

In the Realm of Women--Some Interesting Features

Abbey's
EFFERVESCENT SALT
for Insomnia

WHEN USING
WILSON'S FLY PADS
READ DIRECTIONS
CAPFULLY AND
FOLLOW THEM
EXACTLY

Best of all Fly Killers 10c per Packet at all Druggists, Grocers and General Stores

Society
for over 75 years has relied upon Gouard's Oriental Cream to keep the skin and complexion in perfect condition through the stress of the season's activities.

Gouard's Oriental Cream

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, drip-pan, porcelain sides; cooking and baking utensils.

Made in Canada



Safe Milk for INFANTS and INVALIDS

Nourishing, Digestible, No Cooking.



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

SOWARDS KEEPS COAL
—and—
COAL KEEPS SOWARDS

PHONE 155.
UPTOWN OFFICE—McGALL'S CIGAR STORE
PHONE 811.
SOWARDS COAL COMPANY

THE SNAPS YOU TAKE

you take on SUNDAY and MONDAY will be good ones to test our extraordinary, quicker service and superior workmanship. Bring us yours this week.

DEALERS:—Who during your finishing? You'll be interested in our proposition!

Thomson Photo Specialties
88 PRINCESS STREET—IN TREADGOLD'S
"REAL WORK—That's all we can offer you."

Told in the Twilight

(Continued from Page 3.)
The regatta dance at the Yacht Club was a very large one, many out-of-town guests being present, and the full moon shedding her beams on the water of the harbors, where countless water craft floated, made the scene a delightful one. A new searchlight created much fun and as usual on regatta nights, supper was served. Mrs. W. Casey presented the prizes won at the afternoon aquatic sports, most graciously. The ladies pouring coffee were Mrs. W. Casey, Mrs. Bruce Taylor, Mrs. Arthur Keish and Mrs. Howard Hughes. Among those present were Mr. and Mrs. W. B. Dalton, Jr., Mr. and Mrs. W. H. Craig, Mr. and Mrs. Ross Livingston, Mr. and Mrs. C. E. Taylor, Mrs. F. W. Hill, Dr. and Mrs. Ernest Sparkes, Prof. and Mrs. Manley Baker, Mr. and Mrs. B. G. Robertson, Mr. and Mrs. Ambrose Shea, Mr. and 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 Galvin, Edith Rankin, Miss Nelson (New York), G. McKeleoy, 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. Tosfield, Helen Uglow, Kitty Torrance, Marion and Mary Ogilvie, 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 Dr. Carruthers.

Miss Lillian Knowles, 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, and will visit Western Canada before returning to England.
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 cottage at McDonald's Cove.
Miss Edna Hendrix, Toronto, will arrive in town tomorrow to visit Mrs. E. Roland Van Laven, Alfred street.
Miss Mary H. Smart, Brockville, is in Kingston to spend a few days with friends.
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 Throat Hospital, New York, motored from New York and is spending a few

Tips To Housewives

Plain, soapy water will erase stains on white enamel.
Always bake a sponge cake in an ungreased 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 away.
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

weeks here with her parents, Sergt. and Mrs. Marshall Armstrong, Johnson street.
Miss Ruth LaFlair, Kingston, visiting relatives in Woodstock, has left to spend a few days with friends in Galt.
Mrs. (Dr.) S. J. Keyes, Kingston, was the guest of Mr. and Mrs. J. D. Thompson, Hill Crest, Deseronto, for the past week.
Miss Irene Cowan, Woodstock, has left on an extended visit to Toronto, Napanee and Kingston.
Miss Cochrane, Kingston, was the guest of Miss Jessie Van Allen, Green Point.

The Misses Subers, who have been visiting their sister, Miss Helen Subers, King street, returned to Elton Park, Penn., on Friday.
Mrs. Mann will come from Windsor on Monday to visit her daughter, Mrs. A. Noel Lee, Villa St. Clare apartments.
Miss Cecile Stewart, Montreal, and Miss Georgia Watts, Toronto, are with Col. and Mrs. George Watts, Toronto at McDonald's Cove.
Rev. J. de Pencier Wright, rector 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 street.
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 street.

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 street.
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, has returned from a motor trip to Ottawa, where she was the guest of Mrs. Charles Askwith.
Mr. and Mrs. Douglas Anglin and Mrs. Everett Birdall will return from a motor trip to Toronto and Birdall, early in the week.
James Odel, 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 town, and is in pension with Miss Kavanagh, King street.

hot water without using an extra 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 in black moire. The skirt is prettily scalloped and the fulness emphasized on the sides.
The straight 1931 bodice shows a neckline which is interesting. The small, puffed sleeves, which are fashioned from white net and lace, do their part in enlivening the frock.
It's hard to secure straight results from crooked dealing.

The Efficient Housekeeper.
Uses a laundry bag or a paper mache container instead of a willow basket that collects dust. Her clothes basket has a muslin lining to keep wet clothes clean.
Reads her gas, electric and water meter periodically to see that they are not over registering.
Keeps twine and wrapping paper in several places about the home for handy use.
Uses glass food containers for left-

overs and staples as much as possible, for then contents are easily kept and not forgotten.
Makes her household equipment last longer by preliminary care. New enamel ware is brought to a boil from cold water to prevent its chipping easily, while a new broom is dipped in hot suds on washday.
Dusts rubber goods put away 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 clothes immediately to prevent their being set.

Has a crumb jar near the bread board to collect every crumb for use in croquettes, puddings and escalloped dishes.
Suns her refrigerator at least once a week during the summer to prevent mould.

Has a pencil and pad by the telephone to take down numbers and to have a complete list before ordering goods — this prevents forgetting something and making a second call—perhaps too late!

Not Afraid.
Proud Parent—"If you call in the evening you will probably hear my daughter singing."
Friend—"Oh I shan't mind that. You ought to hear the fellow down our way practicing on the cornet. It is simply awful."

DR. MARTEL'S FEMALE PILLS FOR WOMEN'S AILMENTS
25 years Standard for Delayed and Painful Menstruation. Sealed Tin package only, all Druggists or direct by Mail. Price \$2.50. Knickerbocker Remedy Co., 71 E. Front St., Toronto, Canada.

FRECKLE-FACE
Sun and Wind Bring Out Ugly Spots. How to Remove Easily.
Here's a chance, Miss Freckle-face, to try a remedy for freckles with the guarantee of a reliable concern that it will not cost you a penny unless it removes the freckles; while if it does give you a clear complexion the expense is trifling.
Simply get an ounce of Othine—double strength—from any druggist and a few applications should show you how easy it is to rid yourself of the homely freckles and get a beautiful complexion. Rarely is more than one ounce needed for the worst case.
Be sure to ask the druggist for the double strength Othine as this strength is sold under guarantee of money back if it fails to remove freckles.

SEAL BRAND COFFEE

If this story may be given credence, the Mohammedan and two for humanity in general.

is a delightful luxury to the exacting palate. Its fragrance is like an invitation to a feast—the delicious beverage raises to the order of a banquet even a common-plate meal.
Sold bottled in 1/2 and 1 lb. tins. Wholesome and fine ground for breakfast and evening meal.
Always get the coffee regarding the Mohammedan for his health and the health of his household.

H. APPLETON
Announces the opening of a new Plumbing and Heating Establishment
417 PRINCESS STREET—OPPOSITE ANDERSON BROS.
Prices on contracting and all kinds of job work furnished. Give us a call. Phone 874W.

NEW PRICES CHARM TEAS

BLUE PACKAGE BLACK 25c. PER PACKAGE
RED PACKAGE BLACK 30c. PER PACKAGE
GREEN PACKAGE JAPAN 30c. PER PACKAGE
THESE ARE THE BEST VALUES ON THE MARKET.



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.
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.

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,
Made in Canada by
CARNATION MILK PRODUCTS CO., LIMITED
Aylmer, Ontario
Condensaries at Aylmer and Springfield, Ont.

Carnation Milk

Use Carnation Milk For:

Canada	Puddings	Custards
Tea	Cream Sauces	Gravies
Coffee	Fudge	—For Every Milk Use