

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

THE CONFESSIONS OF ROXANE

By Frances Walter.

MARIAM AND I EXCHANGE CONFIDENCES.

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Mariam had ordered luncheon served in a quaint little private dining-room where, I imagine, warm-blooded southern men and women had made love uninterruptedly on many different occasions. The waiter, as if from force of habit, had no sooner served a course than he disappeared as if by magic.

Mariam and I, as a matter of fact, were not well enough acquainted to be very confidential, so that our conversation at first, was more or less formal. Soon, however, our congeniality became manifest and she was telling me many of her intimate affairs.

It seemed that her mother had died when she was very young and that her father, with the aid of a nurse, who afterwards became a companion, had reared her. So jealous was he of her welfare that he refused to permit her to go to school, and she had been taught by governesses in their home. Her companion had been ill a year or so before she had sent her to recover, before she had been virtually alone when she was stricken with typhoid fever. After an illness which held her for weeks on the verge of the grave she had gradually recovered until she was well enough to go south for the remainder of her long life. She told me of her longing for friends and how her father's great business necessitated his constant attention and left him very little time to be with her.

"If I only had a sister or brother," she said plaintively, "how different life would have been! Strange as it may seem, I have never had anyone with whom I could exchange those confidences which are so dear to a girl's heart."

The pathetic little figure was so appealing that I took her hand in mine and held it.

"I know how you feel," I told her.

**Safe Milk Foods for Baby's Summer Dietary**  
The cow's milk sold in towns and cities is so likely to contain harmful bacteria, particularly in hot weather, that it is recognized as unsafe for babies unless it has been pasteurized. Yet ordinary pasteurizing makes the curd-forming portions of the milk tough and indigestible for his little stomach.

**The Allenburgs' Foods**  
are prepared from fresh, clean milk, modified scientifically to the composition of mother's milk, and evaporated to dryness at a heat sufficient to destroy bacteria, but not high enough to lessen its digestibility.

**Milk Food No. 1.**  
is suited to the first three months of baby's life.

**Milk Food No. 2.**  
is just right from three to six months.

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is what he needs from that time onward until he can take solid food.

Write for Booklet, "Infant Feeding and Management."  
The Allenburgs' Co. Limited  
TORONTO

Another thing that we often for-



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her. "There are times in every girl's life and in every woman's life when she yearns for a confidant."

My words must have betrayed my own depths of feeling, for Mariam in turn became the comforter and stroked my hand with gentle and reassuring tenderness. I had not intended to display any such weakness, but now that I had I was not sorry. The response which had come from Mariam was so quick, and generous that I was not only unembarrassed but grateful.

"We sat for a moment with our hands clasped, drawn together by mutual sadness."

"I have often wondered," Mariam said at length, "what is to become of me if I recover. I used to have dreams of my future that were full of brightness, but lately the outlook has been dark."

"Oh! you will be well in a month," I told her cheerily, "and after that you will marry and be a happy little wife."

"She sat for a moment with thoughtful mien."

"I don't know," she replied. "That used to be one of my dreams, too, but as I grow older I grow more doubtful. I have not seen the married life of many persons, but what I have seen has not been encouraging."

"She paused for a moment, her face flushed. I knew the cause of her embarrassment, for she had spoken thoughtlessly, and I hastened to her rescue."

"That is the way with everything," I said. "Few of the roses in a garden are perfect roses, yet we could not do without them. It is the same with married life. Few such lives are perfect, yet despite their faults, many of them are beautiful. Even the perfect roses have thorns."

"She pondered the thought a moment."

"You may be right. After all, there is good in every one, just as there is a little of one if we are to have much of the other."

"Another thing that we often for-

(Continued from page 1.)  
A delightful miscellaneous shower was given on Thursday afternoon in honor of Miss Gladys Burton, when Mrs. Harold Hughes was the hostess at her summer cottage at Collins Bay. The guests included Mrs. Harold Davis, Mrs. R. H. Partridge, Mrs. J. H. Byrne, Mrs. R. H. Cooper, Mrs. Charles Taylor, Miss Dorothy Burton, Miss Campbell (Newmarket), Miss Elmo Wood, Miss Edith Fraser, Miss Johnston, Miss Grace Martin, Miss Beattie Robertson, Miss Douglas, Miss May Rogers, Miss Lucia Robinson, and Miss Rankin.

Miss Nan Patterson left to-day for Winnipeg to visit her brother, Alec Patterson, and Mrs. Paterson. Misses Shaw, Clergy street, who have been visiting Miss Nan Skinner at "Catarqui Lodge," returned home on Thursday.

Miss Nina Kinghorn arrived yesterday from Rochester to visit Mrs. H. E. Richardson, Johnson street. Major Justus Wilson, who has been visiting his sister, Mrs. Colin Hamilton, for the past two weeks, left on Wednesday for Calgary. Major Wilson is in Canada on leave from the front.

The Bishop of Montreal and Mrs. Farthing are spending some weeks at Minnet, in the Muskoka district. Miss Veta Minnes, "Hillcroft," left yesterday for Brockville, where she will be the guest of her aunt, Mrs. Griffin.

Mrs. (Dr.) S. J. Shorey, Port Hope, and her daughter, Miss Mary, are guests of H. C. and Miss Nannie McMullen, Picton.

Mr. and Mrs. William Thomson and Master Knox Thomson, Ottawa, will spend a few weeks in Kingston with Capt. and Mrs. Arthur Tett. Dr. and Mrs. Ely, Ottawa, and family have returned home after a month's stay at Christy's Lake. Mrs. Ely is leaving to visit her mother, Mrs. George Mills, Kingston.

Miss Edith Rankin, Brooklyn, N.Y., who has been visiting Miss Edna Richardson, and was also the guest of Miss Helen Graham, Ottawa, has returned to her summer home at Collins Bay, accompanied by Miss Graham.

Mr. and Mrs. MacGillivray Knowles, with their houseboat and party, are anchored in the harbor of Picton. Hospitable as ever, Mr. and Mrs. Knowles find their floating home the mecca of many visitors, especially in the evening, when the artists return from sketching tours through the country.

Mrs. Charles Butlin and her two sons have returned to Toronto, after visiting Mrs. Franklin Pound, Princeton street.

Miss Fannie McLeod, R. N., superintendent of Parker Memorial Hospital, Columbia, Missouri, after visiting her sister, Mrs. W. J. Blacklock, Glenburnie, for three weeks, has returned to her hospital duties in Columbia.

Col. and Mrs. James Galloway, Toronto, arrived on Friday, and are at their camp at Macdonald's Cove. Mr. and Mrs. A. C. Johnston, Montreal, visiting with Mr. and Mrs. W. Baillie, Barrie street, will return on Monday.

Mrs. J. F. Sparks and Miss Betty, Wellington street, have returned from a visit to the Sandhills. Mrs. J. W. Elliott, Brock street, is holidaying at Rockport.

Miss Campbell, Newmarket, is the guest of Mrs. Harold Davis, Stuart street.

Miss Daly and Miss Kathleen Daly are leaving on Monday to spend a couple of weeks at Bon Echo. Miss Viola Pound is visiting relatives in Belleville and Picton.

Mrs. Julius Miles, Toronto, announces the engagement of her daughter, Lilian, to Capt. C. J. Allan, Canadian Field Artillery, B.E.F., son of Sheriff and Mrs. Allan, of Guelph. The marriage will take place in England in August.

"But can they help it?" asked Mariam.

"That is the kind of woman they are, perhaps," I admitted. "But such a woman should be careful in choosing their husbands. If they are too weak-minded to assert themselves, they should select partners too tender-hearted to trample on their rights. In any event, a woman has the privilege of leaving a brutal husband."

"But some of them cannot," objected Mariam. "You might, because you are strong-minded and can care for your self, and I might, because I have a father to care for me, but how about a woman with no one to go to and who must depend on love and care for?"

"A case like that is indeed tragic," I said. "Perhaps a woman is justified, for the sake of her children, in bearing treatment which otherwise she would not."

"Poor little Mariam," I sighed deeply. "It is all too bad," she said. "He will love you so dearly that he will never give you cause for pain."

"I don't know," she replied. "Men must be very peculiar creatures. They must tire of their wives very quickly. I have never seen but two men whom I thought could be trusted. My father and Uncle John."

"I could not suppress a smile. Poor little thing! Her father and her Uncle John were the only men she really knew, and she had faith in both of them! She was the kind of woman who would have faith in anyone. Aloud I said:

"And both are worthy of your confidence."

"Indeed they are," she responded brightly. "My father is the best man in the world, and Uncle John has a character that is just as fine."

"Of course he has," I returned earnestly, and blushed as I realized what I said.

"There now," said Mariam, as she smilingly patted my hand. "I knew you liked him, and I told him so today."

"Yes," I said, "he is the type of a man that any woman would admire and trust."  
(To be Continued.)

**ACTIVITIES OF WOMEN**  
London, England, has 757 woman tram conductors.  
Great Britain now has nearly 40,000 war widows.  
Female munition workers in France average \$1.15 in wages.  
The queen of Belgium often visits the men in the trenches.  
Italy has over 3,000,000 women engaged in agricultural pursuits.  
Women form 80 per cent. of the school teachers in this country.  
One half of the textile workers in this country are women.  
The New York National baseball club was once managed by a woman.  
Woman church workers in England get on an average of \$275 a year.  
Among the 172 persons who will be granted diplomas to practice law in Saint Louis are three women.



"Low Cost of Living" Menu

Menu for Sunday

**BREAKFAST**  
Sliced Peaches or Berries of Choice  
Cereals of Choice  
Eggs with Bacon Curls  
Toasted English Muffins  
Marmalade  
Coffee or Cocoa

**DINNER**  
Chicken Broth With Rice  
Chicken a la King  
Tomatoes Stuffed With Celery  
With Mayonnaise or Shredded Lettuce  
Vanilla Ice Cream with Fruit Sauce  
Small Cakes, Coffee

**SUPPER**  
Deviled Egg Sandwiches  
Peanut Butter and Cheese Sandwiches  
Marshmallow Cake  
Fruit of Choice  
Buttermilk or Tea

Tomatoes Stuffed with Celery  
Materials—Four tomatoes, 2 cups of very finely cut celery, 4 tablespoons mayonnaise.  
Utensils—Knife, tablespoon, tea-

Menu for Monday

**BREAKFAST**  
Orange Juice  
Baked Eggs, Dry Toast  
Marmalade  
Coffee or Milk

**LUNCHEON OR SUPPER**  
Potatoes or Rice with Cheese Sauce  
Sliced Cucumbers  
Cake from Sunday  
Buttermilk or Tea

**DINNER**  
Onion Soup or Iced Blackberry Juice  
Ham Croquettes, Cream Sauce  
Buttered Beets, String Bean Salad  
Creamed Rice with Fruit Sauce  
Hot or Iced Tea or Coffee

Ham Croquettes with Cream Sauce

Materials—One cup cold ham, 1 cup boiled rice, 1/2 cup cream sauce, 1 teaspoon grated onion, 1 teaspoon Worcestershire Sauce, 1 tablespoon chopped parsley, 1 egg, breadcrumbs, 1/2 teaspoon paprika, salt to taste.

Utensils—Mixing bowl, food chopper, two measuring cups, teaspoon, tablespoon, platter, deep frypan.

Directions—Put the ham and rice through food chopper, add the cream sauce, onions, Worcestershire sauce, parsley, paprika and salt to taste (very little is needed as the ham is

Directions—Cut the celery very fine and mix with two tablespoons of mayonnaise. If you have a few chopped nuts they can be added to the celery. Wash the tomatoes, cut off the stem ends and scoop out the centre; fill with the celery and put 1 teaspoon of mayonnaise over the top. Serve on shredded lettuce.

**Deviled Egg Paste**  
Materials—Three hard-boiled eggs, 1 teaspoon mustard, 1/4 teaspoon salt, dash paprika, 1 tablespoon butter or olive oil, 1 tablespoon vinegar, 1 tablespoon onion juice, 1 tablespoon cut parsley or green pepper.

Utensils—Mixing bowl, food chopper, teaspoon, tablespoon, small saucepan to boil eggs in.

Directions—Put the eggs through food chopper, add the mustard, salt, pepper, paprika and vinegar; mix well and all the butter or olive oil and other ingredients. Mix well, and if not moist enough, add more vinegar, or mayonnaise can be used. Cut the bread in thin slices, spread with egg paste. This will make six large sandwiches.

Directions—Put the rice in a saucepan to boil. Wash the rice as usual and add to the boiling milk. Let it simmer two hours; then add the salt and two tablespoons of sugar. When cold, add the vanilla and put into mold, which has been rinsed in cold water. Place in refrigerator. When cold, turn out on deep plate and cover with whipped cream and the crushed strawberries, which have been mixed with the sugar and put around the edge. Two or three berries are used to garnish

Directions—Put the milk on in top of double boiler; wash the rice as usual and add to the boiling milk. Let it simmer two hours; then add the salt and two tablespoons of sugar. When cold, add the vanilla and put into mold, which has been rinsed in cold water. Place in refrigerator. When cold, turn out on deep plate and cover with whipped cream and the crushed strawberries, which have been mixed with the sugar and put around the edge. Two or three berries are used to garnish

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Advertisement for Kellogg's Toasted Corn Flakes. Features an illustration of a man in a suit sitting at a table eating a bowl of cereal. A box of Kellogg's Toasted Corn Flakes is shown next to him. The text includes the Kellogg's logo and the words 'TOASTED CORN FLAKES'. At the bottom, it says 'WATCH your alert, keen-eyed, clear-headed business man at breakfast. You never see him eating heavy, soggy foods that clog the body and slow up the mental processes. No, as a rule, he selects some appetizing, easily digested cereal such as Kellogg's, for he knows that these thin, crisp, toasted corn flakes supply all the nourishment that the ordinary body needs without dissipating his energy in digesting and absorbing them. Kellogg's Toasted Corn Flakes go well with fresh or cooked fruits in place of the usual milk or cream.' The price is listed as 10¢. The manufacturer is The Battle Creek Toasted Corn Flake Co., Limited, London, Ontario, Canada.

Advertisement for Ivory Soap. The headline reads 'Extraordinary WHEN you buy Ivory Soap you not only have a mild, pure, white floating soap for personal use in bathroom and nursery but you have a safe, harmless, effective soap for fine laundry work, for delicate articles about the house, for table ware, for silver, for everything that you do not care to trust to ordinary cleansing methods.' It features the Ivory Soap logo and the text '99.44% PURE'. The manufacturer is Procter & Gamble Factories in Hamilton, Canada.