

## SUNDAY IN THE LOCAL CHURCHES

Guide to Places of Public Worship—Bright  
Helpful Services—Special Musical Numbers

**BAPTIST**  
**CALVARY BAPTIST CHURCH.**  
Opp. Alexandra Park.  
Rev. W. E. Bowyer Pastor.  
11 a.m., "Faithful to the End."  
7 p.m., "Ugly Faces Made Beautiful."  
Good music. Free seats. Welcome to the "Home-like Church."  
Note that Sunday school during July and August will be held in the morning at 9.45.  
Communion and reception of new members in the evening.  
The pastor will preach.

**FIRST BAPTIST CHURCH.**  
The pastor, Rev. Llewellyn Brown, will conduct all the services of the day. The Bible school will meet at 9.45. Parents will please note the changes, as we will have a morning school during July and August. 11 a.m., monthly communion service—the pastor will preach. 7 p.m., Patriotic service. The Rev. Dr. J. M. Gilmore, chaplain of the 35th Battalion, Niagara on the Lake, will speak on "Some lessons from the War." This will be a service of special interest, and you are cordially invited. The music of the day will be extra good, and will be as follows:  
Organ (a) "Communion" (Calvin); (b) "Processional to Calvary" (Stainer); (c) "Come ye Disconsolate" (Buck) solo, Mrs. Arthur Secord; offertory, "He was Despised" (Handel) solo, "Open the gates of the Temple" Mr. Harold. Evening, organ (a) "Tannhauser" (Transcription) (Wagner); (b) "Intermezzo" (Machbeth); (c) "Serenata" (Braga); offertory anthem "Gently Lead, O Gently Lead Us" (Hawley); solo, selected, Mrs. Arthur Secord; concluding voluntary, "O Canada" (Levallee).

**PARK BAPTIST.**  
George St., corner Darling, opp. Victoria Park.  
Services at 11 a.m. and 7 p.m. will be conducted by Dr. Ralph Hooper of Toronto, son of the pastor, Mr. J. R. Cornelius, organist. Bible school and Bible classes at 3 p.m. Visitors and strangers in the city cordially welcomed at all services.

**CONGREGATIONAL**  
**CONGREGATIONAL CHURCH.**  
Corner George and Wellington Sts.  
Pastor, Rev. M. Kelly.  
The pastor will take charge of both services.  
Services: 11 a.m. and 7 p.m.  
Sunday school and bible classes at 10 a.m.  
The sacrament will follow the morning service.  
The public invited.

**METHODIST**  
**BRANT AVENUE CHURCH.**  
Alfred E. Lavelle, Pastor.  
Clifford Higgin, Organist.  
Sunday, July 4, 11 a.m., "Whither are we going?" 7 p.m., "The Declaration of Independence." Helpful attractive services. A cordial invitation to all.  
**OXFORD STREET, METHODIST.**  
Rev. A. E. Marshall, Pastor.  
10.15 a.m., class meeting for old and young. 11 a.m., subject, "Divine Companionship." 7 p.m., subject "Prayer." 2.45 p.m., Sunday school and Bible Classes.  
A cordial welcome to all.

**WESLEY METHODIST.**  
Rev. D. E. Martin, B.A., Pastor.  
11 a.m., Rev. D. T. McClintock, B.A., of Alexandra Church. Sunday school, 2.45 p.m. 7 p.m., the pastor's subject, "The Tragedy of a Lost Christ." Good music and a cordial welcome.

**WELLINGTON ST. METHODIST.**  
Our new pastor, Rev. Dr. G. W.

Henderson commences his work on Sunday and will preach at the 11 a.m. and 7 p.m. services. Let all the members and adherents rally to greet Dr. Henderson. Strangers and visitors always welcome. Class meeting at 10 a.m., Sunday school and Adult Bible classes at 2.45 p.m. Choir music: Morning, Anthem, "The Desert Shall Rejoice" (Nichol). Solo, "My Task" (Ashford). Miss A. Bloxham. Evening: Festival Anthem, "The Lord Is My Light" (Parker); duet by Miss Mabel Limburg (Bul-falo) and Mr. C. Darwen (Toronto). Thomas Darwen, T. C. M., organist and choirmaster.

**PRESBYTERIAN**  
**ST. ANDREW'S PRESBYTERIAN**  
Brant Avenue.  
Rev. Jas. W. Gordon, B.D., Pastor.  
11 a.m., Rev. F. H. Overend, 7 p.m., Rev. Mr. McClintock Music: A.M. Anthem, "The Lord Is My Shepherd" (MacFarren). Evening: Anthem, "Lead Kindly Light" (Schnecker), soloist, Miss Annie Howarth; duet, ZION PRESBYTERIAN CHURCH, (Darling St., Opposite Victoria Park) Rev. G. A. Woodside, minister. Sunday school continues in the afternoon.  
In the evening Mr. Woodside will speak on "Does Christianity Foster Patriotism." Report on conditions of war.

**NONDENOMINATIONAL**  
**CHRISTADELPHIAN**  
C. O. F. Hall.  
Subject for Sunday, 7 p.m., "The Prophet's Call to the Gentiles to 'wake up'—prepare, war, etc." Speaker, H. W. Styles, in C. O. F. Hall, opposite old post office, entrance, 136 Balhousie street. All welcome; seats free; no collection.

**"Attacked as Though at Drill"**  
The cool valor of the Canadians is described by Corporal O'Brien, 3rd Battalion, Coldstream Guards, in a letter to a friend at Battersea: "The Canadians went into the attack the other day just as if they were drilling in Hyde Park. Well, I never saw anything like it. Each man kept about two paces interval, going at a walking pace with dozens of Maxims turned on them, besides field artillery guns and the whole of the German rifle fire for about a mile in front of them.  
"In fact, no better example could be shown by any regiment under the British flag, and it gives us better courage to know that we have such men to rely on."

**A SOFT JOB.**  
(Dartmouth Jack O'Lantern)  
He—Say, I'm going to have the softest job this summer of any man in college.  
Him—What're you going to do? Go to summer school?  
He—Nothing doing there. I'm going to work in a bread bakeshop.  
Him—What doing.  
He—Loafing.

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## Cookery Points

**Eat Seasonable Foods.**  
No matter how carefully we may have lived throughout the winter, every one feels more or less the lassitude of the early spring days, and, although the inclination may be toward sulphur and molasses or some patent medicine, there is no doubt that the common sense thing to do is to change our customary food habits and introduce more seasonable foods.  
Unfortunately in many sections there is a between times month, when the winter vegetables and fruits are faded and the spring products are forced and consequently prohibitive in price. But grapefruit can be obtained almost anywhere at small cost, oranges are always inexpensive at this time, cranberries, with their wonderful acid, are still in season, and lemons, which are invaluable, can be used ad libitum. Apples, too, can be obtained, and fortunate the housewife who has been so provident as to buy her spring apples in the midwinter.  
There is an old proverb which runs like this, "Eat onions in May, no doctor to pay." This applies not only to onions, but to lettuce, spinach and, in fact, all the green foods that begin to appear about March 1. If choice is to be made between a porterhouse steak for dinner and no green salad and beef stew with salad choose the latter every time. It will be argued that the nutrition is the same, and as far as the meat is concerned it is. But the porterhouse steak does not have the minerals that the salad contains, and after it is eaten the whole body will not feel as light, buoyant and as generally satisfied as when the salad accompanies the meat.  
As to the salad dressing, let it be very simple, preferably of olive oil cut by lemon juice, or if olive oil is too expensive, with corn or peanut oil, which can be obtained at one-third the price. As to the dressings, it is very easy to use fruit foundation and so work in the necessary acids in a disguised manner, for the family will balk at medicinal foods if forced to eat them.

**Some Odor Culprits.**  
Some kitchen odors are savory and appetizing. Others are not. The chief culprits are cabbage, onions, fish and "boiling over."  
Cabbages will not smell if a crust of bread is laid on the top when they are boiling. Better still, for this improves the cabbages, is a piece of charcoal.  
Onions, barred in so many homes on account of the odor—a great pity, for onions are blood purifiers, complexion beautifiers and disease preventers—must be met with a counter odor. Buy some powdered cedar wood and sprinkle a pinch on the range. That's all. And, by the way, if onions are peeled under water or held under a running tap they will not smell, nor will your eyes smart.  
Fish are often blamed for the odor which really arises from the stale butter or bad butter. If those causes are absent, then sprinkle the top of the range within "spluttering" distance with a layer of salt. When frying is done, sweep the salt into the fire. The salt absorbs all "splutterings" of grease and there is no smell.  
If you have had to clean fish, your hands naturally smell unpleasant. Rub them with a little dry mustard.  
"Boiling over" might be stopped by not filling saucepans and dishes quite so full.

**Dandelion Salad.**  
Fresh dandelion leaves make a delicious salad. Place the greens in a large pan of cold water as soon as they come from the market and wash them thoroughly. Then shake off all the moisture and set in a very cold place until ready to serve. To make the salad, place the leaves in a chilled salad bowl, cover with chopped hard boiled egg, a few shavings of young white onion, and moisten with a good French dressing.  
Watercress may be used as a salad and, unlike many other greens, it will serve as an attractive garnish for many dishes. It is delicious and appetizing for a sandwich filling in place of the usual lettuce leaves. To dress a watercress salad, mix together a teaspoonful of celery salt, a saltspoonful of white pepper, a pinch of cayenne, half a teaspoonful of salt and one tablespoonful of lime juice. Then stir in gradually two tablespoonfuls of olive oil and three tablespoonfuls of lime juice. Blend thoroughly and season with a teaspoonful of chopped chives and an equal amount of fresh tarragon leaves.

**Lettuce, Endive and Romaine.**  
Lettuce, endive and romaine are all good salad greens. The two latter may also be cooked in several attractive forms, and the lettuce may form the basis of a cream of lettuce soup or may be boiled and chopped like spinach and enriched with a highly seasoned sauce.  
Every housekeeper should realize the tonic properties of these spring salads, and some variety of salad should appear at least once daily in every well planned menu in spring. This salad should be simple and composed mainly of the greens themselves, although a combination of two or three vegetables is permissible. Avoid all rich mayonaisse or boiled dressings and substitute a well made French dressing that is both refreshing and beautiful.

The record of attendance in Toronto schools published in the Municipal Hand-book, is incorrect.

## GLORIFIED GARDEN BASKET.

The woman who loves to potter about her garden will be overjoyed to receive as a gift one of the really luxurious food baskets of wicker and leather, which are exceedingly practical affairs, though they would probably arouse some scorn in a professional gardener of the sterner sex. The basket is of natural wicker, lined with colored leather, and is a roomy affair twelve inches in diameter and twelve inches deep, about the size of an ordinary bucket. Over the top curves a stout wicker handle, by which the basket may be carried on the arm. In leather pockets around the inner side of the basket are various necessities of the gardener's avocation—pockets of twine, rolls of fine wire, snipping scissors, cutting shears, and so on, and in the center of the basket are the requisite tools, spade, trowel, gardening fork, small rake and the like. If the gift has too practical a look in spite of its very substantial cost, roses, tulips, orchids or any other flowers may be put in the basket, their stems hiding the tools and the intention of the basket from the recipient at first glance.

## BEDROOM LINGERIE.

**Even the Pillow Covers Are Made of Black and White.**  
Black and white have taken the world of interior decoration by storm. And the combination isn't only a fad. It promises to last, now that we have discovered how much character to articles and rooms can be given by this color effect. Even the bedroom has not been spared—or it has been honored, whichever way you look at it—with the attention of black and white, and we find black rugs on white floors and white beds and furniture and woodwork and sometimes black curtains, and now there have been introduced the most charming lingerie sets for the bed, dressing table, dresser and chiffonier, the set sometimes including from one to half a dozen boudoir pillows. That part of the lingerie used for the bed includes a spread, bolster slip and pillows or shams. If a bolster roll is used then only the bolster throw is needed, doing away with the necessity for the bolster slip and shams.  
The black and white lingerie bedroom set may be embroidered in any design that you would use for the all white embroidery set. The material used is rather heavy white linen. The design is worked in black mercerized



PILLOW COVERS.

cotton. It must be very carefully worked on the wrong side, few, if any, connecting threads being used when passing from one design to another. When laundered such black threads are likely to show through the white linen and spoil entirely the clear cut effect that is necessary in this fashionable decoration of black and white now so popular.  
If you do not wish to use black curtains at the window lawn curtains with black figures are good substitutes. If shades are used with the curtains they should be either all black or white. A black and white carpet may be used instead of all white or all black. Black carpet with white rugs or vice versa is also effective. The boudoir pillows should be of white embroidered in black. They should not, however, be placed over black pillows, as in the case of pink or blue pillows. White pillows must be used for the purpose or the pillows will look soiled.  
The pillow tops shown in the illustration look very juvenile, but are in the popular black and white effect. These could be used in a nursery if a mother wished to uniquely furnish her little boy's room.

**To Clean Steel Knives.**  
Take the cork from a big bottle of some sort and dip it into knife powder that has been moistened a little with water. Place the knife flat on the kitchen table and rub it with the cork. In an incredibly short time the knife will be clean and beautifully polished and will require only to be rubbed off on a cloth.

**Decorated Basket Ware.**  
There have been many pretty novelties introduced this year in the way of fancy baskets both for sewing, scraps and ornamental hanging affairs.

Results of the final examinations of Ontario Normal schools are announced.

## ECONOMY HINTS.

Save Yourself and Incidentally Your Household Goods.

There are 80 many little ways to make your kitchen work easier; there are many simple ways to do the very same tasks you do in such a complicated way. For instance, you probably waste hundreds of steps getting your utensils for the preparation of dinner from the drawer, carrying them to the table and then, after washing, taking them way back to the drawer again. Learn to save steps by having your utensils where you will need them.  
A handy ice pick holder and one which will keep the ice pick in the place where it is needed can be made by driving an iron staple into the woodwork above the refrigerator. The ice pick can be thrust through this and held up by its handle. This will save many steps between the refrigerator and the kitchen drawer.  
When the white enameled kitchen sink becomes badly stained and marred by pots and grease you will find that a rag wet in kerosene will remove the stain quicker than anything else. It will save any amount of scrubbing with soap and water. Kerosene is one of the greatest conveniences in the kitchen. It will clean off the woodwork and the painted walls very quickly and easily.  
Then, if you are at all bothered by ants, cloths wet with kerosene and hung about the runs will completely drive them away.  
Lineoleum is the best covering for the kitchen floor, both because it wears the best and because it cleans the easiest. The colors are apt to fade, however, unless you clean the lineoleum in the right way. Wipe off first with a cloth wrung out in warm water, then go over it once a week with kerosene. This will keep the colors light and preserve the varnish. If there are any bad spots which will not come out they can be softened with a little linseed oil. About once a week go over the entire floor with a cloth wet in linseed oil, rubbing off all the extra oil with a dry cloth. This will help preserve the life of the lineoleum indefinitely.  
If you find that your garbage can, though perfectly clean, retains an unpleasant odor, put a piece of dried orange peel on a hot iron inside the pail and let it remain temporarily until the unpleasant odor is replaced by a fragrant one.  
When you invest in a new stock of dishpans or other new fixtures you can keep them from rusting by taking a very simple precaution. Before using the new piece at all rub plenty of fresh lard all over and into it and then heat it well. This causes the tin to absorb the grease. Then if it is allowed to grow cold before putting any water in it it will not rust for months afterwards.  
All the odd bits of soap for laundry day and from the bath should be thrown into an empty lard pail kept for that purpose. When you have quite a few pieces cover with about four times as much water and boil gently until the soap is entirely dissolved. This makes a soap which is fine for washing dishes or for anything where suds are required.

**Simplicity of Modern Home.**  
In place of the restless, overfurnished, overdecorated rooms that were in vogue a few decades ago, our homes are growing more gracious with the beauty of simplicity. Elimination, blowing like a refreshing breeze through open doors and windows, is sweeping away that which was needless or ugly, leaving the useful, the comfortable and the beautiful behind. That this is the general trend today and that permanence, simplicity and individuality are becoming more and more widely the American homemaker's idea we know not only from observation, but from practical experience. We have found that those who come to us for advice about their home problems are seeking not for the novel or the unusual or the fashionable, but for the thing that is appropriate for their special needs, that expresses their personal taste in design and color, that will bring comfort as well as beauty into the home and, above all, that will last. They have had enough of temporary furnishings, of objects that were made to endure only as long as the fad or fashion that devised them. And today they are seeking wall and floor coverings, finishes, furniture and fittings that, once installed, will become satisfying and permanent elements of the home—craftsmanship.

**HAVE EMERGENCY SHELF.**  
An emergency shelf is worth its weight in gold. How many times has it happened that you were out of just the thing that you wanted most and there was no one to send out for it? How many times has the laundress used the last of the soap, starch or bluing and has not told you until she is into the wash again?  
If you will set aside a shelf in your kitchen and have upon it a little bit of everything, such as a box of matches, a couple of bars of soap, a square of bluing, a box of starch, some canned goods, small bags of sugar and salt, some ketchup, a bottle of vinegar—in fact, a small amount of all necessities which are not perishable—it will relieve you of a great deal of worry.  
Do not use these things except in an emergency, and when you do use them see that they are replaced the next time you order groceries. The stock does not take a large outlay of money, and surely it pays in peace of mind.

H. Ward and D. D. Mosher were appointed public school inspectors for Toronto.

## Lodge Notes

THE MACCABEES.

Redemption Tent, No. 15 of the Maccabees held their regular weekly review on Wednesday evening, June 30th. A couple of matters of more than ordinary interest to the members came before the meeting, namely, the report of one of the Ontario representatives to the Quadrennial Review of the Supreme Tent of the order held in San Francisco, Cal., on May 18 to 23rd last, and the prize drawing.  
Sir Kt. Townsend of Dundas, was the representative and he gave a full and interesting report of all important matters that transpired and that were of vital interest to the membership, a few of which were authorizing the Supreme Executive to take steps to establish homes for aged and helpless members; to establish a juvenile branch of the order, involving some of the features of the Boy Scout ideas; to hold Sup. Tent Reviews Triennially hereafter, instead of Quadrennial. The financial and vital affairs of the order were shown to be in a flourishing condition.  
Some three months ago Sir Kt. C. B. Wright very generously presented to Redemption Tent, an outing tent, the same to be disposed of by a drawing contest and the proceeds to go to the general fund of the Tent. Tickets were printed and sold to the number of 106. Coupons bearing duplicate numbers of the tickets sold were deposited in a box. The box was placed in the hands of Past, Com. Miller as "Official shaker." Miss Eames performed the drawing in an impartial manner and to the satisfaction of all. Coupon No. 135 proved to be the winner, therefore the holder of No. 155 can claim the tent by applying to W. Lake, 27 Pearl St. and presenting the ticket No. 155.  
A hearty vote of thanks was passed to little Miss Eames for her services and also to Sir Kt. Townsend for his report. The prospects are bright for Redemption Tent.

**THE PESSIMIST**  
(Brooklyn Life)  
Payton—A bachelor is a man who has been crossed in love.  
Parker—Yes, and a married man has been double-crossed.

## SOME GOOD ADVICE

If you have dandruff, get rid of it by killing the germ.  
If your hair is falling out, stop it. There is one sure cure that will remedy these misfortunes and aid you to remain young.  
**PARISIAN SAGE**, the great hair restorer, is guaranteed to permanently remove dandruff in two weeks, or we will give you your money back.  
**PARISIAN SAGE** stops falling hair—it prevents the hair from fading. It is the best beautifier for ladies' hair, as it makes harsh, lifeless hair fluffy, soft and beautiful.  
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