For high hair dressing a round wire

foundation covered with silk net is

Critical Period in Life

MAHARAJAH TRIES TO BALK CAPTURE



Reliable Recipes Grape Fruit Punch

One quart of grape juice, a pint of carbonated water; juice of one large juicy grapefruit and sugar to taste. Squeeze all the juice from the grapefruit and strain into the grape juice sweeten, stirring until the sugar is completely dissolved, add the carbo-nated water and serve with cracked

Apple Custard

Take six apples, remove the skin and cores, stem the apples, then make a soft custard; use 3 egg yolks only in the custard, whip the whites stiff and add a little lemon juice and pour over the apples; then pour the yellow custard over all and serve at once; this dish is delicious either hot or cold, but it is better when custard is allowed to cool before poured over apples and let stand awhile before being Sugar Cookles

One and one-half cups of sugar, one cup of butter, two eggs, one-half cup of sour milk, or cream if possible, one teaspoonful of soda. Mix as soft as possible to roll. Bake quickly.

Original Breakfast Dish Take equal parts of seasoned mash

Fry a nice brown in well greased frying pan.

Sweet Sauce

Out of a pint of milk take enough to wet up a quarter of a cup each of flour and cornstarch, seasoned with a half teaspoon each of salt and paprika. If our and cornstarch, seasoned with a half teaspoon each of salt and paprika. Add this to the remainder of the milk, seal the will be very clear.

Horseradish Sauce

Beat one tablespoonful heavy cream until stiff. As cream begins to thick as these are cooked, turn out into a feature of the milk as the salt of two eggs beaten up with a quarter cup of creamed butter and a half cup of grated cheese. As soon To one pint of boiling water add

One and one-half cups vinegar, no



edge. An ostrich feather is twisted into

ful of salt, 1-2 teaspoonful of pepper

ise thin a little with sweet cream o

Out of a pint of milk take enough

edge.

Make your soup the day before it is wanted, let it cool, then remove the fat that has risen to the surface.

Beware of a hot fire. Simmering is the life as boiling is the death of good

soup.

If your soup is to contain vegetables let these boil a little while in separate water before adding them. Keep soups always in stoneware or china, and when stirring or skimming them use a wooden spoon

Here is a very fine quick soup: Cook a can of peas a few moments till very soft), press through a coarse ieve, add one quart of milk (or half nilk and water), butter about the size of an egg, bring to a boil, thicken with ornstarch until creamy, add salt, pep er and dash of nutmeg; serve

a pompon shape and posed on the brin Cream of rice, potato, celery and asparagus soups can be prepared in the ame manner.

This recipe makes a delicious pie; put a rich undercrust on pie tin; drain canned peaches and put the fruit in the crust, hollow side up; take two eggs, pinch of salt, one tablespoonful inggar, a little at a time, into the owl; beat well, and when ready to One egg white beaten stiff, 1 cup of sugar, 1 cup of fruit, strawberries or raspberries. Mash berries and drain off a part of the juice, beat egg, sugar, and fruit until stiff. The longer you beat the more you have. It makes a delicious cake filling.

is, eaten fresh: One cup sugar , 1 tablespoon lard, 1 egg, cream all to gether; cup cold water, 2 cups flour, 1 teaspoon of cream of tartar, 1-2 teasoda, a little salt and flavor Bake in layers and use any fill-

Fashion Notes

Touch in Tailoring

Beat one tablespoonful heavy cream until stiff. As cream begins to thicken add gradually 3-4 teacupful vinegar. Season with salt and pepper then fold in 1-2 tablespoonful grated cheese, heavy the fold in 1-2 tablespoonful grated horseradish root.

Five Minute Salad Dressing
One and one-half cups vinegar, not Soups

The fastidious dresser willingly pays for exclusive design, something not actually visible on the face value of a model, but which tells in the long run likewise for cut, fine workmanship—which represents time—and that in tangible element resignated "touch."

Soups One and one-half cups vinegar, not too strong; put in sauce pan and let come to boil. Break 1 egg into a bowl and beat light, then add 2 teaspoonfuls of flour, 1 teaspoonful of mustard, 1-2 teaspoon flour, 1 teaspoonful of mustard, 1-2 teaspoonful of mustard, 1-2 teaspoon flour, 1 teaspoonful of mustard, 1-2 teaspoonful of m

> finish and touch which go to the con-summation of the really distinctive tailor-made. We have already somesummation of the really distinctive tailor-made. We have already some thing more than report to assume that the costume coats this fall will tend to greater length. This was particularly noticeable in a somber but choice selection of models that arrived the end of last month. The coats without a single exception, were three quarter length, and many were trimmed with braid. Save for actual sporting purposes, the circular belt is gradually disappearing. It is, however, intional defects are apt to show them-

SUMMER HAIRDRESSING

To produce the Castle bob coiffure To produce the Castle bob colffure, which is so popular among young girls, the hair may be drawn back loosely from the forehead and dressed low in the neck. The device or hair which gives the bobbed effect is then which gives the bobbed effect is then the season and produced the season and the season are season which reliable to the mind is the best land fresh air with constant agreeable employment for the mind is the best land fresh air with constant agreeable employment for the mind is the best land fresh air with constant agreeable employment for the mind is the best land fresh air with constant agreeable employment for the mind is the best land fresh air with constant agreeable employment for the mind is the best land fresh air with constant agreeable employment for the mind is the best land fresh air with constant agreeable employment for the mind is the best land fresh air with constant agreeable employment for the mind is the best land fresh air with constant agreeable employment for the mind is the best land fresh air with constant agreeable employment for the mind is the best land fresh air with constant agreeable employment for the mind is the best land fresh air with constant agreeable employment for the mind is the best land fresh air with constant agreeable employment for the mind is the best land fresh air with constant agreeable employment for the mind is the best land fresh air with constant agreeable employment for the mind is the best land fresh air with constant agreeable employment for the mind is the best land fresh air with constant agreeable employment for the mind is the best land fresh air with constant agreeable employment for the mind is the best land fresh air with constant agreeable employers agreeable employers

fure used either high or low. For both styles a softly constructed wire foun-dation covered with silk net is em-ployed, This insures perfect symme-

When the Rotterdam entered the port of Falmouth recently it became known that among her passengers were Jagatjit Singbahadur, Maharajah of Kapurthala, a principality of India. With the Mabarajah, aside from his Queen, the Maharance, are his secretary, M. M. Roy; an American girl, Miss Margaret Cullen, and a considerable retinue of servants. Fear of an attempt by German raiders to capture the wealthy and powerful Indian ruler prompted a complicated series of arrangements for his leaving New York. His party went aboard two days before she steamed from New York. All remained in absolute seclusion until the steamshij was well on her way. It was obvious to the British government that the capture of the Maharajah, ruler of what is probably the wealthiest principality of India, would be an important stroke and worth the risk taken by submarines which might be employed in the project. For this reason the British consulate here made arrangements for a British cruiser to meet the Rotterdam at a point off Falmouth to act as convoy through the submarine fields of operation and to port. The Maharajah has several wives. The Maharanee, who accompanied him, is a Spanish beauty, whom he married five years ago in Madrid. try to the head, and as it can be placed where about this age there is a short

Helpful Hints

placed high on the head. The hair is drawn loosely over it and is tied securely. It then may be either coiled or tucked beneath. The curls are arranged in a cluster at the top with two or three arransed becomingly at scorched place with peroxide of hythen nape of the neck. The hair about the forehead is softly aranged and is drawn back to the curled coiffure.

Critical Period in Life

The better the top with peroxide of hydrogen, then press and place where the sun may shine on it.

This method does not injure the fibre of either silk, linen or cotton, and does not fade delicate colors.

Treatment For Pimples on the Face

and although he may base his schemes on regulation measurement, the first fitting resolves into a question of eye and touch. What these two masters dictate must be, and with the true tallorning artist it is ever a pleasant task to achieve and never to rest short of perfection, writes Mrs. Jack May in the Queen (London.)

Now that the really simple tailor made has come into its own again, we are brought face to face once more with the value of the subtle nuances of finish and touch which go to the consummation of the really distinctive tellor med. When the properties of the first critical period constitutions. At the first critical period constitution, removes the grease and germs their three sore and ten will find it they look back that there were certain years when some serious failure of the general health occurred. These are known to achieve and never to rest short of perfection, writes Mrs. Jack May in the Queen (London.)

Now that the really simple tailor made has come into its own again, we are brought face to face once more with the value of the subtle nuances of the subtle nuances of the first critical period constitution. At the first critical period constitution, removes the grease and germs. thelium, removes the grease and germ and facilitates the action of any loca application that may be made after

ing purposes, the circular belt is gradually disappearing. It is, however, in troduced, and very pleasingly, in a certain intermittent style, sometimes at the back, sometimes in front, or, again, either side.

themselves at play. This is the age tubs and washed like rags. Make a wind washed like rags. Make a word washed like rags. Make a washed

want of a proper nutritive diet. This is the age when consumption is most likely to make its appearance in men and women. It should be the most vigorous period of life, but for some it right side up over the lines. Shake the rug about in the tub, let-ting it soak first several hours, and then rinse in the ordinary way. Hans it right side up over the line without

weak, languid, and nervous. Exercise and fresh air with constant agreeable and fresh air with constant agree men. Perhaps the reason is that this is the age when people should begin to eat less, whereas they usually eat more, and while they eat more they take less exercise.

more, and while they eat more they take less exercise.

Between 45 and 50 all the great organs of the body begin to grow old. The most manifest change is the stiffening of the joints and the weakening of the muscles, which compel us fening of the joints and the weaken-ing of the muscles, which compel us to take life quietly; and here again great moderation should be the rule; we should cut our solid food down to binding. The test is said to be infall

Replies to Correspondents

"A Standard Reader," St. John Look over some of the clothing store adverts in this issue, I think you will get the information you require, by so doing. A better plan would be to call

doing. A better plan would be to call in at some of the larger stores. Yes, I shall be glad to have the "helpful hints" you speak of in your letter.

J. C. K., Halifax—Many thanks for your suggestions; but I hardly think they could be adopted. Use a little doluted creolin on the hand, and at night apply a little sulphur ointment, on a piece of cotton wool.

We are always elected to specify

We are always pleased to receive any new or tried recipes, or any fashion notes, etc., which may be of interest to our lady readers, and will publish same when suitable. All communications for these columns to be addressed to the Editor, Women's Realm, The Standard, St. John, N. B.

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baked whole wheat give palate-joy as well as stomach satisfaction. In Shredded Wheat Biscuit you get the strength-giving, body-building elements of the whole wheat grain in a digestible form.

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children, too.

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Baked Apples—use it for Candy-Making.
"LLLY WITTE" is a pure white Corn Syrup, more delicate
in flavor than "Crown Brand". You may prefer it.



eating them with The filmy, porous shreds of

It must be admitted weight may be placed on an indefinite continua-man advance. The his has shown German or to every demand put the armies, as in Rus erating far from their station, Belgium and l the ability of the busin of the Berlin War Of the full every natural quered territory. Fra: virtually are supporting munition and provisio occupation. And wh Nicholas, before the Polish salient, ordered of whatever might b use of the captor it is believe that the Germa already is preparing f great machine shops Kovno and the smalle of Lublin, Cholm Signature Polish to more than eight mon important factor in the

Six Weeks of

Time for servers Fors

is Not Read

(Special to New You London, Aug. 22.—T man offensive, the mullitary movement in been in progress without our months. Twice, whrewdest military obsarmies of the two Kai

on their successes in the their attention to the wern front. These privite the fall of Lember

with the fall of Lembe occupation of Warsaw tonis hosts now are if the capital of Poland, yound Poland. There as to to 150 miles inside and till there are no to the sweep.

An end there mus Every day sees the interest from their bar wars are to the rivers of the river

Every day sees the ris sian winter drawing cl finds the stubborn rea ments who protect t treat taking their toll

trial system. Wet Season It is to consideratio

losses then that obser clined to turn for ar drive is nearing its week has brought rep ning of the wet Russia have appeared in all Riga to Brest-Litovsk softening and the lov frequently degenerat and marshes, is takin ter of bogs. Advance ter of bogs. Advance
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artillery and transpor
of big guns, mired
have come already east of Kovno, The not more than six we ber 1 will see the who of operations in the cold. It is true arm through the winter, year in the Carpathia year in the Carpathia cally along the Zzura but he movement of a scale almost insign ed with that in program that if a decision is nowember 1 the can be considered as a strong that to an abrust to an

brought to an abruj stop and every hope ples may have for been dissipated.

The most carefu events, keeping as according to the control of th the losses in the ea ro-German casualtie cian drive began at wounded and prison losses at fifty per o

servative estimate r levies is 750,00 net loss of a quarter No figures are obta losses aside from the Betlin and Vienna tured and which are d as an exaggeratio ed as an exaggeration the nature of the or the forces have been mate of 1,500,000 is high. It is doubtf forces have been incommer in view of the summer in of arms and the great necessarily er Three More Fo

The week since las a repetition of the The mimentum of a sweep has carried the Bug River and of fortified positions two of secondary in among the most for have been occupied abandoned first, attacks for ten days



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two-thirds of what it was in the prime