THE CONFESSIONS OF ROXANE

By Frances Walter.

I AM HURT IN A WRECK AND AM CALLED A HEROINE.

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Newspaper Syndicate) I was awakened by a crash which hurled me, first with sickening force against the foot of my berth and then dashed me headlong in the opposite direction. Flashes of light were followed by darkness, and the dull, sickening pain in my head at times rendered me almost unconscious.

Then I heard the terrible grinding of the cars as they left the tracks, followed by the crash of wood and steel as the various sleepers toppled and were rent asunder. There followed a period of deathlike silence. Then the shout of a man and the noise of hurrying without was succeeded, first by shrill cries for help and then the low moans of the injured and dying. Suddenly, above all other noises, came the shrill cry of "Fire!"

I put out my hand and endeavored to rise, but sank back exhausted. A mass of timber of metal extended immediately over me, leaving me only sufficient room to lie flat on my back. With the cry of fire sounding in my ears I felt that a horrible end awaited me, yet, strange to say, my thoughts were not for myself alone. I found my mind dwelling chiefly upon poor Mariam Howard. I wondered if she, too, was imprisoned, or if the shock of the wreck had snapped the slender thread of her life.

The pain in my head became so intense that I soon ceased to think coherently and drifted off into unconsciousness.

When I opened my eyes I was lying on the ground wrapped in a heavy garment. At first my mind was too confused to realize what had happened, but gradually it all came back to me. How had I escaped death? As if to answer my query, a hand stole to my face and rested on my cheek. Painfully I turned my face and, in the gloom I saw a swathed figure beside me. By the flickering light of the burning coaches I recognized Mariam, and feebly asked her if she was unhurt. how she later had discovered that I thoughts. and me bodily, and carried us to an storing me. automobile. After a brief ride we "Now," she said, "I have made room and is unhurt save the shock,

When I awoke it was morning. "The big man that brought you nurses and doctors and it will be The sunlight lay upon my bed. A here told me he would give me \$100 here in a short time." farmer's buxom wife entered the if you came to. I am going to buy He took my hand and pressed it door, her face full of concern. When a new bonnet and a dress and a pipe gently. she saw my eyes open her gravity for William, and then what's left "Be brave," he said, "and all will fell away, and she smiled broadly. over I will give to William to buy be well. I will return as soon as I She gave me a few spoonfuls of some more pigs and new set of har- can and then I will send what messbroth, and I felt a comfortable ness." warmth steal over me.

brusqueness. "Glad- to see you turned and whispered:

would have burst out laughing if him?" I had not been so weak and ill. As I was too weak to reply one way an hour to extricate you from the it was . I smiled faintly and beckon- or the other and away she went. In wreck of your berth and you never ed to her to give me more of the another moment Mr. Gordon was gave a hint of impatience. You are broth. The woman, like many of her, bending over me, his strong face fill- a brave little woman.' sisters who are shut in by their lot ed with concern. I smiled faintly up Again he took my hand and pressas farmers' wives, apparently at- at him and an answering sparkle ed it in both his. When he was tempted to talk me back into uncon- came into his eyes, although his face gone I could not help but smile at sclousness. At the rate of a hundred remained grave. I saw that his his tribute, for I knew I had been in words a minute she proceeded to tell brow was scratched and his clothes a deep swoon. So easy is it someme how near death I had been; how torn. Possibly he was himself in times for one to make a reputation I looked when I was first brought jured, but apparently his own af- for courage! in; how she thought I was a corpse; fairs were

(Continued from page 7.)

R. J. Gardiner, Miss Dargavel (El-

gin), Mrs. Fisher, Mrs. Evans, Mrs.

Miss Helen Strange and others.



In another moment Mr. Gordon was bending over me, his strong face

"I want to tell you," he said, "how

guest of her parents, Mr. and Mrs

Frank McMartin left yesterday for

Miss Sibhald Hamilton, who has

Mr. and Mrs. Stuart Parsons and

Chicago after a three weeks' visit

with the Misses Johnson and hi

been visiting in Grand Rapids and

their baby, of Ottawa, are the guests

of Mr. and Mrs. J. R. Henderson at

Kathleen

Jas Methodist Church, Montreal,

Rev. John D. Ellis and family, Col-

. . . .

Mr. and Mrs. Andrew Black, Cata-

Guelph, returned home this week.

Henry Merrick, William street,

family, Earl street.

Mrs. E. J. Leveque

to a hospital.

bart College, Geneva, N.Y., who has their summer home at Wolfe Island.

Before she could reply, two towering breathed, and of the fifty heroic, "I have just a moment," he said, forms approached and lifted Mariam homely remedies she had used in re- "in which to wish you a speedy recovery. My niece is in the adjoining

were again lifted out and hurried \$100 by bringing you back to life." but there are fifty others who are into what appeared to be a farm- I was too weak to ask for an ex- terribly mangled. A few of us are house. The pain in my head return- planation, and indeed it was not ne- doing what we can for them. Several ed and I once more lost conscious- cessary, for she continued immedi- of them are still without shelter, but we have ordered a special train with

ages you wish to your relatives or She was interrupted by a quick, friends.' "I thought you were dead!" ex- sharp rap on the door and she arose He turned away, but before he claimed the woman with naive to answer. In a moment she re- reached the door he came back. "He is here now!" Want to see brave and womanly you were last

Miss May Rogers returned home

night in the wreck. We worked for

Menu for Sunday

BREAKFAST Cantaloupe or Fruit of Choice Cereal of Choice Eggs Baked in Tomatoes Thin Cornbread Syrup or Marmalade Coffee or Cocon

COLD SUNDAY DINNER Cold Silced Baked Ham Stuffed Green Pepper Salad liced Peaches or Fruit of Choice Orange Sponge Layer Cake

leed 'rea or Cocon HOT SUNDAY DINNER Gren Corn Soup Barbecued Chicken Caudied Sweet Potatoes Peas or Corn Sliced Tomatoes Lemon Sherbet Sponge Cake Hot or leed Coffee

Eggs Baked in Tomatoes Materials-Four ripe tomatoes.

salt, pepper, 4 eggs. Otensils-Knife, small bowl, small con drippings. pudding pan or four individual cas-

serole dishes, spoon. Directions-Remove the stem-end uring cup.

Stuffed Green Pepper Salad Materials-Three green peppers, 2 ded so as to make 1 cup of nice cups finely chopped cabbage, 1 cup brown gravy. . watercress that has been picked from stems. 1/2 cup boiled dressing, 2 cups shredded lettuce leaves.

ing cup, tablespoon. Directions-Cut the stem-end Utensils-Saucepan, measuring from peppers; remove all seeds and cup, burlap, ice cream freezer.

with three stuffed olives cut into

Green Corn Soup Materials-Three ears corn, 2 cups milk, 2 cups rice stock, 1 teaspoon salt, % teaspon white pepper, 1 teaspon cornstarch, 2 teaspons butter, ¼ teaspon paprika.

Utensils -Knife or scorer, measuring cup, teaspoon, saucepan, double boiler.

Directions-Score and grate the corn (there should be 1 1/2 cups after it is grated); put in saucepan with 1 cup of rice stock. Bring to a boil quickly. Have the milk in top of double boiler. When it boils, add salt, pepper, butter and cornstarch; wet with a little cold water and boil three minutes. Serve in soup plates and dust with paprixa. This amount makes 5 large plates and is very

Barbecued Chicken Materials-Three-pound chicken, salt, pepper, flour, 1 tablespoon ba-

Utensils-Knife, cheesecloth, shallow pan or pietin, tablespoon, meas-

from the tomatoes with sharp-edged Directions-Wash and clean the spoon; remove the centre; season chicken, split down the back, wipe well with salt and pepper; place in the chicken with a piece of cheesesmall pudding pan or individual cas- cloth, dust with salt, pepper and serole dishes; break 1 egg in each flour and lay on shallow pan or pietomato. Put into moderate oven tin. Put I tablespoon of drippings on and bake eight to ten minutes. the the chicken and put in very hot oven; time depends on how firm you like when seared pour over 1 cup of water; turn the chicken breast down and reduce the heat. Bake until nice and brown. More water is ad-

Lemon Sherbet

Materials-Three-quarters cup le-Utensils - Knife, bowl, cabbage mon juice, 11/2 cups sugar, 1 tablechopper or knife, colander, measur- spoon grated lemon rind, 4 cups water, ice and salt.

fibre; rinse in cold water and fill with Directions-Put the sugar and wacabbage that has been prepared as ter into saucepan; put over fire; bring to a boil and boil four minutes; Chop the cabbage fine and cover set aside to cool. Add the grated with cold water. Chop the tops of rind and lemon juice to the sugar the green peppers fine and add to the and water; pour into freezer, close cabbage. Let stand a half-hour, and pack with ice and salt; churn Drain and shake dry in colander. Add eight to ten minutes, or until an emthe cleaned watercres and dressing; ulsion. Remove the dasher, close; mix well. Fill into peppers and run the water out of freezer, pack stand in cold place until ready to with ice and salt and cover with a use, from one to four hours. Then piece of burlap; set aside until cut in half and place halves on shred- ready to use. The water ice must ded lettuce. This can be garnished not be frozen as hare as ice cream.

Menu for Monday

BREAKFAST Berries, Cerent of Choice Coddled Eggs Crisp Rolls or Tonst Jam or Jelly Coffee or Cocoa

LUNCHEON OR SUPPER Pennut Butter Croquettes with Tomato Sauce Raspberry Shortcake Buttermilk or Iced Tea

DINNER Grape Juice, Deviled Clams Baked Potatoes, Colesiaw Fruit Tapioca

Peanut Butter Croquettes with Tomato Sauce

Materials-One cup peanut butter, 4 cups mashed potatoes, 2 eggs, 1 tablespoon finely chopped parsley, 1 add to the boiling clams and milk, teaspoon salt, 1 teaspoon grated on- stirring until it thickens. Add the ion, 1/4 teaspoon grated nutmeg, 1/8 teaspoon paprika.

uring cups, tablespoon, teaspoon, clam shells; wash, scald and dry. eggbeater, small bowl, deep frypan. tatoes add the peanut butter, 1 well with 1 tablespoon of cold milk; lift beaten egg, parsley, onion, nutmeg, the clam shell with skimmer or large salt and paprika; mix well. When spoon and cover with the beaten egg cold form into six or eight croquettes and again with the breadcrumbs. either cylindrical or oblong. Beat 1 Bake twenty minutes in hot oven or egg with 1 tablespoon cold milk, and fry in deep, hot fat.

dip the croquettes in, being sure they are well covered; then roll in bread crumbs. Fry in deep hot fat or oil. Serve on hot platter with well seasoned tomato sauce.

Deviled Clams Materials-Eight large clams, cup milk; 1 tablespoon butter, 2 tablespoons flour, 1 egg, 1 teaspoon grated onion, 2 teaspoons chopped parsley, 1/2 cup fresh breadcrumbs, 1/2 cup dry breadcrumbs, 1/2 teaspoon salt, dash white pepper, dash papri-

Utensils-Bowl, food chopper, small saucepan, measuring cup, teaspoon, tablespoon, skimmer or large spoon, eggbeater, bakepan.

Directions-Drain and rinse the clams, put through fine chopper, then put into saucepan; add the onion and bring to a boil. Add the boiling milk Rub butter and flour together and salt, pepper, parsley and fresh breadcrumbs; mix all well together; set Utensils-Mixing bowl, two meas- aside until cool. Have eight or ten Then fill in the clam mixture. Dust Directions-To the hot mashed po- with the dry breagcrumbs. Beat egg

The suffragists in Germany are for

Postwomen are now delivering nail in London. French women are famous for their beautiful figures.

McGuinness. Women are now acting as sheep Kingston, is spending a few days in hearers in Great Britain. Deseronto as the guest of Mr. and Twenty Chinese girls are studying n Japan's medical school. Miss Teddy McDermott, after

Over 100,000 woman bakers are tion by working on the farms. spending six weeks visiting her moth-McKay, Mrs. Third, Mrs. Taylor, New York on Sunday after spending has left for Kingston en route for now employed in the United States. The woman conductors on the cars sion after 37 years as matron of the England, where she will be attached in France are called wattwomen. Women taxi drivers in Birming-Mrs. Benson, wife of Gen. Benson.

entertained at a small luncheon in Massachusetts has two camps for Halifax, N.S., in honor of Miss Bos-(London), Mrs. Charles Low, Mrs. mer home at Oxford Lake, Quebec. Crisp, of Kingston, who are visiting the training of women for service in

Women are working twelve hours a day in the German mining and Mrs. Ira David, Northport, and Mrs. Saundercook, Kingston, are vissmelting industries. iting at Robert Miller's, Deseronto.

cents an hour. Rev. A.E.Runnels, pastor of Doug-New York is to have a dental training school for women, the first of the League of Advertising Women of New spending his vacation at Sydenham

men and children has recently been salary of \$10,000 a year.

Three girl graduates of Radcliffe Lieut.-Col. Vanderbilt, of the New ollege have sailed for France, where York National Guard, has donated Bring Out Your

Hidden Beauty

Mr. and Mrs. James H. Lemmon, or aged complexion is one fair to look upon. Mercelized wax will gradually, gently absorb the devitalized surface skin, revealing the youthfully fresh, white and beautiful skin underneath. Used by refined women who prefer complexions of true naturalness, Mercelized wax the one ounce package with directions for use, is sold by all druggists.

Beneath that soiled, discolored, faded the Turks.

The latest masculine occupation invaded by woman in Germany is that of forester, a young woman having taken the place on the estate of a count in Silesia. She fulfils all the duties of a forester and is also overguest.

American French wounded relief

Miss Litta B. Hidden has been appointed assistant district attorney of Los Angeles. Mrs. Russell Sage has given \$25,-

000 to the Metropolitan Museum of Art in New York city. Women in England are now employed in the shipyards, municipal gas-works and flour mills.

Mrs. Lydia Shrake, 105 years old of Prairie du Chien, Wis., is the head of six living generations.

Woman students from the colleges in England are spending their vaca-Kate Casey has retired on a pen-

Union Station at Columbus, O.

La-Cygne is the only Kansas town ham, Eng., are compelled to have a that can boast of a cemetery owned and managed by a women's club. Woman single-taxers in New Providence, N.J., have been asked to wear skirts instead of trousers, which

they now go about in. Two thousand Mexican women have offered their services to the Female paper box makers in Eng- governor of Sonora and have been land receive a minimum pay of six accepted. They are all expert shots with a rifle.

Miss J. J. Martin, president of the Improved labor legislation for wo- woman in America. She draws a York, is the highest paid advertising

> \$25,000 to the militia for the purchase of hospital equipment Marchioness Townshend has given birth to a son and heir. The heir

> presumptive is a son of Major-General Townshend, the gallant defend-

seeing the planting of the estate.



The Safe Food

The healthy adult has developed powers of resisting disease germs in his food-Baby has not! Milk which grown-ups can take safely may be dangerous for Baby, especially in the summer.

If he cannot have mother's milk, fresh and pure, be sure his 'bottle' food is germ-free and safe!

The dangers always present in cow's milk-which usually, and particularly in hot weather, swarms with bacteria - can easily be avoided by giving Baby

The Pure Progressive Dietary

Milk Food No. 1

From birth to three

Milk Food No. 2 From three to six

Malted Food No. 3 From six months onward.

The Allenburys' Milk Foods are prepared from clean, fresh cow's milk, enriched with cream and milk-sugar, and freed from the excess of curd-forming material, so that it is practically the same in composition as mother's milk. This modified milk is evaporated by a process that produces a dry and absolutely germ-free product, which is sealed in air-tight tins to protect its purity.

The Allenburys' Milk Foods Nos. 1 and 2 will carry Baby safely through the critical first six months, and by that time he will be ready for Allenburys' Malted Food No. 3. which will keep him growing steadily until he can take solid food.

Write for Booklet, "Infant Feeding and Management"



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Whitby :: :: Ontario A SCHOOL OF IDEALS AND AN IDEAL SCHOOL FOR GIRLS Healthful, picturesque location with the outdoor advantages of the country as well as the cultural influence of Toronto, which is only 30

Academic courses from Preparatory work to Junior Matriculation, Teacher's Certificates and First Year University; Music, Art. Oratory. Domestic Science; Commercial Work; Physical Training by means of an unusually well equipped gymnasium, large swimming pool and system-An alert mind, a strong body, a well-balanced moral sense, a broad

social vision, are the aims of this institution. COLLEGE RE-OPENS SEPTEMBER 12TH, 1916. FOR CALEN-DAR WRITE REV. F. L. FAREWELL, B.A., PRINCIPAL.



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Let that be part of your next message to your grocer if you want something different, something better for table use. always remains free-running, even in the dampest weather, never clogs the shaker, never hardens under any condition.

In handsome dust-proof cartons at the better class of grocers,

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Tenderer than Skin

THE laundry work for which Ivory Soap is used is another proof of its excellence for bath and toilet. For Ivory Soap washes safely the exquisite linens and laces, the gossamer-like silks, the delicately colored materials which will show the effect of the slightest particle of free alkali or any other harsh material sooner even than your tender skin.



Procter & Gamble Factories in Hamilton, Canada



The usual weekly tea was held at been the guest of Mr. and Mrs. G.

The guests included: Mrs. past month, left yesterday for the

the Yacht Club on Wednesday after- H. Williamson, Brock street, for the

Campbell, Mrs. J. H. Byrne (Otta- Mrs. L. W. Mulloy, Bagot street,

wa), Mrs. Carter, Mrs. Hubert Ryan, will spend August at her summer

Craig, Mrs. G. W. Mylks, Mrs. J. J. Miss Mabel Stewart will leave for

Mrs. Andrew Forman (Montreal), a month with her sister, Mrs. Harold

Constantine, Mrs. Norman Fraser, to-day after a delightful visit with

Mrs. James Rigney, Mrs. Regan Mrs. Maitland Hannaford at her sum-

Stafford Kirkpatrick, Mrs. E. J. Miss Marjorie Pense, who has also

Chambers (Ottawa), Miss Willis, been Mrs. Hannaford's guest, will

ence Cunningham, Miss Eva Martin, Miss Nora Martin left to-day for

Miss Jessie Smith, Miss Millie Ferris, Cressy, where she will be the guest

Smythe, Miss Sybil Kirkpatrick, Captain and Mrs. W. E. Steacy

Charles Livingston, Mrs. J. M. Lake of Bays, Muskoka.

Miss Martha Smith, Mrs. Arthur cottage at Iroquois Point,

Mrs. R. F. Segsworth (Toronto), Mrs. Ansley, Stuart street.

Miss Winifred Claxton, Miss Flor- remain a week longer,

Miss Nell Macdonnell, Miss Bessie of Miss Mildred Horsey.