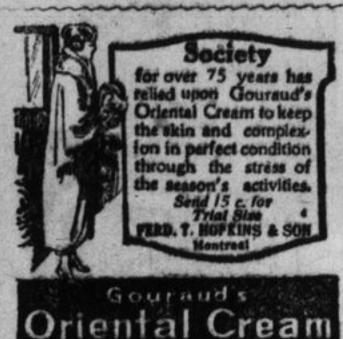
In the Realm of Women---Some Interesting Features

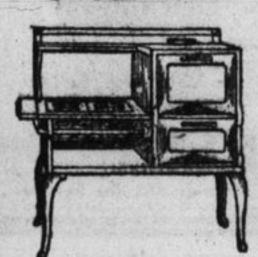
EFFERVESCENT SALT for Insomnia



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Use Old Dutch Cleanser



Polished and Hygienically Clean!

Use Old Dutch for thorough cleanliness. It quickly and easily keeps every part of your stove clean and bright; saves time and labor. Cuts the burnt-in crusts and grease from oven, drippan, porcelain sides; cooking and baking utensils.



Made in Canada

Told in the Twilight

(Continued from Page 3.) The regatta dance at the Yacht and Mrs. Marshall Armstrong, John-Club was a very large one, many out- son street. of-town guests being present, and the full moon shedding her beams on Miss Ruth LaFlair, Kingston, visitthe water of the harbors, where ing relatives in Woodstock, has left countless water craft floated, made to spend a few days with friends in the scene a delightful one. A new Galt. searchlight created much fun and as Mrs. (Dr.) S. J. Keyes, Kingston, usual on regatta nights, supper was was the guest of Mr. and Mrs. J. D. served. Mrs. W. Casey presented the Thompson, Hill Crest, Deseronto, for prizes won at the afternoon aquatic the past week sports, most gracefully. The ladies Miss Irene Cowan, Woodstock, has ronto, Canada. pouring coffee were Mrs. W. Casey, left on an extended visit to Toronto. Mrs. Bruce Taylor, Mrs. Arthur Napanee and Kingston. Keish and Mrs. Howard Hughes. Among those present were Mr. and Mrs. W. B. Dalton, Jr., Mr. and Mrs. Point. W. H. Craig, Mr. and Mrs. Ross Livingston, Mr. and Mrs. C. E. Taylor, Mrs. F. W. Hill, Dr. and Mrs. Ernest visiting their sister, Miss Helen Sparkes, Prof. and Mrs. Manley Bak. Subers, King street, returned to El- cern that ft will not cost you a penny er, Mr. and Mrs. B. G. Robertson, Mrs. Monroe Hill, Mr. and Mrs. W. K. Macnee, Mrs. Ryan, Mr. and Mrs. Cyril Smith, Mrs. Bayly Ransom, Prof. and Mrs. G. J. Mackay, Prof. and Mrs. Guilford Reed, Misses F Emery, F. Cunningham, Doris Browne, Laura Kilborne, Hilda Calvin, Edith Rankin, Miss Nelson (New York), G. McKeloey, D. Crookall, C. Farrell, H. Strange, E. Phelan, E. Nickle, C. Minnes, I. Minnes, Lois Taylor, Helen and Doris Mackay, C. Goodwin, F. MacLean, B. White, W. Finkle, H. Tofield, Helen Uglow, Kitty Torrance, Marion and Mary Ogil-

Dr. Carruthers. Miss Lilian Knowls, Buffalo, will spend the week-end at U-Auto camp. Mrs. Louis England, who was the guest of Sir Archibald and Lady Macdonell at the commandant's quarters, R. M. C., has left for Cobourg, street. and will visit Western Canada before returning to England.

vie, R. Driver, M. Uglow, Messrs. J. Hickey, F. Smythe, F. Purdy, R.

Sawyer, E. Ogilvie, H. C. Fair, J.

Emery, H. Bidell, W. and E. Steacy,

E. Ryan, S. Driver, E. C. Gildersleeve,

B. Barnum, Glover, P. McLeod, J

Smeaton, McIntosh, Dr. Broom and

Mr. and Mrs. A. Noel Lee, Villa St. Clare apartments, returned today from a visit to St. John, N.B. Miss Lorraine Short, Ottawa, is visiting Mrs. John Carson at her cot-

tage at McDonald's Cove. Miss Edna Hendricz, Toronto, will

Dr. and Mrs. R. M. Filson and son, Kingston, are the guests of Mrs. J. A. MacGregor, Prescott.

Miss Gertrude Armstrong, of the Manhattan Eye, Ear, Nose and from New York and is spending a few Kavanagh, King street.

hot water without using an

Tips To Housewives

Plain, soapy water will erase stains white enamel. Always bako a sponge cake in an

ingreased pan. When washing glassware use a small brush instead of a cloth. It will shine much better.

When ironing place all clothes that need mending in a pile by themselves, as it saves much time when sorting the clothes to put

When you light the gas oven to do your baking or roasting always fill your tea kettle, and set it on top of the oven. Then when you are ready to wash up you always have

Safe Milk to INFANTS and INVALIDS

or Infants, Invalids and Growing Children. Rich Milk, Malted Grain Extract in Powder.

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you take on SUNDAY and MONDAY will be good ones to test our

extraordinary, quicker service and superior workmanship. Bring us

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"REAL WORK-That's all we can offer you."

DEALERS:--Who's during your finishing? You'll be interest-

basket that collects dust. Her to keep wet clothes clean.

are not over registering.

handy use. Uses glass food containers for left-

How to Remove Easily.

with the guarantee of a reliable con-

Simply get an ounce of Othine

Here's a chance, Miss Freckle-

FOR WOMEN'S AILMENTS 25 years Standard for Delayed and Painful Menstruction. Sealed package only, all Druggists or direct

weeks here with her parents, Sergt.

Miss Cochrane, Kingston, was the guest of Miss Jessie Van Allen, Green

The Misses Subers, who have been ton Park, Penn., on Friday. on Monday to visit her daughter, plexion the expense is trifling.

Mrs. A. Noel Lee, Villa St. Clare double strength-from any druggist apartments. and a few applications should show Miss Cecile Stewart, Montreal, and you how easy ft is to rid yourself of Miss Georgia Watts, Toronto, are the homely freckles and get a beauwith Col. and Mrs. George Watts, To- tiful complexion. Rarely is more

ronto at McDonald's Cove. Rev. J. de Pencier Wright, rector case. of St. Luke's, and W. L. Wright-have returned from a visit to Mr. and Mrs. Douglas de Pencier, at their summer home, "Chestnut Heights," among the Thousand Islands.

Roy Gibson, Toronto, is with his mother, Mrs. George Gison, Earl

Mr. and Mrs. Henry Gooderham Toronto, will be the guests of Mr. and Mrs. Harold Hughes, Gore street, for the August regatta.

Clarence Chown, Montreal, will spend the week-end with Mr. and Mrs. Thomas Lambert, Clergy

Miss Smart, Toronto, is visiting Mrs. Jack Calvin on Garden Island. Miss Constance -Kilborn, Toronto, will come to town shortly to visit her aunt, Mrs. R. K. Kilborn, King

Mr. and Mrs. Stewart Robertson are expected home from a motor trip this week.

Mrs. Rex Calver was in town from Garden Island for the regatta. Mr. Barber, Toronto, spent several

days in town this week. Miss Jean Duff, Princess street, arrive in town tomorrow to visit has returned from a motor trip to Mrs. E. Roland Van Luven, Alfred Ottawa, where she was the guest of

Mrs. Charles Askwith. Mr. and Mrs. Douglas Anglin and Miss Mary H. Smart, Brockville, Mrs. Everett Birdsall will return is in Kingston to spend a few days from a motor trip to Toronto and Birdsall, early in the week.

James Ode:1, Ottawa, has joined his mother in Kingston and is the guest of Mr. and Mrs. H. D. Bibby,

Barrie street. Mrs. Munro Greir, New York, is in Throat Hospital, New York, motored town, and is en pension with Miss

burner, saving gas and time

TO-DAYS FASHION



This Black Moire Dress Is Adorned with White Net and Lace Sleeves, The black dress still retains the favor of many fashionable women. It is not, however, a dull black, as fabrics of greater lustre are preferred for the smart frock.

Very frequently they are adorned with touches of color which greatly enhances their beauty. The model pictured is developed !n black moire. The skirt is prettily

scalloped and the fulness emphasized on the sides. The straight lives bodice shows a neckline which is interesting. The small, puffed sleeves, which are fashloned from white net and lace, do

It's hard to secure straight results from crooked dealing.

their part in enlivening the frock.

The Efficient Housekeeper. overs and staples as much as por-Uses a laundry bag or a papier sible, for then contents are easily mache container instead of a willow kept and not forgotten. Makes her household equipment

clothes basket has a muslin lining last longer by preliminary care. New enamel ware is brought to a boil Reads her gas, electric and water from cold water to prevent its chipmeter periodically to see that they ping easily, while a new broom is dipped in hot suds on washday.

Keeps twine and wrapping paper! Dusts rubber goods put away for in several places about the home for the summer with talcum powder to prevent them from sticking. Cans eggs in water glass while

they are cheaper in summer than

around Christmas time. Keeps bills and receipts in large envelopes, plainly labelled and neat and orderly, for reference.

Removes stains from linens and by Mail. Price \$2.00. Knickerbocker clothes immediately to prevent their Remedy Co., 71 E. Front St., To- being set.

Has a crumb jar near the bread board to collect every crumb for use in croquettes, puddings and escallop-

Suns her refrigerator at least once Sun and Wind Bring Out Ugly Spots. week during the summer to prevent face, to try a remedy for freckles-

Has a pencil and pad by the telehave a complete list before ordering ! unless it removes the freckles; goods - this prevents forgetting Mrs. Mann will come from Windser while if it does give you a clear com- something and making a second call-perhaps too late!

Not Afraid.

Proud Parent-"If you call in the than one ounce needed for the worst evening you will probably hear my daughter singing."

Be sure to ask the druggist for the Friend--- Oh I shan't mind that. strength is sold under guarantee of You ought to hear the fellow down money back if it fails to remove our way practicing on the cornet. It is simply awful."

CHASE & SANBORN, Montreal, Que.

and fine ground for Tricolator and percolator use.

Sold scaled in 36, I and I lb. tint. Whole, ground to the order of a banquet even a commonto a feast-the delicious beverage raises palate. Its fragrance is like an invitation s a delightful luxury to the exacting

angel performed one service for If this story may be given credence, the



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RED PACKAGE BLACK	PER	PACKAGE
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market AND MILE DECEMBER OF THE		And the second



For Growing Children

Milk of Uniform Richness-Uniform Safety

DOCTORS, health officers and food experts agree that a growing child should drink a quart of milk a day. Certainly children should have a liberal quantity each day—not just when you have milk to spare, but whenever they need it.

You'll find Carnation Milk doubly desirable for the children's drink.

They like its creamy, rich flavor.

And it is always the same—uniformly fresh, rich, pure and safe.

Canada's finest farms produce this milk. Part of the water is removed by evaporation; it is then sealed while perfectly fresh in air-tight containers, and is protected against contamination, for it is also sterilized—making it absolutely pure and safe.

No sugar, no preservative or anything else is added.

You can keep this fresh, nourishing milk on your pantry shelves in any quantity unopened in the container indefinitely. When the children come in thirsty you dilute Carnation Milk with an equal amount of water.

And you use Carnation Milk when diluted in every way you now use ordinary milk-for cooking, for table use, etc.

Use it direct from the can as cream for coffee, tea, cereals or fruit.

In short—the purity, freshness,

high quality and CONVENIENCE of Carnation Milk make it the ideal milk supply.

You buy it with your groceries -a week's or a month's supply ahead. Your grocer is the Carnation Milkman. Ask him to send several cans (tall 16 oz. size), or a case of 48 cans.

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