

NEWS AND VIEWS FOR WOMEN READERS



Rideau Hall Coffee

Brought to your home with the original flavor retained.

Blackheads Go Quick
By This Simple Method

Blackheads—big ones or little ones—soft ones or hard ones—on any part of the body go quick by a simple method that just dissolves them. To do this get about two ounces of peroxide powder from your druggist—sprinkle a little on a hot, wet cloth—rub over the blackheads briskly for a few seconds—and 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 application of peroxide powder and the water dissolve them right out, leaving the skin soft and the pores in their natural condition.



INFANTS' DELIGHT SOAP

Dancing eyes show pure delight

INFANTS' DELIGHT SOAP


Ladies' Haircutting

In all the latest modes. We make a specialty in the following cuts—

THE SHINGLE, FRENCH, TAPER, CASTLE, LEA AND BOYISH CUT.

Frank Robbs
185 WELLINGTON STREET

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ALL good things that serve the sweet tooth and tickle the palate flow to the land of Evangeline, that smiling, favored realm of Acadia, the setting of Longfellow's famous romantic poem, where the making of chocolate confections supreme by Moirs has added greater distinction to an enchanting locality.

Fruits, flavors, nuts and spices from the Orient, from tropical islands and the favored gardens of the world are gathered by Moirs. But all the enticing ingredients of Moir's chocolates are not tropic grown: some are Canada's very own—for instance, sweet clover honey and the rarest of syrups from our own abundant maples.

And when to these ingredients have been added the richest of Canada's cream and butter, is it any wonder that Moir's come to you—a veritable treasure box of the world's most delicious tit-bits.

Sold in your Neighbourhood

MOIRS LIMITED - HALIFAX

MOIR'S Chocolates

Messrs. R. H. Toye & Co., Distributors for Kingston.

JACK DAW'S ADVENTURES
Under the Circus Tent



Next one of the men riders kopped 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. 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.

CARDS AFTER WEDDING



Cards are left with the mother of the bride after a wedding, also with the mother of the groom.

ADVENTURES OF THE TWINS
By Olive Roberts Barton



"Please, suh, can you tell me where I may find a stoah?"

Mistah 'Possum looked in his snuff box, and what do you think? There wasn't one single pinch of snuff left. Not one.

Mistah 'Possum was a southern gentleman and was just travelling 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 bachelor hall.

"Please, suh, can you tell me whree I may find a stoah?" he called to Daddy Cracknuts over in the maple tree, just as Daddy was going out to buy a morning paper.

"Sure!" called Daddy. "I'm just going there now. Come right along and I'll show you, neighbor."

So Mistah 'Possum swung himself down.

Daddy was curious about his neighbor, but he was too polite to ask questions. However, Mistah 'Possum, like most southern people, was quite talkative and friendly, and soon Daddy knew all about him.

"Some time you must come south," said the 'possum gentleman. "And I shall show you all sorts of things. The persimmon trees ah wonderful. And the oleandahs and magnolias smell mahvelous."

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

"Shuahly! Shuahly!" said Mistah 'Possum. "Peanuts and pecans! And buttah nuts, too! You'd nevah stahve!"

"All right, sir. I'd like to go south some day on a vacation," said Daddy. "Ma and I may go next year. That is if she doesn't get hay fever."

"Hay fever! What's that?" asked Mistah 'Possum curiously.

"It's something that makes you sneeze all the time," answered Daddy.

"Oh, I see! Something like snuff," said Mistah 'Possum.

"Like what?"

"Like snuff. That's what I wish to buy at the stoah. I find that my snuff-box is empty."

"Well, I declare!" said Daddy to himself—not out loud. Paying money for something to make you sneeze when it's as easy as rolling off a log to catch a cold for nothing!

At that minute they reached Mister Bags' store and went in.

"Mister Bags, this is Mister 'Possum," introduced Daddy. "And this is Nancy and this is Nick—his helpers."

Mistah 'Possum bowed elegantly and said he was charmed.

And then he said he would like to buy a quarter's worth of snuff.

"I'm sorry, but we're out just now," said Mister Bags. The fact was he was always out, for nobody around there used snuff at all. But he wasn't going to say so.

"Well, well! I'm sorry," said Mistah 'Possum. "But I—achoo—achoo! Why, that's strange! I never sneezed before without taking a pinch of snuff."

"Perhaps it's hay fever," suggested Mister Bags.

"Oh do you suppose so?" exclaimed Mistah 'Possum. "Isn't that nice! It's fah cheaper than buying snuff and just as pleasant, isn't it. Achoo! Achoo! I think I'll stay north for a while, suh. It will save me money."

(To Be Continued)
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LONG-WAISTED BODICE

Mrs. A. R.: "Liver Balls: Wash a 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 salt and a few grains of pepper. Mix all 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 time, however, owing to the great number received. So if a personal or quicker reply is desired, a stamped and self-addressed envelope must be enclosed with the question. Be sure to us, YOUR full name, street number, and the names of your city and state.

Senator Robert M. La Follette has virtually announced that he will run for president on an independent ticket. "unless the approaching 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, but not to speak ill requires only our silence, which costs us nothing.

Slow seems their speed whose thoughts before them run.

And May flowers bring June bills.

Efficient Housekeeping
by Laura A. Kirkman

TOMORROW'S MENU

Breakfast
Stewed Dried Peaches
Cereal
Coffee Fried Eggs
Toast

Luncheon
Escalloped Tomatoes
Wholewheat Bread
Cocoa Radishes Jelly

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

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

Mrs. C. M.: "Liver Balls for Soup: Put on-half pound of calves' liver through a meat grinder, add one cup of grated bread or biscuit which has been soaked in a little sweet milk, the beaten yolks of two eggs, a pinch of salt, a little nutmeg, one tablespoon of flour and the two beaten egg-whites. Form with a spoon into 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 parsley. Add two beaten eggs, two slices of bread soaked in cold water then squeezed, a pinch of salt and pepper and one-half cup of flour. Mix all well to-

LONG-WAISTED BODICE



The time-of-this frock is very simple though the effect is very stunning. It is merely a long-waisted bodice joined to a very full skirt 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 pussy-willow silk with graduated dots of white on a navy blue surface.

Talent is the capacity of doing 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 on things above reason.

A wise candidate is a man who stands for what the voters fall for.

You must keep going around to stay in the social circles.

Strength wanting judgment and policy to rule, overturned itself.

Suspicion is the poison of true friendship.

Drink and Enjoy

LIPTON'S TEA

38c 1/2 lb. 75c lb.

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Buy the RED LABEL, Aluminum Package.

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FRUIT BREAD
Wholewheat Bread Every Day.

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PRINCESS, BUT SHE WORKS
Princess Margaretha von Schoenaich-Carolath, kinswoman of the former kaiserin, is now head nurse in the Wilmsdorfer 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 labour—only Sunlight's gentle strength.

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