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## CASTORIA

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### OF INTEREST TO WOMEN

A HEALTHY COMPLEXION.

Protecting the Skin Against the Elements is Quite Proper.

A certain well known woman who drives her car continually in the service of the government, declared that the secret of her clear smooth complexion lay in the frequency and in the manner of her cold cream applications, says an exchange. It is safe to say that before sallying forth to breast the elements, and this applies to diving, swimming, boating and walking as well, one should plaster the face with cold cream and powder. An absolute paste may be put on in this manner, and it will not show if it is done with care. Rub in with the finger tips a foundation of cold cream, then with a puff dust powder over this and with a soft cloth rub in the cosmetic lightly. If at the end of a few minutes the grease shows in places, repeat the powder rubbing treatment until a smooth finish has been made. This will withstand the most direct assault of sun or wind, and if it is removed after returning from the out of doors there is no danger of the skin receiving an overdose of cream. To remove this makeup use, instead of clear water, a solution of borax and alcohol. Either will cut the grease.

#### MORE SANDWICHES.

##### Tomato Jelly Sandwich.

This is one of the best of summer sandwiches. Flake cooked fish into small pieces and marinate in French dressing. Prepare the tomato jelly from one-fourth of a package of gelatin softened in one-fourth of a cupful of cold water. Dissolve in half a cupful of boiling water and add one cupful and a half of chili sauce. Set aside to chill and harden. Between slices of oatmeal or bran bread place a layer of the jelly, one of the drained flaked fish, spread with mayonnaise or boiled dressing and a bit of grated horseradish. A very small quantity of fish can be used, and a leaf of lettuce or a little shredded parsley added to give bulk to the filling.

##### French Cabbage Sandwich.

Use one-quarter of a small new cabbage and let it stand in ice water to chill. Drain, dry carefully, discard the hard centre and shred finely. Mix the cabbage with half a green pepper freed from seeds and chopped, two chopped hard-boiled eggs and two tablespoonfuls of shredded parsley. Moisten with a boiled dressing to which a tablespoonful of chutney has been added, and spread between thinly buttered slices of potato bread or thin biscuit.

##### Lettuce Sandwiches.

Boil the eggs hard, cool in cold water and shell. To two eggs chopped finely add one cupful of shredded lettuce, one tablespoonful of capers and enough Russian dressing to moisten the ingredients. Spread between lightly buttered slices of rye bread and rice flour bread. The alternate slices of white and brown make a very attractive sandwich.

##### Potato Sandwich.

Use rye bread for these sandwiches. Cook the potatoes with the skins on, peel and when cold cut in tiny dice. Add, for one small cupful of the potato, three tiny minced onions, one large chopped cooked beet, one tablespoonful of shredded parsley and a small minced cucumber pickle. Moisten the ingredients with a mayonnaise dressing and use thinly buttered bread or biscuit.

### THE EFFECT OF ALLIED VICTORY ON NEUTRALS

Little Nations Will Rejoice at Staggering Blow to Bully of Europe—July 15 the Turning Point.

(New York Sun.)

Not the least important of the many far-reaching results of Foch's great counter offensive is the reaction it is having in neutral countries. The small nations of northern Europe, so long held dumb by the terror of German military might, are awaking with a

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JACK PICKFORD in His Majesty, Dunker Bean.  
A Paramount Picture.

COMING ATTRACTION AT THE GAIETY THEATRE

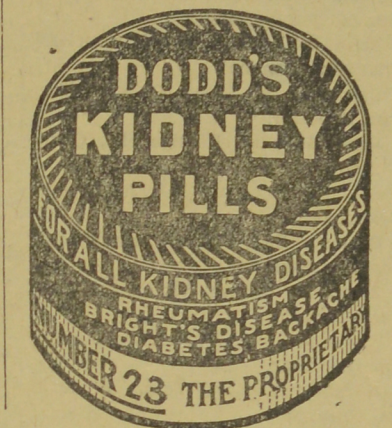
they now believe to be the winning side. Even little Denmark may cease from trembling and pluck courage to resist the insistent German demands for foodstuffs.

It is not unlikely that some powers which have been hesitating upon the point of entering the war may at last come in to swell the ranks of the victorious Allies. Thoughtful men in Holland have long realized that a German victory would mean the end of independence for their country.

Argentina has been wavering, and the present Allied success may well decide her to enter, without further delay, the path of duty. No free people should remain neutral in this struggle against despotism and injustice, and there is reason to hope that Gen. Foch's brilliant success may close up the ranks of the champions of liberty.

In the excitement over the war in France we forgot to notice the exit of the strawberry short cake.

It is about time for the Huns to substitute an alarm clock for the watch on the Rhine.



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