

# Efficient Housekeeping

- Tomorrow's Menu**
- Breakfast
  - Apple Sauce
  - Cereal
  - Boiled Eggs
  - Coffee
  - Luncheon
  - Fried Left-Over Cereal
  - Maple Syrup
  - Lettuce Salad
  - Left-Over Prunes
  - Iced Tea
  - Dinner
  - Corned Beef
  - Potatoes
  - Cold Slaw
  - Strawberry Shortcake
  - Coffee

make blacking stay on a steel topped range?"

Answer: Never try to black a steel topped range. Nothing will stay on it, and nothing is supposed to be applied. Simply clean the steel with the finest grade of steel wool, which you can buy at any grocer's or hardware store. This is all the care it needs.

Mrs. E. S.: "Kindly print a recipe for baking powder tea biscuits."

Answer: Baking powder manufacturers always print an excellent recipe on the paper cover of their cans. But here is another good one: Tea Biscuits: With two knives (held together as if they were a pair of scissors) cut one heaping tablespoon of butter into one quart of bread flour which you have previously sifted with three tablespoons of baking powder, one teaspoon of salt, and one tablespoon of sugar. Add one-half pint of cold milk and mix well (it will make a soft dough). Then turn the mass out onto a slightly floured board and roll lightly to about three-fourths of an inch in thickness. Cut out with a thin cutter and bake 20 minutes in a hot oven, on a greased pan—possibly less.

Tomorrow — Canning Tomatoes Whole.

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, 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.

### ANSWERS TO INQUIRIES

Scotch: "I would appreciate a recipe for Wholewheat Bread."

Answer: Wholewheat Bread: In a large bowl put two cups of scalded sweet milk, one-fourth cup of granulated sugar and one teaspoon of salt; let cool till the milk is lukewarm, then add one cake of compressed yeast which has been dissolved in one-fourth cup of lukewarm water. Also add three cups of wholewheat flour and beat well; add one and one-third cups more of wholewheat flour, stir vigorously, and cover the bowl with two clean cloths. Set in a warm place for five hours, or till the dough is double in bulk.

Now, without turning it out onto a bread board, as one does in making white bread, merely scrape half of it into one greased bread pan and the other half into another pan. Cover these pans and place them in a warm place for perhaps an hour, or till the dough is again double in bulk. Bake for 45 minutes in a moderate oven.

Young Housewife: "How is one to

### The Editor Hears

That Canon Scott, preaching in St. George's cathedral on Sunday evening on the story of "The Prodigal Son," said he always felt the term for this beautiful story of human love as a pattern of divine love, should be "The Penitent Son," as in the eyes of God sins repented of, confessed and lived down were past and the good outweighed the evil. Canon Scott severely scolded the American magazines for their poor, cheap wit based on this and other beautiful Bible stories. "Surely there are many amusing things in life," said the prince of story-tellers.

"without treating the Word of God with irreverence. Such stories are never found in London 'Punch.'"

That lovers of animals, while they always dislike seeing the beasts of the forest, great and lordly tigers, driven through the streets in cages, felt assured that the wild animals in the Sparks circus were as well treated as possible in their captive state. They looked clean and well cared for, and the only unhappy part of it was their loss of freedom.

That the girls say there never was such a ball and the older people felt that there was a note of sadness about it all because it was the last time they would be greeted at the entrance to the ball room by Major-General and Lady Macdonell with their gracious smile, and the personal welcome always extended by them to the guests of the Royal Military College.

That the school children appreciated the holiday to see the circus parade, and the boys followed the clown to his destination with joy. One only can be young once and if you are a small boy life is not worth living if there is a circus in town and you cannot even see the parade.

### AUNT HET



"If everybody works in Heaven, like that man Doyle says, I want to set an' churn."

A pretty June wedding was solemnized in St. Columba's cathedral, Pembroke, when Margaret, daughter of Mr. and Mrs. Michael Blimke, became the bride of Severo Veaudry, son of Mr. and Mrs. Aime Veaudry, Stafford.

Twenty-two young people will graduate from the Alexandria Bay, N.Y., high school next week.

### CUTICURA HEALS CHILD'S ECZEMA

On Face in Red Pimples. Itched and Burned Terribly. Lost Rest.

"When my niece was six months old eczema broke out on her face in small, red pimples. It itched and burned terribly causing her to scratch, and she was very cross. She lost her rest at night, and her face was disfigured. I sent for a free sample of Cuticura Soap and Ointment and purchased more, and after using two cakes of Cuticura Soap and one box of Cuticura Ointment she was completely healed." (Signed) Miss Mary Marchand, Box 12, Arichat, Nova Scotia.

Cuticura Soap, Ointment and Talcum are all you need for all toilet uses. Rubbe with Soap, soothe with Ointment, dust with Talcum.

## 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.

GORDON PRESCOTT, a cold, calculating bachelor, supposedly a good friend of the Larrabees, secretly in love with Nan, and, CAROLINE PRESCOTT, his second cousin, a schemer like himself, who had wanted to marry Larrabee herself, and, on being him to Nan, had apparently become her friend. Nan, finding her conventional life dull, tells Larrabee she wants to go away from him—but Larrabee refuses her an actual separation, making her the unique alternative proposition of a year of freedom, in which she shall live where and how she pleases and he will do likewise. At the end of the year, he stipulates, they will then decide if the separation is to be made permanent.

### THE WISH OF THE BAD FAIRY

When it became generally known that Nan and Larrabee were going to separate for a year, it aroused a storm of comment and criticism in their circle of friends and acquaintances. Nan was rather dismayed. She believed that it was a matter that lay between her and her husband and she resented the questions of the curious as much as she hated the advice of the interested.

Larrabee carried off the affair splendidly. For all who sought to intervene he had a shrug and a smile; for Nan herself, a word of reassurance.

"You must not mind them, Nan. It's a bit of a unique arrangement, you must admit. Nowadays in marriage, people either agree or they don't and the court generally decides the question for them. Because you and I have undertaken to decide for ourselves, we will probably have to undergo a little publicity. It's worth it, though, isn't it—for your year of freedom?"

To herself she was forced to admit that it was rather a steep price to pay, especially after her encounter with her mother-in-law.

Mrs. Larrabee, Senior, had gone to bed with a nervous collapse directly after she heard the news. After several days she sent for Nan. "But I dare not go alone," Nan protested to Larrabee. "Your mother

terrifies me. She still has the power to give me the impression that her standards are always the right ones and when she sends for me, I feel like a naughty child brought up to answer for a misdemeanor."

"It will be hard to make mother understand," Larrabee told her, "but I will do the best I can. She is very old-fashioned, remember, and has pure conventional ideas in regard to marriage."

They went together to see Mrs. Larrabee, Senior. She was lying on a couch in her sitting room, still prettily pink and white, with a lace cap beribboned in pale blue framing her white hair. There were flowers on a table beside her, a box of bonbons and a novel. It was obvious that she enjoyed her invalidism, although the eyes she turned on her son and daughter-in-law were deep with reproach. They seemed to say: "Look at what you have done to me, this is all your fault."

Larrabee seated himself beside her couch and took both her little white hands in his.

"Well, mother, how goes it? Feel-



**Keeps The Home Clean**

GILLETT'S PURE FLAKE LYE is the best to use for cleaning out sinks and drains, cleaning greasy cooking utensils, keeping floors clean, etc. Get a can from your grocer. It will save you much hard labor.

**GILLETT'S 100% PURE FLAKE LYE**

### TELL MODERNIZED.



Florence MacLachlan shoots a ball off the head of Emily Stuart, both of Brooklyn, N.Y., in this modern version of William Tell and the apple. At least, the photographer said she did.

ing better today?"

"I'll never feel better," she protested faintly, "while you and Nan keep on with this absurd plan of yours. Sit down Nan," she turned a cold eye on her daughter-in-law. "I am glad to see you looking so well, I thought you must surely be ill or insane."

Nan bit her lip and remained silent though she accepted the seat her mother-in-law indicated.

"Now, mother," Larrabee protested, "are you sure you are strong enough to want to discuss this?"

"Do you think I am so old as to be imbecilic?" she demanded with rising spirit. "I'll admit I believed that my mind was becoming weakened and credulous when I heard of this ridiculous thing that you and Nan are contemplating, but now, since you seem determined to go through with it, I want to hear your justification."

"We are not asking for justification," Larrabee assured her. "We only want to put into practice a logical

formula of reasoning. Nan is bored with her life with me. She feels that I deprived her of her youth, of freedom, of a chance to find success in her own profession. Life with me is stifling to her instincts and desires. She feels that she is sinking into a negative background where she is only Dan Larrabee's wife, the chateleine of his household, the hostess at his parties. Remember, mother, that Nan is young. She has charm, personality, talent which she never had a chance to try because I married her when she was a young girl. You have lived all your life in a safe haven, a circumscribed, conventional world where everything has been decided for you and you have followed beaten trails because they were the safe, the conventionalized thing to do. You have never come to the cross roads of choice, the cross roads of destiny. Mother dear, the saddest thing in life is a cross road where one chooses wrongly and cannot go back and retrieve the lost happiness which the other road might have offered. I am giving Nan a chance to go back and follow the other road. Perhaps it may not bring her the contentment that this one has done. I pray it won't for my own sake; but I'd be a selfish cad if I did not stand aside and let her find happiness if she can."

Mrs. Larrabee spoke with spirit: "You are an absurd idealist, Dane, and you," she flashed a malevolent glance at Nan, "are a selfish and unwomanly woman. In my day, girls

asked no greater happiness than to have a loving and indulgent husband and a home and children. If you had the babies you should have, you wouldn't want to be running around the country with a lot of bohemians. The art you are always prating about is only an excuse for a wild life. You deserve to come to a bad end and I hope you do."

With this parting thrust, she dismissed them from her presence and Nan went out feeling like a criminal sentenced to doom.

(To be Continued)

### ROADS AROUND DENBIGH.

Are Receiving Attention and Are Already Improved.

Denbigh, June 15.—Several gangs of men are at work at various places under the good roads system. Much improvement can be noticed already. Rev. P. A. Scott is again at the personage, having spent the past few weeks in Napanee.

F. Rogers, reeve, is attending county council in Napanee this week. W. A. Thompson, a former resident of this place, was a very welcome guest of his daughter and son-in-law, Mr. and Mrs. E. W. Pétzold, last week. He also renewed many old acquaintances. K. G. Adams made a business trip to Renfrew and Herbert Warlick to Napanee and Kingston.

## Children Cry for



**Fletcher's CASTORIA**

MOTHER:—Fletcher's Castoria is a pleasant, harmless Substitute for Castor Oil, Paregoric, Teething Drops and Soothing Syrups, especially prepared for Infants in arms and Children all ages.

To avoid imitations, always look for the signature of *Dr. J. C. Fletcher*. Proven directions on each package. Physicians everywhere recommend it.

**WANTED IN EVERY HOME**



**SOOTHING HEALING ANTISEPTIC**

**WALL PAPER**

New Spring stock of Wall Paper just arrived. Choice range of patterns to pick from. See us for estimates on decorating your home.

**W. G. VEALE**  
814 BARRIE STREET

**Back Again!**

Bricks or Bulk—Delicious

**Willowdale ICE CREAM**

Delivered fresh daily.

**PRINCESS PHARMACY**

**FREE! FREE!**

**Cadillac Cleaner**

For a limited time the factory will give a complete set of attachments FREE with every Cleaner.

Telephone 819 now for demonstration. The most efficient Cleaner on the market.

—\$95.00—

**J. R. C. DOBBS & CO.**  
44 Clarence St. Phone 819.