CORRESPONDENCE COLUMN. HELPS FOR HOME-KEEPERS.

A PAGE FOR WOMEN

BRIGHT ARTICLES DAILY ON WOMEN'S INTERESTS AND ACTIVITIES HERE AND THERE

ily Riesenberg, the famous expert on "outdoor cookery." In these papers Mrs. Riesenberg will tell you ow to prepare all kinds of summer foods, including camp-foods, picnic foods, fireless-cooker foods, beachmeals etc. These articles will prove invaluable to all those persons who expect to do any "outdoor eating" this summer.)

[BY MRS. EMILY RIESENBERG.]

The experienced camper well knows that the first requisite for successfu camp-cooking is efficient managemen of the commissary department and al though these suggestions and shortcut recipes which follow are largely intended for men campers, women camp ers will find them equally useful when tooking without the aids of the home

When buying supplies for a camp before leaving town, consider the location selected, the climate and the trans portation facilities. If you will be near a town or farming community much can be bought at the local mar kets, thus saving the cost of shipping and giving you the advantage of fresh food; on the other hand, if you camp far from civilization, purchase a good variety of condensed, dehydrated, can ned and package goods; this will furnish the highest percentage of food value for the least amount of bulk and

Also remember that hearty rations suited to outdoor appetites in the north, may cause sickness and discomfort if indulged in too freely in a hot

country. In hot, dry regions, succulent foods fruit, fruit juices and cooling drinks are called for, but if the climate is hot with much humidity and low ground, provide plenty of good coffee, spices and easily-digested food-the kinds that have no tendency to fermentation. To balance your rations properly have some sweets and salad materials and take enough pilot bread, crackers and zwieback for ballast if it is not conwenient to bake regularly.

is a great convenience, but if you intend to cook on an open fire take a add a little cold water to settle the folding oven and a wire rack with fold- grounds and serve. ing legs. Thus equipped, you can cook bake and broil and, if you have a fireless cooker besides, you have every thing needful for good camp cooking.

. . .

If you buy cooking utensils especialfolding or removable handles, as they pot, pour on half of the required water, nest well in packing. Also take several boiling. Let stand for five to ten mindeep pie-tins and a half-pint measur- utes, then add rest of boiling water, ing cup divided into quarters and and serve at once, thirds. This is essential because cooking by guesswork is wasteful.

A good substitute for the home pantry will be found in a package of count one tablespoon to each cup wan't-heavy paper bags and a box of paper ed, rub the chocolate smooth with some down the top and put on the clips. This of milk and water, or only water. When keeps out vermin and the bags can boiling stir in the dissolved chocolate in the tent. Other aids to clean camp- ened use sugar to taste

ins, which cost ten cents per hundred; these will often save the day if you are in need of a rag to wipe a dish or your fingers while cooking. Directions for making other camp conveniences, such as an emergency fireless cooker, a collapsible meat screen and a cooling jar, will follow in later articles.



GETTING THE MEAL READY IN CAMP.

en cups boiling water and some crushed egg shells if on hand.

Method-Place coffee, cold water and shells in pot and shake well, pour on and one tablespoon butter or bacon about three cups boiling water and let fat. this boil up rapidly several times, now For a summer camp a portable stove add rest of water and keep simmering a add a little cold water to settle the a fork until blended but not

Count a level teaspoonful of tea for for the camp get those that have each cup of tea, place tea in hot tea-

CHOCOLATE OR COCOA.

Use powdered chocolate or cocoa, Place the food in bags, turn cold water, then heat any proportion hung on the branches of trees or and boil a few seconds. If unsweet

OMELET.

Ingredients-Six eggs, six tablespoons cold water, scant half teaspoon salt,

Method-Heart a frying pan and place half the butter in to melt, but not to brown, beat the eggs in deep bowl with frothy, add salt and water. Beat once nore, then pour into the hot pan. Shake the pan and lift the eggs while cooking to prevent settling; when partly congealed turn part of the omelet towards one side of pan, put rest of butter in, then turn eggs over to cook or under side; as soon as done, but still ender, fold over and serve at once.

POWDERED MILK AND CREAM. If no fresh milk is procurable and it inconvenient to carry evaporated

BREAKFAST POTATO CAKES.

Ingredients-Three cups cold mash ed potatoes, one egg, four tablespoons fried out of bacon pour some of it into to the charm of the account. er and salt and pepper to taste. Method-Mix all ingredients in bowl

Annie, Irene, Katharine, Norene, Gladys

2. Will white shoes be in style next

3. What is a nice way for a girl o

4. I am getting a navy blue dress with

white dots. What would be a pretty

5. What are the meanings of these ames: Dorothy Madeline, Frank, Ar-

Hoping we have not bothered you too

uch or tired your patience very much.

A .- 1. Life; grace; peace; pure; hon

rable: charming; a pearl; light; swarthy

3. Make it either with a Norfolk of

4. Gift of God; from Magdalene, or

ter or unpleasant; strong or manly;

Sends Stamped Envelope.

A .- 1. Personally I cannot under.

stand the demand for the poem, "The Gypsies' Warning." At least four of

ur readers, evidently amateur elocu-

tionists, have requested copies. I think

I have one left, and will forward it to

2. The usual colors worn by blondes,

presume. Such blues as alice and

Beauty Wrinkles.

Dear Miss Grey: Please answer these

Woodswoman

The Advertiser

This introduces to you Mrs. Emily

Riesenberg, the noted American

woodswoman, who knows more about

teasing appetizing meals out of the

limited resources of a tent-kitchen

than, perhaps, any other woman in

Mrs. Riesenberg has broiled trout in

Writes for

Copenhagen: dainty pinks and greens

he poem, "Gypsies' Warning."

Thanking you in advance.

t in inclosed envelope.

re my colors?

you, Blue Eyes.

this country.

TWO CHUMS.

BLUE EYES.

thur, Mary, Caroline, Beatrice?

Margaret, Helen, Nell, David?

2 to do her hair?

way to make it?

We remain,

Balkan blouse.

peloved.

have hot pan ready with some bacon fried mush and is quickly prepared. What are the meanings of Evelyn, | questions as soon as possible: 1. I am troubled awfully with black neads and enlarged pores. Do you know of anything to stop them? 2. My skin is very dark and dry and therefore am a constant user of face cream and glycerine and rose

fat or other frying compound, just

enough to cover bottom of pan. With

a spoon take up portions of the mix-

ture and place in pan, then flatten ou

like a cake, fry light brown on both

sides. If you have no bread you can

use double amount of flour and two

eggs to make them more substantial.

CORN DODGERS AND BACON.

Ingredients-Two cups cornmeal,

cant teaspoon salt, two cups boiling

Method-Add salt and fat to meal

then stir in the hot water and cover

to let steam. This method requires

less meal and makes the cakes more

place by spoonfuls in the bacon fat;

cup, then add again as needed while

ooking the dodgers. This tastes like

water, two teaspoons melted fat and

one teaspoon baking powder.

Hoping I have not taken too much of your precious time, I remain, "LITTLE BOTHER."

growth of hair? If so, what could !

se instead?

A.-1. I wonder if you wash your face thoroughly every night before reiring? You should do this and use a mild toilet soap and warm water, and cleanse the skin thoroughly. Then some 300 people from many parts of the rinse the face with cooler water to remove all possibility of soap clogging the pores. After such cleansing rub belonging to Magdala; free; noble; bit in a little of the face cream you mention. For the enlarged pores a little powdered alum dropped into a bottle on the affected parts, two or three the one purpose-that of studying the times a day.

Dear Miss Grey: I saw in the columns of The Advertiser that you had Have classification of "greaseless," I think might render help to young women and sent it to the parties who asked there is no danger. The lotion you or it? I would like if you would send name, while not injurious to the skin, sometimes makes it darker, and as 2. I am fair with blue eyes. What you use the face cream I do not see that you require the lotion, too. It is good for the hands, however, and keeps

Daily Healthogram

"Early to bed and early to rise makes a man healthy, wealthy and wise" is the old saying. But it has the same significance and is just as true as ever. Try it these summer days when the sun beckons early in the morning.

KATHERINE LESUES

M HOME BUSICHAT

MOURNING IN FASHIONABLE ATTIRE. It is curious sort of Marie Stuart bonnet with its and interesting white edging, that was so becoming to notice the to many women well up in years, in which while it was quite distractingly befashions in coming to young women. Women still mourning have wear black gowns, but they are of light changed. A few weight, voiles, chiffons, silks, crepe de years ago bereaved people swathed chine, with transparencies at the neck, themselves in heavy crepe, and no or with dainty sheer linen hemstitched matter what the season, heavy, all- wide collars and cuffs laid about the black material made life a bur- low-cut gown, and on the short den and kept the spirits depress- sleeves. In summer—in these tropic ed by their gloom and ugliness, summers of ours-to wear black is im-Even in midsummer, when the mer- possible and common sense again precury danced in the nineties, women vails and substitutes all white. Indeed felt it necessary to wear black out of there is found now a feeling for pure respect for their dead, and when one white as a very suitable mourningconsiders that most of the black then especially for summer. Some of the was unwashable, one may great houses of fashion make bonnets imagine how very distressing con- and hats of pure white soft crepe, ventional mourning clothes were. But gowns of the same, and every detail the common sense of the many has of street or home wear is in white. prevailed, and heavy and expensive But it is unmistakably white for mourning in black is not nearly so mourning and one must confess that largely indulged in as it was. The there is something a little ghastly in dragging crepe veil that this new freak of fashion. In any widows were compelled to wear, has case fashion has nothing to do with been substituted by thin black nun's real mourning. Those who have been Many women refuse to wear bereaved know what a horror it is to the long veil, but use instead a loose have to discuss fashions in hats face veil of Brussels net edged with and gowns—and many have come to coming. ribbon or a fold of crepe. the conclusion that there is much dig-The small bonnet has been super- nity in the idea of wearing no mourn-ceded by hats of the toque or turban ing. For so long as one must wear order, with a border of white. But clothes fashion obtrudes itself; but many of these hats are so heavy, when it enters the house of mourning, architectural-looking and ugly that there is something abhorrent about the one cannot but regret the small neat whole business.

PROBLEMS OF THE FAIR SEX SOLVED BY CYNTHIA GREY

[Correspondents are requested to make their inquiries as brief as possible, and to write on one side of the paper only. It is impossible to give replies within a stated time, as all letters have to be answered in turn as they are received. No letters can be answered

Dear Cynthia: I have been keeping company with a young man, he wants me to marry him, but has never told me when, but I know he isn't in a position to marry for three or four years yet. I know he loves me and I love him. But as I am an orphan and living among strangers, I long for the comforts of a home like other girls have. I have a friend older than myself, he is in a good position to marry and has asked me to marry him. Cynthia what would you advise me to do, leave the young man I love or marry the other for the home. Both are true friends to me.

Hoping to see your answer soon.

Hoping to see your answer soon, ANXIOUS.

From Two Chums. Dear Miss Grey,-Will be pleased if to me, is too important for an outsider you will kindly answer the following give advice upon. However, as you questions: A .- A question of this sort, it seems

the pine woods of Maine. She has roasted venison on a spit far up in the heart of Canada. She has cooked bear meat in the Rockles and has toasted clams in Mississippi! And in addition to all this she has gone on walking tours of weeks with her family — "travelling light," as they say—which means carrying all food supplies on the back as fishermen

The first of Mrs. Riesenberg's articles appears today.



Going Camping? Here's What to Take and How to Cook It. REMOVAL SAL

The Near Approach of Our Moving Day Means Low Prices Here for You

Final Millinery Clearance

All Spring and Summer Millinery must be cleared out within the next week and a half. Here is your opportunity. Read these prices and come in and see the bargains in this as well as other departments. Millinery is on second floor.

Shapes and Children's Hats

Children's Sailors—Pretty hats, suitable for summer wear in the hot sun. About two dozen to go at, each10¢

About 18 Hats, Children's Hats and Straw Shapes, to clear at, each25¢ 6 dozen only, all that remain, of our Untrimmed Summer Hat Shapes. All to clear

All Flowers, Trimmings, etc., are being cleared out at the lowest prices.

Trimmed Hats

TURBANS AND DRESS HATS FOR MISTRESS OR MAID.

All the Trimmed Hats, spring and summer styles, that we have left must be cleared out at once, and every hat is marked at one of the prices below.

All Hats, regular \$4.50 to \$5.00, for .. \$1.95 All Hats, regular \$5.50 to \$7.50, for. . \$2.95 All Hats, regular \$8.00 to \$12.25, for . \$3.95

AGENTS FOR THE LADIES' HOME JOURNAL PATTERNS.

DURING THIS SALE WATCH OUR DISPLAY WINDOWS CLOSELY; READ ALL OUR ADVERTISEMENTS CAREFULLY. THEY MEAN SAVINGS FOR YOU.

Millinery Drygoods, Ladies' Ready-to-Wear Garments.

150 Dundas St. Phone 1182

GREAT CONFERENCE IN MUSKOKA WILDS

..ext to participating in any pleasure Crisis," by Rauschenbusch, was one book

This was one of the thoughts that ame to the writer while chatting on a and a period for rest and recreation, and gate from the recent summer conference easily imagine oneself donning ladies were present.

water. Do you think it promotes the recuperation of mental and physical this desire is not to be wondered at.

A Great Conference.

Good, indeed, it was to hear of these about the big conference attended by world and who represented the girlmany countries. From Russia, Japan, Switzerland, Argentine Republic, South Africa, England, Scotland, many points n the United States, from universities. colleges and "Y's" all over Canada, the of witch hazel is a good lotion to dab delegates came, all met together with best methods whereby the branches of 2. If the cream comes under the the Y. W. C. A. throughout the world

"Truly," said the returned delegate the world seems very small when one considers that so many nationalities, all werking for the same ends, can meet in

The mornings of the session were devoted to various lines of study, including Bible subjects, mission studies, and phases of student life and association "Christianity and the Social

wholesome. Now fry as much bacon or outing oneself, nothing gives more which created much interest among the as needed, lay bacon fat side down in enjoyment than to listen to a description delegates. Others under consideration overlapping rows in pan, when one side of the affair from a friend who has been were "The Teachings of Jesus," by Oldmilk try one of the powdered milks or is done turn, then take up on platter; present, and just as that friend possesses ham, and "Phillipians," from the pen of the gift of language, united with enthusiasm and the desire to impart to her Students' movement, and who, it will ry slowly on both sides and surround hearers some measure of her personal he remembered, gave several addresses he bacon with them. If much fat has enjoyment, just so much will be added in London last autumn.

With 1 o'clock came the dinner hour

shady, vine-run verandah with a dele- as the delegate described it, one could of the Y. W. C. A. at Elgin House, togs and slipping away in a little launch Muskoka, at which several London to touch here and there at the different to touch here and there at the different lorain, dry between towels, remove indistand resorts, and perhaps enjoy a cup testinal veins and break in pieces, re-It was almost as good as being in of tea before making the return trip, Muskoka oneself to hear the delegate finally arriving in eager haste for the tell of the delightful lake scenery, of the evening session. For no one wanted to many wooded islands, crowned with gay miss a single evening meeting, the dele summer cottages or handsome resorts, gate said, and when it is considered that of the little pleasure launches flitting such speakers as Miss Rouse, Miss Tsuda, along the sunny waters, of gay crowds of Japan; Mr. James Wallace, of China; of tourists bent on pleasure, or in the Principal Mackenzie, of Hartford, and case of the tired city person seeking others addressed the evening gathering, The quaint little chapel near Elgin

House came in for its share of observation, especially from the London delebut perhaps best of all was to be told gates, who were informed that the late Mr. Thomas McCormick had contributed towards its erection. With wide ver andahs running around the four sides student movement and Y. W. C. A.'s of and the glass walls removed, the chapel seats 300 people nicely, and here the "Y" delegates met for devotional services on week-days and Sundays during the conference.

Each branch of the association represented at the conference was requested to give particulars of its work and spe cial schemes for creating interest, etc. by posting a bulletin on the verandah wall at Elgin House. By this unique method ideas were interchanged and a comprehensive knowledge of each other's "It was an ideal conference in every way," said the delegate enthusiastically "We all came home better prepared for work and with an 'uplift' feeling in our hearts that's bound to help us all to higher efforts."

The Momas

WOMEN'S INSTITUTES

COLDSTREAM. The members of Coldstream Wo-men's Institute and their families are

in Campbell's grove, Poplar Hill, on Thursday afternoon, July 17, 1913. Each family bring their baskets and lemons squeezed, with sugar added, family. Fresh water will be supplied at the picnic grounds.

their regular monthly meeting on Thursday, July 10, at the home of Miss Nettie McEachern, tenth line. A large number of members were present, also several visitors, and an interesting program was given. Owing to the absence of the president the chair was Fisher. After the meeting being open- ly cool. ed in the usual way, the members responded to roll-call by exchanging recipes for simple deserts. Mrs. George Campbell then gave a splendid paper on "Simple Meals, Well-Cooked and Nicely Served." Miss Florence McGugan gave a recitation.

Miss Bell McIntyre was then called on to give her paper on "Value of thought about the breeze its tall Change of Air and Scenery." In her branches felt? The effect of a few of Air and Scenery." In her paper Miss McIntyre not only told of the great value of change of air, but also the necessity of recreation.

The meeting was brought to a close by singing the National Anthem. The hostess then served a dainty lunch and things really cooler. And surely stripthe ladies dispersed to their various led tan linen is much cooler to look a

Cool the House On Hot Days

One way to make a room seem cool is to keep the air, no matter how warm it may be, circulating, and to invited to attend the institute picnic keep the room shaded from the brightest rays of the sun's light. In a bedroom it is not well to exclude too much of the sunshine, for in the summer as ready for lemonade, sufficient for the in the winter the room needs the sunlight to keep it in good condition; it needs all the air that wide-open windows can give it, even if there is no The Brooke Women's Institute held sun in its windows. But during the hot part of the day the windows in the living-room should be well protected either with shades of dark green or with awnings from the sun's rays. A room so darkened in which the air is kept circulating with an electric fan, taken by the vice-president, Miss Mary is almost as refreshing as a room real-

Another way to make a room seem really cool is to take advantage of each breeze. On a table near a window, where every moving breath of and air will sway them, have a vase flowers. Haven't you sometimes watched a swaying treetop on a warm day, and felt cooler because you long-stemmed flowers swaying in a breath of air is the same.

Linen covers for the heavily upholstered chairs, if you live in the same house winter and summer, help make than heavy rep or velours.

Daily Menu THURSDAY.

BREAKFAST.

Shredded Wheat, Cream. Scrambled Eggs. Stewed Cherries. DINNER.

Beer Potple, With Dumpling Potatoes. Young Carrots. Tapioca Cream. SUPPER. Shrimp Salad.

Raspberry Shortcake.

Wafers. Shrimp Salad. - Remove shrimps sailing from can, covered with cold or iced water and let stand twenty minutes. serving seven of the biggest shrimps. Moisten with cream salad dressing and arrange in nests of lettuce leaves. Put a spoonful of dressing on each, and

> and an olive. Tapioca Cream.—Four tablespoonfuls of tapioca soaked over night in one quart of milk. In the morning sweeten to taste and boil till it thickens-not too thick-stirring all the time. Beat the volks and whites of four eggs sepa arately. Stir in the yolks, then the whites, slowly. Flavor with vanilla

> garnish with a whole shrimp, capers

The Poets' Corner

TRUST IN GOD. Courage, brother! do not stumble; Though thy path be dark as night, There's a star to guide the humble!

Though the road be long and dreary, And the goal be out of sight, Foot it bravely, strong or weary: Trust in God, and do the right,

Trust in God, and do the right.

Perish, all that fears the light: Whether losing, whether winning, Trust in God, and do the right.

Fly all forms of guilty passion: Fiends can look like angels bright; Heed no custom, school, or fashion: Trust in God, and do the right.

Some will hate thee, some will love they Some will flatter, some will slight; Cease from Man, and look above them Trust in God, and do the right.

Simple rule and surest guiding, Inward peace and shining light; Star upon our path abiding: Trust in God, and do the right. -Norman MacLecd.

A FLOWER-BED IDEA.

Those who have travelled about rural England will recall the well-nigh universal custom of placing bricks or stones on edge wherever a border of flowers is placed next to a grass plot This is an excellent preventive of trouble, says the Cleveland Plaindealer since it is effective in keeping the grass from running over the bed, and it also prevents it from rooting under. While not pretty in themselves, a neat line of orick or stones, so placed, gives a wellared-for appearance which is very

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