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CASTORIA

THE CENTAUR COMPANY, NEW YORK CITY.

OF INTEREST TO WOMEN

SEASONABLE RECIPES.

Oatmeal Bannocks.

A good hot weather cake on summer evenings with ripe berries or other cool fruits is fresh oatmeal bannock. To make, add a half teaspoonful of salt to 2½ cupfuls of oatmeal. Mix into the oatmeal 2 tablespoonfuls of melted vegetable fat; mix with a silver knife and add slowly a teaspoonful at a time enough mixed milk and water to form a stiff paste. Divide the paste in 3 or 4 portions and knead each piece. Roll out in cakes ¼ inch thick and bake in greased pans in moderate oven. Serve hot with butter and fresh fruit.

Cream of Corn.

Take can evaporated milk, 1 can sweet corn, 3 cups boiling water, half an onion, 1 tablespoon corn flour, 1 tablespoon butter, 1 teaspoon salt, pepper to taste. Chop onion, add the corn and water. Simmer for 20 minutes. Press through a sieve. Add the milk and seasoning, then thicken with flour and butter creamed together.

Potato Dumplings.

Potatoes should be mealy. Boil and peel potatoes and put through the ricer enough for 1 pint; add 1 cup of stale bread crumbs, 1 tablespoon sugar, ¼ teaspoon nutmeg, ½ teaspoon salt, the yolks of 2 eggs beaten well, 2 table-spoons melted butter or any shortening. Add egg whites beaten stiff to knead; break in pieces and roll into balls size of an egg. Drop into boiling salted water and boil 15 minutes. Serve with stewed prunes and brown butter.

Nut Sandwich Bread.

With the picnic season here and meat sandwiches a luxury almost forgotten, the good housewife will find a nutbread the best substitute for departed ham and beef. Spread with a bit of jam, cottage cheese, or plain butter, it's a treat at any picnic.

CARE OF THE COMPLEXION.

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.

THE GERMANS DESPERATELY RESISTING

Paris, July 22.— In reviewing the military situation as it appeared last night on the active front between Soissons and Rheims, the Havas agency today says:

"General Foch's victory increased greatly in scope yesterday. With Chateau-Thierry evacuated by the Germans during the previous night, the town was entirely carried by an Allied advance in the region to the north, while from the west Franco-American troops commanded by General Degoutte were crowding in upon the Germans. Between the Ourcq and the Marne the enemy was attacked by detachments under General Mitry, which had crossed the Marne. The general result was that the Germans were thrown back from eight to ten kilometres on the Chateau-Thierry front. The enemy is opposing a desperate resistance further north, endeavoring to maintain

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STORMS IN FRANCE.

Paris, July 22.— Violent storms in France have caused severe damage to crops. Thermometer in Paris yesterday registered 91 degrees.



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The Great English Remedy. Tones and invigorates the whole nervous system, makes new blood in old veins. Cures Nervous Debility, Mental and Brain Weakness, Loss of Energy, Palpitation of the Heart, Failing Memory. Price 21 per box, six for \$5. One will please, six will cure. Sold by all druggists or mail 1/2 plain pkg. on reel 1/2 price. New pamphlet mailed free. THE WOOD MEDICINE CO., TORONTO, ONT. (Formerly, W.L.D.)

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