

Are you bilious? Take Riga Water. It removes bile, cures constipation and purifies the blood. For sale by your druggist.

PURGATIVE

Standard Drug Stores

OUTWITTING OLD SOL

Common Sense Beauty Talks

of cold cream brings this about, while at the same time it overlays the skin diself and is a real shield from the sun. Of course, I do not mean that you are to put a palpable layer of cold cream over your skin; but if you will rub into your skin all the cold cream it will absorb—and, with a dry skin, the amount of the pores.

The way to prevent a good share of the ills which do and will befall complexions in summer is to train the skin to stand exposure. A very thin, delicate skin freckles almost instantaneously. A firm, strong skin is not apt to freckle at all. Which sort of skin will you have?

I keep up my cold cream application sell the year round. If the skin has no cil and is dry, it burns readily, freckles under the least exposure, and, of course, tan follows in the trail of these two evils. The remedy is obvious—you must keep the skin oily, and the application of cold cream brings this about, while at the same time it overlays the skin also, don't forget before you wash

Moir's

chocolates:

they dispel

clouds and

 \sim spread \sim

sunshine!



A PAGE OF INTEREST TO WOMEN

Cynthia Grey's Mail-Box

[Correspondents are requested to make their inquiries as brief as possible, and to write on one side of the paper only. It is impossible to give replies within a stated time, as all letters have to be answered

Not Quite Clear.

Dear Miss Grey,—Would you be so kind as to answer a few questions?

1. What would be the cost of starting a first-class nurses' home, run in first-class style, not as a boarding-house, where only those with best of references would be kept? Hoping I am not asking too much. AN OLD SUBSCRIBER.

Ans.—I'm not just clear as to what you mean, I'm afraid. Is it a home where nurses on private cases may rent rooms both off and on duty, but no meals served? It is not a bit of trouble to give any information I possibly can, but perhaps you'll write me a little more definitely as to what your idea is.

Pte. A. T. B.'s Address.

"Kilarney"—"Soldier Boy's Mother" sends me the latest address of Pte. A. T. B., No. 124556, so may I have yours in order to forward it?

Suit or Separate Coat.

"Bess From Essex"—I. Certainly it is a wise bride who considers both her purse and the sultability of the clathing."

Books and Chickens.

sends me the latest address of Pic. A T.B., No. 12456, so may I have yours in order to forward it?

"Books and shades like old rose, reseda and brozze should be favorable."

"Books from Essex"—I. Certainly it is a wise and the sultability of the clothing skin is buys. One has to decide for here solf whether a suit with blouse, or a solf whether a suit with blouse in volic or embroidered net, which closen. A nicely-fitting suit, with adampt blouse in volic or embroidered net, which is the season with a heavy coat. For a sage bouquet, look seedledig well. Then said they ill still be worn heaps) of slik or some fine wool material to wear later to some fine wool material to wear later than a ship with a quitet ceremony as you are to some fine wool material to wear later to some fine wool material to wear later than a ship with a quitet ceremony as you are to some fine wool material to wear later to some fine wool material to wear later than a ship with a state of the Hills, and That red which the calling of Dan Mathews, The Schederby, and the wind a state of the Hills, and That red which the calling of Dan Mathews, The Schederby, and the wind a state of the Hills, and That red which the calling of the Hills, and That red which the calling of the Hills, and That red which the calling of the Hills, and That red which the calling of the Hills, and That red which the calling of the Hills, and That red which the calling of the Hills, and

Advertiser Patterns



Eat More Fish Instead of Meat

Fish may be served in all sorts of appetizing ways, and as everyone knows is better for one's system, than meat in the summer time. The following recipes may be found useful for the housewife.

Baked Bluefish, Sea Trout, Etc.—

Baked Bluefish, Sea Trout, Etc.—

Eat More Fish Instead of Meat

done. Put the fish on a hot platter, cover with two tablespoonfuls of melticular to which have been added salt and pepper to taste and one table-spoonful of lemon juice. Garnish with parsley or watercress and lemon.

Small Fish Can be Baked.—Scale the figh can be Baked.—Scale the figh conditions.

Baked Bluefish, Sea Trout. Etc.—Have the fish cleaned and split and the backbone removed. Brush a bakingpan with drippings; lay the fish in skin side down; dust with salt, pepper and flour; pour over two tablespoonfuls of melted butter or drippings and half a cupful of milk; place in a hot oven and bake for from twenty to twenty-five minutes, or until nicely browned. Remove to a hot platter, sprinkle with chopped parsley, and garnish with slices of lemon dipped in chopped parsley. Two tablespoonfuls of melted butter with two tablespoonfuls of the fish. Boil, drain and mash potatoes; arrange them in a border around the fish with a tablespoon, then sprinkle the entire dish with paprika.

Small Fish Can be Baked.—Scale the fish and remove its head; then split it and remove the tentre bone; cut away the small bones along the edge of the fish must between pleces of cheesecloth. The fish must alter with a been pleces of cheesecloth. The fish must alter with a baking dish with drippings, put in the fish, its skin side down: pour the tomato sauce over it and bake in a hot oven for from 25 to 30 minutes. Before serving, sprinkle with parsley.

Tomato Sauce.—2 cupfuls of tomatoes, 1/2 cupful of finely cut onion, 2 teaspoonfuls of paprika, 1/4 cupful of finely cut onion, 2 teaspoonfuls of constant, 2 tablespoonful of paprika to taste, 1 tablespoonfuls of drippings, put in the fish, and remove its head; then split it and remove its head; Tomato Sauce.—2 cupfuls of tomatory over the fish. Boil, drain and mash potatoes; arrange them in a border around the fish with a tablespoon, then sprinkle the entire dish with paprika.

Brolled Fish.—All fish are broiled in the same way: Prepare the fish as for baking; brush a broiler with bacon or ham drippings; place the fish in the broiler, the thin parts on top of each other (otherwise they will burn). Turn the broiler often until the fish is well

Tomato Sauce.—2 cupfuls of tomatory of finely cut onion. 2 teaspoonfuls of salt, white pepper and Paprika to taste, 1 tablespoonful of cornstarch, 2 tablespoonfuls of cornstarch, 2 tablespoonfuls of chopped parsley.

Put the drippings and onlon into a pan and cook until the onion is tender, but not brown; add the tomatoes and the seasonings and the seasonings and cook for two minutes. If the tomatoes are firm, add the fish is well the cornstarch, which has been wet the chowder and boil for five minutes. Sprinkle with parsley.

> Jellied Fish.—Two pounds of any large steak fish, 2 cupfuls of strained tomates, 1 teaspoonful of onion juice, 1 teaspoonful of onion juice, 1 teaspoonful of onion juice, 1 teaspoonful of sait. ½ teaspoonful of table sauce, 6 stuffed olives, 1 hard-cooked egg, 3 tablespoonfuls of granulated gelatin, 6 thin sities of lemon. The fish is boiled in three cupfuls of water with a bay leaf and a small piece of whole mace for twenty minutes. Remove the fish with a skimmer, return the stock to the fire and boil rapidly until reduced to two cupfuls. Strain, add tomatoes, noin and seasoning.
>
> Cover the gelatine with two tablespoonfuls of cold water for ten minutes; then add it to the boiling stock. Remove the skin and bones from the fish, break it into small flakes and put into a bowl or a mold that has been rinsed in cold water. Cut the lemon, egg and olives into thin sitees, put around the edge of the bowl, then slowly pour in the mixture. Set in a cold place or in a pan of finely chopped lettuce, 2 tablespoonfuls of butter, 1 tablespoonfuls of place or in a pan of finely chopped lettuce, and the responsibility of the place of the bowl, then slowly pour in the mixture. Set in a cold place or in a pan of finely chopped lettuce, and the edge of the bowl, then slowly pour in the mixture. Set in a cold place or in a pan of finely chopped lettuce, 2 tablespoonfuls of butter, 1 tablespoonfuls of place or in a pan of finely chopped lettuce, and the responsibility of the proper panels. There cupfuls of fresh bread crumbs, 2 cupfuls of cream sauce, 2 tablespoonfuls of butter, 3 tablespoonfuls of place or in a pan of finely chopped lettuce, and the table sauce, 3 tablespoonfuls of place or in a pan of finely chopped lettuce, and the table sauce, 3 tablespoonfuls of place or in a pan of finely chopped lettuce, and the table sauce, 2 tablespoonfuls of place or in a pan of finely chopped lettuce, and the table sauce, 2 tablespoonfuls of place or in a pan of finely chopped parsite.
>
> Deviled Fish.—Three cupfuls of fish, 2 tablespoonfu Jellied Fish.-Two pounds of any

peppers, 2 tablespoonfuls of butter, 3 tablespoonfuls of flour, 1½ cupfuls of milk, 2 tablespoonfuls of parsley, 1 tablespoonful of onion juice, 1 tablespoonful of onion juice, 1 tablespoonful of salt, ½ teaspoonful of witte pepper, ½ teaspoonful of witte pepper, ½ teaspoonful of witte pepper, ½ teaspoonful of water; add one small onion and one tablespoonful of salt; boil for 25 minutes. Take them from the water; when cooled, pick the fish, discarding all bone and skin. Put into a bowl and add the sauce, mixing well; put into ramekins, sprinkle with bread crumbs; place the ramekins in a pan and put in a hot over for fifteen minutes. Scallop shells of clamshells may be used if desired.

Sauce—Put the butter into a sauce-

desired.

Sauce—Put the butter into a saucepan; melt; then add the flour and mix;
when smooth, slowly add the cold milk,
stirring until thick and smooth; add
the onion juice, finely chopped pimentos or green pepper, parsley, salt, pepper, and mustard (which has been
mixed with a little cold water); mix
well, then boil for five minutes.

Flaked Fish a la Creme in Ramekins.

—Two cupfuls of cold boiled or fried fish flake (any fish will do); 2 table-spoonfuls of butter, 1 table-spoonful of flave, 2 cert rolls, 1 cupful of milk 1. spoonfuls of butter, I tablespoonful of flour, 2 egg yolks, 1 cupful of milk, 1 teaspoonful of salt, a few drops of onion juice, 1-8 teaspoonful of paprika, 4 cupful of buttered bread crumbs. Put the butter into a saucepan; when melted, remove from the fire and add the flour, stirring until smooth. Return to the fire and add the egg yolks and milk, which have been beaten together. Add slowly and stir constant-

DAILY BIBLE QUESTION CLUB

By Rev. T. S. Linscott, D.D. (All Rights Reserved.) 'God's Gracious Invitation." Isalah, iv.
Golden Text—"Seek ye Jehovah while he may be found; call ye upon him while he is near." Isalah, iv., 6.

1. Verse 1—How many do you know who are as happy, or contented, as God intends we should be?

2. In what respects are eating, and drinking, like drawing on God for the riches of his grace?

3. What is the resemblance between bread, wine, and milk, and the love of God in our heart?



Whether "Jim" is on a man-of-war or in a trench, he's going to have long-lasting enjoyment and a lot of benefit from

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kins and cover with buttered crumbs.
Place in a hot oven for a few minutes, or until the crumbs are a light brown.
Garnish with parslev.

Garnish with parsley.

Breaded Fish.—If steak fish should be used remove all the bone and skin; be ason with salt and pepper; dip in

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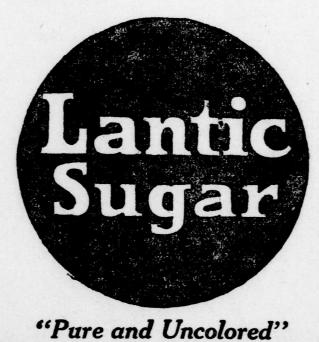
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