

one minute. Toronto worked a rontos 4. fine piece of combination, in which Spring and Warwick figured, and Bouilliane was ruled off and Pitre

Bouilliane was ruled off and Pitre Bouilliane was ruled off and Pitre replaced him. In a scrimmage De-gray put the Frenchmen in the lead, and Pitre added another tall. To-rontos had their turn and "Happy" turned two swift ones aside. Gibbons stopped some hot ones, and Dandeno

hol ones. Lamoreux on a swift side shot put the Nationals in the lead. The shot ing of the Torontos is very erratic. Gauthier had to retire for a rest as he showed signs of fatigue. He was replaced by Dulude. Pitre on a swift shot added another for the Nationals. Nationals 3, Toronto 1. the show of the toronto signal definition of the torotto signal definition

Nationals 3, Toronto 1. The Nationals pressed hard to in-crease the score, but the Toronto de-fence seem to play a steady game. Toronto hed away and Turnbull Toronto had several chances to score, but shot wide. In a scrimmage in front of the Nationals' home, War-wick found the net for No. 2 for To-Nationals 10, Torontos 7. Pitrie made

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dale 8, Cornwall 3. Cornwall kept pos-session for three minutes at the Rosedaly goal, but nobody tried.

goal, but nobody tried. Every man on the attack for Cornwall had handled the rubber they lost posses-sion on a bad pass. Phelan secured at the other end and came right thru alone, but Holmes saved. The ball went back to Cornwall goal, but Rosedale failed to get thru. Degan carried the rubber back. Denney shot and Phelan batted in the rebound. Rosedale 8, Cornwall 4. The game ended with Rosedale still un-beaten. Cornwall had possession when the gong rang. Rosedale 8. Cornwall 4. Summary.

Summary. -First Quarter-Rosedale. Rosedale. ...Green ...Gordon

nd Quarter 4. Cornwall.

ION. Break the ends of two quarts of string beans, drawing all the strings that will come away with them. Pare the edges carefully and cut the beans into quarter-linch lengths. Have on the stove a saucepon containing three quarts of water. When it bolls rapid-ly add a teaspoonful of saleratus. Having washed and then drained all the water from the beans, put them in the boil-ing water and boil them without cov-ering the saucepan for 30 minutes. Then, if sufficiently tender, drain off all the water and return the beans to the stove in the saucepan. Add to the beans a cupful of cream, a teaspoonful of butter, a few grains of pepper and salt, if necessary. Make the beans very hot, pour them into a deep dish made hot, and send to the table. If cream is not convenient, substi-tutes a cupful of bolling milk. If this substitution is made, stir a teaspoon-ful of flour into a tablespoonful of butter. Add this to the beans, stir to mix thoroly, add any needed condi-ment, and serve.

.10.00

STRING BEANS ENGLISH FASH.

Good Advice for Thin Folks

STEAK FLORENTINE.

SIEAR FLORENTINE. Select a good cut of sirloin, wipe and trim as usual. In a frying pan slowly try out four or five slices of fat salt pork until the pork is crisp and brown. Skim out the pieces and put aside. Add to the hot fat six onlons guartered and sliced and cook very slowly for half an hour, by which time they should be guite ten-der and a deep yellow, but not really brown. Add one cupful and a half of thin strained tomato, season well with red pepper, also salt to taste, cover and simmer 30 minutes longer. Broil the steak as usual. Spread a thin layer of onions on a hot platter, on this arrange the steak. Sprinkle with the remainder of the onions, cover closely for three minutes, then send to the table.

CREAM OF CHESTNUTS.

Stew until tender one pint of blanched chestnuts, pound to a paste, adding one-half teaspoon of salt; stir this into two and a half pints of bolling milk; season with a pinch each of white pepper, nut-meg and grated lemon peel or one-half teaspoon of lemon extract, and if neces-sary a little more salt. One cup of cream whipped or plain may be added to the last. A Easy Way to

CHERRY SALAD.

Lettuce, cherries, mayonnaise dressing, cherry juice and peanuts. Arrange crisp lettuce leaves on a flat salad dish. Scat-ter the cherries thru the leaves. Pour over a mayonnaise dressing, first adding one tablespoonful of cherry juice instead of vinegar. Then arrange a few cherries over the top. The cherries should be stoned and a peanut placed inside to keep the shape.

MME. BERNHARDT'S ANKLE SPRAINED.

Madame Sarah Bernhardt, while de-scending from her automobile at Liege, Belgium, last week, suffered a sprain-ed ankle. Her physician, Prof. Pozzi, in Paris, said that her condition can-not be otherwise serious, or he would have been advised

ist until your digestive tract assimilates the food you eat.
Thatks to a remarkable new scientific discovery, it is now possible to combine the sligestive engans to help them convert food into rich, fat-laden blood. This master-stroke of modern enemistry is called stargol and has been termed the greatest of feesh-builders. Sargol aims through its renerative, reconstructive powers to coas the stomach and intessines to literally soak up the fattening elements of your food, and pass them into the blood, where they are carried to every starved, broken-down cell and tissue of your body to can readily pleture the result when this amazing transformation has taken the blows about your neck, shoulders and bust disappear and you take on from lot to 20 pounds of solid. Realthy flesh. Sargol are not satisfied, as per the guaranter.
Tation:---While Sargol has given excellent results in overcoming nervous dystehults and general stomach troubles at the built of the stomach processing nervous dystehults and sent your soles who do next the again ten pounds or more. Artficial Flowers It is a season of artificial flowers. They are widely used on hats. The single, large flower or bunch of smaller flowers at the belt is often seen. Flowers are garlanded on bo-dice and skirt. Sometimes there is a drooping garland of flowers, just be-low the drawn-up bustle-like drapery at the back of the skirt. and sometimes roses gutline the decollette bodice.

wish to

United States. Their hearts are divid-ed between generous Canada and boun-tiful United States. the line until the trail was picked up at St. Hyacinthe. The girl's unusual height of nearly six feet had caused notice to be taken of the couple.

tiful United States. They sincerely wish for continued and increased American prosperity and progress thru your presidency and future, for steady growth in this great country, and for the day of universal brotherhood. (Signed) All Winnipeg DOORS PROTECTED.

Now that it is screen-door time, readers who have dogs may be inter-ested in learning how to protect the screens against the scratching of their pots, writes a contributor to The Wo-man's Home Companion. A piece of close-woven wire netting, about one-inch openings, fastoned over the lower Americans. To H.R.H. the Duke of Connaught, Governor-General of Canada, Ottawa: Esteemed Sir,—Americans in Winnipeg, observing the one hundred and thirty-eighth anniversary of the begin-ning of the American independence, desire to express to you their appreciaclose-woven wire netting, about one-inch openings, fastened over the lower panels of the door with small staples, will accomplish the desired result. Paint the netting the same color as the screen and it will be almost un-noticed, and be a great protection.

desire to express to you their apprecia-tion of the most cordial and friendly relations fostered by and existing with the people of Canada. Our special message of the day is our declaration of pride in kinship thru descent and by adoption with maternal Britain and with the people of Canada. (Signed) Winnipeg Americans.

APPOINT COMMISSION TO STUDY SOCIOLOGY

A commission of representatives from the colleges of the Dominion to establish centres of social study in establish centres of social study in their communities and to urge upon the university authorities the pressing need of a course in sociology was formed at the sixth annual conference of the Y.W.C.A.. which closed at the Eigin House. Muskoka, on Saturday. The appointment of the commission was the result of a series of discussions on the needs of the home mission field by Mrs. McLaren of Ottawa, Dr. Mc-Kenzie and Dr. Oliver of Toronto, who emphasized the necessity of realizing

emphasized the necessity of realizing the responsibility that befalls Canada in looking after the condition of newly-

arrived immigrants. Over two hundred and fifty dele-gates from all over Canada attended the convention, which was the most enjoyable and successful on record. EMPRESS' VICTIM'S FUNERAL MONDAY

Increase Weight The remains of Alfred Simper, one of the Empross of Ireland victims, re-covered by divers from the submerged hull of the liner, were brought to To-ronto on the 5.40 train on Saturday evening. The funeral takes place on Monday, from A. W. Miles' chapel, to Prospect Cemetery. Simper formerly lived on Bellwoods avenue. The body of his wife, who was drowned with him, has not yet been recovered. The trouble with most thin folks who wish to gain weight is that they insist on drugging their stomach or stutting it with sreamy foods, rubbing on useless "flesh creams," or following some foolish physi-cal culture stunt, while the real cause of thinness goes untouched. You cannot get fat until your digestive tract assimilates the food you eat.

BIRTHS.

FOLEY-At 12 Maynard avenue, on Sunday, June 28, 1914, to Mr. and Mrs. M. L. Foley, a daughter.

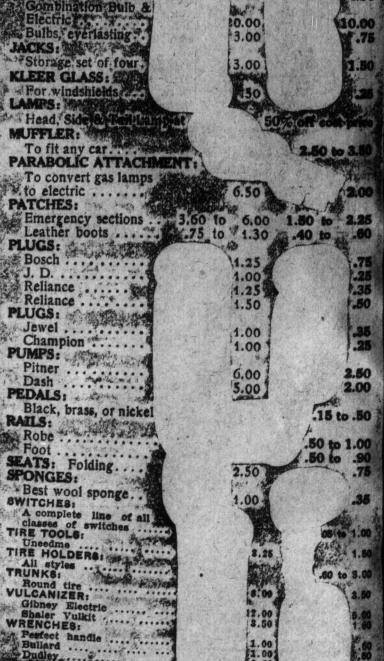
MARRIAGES.

MONAHAN - SIMPSON - Miss , Nettle Simpson, of Detroit, to Mr. B. J. Monahan, of Detroit, June 20, at the residence of Mrs. A. Barker, 157 Rusholn road.

DEATHS.

toss-On Thursday, July 2, 1914, at her late residence. Columbus, Ohio, Martha Eliza (Babe) Hazelwood, beloved wife of A. E. Ross, formerly of Toronto, aged 35 years.

Funeral from the residence of her brother-in-law, Mr. Chas. Woodhouse 38 Gerrard street east, city, Monday, at 3 p.m., to Mount Pleasant Cemetery. London, Ont., papers please copy,



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