

# INGERSOLL CREAM CHEESE

**SPREADS LIKE BUTTER**

You can buy twice the quantity of Ingersoll Cream Cheese in blocks for the same money as you would receive in jar cheese, besides there is just as much difference in the quality in favor of Ingersoll Cream Cheese as there is in the price.

Never Becomes Hard. Every Particle Can Be Consumed.

Sold only in 15c and 25c blocks

For Sale By All Grocers

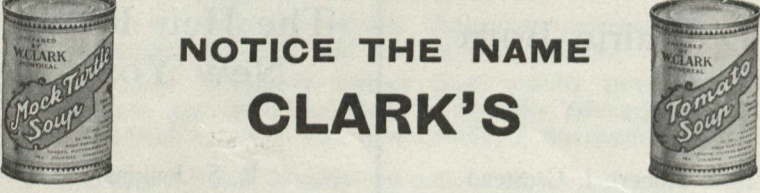
MANUFACTURED BY

**INGERSOLL PACKING CO. Limited**

INGERSOLL, ONTARIO  
CANADA



## NOTICE THE NAME CLARK'S



**LOOK TO THE LARDER, LADIES, AND THE MEN WILL LOOK TO THEMSELVES**

When you are making arrangements to leave the city for that vacation, don't forget to provide for those who are staying at home.

Clark's great variety of choice preparations will solve the problem for you. No worry; no cooking for your menfolk; no waste; no left-overs; a change at every meal; and satisfaction every day.

Let us suggest a few of the good things with which to stock your larder:—Beef Steak and Onions; Minced Collops; Tongue, Ham and Veal; Veal Loaf; Beef Loaf; Beef Ham Loaf; Cooked Corned Beef; Chateau Brand Concentrated Soups; Irish Stew; Potted Meats; Pork and Beans; Devilled Meats.

Enable them to get what they want, when they want it, and you will be delighted with the condition of those who dwell in Bachelor's Hall during your absence.

**WM. CLARK, MONTREAL** - MANUFACTURER OF HIGH GRADE FOOD SPECIALTIES

# MUSKOKA



Royal Muskoka Hotel - Lake Rosseau.

**The Gateway to  
MUSKOKA LAKES  
is MUSKOKA WHARF**

Reached only by the Grand Trunk Railway System. Trains making direct connection with Steamers leave Toronto 2.15 a.m. daily (Sleeper open 9.30 p.m.) and 12.20 p.m. daily except Sunday. Full particulars from agents or address A. E. DUFF, D.P.A., Toronto

We Guarantee every Article and every Advertiser in our columns.  
That means Better Treatment to those buying from our Advertisers

## Queen's University

Kingston, Ontario.

**ARTS, EDUCATION  
THEOLOGY, MEDICINE  
SCIENCE, including  
ENGINEERING.**

The Arts course may be taken by correspondence, but students desiring to graduate must attend one session.

**ARTS SUMMER SESSION**  
July 3rd to August 11th.

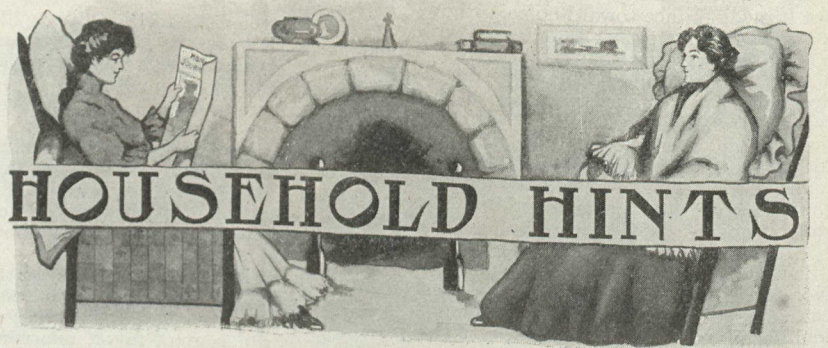
For Calendars write the Registrar,  
17 G. Y. CHOWN, Kingston, Ontario

## A Summer Recipe

For Salad Dressings, the addition of a little Bovril to the ordinary dressings improves their flavor and makes the Salad nourishing and more easy to digest.

## BOVRIL

Is the concentrated flavor and strength of Prime Beef.



## HOUSEHOLD HINTS

### Glass for Shelves

GLASS is an ideal shelving for a kitchen closet, as it can be kept clean so easily. If this is too costly paint the shelves white and give a coat of enamel. This is easily scrubbed and does away with the necessity of papers.

The kitchen cupboard should never be permitted to get untidy, and should be scrubbed out at least every fortnight; the lower shelves oftener.

The range and gas stoves quickly show lack of attention. Polish once or twice a week, and in the intervals wipe off frequently with newspaper to absorb grease.

A gas stove should have the parts removed and boiled every few days, and the burners should be kept clear with a fine wire or brush.

### The Cellar Window

IS it not remarkable that the one feature about the house to be dismissed without a thought is the cellar window? Good housekeeping may prevail throughout the rest of the establishment, gentility radiate from this spotless steps and sidewalk, the polished knobs and knocker, the shining glass at door and windows—the precisely drawn shades and curtains, but there is the marring, ever present cellar window.

In itself, rarely architecturally correct, its appointments in most instances show a ludicrous lack of fitness, frank neglect or a summary dismissal.

The present treatment of cellar windows covers a latitude in design and material which fancy fails to permit herself in any other department of housefurnishing. In fact, the eccentricities perpetrated in cellar windows appear humorous to the observer with an eye for the suggestive and the symbolic. They are of many types.

How often at the loopholes of semi-subterranean apartments with which the imagination, tradition and habit itself inevitably associate the presence of coal dust, broken furniture, dampness and mice, do we see draped at these cellar windows the inadequate, inappropriate and unsatisfying lace curtain? In every stage of grimness and raggedness, ranging in pattern from a school of fish to a mis-matched "Angel Gabriel" we are confronted by something that is too shabby, too old, too ugly for any other purposes, but apparently good enough for the cellar window.

Scarcely to be preferred to this on the score of durability, but somewhat better in point of harmony, are those windows which are hung with butcher's wrapping paper.

How may the cellar window be improved? As a decorative feature the cellar window does not excel, but it is a necessary adjunct. Where it is placed in full view, it is desirable that it conform in construction to the character of the building and that it be as small as possible so as not to appear, by its gaping presence, to undermine the structure. Where leaded or mullion windows occur in the building, it is effective to have them repeated in the cellar, with the glass of the frosted kind, which will transmit the light without being transparent. Cellar windows with gratings are usually in good form and give the impression of substantiality—a quality much to be desired.

### Abolishing the Parlor

OTTAWA is the centre of a better housing movement, which has some novel and attractive features, not the least of which is the abolition of the parlor. The house as a home when every room will be used, and used without restriction, is the ideal which is promulgated, and the competition for prizes for the best plans will be open

to the architects of the whole Dominion. The organizers of the movement are evidently of the opinion that the race has been held in bondage to the parlor long enough. Some of those interested probably recall the "front room" of their boyhood, with blinds always drawn and a heavy air hanging over everything when the door was opened and light admitted on the occasion of a funeral, or a visit of the minister, or something equally important. The centre table held the family Bible, wherein were inscribed the births and deaths of the family and prim and stiff the chairs were ranged about the wall. It was an awesome and chilling place. Some of that same old feeling persists in the average home. The front room is the domestic Holy of Holies, not to be profaned by too indiscriminate use, but set apart from ordinary routine of life. This is the sentiment upon which war has been declared. Let the useless room go, have living rooms and live in them, is the stand taken by the Capital's reformers.—*London Free Press.*

### The Bath Spray

A STRONG spray that can be attached to the faucet of the bathtub is indispensable. It is essential in shampooing, as it gets out the soap quickly and with little effort. The force of a spray is a splendid tonic after a shampoo, and gets the scalp in a glow that prevents cold.

When one comes in tired, the haggard lines can be speedily rested and the tensions loosened by spraying the face and throat vigorously for five minutes. This can be done without disrobing, if a rubber sheet is slipped over the head. Use first warm water, then cold, alternately, until the skin is in a glow.

The benefit of this treatment is increased if a cleansing cream or skin food is first rubbed in five minutes before the hot spray is applied.

A nerve specialist advises the use of a bath spray daily to play upon the length of the spine. The force is directed up and down the spine rather briskly for about five minutes, and is made especially strong at the waist line, to relieve the pressure of corsets and start the blood circulating.

Use warm water first, gradually making it colder. This prevents shock and soothes the nervous system.

### Simplicity in Decoration

THE wise decorator will object to the plan of furnishing homes with a collection of antiques, as though it were a part of the owner's business to create a home with something of the air of a museum. This chase after a spurious result is in many cases very closely allied to the desire for sham effects. It is only a slightly more cultivated and chastened evil. Old furniture there will always be which belongs legitimately to some families, but to complete the new home and furnish it by ransacking second-hand furniture shops in the country or in Europe is not to be commended. No doubt, much of this old furniture is of very excellent design, very well worth having in itself, but the people who made this old furniture made it as new furniture. There are manufacturers reproducing at a nominal price the old furniture in cheap imitation materials and making it resemble as far as possible the genuine article in its time-honored condition. The new old Colonial is a good instance of this practice, the propriety of which, for any purpose other than the stage, is unworthy of serious consideration. If ever we are to have good new furniture we must adopt the old methods—abolish all fictitious shams and cheapness. "Do not imitate anything."