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BENSON'S CORN STARCH

The good cook will find that she always mixes BENSON'S with the wheat flour, no matter what she is baking—because BENSON'S gives a fine, smooth, even texture to bread, rolls, biscuits, cake and pie crusts, that can't be gotten with flour alone.

Our new recipe book of "DESSERTS AND CANDIES" tells just how to use BENSON'S best results. Write to our Montreal Office for a copy.

THE CANADIAN STARCH CO. LIMITED, Montreal, Canada, Brantford, Ont. Write for "Desserts and Candies" and "Lily White" recipe book and "Silver Glaze" recipe book.

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Local Branch Time Table
IN EFFECT JUNE 25TH, 1916.

Trains will leave and arrive at City Depot, foot of Johnson Street.

Going West.	
No. 19—Mail	Lv. City, Ar. City, 1:15 a.m., 1:17 a.m.
No. 13—Fast Ex.	2:59 a.m., 3:35 a.m.
No. 27—Lvl. to Tor.	9:29 a.m., 9:54 a.m.
No. 1—Lvl. to Ld.	1:41 p.m., 1:43 p.m.
No. 7—Mail	3:04 p.m., 3:40 p.m.
No. 21—Lvl. to Ld.	6:48 p.m., 7:27 p.m.
Going East.	
No. 18—Mail	Lv. City, Ar. City, 1:40 a.m., 1:17 a.m.
No. 16—Fast Ex.	2:55 a.m., 3:35 a.m.
No. 12—Lvl. to Tor.	9:29 a.m., 9:54 a.m.
No. 4—Mail	1:22 p.m., 1:53 p.m.
No. 14—Lvl. to Ld.	1:05 p.m., 1:35 p.m.
No. 24—Lvl. to Ld.	6:48 p.m., 7:27 p.m.

For full particulars apply J. P. HANLEY, Railroad and Steamship Agent, 50 King Street East, Toronto.

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MONTREAL TO LONDON
(VIA PALMOUTH)

From Montreal
AUSONIA July 16
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CABIN AND THIRD CLASS
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Every 10c Packet of
WILSON'S FLY PADS
WILL KILL MORE FLIES THAN \$8.00 WORTH OF ANY STICKY FLY CATCHER

Clean to handle. Sold by all Druggists, Grocers and General Stores.

IS YOUR HEALTH WORTH \$5.00?

Woman Tells How Lydia E. Pinkham's Vegetable Compound Restored Her Health.

Lima, Ohio.—"I was all broken down in health from a displacement. One of my lady friends came to see me and she advised me to commence taking Lydia E. Pinkham's Vegetable Compound and to use Lydia E. Pinkham's Sanative Wash. I began taking your remedies and took \$5.00 worth and in two months was a well woman after three doctors said I never would stand up straight again. I was a widow for seven years and I recommended the Vegetable Compound to every woman to take before birth and afterwards, and they all got along so nicely that it surely is a godsend to suffering women. If women wish to write to me I will be delighted to answer them."

—Mrs. James Moran, 342 E. North St., Lima, Ohio.

Women who suffer from displacements, weakness, irregularities, nervousness, backache or bearing-down pains, need the tonic-strengthening properties of the roots and herbs contained in Lydia E. Pinkham's Vegetable Compound.

If you want special advice, write the Lydia E. Pinkham Medicine Co. (confidential), Lynn, Mass.

THE CONFESSIONS OF ROXANE

By Frances Walter.

I DECIDE ON MY COURSE.

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With the closing of the door and the echo of those steps down the walk, a great loneliness crept into my heart. Suddenly I hated him. Oh, I knew I was unjust, and there is nothing I can say, in the light of what afterwards happened, in extenuation. There are many things done impulsively for which one is afterwards sorry, and perhaps one of the most futile, foolish things of my life, one for which I have been truly sorry since, was done that night.

I remember rising from my bed, senses reeling. I pulled myself together and determined to fight my husband. I would not let him treat me that way, for I would not depend upon him for anything in life. I resolved that I would have a say in the direction of our marital life. There is not the slightest doubt in my mind that those who read this narrative will censure me for the action I record here. But it must be remembered that I had much that day to worry me; much had prayed on my mind. I was very miserable and my mental processes had become so dulled by the tax I had put upon them during the day that I was incapable of resisting the first idea that came to me. That is what I decided upon.

I would go to the hotel where Arthur was there. Just what I would do was not clear in my mind, but I would do something that would arouse the same degree of jealousy

in him he had caused me to feel. Yes, I admit it was jealousy. That was surely the predominant emotion. How did I carry it out?

I went to the telephone and called up the Staleys. I knew that Richard was at my command. He was ready at any time to do anything I asked of him and I knew he would not fail me now. I asked to speak to him and when he came to the telephone I told him to dress and come over immediately.

While I waited for him I walked up and down the room thinking only of what I would do at the hotel. I would be gay, sparkling, radiant. I would put on my best and most dazzling clothes. I would be a revelation to Arthur and I would force him to come to me of his own accord through the medium of Richard. The poor boy was to be merely a pawn. He was not to know anything of my purpose. Outwardly I would be all gayety and laughter. As for the pain within me, I would disregard that.

The bell rang and Richard was shown in. I told the maid to tell him wait until I dressed. I had made no move toward dressing while all these things were running through my mind. Now I dressed hastily, feverishly, but with a due regard for what the tout ensemble would be. I do not exaggerate when I say that, when I had finished dressing, the effect was stunning. I joined Richard, who was in evening clothes. The boy gasped when "Mrs. Pembroke," he said with as-

tonishment, "you are wonderful. Tell me what it's all about."

"Richard, it was very good of you to come," I said. "You must not question my motives, but you must do just as I tell you. You think enough of me to do as I tell you, don't you, Dicky?" I said the last enticingly. I could not have anything so wrong with my plans, and I decided to play the coquette with him.

He became wide eyed and he stammered:

"Surely I will do anything you say, but—"

"You will not question me then?" I broke in.

"No, I will not question you."

"You are to help me, Dicky. I need you very badly. You know it must be urgent or I would not have called on you, don't you?"

"I am sure it must be very urgent," he said seriously.

"Try not to be morose or amazed. Be yourself and don't let the fact that I have made an unusual request spoil the evening for us. You must be gay."

"I understand, I shall be very gay." His face belied the promise. He looked glomier than I had ever seen him.

"Very well," I said, with a gayer that startled me. The adventure began to appeal. Its uncertainty thrilled me. "Take your hat, Dicky. Put on your most frivolous manner. We are going to the Navarre."

(To Be Continued.)

"Low Cost of Living" Menu

Menu for Saturday

BREAKFAST
Raspberries
Cereal of Choice
Boiled Eggs
Toast
Marmalade
Coffee or Cocoa

LUNCHEON
Onion Chowder
Egg Salad
Blackberry Plummary
Butterflied or Fried Tea

DINNER
Lamb Roast with Rice
Boiled Shoulder Lamb, Capers
Sauce
Creamed String Beans
Lettuce
Frozen Pudding
Hot or Iced Coffee

Onion Chowder
Materials—Two cups of finely cut onions, 2 cups milk, 1 tablespoon butter, 1 tablespoon flour, 1 teaspoon salt, a little pepper, 1 tablespoon finely cut parsley.

Utensils—Saucepan, two measuring cups, tablespoon, teaspoon, knife.

Directions—Put the onions on to boil in 3 cups of rice stock. Boil thirty minutes in uncovered vessel. The milk, and when it comes to a boil add the butter and flour, which have been rubbed together. Boil five minutes, stirring so it will not get lumpy; add salt, pepper and chopped

Blackberry Plummary
Materials—Two cups blackberries, half cup granulated tapioca, three-quarters cup sugar, half teaspoon salt, half teaspoon dried nutmeg.

Utensils—Saucepan, two measuring cups, teaspoon, tablespoon.

Directions—Soak tapioca in 1 cup cold water half hour, and with 1 cup boiling water boil until clear. Add sugar, salt, nutmeg and blackberries. Remove from fire and serve ice cold in ice cream glasses with whipped cream. Garnish with blackberries.

Frozen Pudding
Materials—Four cups milk, 1 cup sugar, 2 eggs, 1/2 teaspoon salt, 2 tablespoons finely chopped citron, 1/2 cup finely chopped seeded raisins, 1 teaspoon vanilla extract, 2 table-spoons corn-starch, ice and salt.

Utensils—Double boiler, two measuring cups, teaspoon, tablespoon, saucepan, eggbeater, ice cream freezer.

Directions—Put the milk in top of double boiler. When boiling add the cornstarch, which has been mixed with a little cold milk. Boil five minutes. Beat the eggs, salt and sugar together and add to the boiled cornstarch. Remove from fire and when cold add the fruit and vanilla (any other fruit may be added to the pudding if desired). Put in freezer and freeze same as ice cream. Garnish with tiny pieces of maidenhair fern.

parley and dust with paprika.

Hill's Early Days.

The brother of the late J. J. Hill, who lives in Rockwood, Ont., tells some interesting facts regarding the famous railroad builder's early days in Eramosa Township.

"My brother always contended that he was born in 1838, but he was not. He was born on the 16th of September, 1837, on lot 6, Eramosa. There was nothing eventful in his early life," he continued. "There were three children in the family. Our father came from Armagh, Ireland, in 1829, and our mother was Annie Dun-

gan, who came from Tipperary in 1882, although she originally came from Scotland.

"Our father intended that James was to be a doctor," continued his brother, "but father died before he could see that that wish was carried out. There was very little left, and we two brothers had to get out and work. Jim went to the county school near Rockwood until he was twelve or thirteen, and then he went to the old Rockwood Academy at the time William Wetherald, the Quaker, was in charge of it. He stayed there a couple of years, and when he was fifteen he entered Passmore's general store in Rockwood, with the intention of learning the drygoods business. He stayed there until he was about 18 years old, as near as I can remember, and then he came to Toronto, where he went into McElroy's general store on the Dundas Road. He only remained there for about six months when he struck out for New York State. He had nothing to start on.

"On the 15th of July, 1856, he reached St. Paul. He worked his way there, not having the price of a ticket. The first day he got to St. Paul he went to work, and that was loading slabs. He made \$1.25 doing that, and after going up town and buying a meal, he came back to the 3rd Diamond Steamship Company that used to run down to New Orleans, and got a job. It is correct to state that from that time he entered the transportation business, and in one form or another he has been in it up till the time of his death."

Flemish Women Wash for Soldiers.

In huts at the Canadian Headquarters in Flanders seventy-five Flemish women, young and old, gathered from the countryside for five miles around, wash, iron, and mend the soldier's underwear as he throws it off, after a spell in the trenches.

Their supervisor is a smart young Flamand and Sergeant Croity, of the 24th Battalion, takes charge of the whole, reporting direct to a staff officer.

A godsend this Canadian incursion must be to the locality, for these Flemish women earn their three and four francs a day in the Canadian laundry the old women of the village who make lace all through the day have, to be happy on one-tenth of that, or even less.

Drainage Work in Ontario.

The Farm Drainage Campaign, inaugurated by the Ontario Agricultural College in 1905 has developed such proportions that it has become necessary to divide the work of the Department of Physics, Professor W. H. Day, as Head of the Department, will continue in that capacity, and besides teaching will conduct experiments in Evaporation, Cold Storage, Farm Power, Farm Water Supply, Ventilation.

The drainage work has been assigned to J. R. Spry, and all correspondence regarding this important branch should hereafter be directed to him. Mr. Spry has been associated with Professor Day in his drainage work almost from the beginning.

Three British admirals, Sir George Le C. Egerton, Sir Frederick F. S. Inglefield and Sir Arthur M. Farquhar, have been placed on the retired list at their own officers who are rendering important services to the Empire in the war.

The French Chamber of Deputies adopted a resolution urging the Government to introduce a bill providing for the requisitioning of the entire French merchant marine for the duration of the war.

ENTERTAINED HER CLASS.

Took Them to the Lake Side for a Week.

Elgin, July 10.—Miss Ripley and lady friend, of New York, spent a few days with relatives. Mr. and Mrs. Doyle and two children, Vancouver, B.C., who were guests of relatives, have returned to their home. P. W. Brown and daughter, Collingwood, were guests of his mother, Mrs. C. Brown. Mr. and Mrs. McDougall, Brockville, were guests of J. Delong.

Miss Ruthven, Kendall, Ont., is renewing acquaintances. Mr. and Mrs. Robison, Athens, are guests of relatives. Miss Mabel Howard entertained her Sunday school at Sand Lake for a week, having secured H. Conn's cottage. George Howard, who has spent his holiday at his home, returned to his duties this week.

Mrs. Stanton, Chaffey's Locks, was a guest of Mrs. G. Stanton. Mr. and Mrs. Taggart, Westport, were guests at M. Ripley's. Pte. Gerald Brown, of the 15th, was a recent guest of his parents. Mrs. Murphy and son, Prescott, were guests in the village.

Several farmers went to Barriefield to secure soldiers to assist with hay- ing. Mr. and Mrs. T. Johnson are spending a couple of weeks at Crosby. Mr. and Mrs. W. Lavene, Ottawa, were guests of his brother, F. Lavine. Miss Penock, Brockville, is visiting in this vicinity.

C. A. Halladay and son, Delmer, Prescott, were guests of his parents. Misses Eva and Mary Conn, Kingston, spent a few days in the village. Mr. and Mrs. Tallman, Britannia, spent Sunday with her mother. Mrs. Gilbert and children, Montreal, are spending a few days with her mother, Mrs. Kirat.

Name Mountain After Novelist.

Edmonton, Alta., July 13.—There can be seen from the station at McBride, on the G.T.P., a peak 9,000 feet high, in the Rockies. In honor of Sir Rider Haggard, who passed over this route from Vancouver to Edmonton, this peak is to be named after him, at the suggestion of G. T. P. officials. Application has been made to the Geographical Board to have the name confirmed.

The German steamships Lisabon and Worms have been captured in the Baltic by Russian torpedo boats. Drink otto brings a man so low that he can't raise the price of a drink.

A PRISONER OF WAR.

Good News Came to Mr. and Mrs. John Paul, Lavant.

Lavant Station, July 11.—Rev. Dr. Gracey, Gananoque, held communion services in this mission field on Sunday. William Thomas, who was in his usual health, took suddenly ill yesterday afternoon. Dr. Barker, Sharbot Lake, was called for medical aid. We trust he will be restored to health and strength again. Miss Jessie Jackson, Wilbur, who has spent about a year with her sister, Mrs. Fred. Paul, Reston, Man., returned home this week. S. B. Jacobs left last week for the Cobalt district, where he has secured a job as blacksmith at one of the mines around the Creek.

We are pleased to learn that Robert R. Paul, gunner in France, who was reported killed, is a prisoner in Germany. His parents, Mr. and Mrs. John Paul, Lavant, received a card from him this week telling where he is. Mrs. Wilson Wichester, who has been spending a couple of weeks with Mrs. T. Lee, has returned home.

It's the bald headed man who never says "dye."

The Joy of a Vacation

may be turned to the sorrow that comes from indigestion. The battle with hotel menus is a losing one for the man with a weak stomach. Happy is the man who listens to the call of the wild—who goes fishing, hunting and canoeing—who takes with him Triscuit, the Shredded Whole Wheat wafer. Triscuit is made of the whole wheat, steam-cooked, shredded and baked. A tasty Summer snack, supplying the greatest amount of nutriment in smallest bulk. Delicious with butter, soft cheese or marmalades.

Made in Canada

Easy & Practical Home Dress Making Lessons

Prepared Specially for This Newspaper By Pictorial Review



A Frock For Midsummer



charmingly in this design, with draped skirt and dainty jumper held in at the waist with triple belts stitched above a tiny bodice. The under-bodice is of taffeta, the front, back and sleeves being cut in one. Whether the tunic is made with or without points at the sides and back is a matter of personal preference. In medium size the dress requires 4 1/2 yards 36-inch figured organdy and 3 1/2 yards taffeta.

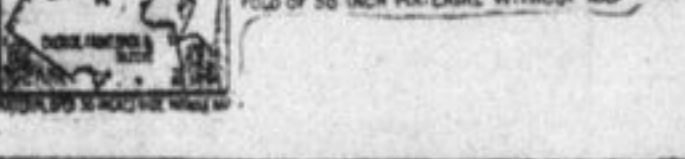
By closely observing the cutting guide it will be noticed that some sections of the pattern are cut from an open width of material and some from the fabrics after it has been folded in half. The blouse front and back section is laid on an open width, and from the material remaining at either side the sleeve bands and collar may be cut. For the short sleeve cut off lower part of sleeve along double "oo" perforations. The skirt is cut entirely from the organdy that is folded in half, because the front and back gores are laid directly on the lengthwise fold of the goods. This rule also obtains in cutting the foundation.

One has a choice of three or four lines for the neck. For the open feet, cut out neck of blouse 3/8 inch above small "oo" perforations. The corners of the collar may also be cut off, changing the pointed effect if desired. The small "o" perforations along the lower edge of the tunic indicate how the points may be cut off at the sides and back.

The fabrics of the moment have much to do with the appropriateness of the styles. The soft, finished, pliable materials adapt themselves to all modes, whether they be perfectly straight or puffed, shirred and plaited.

For the midsummer garden party or tea this frock of figured organdy and taffeta is the last word in fashion. Narrow frills of the silk outline the tunic and collar.

Floral printed organdy combined with plain taffeta would make up



Pictorial Review Costume No. 6809. Sizes, 16, 18 and 20 years. Price, 15 cents.

Vacation Shoes

Ladies' white Sport Shoes, Ladies' white canvas Oxfords, with rubber sole and heel; Ladies' white canvas Pumps, with rubber sole and heel; Ladies' white canvas high cut lace boots; Ladies' white canvas pumps, white heels, \$1.50 to \$4.00.

Child's, Girls' and Boys' white canvas yachting boots. Shoes for summer wear, vacation or holiday season.

The Sawyer Shoe Store

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All the food value of Wheat in the most appetizing form

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