In the Realm of Women---Some Interesting Features



uticura Soar or the Hands



For a Good Summer

Dessert, Economical and

Quickly Prepared, Use

L. CHAPUT, FILS & CIE, Limitée,

During the hot summer days puddings and pastry

must give way to lighter and more refreshing desserts.

With "PRIMUS JELLIES" the most appetizing, de-

licious and refreshing desserts can be prepared instantly.

berry, Raspberry, Pistachio, Gooseberry, Lemon,

Cherry, Orange, Chocolate, Natural (Calf's Foot,)

The brand "PRIMUS" is a guarantee of quality

and purity. Insist on getting from your dealer :: PRIMUS JELLIES". They are the best.

TIME FOR BISCUIT

AND BERRIES

but be sure it is Shredded

Wheat Biscuit, the

thoroughly cooked whole

wheat food that blends so

deliciously with fruits in

their natural juices. Crush

in the tops of two Shredded

Wheat Biscuits and cover

with strawberries and

cream—all the goodness

of the whole wheat grain

combined with the choicest

product of the Canadian

garden —— a dish for

the Summer days, full

of real nutriment. --

also Sherry and Port Wine, -Need no cooking.

These Jellies can be had in different flavors:-Straw-

LOVE and MARRIED LIFE
by the noted author
Idah McGione Gibson

Shall I Surrended to Elizabeth. ways think better and more clearly. | woman she was. Again came the question, did I want her to prepare for me. choose me and respectability rather him most?

if I wanted him. John, like most other men, was a coward when it came to acing consequences. That was one thing I had to give Elizabeth Moreland cred-

MONTREAL

tit for-she, too, lived up to her type. Alice and Helen left me soon She, too, had the courage to face afterward and I went up to the nurs- anything for the man she loved. But, ery, as I had learned that my baby in like other loving women, she could my arms was like taking a compos- not face him with the truth. She ing draught. With her tiny head was always trying to be the woman

This time, however, I could not All at once I felt very sorry for dismiss the feeling if unrest into this woman. She probably loved which Karl's letter had thrown me. John better than I did. She certain-I almost wished he had not written ly had loved him more. And beme, and yet, I knew that if anything side, Elizabeth cared more for the terrible was to come to me, I would material things than John could give feel much more able to bear it if I her than I did. I knew that it must knew that the steady hand and ready have ground her proud spirit into sympathy of Karl Shepard was near. the dust to see all the things that I had many things to think about, had come to me as John's wife-First, I had to decide if I were going yes, to have helped prepare for anto carry on the battle that I had other womna some of the things that begun with Elizabeth Moreland. John had, in his obtuseness, asked

to keep John? Should I ask him to | Was it because John Gordon was It is of old rose crepe de chine emchoose, after showing him the letter so egotistical? So bound up in him- broidered with old rose sitk and is which would tell him that I knew self that he had made quite un- draped with a prettily figured veil. all? I knew that he would instantly happy the two women who had loved

THE SYSTEM OF THESE PARASITES. THE WOULD ENSUE. I knew also from the question, I gave John credit for not Well CHANGES FOR MILADY look on his face, and he looked at realizing just how he had tortured Elizabeth when we were over at the both Elizabeth and me. To both of ne house, that he was mine to keep us he exerted the same magnetic influence—probably to a much greater degreewith Elizabeth than with I was quite sure of this, because that very morning I had found another missive from Elizabeth,

which said: "My world means only you, John, and whatever comes I want you to remember-

Ail through the long, unhappy years I made one passionate plea; Imploring Fate to brush aside

The dark despair of Hope defer-And give me the book of Love; Without which Life were drear indeed.

In the grey days and months and

That span Eternity's far shore-Just sixty minutes filled with love Would make my cup of bliss o'er And on memories feed for ever

more. One little hour by radiance bles-

One golden hour; Alas! Deaf were the ears to which

And I went stumbling through the My way o'ercast with clouds and

Until you came, I saw the sun

And there encircled by your lov-I found my hour of gold. (Copyright by National Newspaper

SPRING TIME TO THIN DOWN

Service)

Plump Figures Not Sultable for Seasonable Costumes and Captivating Eton Suits.

Ruffles and flounces do not look well on plump figures; the new spring costumes—and especially the captivating prettily and hang loose and full. Some Eton suits—demand slenderness of ine. So a good many women are frantically trying to achieve slenderness in order to wear the frills and the Etons of the new season. Spring is the time of times to reduce. The green vegetables are obtainable and eggs which are nutritious and yet not fattening are growing less expensive every day. The heating foods such as meat, fats and sweets are not as necessary as they are in cold weather. The walking is better, also, and one may get out more for long trampsand nothing is better for the figure than a good long walk every day. Not only does the brisk exercise make muscles more supple and lines trimmer, but brisk walking induces deep breathing and plenty of oxygen taken into the lungs burns up fat. .

The one sure way to lose weight is to cut out fat-producing foods from the diet. This means you must give up all sweets, butter, rich gravies, the crispy part of roast meats and chick-en, salad dressings that are made with oil, and especially beverages that are piled with whipped cream. Potatoes must be avoided as the plague. Lean meats may be eaten and most of the vegetables, crusty bread and toast without butter, salads, entrees not made with milk and-if you must have a taste of sweet, light jellies ungarnished with whipped cream. If you feel hungry between meals take s glass of water. If you feel actually faint and "gone," nibble at a wholewheat biscuit or take a beaten egg in a glass of milk. While you are on the strict diet the egg and milk will give you strength without adding fat to your silhouette.

Not Encouraging. "I would like to get another suit," sald Slowpay. "I am paying attention

to an heiress and-" "Paying attention, hey?' said the tailor scornfully. "Well. if you are as slow paying that as you are paying my bill your wedding will be chron-Icled: "Another Octogenarian Ma

In the rural districts of Germany, not so many years ago, "pay wedlings" were quite common. These peculiar entertainments were arranged for the pecuniary benefit of the bridal pair, for the guests each paid an admittance fee. The receipts went toward furnishing a home for the watywoods

CHIC HAT AND DAINTY VEIL



One of the best models that has come from Paris for spring and summer wear and its simple elegance makes a wonderful frame for any face.

Face Covering Lends Note of Personality and Distinction-Adds Completeness to Outfit.

When an attractively groomed woman adjusts her smart-looking little hat at a certain angle and fastens over it one of the clever new spring veils the effect is ravishing.

Personality and the final note of distinction may be expressed in the mere cobwebby substance of the veil. It adds a completeness to the simple tailleur and street dress.

After a strenuous day of shopping the woman whose small street hat is snugly veiled returns home as neat and trim looking as when she left.

It is generally understood that the street veil is not appropriate in the evening. More and more, however, the American woman is appearing at the restaurant and theater in her severely tailored suit or gown, with her closefitting toque nicely veiled. And she harbors no qualms as to being correctly dressed.

In fact, the latest fashions are showing the more elaborate hats with veils. For instance a charming wrought creation of black tulle and silver lace appeared in a box at the theater.

The fair spectator watched the play from behind a thin tulle veil, which was extended from the crown of the hat, just beneath the nose-much as Of love shine through your eyes, the oriental lady is veiled. And, by the I laid my weary head upon your way, there is a decidedly oriental touch to the hats shown this season. Hardly a tulle hat is shown without the drop of tulle at least over the eyes.

Another gay little model hat was seen in one of the smart shops of interwoven ribbons of blue, gold and brown, against a horsehair brim which is satin threaded in gold squares. There is a gold ribbon around the brim and from this a short brown tulle veil is extended.

A hat of black horsehair with a low crown banded in black satin ribbon, tilts at the back, and droops under a

beige lace veil. Many of the new vells are edged are close fitting over the face and long and flowing down the back. In fact there is a style of veil for every face; heavy figures, French dotted and exquisitely fine meshed veils are equally attractive in the new spring collection.

Dress in Jugo-Slavia.

The national dress of the women Juge-Slavia is very beautiful, and they wear it every day, a custom now all tee rare in Europe. Over the long. white skirt, of a hand-made linen, plaited like the Greek, they wear a brilliantly embroidered apron. The blouses, of the same material as the skirt, have long clumsy sleeves, a high collar, hung and dangling with beads of gold, silver or coin. From the neck te the narrow waistline, like the breastplate of the men, are two pieces of meticulous embroidery-these, with white veils on their heads, flowers in their hair, worsted steckings, and you have the peasant women from the mountains. They stand together with baskets of fruit in the sun of the lit-

'Miss Abigail Christina Craig, dau-ghter of Mr. and Mrs. David Craig, Arnprior, was married Thursday to



Material is Among Other Noveities Used to Make Face Coverings Attractive.

The most striking feature in the new spring millinery is the return of the loose flowing veil, which is worn carelessly thrown over the toque or nat, falling over the shoulders at the back, the front length merely coming down a little below the eyes.

The embroideries and applique work on these veils are most elaborate and varied. One of the newest ideas in this line is the use of black patent leather or oilcloth, which is appliqued on the net, either in bands, discs or elaborate cut-out designs.

A fine make of colored kid is also made use of in the same style. Cut out fruit designs are the favorites. The kid is cut out in the shape of the

truit, tinted in natural colors and appliqued on the net, with a buttonhole stitch in silk to match.

A handsome veil is in navy blue filet net with a border of cut-out red kid in a cherry design, showing green leaves embroidered in silk. Raffia is also being used to ornament

veils. Deep straggling designs are appropriate for this work. A shade of jade green raffia on a black or tete de negre brown net is unusually effective. Cretonne applique en veils is again

turned brim of the hat, making all further trimming unnecessary. To Remove Rust Stains.

times a pin will be a bit rusty and

leave two little brown spots in a most

conspicuous place. Wet the spot with

bold the stain with its saturated soluto put in an appearance for the day spot will be gone. If the sun refuses sun and when the sait is dry the rust put on more lemon Juice. Put in the a drep of lemon juice, add sait and The well-known Edwards & Har-

tion of lemon Juice and sait over

rison photography business at Pembroke, conducted since Mr. Harrison's death by W. H. Edwards, has changed hands. The purchasers are leaves is so placed as to cover the up- two Toronto young men, Fred Lane and Bert Hoare; they will take possession Sept. 15th.

The Almonte Gazette, has entered upon its 54th year. It was founded in 1867 by the late Hon. William Iron rust has a most astonishing Templeman, and has been published way of appearing on garments. Some continuously ever since. It was a success from its first number.

Cobourg council has voted an increase of \$200 a year salary to the treasurer, E. J. Doody.



365 Days a Year Service

ALL motorists, especially those who use their cars for business purposes, must have steady service. They soon learn that correct lubrication is vitally important to uninterrupted service and that Imperial Polarine gives adequate thorough lubrication.

Imperial Polarine keeps the engine running smoothly and quietly by establishing and maintaining a perfect piston-to-cylinder seal, which holds all the power of the fuel charge behind the piston.

Imperial Polarine thoroughly lubricates and cushions every rubbing surface with a wear-resisting oil film. When used exclusively breakdowns are infrequent, depreciation is low, fuel costs reduced.

One of the three grades described below is specially suited to your motor. Look for the Imperial Polarine Chart of Recommendations where you buy your oil and learn which grade to use.

Imperial Polarine is sold in one and four-gallon sealed cans, steel 121/2-gallon kegs, steel half-barrels and barrels, by dealers everywhere.



IMPERIAL POLARINE

(Medium heavy body)

IMPERIAL POLARINE HEAVY IMPERIAL POLARINE (Extra heavy body)

A GRADE SPECIALLY SUITED TO YOUR-MOTOR

IMPERIAL OIL LIMITED Power - Heat - Light - Lubrication Branches in all Cities

