

In the Realm of Women--Some Interesting Features

For Quick Desserts Try Oliver's concentrated Jelly Crystals. Made of pure fruit extracts combined with the very finest Calf's Foot Jelly.



THE "LIFTUP" (Patented) ALL BIAS FILLED CORSETS are designed in conformity with the science of Anatomy. The "LIFTUP" is a patented invention with non-slip elastic inside belt, gently supports the abdomen and is very beneficial for use after an operation involving an abdominal incision.

Old Dutch Cleanser. Makes Them Hygienically Clean! That's the way you want your fruit jars, your caps, your preserving utensils.

PRIMUS COFFEE. Only a scientific blend of the world's choicest coffees can produce the distinctive flavor and richness of fragrance always found in PRIMUS COFFEE.

Told In Twilight

(Continued from Page 3.) The mid-week Yacht Club dance on Wednesday was greatly enjoyed by the boys and girls, as well as by the young married people present and splendid music was also heard with pleasure by the occupants of the boats and canoes that floated lazily on the rippling water.

A miscellaneous shower was given last week at the parish house of the Church of the Holy Cross, Harrisburg, Texas, in honor of Miss Ina Sands, R.N., whose marriage to Prof. A. C. Chandler, Rice Institute, Houston, Texas, takes place on Saturday, July 9th.

Miss Kitty Torrance will leave for Toronto on Tuesday. Mrs. Fergus O'Connor, Earl street, and her family are at their cottage near McDonald's Cove.

Col. and Mrs. Norman S. Leslie will leave on Saturday for the Maritime provinces. Mrs. R. J. Leach, who has been at Niagara-on-the-Lake with Mrs. Valentine Stockwell, and has recently been at Petawawa with Major Leach, has now gone to Tadoussac, Que.

Miss Jessie Torrance has returned from Bishop Strachan's School, Toronto, and is with Dr. and Mrs. Torrance, Alfred street.

CORNS Lift Off with Fingers



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.

The local regatta at the Yacht Club will be held during the last week in July and visiting yachts will be here on the 3rd of August. There will be large teas and dances on both occasions.

Rev. Douglas Laing and Mrs. Laing arrived in town this week from Beachville, and are in their home on Alfred street.

Mrs. Douglas Anglin, who was the guest of Dr. and Mrs. W. G. Anglin, at Wolfe Island, is now at "Somerset House" with Col. and Mrs. R. E. Kent.

Mrs. R. Easton Burns and her grandsons, Masters Bobby and John Partridge, left on Wednesday for the Sand Banks.

Mr. and Mrs. Herbert Horsey and Miss Mildred Horsey, who were in town this week, have returned to Cressey.

Mrs. M. Har. Hamilton, is the guest of Prof. and Mrs. Manley Baker, William street.

Miss George Robinson, Napanee, and her guest, Miss Ruth Fowler, Scranton, Penn., spent several days in town with Mr. and Mrs. W. J. Fair, "Roland Place."

Prof. and Mrs. W. E. MacNeill, University Avenue, have returned from a motor trip to Boston. Mrs. E. T. Caldwell, who has been visiting Mrs. John Gow, Lower Union street, returned to Ottawa today.

THE HOME KITCHEN

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

How to Achieve the Best Results With the Simple Cold Pack Canning. All women who have vegetable gardens or who live where vegetables are plentiful and cheap, should be interested in the method of conserving them for winter use.

Blanching of vegetables removes excess acids, improves the flavor, and causes a slight shrinkage so that more may be put into a can. It also helps retain their color.

Whily preparing the vegetables let the jars and rubbers sterilize. In canning the pod vegetables proceed in this manner.

Shell the peas and lima beans, string the green or wax beans, then cut them into short lengths and cut the stems, but leave the little caps on the okra. Then blanch each kind in boiling water from two to five minutes, plunge into cold water, then pack into the jars. When packed, add a level teaspoonful of salt to each jar and fill with boiling water.

Vegetables in the root and tuber class such as carrots, beets, turnips, parsnips and sweet potatoes should be washed, scrubbed, pared or shaped, diced or sliced, pared or shaped in the jars. Add a level teaspoonful of salt to each jar, fill with boiling water and sterilize an hour and a half, after lightly screwing on the covers. Cool, wash, label and store.

Tomatoes should be of medium size, smooth and firm, scalded long enough to loosen the skin, plunged in cold water, the skin removed and the stem end cut out. Pack in sterilized jars, add a level teaspoonful of salt to each jar, no water, screw on the tops lightly and cook in the water bath twenty-two minutes. Lift, tighten the covers, invert the jars two hours.

Squeeze the juice of two lemons into a bottle containing three ounces of Orchard White, which any drug store will supply for a few cents, shake well, and you have a quarter pint of harmless and delightful lemon bleach. Massage this sweetly fragrant lotion into the face, neck, arms and hands each day, then shortly note the beauty and whiteness of your skin.

Famous stage beauties use this lemon lotion to bleach and bring that soft, clear, rosy-white complexion, also as a freckle, sunburn, and tan bleach because it doesn't irritate.

DR. MARTEL'S FEMALE PILLS FOR WOMEN'S AFFLICTIONS 25 years Standard for Delayed and Painful Menstruation. Sealed Tin package only, all Druggists or direct by Mail. Price \$2.00. Knickerbocker Remedy Co., 71 E. Front St., Toronto, Canada.

Every 10c Packet of WILSON'S FLY PADS. Clean to handle. Sold by all Druggists, Grocers and General Stores.



Even the collar band and cuff edges need only a light rubbing between your hands. WHAT hard rubbing the old way of washing meant! Even though you boiled the clothes, the bad spots simply would not budge without a long session with the washboard.

Rinso. AT NIGHT--SOAK WITH RINSO IN THE MORNING--JUST RINSE! If you have a washing machine--Soak the clothes overnight in the usual Rinso way. The cleansing suds loosen every bit of dirt. In the morning operate the machine for a few minutes and the clothes are perfectly clean--even the most soiled spots.

TO-DAY'S FASHION. This Youthful Morning Dress is of Black Silk Crepe. The vogue for black still remains despite the great variety of gay-colored fabrics which always appear with summer weather.



This dainty frock is fashioned from black silk crepe that lends itself well to the soft draping which distinguishes the skirt. The folds are caught underneath in the manner of the harem skirt.

Borden's ST. CHARLES EVAPORATED MILK. Fresh milk when you want it and as rich as you want it.

Bishop Strachan School College Heights Toronto. A Church, Residential and Day School for Girls. Established over fifty years.

RIDLEY COLLEGE FOR BOYS St. Catharines, Ontario. Upper School H. C. Griffith, M.A., Principal. Lower School H. G. Williams, B.A., Principal.

OTTAWA LADIES COLLEGE. Residential and Day School for Girls. Founded 1870. Matriculation Course, Music, Art, Household Science, Games, Gymnastics and Riding.

CANADA'S FUTURE Depends on Training Given Boys and Girls Today. Albert College, Belleville, Ont., a residential school for young men and women, maintains a high standard of ideals and education.

MARRIED LADIES. ARE YOU STILL DOING IT? You must know it is not fair to your husband to continue buying new hats every season when we can reshape your old ones into the very latest Spring styles.

Lake Ontario Trout and Whitefish, Fresh Sea Salmon, Haddock, Halibut and Cod. BOOTH FISHERIES Canadian Co. Phone 820. 63 Brock St. No. 9-3246.

FOR SALE. GOOD, CLEAN COAL. A. Chadwick & Son. New location: Corner Ontario and West St. Phone 67.

ALBERT COLLEGE. BELLEVILLE, ONT. Preparation for University, Ministry, Teaching or business careers. Courses in music, expression, physical culture and art. Athletic field sports encouraged. Tennis courts, skating rink, etc. SCHOOL RE-OPENS SEPT. 16TH.