

The Fresh Flavor  
of delicious  
**"SALADA"**  
GREEN TEA  
is preserved in the air-tight SALADA packet. Finer than any Japan or Gunpowder. Insist upon SALADA.

**FLOWERS** -- WEDDING BOUQUETS, FUNERAL DESIGNS  
We have obtained the leading designer from one of the oldest and most exclusive Florists of Toronto. We guarantee satisfaction.  
**Kirkpatrick's Art Store.** (Established 1874)  
Phone 452-1218-J. -- **FLOWERS**

McLagan Phonograph, mahogany case, \$100.  
TERMS: \$10.00 cash, \$5.00 a month.  
**THE MELODY SHOPPE**  
OPPOSITE GRAND OPERA HOUSE PHONE 158.

**YOU BUY WHEN!**  
The exceptional tone quality in the Weber Piano appeals to the most aesthetic taste.  
HEAR FOR YOURSELF AND BE CONVINCED.  
**AT C. W. LINDSAY'S Warerooms,**  
Princess Street

**House Wiring and Repairing**  
All Kinds of Electric Apparatus  
Satisfaction guaranteed. Best work at reasonable prices.  
"THE DOWN TOWN ELECTRIC STORE"  
**HALLIDAY ELECTRIC CO.**  
Corner King and Princess Streets. Phone 94.

**FOR SALE**  
BRICK HOUSE—on stone foundation, six rooms, 3 bedrooms, bath, gas, lights, furnace, good cellar with cement floor. Garage for 3 cars, 66 ft. lot; on good, paved street. Sacrifice price... \$8,900.00  
**M. B. TRUMPOUR**  
Phone 704 or 2072w. 270 PRINCESS ST.

**SUMMER SHOES**  
Smart, stylish Shoes in Tan, Patent and Kid—Gore or 1 Strap Pumps—  
\$2.95 to \$10.00  
White Kid Pumps, White Canvas Pumps in Gore or 1 Strap.  
**The Sawyer Shoe Store**  
Phone 159. 184 Princess St.

**Our Mid-Season Sale**  
Is now in full swing  
Come in and share the many bargains we have arranged for you  
**Louis Abramson**  
Phone 1098. 336 Princess Street

**THAT YEAR OF FREEDOM**  
BY MILDRED BARBOUR

**CONCERNING THE ACTION AND CHARACTERS**

DANE LARRABEE, successful business man, handsome, prosperous, approaching middle age, devoted to quiet pastimes, his home and his exquisite young wife,  
NAN LARRABEE, who as Nan Farraday was a promising vocal student and who, after three years of marriage, has begun to regret the career that she feels she might have had with its adventures and freedom.

**THE CAGED SONGBIRD**

After dinner the Larrabee's guests gathered in the music room for coffee. It was a charming place. When Larrabee had brought Nan there as a bride, it was a huge sun parlor. But he had promised the young music student who was giving up her dream of a career for him that she should have time and opportunity to develop her talent, and his first act had been to remodel the sun parlor into an artistic place for practice.

The glassed end that faced the garden and the morning sun was left intact, with the addition of heavy silken draperies to shut out the night dampness from the great, shining, grand piano that occupied the opposite corner. The other three walls were hung with tapestries. Rich rugs were thrown carelessly in the floor spaces and deep luxurious, tapestry-covered chairs and divans were scattered about. A single, golden and crystal shaded lamp above the piano furnished a mellow glow.

Nan always sang after dinner, while the guests sipped their coffee and cognac and smoked their cigarettes.

"What shall it be tonight?" she asked from the piano bench. The light above her caressed her dusky hair and bare ivory shoulders and the sequins of her gown glittered like little diamonds.

"The Song of Love," Gordon Prescott urged quietly, leaning beside her, with an elbow on the piano.

He was a tall, thin man of uncertain age with a narrow, lined face. His hair might have been ash-blond or grey and his pale grey eyes were cold as ice. There was an unpleasant curve to his thin lips that gave him the perpetual expression of a sneer, even when he smiled and showed narrow, pointed teeth.

His cousin Caroline laughed.

"To look at Gordon, one would never accuse him of sentiment. But he's absolutely mawkish in his musical tastes. I honestly believe that in his heart he cherishes 'The Rosary' and 'When You and I Were Young, Maggie'."

Nan smiled up at Prescott and struck a preliminary chord.

"You shall have whatever you like," she told him and began "The Song of Love."

Her voice was sweet and clear, but without depth or color. It had a lilt and a ripple that could lift the heart of the listener but it lacked dramatic quality. With light, pretty love songs, and soft crooning things, she was at her best. But she didn't suspect it. Prescott continued to lean on the piano while she sang. For the most part his eyes were lowered, but now and then he lifted them and looked

squarely at her.

"That man would make me shiver if he looked at me like that," little Mrs. Weatherby whispered to Mrs. Holt.

"Ugh, his eyes are cold."

When Nan had finished the song, Larrabee's business guest, a man named Bennings, was particularly enthusiastic.

"You've a great voice, Mrs. Larrabee. I know what I'm talking about because I had some interests in an opera company at one time and I used to listen to rehearsals of new talent. I flatter myself that I can judge a voice, even though I don't know the first thing about music. Have you ever thought of using yours professionally?"

"Oh, yes," Nan turned to him eagerly. "I intended to go on the stage or in concert when I finished my studies. Not opera, of course, but musical comedy perhaps. But I married instead."

"And now her husband won't let her," finished Caroline for her, with a laugh. "Jealous brute." She sent Larrabee a little mocking grimace.

She was as blonde as her cousin and which she dispelled by a lavish, but rather clever use of cosmetics. Her pale brows and lashes were delicately darkened and her cheeks and lips nicely rouged. They contrasted oddly with her colorless hair, which she wore drawn chastely and severely back from her face, and yet they managed to evade the impression of artificiality.

Everyone present, except the Bennings, knew that Caroline Prescott had angled in vain for Larrabee for many years before he had relinquished bachelorhood under the spell of a pretty music student. Mrs. Weatherby and Mrs. Holt held the private opinion that she had taken her defeat gracefully, even sportingly, for it was she who had made the first call on the bride and had subsequently introduced her into the social set in which she herself was no insignificant personage. She maintained a pleasant apartment and her cousin lived at his club. Though they appeared everywhere together, there was no love lost between them.

"But," Bennings protested in answer to Caroline's assertion, "It's really a crime not to make use of a talent like singing. Heaven knows a voice is a rare enough thing."

"Oh, and I love so to sing!" Nan was glowing with eagerness. "It's life for me. I'm simply carried away by music. I forget time and place and everything."

"I'm afraid she'll forget me—that's why I keep her caged to sing at home," laughed Larrabee. "Eh, Nan?"

"A wife should have no higher ambition than to sing, to her family and her guests," his mother put in primly, adding, "and to her children."

Nan flushed. She felt the older woman's remark to be a pointed reference to the fact that she had no son.

She rose from the piano with a weary, little gesture.

"Shall we have bridge now?" she inquired and her voice was the voice of the automaton hostess.

(To be Continued)

**Efficient Housekeeping**  
Laura A. Kirkman

**TOMORROW'S MENU**

- Breakfast
- Stewed Rhubarb
- Cereal
- Creamed Dried Beef
- Pop-Overs
- Luncheon
- Spanish Omelet
- Wholewheat Bread
- Radishes
- Dinner
- Hamburg Steak Bally with Fried Onions
- Potatoes
- Lima Beans
- Cold Slaw
- Strawberry Shortcake
- Coffee

**Canning Your Favorite Berries.** Blackberries, Blueberries, Dewberries, Gooseberries, Huckleberries, Raspberries, Logan Blackberries, Currants and Cherries are all canned alike except that the six berries first named and the currants and sweet cherries require a medium-thin sirup, while gooseberries and sour cherries require a thick sirup.

Thick Sirup—Bring to the boiling point one part of sugar and one part of water.

Medium-thin Sirup, Bring to the boiling point one part of sugar and two parts of water.

Thin Sirup: Bring to the boiling point one part of sugar and three parts of water.

Miscellaneous Circular No. 24, published by the United States Department of Agriculture, Washington, D.C., advises a short pre-cooking of fruits before placing them in the hot, sterilized jar and says: "No food value is lost if the liquor in which the fruit cooked is used instead of water to make the sirup. The material should be filled into the jars as hot as possible so as to decrease the time required for the fruit in the centre of the jar to reach the temperature of the water in the canner, during processing."

To can any of the above-named fruits, put them over the fire in water to cover well, bring to the boiling point and let simmer two or three minutes, then drain the fruit from the water, and pack it at once into the hot jars, keeping these jars hot by wrapping them in towels wrung from hot water. Use the water from which the fruit was drained, to make the sirup according to the recipes given above.

After adding this hot sirup to the fruit packed jar, put on new rubber, the glass cover and put top wire up but do not press down side wire; stand the jar on a rack in your wash boiler, in this way, in boiling water which rises almost to jar-top. Let water continue to boil around jar for five minutes, merely to create a vacuum seal. Take out, press down side wire to completely seal, then label and store.

Tomorrow—Painting A Silk Neck scarf.

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 use YOUR full name, street number, and the name of your city and state.

**BEECHAM'S PILLS**  
Sold Everywhere in Canada

When the sun beats down—then's the time for **ENO**

When the air is hot and humid—when the heat is over-powering—a dash of ENO in a glass of water works wonders in a tired body. Try it! ENO refreshes. ENO keeps your inner body clean, cool and fit. It is a delightful drink—pure and sparkling. Especially in summer you will find the regular use of ENO's "Fruit Salt" a splendid aid to health—and the happiness that only health brings

**ENO'S "FRUIT SALT"**  
The World-Famed Effervescent Saline  
Prepared only by J. C. ENO, Ltd., London, England

The words "Fruit Salt" and ENO, and the label shown on the package, are registered trade marks.

Sales Representatives for North America: Harold F. Ritchie & Co., Limited, 10-12 McCaul St., Toronto

**HEART BEATS BY WIRE!**

Dr. H. S. Williams, at a medical convention in Atlantic City, made this chart of a patient's heart beats and telegraphed it to Chicago, where Dr. J. R. Greer had it seven minutes later. That night Dr. Greer called him by long distance phone and made a complete diagnosis.

Miss Minny Rooney, one of the equestrienne queens with Sparks Three Ring Circus, coming to Kingston Monday, June 15th, afternoon and night.

**ALBERTA COAL**  
Limited quantity for sale, delivered in June at \$12.75 per ton. Order now to be sure of getting it.  
Also SCRANTON COAL and VIRGINIA COAL—all sizes at summer prices.  
Phone U. R. Knight 1798w.  
**Aylsworth Bros.**

We Sell  
**New & Used Lumber**  
Iron Sheeting  
At Lowest Prices  
**I. Cohen & Co.**  
267-275 ONTARIO STREET  
PHONES 886 and 887.

**HANLEY'S**  
(Established 1871)  
Steamship passages booked to all parts of the world. Passports arranged.  
Through tickets issued over all Trans-Atlantic, Trans-Pacific, Alaska, Bermuda, West Indies, Mediterranean, Round the World Steamship Lines.  
Prepaid passages arranged for if you desire to bring relatives or friends from abroad.  
For full particulars apply to or write J. P. Hanley, C.P. & T.A., C.N. Ry. Station, Canadian National Ry. Station, corner Johnson and Ontario streets, Kingston, Ont. Open day and night. Phone 98 or 2437.

**TAKE NOTICE**  
Now that the nice weather is here, don't leave it till the last minute to have your car tuned up.  
**EDWARDS' AUTO SERVICE**  
25 MONTREAL STREET  
PHONE 2544w.

Sale of liquor in the army canteen was abolished 25 years ago by Confederation. Records show that infant mortality is heavier in June than in any other month.