

# In the Realm of Women--Some Interesting Features

SINCE 1870

## SHILOH

30 DROPS COUGHS

The Beauty of The Lily can be yours. Its wonderfully pure, soft, pearly white appearance, free from all blemishes, will be comparable to the perfect beauty of your skin and complexion if you will use

Gouraud's

## Oriental Cream

Prepared by F. HOPKINS & SON, Montreal

### Hair Often Ruined By Careless Washing

If you want to keep your hair looking its best, be careful what you wash it with. Don't use prepared shampoos or anything else, that contains too much alkali. This dries the scalp, makes the hair brittle, and ruins it.

The best thing for steady use is just ordinary mulsified coconut oil (which is pure and greaseless), and is better than anything else you can use.

One or two teaspoonfuls will cleanse the hair and scalp thoroughly. Simply moisten the hair with water and rub it in. It makes an abundance of rich, creamy lather, which rises out easily, removing every particle of dust, dirt, dandruff and excess oil. The hair dries quickly and evenly, and it leaves the scalp soft, and the hair fine and silky, bright, lustrous, fluffy and easy to manage.

You can get mulsified coconut oil at any pharmacy. It's very cheap, and a few ounces will supply members of the family for months.



### They Know That Cuticura Will Soothe and Heal

Whether it is an itching, burning skin trouble, an annoying rash, irritation, cut, wound or burn Cuticura will soothe and in most cases heal. First bathe with Cuticura Soap and hot water. Dry and anoint with Cuticura Ointment. In purity, delicate medication and refreshing fragrance Cuticura meets with the approval of the most discriminating.

Sole U.S. Distributors, Canadian Agents: The J. C. Fawcett Co., Ltd., Montreal. 1000 St. Paul St. Montreal. Cuticura Soap shares without name.



### Iced "Primus Tea" is Fashion's Decree

Iced tea is now served at meals and at every social function during the hot summer months.

Iced tea actually quenches thirst, refreshes, stimulates, besides tasting wonderfully good and being wonderfully good for health also.

But in order to be the real thing, iced tea must contain good tea and be rightly made.

Made the following way, iced tea will be delicious, and fragrant.

Take one teaspoonful of tea for every two cups. Pour on fresh boiling water and allow to infuse five minutes. Decant the liquor off the leaves, bottle it and place in ice as soon as sufficient cool. To serve, pour into tall glasses partly filled with chopped ice. A slice of lemon should float on the surface of each glass, sweeten to taste with sugar syrup previously prepared.

Watch for our PRIMUS TEA advertisement a week from to-day, and learn how to make delicious TEA FUNCH and MOCK CLARET.

Always ask your grocer for "PRIMUS TEA" the brand "Primus" means uniform flavor and guaranteed purity.

L. CHAPUT, FILLS & CIE., LIMITEE MONTREAL.



## LOVE and MARRIED LIFE by the noted author Idah McGone Gibson

**Selfishness.**  
Isn't it a queer thing that we human beings more or less are dogs in the manger. I never have had the slightest feeling of romantic love for my cousin, Charles Goodwin, but it had been pleasant to my vanity all the years since I wore my hair in pig-tails for him to show me by word, action and devotion that he had never loved any other girl but me and had stayed single for my sake.

That is a selfish quality, isn't it? But we are all more or less selfish and it rather hurt me to find that on this, the last night in my mother's old home, which held so many childhood memories for Charles and me, that he could desert me for Ruth. I told myself that it was the best thing that could happen for him and it was certainly the best thing that could happen for Ruth. They were much more suited to each other than Ruth had been suited to Bobby, but, nevertheless that little hurt in my heart still ached.

### To Make A Success of It

If I were writing this for publication I would never tell these intimate and somewhat sorry thoughts of mine, but instead I am trying to put down all my inmost feelings so that I may read them over and find where I have failed; find where I can improve. For whatever else shall come to me, I am determined to make a success of marriage before I die.

Of course, I know it takes two to do this, but I do not despair with this knowledge.

And so determining not to think about Charles's defection I went to my room and went to sleep.

I believe that my ability to sleep under any circumstances, if sleep is what I want, is the greatest of my preparations. Life has never put me in such a situation that, when night came and I called upon the beneficent Goddess of Silence and Repose, sleep has not come to me and with soothing fingers pressed by eyelids softly down upon consciousness, from which I have always awakened refreshed and fortified, ready to meet all that might come to me in the next waking hours.

All through the morning I made myself think only of the preparations for getting away. Charles came over early and helped me with his usual thoughtfulness and efficiency.

Ruth, with little Ruth in her train, who since her fright had taken a dog-like devotion to Charles, whom she insisted upon calling "Uncle Savure," because her mother had impressed her that Charles had saved her from death. They all stayed for luncheon and I began to see more clearly than ever what a delightful thing it would

be if Charles would marry Ruth. Charles' manner fatherly. They all trooped down to the train. We walked the few blocks to the station. Ruth innocently remarking as Charles trundled the baby carriage that he had a fatherly air, and then meeting the splash of color which suddenly appeared in his face with a blush that reddened her fair skin up to the roots of her hair.

I congratulated myself upon my thoughtfulness. I did not smile or act in any way to indicate that I had noticed anything except the obviousness of Ruth's remark, I said, "Yes, Charles, you know, is godfather to Mary," at which both of them looked relieved.

When we were settled in the train Miss Parker, the baby and I, Charles and Ruth left us. I watched them out of sight, walking side by side, little Ruth astride Charles' shoulder and her hands playing among his thick, whitening locks, which they would make," said Miss Parker, Mr. Charles seems so fond of children."

"Yes, he is just the kind of a man to marry a ready-made family," and I felt my lips curve into a smile as I thought how sweet and kind Charles would be to those children.

"It is almost too good to be true," I said. "Blind fate seldom brings two persons together who would be so happy as my cousin Charles and Ruth Gaylord."

"Oh, do you really think that, Mrs. Gordon?" asked Miss Parker with the eagerness of a woman of thirty-five who has never married.

"Don't you?" I parried. "You must have seen many unhappy mated couples."

"Oh, of course, I have seen some men that were more attentive than others, but you must know, Mrs. Gordon, that most men are tender to the woman who is the mother of their children, in the first flush of parenthood, at least. I seldom see them afterward."

"Haven't you seen men who are surly and unhappy because another child has been born into the family?" I asked curiously.

"Oh, yes, I have many times, but in the end most of them take it philosophically. In fact, much more so than the wives."

"That was because, Miss Parker, you did not hear all that the men said. The wife had hurt that no one but she could know."

"Don't you like men, Mrs. Gordon?"

"Individually, yes, very much; in the mass not at all."

To-morrow--Back Home.

## HAD SIXTY-TWO BABIES

HERE IS RELATED THE FEATS OF SCOTCH WOMEN

Records of Large Families Which Make Modern Pater-Families Gasp. Mrs. Rawlinson, a Peterborough woman, who recently presented her husband with a second set of triplets in just over four years, may well be proud of such a generous contribution to next year's census; but splendid as such a record is, it has been eclipsed many times by still more prolific mothers, says Tit-Bits.

Not long ago a Mrs. Ormsby had increased the population by four at one birth and this was but an incident in a truly amazing record. In the short space of seven years Mrs. Ormsby had counted her offspring to fourteen. Beginning with triplets, she had followed up this excellent start with two pairs of twins, three single "little strangers," and a batch of four.

But even Mrs. Ormsby must have felt not a little jealous of the Belgian woman, Mme. Frasnies, who some years ago actually added six to her already large flock of boys and girls in the short space of twelve months. And what shall we say of the wife of a Paris-baker, who filled her nursery with twenty-one children in seven years, each of which unfailingly produced its quota of triplets.

But it is not necessary to proceed at such a rate to accumulate families of portentous size. In the College of Heraldry you may see to-day the petition of one Thomas Greenhill, to the Earl Marshall, praying that "in consideration of your petitioner being child of one father and mother, your Grace would be pleased to signalize it by some particular mark or augmentation in my coat of arms, to transmit to posterity so uncommon a name."

The petitioner might have added that he had opened his eyes when his mother had passed her fiftieth birthday.

And even Mrs. Greenhill might have felt a spasm of envy if she had heard of the wife of a Scottish weaver who lived a nurse her sixty-second child--all by one father--and to see forty-six of them grown men and women.

After such records we read without emotion of the Cumberland couple who, one day in 1797, proceeded to church accompanied by thirty of their children to the christening of number thirty-one. Nor are we disposed to cast any doubt on the claim of Mrs. Parkinson, wife of a Yorkshire farmer, to have given birth to thirty-eight children, thus eclipsing by the achievement of Mrs. Helen Urquhart, of Cromarty.

Mrs. Mary Jonas, before she died at Chester some twenty years ago, could point to thirty-three entries for which she was responsible in the birth-register. And it was not long after that a Mr. Anthony Clark startled the judge at the Clerkenwell County Court by pleading guilty to being the father of thirty-two children.

In Canada, where large families are more common than on this side of the Atlantic, Mr. Brashaw recently qualified as father of his forty-first child; and at Kingston, in Jamaica, there are living to-day three sisters whose joint families number sixty-four.

But a woman may be content with quite a modest family of her own, and yet, before she dies, count her descendants in hundreds. Lady Temple, of Stone, for example, only had a dozen children in her own nursery, and yet she lived to dandle her seven hundredth descendant on her knees. Lady Temple has had not a few rivals--among them, Mrs. Honeywood, a woman of Kent, who nursed her ninth great-grandchild on her ninety-third birthday. And this latest addition to her family circle was the three hundred and sixty-seventh on the list.

Still more astonishing is the record of two brothers named Webb, and a sister, who are still living in Kentucky, whose living descendants number one thousand and seventy-six, towards which imposing aggregate the elder brother has contributed four hundred and forty-four, the younger, four hundred and two, and the sister a relatively modest two hundred and thirty.

## KITCHEN ECONOMIES

By ISOBEL BRANDS Of the Apparatus Experiment Station

For the main dish, the summer salad is both satisfying to the appetite and convenient for the house-keeper. So many vegetables are now available that it's possible to make a one-piece meal just of salad. Of course, it should consist of more than greens. There should be a good protein basis--eggs, fish, meat, beans or cheese or nuts. Any meat or fish in combination with potato or some other starch and some green vegetables will make a well-balanced, complete meal. A heaping platter of salad in a bed of crisp lettuce or romaine is a tempting dish to the most jaded summer appetite, and about the easiest of dishes to prepare and serve.

**Fish Salad.**  
Line a salad bowl with lettuce leaves. Mound some flaked tuna fish, salmon, crabmeat or any cooked fish. Pour over it a mayonnaise dressing and garnish with rings of hard-boiled eggs or sliced olives.

**Green Peas Salad.**  
2 cupfuls of green peas (cooked or canned)  
1/2 cupful of walnut meats  
French dressing  
Heat the peas or cook first if the fresh ones are used. Drain, let cool, then mix with chopped walnut meats, oil, vinegar, salt and pepper. Place in a salad bowl and surround with fresh lettuce leaves.

**Stuffed Onion Salad.**  
5 large Spanish onions  
1 cupful of minced chicken or

## MAGIC BAKING POWDER

Contains no alum

other cold meat.  
1/2 cupful of breadcrumbs  
2 tablespoonfuls of melted butter  
1 teaspoonful of chopped parsley  
Salt, paprika  
Boil the onions for ten minutes, and when soft remove the insides. Mix breadcrumbs with the meat, melted butter, parsley and seasoning, and stuff the onions with the mixture. Place in a deep baking dish and bake for ten minutes. Remove and set aside to cool. This should be served cold on lettuce with may-

onnaise dressing.  
**Fish and Potato Salad.**  
1 can of tuna fish  
2 cupfuls of shredded raw cabbage  
1 chopped onion  
3 large boiled potatoes  
Salt, pepper, celery salt  
Mix the flaked fish with the shredded cabbage, chopped onions and seasonings. Place in the centre of the salad bowl and surround with sliced, boiled potatoes. Cover with mayonnaise dressing or Russian dressing

if preferred. This is simply mayonnaise to which chill sauce has been added.

**Combination Salad.**  
2 cupfuls of cooked string beans  
3 large tomatoes  
2 cucumbers  
French dressing  
Line the salad bowl with lettuce leaves and place sliced tomatoes on them. Arrange string beans in rows on either side of the sliced tomatoes, and top with sliced cucumbers. Pour dressing over all.

In preparing any combination salad one may use the large outer leaves of the head of lettuce by shredding and mixing with other ingredients. Usually these rough outer leaves are thrown away because they look less crisp and attractive, but they are just as useful in food value as the choicer leaves. Shredded and mixed with other ingredients they add a delicious flavor.

A Decided Difference exists between Lea & Perrins' Sauce and the many so-called Worcestershire Sauces. Don't be misled by imitations.

**Lea & Perrins**  
The Original Worcestershire

Take Summer Thirsts with GINGER CUP  
A cooling, quenching ginger drink--fragrant with the tang of LANTIC Brown! Full directions in Grand Mother's Recipes. Sent for 2c stamp. Atlantic Sugar Refining, Limited, Montreal.

## Lantic Brown Sugar

# Unconscious!

**BRIGHTEN THE CORNER** where you are with **Shredded Wheat Biscuit and Strawberries**—the Summer joy for jaded stomachs—puts you on your toes after the heavy foods of Winter. Nothing so deliciously wholesome and nourishing. Crush in the tops of two Shredded Wheat Biscuits and cover them with strawberries and cream—a dish for the Summer days, supplying all the strength needed for the day's work. Delicious with other fruits.

MADE IN CANADA



## TO-DAYS FASHION

By MME. FRANCES



## USE FLOUR TO WASH APPAREL

Method Recommended to Restore Tinted Voiles and Dimities injured by Rough Treatment.

Delicately tinted voiles and dimities which are hopelessly ruined by the washing machine and average laundry, may be successfully handled by flour washing, says the Thrift Magazine. Take one cupful of wheat flour, moisten with a little cold water to form a soft, smooth batter. Add two and one-half cupfuls of boiling water. Stir until smooth; bring to a good boil. Strain one-half of this into sufficient lukewarm water to cover the garment to be washed. Rub all soiled spots gently. Soak the garment thoroughly, squeeze out and put into another water prepared in the same way with the other half of the paste. Repeat the rubbing and soaking. Rinse once in clear cold water squeezing out all the water possible. Roll the garment in a large Turkish towel. Leave for half an hour. If dry enough, iron; if too wet, wring in a dry towel for fifteen minutes longer. Then iron. This method seems to restore delicate colors. It also removes every particle of dirt and makes the garment look crisp and new.

## SAY "DIAMOND DYES"

Don't streak or ruin your material in a poor dye. Insist on "Diamond Dyes." Easy directions in package.

## "FREEZONE"

Lift Off Corns! No Pain!



Doesn't hurt a bit! Drop a little Freezone on an aching corn, instantly that corn stops hurting, then shortly you lift it right off with fingers. Truly!  
Your druggist sells a tiny bottle of Freezone for a few cents, sufficient to remove every hard corn, soft corn, or corn between the toes, and the calluses, without soreness or irritation.

**Child's Coat of Pavement Gray Duvetyn Trimmings and Lined With Silk Serge.**  
This charming coat of pavement-gray duvetyn shows a novel style note in the little cape that falls from the shoulders. It is lined with terracotta silk serge, which is also used for the crush collar, cuffs and belt. Slip-in pockets piped with the duvetyn and finished at each end with arrow-heads stitched in pavement-gray silk, give joy to youthful wearers. Handsome buttons of terracotta gallinith make decorative fastenings.  
A hat of navy blue silk embroidered in pavement-gray and terracotta silk accompanies this lovely coat.

The appointment of R. C. Rose as inspector of North Lanark schools, has been approved by the Department of Education.  
Capt. Murray B. Galbraith, the famous Canadian Ace, has changed his place of residence from Carleton Place to Almonte.  
Armand McCrea, superintendent of the O'Brien farm, Barryvale, is reported very ill with typhoid fever at the Rentfrew hospital.  
Mr. and Mrs. James Douglas, Smith's Falls, celebrated their silver wedding recently.

**PICNIC & CAMPING SUPPLIES**  
Cooked and Canned Meats, Pickles, Relishes and Jams, Canned Fish and Fruit and everything to help make your holiday enjoyable, at—  
**C. H. PICKERING**  
490-492 PRINCESS STREET  
Phone 580.

**Look Out** and prepare for your coal needs.  
**A. Chadwick & Son**  
New location:  
Corner Ontario and West Sts.  
Phone 67.

**NOW** is the time to get your lawn mower ready. Don't wait until the grass is ahead of YOU. All makes repaired and sharpened promptly.  
**J. M. PATRICK**  
140 SYDENHAM ST.  
Phone 20563.

**Kingston Co-operative Society, Ltd.**  
—Dairy Butter.  
—Fresh Maple Syrup.  
—All kinds of Oleomargarine  
Telephone 469. Deliveries daily. Closes at 1 p.m. Wednesdays.  
B. O. SMITH, Manager.

**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 accepted.  
216 Frontenac Street.  
Phone 1325j

**Conserve Gas**  
Do your cooking with electricity—quick, clean and economical.  
See our three heat electric Grills, Hotplates and Toasters, or let us install an Electric Range for you.  
Electric Wiring our specialty.  
**BURKE ELECTRIC CO.**  
74 PRINCESS STREET  
Phone 428