

PAGE OF INTEREST TO WOMEN

HOME ECONOMICS

MRS. ELIZABETH KENT, MACDONALD COLLEGE.



SUMMER SANDWICHES.

Some of us can remember how our mother looked up on hearing the click of the garden gate, and before opening the door to the afternoon caller, went into the kitchen, to make the modern form of this most kindly hospitality of older days.

The hour for it is just when the day begins to drag, and the tea, to be quite perfect, must not be so substantial that it will spoil the appetite for dinner. It should not be more than a cup

of tea and light cake or thin sandwiches. This tea may be served hot, with cream and sugar or lemon and sugar, or it may be served cold with lemon and sugar, on a very hot day. Some people prefer it hot in any case. The accompanying food should be dainty sandwiches or little cakes.

Water Sandwiches—Mix equal parts of chopped pimento and butter, and spread upon thin round unweetened wafers.

Toasted Cheese Sandwiches—Mash well some cream cheese, with a little butter and a few drops of lemon juice. Spread this upon thin slices of whole wheat bread, put together as sandwiches, and toast in a quick oven.

Nut Bread—Take two cups of white flour, two of whole wheat flour, four teaspoons of baking powder, one egg, one-half cup of sugar, one cup of chopped nuts, two cups of milk, and a half teaspoon of salt. Mix the dry ingredients, add milk and eggs; let rise in a warm place for 20 minutes, and bake in a moderate oven for 45 to 50 minutes. Slice very thin, butter, and serve with afternoon tea.

Tomato Sandwiches—Cream butter, and add salt and pepper to make a well-seasoned paste with a little onion juice. Slice pared tomatoes very thin with a sharp knife, and use only firm portions between the slices. Tomato and wet parts. Spread thin slices of bread with the paste, and lay the thin tomato slices between. Sandwiches must be served soon after they are made, and all crusts must be removed.

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SOCIAL AND PERSONAL

Miss Stella Dean is visiting friends and relatives in Detroit.

Mrs. J. N. Hennessy of Galt is visiting friends in this city.

Miss Irene Rouse of Galt, is the guest of Miss Theima Waugh, King street.

Mrs. Charles Barnard, 412 Princess avenue, is visiting friends and relatives in Detroit.

Mr. Chancey Smith has returned to the city after holidaying in the Niagara district.

Mrs. C. Hall and her daughter, Mrs. Ward, of Sarnia, are visiting Miss F. Tuck at Theford.

Messrs. Jack and Warren Wylie, sons of Mr. and Mrs. Jack Wylie, have left for High River, Alta.

Mr. Frank Bugha and Mr. Fred Parker left Friday to spend a few days in Detroit and Toledo.

Miss Rosella Campbell of Ilderton, formerly with J. A. Neilsen & Son, will shortly leave for New York, where she will train for a nurse.

Mr. and Mrs. J. Owens, Ridout street south, left Saturday for a motor trip to Cairo, Mich., where they will spend two weeks visiting relatives.

Mr. and Mrs. Harold S. McPherson and little daughter of Toronto are visiting the latter's parents, Mr. and Mrs. H. McPherson, 165 Wharncliffe north.

Mr. and Mrs. J. C. Dignan have returned home after a visit to friends in Galt, Hamilton and Parkhill, bringing with them Master Gerald Dignan, who has been spending the past month with relatives in Parkhill.

Dr. and Mrs. H. S. Clarke of Theford announce the engagement of their youngest daughter, Mary Elizabeth, to Mr. James Stewart Laird, son of Mr. and Mrs. James Laird of Essex, Ont., the marriage to take place the latter part of August.

FISHBACH-JACKSON.

A quiet but pretty wedding was solemnized in the First Presbyterian Church of Westminster on Wednesday morning, when Ethel E. Jackson, daughter of Mr. and Mrs. H. E. Fishbach, was united in marriage to John H. Fishbach, both of Wilton Grove, Rev. J. W. Crawford officiated. The young couple were unattended.

McGUIGAN-CLAUS.

A very quiet wedding took place on Saturday, July 31, when Miss Fernie Claus, eldest daughter of Mr. and Mrs. Alfred Claus of Cedar Springs, was married to Mr. Findlay McGuigan, only son of Mr. and Mrs. Peter McGuigan of Hlenheim, Rev. A. E. Moorhouse of Windsor officiated. Mr. and Mrs. McGuigan are spending their honeymoon in Buffalo and Niagara Falls.

Cynthia Grey's Mail-Box

The years that bring us so many ills, and that pass over us so stormfully, bear away from us the ugliness, the weariness, the pain that is theirs, but the beauty, the sweetness, the rest they leave untouched for these are eternal.—Ralph Connor.

A Visit From Mrs. Homelord.

Dear Friends—Long neglected, but not forgotten. This is a beautiful sunny morning, and I ought to be able to write in cheerful strain. But, alas, it is pressing winter that is coming in the influence of a summer day. For that reason, I can remember past years when winter did not seem dark or dismal, but we have had little chance to

Advertiser Patterns

Owing to the pattern manufacturers increasing the price of patterns to us, all patterns advertised from this date will be 15 CENTS EACH.

A Dainty Linen Garment.

Pattern 3183 is here illustrated. It is cut in four sizes: Small, 32-34; medium, 36-38; large, 40-42; and extra large, 44-46 inches bust measure.

Batiste or crepe, with feather-attaching or embroidery, wash silk or crepe de chine, with edging or lace insertion, or netting, cambric, muslin and lawn are nice for this style. A medium size will require 5 1/2 yards of 36-inch material.

A pattern of this illustration mailed to any address on receipt of 15 cents in silver or stamps.

Name

Town

Province

Age (if child's or misses' pattern).....

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

CAUTION: Be careful to inclose the above illustration, and send size of pattern wanted. When the pattern is sent measure, you need only mark 32, 36, 40, or whatever it may be. When in waist measure, 22, 24, 26, or whatever it may be. If a skirt, give waist and length measure. When misses' or child's pattern, write only the figure representing the age. It is not necessary to write "inches" or "years." Patterns cannot be returned for less than one week from the date of application.

forget it this summer. I think the climate of "sunny Kent" is becoming much like Bill Nye's description of Larrim County, which he says to be "ten months winter and two months late in the fall." A fire in the house has been the rule rather than the exception all summer. Now, a friend who is an interested reader of our page, but who finds writing to her personal friends all she can do, wishes me to ask for the following favors, and confident that some of our many capable housewives can oblige her.

First, a recipe for putting up green sweet peppers for use in winter. Second, a recipe for pickling sweet peppers, used for stuffed ones. In fact, any method of using them will be appreciated by both of us. I will add my favorite salad containing them. I have seen several requests for hooked rug patterns. I have several of my own making that have been very much admired. I should say, the rugs were of my own making, but the patterns were stamped on the burlap. Now, I would be very glad to pass them on if I could find some way of getting the pattern off of burlap.

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Attention, Alvinestonite! Dear Miss Grey—Will you please forward the enclosed letter to "An Alvinestonite," who is going to attend Normal this fall. She and I may turn out to be real good pals if we get together at Normal. Hoping this little favor for you will not be too much trouble for you.

I am, Will An Alvinestonite please send her name and address for the letter mentioned above?

For a Shower. Dear Miss Grey—You kindly answer a few queries for me? How will I entertain a bunch of forty young women at a shower in honor of bride-to-be?

Please offer suggestions as to how to present the shower, it being miscellaneous.

How to keep my kitchen sink sweet as I have trouble with it. I have a foul odor from the sink if the room is closed any length of time.

How to get rid of the small yellow and black striped beetles, which infest the early cucumbers. Have used paraffin, oil of cedar, and road dust, each of which helped, but did not rid entirely.

Thanking you, and the readers for much benefit derived from the page.

Western Ontario Women's Activities

Address News For This Column to the Editor of Woman's Page.

PAISLEY W. I.

The August meeting of the Paisley Women's Institute was held at the home of the recently elected president, Mrs. John Cruickshanks, and was of an unusually interesting nature.

The members of the W. I. of Narva, the present with their husbands, were present on her invitation, and in all there was an attendance of over 60. Mrs. M. J. Smith, president, was chairman, the program including a short address on women's institutes from an educational standpoint by Rev.

THE CAT'S PUP.

Part Four. Tabby's four little kittens were so much alike Chu could not tell them apart for days and days. While old Tabby was away hunting mice and other good things, the little pup stood guard over the small family. Luckily for Tabby, Chu's master thought a great deal of the old cat for keeping little San's puppy alive.

Chu had made her home with him instead of with the next door neighbor, her kittens were safe—that is, safe as far as men were concerned, but there was a graver danger overshadowing them.

The old little dogs of the neighborhood were still jealous and resentful of Chu. They tried to make out it was because he had been brought up by a cat, but it must be confessed right here that it was because he was a reiner dog that they were so jealous.

Chu's master said the little fellow was worth a great deal of money—many hundreds of dollars.

Skinny, the whippet; Biff, the poodle and Imp, the fox terrier, were the three who got the most of the fun. They would carry Tabby's kittens away to die, they decided. They waited until Chu was away on a mouse hunt, and then crept around to the back fence.

Little Chu, when he came, he ran off to stand guard over the puppies, and barked his loudest to scare the bad dogs away. But he was laughed at him and started to dig a hole under the fence. What would Chu do? He had not decided when the first paw came under the fence, then he took a jump forward and bit at it. How like needles his teeth were, and how Imp

cut in strips, 1 1/2 lbs. granulated sugar. Put peppers in cold water (after being cut in small pieces). Let them come to scald; drain off water and add lemon and sufficient vinegar to cover. Boil half-hour, add sugar, then boil until thick. Remove pieces of lemon, and put in small glasses. Seal.

Pickled Peppers (Red or Green)—Cut open and remove the seeds and cut in strips; put in quart jars; add 1/2 cup of sugar, 1 dessert spoonful salt. Fill the jars with cold vinegar and seal. These are good to use with winter salads.

Canned Sweet Peppers—Do not blanch. Pack in jars. Fill up with water to which a little vinegar has been added. Sterilize one and a half hours.

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J. Stewart of Delhi; a paper on the duties of a hostess by Miss Mabel Stewart of Narva; a paper on Cheerfulness, by Mrs. Charles Briggs, and a diat by the Misses Hazel Cruickshanks and Jean Fullerton. Dainty refreshments were served by the hostess.

WARDSVILLE PICNIC

DRAWB BOW CROWD

WARDSVILLE, Aug. 7.—The Methodist Sunday School held its annual picnic to New Glasgow yesterday. The day was delightful and the lake calm, which made it suitable for bathing, baseball and other sports. The baseball game between the married and single men resulted in fourteen runs for the latter to thirteen for the former. In the game between the married men and the juniors, the latter won. Both dinner and tea were served by the ladies.

The monthly meeting of the Ladies' Aid Society of the Methodist Church was held Thursday afternoon at the home of Mrs. G. E. Cornell, with a good attendance. Plans were arranged to do some refurnishing in the church, and also for the fall work of the society.

Mr. and Mrs. E. G. Coghlin and family of Atwood, who have been visiting at the Methodist parsonage for the past twelve days, returned to London today, where they will spend Sunday with Mr. and Mrs. J. N. Barker, 122 Dundas street, prior to their return home Monday.

The threshing machine's hum is already heard in these parts, but the

Children Cry FOR FLETCHER'S CASTORIA

Doctors Recommend Bon-Opto for the Eyes

Physicians and eye specialists prescribe Bon-Opto as a safe home remedy in the treatment of eye troubles and to strengthen eyesight. Sold under money refund guarantee by all druggists.

A Cooling Drink—Always Ready

FAM-LY-ADE is always ready—when unexpected guests drop in—when the children are thirsty—or as a cooling drink for all the family. Follow the simple directions on each package. FAM-LY-ADE comes in a tube of concentrated fruit flavor—enough for 25 glasses. 35c. a tube at grocery and drug stores. Write for Free Sample. Power-Keechle, Limited, Toronto.

FAM-LY-ADE

WHEN USING WILSON'S FLY PADS

READ DIRECTIONS CAREFULLY AND FOLLOW THEM EXACTLY

Best of all Fly Killers 10c per Packet at all Druggists, Grocers and General Stores

Newest Arrivals

OF SUITS, COATS AND DRESSES, in the season's latest styles and shades, at reasonable prices. Your inspection is invited.

Justrite Ladies' Wear

254 Dundas Street, zcv Phone 2614.

MRS. NORMAN KELLER BURIED AT CHATHAM

CHATHAM, Aug. 8.—The funeral of

Mrs. Norman D. Keller (nee Evelyn G. Park) was held from the home of her parents, Mr. and Mrs. Archibald Park, Dufferin avenue, this afternoon at 3 o'clock to Maple Leaf Cemetery. The funeral was one of the largest held in this city for some time. The floral tributes were many and beautiful.

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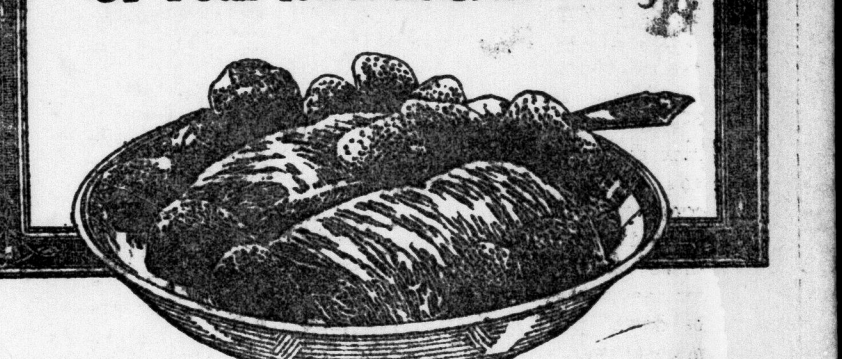
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TIME FOR BISCUIT AND BERRIES

but be sure it is **Shredded Wheat Biscuit**, the thoroughly cooked whole wheat food that blends so deliciously with fruits in their natural juices. Crush in the tops of two Shredded Wheat Biscuits and cover with strawberries and cream—all the goodness of the whole wheat grain combined with the choicest product of the Canadian garden—a dish for the Summer days, full of real nutriment.



The Stomach Begins

digestion, but the most important work is done by the bowels, liver and kidneys. Failure of these to act efficiently allows the whole body to be poisoned.

BEECHAM'S PILLS do more than produce bowel movement. Liver, skin and kidneys are influenced to more active effort with resulting increased effect. It is always safe to take

Beecham's Pills

in boxes, 25c., 50c.

TALKS ON HEALTH

Dancing and Demoralization.

The very music of the modern dance is indecent. It has come by degrees, this jazz music and the rotten style of dancing which goes with it. Of course, they couldn't drag such a thing directly from the brothel to the near-respectable dancing academy; they sneaked it in through the back door, by way of the cabaret. Now it is accepted, by people who are not very squeamish on moral atmosphere, as harmless enough.

Owing to the restrictions of conventionality, it is impossible to publish here precisely what frank young men say about the modern dance, with its intimate embrace and the peculiar appeal of the jazz music and the shameless "daring" in dress which the shameless young women exhibit. But I will say that the impression these average young men give would make any father or mother of a growing girl just a wee bit anxious.

Dancing is a wholesome and a pretty thing to look at. There is nothing objectionable in polite forms of dancing, at least from the viewpoint of hygiene. But these impolite, questionable, licentious dances accompanied with jazz music are ruinous to health in a great many instances, because they break down the moral restraints and lead to deplorable disasters.

Even if the young man indulging in jazz dancing is morally impeccable, he suffers, nevertheless, a physical injury which becomes apparent enough and often brings him to the physician for treatment. No doubt the upright young

Better than sunburn or freckles

Take some Campana's Italian Balm with you on your vacation. Rub it on your arms and neck and face once or twice a day. It will relieve the pain of extreme sunburn, and prevent freckles. 35c at all druggists.

Pimples and Blackheads.

Could you prescribe a good lotion for pimples and blackheads? (Miss E. E.) ANSWER—Precipitated sulphur, 2 drams; glycerine, 2 drams; alcohol, 1 ounce; rose water, 2 ounces. To be applied enough to make, 4 ounces. To be applied scrubbing.

Difference in Parents' Ages.

Kindly inform me whether children of a middle-aged father and young mother would be likely to be stunted or have any other defects. (M. M.)

ANSWER—No. They would perhaps be not so vigorous as children of parents who are both young, but would not be stunted or deformed.

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All the world over