

NEWS AND VIEWS FOR WOMEN READERS

HP SAUCE

always a welcome addition to the meal—supreme with bacon, cold meats, fish, sandwiches and cheese.

Two Electric Specials

Electric Curling Tongs. Special \$1.75.

Electric Irons. Special \$3.00, \$4.50.

These are real bargains.

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Efficient Housekeeping
by Laura A. Kirkman

TOMORROW'S MENU

Breakfast
Cantaloupe
Cereal
Corned Beef Hash
Coffee
Toast

Dinner
Celery
Chicken Fricassee
Potatoes
Sweet Corn
Stuffed Tomato Salad
Ice Cream
Coffee

Supper
Fruit Salad
Egg-Olive Sandwich
Potato Loaf Cake
Coffee

who is wrapped up in some big enterprise such as club work, church work or some particular way she has found to make money at home; she rushes through her dishwashing and cleaning with her mind fixed eagerly on the reward which lies ahead—the reward of getting, at last, to the interest which absorbs her. She hasn't time to grumble about "the grind of housework." She is too much absorbed in that bigger interest to let her thoughts dwell on the necessary housekeeping duty at hand.

Do You Dislike Dishwashing? Whenever I hear a housekeeper say: "I hate to wash dishes," I know that housekeeper is not a happy woman. Why? Because the housekeeper who has found contentment doesn't mind a pile of soiled dishes; she hurries through them with a song on her lips.

I base this statement on my observation of a good many housekeepers. I have invariably found that the contented woman is the one who can perform her irksome duties philosophically. And I believe that every woman can find this contentment which resigns her to her daily burdens. I believe that this contentment comes through having a gripping interest of some sort outside of one's housework.

If you disagree with me in this contention, just watch the woman

"But suppose I can't become interested in anything?" I think I hear some of my Reader Friends replying. To which I answer: "Make yourself take an interest in something outside of your work! For instance, start making one of the old-fashioned hooked rugs. You'll soon find that you won't be able to keep away from that rug-frame. (I have just finished making one myself, so I know from experience!) You are bound to become absorbed in it, once you start. Or, if you prefer, start to knit or crochet some garment; it will grow more fascinating as it increases in size.

After all we are still children at heart. A child will master his school lessons twice as quickly if promised the reward of a picnic for so doing. And you and I, too, need some pleasure ahead if we would do our best work; the prospect of some interesting occupation awaiting us, lightens our more irksome tasks and keeps us from indulging in that most unworthy of all emotions: self-pity. We are tempted to feel sorry for ourselves only when we have no duty and absorbing interest in our lives; but when we once find such an interest we are only sorry for others who haven't one!

MENU FOR STOUT AND THIN EAT AND— Lose Weight—Gain Weight

Breakfast—One-half cantaloupe, 2 thin slices toasted gluten bread, 1 or 2 cups hot water.

Luncheon—One cup hot consommé, 1 cup sweetbread and cucumber salad on lettuce, 1 gluten roll, 1 cup skimmed milk.

Dinner—One cup diet creamed dried beef on crisp whole wheat toast, 1 cup casserole of vegetables, 1 cup water-cress, 2 tablespoons strawberry float, 1 cup weak tea without sugar or cream.

Bedtime—One cup hot skimmed milk.

Total calories, 1082. Protein, 256; fat, 261; carbohydrate, 365. Iron, .0201 gram.

Sweetbread and Cucumber Salad (Individual)

One-half cup diced sweetbreads, 3/8 cup diced cucumbers, lemon juice, salt and pepper.

As soon as sweetbreads come from market put into cold water and let stand an hour or until clear. Drain and put into boiling water, salted, and acidulated. Simmer, just at the bubbling point, for 30 minutes. Drain and put into cold water. This process keeps the breads white and firm and is always followed no matter how the breads are finally cooked.

When the sweetbreads are cold cut them into neat dice. Add cucumber and combine with lemon juice, salt and pepper. If you rub the knife you use for dicing across a cut onion and rub the bowl in which the salad is mixed with the onion you will like the flavor.

Total calories, 122. Protein, 42; fat, 66; carbohydrate, 14. Iron, .0006 gram.

Breakfast—One-half cantaloupe, 1 cup uncooked breakfast food, 1 tablespoon sugar, 3/4 cup cream, 4 tablespoons asparagus omelet, 2 cornmeal muffins, 1 tablespoon butter, 1 tablespoon marmalade, 1 or 2 cups hot water.

Mid-morning lunch—One large orange, 12 raisins.

Luncheon—One cup hot consommé, 1 cup sweetbread and cucumber salad with 2 tablespoons cream dressing, 2 whole wheat rolls, 1 tablespoon butter, 1 tablespoon strawberry preserves, 4 tablespoons chocolate seed pudding, 1 cup whole milk.

Dinner—One veal bird, 4 tablespoons creamed potatoes, 3/4 cup vegetables with 2 tablespoons hollandaise sauce, 1 cup watercress with 2 tablespoons French dressing, 4 tablespoons strawberry float, 1 piece chocolate cake, 1 cup irritated tea.

Bedtime—One cup hot whole milk, 2 bran bread and butter sandwiches.

Total calories, 3892. Protein, 453; fat, 1633; carbohydrate, 1816. Iron, .0229 gram.

During the summer months you will find a glass of orange juice for your mid-morning lunch refreshing and effective. The fruit tends to stimulate your appetite for luncheon.

Something hot should be provided for the summer luncheon. If there is no hot soup drink your milk hot instead of cold.

If you are a busy woman and perspire very freely over your work during the summer, you may need to increase your calories. Do this with vegetables and fresh fruits or more milk.

Phospho-Cod The Quickest and Surest Way to Get Your Iron and Vitamines

One tablespoonful of PHOSPHO-COD contains as much iron as half a pound of Raisins or a pound of Spinach or a quarter of the extract of Cod Livers—the concentrated extract—not the greasy oil. This extract is like the extract of beef, it contains the essence, the concentrated, nourishing part. Cod Livers are the richest of all known substances in vitamins, and there is more concentrated energy in one tablespoonful of PHOSPHO-COD than in three cakes of yeast. In each tablespoonful of PHOSPHO-COD over one third is solution of Hypophosphites. Hypophosphites contain other of the salts needed by the body, such as lime, sodium, potassium and manganese. PHOSPHO-COD contains a liberal percentage of Glycerine, which has been proven to be one of the most healing substances known to science, acting directly on inflamed or ulcerated membranes of the stomach, bowels, kidneys and bladder as it does on the irritated surface of the skin. Glycerine and Rose Water as an external lotion has been used for generations to heal and soften mildly irritated face and hand and soothe the irritated skin. Internally its action is the same on the bronchial tubes and throat, making it most valuable for coughs

and colds. PHOSPHO-COD contains Wild Cherry extract, a splendid appetizing tonic made from the bark of the wild cherry tree, and it makes the delicate, picky appetite a thing of the past, and gives you a desire for food that is healthy and substantial. PHOSPHO-COD contains Pepsin which is the most valuable to all stomach remedies known to medical science, and helps you to digest the food you eat, reducing it to a liquid state, so that it can be assimilated into your blood to carry nourishment to every part of the body. From your blood your nerve power is born, and through your nerves comes your happiness, ambition and power to do and to accomplish the full joy of living. PHOSPHO-COD contains ten drops of Port Wine in each tablespoonful; this is used to keep it from fermenting and also because Port Wine contains nourishment that is valuable in the process of making blood. There are a few of the reasons why you should get your Iron and Vitamines from PHOSPHO-COD in preference to any other way, because it contains more of them and costs you less for what it gives than any other method. Product or preparation you can secure, PHOSPHO-COD at Best's Drug Store.



PHOSPHO-COD is for sale by L. T. Best, Druggist, who will be pleased to send a bottle by mail to those unable to call at the store, on receipt of 25 cents additional to pay postage. Regular price \$1.25 per pint bottle; \$1.50 mailed to any address in Canada.

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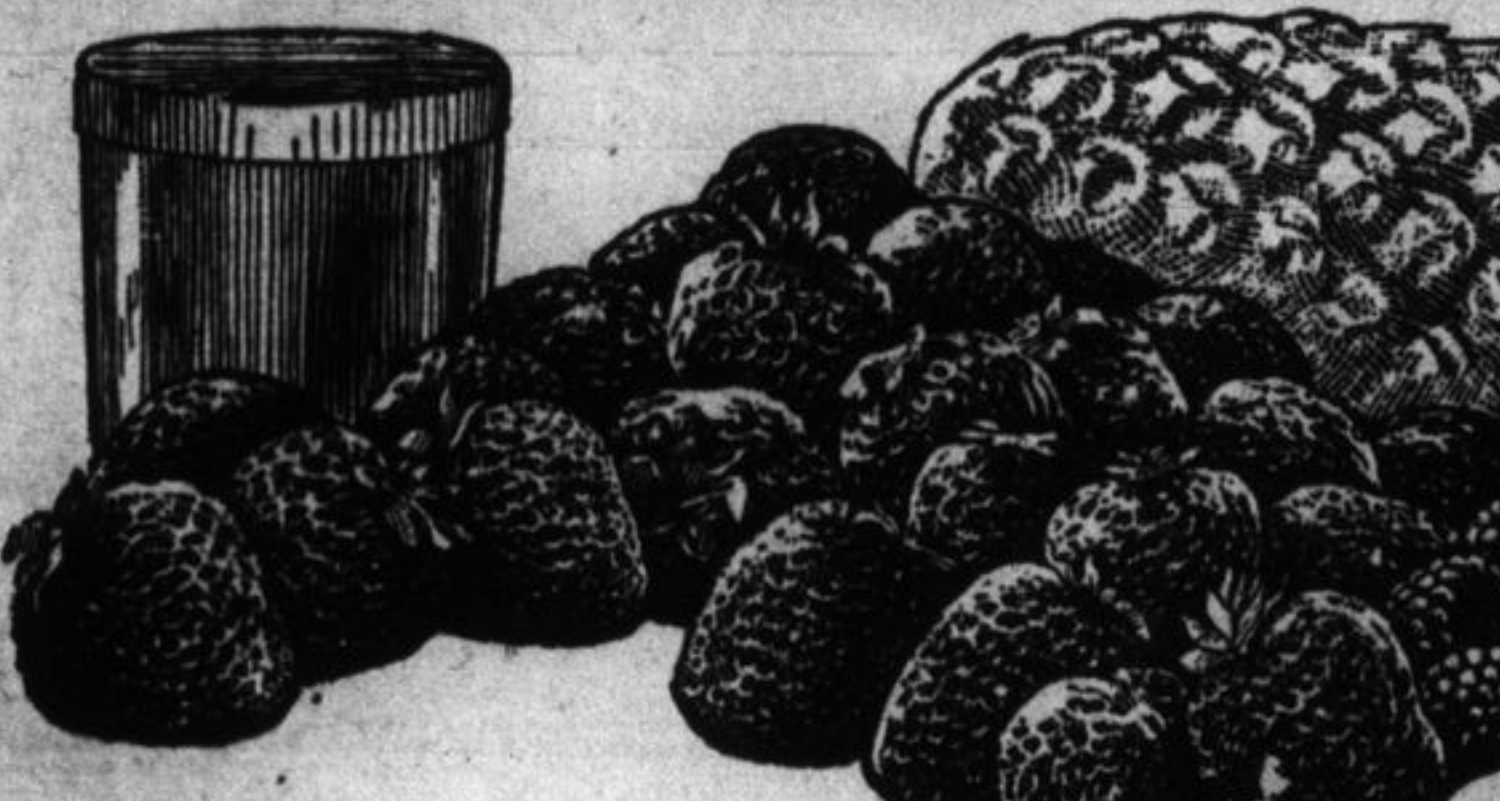
The exceptional tone quality in the Weber Piano appeals to the most aesthetic taste. HEAR FOR YOURSELF AND BE CONVINCED.

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Old Dutch for FRUIT JARS

MADE IN CANADA

Contains no lye or acids. Soft and flaky. wont scratch. Gives better results.



Strawberries are here!

—why not make the most delicious jam or jelly you ever tasted?

Take full advantage of the bounty of orchard and garden. You can now convert strawberries into perfect jam or jelly with but one minute's boiling, and you can preserve that fragrance and delicacy of fresh, fully-ripened fruit which disappears under long boiling.

You can now make jam or jelly with fruits that never would "jell"—the strawberry, pineapple, cherry, etc.

Certo, the jelling property of fruit, is the reason.

Certo is pure, concentrated pectin, the jelly making substance of fruits. It contains no gelatine nor preservative. The Certo process not only makes better and a greater variety of jams and jellies than the old process, but reduces cost per jar; no fruit juice is boiled away, and 50 per cent. more jam or jelly is obtained.

Use Certo with every fresh fruit available. Make a lot of jam and jelly this summer.

At your grocer's or send 40c direct to Douglas Packing Co., Limited, Cobourg, Ont.

CERTO

Follow exactly the complete simple directions in the Certo Booklet of 73 recipes which goes with every bottle

Certo is pure pectin extracted from fruits

AGED PICTON DOCTOR IS IN FAILING HEALTH

New Salvation Officers to Be Welcomed—Visitors From Osoboso, Sask.

Picton, July 4.—Dr. and Mrs. Charles Wilson motored from Toronto and spent a few days at the home of Mrs. Wilson's brother, E. C. Hadden. They also visited at Indian Point and Napanee, returning to the city on Thursday.

Mr. and Mrs. Harry Pine and little daughter, Dr. and Mrs. Gullett and Mr. and Mrs. Ewart Jones have gone into camp at Hickory Park for the summer.

Mrs. John Tenny (Gena Branscombe, of New York) is at the family home on Mary street, owing to the illness of her aged father, Dr. H. W. Branscombe, who has been in failing health for some time.

Mrs. Dr. Philip is ill at their summer home at Indian Point.

Mr. and Mrs. White and son, of Pennsylvania were callers on Mr. White's sister, Mrs. Richard Hadden, on Tuesday. They were on a motor tour through Canada and were en route from Lindsay, where they had visited Mr. White's parents, to Montreal.

Byrona Judson, Lynn, is the guest of his cousin's, Mrs. C. A. McKenzie and Mrs. James Johnson.

The new officers for the Salvation Army will be welcomed on Tuesday, July 8th, at eight o'clock. The new officers are Ensign and Mrs. Howe. Until their arrival the army work is under the direction of Sergt.-Major and Mrs. Lockyer.

Mr. and Mrs. Isaac Tompsett, of Omaha, Nebraska, have been visiting his mother and sisters, Mrs. J. Sinclair, and Mrs. Wm. McStephen and renewing old acquaintances after an absence of several years.

Miss Charlotte Smith has returned to Picton after a visit with friends in Kingston.

Mr. and Mrs. Percy Wannamaker and family of Kitchener have been spending a few days in town.

Mrs. Hubbs and Miss Mary Hubbs sail on Saturday on the Doric from Montreal to visit Dr. Donald Hubbs and wife in England.

Mrs. Earle Stanhope and Margaret of Hamilton are visiting at the home of Mr. Jack Dayton.

Mr. and Mrs. Frank Cummins, of Belleville, and Miss Ethel Robin, of New York, were guests of Mr. and Mrs. Marshall Maybee and Mayor and Mrs. H. G. Blakely over the weekend.

The A.V.P.A. of St. Mary Magdalene's church held a most enjoyable picnic at Glen Island on Thursday afternoon, going by boat from Hepburn's dock at two o'clock.

Mr. and Mrs. J. W. Woodburn Reid and two sons, Willard and Gordon, of Osoboso, Sask., arrived by motor for a month's holiday with Mrs. Reid's mother and sister. Mr. Reid has been a resident of the west for forty-five years, where he owns extensive properties.

Recipes

Strawberry Jam (CRUSHED)

CRUSH WELL about 2 quart ripe berries in separate portions, so that each berry is mashed. This allows fruit to quickly absorb the sugar during the short boil. Measure 4 level cups crushed berries into large kettle, add 4 level cups sugar and mix well. Use hottest fire and stir constantly before and while boiling. **BOIL HARD FOR ONE MINUTE**, remove from fire and stir in 1/2 bottle (meant 3/4 cup) Certo. From this time on, when off fire allow to stand not over 5 minutes, by the clock, before pouring. In the meantime skim, and stir occasionally to cool slightly. Then pour quickly. If in open glass jars seal at once. If in jars seal at once and invert for 10 minutes to sterilize the tops.

(Use same recipe for Raspberry, Blackberry, or Loganberry Jam.)

Strawberry Jam (WHOLE FRUIT)

See recipe in Certo booklet.

Strawberry-Pineapple Jam

CRUSH WELL about 1 quart ripe berries. Put pineapple through food cutter, or chop, and measure 2 level cups of each into large kettle. Add 7 level cups sugar and mix well. Use hottest fire and stir constantly before and while boiling. **BOIL HARD FOR ONE MINUTE**; remove from fire, and stir in 1/2 bottle (meant 3/4 cup) Certo, and pour quickly.

Strawberry Jelly

CRUSH thoroughly 3/4 to 8 quart ripe berries. Place fruit in cheesecloth bag and squeeze out juice. Then drip juice through cotton flannel bag if a sparkling jelly is desired. Measure 3 cups of juice and 1/4 level cups sugar into large kettle. Stir and bring to a boil. At once add 1 bottle Certo, stirring constantly, and bring again to a FULL BOIL for 1/2 MINUTE. Remove from fire, let stand ONE minute, skim and pour quickly. (Use same recipe for Raspberry, Blackberry or Loganberry Jelly.)

CLARENDON NEWS BUDGET.

Grain Crops Will Be Poor Unless More Rain Comes.

Clarendon, July 3.—An enjoyable picnic was held in Campbell's grove for the school children and a good time was spent by parents as well as children in spite of thunder showers. Mrs. M. M. Appleby, station agent, is spending a pleasant holiday with friends in Kingston and Ottawa. William Lister made a couple of

business trips to Mississippi

John D. Millar, Snow Road, road commissioner for Palmerston, inspected some roads under his jurisdiction on Tuesday last in this neighborhood. David MacManus had the misfortune to have a couple of large lumber piles upset near his mill and experienced considerable inconvenience. The stork called at the home of Mr. and Mrs. John Crain, Jr., and presented them with a fine boy.

Mrs. John Glenn and Mrs. George Crain, Sr., and daughter, Viola, visited friends in Kingston last week.

FREE... mail coupon below to Ellen J. Buckland, Graduate Nurse

Advice from One Woman to Another
on a very important hygienic subject

Immaculacy, charm, exquisiteness under circumstances which most women find exceedingly trying

By ELLEN J. BUCKLAND
Graduate Nurse



THIS is a subject which only a woman can understand, and on which only an expert can advise with authority. I speak as both.

I, too, experienced the handicap which confronts women in social, business or professional life. As a practicing nurse I know how to lighten it.

For science has now perfected a product which helps women live an active life without interruption. Its convenience and efficiency are amazing, for it solves a special problem in a very simple way.

THIS NEW PRODUCT IS CALLED "KOTEX"

It was perfected during the war to provide a softer, more absorbent surgical dressing. Kotex is five times more absorbent than cotton.

After the war its makers felt that Kotex would be of infinite value to women—that it would effectually solve their greatest problem. And it has.

Women have only to hear of Kotex to appreciate what it means in comfort, convenience and relief from embarrassment. It is being adopted everywhere.

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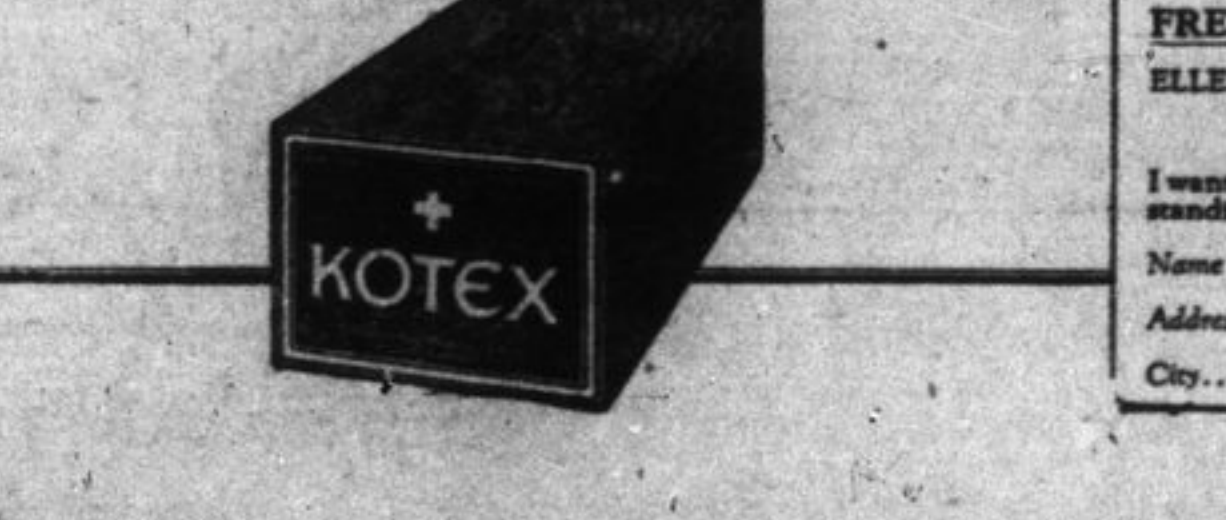
You can secure Kotex at practically all drug and department stores, but I want to send you a sample. It will come wrapped in a perfectly plain package. All you have to do is to fill out and mail the coupon.

Don't do yourself the injustice of overlooking this offer, which is so easy to accept. All you have to do is to tear out coupon, fill it out and mail it to me.

Kotex is on sale at all drug and department stores. Two sizes: Kotex regular and Kotex-Super

Charm, Exquisiteness, Immaculacy, under all and every condition EVERY day! Yet, under old methods the average woman spent at least 1-6th of her time in a state of discomfort, uncertainty—and frequently embarrassment.

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