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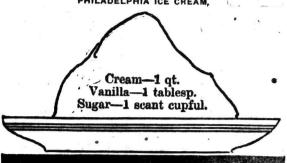
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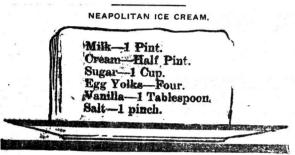
STICS

JUST HOW TO MAKE THOSE DELICIOUS CREAMS, ICES AND SHERBETS.

> BY ALICE GITCHELL KIRK. PHILADELPHIA ICE CREAM,



Scald half the cream and all the sugar in the double boiler until it looks thin and blue. Remove from the fire and cool. Add the flavoring and the remaining cream, or if thick enough it may be whipped stiff. Freeze as directed. If different fruit flavorings are desired, such as peach, strawserry, etc., these may be added when half frozen.



Mix milk and cream and scald in a double holler. Beat the yolks very light and add the sugar. Pour the staded liquid from the double holler slowly over the egg mixture, stirring al. the while. Return to the holler and cook. Stir until a slight coating covers the spoon. Turn into a howl and when cool add the flavoring salt. Freeze as directed. The cream in this custard may not be heated with the milk, but heaten stiff and added last if preferred. A great variety of changes may be had from this one recipe, such as adding nuts, candied cherries, figs, chocolate caramelizing the sugar, or using maple syrup and caramelizing that.

ICES AND SHERBETS.

Ices of all kinds should be frozen very slowly. For sherbets, turn the freezer rapidly and a meringue, made from the white of one egg and one tablespoonful of sugar, may be added after it is frozen. France is simply partly frozen water. Parfait or mousse is flavored frozen cream. Not by agitating the cream in the freezer, but putting it into a mold covered and packed in ice and salt.



LEMON CREAM SHERBET. Boil the sugar and water

20 minutes. This gives body and the shertet when exposed to the air will not become watery. Soften the gelatine in a little cold water and dissolve in two tablespoonfuls of boiling water. Strain, cool, add the lemon juice. Pack the freezer with three parts ice and one of salt. Turn in the mixture and parily freeze. Then add the cream flavored with the vantlia and finish freezing. The dasher is turned rapidly for all sherbets. If desired very light, one or two beaten whites of eggs may be beaten in at the finish. Serve in sherbet cups or glasses and decorate with fresh or candied mint

THE SEVENTH NOON

"Tayll." He smiled. "My thoughts were going even faster than my legs. We'll rest a trille, anyhow."

They seated themselves beneath ground with redolent brown needles. He wiped his hot forehead. The undulating green fields throbbed before his excited eyes, as in midsummer when they glimmer from the heat rays. He burrowed his tightened lists to the cooler soil below the brown carpet.

"I guess you are glad to sit down a moment yourself," she suggested, noting his forced deep breathing. "Your efforts with Ben tired you more than you thought."

"I dike to have that chance over the cooler soil below the brown carpet.

"I guess you are glad to sit down a moment yourself," she suggested, noting his forced deep breathing. "Your efforts with Ben tired you more than you thought."

"I like to have that chance over

"I'd like to have that chance over again-now."
His tense, long body looked like Force incarnate. She caught her breath

Guickiy.

"I'm glad you haven't," she gasped.

She had the feeling that he could have picked up the boy and hurled him like a bit of wood into the road. She was not frightened. She liked to see him in such a mood, it gave her, somehow, a big sense of safety. It swept away all those haunting fears which had so long been always present in the background of her consciousness. It did this in as impersional a way as the sun scatters shadows.

"The trouble is," he was saying, "that

consciousness. It did this in as impersonal a way as the sun scatters shadows.

"The trouble is," he was saying, "that we don't often get a chance to try things—the big things—twice. The fairing way would seem to be to allow this, for we have to fail once in order to learn," "You are generalizing," she asked, tentatively.

"I am sentimentalizing," he answered abruptly, suddenly coming to hinself. He was more personal than he had any light to be, it did no good to become insudin over wear was irrevocably decided. The Present, He must cling to that one idea. Let him drink in the sunshine while it lexited, let him absorb as much of her as he could without taking note little from her.

To Keep Away Ants.

To keep away tiny red ants, and they have done in the properties of the properties of the properties of the properties of the conformation of why his inchest was sonething tentered to try so hard to maintain. She would like to deserve his confidence. He aroused her sympathy a shy desire to be tender to him just because in his rugged sirenath there seemed to be nothing else but this for which he could mode a woman. But as he glanced up she colored at the presumption of her thoughts.

[To Le Comminded.]

Correspondence

Edited by Cynthia Grey



LUNCHEON.
Sardines, Brown Broad.
Devilled Eggs. Verstable Salad.
Leed Tea. Cocca.

DINNER,
Potato Soup.
Shoulder of Veal Stuffed, Brown Gravy.
Scalloped Onions, Prench Peas,
Fried Sweet Potatoes.
Cucumbers, French Dressing.
Watermelon, Teed Coffee.

Tomatoes With Bacon. A popular dish in Monmark. Lay sarge square crackers in the hottom of a shallow pan. On each cracker put a thick slice of tomate-either canned or fresh-sprinkled with sall and pepper, and on each slice of tomato lay a thin slice of bacon. Put the pan in a hot oven. When the bacer is crise the tomatoes are ready to be served.

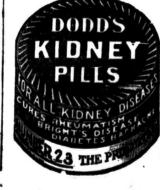
Lettuce and Nut Salad.

Shred crisp lettuce leaves and place then in a cup made of a tender leaf of head lettuce. Place on each portion of salad a half-dozen English walnut meats broken in halves and cover with a generous portion of mayonnais; dressing to which whipped cream has been added.

SEVEN YOUNG LADIES RECEIVE THE HABIT

Impressive Ceremony at the Ursuline Academy in Chatham.

mountain. She would like to describe his most because in his ruised strength there is a silver to the trood of the woman. It as the strength in the present of the theoretic of the present of the theoretic of th



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Step starving yourself—step suffering the pangs of indigestion worrying about what you dare and dare not eat.

Eat hearty meals of wholesome food, take

TABLET HA-DRU-CO DYSPEPSIA

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and a case of Triscuit (the Shredded Wheat wafer) to your camp or Summer home. It will mean freedom from worry and work. SHREDDED WHEAT is. ready-cooked and ready-to-serve. Two Biscuits with berries or other fresh fruit, served with milk or cream, will supply all the strength needed for work or play. Nothing so wholesome and nutritious and nothing so easy to prepare. TRISCUIT is eaten with butter, soft cheese or marmalades. A crisp, tasty snack for the camp or the long tramp.

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Den't

Trying to light the gas with ordinary matches.

