AVOID ALUM

IN FOOD

Baking Powder is one

of the most important

food ingredients. Aluni

or other injurious acids

are frequently used by

some concerns to lower

the cost of production.

Contains No Alum

It is a pure phosphate

baking powder and is

guaranteed to be the best,

purest and most health-

ful baking powder

W. Matthew Williams. in

"Chemistry of Cooking." says:

"Phosphates are the bone-

making material of food and

have something to do with

building up of brain and

Made in Canada

nervous matter."

possible to produce.

In the Realm of Women---Some Interesting Features

By becoming a member and purchasing your groceries at this store von will realize what Co-Operative Principles are.

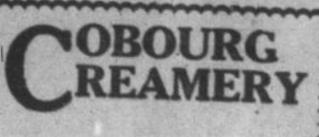
Kingston Co-operative Society, Ltd.

King and Princess Streets. Phone 469. Delivery Service.

The Telgmann School of Music

Piano, violin and other stringed instruments; elocution and dramatic art. Pupils may begin at any date. Terms on application. Engagements for concerts ac-

216 Frontenac Street. Phone 1325j



BUTTER

Ask your grocer next time for a pound. KINGSTON PRODUCE CO. (Distributors) 1111 Brock Street.



At Lunch Time

Make a point of trying H.P. Sauce, you will be delighted with the new and delicious flavour - quite distinct from ordinary sauces.



Oriental Cream ERD T. HOPKINS & SON, MOOT

BULBS

Just arrived a few select BULBS for immediate planting for Winter and Spring flowering.

A. D. HOLTON

PHONE 661.

280 PRINCESS STREET. RESIDENCE, 2036w.



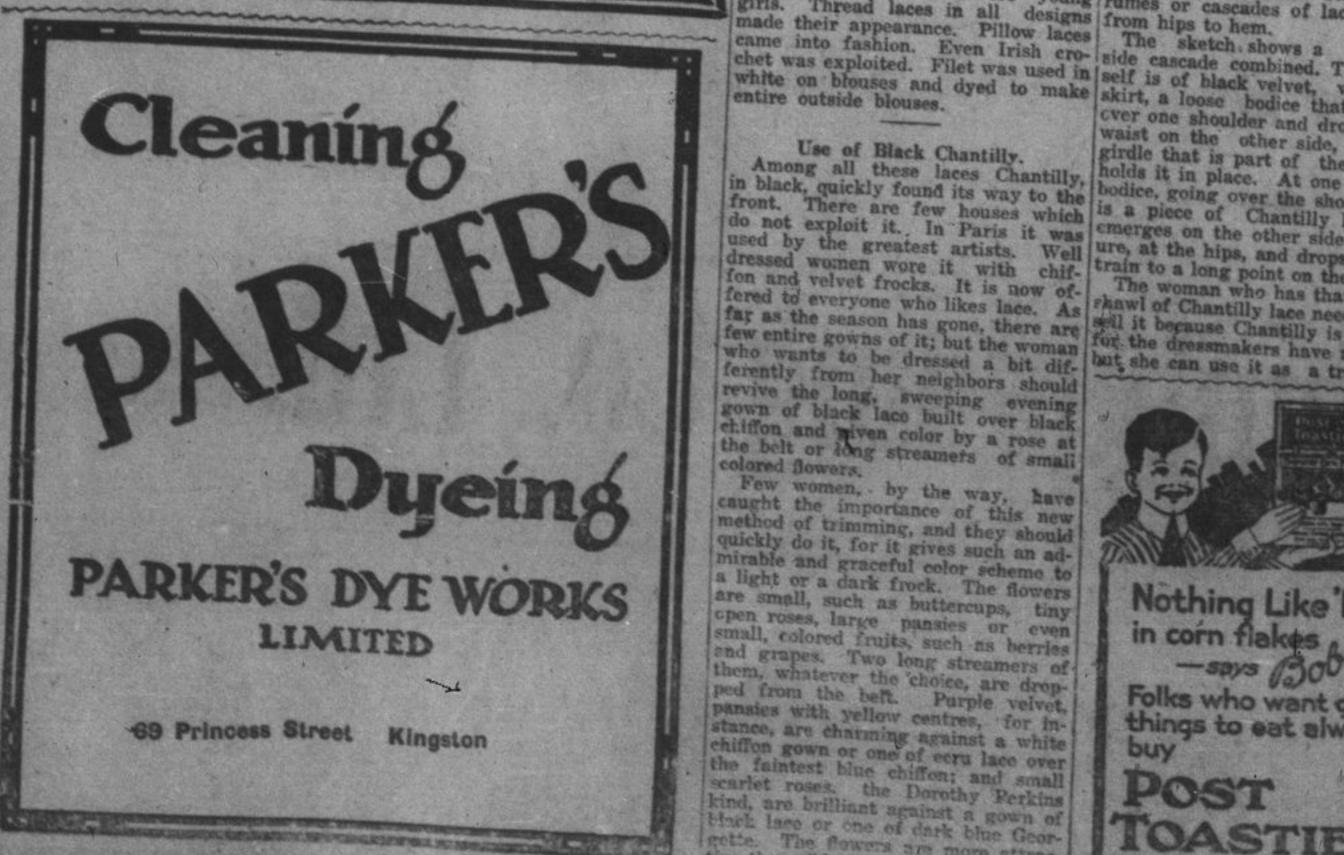
Peninsular Ranges

For perfect baking, fuel economy and appearance the Peninsular Range excells above all others. They are guaranteed absolutely.

We also have a few good second hand

Lemmon&Sons

187 Princess Street



LOVE and MARRIED LIFE by the noted author Idah McGione Gibson

Sad News From Home. furnishing of my new home. But as in the face most unexpectedly. John had decided that we should live I have never had time to prepare

John's sitting room was very large, no control. important and while they were done which halted my plans abruptly. in the orthodox fashion for a man's

single bed and the night we arrived ed me, saying that John was still against coarse lace and heavy lace from one of the other rooms put in

big double bed in my sitting room. I said nothing about changing things for a month or so after our memorable interview in her bedroom. I rather waited to see if John would make any suggestions but his mind was wrapped in his business again and he seemed perfectly content to come home to those uncomfortable

ing directly to my room she asked: to think about it all he would have

Quick as thought I answered: "It

attic in this house, isn't there?"

"Good for you, Kate, more power father is dying."

DRESS

BY ANNE RITTENHOUSE

(Copyright, 1919, by the McClure Newspaper Syndicate)

France produced some sumptuous to the waist and allowed to float into

robes with these laces. The bertha space. These are the chosen kind. was revived to aid the lace makers. They are used to accentuate the som-It now finishes the edge of the round breness of a velvet frock and some-

decolletage, as it did when the wom- times they have side companions in

en of this generation were young ruffles or cascades of lace that drop girls. Thread laces in all designs from hips to hem.

chet was exploited. Filet was used in self is of black velvet, with a short

dressed women were it with chif- train to a long point on the floor.

gette. The flowers are more attrac-

tive then ribbon and they draw atten-

Nothing Like Em

in corn flakes by

Folks who want good

things to eat always

I wonder if things come out of a I had intended to go home to my blue sky to other women as they do mother's and bring back many pieces to me! Everything that has ever

John's bed was a heavy, brass, telephone and his secretary answer- of lace appear together-fine lace

"It is Mrs. Gordon," I said, for I Madame Gordon made no com- knew my voice sounded strangely. rather surprised that she seemed After a wait that seemed endless

> "Mr. Gordon sends word that he is in conference but that he will be home for dinner at seven as usual."

me in the flush of our honeymoon, One day Alice came over and comag directly to my room she asked:

mother would not allow me to take to use one piece on each side. you kept that bed out in this room so call him up on foolish pretexts.

here that I was going to make these get ready to make the six thirty can easily find out enough to answer they lose their temper. which you brought tells me that my on lace making,

(Continued to-morrow)

ADAPTED TO SHOPPER'S NEED

Strong Bag That Will Hold a Variety of Purchases, to Be Constructed of Remnants.

Nowadays it is absolutely necessary to take a strong and roomy bag when doing the daily shopping, and our sketch shows a very handy type of bag for this purpose.

It can be carried out with a remnant of thin stair carpet or any other strong material, and can be made in Chantilly Lace Has Been Strongly tion to the sides of the skirt, which is The diagram on the right of the illus-Revived by Dressmakers for All the object of the prevailing fashion. tration roughly gives the shape of the New York.—One of the dominant There are tunics of black lace and piece of material that will be rerevivals of the season is lace. It chiffon worn over narrow black satin quired; it is folded at the point



waist on the other side, and a soft Use of Black Chantilly.

Among all these laces Chantilly, in black, quickly found its way to the front. There are few houses which do not exploit it. In Paris it was used by the greatest artists. Well dressed where the greatest artists. Well dressed where the greatest artists. Well train to a long point on the floor. for and velvet frocks. It is now offered to everyone who likes lace. As
far as the season has gone, there are
for the draws Chantilly is in fashion,
the bag may be carried.

few entire gowns of it; but the woman who wants to be dressed a bit difsmall linen pocket, into which bills may be slipped.

STRAIGHT LINES HOLD SWAY

Good Thing to Romember New That It is About Time to Plan for Fall Things

Interest in summer suits is naturally waning somewhat at the present time, with fall so near at hand, and the woman who is planning a fall suit must bear in mind the fact that regardless of dress silhouette, straight lines hold sway in suits. No matter what material is used or what trimming embellishes it, the amort suit will have a straight, semi-fitted cout, thirty to forty-five inches in length, with narrow shoulders and long, tight sleeves. Suit skirts are shorter than those shown with spring models, and while by no means full they are a

back of her frock or as a full tunic gathereu as we waistline.

Edited by Anne Rittenhouse.

WITH SCRAPS OF LACE. of furniture that had been heirlooms come to me, good or bad, seemed to France? They are originally made by the country women of France with Madame Gordon, I dropped that for a great change. My engage—so much wanted to devote to the idea for the time being at least. Of course I was very much disappoint- coming to a place which was not home were all acts carried out on are made by professional lace makers, but they are the same in effect, my own, but I was determined to the spur of the moment and condinevertheless. They are made from tions over which I seemed to have bits of old real lace. The first ones but it looked to me as though less After Alice left I very carefully of old lace that these patriotic old attention had been given to its fur- planned the rearranging of my Frenchwomen had in their possession. nishing than any other room in the rooms and decided it should be he- They had nothing else to offer but ly been given to understand that But alas before the morrow came and though they did not match, they these rooms were not particularly I received a wire from my mother, put them together, adding their own occupancy, to me they were neither the office although it was about five lace was the result. It is very interest-John had not yet come home from until a most interesting patchwork of o'clock. Naturally I rushed to the ing to see how well these various sorts

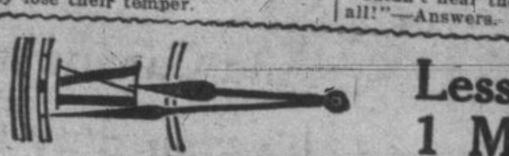
ment. After saying that she would "Will you please tell Mr. Gordon that high real in the smart shops for a very brook no change in the rooms I was I must speak with him immediately." high price. But perhaps you can make perfectly content to let me have a the young woman came back and a box containing bits of old real lace. You may not be able to put them together with the skill used by the old women of France, but you can do something almost as interesting. First select the shape of your collar and Looking back at it today, I really draw it off on a piece of paper cambric believe that that message, sent to of pink or blue, so that the lace will show up against the color. Now look was the first little rift in the lute. It over your bits of lace. The French are surroundings. I am quite sure that John did not know I was grief strickat that time he did not realize that en, for he could easily have asked exactly alike. If you have only one I kept almost entirely to this sitting the girl to get my message. I had exactly alike. If you have only one dame Gordon made me feel an inter- cept at the time when I found his the back of the collar or cut it in two

"For mercy's sake, Kate, why have known that I did not thoughtfully side of the front A strip of real Val side of the front. A strip of real Val ming will be used. This fur trim- cert of the village band the trommight be put around the entire edge ming is usually only in the form of bone player was taken suddenly ill, Perhaps I should have sent back of the collar shape. Some real filet generous sized collars and revers and and had to send an amateur friend is only a temporary affair. I am go- word and told him of my trouble but might be used at the side. It is best to ing to have these rooms rearranged. I was so hurt at his message that I spend some time working out your arrangement, much as you would work suit costs last season are not in evi-Alice looked up curiously. "What I called up the station and found very few spaces you can then put your there was a train leaving at half past collar together by means of some very ful braidings appear on many smart "I hadn't gotten so far as that," and I knew she wanted to ask the these are put in securely so that the For first fall wear strictly tailored said. "Got good lungs, haven't collar will be firm. If your spaces are models of cheviot and smart wool mix- you?" "Can I do anything for you, Mrs. too large for faggoting, use some of tures are being brought out. "Have you told mother what you Gordon?" she asked. "Madame Gordon the old-fashioned honoton stitches don is out and I have some time."

"I told her the first day I was "Yes, Herriette, you can help me you do not know how to do this you Men, like tools, are useless, when

sometimes cuffs. Trimmed skirts or in his place. The conductor thought the stranger played rather loudly, but did not want to hurt his feelings, so

The trombonist replied proudly: "Not so bad. But Ah've got a cold t'neet; if Ah was fit the wouldn't hear them there fiddlers a



Less than Minute

to make a cup of OXO with an OXO cube-nourishingcasily digested and delightfully flavoured. OXO gives freshness and vigour to mind and body-counteracts the effect of fatigue, and makes good the wear and tear of

Prices same as before the war, 10c, 25c, \$1.15, \$2.25.



Drink Charm Black Tea Sold in Packages Only

GEO. ROBERTSON & SON, Limited

for Delicious and Nourishing Desserts



"PRIMUS JELLIES" are made exclusively of Pure Gelatine, Granulated Cane Sugar, Pure Fruit Extracts or choice Chocolate, Sherry and Port Wines,

They can be obtained in the following flavors: Strawberry, Raspberry, Cherry, Pistachio, Red-Currant, Lemon, Orange, Vanilla, Chocolate, Sherry Wine, Port-Wine and natural.

They serve to prepare, almost instantly and economically, a great number of delicious, wholesome, satisfying and attractive desserts which can be served either alone or with fresh fruit or whipped cream.

No cooking, nothing to add. Everything needed is in the Package.

Ask your grocer for Primus Jellies and insist on getting them. The Brand "PRIMUS" is a guarantee of quality and purity.

L. CHAPUT FILS & CIE, Limitée MONTREAL