NEWS AND VIEWS FOR WOMEN READERS



Brought to your home with the original flavor retained

Rideau Hall Coffee

Blackheads Go Quick By This Simple Method

Blackheads-big ones or little onesof the body go quick by a simple method that just dissolves them. To do this get about two ounces of peroxine powder from your druggist-sprinkle a a hot, wet cloth-rub over the blackheads briskly for a few secondsand wash off. You'll wonder where the blackheads have gone. Pinching and squeezing blackheads only open the pores of the skin and leave them large and unsightly-while the simple applieation of peroxine powder and the water dissolve them right out, leaving the skin soft and the pores in their



In all the latest modes. We make a specialty in the following cuts-THE SHINGLE, FRENCH.

Frank Robbs 185 WELLINGTON STREET

BOYISH CUT.



the bride after a wedding, also with

JACK DAW'S ADVENTURES

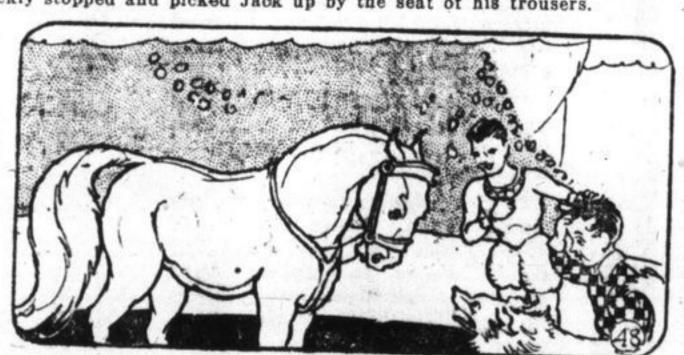
Under the Circus Tent



Next one of the men riders hopped on the horse, right in front of Mazie. Then he stood up and Mazie crawled to his shoulders. "Gee, I'd like to try that !" said Jack. "All right, you can," said the other rider, who stood by Jack's side. Then Mazie slid gracefully to the ground.



Jack was told to run up the little slanting platform and jump when the horse went by it. He started to run, but his trousers were so long he tripped and fell in a heap. This brought forth a great laugh. The horse quickly stopped and picked Jack up by the seat of his trousers.



At first the little adventurer was scared. Flip apparently knew this, for he barked loudly at the horse. However, in an instant, Jack found; It was a trained animal and didn't intend to bite Jack. (Continued.) himself standing on his feet again. The horse had only picked him up. stahve!"

CARDS AFTER WEDDING

ADVENTURES OF THE TWINS

By Olive Roberts Barton

HAY FEVER AND SNUFF



suh, can you tell m e where I may find a stoah?"

That is if she doesn't get hay fever.

"It's something that makes you

"Oh, I see! Something like snuff."

"Like snuff. That's what I wish to

"Well, I declare!" said Daddy to

himself-not out loud. Paying money

At that minute they reached Mis-

"Mister Bags, this is Mister 'Pos-

Mistah 'Possum bowed elegantly

And then he said he would like

"I'm sorry, but we're out just

to catch a cold for nothing!

ter Bags' store and went in.

and said he was charmed.

sneeze all the time," answered

said Mistah 'Possum.

"Like what?"

Mistah 'Possum looked in his, "All right, sir. I'd like to go sout! snuff box, and what do you think? some day on a vacation," said There wasn't one single pinch of Daddy. "Ma and I may go next year

Mistah 'Possum was a southern "Hay fever! What's that?" asked gentleman and was just travelling Mistah 'Possum curiously. around to see the world a bit. As he said all the birds came north in the spring, so why shouldn't he.

He had taken up his quarters in the button-ball tree and kept bache-

"Please, suh, can you tell me whree I may find a stoah?" he call- buy at the stoah. I find that my ed to Daddy Cracknuts over in the snuff-box is empty." maple tree, just as Daddy was going out to buy a morning paper.

"Sure!" called Daddy. "I'm just for something to make you sneeze going there now. Come right along when it's as easy as rolling off a log and I'll show you, neighbor." So Mistah 'Possum swung himself

down.

Daddy was curious about his neighbor, but he was too polite to sum," introduced Daddy. "And this ask questions. However, Mistah is Nancy and this is Nick-his help-'Possum, like most southern people, ers." was quite talkative and friendly, and soon Daddy knew all about him.

"Some time you must come south." said the 'possum gentleman. "And I to buy a quarter's worth of snutt. shall show you all sorts of things. The persimmon trees ah wonderful. And the oleandahs and magnolias he was always out, for nobody smell mahvellous."

"How about nuts?" asked Daddy, he wasn't going to say so. who didn't care so much about nice smells as about nice eats.

"Shuahly! Shuahly!" said Mistah Why, that's strange! I never "Possum. "Peanuts and pecans! And sneezed before without taking a buttah nuts, too! You'd nevah pinch of snuff."

now," said Mister Bags. The fact was around there used snuff at all. But "Well, well! I'm sory," said Mistah 'Possum. "But I-achoo-achoo! "Perhaps it's hay fever," suggested Mister Bags.

> It's fah cheaper than buying snuff and just as pleasant, isn't it. Achoo! money." (To Be Continued)

"Oh do you suppose so!" exclaimed Mistah 'Possum. "Isn't that nice!

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LONG-WAISTED BODICE



The line of this frock is very simple though the effect is very stunning. It is merely a long-waisted and a shaped collar fitted about the neck falling over the shoulders so as to give the effect of a sleeve-cap. The material is hand-blocked pussywillow silk with graduated dots of white on a navy blue surface.

anything that depends on application and industry, and it is a voluntary power, while genius is involuntary. Reason cannot show itself more reasonable than to cease reasoning

A wise candidate is a man who You must keep going around to

policy to rule, overturned itself. Suspicion is the poison of true friendship.

Drink and Enjoy

38c ½lb. TEA

Largest Sale in the World Buy the RED LABEL, Aluminum Package.

Special for Wednesday and Saturday!

FRUIT BREAD

Wholewheat Bread Every Day.

F. C. HAMBROOK

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PRINCESS, BUT SHE WORKS

Princess Margaretha von Schoenaich-Carolath, kinswo-Achoo! I think I'll stay north for man of the former kaiserin, is now head nurse in the Wilmersa while, suhs. It will save me dorfer City Hospital, Berlin, and says that life without work would be very uninteresting.



While Sunlight Works

YOU have more leisure hours on wash day if you use Sunlight Soap. Away downstairs in the wash tub this wonderful soap will do the labour. You rub the things with Sunlight-you put them to soak - and then its penetrating. cleansing ingredients search through and through the fibres, loosening even the hardest dirt or the oldest grease stains completely. No wash board rubbing, no boiling, no hard work. Then, with rinsing, the dirt runs away and your clothes are ready for the line, purified and snowy clean.

Wash day should not take your labouronly Sunlight's gentle strength.

LEVER BROTHERS LIMITED



TOMORROW'S MENU

Breakfast Stewed Dried Peaches Cereal Coffee Fried Eggs Toast

Luncheon Escalloped Tomatoes Wholewheat Bread Radishes

Dinner Calves' Liver with Brown Gravy Potatoes Steamed in Skins Parsnips Pea Salad (from left-overs)

The following recipes have been sent me in response to a readers'

Mrs. C. M.: "Liver Balls for Soup: of grated bread or biscuit which has egg-whites. Form with a spoon into and state. balls and drop these into soup, letting boil slowly for ten or 15 minutes with the pot covered."

Mrs. C. M. A .: "Liver Balls of Dumplings: Put one pound of liver through a food chopper, then add to it one-half cup of stale bread crumbs, one beaten egg, a pinch of ground nutmeg, two tablespoons of cracker crumbs, the grated rind of one-half lemon, salt and pepper to suit taste a little chopped parsley, a little thyme, one-half raw onion chopped, and enough flour to stiffen. Shape into balls or drop from a spoon into hot soup-stock, and let cook 20 minutes. This mixture is also good fried. Sometimes I use ground beef instead of the liver."

Mrs. H. J. M .: "Liver Balls: Mix together one and one-half pounds of finely ground liver, salt and pepper to suit individual taste, one beaten egg, one-half cup of bread crumbs, and flour enough to make a stiff batter. Drop by spoonfuls into boiling soup and let cook till tender."

Mrs. A. G.: "Liver Balls: Put through your meat grinder three or four slices of liver, a little fat from ham or bacon, one small onion and a little celery or pareley. Add two beaten eggs, two slices of bread soaked in cold water then squeezed, a pinch of salt and pepper and onehalf cup of flour. Mix all well to-

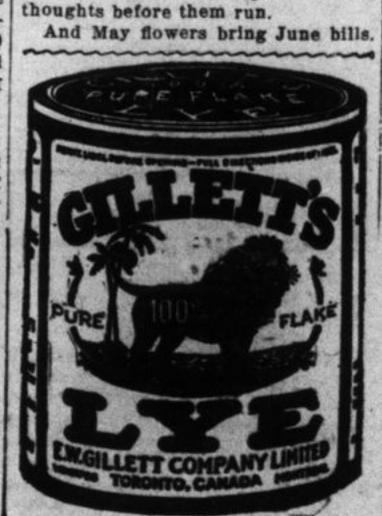
gether, form into balls, and drop in boiling salted water or soup. Let cook one-half hour."

Mrs. A. R.: "Liver Balls: Wash pound and a half of beef liver and shred from its skin. To the shredded liver add the grated crumbs of six hard rolls, three beaten eggs, one large kernel of garlic mashed well, two tablespoons of farina, and season with one-half teaspoon of sal and a few grains of pepper. Mix al the ingredients well together and form into balls on a floured pastry board. Also flour hands when rolling the liver balls, to prevent sticking. Drop in boiling soup."

Tomorrow-Those Tasks Which Must Be Done. All inquiries addressed to Miss

Kirkman in care of the "Efficient Housekeeping" department will be answered in these columns in their turn. This requires considerable Put on-half pound of calves' liver time, however, owing to the great through a meat grinder, add one cup aumber received. So if a personal or been soaked in a little sweet milk, and self-addressed envelope must the beaten yolks of two eggs, a pinch be enclosed with the question. Be of salt, a little nutmeg, one table- sure to us. YOUR full name, street spoon of flour and the two beaten number, and the names of your city

but not to speak ill requires only our silence, which costs us nothing. Slow seems their speed whose



quicker reply is desired, a stamp-Senator Robert M. La Follette has virtually announced that he will run for president on an independent ticket, "unless the aproaching Democratic and Republican conventions demonstrate to the people whether either of those parties can and will purge itself of the evil influences which have long dominated them." A good word is an easy obligation,

And May flowers bring June bills, bodice joined to a very full skirt

Talent is the capacity of doing on things above reason.

stands for what the voters fall for. stay in the social circles. Strength wanting judgment and



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