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

# OR THE WASTERS OF THE PAGE FOR WOMEN

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



By Caroline Coe.

on a summer day, either for the chance caller or when "his mother" comes to

You can give it to them, but for all with a spoon of whipped cream. Will the other meals during the summer make a fine desert on a hot day.

STRAWBERRY PUNCH.

### 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

### ICED COFFEE.

coffee. Beat hard for five minutes with serve in lemonade glasses. blers with a little shaved ice. Serve drink this at once. Will do for a change from the usual.

### ICED TEA.

This is better if made fresh and of oatmeal. Pour over these three served at once. To save ice put only quarts of boiling water. Stir well and draw out the required strength and of ice flavor. Add clear, cold water to the right strength, Serve in deep glasses slice or mint sprig. Nice to drink with

### TEA PUNCH.

Brew strong tea. Fill tall, slender glasses with seltzer water. Serve with pos glasses with chopped ice. Add one-long-handled spoon so one may enjoy half a lime or teaspoon of lemon juice, the fruit left in bottom of glass. I two spoons of powdered sugar and two often serve this as a first course at

would like to hear her magic mirror floor.

little Snow-white many days before, queen,

She wondered how she could manage

'Fine wares to sell!" she said.

said. "Come let me put a new lace in time.

to the mirror and said:

Who is fairest of us all?"

With the seven little men,

"Looking glass upon the wall

"Queen, thou art of beauty rare,

Is a thousand times more fair."

slice of cucumber and serve with straws. To be able to make a cooling drink This is fine served as afternoon tea.

ICED CHOCOLATE.

settled in a cozy flat or home of her water. Gradually add one cup of boil-long, broken and put into hot coffee.

There are a number of fine drinks of sugar or eight lumps of sugar, a that can be made that are cooling and healthful.

I do not advise the combining of minutes in double boiler then add two froth and fold into them three table-I do not advise the combining of minutes in double boiler, then add two froth and fold into them three tablealcohol with any other ingredients in cups of hot milk and boil for five spoons of sugar and a few drops of making a drink, for I consider alcohol minutes. Remove from fire and allow vanilla. When ready to serve pour one-half cups of sugar, Put into fruit the rankest poison and never use a bit to cool in double boiler. When cold fill to make the lower kettle with pieces of ice and of the five spoons of sugar and a few drops of 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.

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.

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. For a few weeks, however, cool drinks rock salt and set upper kettle in and and serve in tall tumblers with long-will be much better on your table than allow to stand in a cool place. Whip handled spoon. hot ones. Of course, when the family or beat to light froth. Turn into deep, insists upon hot coffee for breakfast slender glasses and top the chocolate

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 Add half small teaspoon of carbonate one-half pounds of loaf sugar. Stir of soda and drink while effervescing. until sugar is dissolved. Strain again. Set in a cold place. Serve in tumblers with crushed

### ORANGEADE.

Boil one-quarter of a pound of loaf cinnamon grated over the top gives it not stir). When dissolved add the thin yellow rind of two small oranges and straw allow to stand for two hours. Strain the juice of four oranges and

Drain any coffee left from breakfast. one lemon into a pitcher. Remove the Use cold coffee in place of water in eight people.

Set in an ice-box to cool, When ready rind from the syrup, Add to one and making lemonade. It is healthful and serve, put in a deep bowl, with one-half pints of water and one pint refreshing in hot weather.

GINGE half as much cream or top milk as of chipped ice. Stir all together and dover or cream beater. Turn into tum- people who cannot drink lemonade

# lemon juice and rind, one-half pound

OATMEAL MEAD.

Take one-half pound of sugar, one

PINEAPPLE COBBLER.

AS TOLD BY AUNT GERTIE.

to think everything was safe and that it properly, the woman pulled the "Then I will surely make away with

the queen had forgotten her, an idea strings so tightly that she her breath and fell in a faint on the ful little rival, the queen poisoned the

tell her once more that she was the "Now you are done for," said the like a different sort of old woman and

fairest woman in the world. She came wicked queen, hurrying away home. went to the house in the woods again.

But Snow-white, living in the glen, clothing, threw water in her face and door, letting the queen in. As soon as Yith the seven little men, gradually brought her back to life. As the woman got inside she told Snow-

The queen was very, very surprised white learned from her kind protectors make it look beautiful. Because she

that she had eaten the heart of poor other than her cruel step-mother, the Snow-white thought she would let the

to find Snow-white and kill her. Then what we tell you. Don't let anyone in- hair she fell senseless to the floor. The

to find Snow-white and kill her. Then what we tell you. Bont let anyone in hair she fell senseless to the floor. The she thought of a way. She went to a to the house." Again Snow-white queen ran away home, sure this time watch and asked her to change her promised solemnly to be most careful that she would never have to worry into an old peddler woman. In this and again the little dwarfs went off about Snow-white again.

disguise she started out to the woods to their gold-digging in the woods. Freehold the beautiful little gir to find Snow-white. She discovered the The queen, thinking she had ended would have been lying there still in

little dwarfs' house and knocked at the life of the little girl, surely, this the dwarfs hadn't come home as usual

door to her, despite the warning the Instead of giving the answer she they told her and warned her once dwarfs had given her.

Instead of giving the answer she they told her and warned her once expected the mirror gave back to her more to keep the door locked all the

and awfully angry, for she was sure that the old peddler woman was no was proud of her beautiful

Just as Snow-white was beginning woman to lace her up. Instead of doing rage and disappointment.

the queen had forgotten her, an idea strings so tightly that Snow-white lost her this time for good and all."

quite reasonable, and stood for the old asked the queen to herself, blue with

Snow-white lay on the floor like a This time it was much harder for

they rushed in, unfastened her tight little girl again and she opened

dead girl until the seven little dwarfs to make Snow-white think she was just

came home at sundown. When they a kind, good, old woman. But her gentle

saw her on the floor, lifeless-looking, voice and sly manners tricked the poor

soon as she could listen to them. Snow- white to let her comb her hair and

"Next time," they said to her, "mind the poisoned comb touched the girl's

time, rushed home to her magic mirror, and found her. As soon as they pulled

### 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 NECTAR CREAM. Juice of half a lemon and one table-

spoon of sugar. Add two or three lumps of ice. Mix well, allowing ice to melt. LIME ICE.

Use the juice of two limes and dis-

# COFFEE LEMONADE.

COCOA MEAD.

KOUMISS. half filled with chopped ice, a lemon half filled with chopped ice, a lemon of sugar, one slice of orange cut into minutes. Bottle and tie down the corks, ries on top quarters, one-half slice of pineapple Keep cold on ice in refrigerator for at cut into small pieces, Mix well to- least four days. When opened it must gether and add a lump of ice and fill be used at once as it soon spoils on ex-

RASPBERRY SHRUB.

teeth of a comb by magic, dressed up

stranger arrange it for her. As soon as

Probably the beautiful little gir

the comb out of her hair she woke up

and was well again. The dwarfs were

very angry with her for not doing as

quarts of ripe raspberries. Allow to stand thirty-six hours, Strain and add ICED COFFEE ORIENTAL. sugar, allowing one pound to each pint Materials: Four fresh eggs, three- of juice. Boil slowly one-half hour, set fourths cup of sugar, four cups strong, aside to cool a little and skim clear Six tablespoons of chocolate rubbed black coffee, one cup of cream, one Return to fire. Boil up and bottle while for the June bride who is probably now to smooth paste with a little cold piece of stick cinnamon four inches hot. Either black or red berries may

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 slice a pineapple, put into bowl and smash or bruise with heavy masher. Allow to stand two hours s all the juice mey be secured. When ready to use strain into pitcher (use fine sieve), add the juice of one lemon solve in it one tablespoon of sugar. Make a heavy syrup, using one pound Have glasses filled two-thirds full of of sugar and one pint of water. Boi shaved ice. Add the lime and sugar, for twenty minutes. Add to juice and serve with straws. A little nutmeg or sugar with half a pint of water (do and ornament with either mint or set aside to become perfectly cold maraschino cherries. Serve with a When ready to serve, add one and one-half pints of any spring or charged water. Turn into high glasses, with ice the size of an egg. This will serve

## GINGER ALE MICKEY.

Into a large tumbler put the juice of half a lemon and a teaspoon of sugar One-half pound of sugar, one-half and one lump of ice the size of a small pound of oatmeal, four ounces of co- egg. Stir all together until the sugar coa. Mix well. Pour over this three is dissolved. Add ginger ale til glass is quarts of boiling water and allow to filled. Remove ice and serve at once. cool and settle. Serve ice cold.

EGG LEMONADE

Put into a large glass one tablespoo Take six cups of milk and three table- of sugar and add the juice of half though boiling water on the tea to let settle. Drain and serve with lumps spoons of granulated sugar. Add one lemon and a tiny bit of the peeling and compressed yeast cake, or one-half a one egg. Shake all together of beat cake of yeast foam. Set in warm place with a silver fork until light and foamy for a few hours or until bubbles rise Add two or three lumps of ice. Fil Put in a large glass one tablespoon all over the top. Stir well for three glass with seltzer and add a few ber

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

Pour one quart of vinegar over three with crushed ice in glass. Hoping to see this in with crusts of stale bread.

pinks, and pale yellows. 4. Beautiful, a rose, princely, worth; of love, sincere,

Under thine own life's Key: be checked for silence

The Bathing Girl



narrow lines of the street dresses. Here is one made with a kimono waist nd elbow sleeves of black charmeuse. fabric for bathing suits, as it does not

# During July and

August we close at 5 p.m., Saturday excepted.

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July a Month of Low Prices

The Near Approach of Our Moving Day Means LOW PRICES HERE FOR YOU

# Silk Ankle Hose, 25c Pr.

Black Silk Ankle Hose, lisle top, "Seconds." All

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Lace and Embroidery Trimmed Jabots, in new and pretty styles, to clear at, each. 15¢

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Long Lisle Gloves, 12-button length in grays and modes only, to clear at, per pair ..... 15¢

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Fancy Dutch and Robespierre Collars, in crepe, pique, voile and very fine lawn, trimmed with very fine imitation Irish laces. To clear out at ......33¢

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With the re- decay quickly and are liable to taint turn of hot the whole piece. It is well in hot weat to draw her from it, or because duty

housekeeper of olive oil and vinegar (half and half), keep her there. should consider or with melted butter and vinegar, afas one of her ter the meat has been washed and family, the very flower of the flock, most import- wiped off. This will not only protect unselfish, untiring in her devotion, She ant duties the care of the food that it from bacteria and other contamina- takes upon herself the combined duties comes into her home. Unless she does tion, but will make it more tender. of nousekeeper and nurse attendant, comes into her home. Unless she does too, but will make it more tender, of nousekeeper and nurse attendant, this meats and vegetables will spoil, Leave it uncovered in the ice chest, and with tireless patience and remik will sour, and her bill for table Never place it directly on the ice, as sourceful tact humors the fretfulness supplies will be unnecessarily high—this extracts all the good meat juices. says an expert housekeeper. It is not With artificial ice care must be taken Surrounding them with such tender enough that utensils and storage places not to let fish come in contact with it, affection that they are unaware how be kept clean. The food itself, when as the ammonia used in the freezing wisely and skilfully they are managed. but away, must not be in a state fav- affects the fish. All foods rich in nit- We know such daughters, who thus orable to fermentation and decompo- rogen decompose easily under the in- mother their own parents, and we adition. In the stores and markets fresh fluence of heat and moisture and cause mire them greatly, for, unlike real meat and fish are kept in very cold re- ptomaine poisoning. Milk and eggs mothers, they are devoting their lives rigerators. Often an hour or more cooked together and allowed to remain to a passing—instead of a future elapses between the time they leave it over night in hot weather are often so generation. and the arrival in the kitchen, there-dangerous as to cause death. A cusfore they must receive immediate at- tard pie made on Saturday and not when at last their duties are ended tention, for, in this time, taint may eaten till Sunday's dinner will often in and they are free to live their own have set in. First look carefully n hot weather cause ptomaine poisoning. the folds and crevices of the meat to Ice cream and the various pastries conmake sure that there are no eggs left taining creamy material for fillings by intruding flies. These are not only should not be kept over night in July disgusting but dangerous. In mutton and August, as they are liable to cre-

bone, as also the thin membrane that for it, too, is subject to ptomaine if

appears under steak or chops, as these the mercury is high

weather every ther to brush all meat with a mixture and affection for the ageing parents

or lamb, the marrow, or soft, fatty sub- ate ptomaine poisoning. Cream chees stance should be taken from the back- must be used before the turning point

f an often illy-considered member of the family—the daughter who stays at The Years

Tea-Table Talk

The following article in the Victoria

B. C.) Colonist, deals with the trials

lies there is one daughof Devotion. 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 womanhood are given to her family, either because there is no call sufficiently strong

Sometimes she is the pick of the

A Sorry They are middle-aged: they have no profession or Plight. 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 pension, or an annuity, the daughter's

olight is a sorry one. Still more awful is it for her to wake up to the fact that she is stranded, absolutely penniless. It may happen that by will the furniture is to be sold and the proceeds divided equally among surviving children, and the brothers, who have done well for themselves, and the married sisters, who 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 reieve a specially large share in reognition of her life's devotion. By ome curious twist of the sense of right, the father thinks she must be satisfied with having a roof over hex. ead and a small dress allowance—less perhaps than the wages of one of the

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

Both brothers and

Selfish

sisters forget that the Relations. home daughter has taken upon her shoulders the united burden of the family in caring ed with wet ground raisins and can- for the aged parents, and that it should be their duty and privilege to ease her way as much as possible and prevent uice of lemon, mayonnaise dressing her from feeling too acutely the biterness 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 expectation of money. The glitter of gold, too often, alas! blinds the sense of duty and kills af-

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 wc-

# PROBLEMS OF THE FAIR SEX SOLVED BY CYNTHIA GREY

"What a figure you are, child," she the same reply it had given her the last time.

disguise she started out to the woods to their gold-digging in the woods.

Snow-white saw her, thought she "Looking glass upon the wall,

looked very harmless and opened the Who is fairest of us all?"

[Correspondents are requested to make their inquiries .. s 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 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 few questions, hoping it will not trouble you too much? 1. I am fifteen years old, and I am

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 wenty years old. 3. What will make me appear just

fifteen - all the people think I am so 4. What is the meaning of Minnie, Ethel, Hazel, Esther, Hoping I have

pot asked too much, I am, BLUE BELL. -1. As you are so tall your skirts usual for fifteen-year-olds. They should be a suitable outfit to take with me? come quite to your shoetops, and perhaps an inch longer still. I am afraid that I can tell you of no way by which

Toronto Fair?

panama hat?

2. What would be a nice costume for a girl of twenty years to wear to feet. How long should I wear dresses?

you can look shorter.

2. Pretty embroidered belt or crocheted hand bag, collar in Bulgarian tire for travelling on the train? colors, pair of gloves, hatpin, collar A .- 1. A one-piece dress of pongee Rose, Earle, Amanda, Ilah?

ins, muslin apron, handkerchief kimo o, underwaist.

done to keep people from thinking you above list is made up with the supposinatural, enjoy outdoor sports such as done at the resort. It may be necessary basket-ball and tennis, like other girls to add a bathing suit to your list if 1. I am uffeen years old, and I am of you age, and don't worry about you desire to bathe and cannot ren five feet nine inches tall. How long whether folks think you old or young a suit. meaning unpleasant; Ethel, noble; dress with separate three-quarter Hazel, clear-eyed; Esther, good-for-length coat of tan with Bulgarian sill

> Clothes for a Vacation. anxious inquirer" to tire your good the more youthful, I think. patience. Hope you are never exhausted

because I don't know whatever we have mentioned would also be practical would do without you. Please answer the following as soon as possible, and oblige. Yours sincerely

NEW MOWN HAY. A.-1. As you are so tall your skirts 1. I intend to go to a lake-side town should be made a little longer than is for the month of August. What would

3. Do you consider a suit-skirt and

Did she do as they asked, do you your stays," Snow-white thought this "Why, is Snow-white still alive?" think? Well, wait and see. silk, two colored tub dresses, on white dress, one dress for party wear, two white shirtwaists, one coat and skirt of serge or tweed, one long imono, three complete changes. under-neaths," two "nighties,"

> one pair patent leather pumps, pair white Oxfords. These are but suggestions. Of course, if it is a quiet resort and there no dances or like festivities, you ma not need the party dress. The idea of having a dress of black silk is that 3. I do not see that anything can be it looks neat and saves washing. The older than you really are. Just be tion that you can have laundry work

pairs hose, one pair walking boots,

4. Minnie is derived from Mary, 2. Would suggest a one-piece foulard collar. Or else a coat and skirt pretty woollen goods, such as san toy or wool taffeta, with marquisette Dear Miss Grey: Here is one more waist to match. The former outfit is

3. Yes, a black silk dress such as

for train wearing. Cleaning a Hat.

Dear Miss Grey: Reading your interesting corner, I come for aid. 1. How would you clean a white panama hat?

3. I have dark hair, blue eyes, fair complexion, What are my colors? 4. What is the meaning of Bertha,

2. I am sixteen years of age, five

5. Are white felt hats going to be BEA P A-1. Brush the hat over with olution of oxalic acid and hot wate n the proportion of one teaspoonfu a pint of water. If the hat is very dirty, give it a thorough rubbing first 2. To reach the tops of your shoes. 3. Dark shades of four standard olors, blue, red, brown, and green hould be becoming, and probably

ove all, trust few; Do wrong by none; be able for thine enemy Rather in power than use: and keep thy friend

But never taxed for speech,



Custard Souffle.—Rub two scant table-spoonfuls butter to a cream, add two tablespoonfuls flour, and pour in gradually one-half pint hot milk. Cook eight minutes in a double boiler, stirring often. Separate yolks and whites of four eggs.

The smartest 1913 bathing suit is made of black and white, and it follows the minutes before serving, beat whites very minutes before serving, beat whites very minutes before serving, beat whites very minutes before serving beat whites very minutes before serving. fabric for bathing suits, as it does not like drain. Place the rhubarb in a gran-ling to the figure when wet, as does

# Daily Healthogram

Creamed Chipped Beef on Toast. Raw Cherries. Coffee.

naise dressing.

and nut meats.

Cream of Potato Soup.
Lamb Chops. Green Peas.
New Potatees. Sliced Cucumbers.
Deep Cherry Pie. SUPPER. Potato Salad. Cold Tongue. Fruit. Cake. Tea.

Daily Menu

BREAKFAST.

DINNER.

Braised Rolled Beef Steak .- This is good way of dealing with a hopelessly tough steak. Lay upon a board and pound from end to end with a mallet. Cover with forcemeat of mince salt pork, onion and seasoned crumbs, wet with a little gravy; oll up upon the stuffing and the into shape. Lay in your roaster; pour in a little cold water (or, better still, weak stock), cover and cook slowly for two hours, basting often with gravy from the pan. Undo the strings carefully, after pinning the roll together with skewers, and lay upon a hot dish, covered, while you prepare the gravy. Skim, thicken with browned flour add a good spoonful you prepare the gravy. Skim, thicken with browned flour, add a good spoonful of kitchen bouquet, boll up and pour into

eggs, mayonnaise dressing. stiff, fold them lightly into custard, bake in a buttered dish in moderate oven.

Rhubarb Catsup.-Peel and slice fou ce cling to the ngure when wet, as does satin. The white reveres and cording on this suit are of white Turkish towelling. The cap worn is of white polkadotted 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.

Avoid needless friction and sub sequent worry. Organize yourself as well as your work. Do what you have to do without expending any unnecessary energy.

SOME SANDWICH FILLINGS,

Pimento, cheese and thinly sliced to-Cucumbers, sliced thin, with mayonnaise dressing, and English walnuts. Sardines made into a paste spread

bits of lemon and cucumber. Peanut butter and paprika. Cottage cheese and minced onion. Stuffed olives (ground) and mayon-

on white bread and dotted with tiny

and mayonnaise. Brown bread sandwich - Jelly mixdied erange peel. Bananas, sliced thin, dipped into

Ham, chopped fine, with hard-boiled

Chicken, finely minced, bits of celery

# Lace Curtains at Half-Price

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