

CORRESPONDENCE COLUMN.
HELPS FOR HOME-KEEPERS.
RECIPES AND STYLE NOTES.

A PAGE FOR WOMEN

BRIGHT ARTICLES DAILY ON
WOMEN'S INTERESTS AND
ACTIVITIES HERE AND THERE

COOL DRINKS FOR HOT DAYS

By Caroline Coe.

To be able to make a cooling drink on a summer day, either for the chance caller or when "his mother" comes to call is surely a dainty accomplishment for the June bride who is probably now settled in a cozy flat or home of her own.

There are a number of fine drinks that can be made that are cooling and healthful.

I do not advise the combining of alcohol with any other ingredients in making a drink for I consider alcohol the rankest poison and never use a bit of it on my own table or in my home.

For a few weeks, however, cool drinks will be much better on your table than hot ones. Of course, when the family insists upon hot coffee for breakfast you can give it to them, but for all the other meals during the summer serve cool instead of hot drinks.

MILK SHAKE.

Is an especially nourishing drink. Take one teaspoonful of powdered sugar and one egg. Beat to a light, foamy froth. If you have a shaker put in a lump of ice the size of an egg. If no shaker, a pint sealer will do as well. Add one tumbler of rich milk with a pinch of salt and any desired flavoring. Shake steadily until it looks like light cream. Turn into glasses and serve with straws. A little nutmeg or cinnamon grated over the top gives it an appetizing look.

ICED COFFEE.

Drain any coffee left from breakfast. Set in an ice-box to cool. When ready to serve, put in a deep bowl with half as much cream or top milk. Then coffee. Beat hard for five minutes with a cream beater. Turn into tumblers with a little shaved ice. Serve at once. Will do for a change from the usual.

ICED TEA.

This is better if made fresh and served at once. To save ice put only enough boiling water on the tea to draw out the required strength and flavor. Add clear, cold water to the right strength. Serve in deep glasses half filled with chopped ice, a lemon slice or mint sprig. Nice to drink with luncheon or dinner.

TEA PUNCH.

Brew strong tea. Fill tall, slender glasses with chopped ice. Add one-half a lime or teaspoon of lemon juice, two spoons of powdered sugar and two

cherries, a piece of pineapple and a slice of cucumber and serve with straws. This is fine served after noon tea.

ICED CHOCOLATE.

Six tablespoons of chocolate rubbed to smooth paste with a little cold water. Gradually add one cup of boiling water and eight heaping teaspoons of sugar or eight lumps of sugar, a tiny pinch of salt, one-half teaspoon of vanilla and boil all together for five minutes in double boiler, then add two cups of hot milk and boil for five minutes. Remove from fire and allow to cool in double boiler. When cold fill the lower kettle with pieces of ice, rock salt and set upper kettle in and or heat to light froth. Turn into deep, slender glasses and top the chocolate with a spoon of whipped cream. Will make a fine desert on a hot day.

STRAWBERRY PUNCH.

Mash two quarts of strawberries to a pulp. Pour over them three quarts of water and the juice of two lemons. Stand in cool place for four hours. Strain and stir into the liquid one and one-half pounds of loaf sugar. Stir until sugar is dissolved. Strain again. Set in a cold place. Serve in tumblers with crushed ice.

ORANGEADE.

Boil one-quarter of a pound of loaf sugar with half a pint of water (do not stir). When dissolved add the thin yellow rind of two small oranges and allow to stand for two hours.

Strain the juice of four oranges and one lemon into a pitcher. Remove the rind from the syrup. Add to one and one-half pints of water and one pint of chilled ice. Stir all together and serve in lemonade glasses. Many people who cannot drink lemonade drink this.

OATMEAL MEAD.

Take one-half pound of sugar, one lemon juice and rind, one-half pound of oatmeal. Pour over these three quarts of boiling water. Stir well and let settle. Drain and serve with lumps of ice.

PINEAPPLE COBBLER.

Put in a large glass one tablespoon of sugar, one slice of orange cut into quarters, one-half slice of pineapple cut into small pieces. Mix well together and add a lump of ice and fill glasses with seltzer water. Serve with long-handled spoon so one may enjoy the fruit left in bottom of glass. I often serve this as a first course at

dinner to strengthen the jaded appetite.

ICED COFFEE ORIENTAL.

Materials: Four fresh eggs, three-fourths cup of sugar, four cups strong, black coffee, one cup of cream, one piece of stick cinnamon four inches long, broken and put into hot coffee. Way to prepare: Beat egg yolks until thick and add sugar and coffee. Chill and set on ice until ready to serve. Beat whites of the eggs to stiff froth and fold into them three tablespoons of sugar and a few drops of vanilla. When ready to serve, pour coffee mixture over the egg whites and beat until well mixed. Pour into pitcher and serve in tall tumblers with long-handled spoon.

HORSE'S NECK.

Peel a lemon as you do an apple and drop the peeling into a large tumbler. Add lump of ice and a bottle of ginger ale.

NECTAR CREAM.

Juice of half a lemon and one tablespoon of sugar. Add two or three lumps of ice. Mix well, allowing ice to melt. Add half small teaspoon of carbonate of soda and drink while effervescent.

LIME ICE.

Use the juice of two limes and dissolve in it one tablespoon of sugar. Have glasses filled two-thirds full of shaved ice. Add the lime and sugar, and ornament with either mint or maraschino cherries. Serve with a straw.

COFFEE LEMONADE.

Use cold coffee in place of water in making lemonade. It is healthful and refreshing in hot weather.

COCOA MEAD.

One-half pound of sugar, one-half pound of oatmeal, four ounces of cocoa. Mix well. Pour over this three quarts of boiling water and allow to cool and settle. Serve ice cold.

KOUMISS.

Take six cups of milk and three tablespoons of granulated sugar. Add one compressed yeast cake, or one-half a cake of yeast food. Set in warm place for a few hours until bubbles rise all over the top. Stir well for three minutes. Bottle and tie down the corks. Keep cold on ice in refrigerator for at least four days. When opened it must be used at once as it soon spoils on exposure to the air.

RASPBERRY SHRUB.

Four one quart of vinegar over three

quarts of ripe raspberries. Allow to stand thirty-six hours. Strain and add sugar, allowing one pound to each pint of juice. Boil slowly one-half hour, set aside to cool a little and skim clear. Return to fire. Boil up and bottle while hot. Either black or red berries may be used. This recipe will make one gallon.

BLACKBERRY NECTAR.

Crush two cups of blackberries and add two cups of water, one teaspoon, each, of orange and lemon juice. Strain and add one slice of lemon and one and one-half cups of sugar. Put into fruit jar and set on ice until ready to serve.

CURRENT SHRUB.

Mash currants and drain juice. To each pint of juice add one pint of sugar and boil ten minutes. Bottle and seal. If used at once it need not be boiled. Put juice and sugar in glasses with crushed ice and tip the top with few whole red or white currants. This makes a most refreshing drink.

PINEAPPLE WATER.

Peel and core pineapple, put into bowl and smash or bruise with heavy masher. Allow to stand two hours so all the juice may be secured. When ready to use strain into pitcher (use fine sieve), add the juice of one lemon. Stir all together until the sugar is dissolved. Add four or five cups of sugar and one pint of water. Boil for twenty minutes. Add to juice and set aside to become perfectly cold. When ready to serve, add one and one-half pints of ice and one quart of water. Turn into high glasses, with ice the size of an egg. This will serve eight people.

GINGER ALE MICKEY.

Into a large tumbler put the juice of half a lemon and a teaspoon of sugar and one lump of ice the size of a small egg. Stir all together until light and foamy. Dissolve. Add ginger ale till glass is filled. Remove ice and serve at once.

EGG LEMONADE.

Put into a large glass one tablespoon of sugar and add the juice of half a lemon and a tiny bit of the peeling and one egg. Shake all together. Beat with a silver fork until light and foamy. Add two or three lumps of ice. Fill glass with seltzer and add a few berries on top.

GRAPE WATER.

Squeeze four pounds of grapes through a coarse cloth and add one-third cup of white sugar and one pint of water to the juice. Set on ice. Serve with crushed ice in glass.

5. Are white felt hats going to be worn this fall?

Hoping to see this in your column, I thank you, BEA P.

A—1. Brush the hat over with a solution of oxalic acid and not in the proportion of one teaspoonful to a pint of water. If the hat is very dirty, give it a thorough rubbing first with crusts of stale bread.

2. To reach the tops of your shoes, 3. Dark shades of four or standard colors, blue, red, brown, and green, should be becoming, and probably pinks, and pale yellows.

4. Beautiful, a rose, princely, worthy of love, sincere.

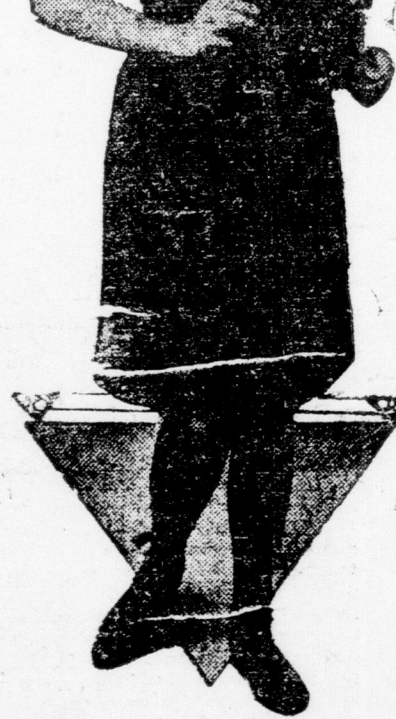
5. Yes.

Love all, trust few; Do not go by none; be able for thine enemy.

Rather in power than use; and keep thy friend Under one own life's Key: be checked for silence.

But never taxed for speech, —Shakespeare.

The Bathing Girl



The smartest 1913 bathing suit is made of black and white, and it follows the narrow lines of the street dresses.

Here is one made with a kimono waist and elbow sleeves of black charmeuse. Charmeuse, by the way, is a splendid fabric for bathing suits, as it does not cling to the figure when wet, as does satin.

The white reverses, and cording on this suit are of white Turkish toweling. The cap worn is of white polka-dotted satin over the conventional rubber cap. Be very careful about the length of your bathing suit this summer. It must barely come to the knee, and the skirt must be draped a little.

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KATHERINE LESLIE'S HOME CHAT



TO AVOID PTOMAIN POISONING IN SUMMER FOODS.

With the re- decay quickly and are liable to taint turn of the hot whole piece. It is well in hot weather every ther to brush all meat with a mixture of olive oil and vinegar (half and half), or with melted butter and vinegar, as one of her ter the meat has been washed and most import- wiped off. This will not only protect it from bacteria and other contamination, but will make it more tender. Leave it uncovered in the ice chest. Never place it directly on the ice chest. This extracts all the good meat juices. With artificial ice care must be taken not to let fish come in contact with it. Refrigerators, of an hour or more, affects the fish. All food rich in ni- rogen decompose easily under the in- fluence of heat and moisture and cause ptomaine poisoning. Milk and eggs over night in hot weather are often so dangerous as to cause death. A cus- tomer pie made on Saturday and not eaten till Sunday's dinner will often in the folds and crevices of the meat to make sure that there are no eggs left by intruding flies. These are not only disgusting but dangerous. In mutton and lamb, look carefully at the fat sub- stance should be taken from the back- bone, as also the thin membrane that it appears under steak or chops, as these

Tea-Table Talk

The following article in the Victoria (B. C.) Colonist, deals with the trials of an often ill-considered member of the family—the daughter who stays at home.

The Years of Devotion.

In most large fam- lies there is one daugh- ter whose fate it is to see her brothers and sisters leave the old home and go forth to make their own way in the world, marry, and form home ties of their own. The years of her young woman- hood are given to her family, either be- cause there is no call sufficiently strong to draw her from it, or because duty and affection for the ageing parents keep her there.

Sometimes she is the pick of the family, the very flower of the flock, unselfish, untiring in her devotion. She takes upon herself the combined duties of housekeeper and nurse attendant, and with tireless patience and re- sourceful tact humors the fretfulness and irritability of exacting old people. Surrounding them with such tender affection that they are unaware how wisely and skillfully they are managed. We know such daughters, who, thus mother their parents, and we re- main them greatly for, unlike real mothers, they are devoting their lives to a passing—instead of a future—generation.

A Sorry Plight.

They are middle-aged; they have no profession or occupation by which they can support themselves. Some wealthy parents leave the home daughter provided for, but in very many cases, where means do not permit, where the parents have lived on a pension, or an annuity, the daughter's plight is a sorry one.

Still more awful is it for her to wake up to the fact that she is starved, absolutely penniless. It may happen that by will the furniture is to be sold and the proceeds divided equally among the surviving children, and the brothers, who have done well for them- selves, and the married sisters, what at least have someone to protect them, get their share of the family heritage. No one seems to think that the home daughter—who has borne all "the burden and heat of the day"—should re- ceive a specially large share in re- cognition of her life's devotion. By some curious twist of the sense of right, the father thinks she must be satisfied with having a roof over her head and a small dress allowance—less perhaps than the wages of one of the maids!

The brothers, if they are selfish (as they generally are) see no reason to return their share to the homeless sister "who has been provided for all these years."

Selfish Relations.

Both brothers and sisters forget that the home daughter has taken upon her shoulders the united burden of the family in caring for the aged parents, and that it should be their duty and privilege to ease her way as much as possible and prevent her from feeling too acutely the bit- terness of the lonely woman who has no home, or home folk of her own, and with inadequate means, or perhaps none at all, is suddenly cast adrift.

Unfortunately human nature rarely shows to advantage where there is expectation of money.

The glitter of gold, too often, alas! blinds the sense of duty and kills af- fection.

Providence, R. I. Council of Jewish Women has organized an immigration club of Jewish pupils in the evening school of the city.

The textile factories in Prussia and Saxony employ more than 400,000 wo- men.

PROBLEMS OF THE FAIR SEX SOLVED BY CYNTHIA GREY

[Correspondents are requested to make their inquiries as brief as possible, and to write on one side of the paper only. It is impos- sible to give replies within a stated time, as all letters have to be answered in turn as they are received. No letters can be answered privately.]

Wants to Look Shorter.

Dear Miss Grey: I have been much helped through your column in the paper, and now I am going to ask a few questions, hoping it will not trouble you too much?

1. I am fifteen years old, and I am five feet nine inches tall. How long should my skirts be, and what would make me look shorter as I am very slim also?

2. What would be a nice birthday present to send a girl friend about twenty years old.

3. What will make me appear just fifteen—all the people think I am so old?

4. What is the meaning of Minnie, Ethel, Hazel, Esther, Hoping I have not asked too much, I am, BLUE BELL.

A—1. As you are so tall your skirts should be made a little longer than is usual for fifteen-year-olds. They should come quite to your shoetops, and per- haps an inch longer still, I am afraid that I can tell you of no way by which you can look shorter.

2. Pretty embroidered belt or crocheted hand-bag, collar in Bulgarian colors, pair of gloves, hatpin, collar

pins, muslin apron, handkerchief kimono, underwaist.

3. I do not see that anything can be done to keep people from thinking you older than you really are. Just be natural, enjoy outdoor sports such as basket-ball and tennis, like other girls of your age, and don't worry about what people think you old or young.

4. Minnie is derived from Mary, meaning unpleasant; Ethel, noble; Hazel, clear-eyed; Esther, good-for- tune.

Clothes for a Vacation.

Dear Miss Grey: Here is one more "anxious inquirer" to tire your good patience. Hope you are never exhausted because I don't know whatever we would do without you.

Please answer the following as soon as possible, and oblige. Yours sincerely, NEW MOWN HAY.

1. I intend to go to a lake-side town for the month of August. What would be a suitable outfit to take with me?

2. What would be a nice costume for a girl of twenty years to wear to Toronto Fair?

3. Do you consider a suit-skirt and a shirtwaist the most appropriate at- tire for travelling on the train?

A—1. A one-piece dress of pongee

silk, two colored tub dresses, one white dress, one dress for party wear, two white shirtwaists, one coat and skirt of serge or tweed, one long kimono, three complete changes of "under-neaths," two "nighties," six pairs hose, one pair walking boots, one pair patent leather pumps, one pair white Oxfords.

These are but suggestions. Of course, if it is a quiet resort and there no dances or like festivities, you need not need the party dress. The idea of having a dress of black silk is that it looks neat and saves washing. The above list is made up with the suppo- sition that you can have laundry work done at the resort. It may be necessary to add a bathing suit to your list if you desire to bathe and cannot rent a suit.

2. Would suggest a one-piece foulard dress with separate three-quarter length coat of tan with Bulgarian silk collar. Or else a coat and skirt of pretty woolen goods, such as tan, or wool taffeta, with marquisette waist to match. The former outfit is the more youthful, I think.

3. Yes, a black silk dress such as I have mentioned would also be practical for train wearing.

Cleaning a Hat.

Dear Miss Grey: Reading your in- teresting corner, I come for aid. 1. How would you clean a white Panama hat?

2. I am sixteen years of age, five feet, how long should I wear my dresses?

3. I have dark hair, blue eyes, fair complexion. What are my colors?

4. What is the meaning of Bertha, Rose, Earle, Amanda, Iiah?

A—1. A one-piece dress of pongee