


In the Realm of Women---Some Interesting Features



Lanka
means satisfaction

THE aroma tempts — the color charms — the flavor satisfies. After the first cup, more — when the tea is Lanka.

It is Ceylon's choicest grade, British grown, blended to perfection.

WM. BRAID & CO.
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TABLE SALT

THE SALT THAT SATISFIES — MADE IN CANADA

CORDIALS

If you are seeking a summer beverage that is delicious, wholesome, bracing and refreshing; that mixes well either with soda water or plain water, be sure to ask your dealer for :



PRIMUS BRAND


CORDIALS:—Lime Juice, Orange, Lemon, Cherry, Blackberry flavors and Raspberry Vinegar.

Always insist for PRIMUS CORDIALS. The brand PRIMUS is a guarantee of quality and purity.

L. CHAPUT, FILS & CIE, Limitée
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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



LOVE and MARRIED LIFE by the noted author Idah McGlone Gibson

Helen Doesn't Understand.
Helen looked at me very curiously as she said, "I wish you joy in your undertaking. But will you let me be pessimistic, my dear, and say that I do not believe that you can succeed if you play against Elizabeth Moreland."

"Why not?" I said quickly, "do you not think I am as clever a woman as she?"

"Much more clever, my dear, but you are too frank, too honest and depend too little upon your femininity to succeed when pitted against a woman like Elizabeth Moreland, who uses every sex appeal in her warfare."

"Well, my dear, this is my last battle," I said rather tremulously. "If I do not succeed this time, I will believe that John cares more for Elizabeth than he does for me. But he has told me time and time again that this is not so. If he does I shall take Mary and go away and leave him to Elizabeth."

"Do you ever hear from Carl Shepard?" asked Helen irrelevantly. I felt myself flush. By what process of association did Helen think of Carl Shepard?

Always Liked Karl.
"You know I have always liked Karl," said Helen.

"So have I," I answered in a voice that I tried to make unemotional. "But you haven't answered my question," said Helen.

"What question?" I asked, more to gain time than anything else.

"I inquired whether you have heard of Karl lately," she said.

"No, but I shall hear today," and then I stopped, surprised at my answer.

How could I know that I would hear from Karl Shepard today. What made me say those foolish words. I have not heard from him in months, and I have tried not to think of him ever since I gave his letters to John. Yet here, without volition on my part, I had said that I should hear from him today. It was uncanny, because I knew as well as though I had

seen the letter that when I returned to the hotel I should find a letter from him. These were the thoughts that were speeding through my brain. However, I hastened to explain to Helen that I had not the slightest idea why I knew I would hear from him, and in doing so I also explained how ever since Karl had been away — although I had never written him a letter, and in fact never knew where he was — I had always seemed to be sure when I was going to hear from him. There have been times in my dreams when I saw him write the letters which I received soon after, and in those letters had found that he had known exactly what I was doing at the time.

A Peculiar Case.
"It's a peculiar case of thought transference," said Helen. "Did you know Karl very well before he went away?"

"If you mean did I see him much or often, I shall have to answer, 'No.'"

"But some way, Helen, Karl Shepard has understood me better than any other person I have ever known. No," I hastened to add as she seemed ready to speak, "I do not think I am in love with Karl Shepard, because I have never felt that thrill when he has been near me which even a glance from John's eyes awakes in me."

Helen continued to look at me with speculative eye, but she said nothing. At last moment Bobby drove up with John, and both came into the house. As luck would have it, the paper hangers came into the house at the same time.

"What are these men doing here?" asked John, "I thought they had finished decorating the house."

"I am going to have this living room redecorated. I don't like it."

"But, but but," stammered John, "you can't do that. I have just had it done."

"Oh, yes I can, John," I said. "I not only can do it, but I am going to do it."

Tomorrow—John Is Angry.

KITCHEN ECONOMIES
By ISOBEL BRANDS
Of the Appleton Experiment Station

Some Appetizing Suggestions for the Making of Toast.

When cutting bread for toast always trim off the four outer crusts. Pile the several slices of toast and then trim off neatly with a sharp knife. These crusts can be rolled into crumbs later and used for frying or thickening. If left on toast they are usually broken off and wasted, and the toast is improved by being trimmed this way.

Whether toast is cut thin or thick is a matter of personal taste. Cut thin and toasted quickly over a very hot flame or electric toaster it becomes deliciously crisp and more tasty than the thick slices with spongy bread between the toasted sides. Toast should be buttered while hot, both because it makes far easier and neat spreading, and also because the toast is improved by absorbing the butter as it does only when hot.

If poached egg or any other food is served on toast, brown only one side and pour the egg or creamed fish over the untoasted side.

Excellent toast can be made on the frying pan by browning in butter or hot bacon fat instead of toasting the dry bread. Heat 1 tablespoonful of butter or bacon fat in the frying pan and drop in slices of bread. Cook quickly and brown on both sides.

Raisin Toast.
4 slices of whole wheat bread
1-3 cupful of brown sugar
1 teaspoonful of cinnamon
2 tablespoonfuls of chopped raisins
1 tablespoonful of milk
Remove crusts from bread, butter and cut into long strips. Rub together the sugar, cinnamon, raisins and milk and spread. Bake in a hot oven until brown, and serve at once.

Coffee Toast.
1 egg
1 tablespoonful of sugar
1/2 teaspoonful of salt
3/4 cupful of coffee with milk
4 slices of bread
Beat the egg, coffee, salt and sugar together. Dip each slice of bread into the mixture and cook on a hot, greased griddle, browning on both sides.

French Toast.
Dip slices of trimmed white bread into beaten egg to which a tablespoonful of water has been added. Let bread soak in this for a few seconds, then place in hot buttered pan and fry quickly on both sides until browned. Serve with maple syrup.

Luncheon Toast.
2 hard-boiled eggs
8 slices of toast
1 cupful of strained tomato juice
1-3 cupful of cold water
2-3 cupful of hot milk
1-3 teaspoonful of salt
1-3 teaspoonful of soda
1 tablespoonful of butter
4 tablespoonfuls of flour
1 teaspoonful of sugar
Simmer the tomato until hot, then add sugar, salt and soda until it boils. Rub the flour to a paste with cold water and add to tomato mixture. Cook five minutes, add butter and hot milk. Toast the bread on one side, arrange on a platter and pour tomato over all. Garnish with the hard-boiled eggs, which should be cut in slices lengthwise.

TO-DAYS FASHION
By MME. FRANCES

DIARY OF A FASHION MODEL
By GRACE THORNCLIFFE
She Describes a Handsome Summer Fur.

What do you really think about the wearing of furs in summer time?" said Joan to me, as we rode up Fifth avenue topside a bus.

"Oh, it's a delightful fashion."

"But don't you think it's just a little silly?"

"Why? Really summer furs are of

Novel Three-Tiered Squirrel Cape.
ten a necessity. Trouble is that when people find that — at all observant in the mode they immediately think they must adopt it whether their circumstances of the occasion demand it or not."

"Yes?"

"Personally I like nothing better than a pretty cape or collar of fur. If you have been at all observant in regard to summer fur modes you will notice that it is only the lighter furs that are employed. Then, too, the pelts are often set individually on the dainty lining of thin silk or georgette so that the air may blow through them. And, of course, nothing is more delightful on cool summer evenings than a fur wrap, especially when you are motoring."

"Well, now that I have heard your opinion on summer furs I am going to tell you that I have just invested in one myself."

"Ah, I might have known there was some motive for your interrogations. What is it?"

"A squirrel cape. You see, I am partial to gray, and, besides, squirrel is so soft I decided it would be the best thing I could have. Let me make you a rough sketch of it."

So then and there Joan drew a "diagram" of her cape, which I have elaborated for you. As you see, it is in three parts, that are all caught together in front with a large fur-covered button. It is lined with a pale blue-colored silk, veiled with pale blue



Columbia Mid-Month Records

Marion Harris makes her debut as an Exclusive Columbia Artiste with four numbers—and they're all "Blues"—sung in the inimitable style that made her pre-eminent in vaudeville.

- LEFT ALL ALONE AGAIN BLUES A-2939 \$1.00
- EVERYBODY BUT ME \$1.00
- THE ST. LOUIS BLUES A-2944 \$1.00
- HOMESICKNESS BLUES \$1.00

AL JOLSON "In Sweet September"

"In Sweet September" is a fine example of Jolson's singing style. He "goes wild" somewhere in the first chorus and stays there for the remainder of the song. The coupling is "Early in the Morning" (Down on the Farm) by Frank Crumit, with "barnyard accompaniment". A-2946, \$1.00

Dance Records

Ted Lewis' new offering heads the list of dance records. Lewis leads his own orchestra, plays his own saxophone and "Somehow" fox trot, is his own composition. Morrison's Jazz Orchestra furnishes the coupling, "I Know Why" A2945, \$1.00

A Few More Mid-Month Hits

- MARION (YOU'LL SOON BE MARRIY'N' ME) A2948
- PRETTY KITTY KELLY Charles Harrison \$1.00
- DANCE-A-MANIA, Fox-Trot, The Happy Six A2949 \$1.00
- SLOW AND EASY, Fox-Trot, Louisiana Five \$1.00
- TRIPOLI, Medley Waltz Prince's Orchestra \$1.00
- ROMANCE, Waltz Prince's Orchestra \$1.00

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georgette, and enriched with metallic embroidery. Although I have shown it drawn tightly about the neck, still it looks equally well when dropped lower on the shoulders.

While many women enjoy the really large, wrappy cape, others prefer pieces that might better be termed scarfs. These, of course, are mostly favored for street wear—the wrap or cape better according with the dainty evening gown.

A very stunning mink cape came within my observation the other evening. Like Joan's, it also had three tiers. But in this mink the lowest extended almost to the hem of the dress, which was partly revealed in front. The pelts of this section were arranged perpendicularly. And they tapered gradually toward the bottom of the cape.

The topmost cape was slightly rounded and the skins were placed horizontally. The middle cape showed them set at right angles to each other, making a peak in the centre of the back. A very rich lining of metallic silk—all lavishly embroidered—added to the sumptuousness of this model.

Sometimes these triple capes show the union of more than one kind of fur. Other charming styles that are especially adapted for summer are designed with bands of fur alternating with folds of silk. One of these I have selected for myself. I chose mink, as its color is most becoming. Then, too, this fur would be well worth having remodelled. Mink, skunk and sable are very durable, so that they are really investments.

My cape extends just a little below my waistline, and the bands of mink are set on a foundation of rose-colored silk combined with brown tulle. I am sure that I shall get lots of comfort from it, and its beauty delights me.

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



Orignal Cream

Peas are born—and so are prose writers, for the matter of that. A little flour by any other name would doubtless smell as wheat.