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

CHECKER CONTRACTOR CON A PAGE FOR WOMEN

BRIGHT ARTICLES DAILY ON WOMEN'S INTERESTS AND



Hot Weather Eats

When the thermometer begins to climb, someone in the home of the busy house mother is apt to say: "Oh, I wish we could have some ice cream," mean ing by ice cream any kind of frozen des-

The doctors tell us that ice cream and ices are very healthful when made of pure ingredients and under sanitary conditions and I, who make them often in my own home, tell you that they are very easily made with little labor and expense, and are much more palatable in summer than pies or rich pudding.

You can make frozen desserts of almost any kind of fruit or custard. Indeed, the woman of clever cooking sense can serve a great many new flavors from out her freez-She can use condensed milk, coffee, tea, boiled custard, fruit juices of all kinds and plain cream, either sweet or sour.

For real ice cream you must have cream that has been taken from the milk that has stood at least twelve hours. This is single cream and is all right for plain vanilla or chocolate ice cream. If you wish mousses, of which I shall speak later, you have to have double cream, that which has stood on the milk for twenty-four hours, and can be whipped. For ice cream you can use cream and you will find it very nice. only needs more sugar.

I find that cream simply sweetened and flavored and frozen is the most delicious Caroline Coe, the Daily Adver and healthful of all frozen desserts, and when you take its food value into consideration it is not expensive. Do not use milk mixed with your cream, as it crystalizes and becomes watery. If you have no

that it should be developed and in-

creased in thickness and in blood cir-

culation in order to sustain the new

means of exercise, massage or electricity, combined with a treatment for

The simplest and perhaps the best

Daily Menu

MONDAY.

BREAKFAST

Stewed Cherries.

Omelet with Bacon

DINNER.

Slices of Cold Roast.

Potato Salad. Stuffed Tomatoes.

Individual Strawberry Pies.

Strawberries with Cream.

Sandwiches. Cake. Iced Tea.

MONDAY

BREAKFAST.

Poached Eggs. Toast. Coffee.

DINNER.

Beef Hash.

Cherry Blanc Mange.

SUPPER.

Cold Tongue. Lettuce Salad.

REV. C. H. PENNOYER, Halifax:

Preventive reform is the modern em-

truth in the pulpit. We need police-

women. We need not many laws, but

DR. G. G. NASMITH, Toronto (at

medical convention): "Milk is the only

incooked animal food we eat and be-

ause it is an ideal culture medium

for germs, sometimes despite all our

care, it is consumed in an unhealthy

"The only way to make milk per-

does not exist in any other country.

Go into the best society in London and

matured women who are its leaders."

WOMEN'S INSTITUTES

THORNDALE.

The Woman's Institute will hold

heir July meeting at Mrs. (Dr.) Arm-

strong's on Wednesday, July 2. Miss

M. Powell, of Whitby, will speak on

Girls," "Demonstration Talk on Plain

furnished, and also recitations. ladies are invited to attend.

and Fancy Sewing." Music will

ectly safe is by pasteurization."

simple and intelligent ones."

condition.

Berries. Cake.

Quotations

Oranges

Buttered Beets.

of the Hour

Corn Flakes.

means of stimulating the scalp, and

producing the slight irritation neces-

growth.

improving the health.

This can best be done by

milk into a boiled custard and before putting in the freezer beat it light with If you wish to make ice cream with condensed milk make it in proportion of one large can of cream to one quart of milk and remember when you put in your sugar that your cream must be much sweeter than you like it, as



tiser's Cooking Expert.

sveet or sour cream on hand and wish to have a frozen dessert make your an egg beater. This is called New York ice cream and is delicious. freezing it neutralizes some of the sugar

PROBLEMS OF THE FAIR SEX SOLVED BY CYNTHIA GREY

[Correspondents are requested to make their inquiries ... brisf 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 enswered in turn as they are received. No letters can be answered privately.]

The Collection Question Again. Dear Miss Grey: Will you kindly at our earliest convenience answer the

llowing questions: 1. If accompanying a young gentleman friend to church and he offers you collection should you take it, and if so, should it be returned?

2. Would you kindly put the birthday calendar of June 4 in your col-

3. How may a red squirrel, which has been kept in a cage for some months, be tamed?

4. Which is the more profitable oc-cupation for a young lady who has been teaching for a year and a half, to follow up, the teaching or the music? 5. If a gentleman and his friends are invited to a party and the gentleman go, should the lady go? 6. What is a nice style for having a

white linen skirt made? Thanking you in advance BROWNIE.

A .- 1. You should go provided with collection of your own, and if the young man offers some to you, simply tell him that you do not need it.
2. I am very sorry, but I do not have this feature on hand now. Any day's calender could be found in the Advertiser fyles of last year.

3. I should think kindness, regular feeding and attention would help tame the squirrel better than anything else. undoubted musical talent, the teaching would be the more profitable, I think. 5. It would depend something upon whether the invitation was extended to the two of you as a couple. Perhaps if you were to attend alone, an

less and the nature of the party to think otherwise, then it would be al-

right to accept. 6. In our pattern department there have been some very nice modes for separate skirts, lately. A good idea for a wash skirt is to make it absolutely plain with pearl buttons as the only adornment. These can readily be removed for laundering, and the absence of tucks or pleats simplifies the work of the laundress so much.

Cherry Salad Recipe.

Dear Miss Grey: Have you a recipe for a cherry salad, a rather fancy one? Please let me know through your colcomes too irritated. umn in The Advertiser. CHERRY RIPE.

cup mayonnaise, the inside leaves of Call again whenever you like. head of lettuce. Wash and stew the cherries and with pointed knife remove the pips and insert a small piece of marshmallow. Fut the cherries on a plate in cold place until serving Line a bowl with lettuce and lay the cherries on first the black, then the oxheart; cover with mayonnaise, then the whipped cream; garnish with whole charries.

Treatment for Baldness.

"Excelsior."-Your former letters did 4. Unless you are possessed with not reach me or I certainly should have answered them. Thanks for your appreciative remarks. I fear they are more than I deserve. query, I have consulted some of the best books written by experts on the subject, and submit the following ex-

tracts for your benefit: "odd" number would result to the annoyance of the hostess. If you are sufficiently acquainted with the host-

The Liffle Mermaio

Away, away out where there is noth- round, just like the sun! ing to see but the DEEP, BLUE, ROLL- particular, in which I want to interest ING ocean, and where very many tall, you. She is very, very quiet and tall buildings would have to be heaped dreamy-like, one on the other in order to reach from While the others are fascinated by the surface to the bottom, live a won- relics from wrecks, she contents herseli

ean be, boys and girls? Well, it is MER!

DOWN, DOWN, DOWN, where the world, water is the deepest and the bluest and to hear about these people. And she the clearest, the Mer-king lives in his makes her grandmother tell her every-Mer palace. In his household are his thing she knows about them every day. mother, a very distinguished lady, and "When you are fifteen, my dear child," six little princesses. His wife is dead, the wise old grandmother tells her, "I

maid, while the youngest has hers This youngest mermaid is the one, in

with a white marble statue of a BOY Have YOU any idea what the name It seems that this mermaid is just naturally intended to make the acquaintance of men and women of the upper Nothing pleases her better than



feet. Did you ever hear of a mer- watch the human beings. maid, boys and girls? Well, tha is

beautiful, the youngest is the loveliest day already. of them all. Her skin is as soft and delicate as a rose-leaf. Her eyes are as brings back such wonderful tales that I blue as the sea. And she is as willowy feel I cannot wait another moment!" as the boughs of a young tree.

beautiful palace garden, where there are behind, because she isn't yet fifteen.

flery red and dark blue trees, whose Finally the day comes for HER to go ter Building," "Canadian Possibilities," Now, the fairies spend their day in the fruit giftters like gold.

plot of her own, where she may plant tied to her tail. and sow at her pleasure. One chooses hers in the shape of a whale, another And what wonderful things she sees! makes hers after the manner of a mer-

The remarkable thing about this fam- will let you go up to the surface of the ily is that each one has a TAIL, instead sea and sit in the clefts of rocks and

"Oh, it is such a long time to wait, what this old mother and these six little though, grandmother. Each of my other sisters has to go first, you see, because Though all the six mermaids are they have reached their fifteenth birth-

"Each time one of them returns she At last the five sisters all go together, But just think, her body ends in a tail, hand in hand, rising to the surface of

the water. Only the poor, little youngest is left up. A wreath of white files is wound "Our Country's Assets," "Refinement in the Home," "How We Can Help Our Each of the little princesses has a around her hair and eight oysters are

"Farewell," she says. In she goes. (To be continued.)

weak and falling hair-that is on the stimulation and development of the Tea-Table Talk natural forces, both of the scalp and To produce a permanent growth of hair it is therefore not only necessary that the scalp be stimulated, but

tury," a publication devoted entirely to the "Woman's interests of women, is bright, up-to-date little magazine, con-

along various lines of feminine progress. The Woman's Century is published monthly at present, but the editors, Mesdames Campbell MacIver sary to increase the circulation of the and J. C. Wilgar, of Toronto, expec od is to take a rough towel and, to extend it later to a bi-monthly and finally to a weekly issue. Among the holding one end in each hand, draw it back and forth allowing it to bear or contributors are such well-known rub gently on the bald surface. This names as Jean Blewett, Mrs. Sonia rubbing should be done very gently at Leathes, Lulo Abbot, Margaret Patter-

40 parts of vaseline and 12 of quinine and Politics," in which the writer Mix this ointment well and says: "Men and women think alike on apply three times a week, washing the scalp once a week and disconmental question on which the average tinuing the ointment if the scalp be- man and the average woman differ; man cares primarily for the affairs of This is the best I can offer, Excellife, woman for life itself. In a counsior. And remember that it will problem try where man's point of view is some time before any results alone represented in the making and your needs: One cup oxheart and one are noted, so do not get discouraged in the administering of laws, property cup black Spanish cherries, one-fourth without giving it a thorough trial.

Monied Interests VS. Life

equate protection is not popular with some manufacturers. Lead and phosphorus continue to be used in industries when they might be banished by law, if the property interests of owners did not carry the day. Little children continue to be forced to work for long hours in factories, mills and canning sheds, because the owners of which will limit their supply of cheap Teachers Association declared that

women have their full share in the would be strenuously opposed by the making of the laws under their children live and work What do we see? Child labor is banished at ing committee of the New York bureau once, the school age is aised, as is also the age of protection for girls, which She sleuths around Brooklyn search is now lower than 18 in any state ing for crippled children who need where women have the right to vote. In states where laws are made exclusively by men the age of protection varies from 10 to 16 years. questions concerning the food supply and the moral, mental and physical health of her children are not a mother's business, then it remains to what is her business? And if these matters are of concern to her, why should she be deprived of control over them? In accordance with

Missouri University students soaps on fabrics.

her hair in a braid. The medical officer says that the childen should all wear The King's Daughters and Sons are

LILLIAN RUSSELL: "A woman's Bottome Memorial House. best and richest years are from 26 on. No one who has a breath of scandal against her or him, and, above all, women they are old at 30. This feeling

no individual who has figured as a principal in the divorce court, need on the continent and see the graciously Baroness Melissa Tomory, once

much admired beauty in Viennese high society, has been discovered playing

Daily Healthogram

Rat-proof buildings are the latest scheme for protecting the human race from the dangerous, disease-bearing rodent. The United States Public Health Service urges that all new buildings be constructed, so that the rat cannot enter them.

taining special articles and editorials son, M. D., Mrs. Albert E. Gooderham An ointment that has been found and others.

excellent for stimulating properties is made of one part canthrides powder to Woman's Century is entitled "Mothers" interests.

Interests.

"Dirty milk continues to be sold and thousands of infants die because dairy interests have to be con-Dangerous sidered. remains machinery because unguarded legal provision for ad-

industries oppose legislation

"Let us turn to the countries where

Bits of News phasis. A policeman has no more right About to shut his eyes or neglect to warn Women. than a preacher to omit part of the

the annual custom, a keg filled with the first Dutch herrings caught this season has Stream Fisheries Com-Holland, as a present to Queen Wil-

helmina. rolled in dressmaking classes make Warriors, minus uniform, garments in latest modes for personal wear and even take the washtub course to learn the effect of water and

A little girl has been refused admission to a school in an English country district because she will not wear

planning a memorial home in New York to be known as the Margaret | Blare of trumpet, sound of drum,

seek to find favor with the Queen of

Starting Monday--A Great Sale of Wash Goods at Prices Away Below Import Cost.

There are two things we wish to emphasize in connection with this wide-sweeping economy occasion. FIRST—The materials on sale are strictly KINGSMILL STANDARD. SECOND-These Reduced Prices are positively the lowest mark at which such goods were ever sold. It will pay you to come Monday. Special items at unprecedented prices will be featured every day on the sale tables.

121/2c Yard Cotton Challies

About 1,000 yards in a good variety of stripes, dots and floral patterns. Fast-washing colors; excellent wearing quality. Be on hand at 8:30 for your choice of these regular 121/2c quality Challies

25c and 35c Yard French Voiles and Irish Dimities

Just 630 yards in all. Striped and floral patterns in pinks, grays, sky, blues, mauve, etc. All this season's most stylish imported goods. Fadeproof colors in unusually good 25c and 35c yard

15c Yard Cotton Crepes---Stripes, Spots, Floral Patterns and Plain Colors

2,100 yards, but at this price they will not last long. All standard goods, which we have been selling all season at 15c yard. A great variety of colors. Our entire range at this quick clearing

40c Yard RATINE

Just two pieces one tan with white stripe, one piece blue with white stripe. Double-fold, 40 inches wide. Colors that will wash and not fade. Regular 40c a yard

25c Yard

15c Yard Best English Prints

1,760 yards in a variety of colors, in cluding grays, blues, pinks, rose, sky and navy, in pretty striped patterns, wide width, imported English Prints. Our regular 15c yard quality on sale sensationally under-priced



QUALITY STORE.

the violin at \$1.50 a night in a Berlin

cafe. Delegates of the English National Now the pantry's one defender, Union Teachers and the London 'Bread and sugar's what they any attempt to make sex hygiene a subject in the elementary schools Miss Van Ingen, of the district nurs-

of charities, is a "detective nurse." care and attention.

An orohestra of 25 blind musicians

led by a one-armed woman conductor, If recently played the whole of the music of "Rigoletto" at a performance of that opera in the theatre at Oviedo

The Poets' Corner

THE PANTRY PILLAGERS

the Six or seven times a day In they troop in single file, pany at Vaardingen, Hungry soldiers to foray Provender in war-like style. Pantry pillagers that storm Mother where she sits and sews,

Bare of head and bare of toes, come to raze the citadel. Capture it with shrieks of laughter and the mother knows full well Bread and sugar's what they're after

Round of chest and plump of leg, Brown of cheek and bright of eye, Here's an army come to beg What its owner can't deny. Here are pillagers that come Unannounced by war's alarms,

furnish your new home. Our stock of FURNITURE, CARPETS, RUGS, LINOLEUMS AND HOME FUR-NISHINGS is one of the most complete in the city, and we can help you, as we have helped hundreds of others. Come in and get acquainted.

these

263, 265, 2651/2 DUNDAS STREET,

alone with Armed charms. Here's an army come to daunt

And she hastens to surrender. Pantry pillagers are they, Little bread and sugar gluttons, Eating all the livelong day Till you'd think they'd burst their buttons.

Bang! the screen door slams once more. Pattering feet again are heard, This makes two or three or four Times this outburst has occurred. Now they troop round Mother's knees. Now they capture her with pleading,

For the regiment wants feeding. Oh, these Pantry pillagers,

Give us bread and sugar please,'

childhood's Oh, these childhood villagers. Soldiers minus gun or sword. Storming mother every day For the sweets the pantry holds, Laughing every frown away When, resisting them, she scolds, Wet may be our eyes with tears As is wet with dew the clover, A When, along the distant years

Bread and sugar days are over. SUMMER BAD FOR BLONDE.

The brunette is more or less protected from the violence of the sun's rays by the very color of her skin and hair. The darker she is naturally the greater her protection, and the less care she need take. But just the reverse is the case with the blonde. The fairer she is the more perfect prey is she for the burning rays of the sun, and the more dangerous is it for her to go about bareheaded, as so many of the girls do

at the seaside and in the mountains, Oh, this glowing hungry horde, Styles in Skirt and Coat H angers

Skirt and exactly as she would do at home, to coat hangers the great preservation of her clothes, ferent mater. Some of these come in folding cases ials and styles and take up no room in suitcase or and at various trunk, and they really are an essential prices, But all economy in women's clothes. For easily within reach of the slender- skirts, the small flat wooden hangers est purse. And what an economy they that men use for their trousers ard are! The carelessly hung coat or skirt the best. If you stretch a skirt is sure to be in need of pressing by over a skirt hanger you are going the tailor long before the suit that has to stretch your material and spol been well hung in the intervals when the fit of your skirt. The trouser it reposes in the clothes closet. Now hanger grips the neatly folded skirt

curved, to follow the line of the shoul- and perfectly. der, are very cheap, and are just as Now when you hang the pretty light good for the purpose as the more ex- one-piece frocks for dress or summer pensive steel ones. Sometimes, at wear, or the dainty evening gown or, sales, one may pick up a dozen of cloak upon a hanger, it is well to coat hangers for twenty-five invest in a few yards of cheese cloth Those with the curved hook for a covering for these delicate and for the better fitting in of the collar, easily solled garments. Measure the are, of course, more desirable, but the length of gown or cloak from shoulder. plain ones are quite good. A couple to hem. Then take double that of of dozen of these are necessary to cheesecloth-it is 5 cents a yard-and hang suiteests, jackets, cloaks, waists having doubled it over baste up into and dresses upon, and they are an a long bag; hem at the bottom, and economy in room as well as in money, when done, draw it down over the The woman who travels or goes away gown, making a tiny hole in the folded. for a visit may provide herself with over end to let through the point of steel hangers that fold up into very the hanger that goes over the nail small space and, when she arrives at Make covering of this sort for all

the simple wooden hangers, slightly at the waist band and holds it evenly

hotel or boardinghouse can take these your frocks. It keeps them immaeus out and hang up her various garments late.