

Goes to Press

July 20th

Please report changes required to our Local Office, to-day.

The Bell Telephone Co. of Canada



### Your August Garden Surplus

year should harvest enough vegetables and fruit during the summer and early fall to allow for the family table and canning besides. Many July vegetables, such as lima beans, cauliflower, carrots and beets continue their harvesting season throughout August, but in addition to these may also be canned celery, corn, eggplant, squash and tomatoes. The simplest and best method for the average housekeeper is the "cold-pack" method, as this eliminates the use of canning powders and is warrantably safe. There are three distinct rules to follow: (1) Blanching, which is really a preliminary heating in boiling water, to shrink the vegetable or remove the objectionable acids. (2) Cold dipping, which sets the color and hardens the tissues. (3) Sterilizing the jar, which kills all forms of bacteria. In this last step the product is packed in jars or cans while cold, salt and boiling water are added to each quart, and the jars with the set of crabappies.

The dissolved when the syrup boils, skim it. Wash the fruit, rubbing the blossomend well. Put it into the boiling syrup and cook gently until tender. It will take from 20 to 50 minutes, depending upon the kind of crabappies. Peaches—To eight quarts of apples, allow one and one-haif quarts of sugar and water into the preserving kettle.

Crabapple—To six quarts of apples, allow one and one-haif quarts of sugar and water into the preserving kettle.

Stir over the fire until the sugar is dissolved. When the syrup boils, skim it. Wash the fruit, rubbing the blossomend well. Put it into the boiling syrup and cook gently until tender. It will take from 20 to 50 minutes, depending upon the kind of crabappies.

thand best method for the averousekeeper is the "cold-pack", as this eliminates the use of growders and is warrantably. There are three distinct rules to (1) Blanching, which is really

cans while cold, salt and boiling water are added to each quart, and the jars are placed with loose covers into the cooker, and heated. Wash-boilers with false bottoms may serve as cookers. The following are the simplest rules for canning the most common vegetables ripe in August:

Tomatoes—Scald in hot water to loosen skin. Pack whole. Add one level teaspoonful of salt to each quart. Partly tighten cover. Sterilize 22 minutes in open kettle. Rémove jars, tighten covers, and invert to cool.

Corn—Can same day as picked. Remove husks and sfik. Blanch on cob in boiling water from 5 to 15 minutes. Plunge at once into coid water. Cut the corn from the cob with a sharp knife. Pack tightly in jars. Add one knife for the hot surger in the fruit is ripe, it may be pared.

Will take from 20 to 50 minutes, depending upon the kind of crabapples. Peaches—To eight quarts of peaches allow one quart of sugar and three quarts of water. Put the sugar and three quarts of water together and stir over the fire until the sugar is dissolved. When the syrup boils, skim it. Draw the kettle back where the syrup will keep hot, but not boil. Pare the peaches, cut in palves, and remove the stones, unless you prefer to preserve fruit whole. Put a layer of the prepared fruit into the preserving kettle and cover with one of the hot syrup. When the fruit begins to boil, skim carefully. Boil gently for 10 minutes, then put into the jars and seal. If the fruit is not fully ripe, it may require a little longer cooking. It should be tender enough to pierce with a fork. It is always best to put only one layer of fruit into the preserving kettle at a time. While this cooking, the fruit for the next batch may be pared.

the corn from the cob with a sharp knife. Pack tightly in jars. Add one level teaspoonful of salt to each quart, and fill with boiling water. Put rubber and cover in place. Partly tighten

# "Silver STARCH

Canada's finest home Laundry Starch, for nearly 60 years. In 1 lb. packages and 6 lb. Fancy Enameled Tins. At all grocers.

MANUFACTURED BY THE CANADA STARCH CO. LIMITED, . MONTREAL. 36

### HEALTH AND BEAUTY ANSWERS

June: The "French complexion fad" you inquire about is probably the craze for liquid powders. They are thought to be more wholesome for the skin, as well as more beautifying and less likely to show, than ordinary powder. The following preparation can be made at home frem ingredients to be purchased from any druggist. Get 4 ounces spurmax from your druggist, dissolve in one-half pint hot water and add two tgaspoons glycerine. It is splendid in effect, looks very natural and clings as if it belonged to your skin.

Lilly: You will find shampooing with a teaspoonful canthrox dissolved in a cup hot water is a quick and pleasing way to free the scalp of dust, dandruff and excess oil. This is a cleanser and invigorator most appreciated by one whose scalp is either dry, scaly and itchy or profusely oily. Its use restored healthful vigor to my scalp and induced the hair to come in plentifully, with a gloss, and greatly enriched color.

Bess: The best blood cleanser I know

Bess: The best blood cleanser I know is Kardene, because it acts on the liver and kidneys, and if, as you say, you are troubled with severe and constant head, aches, it is an indication that your kidneys and blood need attention. To prepare, put one ounce Kardene (from the drug store) into one-half pint alcohol (whisky should not be used), then add one-half cupful sugar and hot water to make a full quart. A tablespoonful be-

one-half cupful sugar and hot water to make a full quart. A tablespoonful before meals is the dose. This Kardene tonic gently expels poisonous waste form the body and tones up the internal organs so they can do their work. You will find this tonic good for lost appetite, failing strength, and to clear up the complexion.

Lorelei: Even the woman of middle age nowadays is getermined to keep her second to the form of the drug store and dissolve it in a pint of clear water. It will not smart and is soothing and healing. It is the safest way of making the eyes sparkling and expressive.—Advt.

# Chemically Self-Extinguishing

What do these words mean to you? They mean greater safety in the home-surely something that interests you

Perhaps you have noticed these words and the notation "No fire left when blown out" on our new "Silent Parlor" match boxes. The splits or sticks of all matches contained in these boxes have been impregnated or soaked in a chemical solution which renders them dead wood once they have been lighted and blown out, and the danger of FIRE from glowing matches is hereby reduced to the greatest minimum.

SAFETY FIRST AND ALWAYS USE EDDY'S SILENT 500s

## A Page of Interest to Women

### Cynthia Grey's Mail-Box

Room for Rose Beads.

Dear Miss Grey.—I thought that perhaps you could give me the recipe of how to make rose beads, that is if your column is not overloaded. The beads are made from rose petals.

I saw where a city girl was working on the farm, and in that way is getting her entrance certificate. I am doing the same, only I am a country lass. I would be very thankful to see my letter or the answer in your valuable column before very long. I have read your readers' letters for two years at least. I wish "Uncle Josh" would write again if he is not too busy. And "Aunt Nannie," how are you now?

I will close, wishing your page every success, and thanking you in advance, I am A 12-YEAR-OLD.

Ans.—It is a pleasure to reprint a recipe sent last year by "Aunt Nannie," for whom you so kindly inquire. The rose petals should be gathered each morning after the sun has dried the dew. Rose dough or pulp must be ground two or three times a day for a week or ten days, being careful to save all juice that drips out, and stir into pulp again; as it gets tougher it will have to be forced through the machine. Move beads up on pins as they dry and add more on. Don't take from pins till dry or holes will close up. Put one teaspoonful good olive oil in a bottle. Take to drug store and get a few drops of oil of rose added. Place a little of this oil on palms of hands and roll and rub the beads till they shine like satin.

My Dear Miss Grey,—I have been ery interested in your column, especially the "Lambton Drummer Giris" If she would write to me,

A Nose Affliction.

Dear Miss Grey,—Will you please help me with a very horrid nose. I have had so many ill-ored people remark about it that my poor little heart is all broken. About two years ago I had a blind boil on my nose. It stayed for about two weeks, then I bathed it in almost scalding hot water and pierced it with a sterilized meedle, and bathed it with a turpentine. It cured it, but left a big red spot. I have tried vaseline and lard and some salve, but that horrible thing still stays, so please tell me what to do, or else I'll be cutting my nose off. Now don't say "consult your physician" because I am awful timid and my pocketbook is very lean. If you tell me something to take this redness away I will be your humble servant the rest of this year. I have tried rubbing my nose, but this only makes it redder.

From your "silent onlooker," SUNSHINE AND ZION. A Nose Affliction.

Washing a Coat.

Dear Miss Grey.—Here we are again for some information.

1.—How to wash a chinchilla coat?

2.—Please tell me something to remove freckles?

3.—I am fifteen years of age and am in the first form at high school. Am I far enough advanced?

4.—Could you or any of your readers oblige me by a cure for ringing in the

4.—Could you or any of your readers oblige me by a cure for ringing in the ears. TWO PURPLE PANSIES.

Ans.—1.—Dissolve ten cents worth of salts of tartar in hot water, also dissolve a small bar of ivory soap. Combine these and put in a jar. Use this soft soapy substance in place of other soap when washing coat. The coat must be rinsed in water of the same temperature as that fi is washed in, a little more than lukewarm. Do not wring but put on a wooden coat-hanger to dry.

to dry. An easier way is to mix a paste of gasoline and flour, and rub over the coat. Hang outside, and when the gasoline evaporates, shake out the -Apply lemon juice to the freckles or dilute it in water a little and apply. To wash in bran water is also good. -You seem to be progressing fair

y well.

4.—If troubled in this way much, should urge you to see a specialist for treatment. It does not pay to neglect such warnings which may later affect the hearing. the hearing.

We have quite a number of correspondents from your district.

No I do not remember your writing. A Queen's Granddaughter.

Dear Miss Grey,—Kindly answer the bllowing questions: 1.—Who was the late Czarina of Russta?

2.—What are the holidays that a hired man can take from 1st of April till last of October without losing time (that is one who is employed on a farm)?

farm)?
3.—I am fond of sewing and only thirteen, do you think I am too young to go to learn?

Ans.—I.—The unfortunate Czarina is a granddaughter of the late Queen Ans.—1.—The unfortunate Czarina is a granddaughter of the late Queen Victoria. Her mother was Princess Alice who in 1862 was married to Louis, Grand Duke of Hesse. The Czarina (her name is Alix Victoria), became the wife of Nicholas II. of Russia November 26th. 1894.

2.—All legal holidays I believe, but it depends upon the agreement entered into. Best consult a lawyer.

3.—Should advise you to wait ana.—Should advise you to wait anther year at least before leaving chool. To learn a trade at the age of thirteen seems too young, especially cause her mind is at root with the cause her mind the cause her mind

for confining work. Letter From Overseas. Our Pageite, Mrs. S. E. B., sends anther interesting letter from one of her adopted" lads who, minus a leg, is earning to walk with a new one in a

nilitary hospital in England. He Dear Mrs. B.,-Received your box or Dear Mrs. B.,—Received your box on the 4th of June and your letter on the 5th. Very glad to hear from you again. Thanks very much for your kindness to us boys. I think you are beyond praise. Yes, I had a letter from brother John the other day. He is still all right, glad to say. They have had some very dogged fighting, and at present the Canadians are in the fighting with the best troops of Germany. Our boys' names are ringing with. Our boys' names are ringing with braise all over the Empire this last

### DAILY BIBLE QUESTION CLUB

By Rev. T. S. Linscott, D.D.

(All Rights Reserved.) 'Hezekiah, the Faithful King." II. Golden Text—"He that cometh to God must believe that he is, and that he is a ewarder of them that seek after him." rewarder of them that seek after him."

Heb. xi. 6.

5. Verses 1-5—Why in that day, was it essential that this passover feast should be kept at Jerusalem?

6. Why is it that no particular place is now essential for God's people to worship acceptably?

7. If a nation neglects public worship what may we reasonably expect will happen?

make a nourishing meal, the supplying the greatest amount of energy at lowest cost. Delicious with sliced bananas, berries or other fruits. happen?
8. Verses 6-9—When the nation is in decadent condition religiously what a decadent condition religiously should the leading Christians do?

### Advertiser Patterns



as per directions given below:

Measurement: Bust.... Waist.....

CAUTION: Be careful to inclose the above illustration, and send size of pattern wanted. When the pattern is bust measure you need only mark 32, 34 or whatever it may be. When in waist measure. 22, 24, 25, or whatever it may be. If a skirt, give waist and length measure with misses or child's pattern, write only the figure representing the age. It is not necessary to write "inches" or "years." Patterns cannot reach you in less than one week from date of application.

the paste very thin, and shape or cut into narrow strips. Twist each strip and roll these in the chopped almonds, lay on a sheet of rice paper in baking in, and bake for 20 minutes in a moderate oven.

Almond Wafers.—Mix together ½ pound of ground sweet almonds, ½ pound caster sugar, and 2 level teaspoonfuls of ground rice. Add these with the pastern of the paper on a baking tin, put the almond mixture in a forcing bag, and force it out in pretty, thny shapes on to the paper. Decorate with glace cherries and an-

ne time of writing. I am sending you photo of myself as soon as I get some aken. Once more thanking you most

# Insincerity

Is it not true that a good deal of insincerity creeps into our ocial intercourse today? Instead of choosing friends for their actual worth we allow ourselves to be influenced by ulterior motives, throwing open our doors to those whose companionship is not really congenial, but rather those who may be useful to us in a selfish way. Possibly country hostesses are not so prone to err in this respect as the city lady. At least one sweet young country girl of my acquaintance—one whose presence would grace any circle—mether first experience in social insincerity while visiting a city lady. This lady had shared the whole-souled hospitality of the farm home and had pressed this invitation repeatedly upon the farmer's daughter. Surprises were in store for the country maiden, who hitherto had judged people by what they seemed, for soon a dual nature appeared in her hostess. Instead of the glad welcome the girl had a perfect right to expect, a very lukewarm a reception was accorded her. Preparations for a small party that evening in the home were in progress, and my

fingers are pleasantly busy.

The Bride's House Linen.

Made in Canada.

HINTS FOR THE SUMMER BRIDE Just now, the sewing machine girl is need to renew your stock of household working hard "in her mind," calculat- linen, therefore you can well afford to ing how many yards of good strong take time over the buying and planseaming she could accomplish in five ning-out and making. Also, it is not

cause her mind is at rest while her It is necessary before purchasing your house linen to determine whether your bedsteads are to be the old-It will be many years before you will fashioned size-4 feet 6 inches in width-or the modern "twin" bed-The Waste of War steads, 3 feet wide, set closely side by is terrible, but the waste of side. The wider bedsteads require 80- Give 'California Syrup of Figs' food in times of peace is 54-inch fabric.

colossal. Rich and poor Beds that are in regular use should each be provided with three pairs of alike eat tons of food that sheets, six pillow slips and two bolster

It is 100 per cent. whole wheat. Two or three of these Biscuits with milk, make a nourishing meal.

It is a mistake to put wide hemstitching or lace insertion on the top edges of sheets that are intended for ordinary use.

Simple hemstitching is perfectly admissible, but it must be remembered that a face seem use to noticinary use. these Biscuits with milk, make a nourishing meal, supplying the greatest amount of energy at lowest cost. Delicious with sliced here.

Simple hemstitching is perfectly admissible, but it must be remembered that a fancy seam will not wear nearly so well as a plain folded hem.

Large monograms, worked on the corner of sheets, savor of vulgarity. A simple lettering—two inches or so in depth—is all very well, but nothing more elaborate than this should be attempted.

tempted.

Pillow slips for ordinary use should, it possible, be of linen, and should be free of embroidery. The most dainty of all trimmings is a fine cambric frill with single hemstitch border.

Beware of counterfeit fig syrups. Ask your druggist for a 50-cent bottle of "California Syrup of Figs"; then see that it is made by the "California Fig Syrup Company."



little friend made due allowance for her arrival being untimely. During the day the invited guests were referred to in this manner: "Mrs. A, I wished to leave out, but really she is needed as she plays dance music divinely."

"Mrs. B, dresses so dowdily she is a perfect freak, but she does give elegant dinners. One lady owed her invitation to "her exquisite evening gowns" which lent "an air" to the occasion. While yet another was included because "Jack says it pays to be decent to them." Thus throughout the list of so-called friends each was invited from a selfish motive.

After this sign of insincerity my friend was curious to note the nature of the welcome extended to these useful friends, and was amused to find it much more gushing and effusive than her own had been. Naturally this shadow of deceit caused the farmer's daughter to curtail her visit, particularly as another "evening" was suggested. Ever since a suspicion flashes through her mind as to people's motives in pressing invitations upon her. No matter how seemingly earnest they are, it marrs what would otherwise have been a pleasurable outing.

Possibly this is an extreme case, yet an absolutely true one. After all, how many of us are entirely free from allowing "an axe to grind" to influence us in choosing guests, preferring rather to associate with those whom, as Jack said: "It pays" to be nice to.

### PASTRIES TO SERVE WITH FRUIT

40, 42 and 44 mental requires 5½ yards of 44-inch material requires 5½ yards of 44-inch material radio and affective and are some preparation of fruit, and any address on receipt of 10 cents in allower or stamps.

DEPT.

| Unch and difference preparation of fruit, either served plain or made into a salad or charlotte. It is usual to serve some little fancy cake or biscuit with such but particular housewives require something more novel. The following recipes are worth trying, and most of them keep for several days, if kept in an air-tight tin, and are just the thing to serve for afternoon tea, as well as for light lunch: Almond Twists.—Pound well together in a mortar ¼ pound ground almonds, ¼ pound sugar, ½ ounce rice flour, and the yolk of 4 eggs. Chop coarsely 1 ounce the paste very thin, and shape or cut

of this year. I have tried rubbing nose, but this only makes it redder.

From your "silent onlooker,"

SUNSHINE AND ZION.

Ans.—You are surely right in terming "ill-bred" anyone who deliberately passes remarks about your poor afflicted passes remarks about your poor afflicted in holding the enemy for eighteen soild hours under the most terrige percy in the peroxide at rial. Buy either a peroxide tolor or just the peroxide and dab a little on every night. It is fine for removing little scars of various kinds, and may help you. Try it and let us know.

Washing a Coat.

Washing a Coat.

Termination of treatment would have a coal serious kinds, and may help you. Try it and let us sides numerous other boys who won their medals for valor on the field of the paper. Decorate with glace cherries and angelica, dust with fine sugar, and bake in a slow oven. until crisp.

Britanny Cakes.—Two eggs and their weight in flour, butter and caster thick of it again when I hear of our blick of it again when I hear

with cochineal, stir in well and evenly, half fill some fancy tins, and bake till firm. When cold, spread a very little jam on each and sprinkle over with the only one that is not on rations for t is run by private means. It is awful he prices goods have gone up to this ast while. I hope you and the children re all well, as it leaves myself fine at the time of writing. I am sending you photo of myself as soon as I get some ground ginger, thoroughly mix in ounces of treacle and 2 ounces of brown

ounces of treacle and 2 ounces of brown sugar, add ½ pound of fine flour and 1 ounce of rice flour, 1 tablespoonful of cocoanut and a teaspoonful of baking powder. Bake 25 minutes in a shallow tin, and when cold cut in fingers.

Rose Biscuits.—These are most uncommon. Cream ½ pound of butter and ½ pound of sugar, stir in 2 well-beaten eggs and a claret glass of rose water, mix in a pound of fine flour, roll out the paste ¼ 1nch thick, and stamp with a fancy cutter.

White Ginger Wafers.—Rub ¼ pound

GRAY'S ne home were in progress, and my when cold cut into pretty shapes.

### YOUR SICK CHILD IS CONSTIPATED! LOOK AT TONGUE

Hurry, Mother! Remove poison from little stomach. liver, bowels.

if cross, bilious or feverish.

sheets, six pillow slips and two bolster has little food value—and this useless food breaks down the so-called eliminating organs and depletes the physical and mental powers.

Shredded Wheat Biscuit is all food, prepared by a process which makes every particle thoroughly digested.

Sheets, six pillow slips and two bolster cases are slips, but two pairs of sheets, four pillow slips and two bolster cases are sufficient for the spare room bed.

Linen sheets are greatly delighted in by many housewives; but a considerable number of people much prefer cotton, and I would advise you not to buy all linen sheets for the spare room in case your first guest should happen to be a linen-hater.

It may, perhaps, be fancy on my part, but I have come to the conclusion that plain woven cotton sheeting wears better than twill and keeps a better color under the trying conditions of town washing.

Dainty Bed Linen.

Sheets, six pillow slips and two bolster cases are slips, but two pairs of sheets, four pillow slips and two bolster cases are sufficient for the spare room bed.

Linen sheets are greatly delighted in by many housewives; but a considerable number of people much prefer coton, and I would advise you not to buy all linen sheets for the spare room in case your first guest should happen is coated. This is a sure sign that its little stomach, liver and bowels are clogged with waste. When cross, irritable, feverish, stomach sour, breath bad or has stomach-ache, diarrhoea, sore throat, full of cold, give a teaspoonful of "California Syrup of Figs," and in a few hours all two constitutes and two bolster cases are sufficient for the spare room bed.

Linen sheets for the spare room in case your first guest should happen is coated. This is a sure sign that its little stomach, liver and bowels are clogged with waste. When cross, irritable, the first treatment given.

If your little one is out-of-sorts, half-sick, isn't resting, eating and acting in case your first guest should happen is coated. This is a sure sign that its little s undigested food and sour bile gently moves out of its little bowels withou griping, and you have a well, playful

A Timely Sale of Wash Materials Suitable for Summer Dresses and Waists

Gray's Special Wednesday

Morning Sale Items

Big clearance of broken lines of Muslins, Voiles, Crepes and Silk and Cotton Mixtures, in light and dark colored grounds, in spots, stripes and floral effects, white cross-bar and striped Dimities, also White Muslins with dainty colored figures and stripes; widths range from 27 to 40 inches. Values up to 25c yard. Sale price ...... 15c Yd. These materials on display in window.

Lines and Odd Sizes

In Brassieres. Values

up to \$1.50 for 69c

In the lot are Brassieres of all-over em-

brodidery, with tape over shoulders, others

trimmed with heavy torchon lace, some of

pink batiste trimmed with filet lace top and

bottom, front closing and tie-round styles;

sizes 32 to 44, but not every size in each

style. All to clear at ..... 69c each

Children's Hose Support-

These are made of good quality elastic, in

Two Sale Items in the

19-inch Red Bordered Toweling, specially priced for Wednesday morning at ......

......... 8½c yard, or 12 yards for \$1.00

Worth 17c and 20c yard, for 11c Yard.

Mill-ends of Ginghams and Chambrays, in

stripes, plaids, checks and plain colors, in

pinks, blues, tans, lavenders, greens and black and white; splendid qualities, fast

colors, in lengths from one to five yards.

Very special at ...... 11c yard

STORE CLOSES AT 1 O'CLOCK

TOMORROW, WITH NOON DELIV-

white only, to be had in all sizes.

Linen Section

Dress Ginghams

ers Clearing at 10c pr.

### Special Price on White Clearance Sale of Broken Wash Skirts Tomorrow Morning. Three Styles Priced at 89c

Two styles of good quality White Repp; one style with one pocket, plain top, other without pockets, trimmed with three pearl buttons; another style in white pique, with one pocket; waistbands from 23 to 30 inches.

### Gingham Underskirts on Sale at 39c

About two dozen striped Gingham Underskirts, 33 and 34 inches in length; regular 50c. Sale price, 39c.

### Taffeta Ribbons at Special Prices

4-inch Taffeta Ribbons, in brown, black, white, sky, cardinal, copen, paddy, navy, rose, pink, purple and cream. Special ... ...... 15c yard

51/2 and 6 inch Taffeta Ribbons, in white, black, pink, cardinal, rose, paddy, nigger, navy, copen and purple. Special, 23c yard

### New Middy Ties

Three-Cornered Middy Ties, in plain colors -navy, copen, paddy, cardinal, black; also to be had in assorted stripes; good quality silk. Special ..... 48c

### Clearance Sale of Millinery

Our entire stock of Untrimmed Shapes to be placed on sale Wednesday morning at half-price. Also all Feather Mounts, Wings and

Flowers to clear at half-price.

### AGENTS FOR THE LADIES HOME JOURNAL PATTERNS. 140 DUNDAS STREET.

Phones 115, 116.

# and purifies the blood. For sale by

child again. Mothers can rest easy after giving his harmless "fruit laxative." because it never fails to cleanse the little one's ach, and they dearly love its pleasant taste. Full directions for bables, chil-dren of all ages and for grown-ups printed on each bottle.

Beware of counterfeit fig syrups. Ask

Standard Drug Stores



Quick Lunch; Home or Office.

A Nutritious Diet for All Ages. Keep Horlick's Always on Hand

WON'T SHRINK WOOLENS

UNDERCLOTHING

Guaranteed Not To Shrink,