## the Twilight --- In the Realm

Menu for Sunday

BREAKFAST

Posched Eggs

Crisp Rolls Fruit Jam

Fried Chicken

Maryland Sweet Potatoes

Corn on Cob Lettuce and Cheese Salad

Grape Juice Frappe Coffee

COLD DINNER

Pickled Beets Fruit, Cake

Goldenglow Salad

Tonsted Crackers with Cheese

Sliced Peaches

Cocon Sponge Cake

leed Ten or Buttermilk

Fried Chicken

Directions-Singe, wash and clean

the chicken; cut into pieces as fol-

lows: Two thighs, two drumsticks,

two wings, the breast cut in two

pieces, the backbone cut into four

pieces. Wipe on piece of cheesecloth;

dust with salt and pepper, dredge in

flour. Put into frypan with 2 ta-

blespoons bacon drippings. Bacon

drippings are best, but if you do not

and half butter. Put pan over fire,

lay chicken in and brown chicken

quickiy. Then cover, add a little

water and reduce heat and fry slow-

ly on both sides with cover on. You

may have to add a little more water.

and 1 tablespoon flour; mix with

whatever gravy or fat is in the pan;

minutes. This gravy should be

spoon flour, 1 cup milk.

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

By Frances Walter.

I DECIDE TO RETURN

TO MY OLD HOME

(Copyright, 1916, by the McClure

Newspaper Syndicate) tle did I know myself. What a ser- | ble alone. ies of rapid changes had come over only a platonic bond between us! time of anguish. How rapidly had things moved with both of us! Held together at first was wrong and came swiftly to me. and after you have restored the sick attached to each other that we had you alone too long." wung to the opposite extreme of pas- "No, no," I murmured, "you are up a new task. It is a noble profes-I had raised him to a pedestal before which I had almost worshipped. He, in turn, had come to one who employed you.' regard me as his sum total in life. Then the disfilusionment! A fair

of a woman, and I was forgotten. But my love had resisted. Claim- assistance." ing my right as a woman to the man of my choice, I had dared my rival to not know how much she knew of ual can do to ease pain. Whatever take him from me. I had succeeded my affairs or how much she had gues- my future holds for me I cannot esin gaining him back, only to see him sed during my illness. Perhaps in cape the influence of your example, lured away again by the next siren. my delirium I had spoken of Miss and I shall always remember you as My own heart, fluttering with anx- Regnier, but if Miss Thompson knew a very devoted friend in time of iety and fear, had found quiet and that she was my rival the knowledge ticuble." comfort for a moment in the con- was well concealed. fidence of a great, strong man-John "Did she tell you she employed she listened to me. Gordon. Yet I had remained faithful me? in every particular to my husband. | Her voice was low, but there was | have cured your body but I fear your only to find that for the third time a steadiness in it which I had seldom heart is not healed. But there is he had been unable to resist a beau- detected since she had been with me. one consolation and one hope. Time

tiful face. So it was all over! Deserted by guessed the rest," I returned. looked out behind a bank of clouds, thought. upon the world. So it was with me. was approaching an end. As soon shoulder and wept.

I was aroused from my reverie by but one place for me to go-back to the entrance of Miss Thompson, re- my home, back to mother. turning from her walk. Ordinarily "Miss Thompson," I began, "it is

how completely were our idols shat- happened. Some one has been here." opportunity to do good. In helping "Who?" she inquired. "That woman," I returned, "The

"She here?"

face, a subtle perfume, the soft voice . "Yes," I replied bitterly. "She life. came to see if I required any further . "One never knows until one is ill

If went to the window and mained for some time lost in eyes."

The sur. I my life was setting. Soon as I could telegraph my mother and

only shadows and gloom would be receive a reply I would be prepared to leave New Orleans. And there was

her presence would have filled me time for you to look about for an-So this was the end of my dream of with repugnance, but we had grown other position. You have done so married happiness! It seemed only a to be such staunch friends that my well by me that I am no longer a paday or two since Arthur and I had heart beat faster when I realized that | tient, but a very well woman. I exentered into our compact. How little at least there was one friend left me. pect to leave the city in a few days, did he know himself then! How lit- I was not destined to bear this trou- perhaps in a few hours. After all that you have done for me it is hard This gentle little woman who had to think that I cannot be of some serour lives since we in our simplicity been sent to me in my illness was vice to you; but that is not the fate had started forth hand in hand with now a prop and a comfort in this which awaits those of your calling. You coax health and comfort and She noticed at once that something happiness out of disease and pain, by a philosophy that was almost "You are not so well this evening, ones to health they go their way childish, we had become so strongly are you?" she inquired. "I have left and forget you, while you, in turn, move on to another bedside and take sion and fervid devotion, and then- not to blame at all. Something has sion. Would that I had some such others I might forget myself. My own selfishness might be replaced by a desire to bring happiness to some one "Miss Regnier?" she exclaimed. else, and in doing so I might bring contentment and peace into my own ing cup.

how much suffering there is in the Miss Thompson was silent. I do world or how much one lone individ-

Tears stood in my nurse's eyes as have bacon fat, use half drippings leaves.

"You are indeed sad," she said, " sae told me that much and I may not cure but it will enable you to forget. You are young, a long Remove the chicken from pan and my husband, the debtor of my rival, Miss Thompson bit her lip and life is before you, and I hope the day it was now necessary for me to call kept back words which she was about is not distant when the roses will be upon my mother for a sum necessary | to utter. Suddenly she arose and | back in your cheeks and the light to relieve me of this humiliating ob- went to the window, where she re- of laughter will again be in your

rich cream color. She took my hand and looked a its trail of fire and glory on the west- It was evident that I must notify me tenderly. I could not resist the ern horizon. Shadows were falling her at once that her term of service impulse. I laid my head upon her

Lettuce and Cheese Salad tablespoons finely chopped parsley, been cut in three rings.

Sarah Bernhardt, the able French

Materials One neufchatel cheese sinch rings and lay on lettuce. Garor 1 cup grated American cheese, 2 nish top with the olives, that have

war front, where she gave six per- since the outbreak of the war she has

& cup mayonnaise, salt and pepper to taste, 3 cups shredded lettuce: Utensils-Mixing bowl, measuring bowl, tablespoon.

Directions-Mix and season the cheese. Divide into twelve parts: roll in parsley and serve around the shredded leftuce with the mayonnaise in centre.

Goldenglow Salad Materials-Six hard-boiled eggs. cups cold boiled rice, I large head of lettuce, 1 cup mayonnaise or boiled dressing, I teaspoon sait, 1/2 teaspoon pepper

Utensils-Salad : bowl, grater, knife, measuring cup, teaspoon. Sliced Tongue Peppers Stuffed With Japanese

Directions-Line the bowl with the large outer leaves of lettuce; cover with the cold boiled rice, dust with salt and pepper; grate the yolks over top of rice; slice the whites of the eggs fine and place around the edge of the yolks. The mayonnaise or boiled dressing is placed over top in small molds with a teaspoon. This makes a most attractive dish. A little onion juice in Materials-Four to five pound the mayonnaise dressing adds much chicken, sait, pepper and flour, 2 ta- to the flavor. Personally I would blespoons bacon drippings, 1 table- dress the salad individually; line plate with lettuce, cover with 2 ta-Utensils-Knife, cheesecloth, tea- blespoons rice, using 1 egg and 2 spoon, tablespoons, frypan, measur- teaspoons dressing.

#### Peppers Stuffed With Japanese

Materials-Two green peppers, 2 cups cold boiled rice, 2 tablespoons finely chopped peppers, 1 tablespoon grated onion, 1/4 teaspoon curry powder or dry mustard, 4 stuffed olives, 1/2 cup mayonnaise or boiled dressing, shredded or whole lettuce

Utensils-Knife, mixing bowl, two measuring cups, teaspoon, table-

Directions-The peppers should be the long thin kind. The tops are cut off at the stem end, washed and seeds and white fibre removed. The pepper is chopped fine and added to the rice with the onion, curry powder and dressing. Mix well and fill then add 1 cup cold milk; boil a few the peppers and press down very firm. Set in cold place. Line bowl with shredded lettuce and with sharp knife cut the pepper into quarter-

worked as hard as any hospital nurse.

## Guard Baby's Health

Especially During Summer Months

The health, growth and even the life of the bottle-fed Baby depend on his food. If it cannot actually be in germ-free purity.

Cow's milk, particularly in hot weather, is seldom free from dirt and harmful germs and so is usually dangerous to Baby's delicate constitution

In happy contrast, the 'Allenburys' Foods provide a progressive dietary that is absolutely safe. The Milk Foods, Nos. 1 and 2, are prepared from clean, fresh cow's milk, modified to the composition of mother's milk, and entirely free from germs. The 'Allenburys' Malted Food No. 3, is equally pure and safe, and suited to babies from 6 months old upward. With



the juices of oranges and grapes, and fresh meat juice so beneficial to Baby, can be given with

"Infant Feeding and title of a valuable sixty-page Booklet which we will be glad to send you free.

HE ALLEN & HANDURYS CO. Limited TORONTO

Will never cause you or your guests embarrassment by obstinately refusing to leave the shaker. Sifto Saltof snowy purity-remains dry and free-running in any climate, in any weather.

Try "Sifto" Salt. Put up in sanitary, damp-proof and dust-proof cartons. At all good grocers. One of the famous Century Salt family



Kelloggi

TOASTED



(Continued from page 7.) informal bridge on Thursday after-

Mr. and Mrs. J. L. Whiting, Clergy

for Muskoka. Miss Julia Horsey, Clifton Springs, who has been spending the past two weeks in Kingston left to-day for Ro- Miss Norah, left yesterday for their chester, N. Y., where she will be the home in Philipsburg, Que. Robert her. guest of Miss Louise Quinn.

nester, N. Y., spent a day or two in town this week with Mrs. H. E Richardson on their way to Cape Vin-

Miss Nan Paterson returned yes-terday from Winnipeg where she has en the guest of Mr. and Mrs. A. C. lies Nina Kinghorn who has been

**Bring Out Your** Hidden Beauty

Beneath that soiled, discolored fad-ed or aged complexion is one fair to look upon. Mercolized wax will grad-ually, gently absorb the devitalized surface skin, revealing the youthfully fresh, white and beautiful skin un-derneath. Used by refined women who prefer complexions of true naturalness.

visiting Mrs. H. E. Richardson left Mrs. E. H. Pense was hostess at an | to-day for her home in Rochester. Miss Marjorie Pense is spending a land Hannaford.

Miss May Mackie, New York, is the | mond, Picton. street, and their guest Mrs. Scadding, guest of Mrs. Alexander Mackie, Toronto, will leave early next week | Clergy street, who entertained at tea in her honor on Thursday afternoon.

Mrs. T. A. McGinnis, and little Richardson who is sailing to-day for

Dr. Gourley, wife and fam'ly, Cayuga, who have been visiting Mrs. Hamilton from visiting at Kingston. Gourley's mother for the past three weeks, left for home via the steamer

Toronto on Friday afternoon. Miss Gladys Saunders, Kingston, is spending a couple of weeks guest of her aunt, Mrs. Courtland Dainard and others, Royal Street, Prince Ed-

visiting her sister, Mrs. A. Collier, daughter, Edna Marion, to Robert Port Milford.

Presbyterian Church, Toronto is land, Toronto. The marriage will spending a few days as a guest of the take place quietly in August. Misses Smellie, Brockville. Miss Gladys Saunders, Kingston

and Miss Agnes Wildman, West Point, were the guests of Miss Zora actress, recently visited the French devoted herself to her people, but Leavitt, East Lake. Miss Eleanor Power, Rockwood formances before the soldiers. hospital, is spending her vacation

with her cousin, Miss Mary Cotter, Hamilton. Mrs. E. M. Story and two daughters, Misses Bessie and Alice, Regina, Sask., are in Kingston. They

will visit friends before returning to the West. Miss Isabel G. Bureau, Kingston, Miss Helena Vanderwater, Belleville, with Mrs. W. R. Munro spent few days in Montreal with Mrs. Mait- the week-end with Mr. and Mrs. J. J. Redmond and Miss Josephine Red-

> Mrs. W. Leadbeater, Wallaceburg, after two months' visit in Kingston, Ottawa and elsewhere, left for home on Thursday, her father, Rev. W. G. Jordan, Barrie street, accompanying

George A. Allen and wife, New Mr. and Mrs. Norman Ginghorn, England accompanied them as far as Westminster, B. C., formerly of Kingston, are visiting Mr. and Mrs. Miss A. M. Johnson and her neph- J. E. Gow, Union street,

ew, Master Frank McMartin, Earl. Miss Daisy Merrifield, Port Hope, street, left to-day for Toronto for a is the guest of Mrs. T. G. Smith, Miss Mary Fraser has returned to

> Miss Irene Worth, Ottawa, entertained at a dance at her home on Florence street for Gunners L. Hard-

Mr. and Mrs. A. E. Paul, Napanee, Mrs. (Dr.) Lake, Kingston, is announce the engagement of their Francis Holland, Napanee, son of the Rev. Dr. D. Strachan, Rosedale late W. H. Holland and Mrs. Hol-

### **ACTIVITIES OF WOMEN**

The woman suffrage movement in

Germany began in 1895. Thousands of women in France are doing piece work in their homes. Over 30,000 women held a prohi-

bition demonstration in Glasgow re-The increase in marriages of 1915 over 1914 in Great Britain indicates that there were no less than 80,000

war brides last year. Four of the 22 candidates who obtained 80 per cent. of marks or better in the banking examinations held at King's College of London,

In 45 larger German cities last year 10,500 women held honorary (unpaid) positions and only 897. (excluding school teachers) received Miss Annie Morgan, daughter of the late J. Pierpont Morgan, recently

gave a real circus in New York, the proceeds of which will go toward her vacation idea for poor working girls.

Miss Anne George, who is head of
the most successful Montessori school in Washington, has been called to Spain by Mme. Montessori, whom she

will help remodel the educational sys-

Mrs. William P. Anderson of Tashkend, Russia, wife of the Russian agricultural commissioner to the United States and Canada, is the first woman to take the regular course in animal husbandry in the Missouri College of Agriculture.

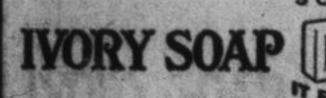
TATATCH your alert, keen-eyed, clearheaded business man at breakfast. You never see him eating heavy. soggy foods that clog the body and slow up the mental processes. No, as a rule, he selects some appetizing, easily digested cereal such as Kellogg's, for he knows that these thin, crisp, toasted corn 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 only product made in Canada by The Battle Creek Toasted Corn Flake Co., Limited London, Ontario, Canada

## All for 5 Cents

OR 5 cents you can buy white, floating soap unsurpassed in mildness, purity and quality; that lathers freely and rinses easily; whose natural odor is as pleasing as any perfume. For 5 cents you can buy Ivory Soap. Why buy anything else?



IVORY SOAP 99#% PURE

Procter & Gamble Factories in Hamilton, Canada