## THE CONFESSIONS OF ROXANE "Low Cost of Living" Menu

By Frances Walter.

DICKY TELLS ME OF HIS LOVE

(Copyright, 1916, by the McClure Newspaper Syndicate) I never could remember all that nappened that evening. Strange as it may seem, it was Dicky who calmed me after my outburst. Happily for us, my laughter had reached the ears of only a few persons seated near us, and, after all, no distressing

scene had been created. Another fortunate circumstance was that Dicky had not seen his sister at the other end of the dining room. Angry as he was with Arthur, one can easily imagine what might have happened if the poor boy had known that, after humiliating me, Arthur had gone to spend the evening with Myrtle.

My hysteria had made him forget his own anger, and so when my agitation was at its height, he placed his hand on mine as it lay on the table, and, pressing it gently, urged me to be calm. There was something about the boy's words and something in his manner which had the desired effect, but I still was keenly aware of Arthur's presence at the other end of the room, and it required all my self control to prevent others near he from noticing that something was

"Roxane," said Dicky, "I' was right in my suspicion. Your husband does not love you. He is a brute."

"Why Dicky, I exclaimed, "You must not say that! "I will say it," he continued passionately. "If he had loved you he would not have left you as he did. I could see that he was angry when he found you here with me, but after he did find you he would have stayed if he had cared for you. It is

you. He is slipping from you." The waiter had brought the wine, and Dicky raised his glass and drained the entire contents. As I watched him I saw the color come back to his face and an added lustre shine in his eyes. Again he placed his hand over mine.

just as I told you. He does not love

"Roxane, dear," he said, "if Ar thur does not love you, I do. You are the most beautiful and the sweetest woman in the world." "Don't!" I cried, drawing my hand

from his. "I am sure Arthur does love me." Dicky leaned forward suddenly. "Look at me, Roxane," he said "Can you expect me to believe that that man loves you? Why did you

ever marry him?" I noticed for the first time that he take me in his arms in the presence ing to the street. had ceased to call me Mrs. Pembroke and was addressing me by my ers. first name, but I did not object. Indeed, it seemed but natural that he back my chair I rose. should call me Roxane, so intimate had we become in a short time.

Advice---Often

directly affect one's health and comfort.

to quit both tea and coffee and use

harmful element.

ferres.

comfort.



The pressure of his hand on mine brought me to myself. He was bending close to me and gazing passionately into my face.

looked upon him as a boy; now he | for him to do, and he got up. The was a man, and a very handsome waiter toppled over a chair or two in man. Besides he was making love his haste to reach us and bring my to me and no one could blame him wraps. Dicky led the way to the east for not wishing to use my husband's | entrance, near which his sister Myrname in speaking to me.

The pressure of his hand on mine of the throng of fashionable din-

Disengaging my hand and pushing

"Come, we must go," I said.

Worth Heeding

-particularly when that advice refers to habits that

Thousands, annoyed by headaches, nervousness,

hiliousness, sleeplessness, etc. — often due to tea or

coffee drinking-have heeded a friendly suggestion

This pure food-drink is made of wheat, roasted

with a bit of wholesome molasses. It has a rich,

snappy flavor, fine color and aroma, and it contains

no caffeine-the drug in tea and coffee-nor other

to rebuild and revitalize the mental and physical

Freedom from caffeine gives Nature right of way

There are two forms of Postum: The original

Postum Cereal must be boiled; Instant Postum, a sol-

uble form, is made in the cup by adding boiling

water - ready instantly. Some prefer one, some

the other; they are equally delicious and the cost per

tle and Arthur were seated.

I knew full well what would hapinterrupted these thoughts and pen at that moment if he saw my brought me back to myself. He was husband with Myrtle. Aroused as he bending close to me and gazing pas- was with the thought that he loved sionately in my face. The low, dis- me, and already angry with Arthur. tant music from the orchestra, the he would, I knew, attack him, if he intoxicating perfume of flowers, and came upon those two together. Placthe influence of the wine and the con- ing my hand on his arm, I guided tact of our flesh combined to almost him adroitly to the north entrance of make him wild. I saw that I must the room and breathed a sigh of redo something quickly or he might lief as we reached the stairway lead-

On the way home Dicky spoke hardly a word, nor was I in a very talkative mood. I had many things to think of. Not the least was the fact that I had led this boy to love me. I realized that in less than a He gazed at me in blank amaze- week he had changed from a happy, Then, too, he seemed to have grown ment for a moment, but under the thoughtless youth to a deep feeling older. A day or two before I had circumstances there was nothing else man with ideas and emotions which, unless guided by manly strength, might drive him into a vortex of mis-

> As we stood before the door of my home a softer mood came upon him. Lifting my hand to his lips he kissed it gently, and without a word turned and walked into the night.

(To be continued)

Workmen's Diamonds. In a certain vault in a room in the Trade and Commerce Department at Ottawa repose thousands of diamonds. They lie there without the

protection of time locks and armed guards. No burglar alarms provide scientific precautions against their abstraction for the reason that no such attempt is feared.

The explanation of such immunity is to be found in the fact that the stones, though they are diamonds, are not of the precious variety. They are of the kind known as industrial diamonds, used by glaziers, steel manufacturers and for other such purposes. The British Government has ruled that they must not be exported, even to Canada, except through the Trade and Commerce Department, and accompanied by a sworn statement by the importer as to their destination. The reason is that the diamonds are of use in many branches of manufacture connected with the war, and it is desired to keep them out of the hands of the enemy. Their actual value, however, varies from a few cents to some forty dollars each, depending on their size.

Dental Corps' Work.

Interesting figures, showing the enormous work performed by the Canadian Army Dental Corps, are found in the recently-presented report from that corps for the period from July 15, 1915, to March 31,

Altogether 201,610 dental operations were performed upon officers; of this number 66,079 were extractions. The total number of fillings was 86,887; total treatments, 15,-304; total dentures, 10,898; total prophylaxis treatments, 10,710; total devitalizations, 11,732, making altogether the above-mentioned number

of operations. Three hundred and ninety-two officers received dental attention during the nine months covered in the re-

Followed the Bathers.

Few eligibles can escape the ubiquitous recruiter in these days, and the young fellows who sought refuge in the swimming pool at High Park on Sunday received a watery shock. Two recruiting sergeants also dived in and came up like submarines alongside of the sportive and sent a torpedo question into him without the slightest warning.

Bather Drowned at Benfrew. Renfrew July 17 .- A young man named Edwin Davieau was drowned in the Bonnechere river on Friday while bathing with some companions. He took cramps while swimming and

Menu for Wednesday

BREAKFAST Blackberries or Fruit of Choice Boiled Cereni Ponched Eggs, Tonst or Rolls Jam or Jelly Coffee or Cocon

LUNCHEON OR SUPPER Thick Soup, String Bean Saind Bran Bread and Cream Cheese Blackberry Rolly-Poly Milk or iced Tea

Baked Hamburg Steak
Mashed Potatoes and Pens
Lettuce and Onion Salad
Current Sherbet

Baked Hamburg Steak Materials—One pound round

Utensils-Mixing bowl, meat chopper, teaspoon, tablespoon, two meas uring cups, pietin.

Directions-Put the meat and beef suet through meat chopper; add breadcrumbs, onion, parsley, salt and pepper, and mix well. Shape like sirioin steak; put on pietin that has been brushed with drippings and lay a few slices of bacon on the top; bake ten or twelve minutes-that depends on how you like the meat cooked. A little gravy can be made after removing meat; add a little water, thickening and caramel. Place the meat in centre of hot platter and kle all with chopped parsley and a dash of paprika over the potatoes.

P.S.—The green peas are served steak, 2 tablespoons grated onion, 2 around the potatoes. Not only does 1/2 cup beef suet, I teaspoon salt, 1/8 it all comes on one platter, thereby teaspoon pepper, 1 cup fresh bread- saving the washing of dishes and is

open neck with square collar. The

sleeves are elbow length, but they

may be made full length and gather-

ed into a band at the wrist. White

linen, pique, galatea or gingham in stripes or figures would be appro-

priate for the blouse, which requires

278 yards 36 inch material to make

The material is folded in half and

in quarter widths to cut the design.

The sleeveband, in case it is used,

collar and collar facing are so narrow

that they easily may be obtained

from the fabric folded to better ad-

The front and back of the blouse.

however, and the yoke, are laid on

a lengthwise fold of the material,

leaving the strap and the belt to be

placed along the selvage edge at the

opposite side, and the sleeve on a

lengthwise thread. The yoke may be

omitted, but 't adds greatly to the

smartness of the middy and later in

the season will supply an element of

comfort, while not being uncomfor-

The skirt shown is part of an out-

fit that includes a blouse and a Nor-

folk jacket. It is a straight, box-

plaited model with suspender straps

and the middy that is slipped on over the head goes with it exceed-

ingly well. The entire costume may

be made of the same material, or the

skirt may be of blue and the blouse

of white, with the collar and cuffs re-

Because it is made on straight

lines, without being severe, this mid-

peating the color of the skirt.

in medium size.

vantage than in half.

table now.

# Home Dress Making Lessons

Prepared Specially for This Newspaper By Pictorial Review

Middy Blouse With Deep Yoke.



A middy blouse of white linen worn with a blue skirt and trimmed with a deep yoke of original outline. The open neck is finished with a deep braid-stitched collar.

A model that gives due considera-

dy blouse should appeal strongly to mothers who seek individual designs tion to vacation needs is the middy and who have had unfortunate exoF0,0,00

FOLD OF 36 INCH MATERIAL WITH NAP blouse. It is shown here in attractive periences with frocks made with bias design, made with a deep yoke and seams.

Pictorial Review Middy Blouse No. 6814. Sizes, 4 to 16 years. Price, Skirt No. 6679. Sizes, 8 to 15 years. Price, 15 cents. (Pattern inc cludes three-piece suit.)

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put the mashed potatoes around the KINGSTON MOTOR TRANSPORT & LIVERY CO.,

34-38 Princess Street. Phone 177.

tablespoons finely chopped parsley, this make a most attractive disk, but to promptly. Premier Gasoline and Polerine for sale.

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J. C. MORRIS

Manager.

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Children Cry for Fletcher's

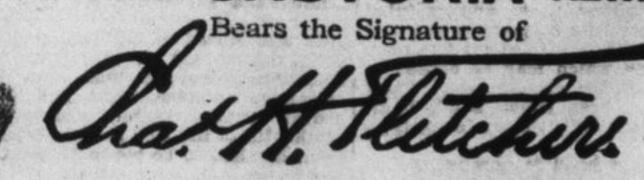
# CASTORIA

The Kind You Have Always Bought, and which has been in use for over 30 years, has borne the signature of and has been made under his personal supervision since its infancy. harry letchers. Allow no one to deceive you in this. All Counterfeits, Imitations and "Just-as-good" are but Experiments that trifle with and endanger the health of Infants and Children-Experience against Experiment.

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inch tires, non-akid rear Cantilever rear springs Streamline body Electric starter Electric lights Magnetic speedometer Complete equipment 5-passenger Touring \$890 Roadster \$870

4 cylinder en bloc motor 3!" bore x 5" stroke

## cup is about the same. With most tea or coffee-drinkers the change to Postum marks the start to better health and greater

"There's a Reason" Grocers everywhere sell Postum.

Canadian Postum Cereal Co., Ltd., Windsor, Ont.