THE WOMAN'S CORNER

DAILY MENU

BREAKFAST.
Uncooked cereal and cream.
Strawberries.
Corned beef hash. Graham Muffins.
Coffee.

LUNCHEON.
Creamed carrots.
Rice waffles. Clover honey.
Molasses cake. Iced cocoa.

DINNER.
Baked lamb chops smothered in tomato sauce.
Escalloped potatoes.
Lettuce and Cucumbers.
Cherry dumplings, hard sauce.
Coffee.

ADVERTISER PATTERNS

BEAUTY PATTERN COMPANY.

8557—A Natty Little Suit.

Nothing is smarter for the little boy than the pretty little tunic suits, simply finished by machine stitching or narrow braid. Such a model is here illustrated in white serge. A shaped trimming band outlines the neck and front edges, and a deep pleat is arranged the full length of the front and back, extending out over the shoulders in a very becoming manner. The little knickerbockers are shaped by the usual outside and inside seams, the fullness at the knee being adjusted by an elastic, inserted in the hem. The top is finished by an inside waist band. The mode is equally suited to the firmly woven wash fabrics, such as linen and pique, as well as the flannels and woollens. For a child of 6 years 2⅛ yards of 54-inch material will be required. Sizes 2, 4, 6 years.

A pattern of this illustration will be mailed to any address upon receipt of 10 cents in stamps or silver.

PATTERN DEPARTMENT OF THE ADVERTISER.

Please send above-mentioned pattern, as per directions given below. to

Name .....

Street Address .....

Town .....

Province .....

Measurement—Bust Waist

Age (if child's or misses' pattern).....

CAUTION—Be careful to inclose above illustration and send size of pattern wanted. When the pattern is bust measure, you need only mark 32, 34, or wnatever it may be. When in waist measure, 22, 24, 26, or whatever it may be. If a skirt, give waist and length measure. When misses' or child's pattern write only the figure representing the age. It is not necessary to write "inches" or "years." Patterns cannot reach you in less than one week from the date of order. The price of each pattern is 10 cents in cash or in postage stamps.

PRACTICAL BATHING SUITS.

Conspicuous and freakish bathing costumes are always in bad taste, and extreme styles are as absurd as they are unpractical. Suitability for its purpose is unquestionably the chief requisite of a bathing costume, at the same time it must be neat, and should be pretty and becoming. The majority of bathing suits are dark blue in color, and a fine quality of mohair is a favorite material. Black silk makes some handsome suits, but less durable than the mohair.

Some very pretty suits in black and white, blue and white, and brown and white checks are shown this year. The black and white check waterproof taffetas make uncommonly pretty bathing suits. Any bright color may be used sparingly on the collar or the shield of such a suit to relieve the sombre tone, but many women prefer to trim their suits merely with bands of plain black silk and buttons covered with black silk.

A costume in one of the plain, dark mohairs may be brightened by various gay touches of color in the way of pipings or soutaching. A collar of white, red or pale blue will brighten up a suit of black or navy blue; or the collar may be of white, with embroidery or braiding in color and a colored scarf. Many of the new suits follow the prevailing collarless fashion, and are cut round, square or V shaped. When a collarless neck is unbecoming, the wise woman has her bathing suit finished with a soft turndown collar on a moderately high band. This must be loose enough for comfort, but a little scarf may be knotted under it, and it will be found more becoming to many women than the low-cut neck of any shape.

In making a suit material and trimming must be carefully and thoroughly shrunk and pressed. Neglect of this detail is disastrous.

Reduce the Meat Bill But Get the Best.

CLARK'S MEATS are equal in quality to the best butcher's meats, as nothing but the very best meat is used by CLARK. They cost one-third to one-half less. They are cooked in CLARK'S MODEL KITCHENS, saving the housekeeper the labor of working in the hot weather. They are made in Canada, have no duty to pay and are the best Canadians can buy.

Some New Dishes for Hot Days

The entertainer who gives frequent parties should vary the too familiar chicken with others made of ham, clams, salmon (fresh or canned), of lobster, crab, and shad roe, from time to time.

Green peas simmered with a sprig of fresh green mint in the water, for flavor, make a pretty as well as an appetizing accompaniment.

Or serve the dainty with a thick cream sauce, to which peas are added.

If there is one feature more than another of her little refreshment spread on which the modern entertainer expends her ingenuity, it is the question of frozen delicacies.

The block or rectangular mold of vanilla, chocolate or "Neapolitan," which was considered good form ten years ago, is now a thing of the remote past.

Combinations, delicate, delicious, for which each season brings fresh inspiration, are the suggestion of the moment.

Cafe parfait, itself so delicious, is now rendered more so by the addition of crystallized mint leaves. Serve in glasses, as usual, with the leaves (each broken in two or three pieces) sprinkled over the top.

When vanilla cream is served it is likely to have chopped marshmallows and crystallized fruits, minced fine, frozen in it. Each portion will be topped off with whipped cream and perhaps decorated with candied cherries. The marshmallows should be slightly softened in the oven heat first.

Among the delicious combinations of cold bonnes-bouches is Oriental cup. For it fill the lower part of grape-fruit glasses with a salpicon of diced fruits dressed with sugar and rum or sherry, according to taste. Above these, at one side of the cup (to half fill the remaining space), put a spoonful of vanilla ice cream, and at the other one of raspberry water ice. Top off the whole with a tablespoon of whipped cream, decorate with crystallized fruit, minced fine, or with candied cherries.

ALL AROUND THE HOME

BY CYNTHIA GREY.

In preparing rhubarb do not peel it; simply cut in small squares and wash clean. This gives it that rich, red color, which cannot be secured if it is peeled.

Corsets often get soiled, especially around the waist, when they are perfectly good every other way. Rub art gum over the soiled part and the dirt will disappear.

Make a point never to wear a pair of new gloves until the buttons are resewn. This avoids dropping them at critical moments when one's reputation for neatness may suffer.

Large eyelets in embroidery will keep their shape better if they are not cut until embroidery is done.

Never use a pin where a hook and eye will answer.

The well-groomed girl never wears stylish gowns with shabby or untidy underclothing.

Her Letter and His

The following two letters came to me on the same day. Obviously, here are two young people who are interested in each other, and are in the same state of mind. I wonder if the publication of these two letters will not solve their little problems—to them so important? I'll try it, anyway, and when they read each other's letter, I'm sure they will hesitate no longer.

HERS.

Dear Miss Grey: I am a young girl of 19 and have never entertained young men. Recently a young man expressed his desire to call on me, and I do not know how to appear and wanted to ask your advice.

What should I say when he enters? Shall I serve refreshments? When he leaves, shall I ask him to come again, and mention another night, or should he do so?

At a dance, how many dances should one's escort keep for himself, when there are twenty dances and four extras? How should I thank a young man for the flowers he sent me? Should I thank him when he comes and mention it before he leaves? I. M.

HIS.

Dear Miss Grey: I am a young man 20 years old and am very fond of a girl who is one year my junior. I would like to call on her, but she has never given me any encouragement. However, I believe she would not object should I ask her permission to call her by her first name, or should she declare her intention to be so called.

Is it proper to talk for a short time outside the girl's house after returning from a dance? Or should she ask me in?

Should I feel hurt if the girl fails to acknowledge the flowers which I sent her, although her mother remarked my thoughtfulness.

Hoping that I may see this answered in the near future. J. U. W.

CYNTHIA GREY'S CORRESPONDENTS

A Mother's Question.

A young couple are engaged, but will not be married for at least two years. Would you announce the engagement now or wait until more definite plans are made? How should news be made known?

TROUBLED MOTHER.

Personally, I do not believe in long engagements unless necessity demands. I should not make public the announcement until a definite time for the ceremony could be decided upon. Notes sent friends and relatives with notices in the society columns are the usual methods of making the news known.

* * *

As to Invitations.

There are three brothers in a family. I want to invite all to my party. Must I send each an invitation or will one do for all?

YOUNG HOSTESS.

In the case of three brothers, you are permitted to write. "The Messrs. Roy, James and John Smith" on the envelope, but it is better form to send each one a separate invitation.

* * *

A Surprise Party.

I wish to give a surprise party for my brother and sister, aged 12 and 14. Tell me, please, how to invite the guests and give me a hint as to games (lively) and refreshments.

GYPSY.

I think you could get up a surprise party better by giving your invitations verbally and explaining just how you want the "surprise" carried out. Why not have a series of races, for one amusement, such as carrying a given number of peanuts on a knife, lemons on a fork and potatoes on a spoon. This is a very amusing.

Young people of that age enjoy eating and I'd give something different from the usual refreshments. Try salmon turbot in ramakins, pecan nut sandwiches, olives, celery, ice cream in cream puff shells, bonbons, fruit and nuts.

* * *

For Wedding Breakfast.

What is served for a wedding breakfast that will be nice but not elaborate? MARIE.

Strawberries are now in their prime and should be served as the first course. Peel a banana, then cut in two lengthwise and slice a bit from the bottoms to allow of their standing up on natural grape leaves. Arrange five large hulled berries on each half; sprinkle over lemon juice and pulverized sugar and serve for the first course. Then have broiled lamb chops with green, buttered peas, sliced tomatoes, rolled buttered bread, cakes and vanilla ice cream served in halved muskmelons, coffee. Or instead of the chops you might have either lobster chops or creamed lobster in pastry cups. The vegetable could be either small potatoes served in chive cream sauce with the chops or French fried with the creamed lobster.

* * *

Shower for Bride-Elect.

Please suggest a novel way to give a "miscellaneous" or "handkerchief" shower for a bride-to-be. I expect to entertain twenty. TYPSY.

If a handkerchief shower, you can put up a clothes line of gilt cord, then invite the bride-to-be to take down her first washing. For a "miscellaneous" shower you could hide the parcels throughout the house and let the bride hunt for them.

* * *

Accepting This Invitation.

Kindly give exact form as to how I shall accept this invitation: Mr. and Mrs. L. Knox, Mr. and Mrs. C. M. Courtney, Ivanhoe Temple, Tuesday, June 1, 8:30, in honor of Miss Mary Beck. Dancing R. S. V. P.

PERPLEXED MATRON.

"Mr. and Mrs. Clement Jones accept with pleasure the kind invitation of Mr. and Mrs. L. Knox and Mr. and Mrs. C. M. Courtney for Tuesday, June 1, at half-past eight."

Address the envelope to the name first on the invitation. Use cream unruled note paper.

Miss Jane A. Delano, superintendent of army nurses' corps, has reported to the American Society of Superintendents of Training Schools for Nurses, that nearly 10,000 nurses have already been enrolled as members of the corps. Miss Delano makes her headquarters in Washington.

An Organ for 25 Cents A WEEK

We have on hand thirty-five organs, taken in exchange on Heintzman & Co. pianos, which we must sell regardless of loss, to make room in our store. Every instrument has been thoroughly overhauled, and is guaranteed for five years, and full amount will be allowed on exchange. The prices run from $10 to $35, for such well-known makes as Thomas, Dominion, Karn Uxbridge, Goderich and Bell. This is your chance to save money. A postcard will bring full particulars. Heintzman & Co., 242 Dundas street, London, Ont.

YOU NEED THAT VACATION

A D. & C. Coast Line Trip to Mackinac is Most Delightful Now.

You see it's like this—you've hammered away at your work all season, and now you feel the need of that vacation which you've been denying yourself. The D. & C. Line offers the best transportation facilities to Mackinac and the North Country, where every inch of scenery is interesting, and where every little lake contains the fish that bite.

Send for the D. & C. pamphlet and take the next steamer. Detroit and Cleveland Navigation Co., Detroit, Mich.

SPURNS LOVE WITH SHOT

Chicago, June 27.—Rosy Perrino, 15 years old, rejected the persistent advances of Antonio Rossi, with a revolver here today and Rossi is believed to be dying at the County Hospital of a bullet wound in the head.

"He has pursued me for a year," sobbed the girl, when taken to the police station. Every morning he followed me to my work, last winter he broke into our house, knocked down my mother, and renewed his demand that I marry him. I had him arrested then and put under bond to cease his annoyances, but nevertheless he had been following me to and from my work daily."

Rossi, it is said, followed Miss Perrino to the feather factory where she is employed today. As he entered the building the girl drew a revolver and fired twice.

THE MESSAGE

BY LOUIS TRACY,
Author of
"The Wings of the Morning."
"The Wheels of Fortune."

CHAPTER XIV.

Evelyn, ferried across the harbor by a boat's crew from the warship, boarded the Estremadura in almost regal state. The vessel's cabin accommodation was poor, but the English girl was given of its best. Not every day does a small West African trader receive a passenger under the escort of a peer of the realm and a captain in the Royal Navy. It was an interesting moment when Rosamund Laing, accompanied by Figuero, came alongside. The Portuguese made off at once, but the lady, when it was too late to retreat, affected a blank indifference to Evelyn's presence that showed how conscious she was of it. She seldom appeared on deck, ate each meal in the seclusion of her cabin, and spoke no word, even to Lord Fairholme. On arriving at Lagos she hurried from the ship, and Evelyn breathed a sigh of relief as she watched her enemy go ashore.

She did not carry her dislike of Mrs. Laing to the point of imagining her to be in active co-operation with the plotters against British supremacy in that quarter of the world. It was far more probable that a rich woman who drew some part of her revenues from factories on the coast might be combining business with the desire to obtain news of Warden at first hand. At any rate, the girl fondly hoped they might never meet again, and she trusted to the strength of her own story, supplemented by a letter from Captain Mortimer to the Governor, to place her beyond the reach of misrepresentation.

But her troubles, instead of diminishing, became even more pronounced when she called at Government House. Both she and Lord Fairholme were entirely ignorant of local conditions. Neither of them knew that Lagos, though the chief West African port, and practically the only safe harbor on the Guinea Coast, was the capital of an administration quite separate from that of North and of South Nigeria. To reach Old Calabar, the headquarters of Warden's service, they must take a long journey down the coast and penetrate some forty miles into the Niger delta. Captain Mortimer, in all probability, thought she was aware of this vital distinction, but, at the outset, Evelyn almost felt that she had undertaken a useless task.

Her manifest distress at an unpleasing discovery won her the sympathy of the deputy Governor of Lagos, his chief having crossed from the island to the mainland only the day before. But sympathy could not altogether cloak a skepticism that was galling in the extreme. He was fully acquainted with the position of affairs in the sister protectorate, he said. He appreciated Captain Mortimer's motives in wishing to acquaint the Government of Nigeria with certain curious circumstances which might or might not be connected with tribal uneasiness in the Benue River districts, but the fact remained that all was quiet now in that region.

"Owing to Captain Warden's unfortunate disappearance," he went on, "another commissioner visited Oku. He found matters there in a fairly settled state. The people were cultivating their lands with greater assiduity than such semi-cannibals usually display, and this is a sure sign of content in a West African community. Indeed, Captain Forbes is now about to return to headquarters. A few companies of Hausa constabulary, who were moved to more convenient centers in case a strong column was required for an expedition to the Benue, are going back to their original cantonments. The incident is ended."

The official tone was blandly disconcerting. Evelyn was aware that the deputy Governor looked on her somewhat in the light of a runaway schoolgirl, who had no reason whatever to bother her pretty head about the business of a prosperous and thriving colony.

"You seem to imply that the Home authorities acted in a panic," she said, wondering if it were really true that Warden and the men he had seen in London were laboring under a delusion.

"No. They misread the motives of the Nigeria administration in curtailing Captain Warden's furlough—that is all. There undoubtedly were rumors of some border disturbances. The people in that region hinted that the Oku men were arranging what they term a Long Ju-ju. There was also a trading activity on the part of our neighbors that gave rise to unpleasant suspicions. To be forewarned is to be forearmed, and His Excellency the Governor regarded Captain Warden as the man who could best deal with and remove any causes of discontent. Within the last two months, however, all unfavorable symptoms have vanished, and Oku is now as quiet as Old Calabar, or Lagos itself."

"I am glad of it," she said earnestly. "It is far from my wish to figure as a messenger of strife. May I revert to a more personal matter? If Captain Warden has succeeded in crossing the Sahara, when and where may I reasonably expect to hear of him?"

The deputy Governor stroked his chin. He was a kind-hearted man, and circumstances had prepared him for that question.

"It is hard to say," he answered. "Assuming he reaches Timbuktu in safety, he can follow that course of the Upper Niger, through what is known as the Dahomey hinterland, until he arrives at Ilo, the first town in the British sphere of influence in that direction. Thence to the sea, at this season, the river is navigable. If he makes for Lagos—having been ordered here in the first instance—he might strike overland from Jebbu to the railhead at Ibadan, but if he sticks to the river and goes to his own headquarters, by remaining here you should obtain telegraphic information of his arrival at a town called Lokoja, situated at the junction of the Niger and the Benue."

He paused. His brief review conveyed no hint to his hearer of the tremendous difficulties any man must overcome ere he reached the comparative civilization of the telegraph, and he flinched from the task of enlightening her.

"Is it quite certain," he asked, "that Captain Warden went ashore at Rabat?"

The astonishment in Evelyn's face was almost sufficient answer.

"Unless every one in some Government department in London has gone mad, it is quite certain," she cried. "Did not an officer from Nigeria go to meet him at Cape Coast Castle, and is it not evident that he went to Hassan's Tower to obtain the ruby I have told you of?"

The official smiled. He had effectually distracted her thoughts from the far more embarrassing topic of Warden's chances of reaching Nigeria alive.

"One learns to distrust circumstantial evidence, Miss Dane. Have you heard that the passenger on the Water Witch was known as Mr. Alfred Williams? Yes? Well, we do not know Captain Warden. We have no means here of identifying the baggage landed by the captain of the Water Witch when he reported the Rabat incident. Could you recognize any of Captain Warden's belongings?"

"No," said Evelyn blankly—"that is, I fear not."

"You mentioned a gourd. I have not seen the thing myself, but one of my assistants says that a most remarkable object of that nature was found in one of the missing man's boxes."

"Ah, I should know that anywhere," and she shuddered at the recollection of the evil face whose appearance had so strangely synchronized with the stormy events of her recent life.

"Well, have you any objection to examining the gourd now? If it is the undoubted article you picked up in the Solent, it goes far to prove that Captain Warden did really take passage on the Water Witch."

"I cannot imagine how you can think otherwise," she declared. "Of course it was he."

"There is no harm in making sure," he said, having already decided to intrust to his wife the trying duty of making known to this charming the girl the almost certain fact that her lover was long since dead.

The calabash was brought and taken from its canvas wrapper. Oddly enough, mildew had formed on its bright lacquer, and the sheen of the mosaic eyes was dulled. It had lost some of its artistic power, and was far from being the terrifying creation that scared her so badly when first she saw it on the deck of the Nancy.

"Yes, that is it," she said. "You see, this crown is really a lid, and the piece of vellum, or parchement was hidden inside. It is not there now, yet it is more than likely that Captain Warden kept them both together."

The servant who had brought the calabash was sent back to search for the tattooed skin. He soon returned with it, and the deputy Governor examined the two curios with manifest interest.

"It is not native work," he said. "I have never seen anything just like it, even in museums at home."

Moved by an impulse which she could never afterwards explain, Evelyn asked if both the gourd and the parchment be given to her.

To Be Continued.

Uncle Sam's fishing fleet numbers, 6,954 boats.

Chafed and Aching Feet

Make Walking a Misery to Many Who Do Not Know of DR. CHASE'S OINTMENT.

How far can you walk without suffering in one way or another from discomfort to your feet?

Modern footwear is a prison house and the result is chafed, scalded, inflamed feet.

You can get a world of comfort by using Dr. Chase's Ointment, when your feet give you trouble. This treatment is so delightfully soothing and healing that it helps you as soon as applied.

Unlike insanitary powders, which clog the pores, Dr. Chase's Ointment makes the skin soft and smooth and prevents corns and bunions.

When the feet are chafed, scalded, itching and tired it takes out the stinging and burning, and its benefits are both quick and lasting.

Do not let anyone talk you into accepting a substitute. If your dealer does not have Dr. Chase's Ointment clip this ad out and mail it to us for a free sample box. Edmanson, Bates & Co., Toronto.

EARLY CLOSING NOTICE—During the months of July and August this store will close at 5 o'clock every day except Saturday. Store open Saturdays until 10 o'clock.

For Your White Frock

DAINTY MUSLINS ECONOMICALLY PRICED.

As little as **10¢** a yard buys the material for a dainty white dress at this store. From that price up to **35¢** you will find any number of cool summery white fabrics that will make up beautifully. Muslins in crossbar, striped and embroidered Swiss effects. Qualities are exceptionally good; will wear excellently despite their sheerness.

White Crossbar Muslins

Among the various designs in White Muslins the crossbar effects have been easily first in favor this season. You will find many of them upon our counters. Thursday prices are ..... **10¢** to **30¢**

Mercerized Stripe Muslins

These resemble the finer qualities in the Crossbar Muslins, displaying the same sheerness and excellence of quality. The stripe effects are various and original. Selling at per yard ..... **15¢, 25¢** and **35¢**

Swiss Spot Muslins

See our range of these always serviceable and highly desirable Swiss Spot Muslins. The quality is unexcelled at **25¢, 35¢** and **40¢**

White Indian Head

The present season has produced no more suitable fabric for white summer suits and skirts than this cloth. Our prices range at .....**15¢, 18¢** and **20¢**

White Pique Suiting

A full range of prices .....
...**12½¢, 15¢, 20¢, 25¢, 30¢** and **35¢**

White Linen Suiting

Prices are..... **35¢, 40¢, 45¢** and **50¢**

42-Inch Pearline Lawn

A nice soft fabric for ladies' and children's dresses. Worth 25c a yard. Tuesday only, a yard ..... **15¢**

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When Silver or Gold is to be cleaned quickly and thoroughly use

"WONDER-SHINE"

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TRADE MARK H.C.C. REGISTERED

"Wonder-Shine" does its work quickly and perfectly without injury to anything. One 25c. package will last for months. Sold by dealers everywhere.

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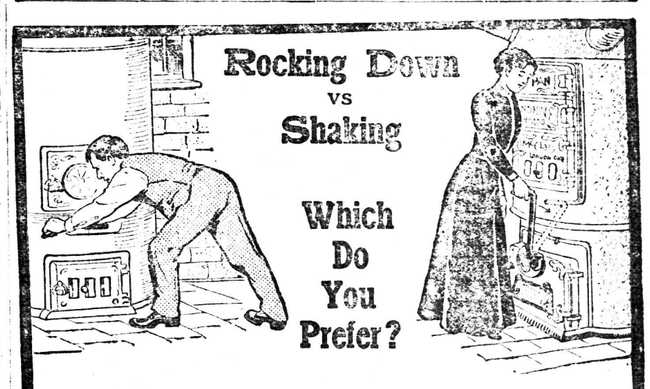
2 IN 1 SHOE POLISH

A leather food that will not gum or cake on the shoes. Shines quick as a wink, and is brilliant, hard, lasting and waterproof. Contains no turpentine, acids or injurious ingredients.

ALL DEALERS, 10c.

THE F. F. DALLEY CO., LIMITED, Hamilton, Ont., and Buffalo, N.Y. 7



Look at the man above. He's SHAKING an ordinary furnace. He bends nearly double, exerts all his strength, works up a prespiration, and gets a sore back.

Now, look at the woman. She stands nearly erect, gently moves the lever to and fro, a few inches, and the ashes are dropped into the Sunshine ash-pan. This is called ROCKING DOWN. It's so easy a child can do it.

Which method do you prefer? Why, Rocking Down, of course. 51

Go to our agent in your locality. Let him show you the many other time-saving, labor-saving and fuel-economizing features of the Sunshine. Order him to install the Sunshine with a *guarantee* to heat your home to your entire satisfaction.

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Wherever there is a case of enfeebled digestion, whether from advancing age, illness, or general debility, there is a case for Benger's Food.

When the stomach becomes weakened, the digestion of ordinary food becomes only partial, and at times is painful, little of the food is assimilated, and the body is consequently insufficiently nourished.

This is where Benger's Food helps. It contains in itself the natural digestive principles, and is quite different from any other food obtainable.

All doctors know and approve of its composition, and prescribe it freely.

For INFANTS, INVALIDS, AND THE AGED.

The "British Medical Journal" says: "Benger's Food has, *by its excellence*, established a reputation of its own."

BENGER'S NEW BOOKLET deals with the most common doubts and difficulties which mothers have to encounter. It is sent post free on application to Benger's Food, Ltd., Otter Works, Manchester, England.

Benger's Food is sold in tins by Druggists, etc., everywhere. 819