

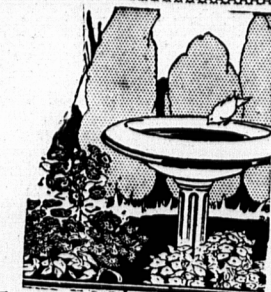
Woman's Realm -:- Social and Personal -:- Fashions -:- Literature

THE HOUSEWIFE AND HER ACTIVITIES

IN SUMMER DAYS
An old, old barn, weathered and gray,
Rests deep in fields of summer green.

THE COOK'S CORNER

FRESH SALMON WITH SUITABLE SAUCE
Sliced, steamed, broiled or baked by the quick method, served hot or cold in endless variety, the piquancy of fresh salmon, says American Cookery, can be increased by the use of various sauces.



When evening crowns the roof with gold,
And swooping swallows seek their nests,

HEAT IT.
Is the cake or pie fresh and hard to cut? You'll find the slicing is much easier if you dip the knife in hot water.

FALL COLORS ARE DEEP AND RICH IN HUE
Themes for fall colors are now revolving around the 1900 and Directoire ideas from which so many of the current dress and millinery fashions are being adapted.

SOMETHING DIFFERENT FOR SUMMER LUNCHEONS
If you want to have a luncheon course that is a bit out of the ordinary, try tomatoes with mushrooms and bacon. Quantities given will serve four to six people.

WAYS AND MEANS OF KEEPING COOL
This is the time to figure out half a dozen ways to keep yourself cool and fresh looking. Take a cold shower in the morning as well as a hot bath at night.

FASHION GUIDES FOR THE HOME DRESSMAKER



A casual type sports ensemble that is ideal for summer in town or country.

You'll wear the dashing snowy white cotton "half" coat, over almost everything from play clothes to evening dresses.

The simple shirt type dress is a summer sports classic for active or spectator wear.

The low cost will make you want to use the pattern again for a bright print cotton dress.

A step-by-step diagrammed sewing chart accompanies the pattern.

BAG-DAD DATES OF QUALITY



JONES-SCHOFIELD-HATHEWAY, LTD. (DRIED FRUIT DIVISION) SAINT JOHN, N.B.

Today's Short Wave Radio Program

- WEDNESDAY, JULY 28 TOKYO
4:45 p.m.—Choral Selections, sung by students of the Tokyo Academy of Music. JZJ, 25.4 m., 11.80 meg.

Dorothy Dix

Pollyannas Are Deserving of More Praise Than They Are Given for They do a Great Job in Helping People Over Rocky Paths

My favorite heroine is Pollyanna. As far as I am concerned you are all of your austere, grim-faced feminine saints and martyrs.



I know it is the fashion to sneer at Pollyanna, but when you come right down to brass tacks can you think of another woman in the world who does so much good and who helps so many people over the one who scatters rays of sunshine wherever she goes.

Maybe Pollyanna isn't spectacular. Maybe she isn't any Miss America as to looks.

And, although Pollyanna is neither intellectually nor socially important, she is always the most popular woman in any group.

Sometimes when I look at Pollyanna I think that she has all the virtues that most become her sex.

Pollyanna never indulges herself in the luxury of griefs as so many women do.

Pollyanna has courage, the kind of courage that enables one to fight alone with deadly fear in one's heart, but still to fight on until one wins out.

Pollyanna does her part in the station of life to which it has pleased God to call her.

Maybe the family will be poor, but Pollyanna will take the sting out of poverty for her children by making home gay and jolly.

THE BIGGEST VALUE MY GROCER SELLS!



"I get more for my money in Kellogg's Corn Flakes. Delicious crispness and flavor. Nourishing goodness!"

Kellogg's value is not simply a matter of price. It's their matchless quality. Made from finest premium white corn.



Made Better - Taste Better Packed Better

Salt Will Keep You Cool On Hot Days

PRESTON, Ont., July 28—Eat more salt and keep your shirt dry is the summer suggestion of Dr. Edwin Hagmeier, medical doctor of the Hagmeier clinic here.

Many people avoid salt on hot days he points out, because they are afraid it will make them thirsty.

"Don't eat too much. Take frequent, small drinks of water. Eat more salt," he stated.

"Salt prevents evaporation of moisture from the body," he explained. "When body fluids become too concentrated, physical imbalance is upset."

A Morning Smile

Some one told a film star that she knew nothing of love.

It was told of a sage that one day, after the fashion of his school, he was questioned: "Master, what is the test of good manners?"

When Summer Breeze Sings Quints a Lullaby



Stretched out on their little rugs in the play-yard of the Dafoe Nursery, the Dionne quints enjoy a sunny summer day at Callander.



But even idyllic scenes like this are not for long when you are going-on-four and a quintuplet, Yvonne spots one of the bird visitors to the nursery, and Emilie half rises to watch.

THE GREAT HUSSAR

By HENRY VON RHAN

VIII (Continued)
Footsteps dashed along the corridor—desperate, urgent footsteps.

Another bound, and von der Lanz stood squarely before Feval.

His wide, spare frame towered threateningly over Feval Haas.

Suddenly his hand shot out and plunging into the wide pocket of Feval Haas' tunic, he drew out an automatic from the pocket's depth.

Feval leaned heavily against the chair. Your Majesty, said the Hussar.

I was majestically, said the Hussar. I had hung my belt and cap outside the mess hall.

Feval drew himself up desperately. Your Majesty, he stammered, as I came down the hall I could have sworn I saw a man trying to hide in the bushes outside your study window.

The Hussar whirled upon Feval accusingly, taking a breath as if gathering himself for a burst of words.

Through that moment's silence came a sound, compelling, thunderous, compelling. The international roared from ten thousand throats!

The King blinked for a moment, then, crossing to the window, drew the portiers farther back and looked out upon the Konigsplatz.

The Konigsplatz was being swept by a wave of humanity. A sea of faces was upturned towards the Palace; hard, white faces, grim, determined faces.

The sentry's voice rang through the song. He stood with his broad back to the iron gate, the butt of his rifle against his hip and the bayonet, pointing ominously forward.

He staggered from the window.

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