In the Realm of Women---Some Interesting Features

Mark Well! Your safeguard is the name

This is the genuine 'tea of all teas'. If you do not use Salada, send us a post card for a free sample, stating the price you now pay and if you use Black, Green or Mixed Tea. Address Salada, Toronto

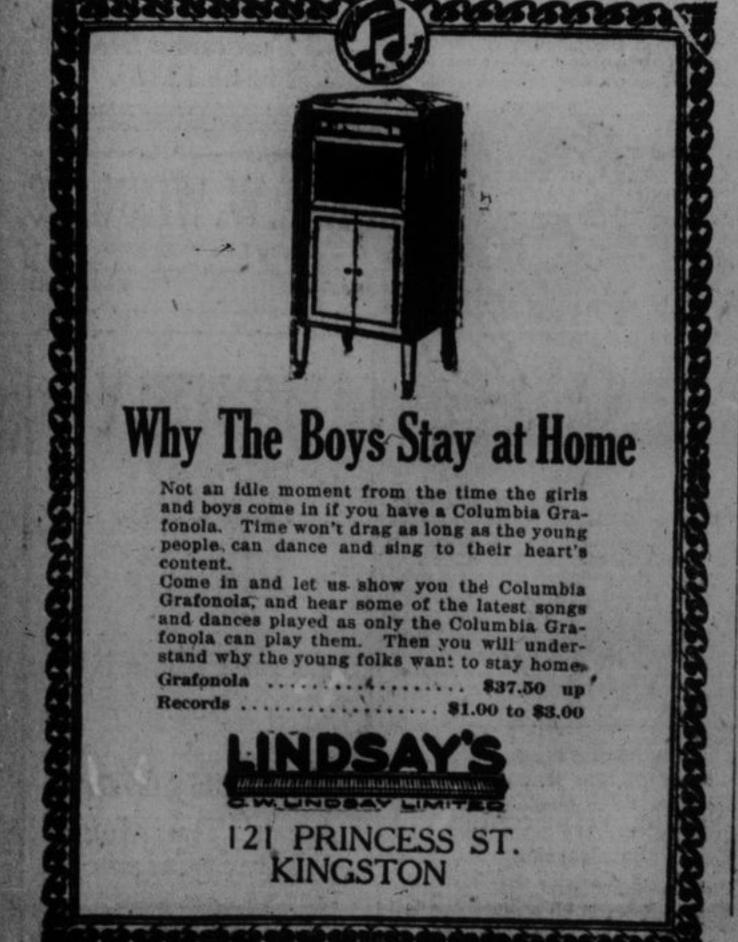
Do You Keep-

a close tab on your digestion? This is important. It will pay you well to do so. Digestion is complicated and its processes often become disordered. This brings immediate discomfort -often severe pain. Use

This valuable preparation has for years been found to relieve indigestion, biliousness, sick headache and constipation. Thousands of careful folks have learned to use Beecham's Pills, which have proved both corrective and preventive. Experience has taught them to always have a box handy. Profit by their example-always have Beecham's Pills

In Your Home SOLD EVERYWHERE IN CANADA. IN BOXES, 25c., 50c. Largest Sale of any Medicine in the World





IOSSELYN'S

By Kathleen Norris Author of "The Heart of Rachael," "Martie, the Unconquered," "The Story of Julia Page," "Mother," etc.

"Latimer-that's funny Latimer and Port Washington-he might be her cousin or something. I suppose he same names run through all grades in these old country places. If he comes at six, I'll ask him if he knows my little lady. I'd like to see that serious little girl again. What the deuce was her first name, did she tell me? What did Mrs. Rose call her?-Helen, that was it!"

"Is there any one down here named Helen Latimer?" he duly asked Joe, late in the sweet summer aftermoon, when the races were over, and the wilted merrymakers had climbed home through the quiet, steep village streets, and the fast-sinking sun, over beyond Great Neck, was touch- in buying kitchen utensils is the pering the flags with a last bath of splen- son who is to use them. If ordinary did color. Gibbs and Lathrop, Senior, kitchen help has the handling, were alone with the boy, for the cheap, strong and easily replaced children had elected to stay on the ware will do. If trained and trustyacht. But Joe was clean and shav- ed retainers, a grade better may be en now, his white shirt open to show indulged in. If the housewife herthe fine brown column of his neck, self is to preside over them then and his thick hair brushed and damp- the best ware and practical laborened into something like order. Joe saving devices will be an economy. had thought that the lovely Harriet Agate ware of good quality, with might come with them, and was nurs- steel frying pans, is the average ing a secret disappointment.

and my sister and I are the only ones vanced metal prices and difficulty in of that name," Joe answered, after getting the needed pieces, is almost a moment's thought.

'round here somewhere," George La- takers.

started in the art school!" fying her at last. "Your sister, that's to fit the dishes. it! And what is her name?"

"Ellen," Joe smiled.

'Well, how is she?" wered carelessly. "If you're com- ing these two articles extra.

"I hardly think we will come in roasting pan. for the dance," Gibbs answered. Mr. Josselyn, will you?"

denly hoarse. had accomplished their marketing, to warrant so many extra utensils. and were back on the yacht, George The old steel griddle is still used in Lathrop asked Gibbs if he had notic- many families, though the new alued that boy. That was no sort of minum one is gaining. The latter boy to be knocking about the water- is light, requires no greasing, but

had an exceptionally fine face. that, and keep him about the place,"

would be the making of George." "Well, if you like the boy, I assure you you'd be amazed at the sister," Gibbs said. "She's a little beauty; struction insures perfectly diffused dainty, clever, quick as a whip! I take it they're the best sort of American blood, come of a long line of simple, decent people-"

"What's the matter with her?"

Lathrop asked. salad dressing, looked up sharply.

his host answered innocently. "Didn't you hear the boy say this morning that she couldn't swim any suppose you have to have kids of

"He said she'd been in a motor accident, and hurt her spine," little home, it is well to have one. George said. "But she got the prize for swimming last year, and second prize in the ladies' singles-What is it! Uncle Gibbs?"

and was staring at him strangely. fied undertone. "But that couldn't his tools, showing how important be!" And as they all looked at him these culinary artists think cutlery in surprise, he turned toward his

WOMEN SAVE \$20 IN HALF HOUR

"Diamond-Dye" Your Faded Garments or Draperies instead of Buying

Any woman can diamond-dye her neath has some advantages over the old shabby skirts, waists, coats, stockings, coverings into new. Each package of "Diamond Dyes" contains easy
directions. Beware! Poor dye

over the sink drain and wash out streaks, spots, fades, and ruins ma-terial by giving it a "dyed-look." But their towels in the sink rather than "Diamond Dyes" only. Tell drug-open up the tubs for this. gist whether your material is wool or silk, or if it is cotton, linen or a It requires a strenuous carpenter mixture. 16 rich, fadeless colors. to floor a pugilist.

host, "You remember when my car was in a smash-up, last November, George?" he said. "It just occurred to me-it just occurred to me that that little girl was with me! I don't suppose there's one chance in a thousand that that was where she got hurt-I don't suppose there's one chance in a million-"

He got up and walked to the cabin window. The sunset gun had fired, the banners were lowered, Port Washington was dotted with lights in the early darkness, other lights mirrored themselves in the quiet bay. "I guess you and I will have to go over and have a look at that dance,

George," he said. (To Be Continued.)

THE HOME KITCHEN

By Jeannette Young Norton Author of "Mrs. Norton's Cook, Book."

Solving Some Problems by Selecting Proper Utensils.

The most important consideration equipment. The aluminum kitchen "No, sir. I guess my Grandfather is a step higher. Nickel, with adimpossible - the double roasting "I believe I'll get an old place pan, alone, costing \$24, finds no

"Well, of course!" Gibbs was sur- can be used as serving dishes as prised at his own pleasure in identi- well. Nickel frame insets are made Miss Leila Argue (Ottawa).

There is no economy in a cheap ea kettle. The best quality of alu-"Ellen, of course!" Gibbs echoed. minum kettle has an inset which makes it a double boiler or a steam-"Oh, she's all right now," Joe ans- er when necessary, which saves buying ashore for the dance tonight, medium-sized double roaster is an you'll see her. She can't dance, ex- economy, for it may be used covered cept just a little, but she's going or uncovered, and in emergency the cover may be used for an extra

In buying a soup pot, one in good "Funny-she looks as if she could quality agate ware, in oblong shape, dance! But you give her my love- will do for a ham or chicken boiler as well. For preserving, the low, "My boy is bursting to get in to large-around, iron pot, porcelain that dance," Lathrop, Senior, smiled lined, is the best. The old steel fryto Joe. "But we can't very well ing pans still lead, though the new bring the boy and leave the girl pans with perforated inside bottoms. and those with salamander co ers, "I should think the little girl could the wide, shallow ovals, and the look on for awhile," Joe said, sud-double omelette pans all are of use in a busy kitchen if there is room At the dinner table, when the man for them and cooking enough done front of a small fishing village, he its failing point is getting too hot in the centre while the edges remain "I'd like to-get hold of a boy like cool. The ideal griddle for gas or electric use is a disc of rimless steel, Lathrop said, enthusiastically. "It concave underneath, and raised on a three-inch metal collar that encircles the flame. It has the usual bale handle, but the peculiar conheat, easily regulated. Triple saucepans are an economy, as three things

White enamel ware is excellent for refrigerator dishes, and should "The matter with her-how d'you be purchased with an eye to space mean?" Gibbs, who was mixing a saving-buy tall, but small-around bowls, straight mugs and pitchers, "Why, she's sickly, or something," and oblong plates. Pottery or glasscovered butter crocks are a sanitary

Bread slicer, cabbage cutters, more, and just now, didn't you hear bread and bacon boards are the him say that she couldn't dance? I needed things that remain about the same in style. Fancy cutters and your own to notice that sort of moulds may be added as the need arises. A bread raiser is not a necessity, but if baking is done at

Kitchen cutlery is an item too often slighted. Do not scrimp on it, but buy good steel knives that will stand frequent grinding and For Gibbs had laid down his fork hold an edge. Many chef's own "Great Lord!" he said in a horri- boxful with them as a carpenter does their own cutlery and carry their is to their profession. The stainess steel vegetable knives are worth their weight in gold to the woman who does her own work and tries to keep her hands from being discolored. The knives are self-sharpeners

If the galvanized garbage bucket is painted black inside with waterproof paint when new, it will not retain grease or odors, everything slips out with the paper lining. Besides, it wears twice as long.

The new dishpan having a stopper in the bottom and a wire tray under-

All the delicious aroma and flavor are retained in air-tight tins of

Rideau Hall Coffee

NOTHING ADDED NOTHING TAKEN AWAY SOLD IN TINS ONLY-BY ALL GOOD GROCERS

See our window display of Home-made Chocolates-all manufactured by us. .. We use the very best of materials. SPECIAL THIS WEEK:

A variety of choice, Home-made Candy at 30c. a lb. ALLAN MASO UD, PROP.

348 Princess Street.

Told in the Twilight

(Continued from Page 3.) throp said, "And keep the kids here The one-ware kitchen is no more, at the Country Club on Friday for a delightful evening was spent, Miss her sister, Mrs. Herbert D. Bibby, next summer. They could swim, and The kitchen of to-day includes the some of the out-of-town guests at the McCrae winning a dainty prize for Barrie street, returned to Ottawa best of several wares. Copper Royal Military College dance. Those the highest score. "Do 'em both a world of good," utensils, aluminum-lined, such as present were Mrs. T. Leach, Mrs. Gibbs said absently. "You never hotel kitchens boast of, are ideal for John Gordon Mackenzie (Toronto), Miss Eleanor Minnes and Miss heard of a lady named Mrs. Rose cooking, but are too heavy and too Mrs. W. K. Macnee, Miss Margaret Gladys May, teachers at Branksome the week-end with the Misses Rich-Mrs. Sewall Rose?" he presently expensive for the ordinary home Hemming, Mrs. Marion Ogilvie, Miss Hall, Toronto, spent the week-end mond, Johnson street. kitchen. Glass baking dishes are Grace Edgar (Toronto), Miss Norah in Kingston. "Sure I did!" Joe said, smiling. attractive and fairly durable; they Macnee, Miss Helen Strange, Miss Mrs. S. Clarke Taylor and son, dence, returned from Picton to-day. "She's the lady that got my sister acquire and hold a more intense Kathleen and Miss Edith Carruthers, Keith, Gananoque, spent the week- Mrs. Charles Hanson, who will heat than any of the others, and Miss How and Miss Phyllis Osler end in Kingston with Mrs. N. come up from Montreal for the Bad-(Toronto), Miss Doris McKay and Wilmot, Clergy street.

> friends of their sons, W. and J. | main the balance of the week. Campbell. The spacious rooms made ideal dancing places and a merry evper was served during the evening, ence, Earl street. the hosts and hostess.

The members of the 'Varsity bask- during their stay in town. etball team, who spent the week-end Lt.-Col. and Mrs. Taschereau left Dana Boardman. at "Queen's Residence," Earl street, on Monday for Quebec. were Mrs. Sissons, Miss Margaret Burridge, Miss Helen Irwin, Miss Clare apartments, has returned Elsie Robertson, Miss Winnifred from New York. Snyder, Miss Phyllis Young, Miss Marjorie Wallace, Miss Lillian Sheir, Muriel Asman and Miss Grace Stud- ton team.

Among the hostesses who enter- Luven, Alfred street. tained for the out-of-town girls who were in Kingston for the week-end the week-end in Ottawa. were Mrs. A. P. Knight, Alice street, and Mrs. W. Harty, "Roselawn."

three tables in play. On Friday evening last the beau-

iful home of Mr. and Mrs. D. H. Price, Aylmer, was the scene of a street, went up to Toronto to-day. can be cooked over one gas hole at number of their friends at bridge. town for the Badminton tourna- and diligence.-Gladstone.

Pleasing and informal hospitality is dere. A Dutch luncheon was arranged characteristic of the Price home, so Mrs. Odell, who has been visiting

and son, James, reached Kingston, "Annandale." Dr. and Mrs. J. W. Campbell, on Saturday, and surprised her

Miss Elizabeth Dunn, Ottawa, ening was spent, the orchestra play- spent the week-end with her sister, ing a delightful programme. Sup- Miss Muriel Dunn, Queen's Resid-

and then the dance continued for an Judge and Mrs. Wills, with Miss hour or so, till good-night was said to Edith Wills, came down from Belleville for the R.M.C. dance and were with the Misses Daly, Albert street, you reap a character; sow a

Miss Frances Sullivan, Villa St. I count this thing to be grandly

Miss Dorothy Trapp, Miss Gertrude will entertain Mrs. Hugh Walkem, Rose and Miss Mary Donaldson, Miss who is one of the Montreal Badmin- To a purer air and a broader view.

the guest of Mrs. E. Ronald Van holiness brought in a personified

Major Sawers, Kingston, spent Beecher, Dr. and Mrs. Lester Gill will leave on a trip to the Pacific coast.

Miss Jill Johnston, Montreal, will Armenian Proverb Mrs. Daniel Phelan, Johnson be the guest of Col. and Mrs. G. street, entertained the Bridge Club Hunter Ogilvie, Earl street, for the on Monday evening and asked a few Badminton tournament on Friday. more people to come in making Miss Anneta Pedlow, who spent W. Gordon. the week-end in Renfrew, returned Being all fashioned of the self-same to Queen's Residence to-day.

Mr. and Mrs. Fred Mahood, Stuart very enjoyable gathering, when Mrs. Mrs. Robinson, Mrs. C. Gordon, into this world without a work, and Price, assisted by her daughter. Mrs. McKee, Mrs. Malcolm and Mrs. none of you without a capacity to Mrs. Charles Low, entertained a Lyman, Montreal, who will be in perform that work with earnestness

STEWING BEEF 12-15c. ROASTS 15-20c.

Market

338 Princess Street Phone 799.

Large quantity of sound Railway Ties for sale cheap. All tents reduced to clear. We need the room.

I. Cohen & Co. 275 Ontario St. Phone 837.

nent, will be at the Chateau Belvi-

Mrs. Haig, Campbellford, spent

Miss Hilda Garbett, Queen's Resiminton tournament, will be with Mrs. James Kirk, Brooklyn, N.Y., Mr. and Mrs. J. B. Carrathers,

Miss Mollie Serson, who spent the Queen street, entertained on Tuesday mother, Mrs. N. Wilmot, Clergy week-end with Miss Mowat, Johnevening, when their guests were the street, on her birthday. She will re- son street, returned to Toronto on

more than you sow; sow an act i acter and reap a destiny.-Ge

That a noble deed is a step toward. Mrs. H. W. Macnee, Union street, Lifting the soul from the common

Mrs. Chrysler McQuire, Aylmer, is No one can resist the argument of

form before him .- Henry Ward

If my heart be narrow, what avail to me that the world is large?-

The man who remains master of himself never knows defeat .- Chas.

Let us be merciful as well as just. -Longfellow. The Almighty sends none of you

Drink it for health and for pleasure, too

There is two-fold satisfaction in



INSTANT POSTUM

You may drink it freely with benefit, for it contains nothing harmful-and you will enjoy every sip, because of the rich, coffee-like flavor.

Instant Postum is made instantly in the cup - that's convenience. There is no waste-that's economy.

"There's a Reason" for Postum All grocers carry it

Canadian Postum Cereal Co. Ltd., Windsor, Ont.