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CASTORIA

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THE CENTAUR COMPANY, NEW YORK CITY.

OF INTEREST TO WOMEN

TO SAVE TIME.

Any Suggestions Which Will Save a Few Minutes by the Clock are Welcome These Days.

Time is now away above par. Everybody is busy. No one has time to devote to fine stitches if big stitches will do.

If you need a casing for the top of a camisole or nightgown, or kiddie's dress in a hurry, try making a wide cat stitch on the outside of the garment with a heavy silk or mercerized cotton.

You can run ribbon or tape through this and make it decorative as well as useful in a much shorter time than stitching on the usual bias facing.

There is another way, too, of crocheting a row of open filet mesh and sewing it on. This takes a little longer, but wears well for wash clothes.

A loose feather stitch for sewing tucks into dresses for growing girls is much better than either hand-embroidered or machine stitching.

TO CAN STRAWBERRIES.

Select large ripe and firm berries and if there are indications of sand or dirt on them put berries in a colander or sieve and hold them under the tap or pour water through them. This prevents bruising and handling, and by shaking them around in the colander they are better washed than in an ordinary pan.

Strawberries do not need blanching or scalding. Pack the fresh berries closely in sterilized jars and pour over them a syrup made by boiling 1 part sugar in 2 parts water until sugar is dissolved. Fill jar to within ¼ inch of top. Adjust sound rubber and fasten on top rather loosely.

Set jars on rack in boiling water and boil for 16 minutes. Remove, tighten the seal, label and cool.

Women! It's Cheap! Use Lemon Juice and Make Lotion

To keep your skin and complexion naturally soft, white and clear at all times you simply must use a lotion or cream every day. But choose the one that is best and costs the least.

The juice of two fresh lemons strained into a bottle containing three ounces of orchard white makes a whole quart pint of the most remarkable beauty lotion at about the cost one must pay for a small jar of the ordinary cold creams. Care should be taken to strain the lemon juice through a fine cloth so no lemon pulp gets in, then this lotion will keep fresh for months. Every woman knows that lemon juice is used to bleach and remove such blemishes as freckles, sallowness and tan, and is the ideal skin softener, smoothen and beautifier.

Just try this lotion! Make up a quart pint of this sweetly fragrant cream and massage it into the face, neck, arms and hands. It should naturally help to whiten, soften, freshen and bring out the hidden roses and beauty of any skin.

Your druggist will sell three ounces of orchard white at little cost, and any grocer will supply the lemons, and beautifier.

Every respectable middle-aged man fondly fancies that he was once a "young devil," and every "young devil" trembles with fear that he will some day settle down into middle aged respectability.

Of course every woman respects the "mighty masculine reason," but somehow it totters in her estimation when her husband exclaims sleepily in the morning, "Oh, I can get down to the office in 15 minutes," and grumbles indignantly in the evening, "Well, how do you expect me to get all the way home in less than an hour?"



AT THE GAIETY THEATRE WEDNESDAY and THURS

THE WAR GARDEN.

Issued by the Canada Food Board

Dust Mulch.

The surface of the ground in your garden should never be allowed to become so hard that a crust is formed. Regular stirring of the top soil creates a perfect dust mulch which is invaluable if you want successful growth.

Ordinary dust mulch may be supplemented by the mulch of manure or lawn clippings which serves to keep down the small weeds and retain the soil moisture. It is doubtful if the heavier mulch is always beneficial to plants in cool locations. It keeps the

ground rather cold, with the result that the invigorating influence of the sun's rays is excluded from the surface roots and growth is retarded.

FOOD BOARD FLASHES FOR FEMININE FOLK

Encourage the fish business for all you are worth. You are doing pretty well about it, but not well enough.

Fish is Canada's own food and is the most satisfying substitute for those things we must send overseas. Make it the "piece de resistance" at most of your summer meals. It is better for people than meat in hot weather.

Give halibut a rest and buy plenty of cod, haddock, flat fish and the other varieties which are every bit as good and cost less.

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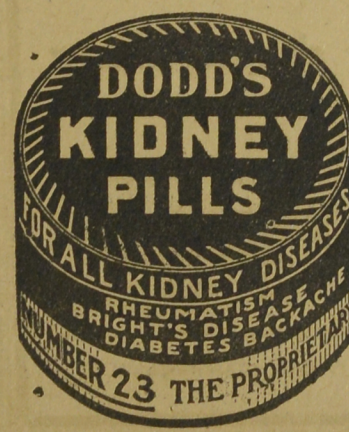
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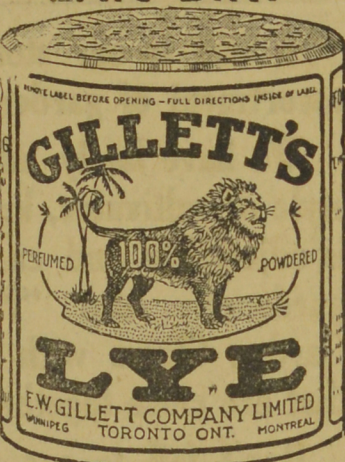
Shrubs for Cemetery

Planting at

BEBBINGTON GARDENS



GILLETT'S LYE EATS DIRT



VILLAGES ON MARNE

(Continued from page 3.)

serted save by soldiers.

Peaceful Marne Villages

They're totally different these villages, from the ruined ones behind the old trench fronts, because there they were situated on scarred earth and in the midst of tangled barbed wire and ruins. It seemed natural for those ruined villages to be there.

But in this, beautiful and fertile country, situated along the wooded banks of the Marne, with the wheat ripening in the fields, and vineyards wearing their green verdure, it seems as if the villages should be peaceful and happy instead of empty and silent.

In going about these villages one finds the curtains still blowing from open windows, and doors hospitably open, but there is nobody within the houses.

Until the last day or two these villages hadn't been shelled, but now the Boche has moved up some of his heavy guns and started his work of devastation.

Baby Saved in Time

We stood yesterday outside of one of those places on the very banks of the Marne listening to the whistle and bang of big shells coming in and then watching the clouds of smoke that arose with a mingling of gray dust that told of the destruction of some one's home, when out from one of the villages came a Frenchman wheeling a baby carriage. The road along which he passed was dusty and he was getting his child out of danger just in time. He stopped to talk to us.

"I got the child out in time," he said, "but my bedridden old mother is still there in a cellar with fifteen other old people."

There are many such villages as these in New England or New York.

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