

DAILY PAGE FOR ADVERTISER WOMAN READERS

Main & Collyer

Fresh Vegetables

Celery, fancy, per head, 5c

Green Peas in Pod (with mint) 10c
 Cauliflower, 1 lb. 10c
 New Potatoes, home-grown, per pk. 50c
 Mint with above gratis.
 Pickling Beets, per lb. 8c
 Wax Beans, per lb. 8c
 Tomatoes, hot-house, per lb. 10c
 Tomatoes, outdoor, per lb. 8c
 Lettuce, Onions, Carrots, Beets, Watercress, Radishes, Parsley, Mint, etc., or 3 bunches for 10c
 Lettuce, head, each 6c
 New Cabbage, each, large 7c, medium 4c
 Cucumbers, medium, 7c, small 5c
 Gooseberries, per box 7c
 Orders received from 10 a.m. to 6 p.m., following morning.
 Minimum charge 25c. Mail orders solicited.
 Telephone 2831. P. O. Box 275.

Tomorrow's Meals

BREAKFAST

BLACKBERRIES AND CREAM CRISPED BACON COFFEE

DINNER

COLD PRESSED BEET ESCALLOPED POTATOES LETTUCE AND EGG SALAD LEMON PIE

TEA

SLICED TOMATOES BREAD AND BUTTER TEA ROCK CAKES RIPE CHERRIES

Recipes.

Rock Cakes—Half a cup butter, 1 cup sugar, 2 eggs, 2 cups flour, 1 cup walnut meats chopped, 1 teaspoon baking powder. Drop off a spoon onto a buttered pan.

Cup Custard. Break 1 egg into coffee cup, add 2 teaspoons of sugar, a pinch of salt, beat all together until very light and foamy. Fill cup with milk. Grate a little nutmeg over top. Butter another cup, turn custard into it. Set in a pan of water. Bake in oven and cook till custard is set. Put plain custard in custard and if it comes out clean custard is done. Remove from oven and pan of water. Cool slowly.

Served with spoon of whipped cream is dainty and beneficial for an invalid.

GIRLS AT SUMMERHOLME.

Quite a number of improvements have been made at "Summerholme," the Young Women's Christian Association summer cottage on Orchard Beach, Port Stanley, since last season. Water for use in the cottage has now been piped into the yard, and other conveniences have been added this year. The board of management also congratulates itself on procuring an excellent cook, and the price of board being extremely reasonable. "Summerholme" affords an ideal holiday resort for London's young business women. The cottage is situated on Orchard Beach, within easy reach of the lake, and is very inviting with its hammocks on the veranda, and lawn tennis court—a new feature this year.

Many girls, who would not otherwise be able to indulge in a vacation, are delighted to take advantage of the pleasures of "Summerholme," made possible to them by the low boarding rates.

Stewed Tomatoes.

Put 12 ripe tomatoes to boiling water. (Use a long-handled wire scoop and put them into tea kettle of boiling water. Allow to remain until you count ten.) Turn cold water on and the peel will slip off easily. When peeled cut them into slices, reject the stem-end slice.

Put tomatoes in granite pan with ¼ teaspoon of salt, 1 teaspoon of white sugar. Stew 20 minutes. Add a tablespoon of butter, and a dash of cayenne, just before serving.

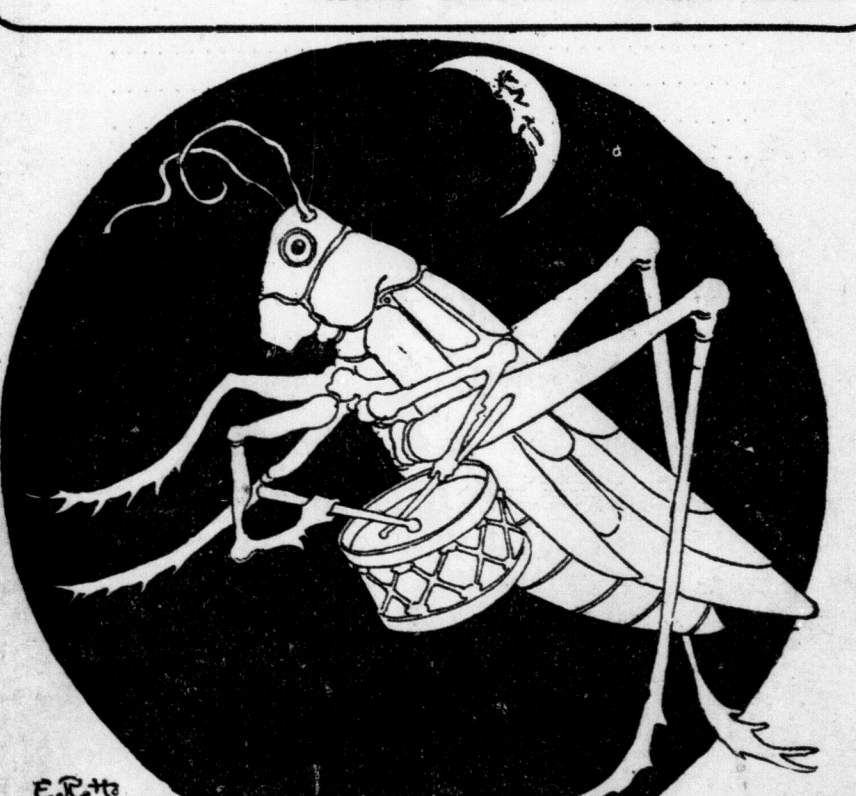
Coffee Stains—Put a basin underneath, and pour hot water through the material.

Tea stains must be washed first in cold water, then in boiling water.

Egg stains on the linen should be soaked out in cold water, not hot, before washing.

A BUG YOU OUGHT TO KNOW.

MOWING CROPS VERY BEST THING LOCUST TRIBE DOES



HE BEATS HIS DRUM AND CALLS HIS FAMILY TOGETHER

For 17 years at a stretch Old Man Locust behaves himself. He hangs around home in the swamps and damp places, never molesting his neighbors nor giving much trouble to anyone.

On his seventeenth birthday he begins to tire of good behaviour. He beats his drum—you know there's a drum, or buzzer tucked away under the wing of every locust—and he calls his family together. All of his brothers, his sisters, his aunts and uncles come swarming about Big Brother Locust, and they hold a mighty council of war. They decide that they have behaved themselves just about long enough and it's time for them to cut loose and have a little excitement.

OLD SONGS AND POEMS

THE SCOTCH BRIGADE.

The following song was requested some time ago, and the words are sent through kindness of J. A. G.

On the banks of the Clyde, stood a lad and his lass,
 The lad's name was Georgie, the lassie's name was Jean.
 She flung her arms around him, and cried do not leave me,
 For Georgie was going to fight for his Queen.

She gave him a lock of her bright golden tresses,
 She kissed him and pressed him once more to her heart.
 Till his eyes spoke of love that his lips could not utter,
 And the last word he spoken, they kiss and they part.

CHORUS—Over the burning plains of Egypt,
 Under the scorching sun, He thought of the stories he'd have to tell.
 When the fight was done, He treasured with care that dear lock of hair,
 For his own darling Jeanie he prayed.

But his prayer was in vain, For she'll never see again,
 Her lad in the Scotch Brigade.

Though an ocean divided the lad from his lassie,
 Though Georgie was forced far away o'er the foam,
 His roof was the sky and his bed was the desert,
 But his heart with his Jeanie was at home.

The morning that dawned on the day of the battle,
 Found Georgie enacting a true hero's part,
 Till an enemy's bullet bewitched his heart,
 And buried that dear lock of hair in his hand.

On the banks of the Clyde dwells a sorrowing mother,
 They tell her of her dear son's great victory was won,
 But the glory of England to her brought no coming home,
 For her heart is with the loss of her son.

But Jeanie is with her to comfort and shield her,
 Together they weep and together they pray,
 And Jeanie, her daughter, shall be while she lives,
 For the dear lad the laddie who died far away.

CULTIVATE GOOD FIGURE

Don't worry so much about the quantity of flesh you have, but give attention to your figure. Is it well proportioned?

It is proportion that counts, but that is not all. Whether you weigh 200 or 100 you ought to have a good figure, and a good figure expresses poise, blaseness, freedom. You might not be able to change your weight from 100 to 200, or from 200 to 100 pounds, but you can have distributed that neither you nor your friends will give a thought to your avoirdupois.

Begin by standing properly, walk—ling properly, and sitting properly. Then run, pose, poise, reach, and write—it won't matter much what else you do, in a few months you should have a graceful figure.

The first three commands are inexorable. If you slouch or hold yourself like a rod you can expect to be graceful, for grace is freedom directed. Remember that undirected freedom is not grace.

All the muscles must be free, but the mind must have absolute control over them. Find your own natural freedom. No one can determine it for you. Keep it in mind all the time that you are working for harmony of line, and movement and freedom, properly directed, will come to you.

As a last word every one thin or stout ought in youth to learn the rudiments of singing and dancing and practice them all the days of one's life. Singing induces you to keep the chest up and abdomen in and cultivates the habit of deep breathing, while dancing keeps the muscles elastic and body and mind on the quiver.

For Falling Hair.

Dear Miss Grey—Would you please give me a remedy for falling hair. I had rheumatism fever about three months ago, and my hair has been coming out ever since. Thanking you for any advice given. I am, A TROUBLED ONE.

Ans.—A fine tonic to use when the hair commences to fall is this: Get the drugist to make up only a quarter of the quantities given below: Sulfate of quinine, ½ drams; alcohol, 2 ounces; glycerine, ½ ounce; oil of anise, 12 drops; witch hazel, 8 ounces.

If your hair is coming out apply this tonic every night for two weeks, then wash the hair in suds made from a solution of green soap; omit treatment for four days, and then return to the tonic for another two weeks. Keep up this treatment until your hair becomes glossy and full of life, and ceases to fall out.

Pickled Walnuts.

Dear Miss Grey—Please furnish me with a recipe for pickling green walnuts, and oblige. MRS. G. A.

Ans.—Gather when young enough to be readily pierced. Put the nuts in strong brine and leave them seven days, changing it every other day. Take them out, wipe dry, and pierce them with a large needle in a number of places. Cover for eight hours, or overnight, with cold water; then drain and put in jars. Take enough clear vinegar to cover, and to each gallon allow 12 blades mace, 1 cup sugar, 36 black peppercorns, 36 cloves, 1 tablespoon allspice. Boil five minutes and pour hot over the nuts. Repeat twice, three days apart, then tie up.

Cheer For Wife.

Dear Miss Grey—In Monday's Advertiser in reply to Lover of Kind Words, in regards to her cranky, fault-finding husband, my sympathy goes to her. For really I have one also, I have been trying to solve the problem what is best to do, for (to use the rude expression) it seems to be the nature of the beast. He gets up in the morning grumbling and goes to bed grumbling. But as the old saying is, you can get used to anything. It runs down my back like water off a duck. I would give a great deal for any one who can suggest a cure. Cheer up, Lover. Keep up the good fight. Words are brighter days ahead. You are not the only one padding that canoe.

Thank you, Dear Miss Grey, for your

CLIP THIS OUT. (Margaret Gray.)

Build on resolve, and not upon regret. The structure of the future. Grope Not among the shadows of past sins, but let

The light of truth shine on the path of hope

And dissipate the darkness. Waste no tears Upon the blotted record of lost years; But turn the leaf, and smile, O smile, to see

The fair white pages that remain for thee.

Boiled potatoes make an excellent substitute for soap when the hands have become blackened by contact with hot pans. Rub a little potato well into the hands and wash in warm water.

Thank you, Dear Miss Grey, for your

EVERYBODY'S DOING IT! THE AGE OF THE POWDER PUFF



The girls say they simply have to do this hot weather. Anyhow, everybody's doing it! Gwendolyn, seated in the luxurious tonneau of her million-dollar papa's car—Ethel, seated at her typewriter—Gertrude and

Jessie, behind the counter in the crowded store—all are addicted to the powder puff habit. Even Master Baby kicks his pink toes a little higher as the cooling powder is applied after his bath. Yes, without doubt—everybody's doing it these "sticky" days.

Now is the season of the sandwich maker. Here and there a few of the fillings she may try:

Meats, in slices or minced, and highly seasoned; salads of various sorts; cheese, plain or in combination; green things like lettuce, nasturtium, and cress leaves; fruits and sweet things. When chopped cucumber or chopped tomatoes are used of bread which is a day old. It is difficult to cut newer bread, fine with a hot knife than a cold one, but, as heating by fire is not good for a fine steel bread knife, it may be made hot by holding the hot water from the faucet run over it every few minutes. Be sure to keep the bread in paired slices. If the mixture is such that it cannot be trim the bread, butter, pile closely, and cover with a damp napkin. The butter should be taken from the refrigerator and allowed to soften before it is used to spread the bread.

Lettuce leaves, nasturtium leaves, and blossoms, and water cress, with mayonnaise or cooked salad dressing, make acceptable fillings for little tea sandwiches cut in strips, little squares, or even in crescent shape. Anchovy and other pastes put up in tubes make a convenient though not economical filling for sandwiches. A thin layer of any of

these is needed and in some cases they are merely used for seasoning cream-cheese for sandwich filling. Homemade meat paste may be attractive if the meat is put through a fine meat-chopper and then seasoned carefully. Chopped ham may be pounded with a little soft butter and then mixed with a little jelly. Finely minced or pounded chicken may have butter, red sweet pepper, etc., mixed with it.

For "Roquefort Ryes" take fresh Roquefort cheese and add whipped cream enough to make a spreading paste, add a dash of red pepper and roll on thin buttered slices of rye bread, cut heart shape, and garnish with cress.

For sardine sandwiches, remove the skin and bone from eight large sardines, mash them to a paste and blend in half a cupful of finely chopped watercress, the juice of half a lemon, six chopped olives and one finely minced hard boiled egg. If the mixture will not spread easily, add a few drops of olive oil and use as a filling between thin slices of whole wheat bread that have been spread with softened butter.

For cucumber and onion sandwiches, chop very fine two cucumbers, six radishes, six spring onions and one mint leaf. Let marinate in French dressing one hour. Drain carefully and lay with mayonnaise on white bread.

business of society. This prognostication is of special significance to women in New York and San Francisco, the seers declare.

There is a prophecy that a political leader will rise where "much wheat grows."

Ancient lore found this aspect lucky in the hiring of men servants. By the sign the day is auspicious for engaging male employees of higher rank.

Remarkable scientific discoveries will be announced before autumn. These will be helpful in safeguarding life.

Persons whose birthdate it is have a rather unfortunate augury for the year. They are warned against false friends. Those who are employed should be fairly prosperous.

Children born on this day may be lacking in independence and initiative. They are likely to have relative memories and changeable natures. They may partake of the qualities of Leo as well as Cancer.

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CAROLINE COE'S TESTED RECIPES

FRIED EGG PLANT.

Cut egg plant in slices one-third of an inch thick, peel, sprinkle with salt and place them one upon another. Put a plate with a weight on top of them. Let stand an hour, remove plate and wipe slices dry. Beat 1 egg, 1 tablespoon of water, ½ teaspoon of salt and dash of paprika until well blended. Dip slices of egg plant in the egg. Then in fine breadcrumbs. Fry in deep fat.

BOILED EGG PLANT.

Prepare sauce as above. When ready to broil, wipe perfectly dry, season with salt and paprika, and brush each slice with olive oil. Sprinkle with a few fine breadcrumbs. Bake while broiling. Serve with slices of lemon.

ICY FRUIT DRINKS.

Fruit juices are easily prepared and are most welcome on hot days, combined with ice or spring water. The juicy fruits are easiest to prepare, such as cherries, currants, raspberries and blackberries. The simple syrup must be prepared first. Boil 1 quart of sugar with 1 pint of water until it spins a thread when allowed to drip from fork. Add juice of any small fruit in proportion to 1 quart of juice to 1 pint of syrup. Boil together 7 minutes, bottle and seal.

Cherries must first be pitted. Then allow to stand 10 hours in cool place, add to simple syrup in proportions given, heat and seal.

Mix currants with twice as many raspberries, crush, allow to stand 4 hours, add to simple syrup in amounts given and boil 5 minutes. Seal while hot.

HASHED BROWN POTATOES WITH GREEN PEPPERS.

Peel and slice three cups of cold boiled potatoes. Cut six slices of bacon into bits. Place in skillet and fry a golden brown, being careful not to scorch the fat. Have fat hot, put in potatoes, stir until well mixed, but not broken. Put over slow fire and allow to brown nicely. Add bacon bits and three tablespoons of chopped sweet green peppers. Heat up thoroughly, and serve.

RASPBERRY AND CURRANT PRESERVES.

Pick over, wash and drain six pounds currants. Put them in preserving kettle and mash thoroughly. Allow to stand half an hour, then drain through cheesecloth bag. Put over fire, mix 6 pounds of sugar and boil slowly 15 minutes. Skin, add 2 quarts of raspberries. When contents of kettle again reach boiling point, count 40 very slowly. Skim out berries into jar, fill with juice until full, wipe mouth and top of jar, seal and set in cool place.

From London comes the model for this charmingly simple white organdie gown. The flounces are edged with black satin, and the girle is of black and white voile. Any of the soft white fabrics lend themselves to this fashion.

Kingsmill's Midsummer Specials

HOUSE DRESSES. Extra good quality of wash materials, splendid colorings; black and white, blue and white, and gray and white stripes. All sizes, to clear 98c

MIDDY BLOUSES. Latest styles, raglan sleeves, set-in sleeve with sailor collar, also white with colored collars. All sizes 14 to 20. \$1.00, \$1.25, \$1.50

NET CORSETS. Extra well made corset, long hip and four hose supporters; cool and comfortable, pair 75c

BATISTE CORSETS. Figured Batiste Corset, embroidery trimmed, four hose supporters 89c

LADIES' BLOUSES 89c. Embroidered and lace trimmed. Open front, low collar and short sleeves. All sizes. Regular \$1.50, to clear 89c

POROUSKNIT COMBINATIONS. Fine quality—the coolest underwear for July weather. On sale 50c

LACE TRIMMED COMBINATIONS. 45c, 50c, 75c

LACE TRIMMED VESTS. All sizes. Special 15c

JAPANESE KIMONOS. Made of good quality crepe material; all Japanese patterns. Regular \$1.00 for 59c

BLACK COTTON HOSE. With cashmere feet; fast dye. All sizes, pair 25c

PARASOLS ALL TO BE CLEARED TODAY

\$4.50 Parasols for ..\$3.00 \$1.50 Parasols for ..\$1.00
 \$3.50 Parasols for ..\$2.75 \$1.25 Parasols for ..99c
 \$3.00 Parasols for ..\$2.00 \$1.25 Parasols for ..75c
 \$2.25 Parasols for ..\$1.50 75c Children's for ..49c

Big Sale of Summer Silks

BLACK HONAN SILK 59c. Ten pieces only of fine black raw silk; Lyons dye. 27 inches wide, to clear 59c

ALL WOOL SERGES. 500 yards of all wool serge in navy, black and cream, 42 inches wide. Special 50c

PRINCESS SLIPS 98c. Made with wide flounce of lace insertion and having lace yoke. On sale 98c

KIMONO GOWNS. Extra fine cambric finished with embroidery and linen lace. On sale 75c

20-INCH MESSALINE SILKS. In fine hairline stripes. A beautiful soft silk for summer dresses, to clear 49c

WHITEWEAR SPECIALS. Nightgowns made of fine quality of cambric with yoke or fine tucks and embroidery insertion, finished at neck and sleeves with embroidery. On sale \$1.00

CORSET COVERS. Special value, made with lace yoke; back and front finished with peplum. On sale 25c

Kingsmill's Advertiser Patterns

Wightman and Von Schilroth

440 Park Avenue, will sell, while they last, a few pieces of imported embroidered robes patterns at Ten Dollars Each

We Express Parcels to any point in Canada. Goods called for and delivered to any point in city. AMERICAN DRY CLEANING AND DYE WORKS.

755 Dundas Street. ywt Phone 1959

Picnic Lunches. Dainty picnic lunches prepared. Give us your order. Satisfaction always.

Victoria Home Bake Shop. MRS. BAXTER, MISS WILLETTS, 570 Richmond Street. ywt

Tread-Easy Foot Powder. Keeps tired, aching feet off your mind, 25 cents.

W. R. LUTZ. North End Druggist. ywt

New Flowered Crepes, 15c. White grounds, with floral effects, in white, also mauve, 27 inches wide, suitable for waists, dresses, trimming.

ARTHUR'S. LONDON EAST xzt PHONE 3513

A DROP IN Tungsten Lamps

If you are in need of any electric lamps, come and see the CELEBRATED CONDUR Tungsten Lamp, in 25, 40 and 60 watts. Sold everywhere at 35c each. Our price, 25c each. Every lamp guaranteed. Come and get your supply.

H. WOLF & SONS. Electrical Department, 263-265 DUNDAS STREET, South side, near Wellington street.

Eat More Bread. It is the most nutritious and most economical of all foods. The best bread is made with Fleischmann's Yeast

not find his plug, and, being fearful of an explosion, hastily searched for some substitute, finally grabbing his wife's thimble. This he closed over the pipe, but the thimble being perforated by a constant use, the gas escaped from the small needle holes, and to his amazement the inventor saw that the spread flame due to the numerous openings gave a better light than the solid flame from the pipe. So the thimble was the ancestor of the modern burner, according to a narrator of the episode in "Gas Logic."