



Page of Interesting News for Women

KITCHENETTES.

Mud stains can be removed from a black cloth by rubbing with a raw potato.

The juice of a raw onion applied to the sting of an insect will remove the poison.

Russet shoes may be kept clean and bright by rubbing them with a slice of banana and polishing with a cloth.

To make starch for black lawns boil two quarts of wheat bran in six quarts of water for half an hour. Let it get cold, then strain. You will need neither soap nor starch if this is used.

thick add cold water. This preparation will both cleanse and stiffen.

To clean a white straw hat go all over it with damp corn meal, work thoroughly into the straw and leave it on for some hours. Brush out the meal and wash freely with peroxide of hydrogen. Let it dry in the shade.

Nutmeg should be used sparingly to procure the best results in the way of a delicate and delightful flavor.

Perfumed olive oil sprinkled on library shelves will prevent mold on books.

SMART FALL HATS FOR FIRST FALL WEAR



Despite the sultry days the girl and woman who takes time by the felloe is thinking of autumn hats. Paris, the seat of millinery, tells us that smart close-fitting ones are correct. At least the first early hats shown are those that easily take a veil.

Broad, soft felt hats in pure white, pale blue and shell pink are worn by girls in their teens or by women whose faces are still youthful. These are worn far down on the forehead and are simply trimmed by a silken scarf of the same tone as the felt.

Every girl or woman who is the for-

tunate possessor of an ostrich plume will be able to make herself a feather toque similar to the one shown here. This one is of white, with green on dress occasions, and has an algerette party erect in the back. These turbans may be made from dark-colored ostrich plumes or of lighter hue.

High crowns are a smart feature of the early headgear. The black velvet hat is trimmed with a smashing bow of plum-colored ribbon, is worn well down on the head, and will become a fair face. The black felt hat trimmed with stiff wings of ostrich plume is set a new but refreshingly to the side of the head.

THE SEVENTH NOON

BY FREDERICK ORIN BARTLETT.
Author of "The Web of the Spider."

He went downstairs and ushered her in and led her to the kitchen.

"The place is yours," he said, waving his hands about the room, "and all you have got to do is to cook quickly and properly. Whatever order is sent down to you, get that?"

The woman nodded, but glanced suspiciously at the deserted quarters. The place looked as when first opened in the fall, after the return from the summer vacation.

The family, Donaldson went on to explain, "consists of three. If you succeed in satisfying this group I'll give you an extra ten at the end of the week."

"I'll do it, sir."

She looked as though she was able.

"Anything more you want to know?"

"The list of the help, sir?"

"You're all of it," he answered briefly. Before leaving the house he did one thing more to allay his fears. He called up a private detective bureau and ordered them to keep watch of the house night and day until further notice. They were to keep their eyes open for any slightly deranged person who might seek an entrance. In the event of capturing him they were to take him into the house and put him to bed, remaining at his side until he (Donaldson) arrived.

Then he ordered his cab to the res-

taurant of Wun Chung.

"Chung had news for him; he had not yet found Arsade, but his men reported that yesterday the boy had been concealed at Hop Tung's, where Saul had first suspected him to be. The ally-eyed proprietor had hidden him, half in terror of Arsade himself and half through love of his money. Finally, however, fearing for the young man's safety, he had thrown him out upon the street. It would go hard with the yellow rat, declared Chung, for such treachery as this to the lieutenant."

"It may go hard with all of you," replied Donaldson significantly. "But you have another chance. The boy is here somewhere. Find him within 24 hours and I'll have him."

"He came black," exclaimed Chung. "Some time early this morning."

If the boy was in the neighborhood, Chung asserted eagerly, he would find him within an hour or have the cursed traitor brought to him by his pistol, from his own window.

Chung was better than being locked up in jail. As you children, Donaldson expostulated, "that you can be duped by a scoundrel like this!"

Chung appeared worried. But his eyes contracted until scarcely more than the eyelashes were revealed. However

inactive he may have been up to now, Donaldson knew that end had come to his sluggishness. When Chung left the room there was determination in every wrinkle of his loose embroidered blouse. So there were some nooks in Chinatown, mused Donaldson, that even Saul did not know. The longer he sat there, the more indignant he became at the treachery of this man-faced traitor, who was indirectly responsible for the nightmare through which the girl had passed. Yet, as he realized, no more responsible than he himself. He had been a thousand times more unfaithful to the girl than Chung had been to Saul.

Chung returned with a brew of his best tea. He was loquacious. He tried to lead to another, interesting conversation about the friendship for Saul, and the abject daisies. He seemed chained to that one torturing picture, even the prospect of finding the boy and so ending the suspense which had battered Arsade's nerves for so long brought little relief. He could be needed again as he had been needed here. He might even have been able to detain Arsade and so have avoided this present crisis. He felt all at once a honest, sorry, who, asleep at his post, awake to the fact that the enemy has slipped by him in the night.

It was well within the hour when Chung's lieutenant glided in with a message that brought a suave smile to the face of his master.

Best tea, he announced, bearing upon Donaldson's "God-blessed" face a genial air of a cleric after completing a marriage ceremony.

Donaldson reached the carriage before

The Daily Menu

BREAKFAST.

Cereal. Cream.
Baked Omelette.
Toasts Marmalade.
Coffee.

LUNCHEON.

Cold Veal. Pot. Salad.
Blueberries. Cream.
Iced Tea.

DINNER.

Barley Broth.
Braised Beef.
Potatoes. Beans.
Chocolate Pudding.

Pea Salad.—Get large lemons and scoop out the inside, filling them with green peas, mixed with stiff mayonnaise dressing. Arrange the lemons in a sort of cup made by the curl of the lettuce; serve cream cheese and cold veal with this salad, or make cheese balls and put them on the platter, putting the lemons around the edge. This is an old and pretty salad, and easily made.

Braised Beef.—Get from your butcher five pounds of beef cut from the round, and in the bottom of your roasting pan place in a row five slices of fat pork. On this slice a medium sized onion and season with salt and pepper. Now put in the beef, place cover on roasting pan, and roast slowly in a moderate oven for four hours. On each plate remove cover from pan until the two hours are up. When ready to serve cut in slices and arrange on platter; then remove bits of pork from the liquor, and make a gravy using a tablespoonful of flour. On each plate of meat pour a spoonful of gravy, and serve immediately.

Correspondence

Edited by Cynthia Gray

Dear Miss Grey—I am on my feet all day, and they swell and pain at the end of the day. What will relieve them?

What is Love.
Dear Miss Grey—1. What is love? 2. When a man whom you do not care for, asks to take you out, how can you refuse without hurting his feelings?
READER.

A—1. "Unless you can muse in a crowd all day."
On the absent face that fixed you;
Unless you can love as the angels may,
With the breadth of heaven betwixt you.

Oh, never call it loving."
2. Simply tell him that it is impossible for you to accept.

Help For Housekeeper.
Dear Miss Grey—Please help a new housekeeper out of her difficulties. 1. What is the proper arrangement of dining chairs in the room when not in use? 2. I have a very nice dinner set. Would it be in good taste to arrange it in the dining cabinet? 3. Please suggest a cover for my buffet. It is mahogany and beautiful grain, and I do not want to cover it entirely. 4. Name a good book on home decoration. 5. My furniture is all mahogany, but my flat very ordinary. The woodwork and fireplace in the living room. Shall I drape it?

A—1. Place them about the room not too formally, but well back out of the way. One chair may be placed under each end of the table. 2. It is the rule to fill the cabinet with choice pieces of glass and china which are infrequently used. If your dinner set were kept there, the cabinet would look rather bare when the china is in use. 3. Crocheted mats of white, either oblong or round, are the prettiest in the world in mahogany—unless you leave it quite bare, which is best.

A dish of well-cooked prunes—never add sugar—cream and cream, whole wheat bread and butter and a glass of milk, sip slowly, will certainly give a child a sustaining power not equalled by meat. Ripe bananas are wholesome food for children.

If meals are used—and they are not necessary to build a body—a child should not have them more than three or four times a week. Never pork or rich foods, such as goose or duck. Substitutes for meat: Eggs, milk, nuts and beans. Most children like nuts. If they are mixed and ground fine, and in the quantity of rice, hominy-grits or mashed potatoes, they give a perfect meat value, far better for developing bodies.

Deserted? For, if they are simple and dainty. A cup custard or rice pudding with dates, figs or raisins after a most dinner. A baked apple, applesauce, pudding with fruits, apples, pineapples, etc., with a nut or bean dinner. Gelatin desserts with fruit are good.

ADVERTISER PATTERNS

BEAUTY PATTERN COMPANY.



9008—A Smart Effect in a Boy's Suit—Boy's Russian Suit With Knickerbockers.

White pique was used for this model, with hand-embroidered scallops on the collar. The pattern is equally effective for rep, gingham, galates, flannel or serge. The pattern is cut in three sizes: 2, 4 and 6 years. It requires 4 yards of 36-inch material for the 4-year size.

A pattern of this illustration mailed to any address on receipt of 10 cents in silver or stamps.

PATTERN DEPARTMENT OF THE ADVERTISER.

Please send above-mentioned pattern, as per directions given below, to:

Name

Street Address

Town

Province

Age (if child's or miss's pattern)

CAUTION.—Be careful to inclose above illustration and send size of pattern wanted. When the pattern is sent measure, you need only mark 2, 4, or whatever it may be. When in waist measure, 22, 24, or whatever it may be. When in bust measure, 32, 34, or whatever it may be. When in length measure, 22, 24, or whatever it may be. When in skirt measure, 22, 24, or whatever it may be. When in sleeve measure, 12, 14, or whatever it may be. When in cuff measure, 12, 14, or whatever it may be. When in collar measure, 12, 14, or whatever it may be. When in neck measure, 12, 14, or whatever it may be. When in waist measure, 22, 24, or whatever it may be. When in bust measure, 32, 34, or whatever it may be. When in length measure, 22, 24, or whatever it may be. When in skirt measure, 22, 24, or whatever it may be. When in sleeve measure, 12, 14, or whatever it may be. When in cuff measure, 12, 14, or whatever it may be. When in collar measure, 12, 14, or whatever it may be. When in neck measure, 12, 14, or whatever it may be.

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Royal Vinolia Tooth Paste

A more convenient, better form of a better, more scientific tooth paste.

Royal Vinolia Tooth Paste not only makes the teeth white and lustrous, but also preserves them from decay.

Royal Vinolia Tooth Paste and Dentifrices are the best that the very latest and most advanced scientific knowledge can produce.

Royal Vinolia Tooth Paste has a special ribbon shape which clings to the bristles of the tooth brush.

The special winding key always keeps the tube neat and presentable.

PRICE 25 CENTS

Sold by all good druggists

was sunk of Murray Bay. "The court, having carefully weighed the evidence adduced, finds that, while it commends the seamanship action of Capt. Hearn in directing the work of rescue following the collision, he should, upon perceiving the erratic course of the General Wolfe, have reduced the speed of his vessel, and gone full astern, and although he issued this order, it was too late to prove effective, for it was almost simultaneous with the impact," he says. "In his tardiness in this respect he was guilty of negligence, and the court therefore is incumbent upon it to reprimand the said Capt. Hearn, and to remind him that it is owing to his previous unblemished record and commendable action following the collision that he is not more severely dealt with."

Capt. Young and First Officer Odion Fortin, who threw to the winds what has been the proverbial duty of seafaring men from time immemorial, to stand by their ship, are guilty in the court's opinion of base cowardice, and their action in leaping to safety and leaving to perish, if needs be, those entrusted to their care, cannot be denounced too strongly. Capt. Young and Fortin are, in this court's opinion, unworthy to be numbered among mariners, whose bravery has ever been proverbial, and therefore they shall be struck from the list, the certificate of Capt. Young and the certificate of Odion Fortin being hereby cancelled forever."

Here is a sign posted in front of the office of a transfer company in one of the O. nges: "Baggage Called for and Delivered to All Parts of the Known World."—New York Press.

IF YOUR FEET PERSPIRE FOOT ELM

Will remove the objectionable odor, cure the sweating and make them cool and comfortable.

Eighteen powders for 25 cents. Foot Tablets free with every box. TAYLOR'S MARKET DRUG STORE, Talbot Street.

"THE SUGAR OF QUALITY"

IS ANOTHER NAME FOR

Redpath

EXTRA GRANULATED SUGAR

This explains why it is so generally used during the FRUIT SEASON.

See that you get it from your Grocer for it means "Preserving Satisfaction."

The Canada Sugar Refining Co., Limited, Montreal

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MAGIC BAKING POWDER

INSURES PERFECT BAKING RESULTS

CONTAINS NO ALUM

MADE IN CANADA

E.W. GILLET COMPANY LIMITED TORONTO, ONT.

POTS & PANS

KEPT FREE FROM DIRT

& MADE DAZZLING BRIGHT & CLEAN

WITH

Old Dutch Cleanser

NEVER BE WITHOUT IT IN THE KITCHEN

Its many uses and full directions on large Sifter-Can 10"

221 DUNDAS STREET.

East of Clarence.

Prof. MICHEEL

What is the chief beauty of a lady, the dress or the hair?

The Hair of Course!

No matter how much you spend on dress, it never can beautify you as much as hair can. No hat will fit without hair. If in doubt, just come to us, and we will give free demonstration.

We carry a large stock of Human Hair Goods.

Bring your combings and have them made up into Switches, etc., at very small cost.

MINARD'S LINIMENT CO., LTD.: Gentlemen—I have used MINARD'S LINIMENT on my vessel and in my family for years, and for the every-day use and accidents of life I consider it has no equal.

I would not start on a voyage without it, if it cost a dollar a bottle.

CAPT. P. R. DESJARDIN, Behr, Storke, St. Andre, Kamouraska.

Happy is the mother today if she knows how to keep a healthy child, well, and to correct any existing unhealthy conditions.

Children pass through certain stages and require certain foods for building purposes.

The easiest way, when a child asks for anything is to give it to him. It saves discussion, tears and time, and everyone is apparently happy. But there comes a day of reckoning. Overfed and underfed children are pitiable objects, nervous, irritable and restless.

It is impossible to plan the food for children unless the mother has correct standards of what constitutes perfect health. The mother says, "There are my children, all different natures and types, but all must build flesh, bone, blood, hair, nails, teeth and skin."

TWO SUGGESTIVE LUNCHEONS OR SUPPERS FOR MOTHERS AND CHILDREN.

Cream of Onions or Celery Soup.

Croquettes.

Shredded Lamb or Mutton with Boiled Rice.

French Dressing.

Wafers.

Cream of Brown Potato Soup.

Boiled Macaroni with Tomatoes.

Spinach.

Whole Wheat Bread and Butter.

Blueberries or Stewed Figs and Cream.

Each dish in the above menus, has a decided food value. Cream soups are most excellent for luncheon or supper, but should be eaten slowly.

The macaroni and milk take the place of meat. First stewed and served without sugar have a high food value. They could be used alone with the whole wheat bread and butter. Soaked, steamed and stuffed, with finely chopped nuts, they are a healthy sweet for school lunches or when children have a desire for sweets.

Cereals Have Bone.

Cereals contain the necessary elements for the bone.

Butter, cream and olive oil are good fats—heat and energy producers. Not in food, but butter on bread, cream on cereal—no sugar and oil on dainty green vegetables.

Potatoes, rice, hominy and white breads are common, starchy foods, and their great food value for the child depends upon the methods of cooking. For instance, a baked or carefully boiled potato has food value, but is worse than useless when fried. There is no starchy vegetable so clean in the system and so easily digested as rice, when cooked in plenty of rapidly-boiling water and simply served as a vegetable. The same is true of macaroni. Whole wheat bread contains more mineral matter than white bread, and is better for child building.

Avoid Sweets.

Avoid sweets and give the children fruits and salads.

Boys and girls are proud of fine, strong bodies. Teach them that it is through good foods, plenty of water, fresh air and exercise that they will develop their bodies and grow strong men and women. When they have once learned the pleasure of health and how uncomfortable it is to be sick, they will be ready to give up unhealthy foods.