietary the right food step by step

- MILK FOOD - No. 1 From birth to 3 months
- MILK FOOD - No. 2 From 3 to 6 months
- MALTED FOOD No. 3 From 6 months onwards

Carefully follow the simple directions on each tin. Baby's health is assured and he will develop firm flesh and strong bone.

Youthful, Beautiful Skin Easy to Have

You may be as healthy as a bird in the air and still have a poor complexion. Changing seasons and temperatures, winds, dust and dirt, are apt to injure any skin, even though the general health be good. When these external influences spoil the complexion, the natural thing is to remove the spoil by external means. Ordinary mercerized wax will do this. It will actually absorb the weather-soiled film-skin, a little each day. In a week or two you'll have a brand new complexion, a new skin. The exquisitely beautiful and youthful complexion thus acquired, comes so easily, without harm or discomfort, there's no reason why any woman should not adopt this simple treatment. Get an ounce of mercerized wax at any drug store. Apply nightly like cold cream, washing it off mornings. This will not fail in any case.

To quickly remove wrinkles, signs of care and age, bathe the face occasionally in a solution of powdered salolite, 1 oz., dissolved in 1-2 pt. witch hazel. The results will surprise you.

Two in One

PERHAPS you would find a 5-cent cake of Ivory Soap too large for toilet use. But the cake is so shaped that it can be cut in two with a string. You can use half in the bathroom; half for other things.

5 CENTS
IVORY SOAP 99 44/100% PURE
IT FLOATS

Procter & Gamble Factories in Hamilton, Canada



(Continued from page 7.)

The Misses Muckleston, Union street, entertained at the tea hour on Wednesday in honor of Mrs. Elliott, of Port Hope, and Mrs. Davidson, of Peterborough, who are staying in Kingston while their husbands are in camp at Barriefield. Miss Goinz, Miss Ethelwys Mowat and Miss Jessie Smith assisted the hostesses with the tea, and among those present were: Mrs. Buxton Smith, Mrs. Robert Taylor, Mrs. Sanford Calvin, Miss Lilla Callaghan, Mrs. Jeremy Taylor, Mrs. Loucks, Mrs. A. B. Klugh, Mrs. Noble, the Misses Lyman and Miss Macaulay.

A Dutch luncheon was given at the Country Club on Wednesday when covers were laid for twelve, the guests including Miss Wilhelmina Gordon, Miss Hilda Hague, Miss Eva Richardson, Miss Mabel Richardson, Miss Bessie Sanderson, Miss Mamie Garrett, Miss Mamie Anglin, Miss Lillian Kent, Miss May Rogers, Miss Phyllis Knight and Miss Marion Leslie.

The Frontenac Chapter of the Daughters of the Empire are making arrangements for a garden party to be held at "Alwington" on Thursday next.

Mrs. Wilkinson and Mrs. Gill, Brockville, have rented Mrs. John Carson's cottage at Dead Man's Bay

for the summer to be near their husbands, Col. Wilkinson and Major Gill, of the 156th Battalion.

Mr. and Mrs. Gordon J. Smith were in town for a couple of days this week on their way to Halifax.

Miss Mildred McQuade, Ordnance street, is on a visit to friends in Watertown, N.Y.

Mrs. W. G. Bailey, 285 Alfred street, spent a few days at Brockville the guest of Mrs. George McQuade.

Miss Frances Goinz has returned from Niagara Falls and is at 126 Union Street West.

Miss Jessie Dickson, who is in training at the Toronto General Hospital, is expected in town next week to spend her holidays with her mother, Mrs. C. T. Dickson.

Miss Marjorie Pense, West street, who has been visiting Mrs. Fane Sewell in Toronto, came home on Wednesday for a couple of days and left yesterday to spend the summer with Mrs. Matland Hannaford in Montreal.

Mrs. Elliott, Port Hope, is en pension at "The Avonmore" while her husband, Captain the Rev. Mr. Elliott, is at Barriefield camp.

Mrs. Douglas Anglin left on Thursday for Petawawa, where she and Mrs. Langley and Mrs. N. Lawson have taken a house for the summer.

"Low Cost of Living" Menu

Menu for Sunday

BREAKFAST
Currant Popovers
Flemish Liver on Toast Rings
Baked Potatoes
Coffee

DINNER
Roast Veal
Potato Pie Neapolitan
Spaghetti, French Salad
Coffee, Ice Cream
Marshmallow Sauce

SUPPER
Lobster Newburg Mustard
Cheese Crackers, Nut Sandwiches, Fig Delight
Lady Fingers

BREAKFAST

Flemish Liver—Cut the liver in pieces about two inches square, cover with boiling water and let stand ten minutes. Drain, add one tablespoon of butter, three tablespoons of boiling water, a teaspoon of chili sauce, a pinch of mustard, and pour over pieces of toast cut with large biscuit cutter.

Currant Popovers—Mix one cup of milk, a cup of flour, two eggs, and a tablespoon of currants. Bake in gem pans in a hot oven twenty minutes.

DINNER

French Salad—Stew gently in their own liquor a small can of French peas. When they have absorbed all their liquor remove from the fire and let cool. Chop half a

pound of English walnuts, mix with the peas, salt to taste, and pour over a cup of mayonnaise dressing.

Neapolitan Spaghetti—Boil twenty minutes in salted water half a package of spaghetti which has been broken in half. Drain, add two cups of tomatoes boiled, strained, and thickened with a little dissolved flour, and half a cup of broken cheese. Boil until the cheese is melted.

Coffee Ice Cream—Boil two cups of milk with half a cup of dry coffee. Strain into three beaten eggs and a cup of sugar. Return to the fire and boil until thick. Add two cups of cream and freeze. For the sauce boil ten minutes one cup of sugar with a quarter of a cup of water and add a quarter of a pound of marshmallows cut in halves. Cool and pour over the cream.

SUPPER

Lobster Newburg—Mix half a pint of cream, half a cup of sherry, the same of butter, three eggs, salt, white pepper and a little cayenne to taste. Let the cream come to a boil and then stir in the well beaten eggs. Season and add the sherry. Cut the lobster in small pieces and drop into the sauce. Let all come to a boil and serve hot.

Fig Delight—Stuff figs with chopped salted almonds. Put two table spoons of lemon juice and one-half cup of wine in chafing dish. When heated add figs, cover and simmer until tender, turning and basting often.

Sleepytime Tales

How Tip Came Back to Baby John

Once upon a time TIP, the Squirrel, you remember went from his nice home with Baby John to the country to see his friends. He staid with them quite a long time and enjoyed Sleepytime tales

long branches and chase each other around or to play tag with the little squirrels. But one day he woke in the morning and felt very lonesome and nothing seemed to suit him all of the day. When it came night he remembered how he used to see Baby John get ready for bed and how, just before he got into bed, he would always throw a kiss to his pet Tip.

Then Tip knew he wanted to be back in his home and see the baby and all of his city cousins that lived in the sunny house in the parks. So early the next morning, before any of the others were up, Tip crept out of home and started for the city. He ran along the fences and stopped to get a drink of water and thought what fun it would be to surprise them all. After a while poor Tip grew tired and dusty and the city seemed very far away, but still he ran along and hoped he would get there soon, for his feet were getting sore and he was tired too.

Pretty soon it began to grow hot and he ran under a rock to see if he couldn't find a cool place. While he was there a man came along in an automobile and stopped by the road.

Tip popped his head out and looked at him. The man looked at Tip a minute and then said, "I do believe that is Baby John's pet Tip and he began to call, "Tip, Tip, come here you rascal!"

Just the minute Tip heard his voice he knew who it was and came running up as fast as he could, hopped up on the auto and scrambled into the back seat where he always sat when Nurse took Baby John out to the park.

When they reached home and Baby John saw Tip he was so pleased that he wouldn't go to sleep that night until they put Tip's cage in his room. Tip says he is never, never going to leave his nice home again but will stay always with Baby John.

GIRLS, HERE'S THE LATEST THING IN SUMMER FOOT-WEAR.



Fashion has decreed that the conventional heavy white shoe worn during the summer season shall give way to the natty linen shoe, light in weight and attractive in appearance. This pair is of green linen and tips of flowered cretonne, and is the latest innovation in the sport shoe line.

ACTIVITIES OF WOMEN

Porto Rican Women have been refused suffrage.

Girls are now being employed as messengers in Canada.

Two women are promoting athletics at Sing Sing prison.

Women suffer far less from self-consciousness than men.

Queen Elizabeth of Belgium has been decorated with the war cross of the French government.

Mrs. H. L. Garland of Opelousas, La., has been a servant in one family for 63 years.

Women members of the Chippewyan Indian tribe can carry or haul as much as two men.

More than 7,000,000 women are now employed in the trades and professions in Great Britain.

English women are being urged to take up farming in that country so that the crops can be saved.

Many Irish women now act as master of house so as to keep up their popular sports in that country.

Mrs. George Swain, who celebrated her 100th birthday on May 23d, was the first school teacher in Madison, Wisconsin.

Female munition workers in France now number 109,300, of whom 26,293 are employed in state factories.

Mrs. Charles O. Bell of Denver,

who recently celebrated her 66th birthday, is the largest dahlias grower in Colorado.

Eight girls acted as lifeguards during the graduating exercises of the Salvation Army at Coney Island last month.

Miss Lenore Cawker, Milwaukee's millionaire dog-catcher, has asked that her salary of \$500 a year be increased to \$1,200.

Mrs. Emma Wernitz and Mrs. Clara Lehr, who have reached the age of 82, are the eldest twins in the state of Pennsylvania.

The 29,000 women and girls in the Troy, (N.Y.) collar factories, have been granted an increase in pay of ten per cent.

Miss Helen Swedblom operates an automobile bus between Hoquiam and Humtulus, Ore., making one round trip each day of 54 miles.

Legislators in the house of delegates of Virginia have, for the third time, put their thumbs down on higher education for women.

Seventeen women from eight states and one from Smyrna, Turkey, were graduated from the Women's Medical college of Philadelphia last month.

Lady Lugard, who is at the head of the committee for providing homes for the Belgian refugees in England, is a journalist and explorer.

Philippine women of the better class wear slippers, but no stockings, trailing skirts of wide circumference and waists of transparent fabric, with wide stiff starched sleeves that stand out like wings of a butterfly.



There probably isn't a kitchen in the land that's quite so clean as McCormick's new model bakery. Everything about the "house"—ingredients, pans, ovens, employees—are so scrupulously clean that, as the saying is, one could almost eat off the floor.

No wonder then that McCormick's Jersey Cream Sodas taste so good; they're good because they're pure and cleanly made; their dainty, wholesome flavor, follows as a result of the precautions taken to ensure spotless cleanliness in everything we do.

McCormick's Sodas

So good that butter seems unnecessary.

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

Miss Ruth Law recently attained the height of 11,000 feet in a war-mistress at Hounslow, Eng., for the last 25 years.

Kellogg's TOASTED CORN FLAKES

10¢

TRUST the children to know what is good to eat. Kellogg's is a warm favorite with them because they like the delicious crispness of the delicately toasted flakes. Mother knows that Kellogg's Toasted Corn Flakes are good by the way the youngsters thrive on them. They contain much of the nourishment that little bodies need, and their extreme digestibility makes them kind to little "tummies."

The only product made in Canada by The Battle Creek Toasted Corn Flake Co., Limited London, Ont.