

BRING LAST YEAR'S
FROCK UP TO DATE

Fresh Little Dresses of Cross-Barred Muslin Are Appearing in Company With Picture Hats and Stunning Parasols.

A frock of satin or tulle left over from last year, too good to discard, may be made quite up to date by freshening it with chiffon or georgette crepe.

A somewhat worn looking frock may be freshened by inserting panels of chiffon or georgette crepe may have panels inserted of satin or tulle.

Of course, the frock which is trimmed with panels must be straight and slim. The panels may be hung at the sides or at the back and front. The panels extending down the skirt, the ends disappearing in the skirt folds. The effect was much like that of a cape. The tulle frock is another style which would afford opportunity for those who wish to remodel a last year's gown.

Separate Skirt Materials.

Many materials are pressed into service for the separate skirt, from organza, gingham and foulard to heavy velvets, corduroys, and sports sweeds. Silk poplin and satin skirts are very much in favor.

For the entirely ornamental sports costumes the white or pale colored satin skirt worn with a matching net blouse is still much in evidence, though its excessive popularity is likely to be its undoing.

Wool jersey continues to be exceedingly popular for the one-piece frock of utmost simplicity. Several of the very good-looking models noted recently were made with a high swathing collar, which always lends an air of distinction to its wearer in these careless days. It also gives an undeniably serviceable air to a type of frock which would formerly have done duty as a sports costume, and is now considered suitable for all kinds of informal wear.

Fresh little dresses of cross-barred



muslin are appearing in company with picture hats and stunning parasols. The new veils grow shorter and shorter, and the new hats are more and more elaborate. The new dresses are more and more elaborate, and the new hats are more and more elaborate.

port clothes mingle with formal gowns.

At the outdoor athletic meets one sees especially interesting raincoat for sport tops mingle with sheer white dresses and formal afternoon costumes of chiffon and foulard. The newest sport coat is a silk slip-on sweater, made like the silk sweaters worn at Nice earlier in the season. The new dress is somewhat like a middy blouse with a high collar and a little bow at the waist. The new dress is somewhat like a middy blouse with a high collar and a little bow at the waist.

NEW ROOMS HAVE BEEN RENTED FOR DEMONSTRATIONS

How To Cook the New War Muffins Shown Yesterday By Miss Hilda Shaw—Paper Given on Uses of Milk.

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brotherly is finding a place in summer attire, too. Many charming frocks made of fine white embroidery flossing in combination with plain, sheer batiste or organza, are noted. Even when quite a handsome quality of embroidery is used, such a frock is not unduly costly, and when embroidery of this sort is fashionable, as it is now—the effect is charming.

Cream Hats Trimmed in White.

The latest color scheme in millinery is cream and white. Leghorns and rough natural straws are faced with cream mousseline and white flowers are fastened against the crown. These flowers are in all sizes, from posies to peonies. Three peonies will trim a crown very nicely, but two dozen pansies will be required to get the effect. Several legorns have been trimmed with white gardenias, a touch of black velvet ribbon giving a smart, effective note of contrast. Veils play an important part in summer outdoor fashions. It is always apt to be breezy, and when it is breezy one feels so much more comfortable in a veil. The new veils grow shorter and shorter, and the new hats are more and more elaborate.

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RED CROSS SPAGNUM MOSS WORKERS



Red Cross sphagnum workers in the Natural History Society Museum, St. John, N. B., sorting the moss. This is Circle No. 3. Eleven circles are organized and are working at present.

NOW'S THE TIME TO
CAN, DRY AND STORE
FRUITS AND ROOTS

When the Winter Comes the Housewife Will Be Very Thankful For Well-Filled Shelves.

(By Isabel M. Ross.)

The war gardens are beginning to repay us for the labor we expended on them. Johnny got his hoe and Mary got her hoe—at the parody goes—and they kept busy and now mother and dad and the "whole bloomers" family are congratulating themselves on all the nice green things their backyard is yielding up.

But it is not enough to use them on our tables today. There is tomorrow ahead of us when meat must still be saved and wheat must still be saved and there will be no fresh garden supply from which to draw. It is then that the housewife will turn to her pantry shelves and will be thankful if she finds them well-filled and self-replenishing if she does not.

Now is the time to store, can or dry the surplus fruits and vegetables. Proper storage facilities should be provided for the root vegetables. In the past there has been a great waste of potatoes, carrots, onions and beets through the lack of just such precautions.

Waste and Hoarding.

Just as much a menace to the country as the loafer is the waster or hoarder.

We are entering on the season when food most readily goes bad. The Food Board has issued regulations as to how much food and sugar can be held at one time.

Let every woman see that she keeps strictly within the limit and if her neighbor or her dealer fails to do so she will be rendering her country a service in reporting them to the police officials.

Keep on Substituting!

When we are hearing all this talk about farmerettes, berry pickers, dairy-maids and all the rest of it, we are apt to forget about our "kitchen soldiers." The war they wage against waste and the heroic way in which they tackle the substitute proposition.

A letter from England amusingly describes the way in which the farmerette is dragged away from her duties to march in a city parade with a pig under her right arm and a hoe over her left shoulder. This looks quite novel and entertaining in a picture but food production and conservation are not

Kitchen is the Key to Victory," and shows a large key with scenes from the kitchen surrounding it. During the cooking of the muffins Mrs. Raymond gave some valuable hints on cooking in general, adding several recipes to those given by Miss Shaw and Miss Fairweather.

Mrs. L. J. Raymond was in charge of the afternoon's program and spoke, in introducing the speakers, of the fact that this was the second of the series of eight demonstrations arranged by Mrs. Hooper of the Housewives' League. The invitations for the day were given out by Miss Josephine Durick.

A ten-minute paper on The Uses of Milk was read by Miss Alice L. Fairweather, who told of the great food value of milk and stated that it had been said by an expert that in a family where there are children no meat should be bought until at least three quarts of milk were purchased. The use of milk as a beverage, the many ways it can be utilized in cooking and how to avoid its waste by making the many dishes in which sour milk is called for were all touched upon briefly. The making of cottage cheese was described and the various ways in which it is served were an interesting part of the short talk which was listened to attentively.

Mrs. Richard Hooper announced the fact that the basement of the Calvin church on Carlton street had been leased by the Housewives' League and that after this week the meetings and demonstrations will take place there. She spoke of the coming of Mrs. Jean McDermid of the Canada Board of Food Control and the interesting information she will bring to the women of St. John. Mrs. Hooper read a list of prices asked in this city for the various wheat substitutes and spoke of several which cannot be obtained here, such as corn flour and barley flour. The prices asked in St. John are generally much higher than those demanded in Boston. It was said that the members of the New Brunswick Board of Food Control were much puzzled to account for the variation in prices to be found in a city at such short distance. Attention was drawn to the food control posters, one very striking one of which states "The

all parade, and the woman who goes about her daily tasks in the home and learns all she can about substitutes for wheat flour is rendering good service. We must never forget those principal tenets of food conservation—to save wheat, itself and bacon.

There are plenty of substitutes now on the market. Corn flour is one of the best and many of the mills are now grinding corn in place of wheat. We sometimes confuse corn flour with cornmeal, but it is the fine white flour previously used for making puddings.

IN THE MOVIES.

Herbert Rawlinson has been chosen to support Geraldine Farrar in the famous star's first Goldwyn production, the title of which has not yet been announced.

Ells Hall, known to the film public most favorably for her part work, has been engaged to support Fred Stone in his first Arcturion picture, "Under the Top."

Here's something that will interest the Fan. It has just been discovered that a motion picture seen through a pair of opera glasses takes on enough added depth to give it the third dimension effect produced by the stereoscope. It is also claimed that the beauty and realism of many scenes taken out of doors is greatly enhanced by an opera glass. Why not try it?

Pearl White, Pathe's famous serial star, is expected to return from her vacation shortly and will immediately begin work on her new serial. The working title is "The Lightning Raider" and it will follow in release sequence the Pathe-Astra serial "Hands Up" some time next fall.

June Alvirde, World Picture star says Moving Picture World, has made application for a reduction in her income tax. This prayer for relief comes in the form of a letter to the tax collector on Miss Elvirde in consuming her roles in the dozen productions that she makes in a year. She contends that it is not alone impossible, but impracticable for her to use the same gown in other productions—moreover, these gowns cannot be used in private life.

and that the expense involved is absolutely necessary in pursuit of her profession and is just as essential as office expense to a business man, for which the Government permits a deduction to be made in his tax returns. The outcome of Miss Elvirde's application will be watched with great interest by the large number of moving picture actors who are similarly situated.

Anna Case, the beautiful girl who has attained success as a concert singer and prima donna of the Metropolitan opera house, one of the few American girls who have reached this coveted goal of all singers, is to make her debut in the near future as a motion picture star under the banner of the International Film Service Co. Inc. and Julius Stoger is to be her director.

FRENCH RED CROSS.

For the entertainment on France's Day under the auspices of the Red Cross Society, there will be shown at the Imperial a Vitaphone "For France" and a Pathe colored picture of French scenery. Neither of these pictures, which have been donated for the day, have been seen in St. John before. This is the only appeal which is made for the French Red Cross, which has done a lot for our Canadian boys while in hospital and a generous response is hoped for.

Wash That Itch Away

There is absolutely no sufferer from eczema who ever used the simple wash D.D.D. and did not feel immediately that wonderfully calm, cool sensation that comes when the itch is taken away. This soothing wash penetrates the pores, gives instant relief from the most distressing skin diseases.

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Orchestra Concerts Japanese Tea Garden Two-Hour Programme

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Mon.—Dorothy Dalton NEXT WEEK Wed.—Jack Pickford

Thur.—"For France." —Big Red Cross Show.

HELP FRANCE! Imperial Theatre July 18th

YOUNG WOMAN WEARS
CROIX DE GUERRE

Mrs. Hilda Wynne, Young English Matron, Has Given Her Fortune and Risked Her Life in Driving Ambulance.

Mrs. Hilda Wynne, the young Englishwoman who has given her fortune and risked her life driving an ambulance on the firing-lines in Europe that she might alleviate the sufferings of the victims of the war, wears the Croix de Guerre, the gift of France. Belgium decorated her with the Order of Leopold, and Russia honored her with the Order of St. George. The Beran-Wynne Unit, as her organization is called, has attended more than 25,000 wounded soldiers. Mrs. Wynne, who has narrowly escaped death many times, tells of some of the scenes she has witnessed and relates how men die at the front.

Looking upon the human carnage I have witnessed, from this distance and in the little breathing space I have taken from the service I can recall thousands of heroic acts, but the bravest happened in the Russian front. I saw two aviators go up to certain death, they were a Russian and a Frenchman. Both were little men. They went up to meet twenty German aeroplanes. It was suicidal. But they had been ordered to go—and there was the spirit of the gallant six hundred. I stood near them as they made ready to go. They said nothing. That is one of the lessons you learn in war—not to waste time nor words.

They got their machines ready as a rider tests his saddle-strap and stirrups before starting for his morning gallop through the park. A little pottering and fixing of the machinery and they had gone. They went straight up and began blazing away at the German planes. I watched and the cords of my heart tightened, for the German planes, looking like great gray birds with wings wide-spread, came closer and closer. They surrounded them. They formed a solid double circle about them. Then they began to fire. And I turned and covered my eyes with my hands. A few seconds later what had been aeroplanes were splintered wood and what had been men a broken mass covered by smoking rags.

While this was the bravest act I saw in two and a half years on the firing line, I readily recall the most pathetic. It was the second line of men in the Russian trenches. They were unarmed soldiers. There were no guns for them. They took their places there expecting the man in front night drop, and the second-line man could pick up his gun and take his place.

I have seen many of the Allies die. They all die bravely. At Dixmude, when the fuelless arrived 8,000 and went out 6,000 there was magnificent courage in death. The Frenchman calling upon his God. The Englishman saying nothing or feebly: "Just turn his face to the wall and is still. The Russian lives behind a veil of reserve. You never fully know him. In the last moments you know by his rapt look that his soul is in communion with his God.

One of the dearest, unalterable truths of the war is the German power of hatred. It is past measuring. An example occurred at Dixmude. When we had been there three days we were driven out. I took my car filled with the wounded across a bridge just in time. A second after we had crossed there was a roar, then a crash. A shot and torn the bridge to pieces. Three weeks later to our hospital was brought a wounded German.

"I know you," he said. "We nearly lost you at the bridge at Dixmude." "I remember," I said.

That man's eyes used to follow me in a strange way. Build no beautiful theories of his national animosity disappearing, or being swallowed up in his gratitude. There was no such thought in his mind. The eyes said: "I wish I had killed you. But since I didn't I wish I might have another chance."

This, after I had driven away a group of zouaves who had taken everything but their clothing, their iron cross, and who were debating whether to toss him into the canal then or that night.

Shells have a disturbing way about them, disturbing to your plans than your equality. Shells prevented my having a nice comfortable illness. In southern Russia one can get little to eat. Coarse black bread is

the chief food. It causes various disorders. I, afflicted with one of them, arranged a table in the corner of my tent, placed remedies on the table, addressed and turned in, intending to have a cozy illness of a few days. But as I lay came an angry buzzing. A shell hissed through, carrying away a corner of my tent. That ended my illness. I had no more time to think of it.

The greatest peril I encountered was not from shells. One becomes used to them. One of the greatest dangers I faced was on a dark night drive along a precipice whose depth no one could tell. It was while the plan to bring troops through Persia to Russia was expected to be successful. I went ahead with some ambulances. It was necessary to take two Russian officers across the mountain. I offered my services. The road was an odd twisting one. On one side was a high wall, on the other a precipice whose depth no one could tell. But as I allowed my self to look into it at twilight I could see no bottom to it. We started on the all-night drive at dusk. The precipice remained with us, a foot away, and the darkness. Had my car skidded twice inches the story would have been different.

I think I owe my opportunity to do my bit, in the way I have, to the fact that I arrived in Flanders a few hours before the light and the officers were too busy to send me back. I had seven automobiles, and knew how to use them. I took them to Dixmude and offered the automobiles and my services to the cause. I established headquarters at Furnes, which is seven miles from Nieuport, eight from Dixmude, and twenty from Ypres. I drove along the Tysar Canals to the parts of the field that were under the heaviest fire, for there, I knew, my cars and I would be most needed. For a year I worked for the relief of the wounded in the French armies. Then I went to Russia, where I found the need of help and the sacrifice of life because of lack of that help almost inconceivable. The French armies have 6,000 ambulances. The Germans have 6,200. Russia, with a firing-line of 6,000 miles, had only 600 motor-ambulances.

I established dressing-stations in the mountains. Some of these were 10,000 feet above the sea-level. There, on the canvas stretched between two poles, the wounded were brought, or so they started. For many of them died in the long journey, every step of which was torture to a wounded man. The most exciting experience I ever had was on the Galician border. We could approach the battle line only along the Tarnopol road, which ran for fifteen miles directly under German guns. I was spending about it with an ambulance full of wounded soldiers when a shell struck the roadside and exploded, tearing a grate hole in the earth fifty feet away. The concussion stop us. Then we went on, travel on my luck. Some time, I suppose, I shall travel too far.

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What tired nerves need is nourishment. Your blood has failed to supply this.

To get the system right again you must supply nutrition in condensed and easily assimilated form, as it is found in Dr. Chase's Nerve Food.

The blood is quickly enriched, the vigor of the nerves is restored, digestion is improved, and soon you feel through the whole body the energy and vigor of health.

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