

NEWS AND VIEWS FOR WOMEN READERS

4 out of 5 wait too long

Bleeding gums herald Pyorrhoea's coming. Unheeded, the price paid is lost teeth and broken health.

Brush your teeth with Forhan's FOR THE GUMS



Children Delight In Cuticura Soap Baths

Because they are soothing and refreshing for tender skins, especially if assisted by Cuticura Ointment on first signs of redness or roughness.

Try Tomato Marmalade

Blanch 4 quarts of ripe tomatoes. Peel, slice and add 6 large lemons thinly sliced and 1 cup raisins.

Perfect Seal, Crown and Improved Gem Jars on sale at all stores.

Send for free book of eighty tested canning and preserving recipes.

Dominion Glass Co., Limited Montreal



WILSON'S FLY PADS

Kill them all, and the germs too. 10c a packet at Druggists, Grocers and General Stores.



INFANTS DELIGHT TOILET SOAP

"GOOD-BY"

By Juanita Hamel



What a giant little word may be! Think of the power behind that wee word "No"—the possibilities that lurk in "Yes"—and the questions that linger in "Good-bye."

More food for less money

To cut down the cost of food and keep up health and strength for the Summer days you must get back to Nature's food.



TRISCUIT is the Shredded Wheat cracker—a real whole wheat toast—eaten with butter, soft cheese or marmalades.

The Canadian Shredded Wheat Company, Ltd. Niagara Falls, Ontario

Shredded Wheat Don't worry about cooks

THE HOME KITCHEN

By Jeannette Young Norton

Author of "Mrs. Norton's Cook Book."

The housekeeper who is always on the look-out for new dishes will find in some of the one-dish dinners just the thing she wishes.

Granny's Purse. Select a tender round steak the size needed, and have it cut three inches thick.

Goosey Gander. Fry three slices of bacon, then add one pound of calf's liver. When the liver is done lift it and set aside.

Crow in a Blanket. Select a young plump boiled chicken, dress and prepare, then put it on to boil, adding a few stalks of celery.

Shrimp Wiggle. Open and drain one can of shrimps or peel a pint of freshly-boiled shrimps and set aside.

MAKE YOUR WORK EASY

Have the Hotpoint Electric Goods in your home. We have everything you may need to bring comfort — Irons, Toasters, Heaters, etc.

Halliday Electric Co.

PHONE 94. CORNER KING AND PRINCESS STS.

butter, two tablespoonfuls of flour, one and one half cupfuls of milk, the juice of an onion and a teaspoonful of minced celery leaves and red pepper.

A Screwless Corkscrew. The ordinary form of corkscrew, while effective for its purpose, often destroys or renders useless the cork on which it is used.

To remove a cork the longer of the two strips is inserted between

the cork and the neck of the bottle, and is pushed down until the shorter end can also be inserted.

Mystified. In front of the vacant lot the builder put up the usual shack for holding tools and blueprints.

But he took it down after hearing a passenger remark: "For the land's sake! Look what they're trying to rent offices in now."

Words show the wit of a man, but actions his meaning.

TO-DAY'S FASHION

By Vera Winston



Soft Yellow Trims This Gray Crepe Street Frock.

Essentially simple in design is this crepe frock that relies on tiny pleats and hand-made motifs for trimming.

The gray has a suggestion of yellow in it, and the trimming is in perfect harmony, dull soft yellow. It is made of tiny bands of yellow silk, worked into motifs by means of fine yellow threads that hold the bands in place.

What's begun in anger ends in shame. Who seeks a friend should come disposed.

To exhibit, in full bloom discolored. The graces and the beauties that form the character he seeks, for 'tis a union that bespeaks Reciprocated duties.

Efficient Housekeeping

- TOMORROW'S MENU Breakfast Bananas Cereal Scrambled Eggs Wholewheat Toast Luncheon Rice-Tomato Soup Lettuce Salad Prunes Dinner Beef Stew (with Carrots, onion and Potatoes) Raisin Pie

ANSWERED LETTERS. Newly Married: "My husband and I rent now but we dream of building a little home of our own."

Answer: A porcelain sink gives the best results, but they are expensive. The next best kind, in my estimation, is an iron sink enameled ware.

Mrs. M.: "Some of my small parlor rugs have begun to fray at the edges. What can I do? We ought not to afford new ones."

from an acquaintance a set of table linen. Now I am wondering if it is pure linen, as she claimed. How can I tell? I paid a high price for it.

Answer: Buy a very little glycerine from your druggist. Put a drop on the linen. If it is pure linen, the glycerine will be quickly absorbed, leaving a transparent spot.

Answer: With a woolen cloth moistened with either kerosene or vinegar, and dipped in either whitening or baking soda or bath brick.

Music the fiercest grief can charm. And fate's severest rage disarm. Music can soften pain and ease. And make despair and madness please;

Corns



The simplest way to end a corn is Blue-jay. Stops the pain instantly. Then the corn loosens and comes out. Made in clear liquid and in thin plasters. The action is the same.

At your druggist