

# Told In Twilight --- In the Realm of Woman

## Society

(Continued from Page 3.)

Mrs. Johnston and Mrs. Thelan, who were Mrs. R. J. McKelvey's guests returned to Montreal on Sunday.

J. R. Davidson, Standard Bank, is visiting friends in Durham.

Major W. P. Wilgar, Master Billie, and Miss Gertrude Low left today for Ottawa to spend the winter as Major Wilgar has been attached to the headquarters of the Military School of Engineers.

Dr. Edward Ryan, Rockwood Hospital, has returned from Toronto.

H. H. C. Caswell is spending a few days with his parents in Newcastle, Ont.

Hibbert T. Donnelly, University Avenue, has returned from Stirling.

Miss Bessie Sanderson, Barrie street, has returned from Toronto.

Miss Elsa Campbell of Palo Alto, California, is the guest of Miss Grace Martin, Clergy street.

Mr. and Mrs. John Aird, Miss Phoebe Aird and Miss Wilhelmina Aird in town for the Aird-Mundell wedding, left for Toronto on Sunday.

Miss Phoebe Aird will spend a few days with friends in Newcastle en route, and later she expects to sail for England with Mr. and Mrs. John K. Aird.

Professor and Mrs. T. S. Scott, have taken the Misses Browne's house on Barrie street for the winter months.

Mrs. Herbert Stethem and her small son left for Ottawa on Thursday, where Capt. Stethem is stationed.

Mrs. K. M. Saunders, Alice street, has been spending a few days in Ottawa with Miss Elsie Saunders.

Mrs. W. H. Wermuth and Miss Mildred Worth, Earl street, returned from Toronto where they spent the week-end.

Mrs. King, St. Thomas, is the guest of her sister, Mrs. Andrew McMahon, Wellington street.

Miss Florence Elliott, Barrie street, spent the week-end in Gananoque, the guest of Miss Edith Stark.

Mrs. Edward Low is now the guest of Mrs. McK. Robertson, Union street.

If placed overnight on ice, then served with hot or two on a plate will have a frosty appearance which will give them an added beauty and the cool fruit will be most grateful.

**Grape Juice.**  
To prepare—pick the stems from the fruit and cover with enough water to be seen between the grapes. Cook until the seeds are free and the skins look pink or have lost their color, then strain. Return the juice to the fire and boil 20 minutes; then to each quart add a cupful of sugar; cook ten minutes longer and bottle in airtight bottles, dipping the corks in melted paraffin.

**Grape Juice Ice Cream.**  
To a cupful of grape juice add a pint of thin cream and sugar to sweeten a tablespoonful of lemon juice, mix and freeze. It will be a beautiful watermelon pink.

**Grape Jam.**  
Remove the skin from the pulp of well-washed grapes and put them in separate utensils; heat the pulp with a cupful of water and press through a sieve to the pulp and seeds; add the skins to the pulp and weigh. To each pound of fruit add three-fourths of a pound of sugar and just enough

water to prevent burning. Cook slowly for 40 minutes.

**Grape Sherbet.**  
Take three pounds of Concord grapes, three lemons, three pints of water and three cupfuls of sugar. Wash the grapes and put them in a granite pan, mash and squeeze out all the juice; measure and add an equal amount of water, the lemon juice and sugar. The sugar and water, if boiled to a syrup, will make a smoother sherbet. The amount of water should be allowed when measuring. Freeze as usual.

A pretty novelty is crystallized grapes. Select firm, large grapes in perfect bunches; wash carefully and dip in white of egg, then in pulverized sugar. Arrange on a platter on a bed of grape leaves. For grape jelly the grapes should be underripe. Prepare them as for grape juice, then add the sugar to the juice and cook until it thickens in a cold dish, when a teaspoonful is tried.

**Cult Of a Good Complexion.**

By Green Sears.  
If you make up your mind you are going to have a good complexion, the first thing necessary is to give up eating sweets and greasy foods. Cut away all the fat from the meat you eat, give up pastry and bon-bons and use sugar sparingly. Hot bread and biscuits must not be partaken of, although that a day or two old may be indulged in moderately. The next step toward a clear skin is to keep the system flushed, and this may be accomplished by taking purgatives. Afterwards a glass of hot water before breakfast will be all that is necessary to keep the system flushed.

This glass of hot water must not be given up after the skin improves, but should become a constant habit. Cold water may be taken plentifully during the day, preferably between meals.

Indigestion is one thing that will ruin a good complexion. It may not always be the direct cause of pimples, but it surely is the cause of a sallow and muddy skin. Steam-baths, the face and neck, are of great benefit. The skin will yield sooner to treatment if it has been softened first, and steaming will do this much better than anything else. First have a bowl, some soft towels, white soap, and a complexion brush laid ready for immediate use. Then procure another basin and a large Turkish towel. Almost fill the basin with boiling water and envelop your head and the basin with the towel so the steam cannot escape. If the steam is too dense, lift a corner of the towel to allow a little to escape. It is difficult to tell exactly how long your face should be held over the steaming basin, as some skins yield to the process quicker than others, but the face may be removed from the steam bath as soon as the perspiration becomes very profuse. After the steaming a good cream should be well rubbed into the tender skin.

### TRAINING GIRLS TO BE HOMEMAKERS

How few girls of to-day have even the slightest knowledge of the art of homemaking! Most of them are so very busy studying art, music or the languages that domestic science receives but scanty attention. Yet what subject deserves more attention than this? On it depends the well-being of whole families. Why, then, should mothers allow their daughters to grow up in complete ignorance of cooking, sewing and general house management? A year or so after they leave school or college they marry and settle down in homes of their own without any idea as to how bread is baked or a stocking darned.

### YOUR SICK CHILD IS CONSTIPATED! LOOK AT TONGUE

If cross, feverish or bilious give "California Syrup of Figs."

No matter what ails your child, a gentle, thorough laxative should always be the first treatment given.

If your little one is out-of-sorts, half sick, isn't resting, eating and acting naturally—look, Mother! see if tongue is coated. This is a sure sign that its little stomach, liver and bowels are clogged with waste. When cross, irritable, feverish, stomach sour, breath bad or has stomach-ache, diarrhoea, sore throat, full of cold, give a teaspoonful of "California Syrup of Figs," and in a few hours all the constipated poison, undigested food and sour bile gently moves out of its little bowels without griping, and you have a well, playful child again.

Mothers can rest easy after giving this harmless "fruit laxative," because it never fails to cleanse the little one's liver and bowels and sweeten the stomach and they dearly love its pleasant taste. Full directions for babies, children of all ages and for grown-ups printed on each bottle. Beware of counterfeit fig syrups. Ask your druggist for a 50-cent bottle of "California Syrup of Figs" and see that it is made by the "California Fig Syrup Company."

particular importance. Consequently she has one failure after another. She faces discouragement and despair before she acquires even the smallest experience.

How much better it would be if all mothers would begin training their daughters in the different branches of domestic science when they are as young as thirteen or fourteen! By the time they were of a marriageable age the girls would have a fairly efficient knowledge of homemaking.

Let the wise mothers put their heads together and see how the domestic science lessons can be arranged in such a way that they will prove welcome and enjoyable to the girls and at the same time will not interfere with their school lessons or exercise. Why not form a girls' club to meet two afternoons a week, let us say, once for sewing, once for cooking, and not to last longer than two hours on either afternoon?

Such an idea would be sure to appeal to young girls. The cooking afternoon should fall on the cook's afternoon off, so that the girls may take possession of the kitchen. Let us say that Monday is reserved for the sewing and Thursday for the cooking. Each week it should meet at different homes. The mothers of the girls should take turns in entertaining or rather in instructing the club members.

Let the girls start with the simple things. Show them how to darn stockings well for the first sewing lesson. When they can accomplish this satisfactorily teach them how to darn linen. Once they have learned how to mend, they should be allowed to learn the creative side, progressing from making hems and buttonholes to the cutting out and fitting of garments.

In the Thursday afternoon meeting the girls should begin with boiling potatoes, which is not as simple as it sounds, and should then progress to broiling a steak and chops, working up gradually to bread baking and pastry making.

Once or twice a year, preferably during the school vacation period, the mother should allow her daughter to run the whole house for a week or two. In this way she will gain experience. The club idea is a particularly practicable one, for the girls will enjoy meeting together and will learn all the quicker for the competition. Some such club, which might be named something like the "Efficient Housewife Club" or the "Domestic Science Students," will be of infinite value to the girls in later years when they set up housekeeping for themselves.

It is well to remember that you can be firm and courteous at the same time. Every man has a right to consider himself a champion of decency and virtue.

### GOOD THINGS FROM GRAPES

Grapes are at their best when eaten ripe and fresh from the vines garnished with their own leaves. Grapes

### OUR YOUNG WOMEN

are so often subject to headache—are languid, pale and nervous—because their blood is thin or insufficient. They are not really sick and hesitate to complain, but they lack that ambition and vivacity which is their birthright. They do not need drugs—but do need the tonic and nourishment in Scott's Emulsion that makes richer blood, fills hollow cheeks, suppresses nervousness and establishes strength. Nourishment alone makes blood and Scott's Emulsion is the essence of concentrated nourishment, free from wines or opiates.

If mother or daughter is frail, pale or nervous, give her Scott's for one month and see the betterment. It has a wholesome, "nutty" flavor. Avoid substitutes. At any drug store. Scott & Bowne, Toronto, Ont. 15-24

### WHAT SHOULD BE WORN

A certain type of girl will look well in a hat on sailor lines with broad brim and rather high, sloping crown. The brim is of black velvet, the crown of cream velvet or plush. A velvet ribbon passes straight over the crown, is drawn closely on either side, and is pulled through the brim, coming out underneath as a chin strap fastened with a small rhinestone buckle on one side. A bunch of silver grapes and leaves rests flatly on the brim beside the velvet ribbon.

A very effective trimming, where all the materials are unusually elegant, consists of three narrow bands of velvet about half an inch wide and drawn tightly round the crown. One rests at the joining of the brim and crown and the top one is placed a little below the top of the crown. A stiff, tailored bow of the velvet is placed directly in front on each band or a long buckle as long as the crown is high ornaments the front.

A pretty feather ruche, narrow and fluffy is trimming enough for a handsome black velvet postillion shape. The ruche should be placed about an inch and a half below the top of the crown and at the joining in the back two tall plumes wired face to face and curving gracefully at the top stand quite a distance above the hat crown. One who needs height should wear this hat.

Fur finishes many a hat, giving just the right air of elegance. It also is considered the essential touch to lace and chiffon blouses as well as being the favorite trimming for coats and skirts. Sets consisting of collar and cuffs of fur and called "make-off sets," are popular. A strip of fur is joined for the cuffs and lined with satin; the collar is a straight lined strip fastening with a snap. Quite fetching little collars consist of a piece of wide silk military braid bordered with the narrowest of fur strips and terminated with an ermine head. The strip fits snugly round the neck and fastens slightly at the side with a snap.

**Fashionable Pelt.**  
Squirrel is again fashionable, its lovely color fitting in well with the season's emphasis on grays. And, by the way, one house is showing a fur coat as lovely as it is unusual, which is made of gray squirrel trimmed in wide bands of red fox. The lines are stunning and the color scheme, though daring, is tremendously successful.

Raccoon, natural and dyed; wolf, natural and dyed; skunk, and all the old established favorites among black and brown furs are worn, and the milliners are introducing among their fur novelties trimmings of natural ermine, whose soft light brown tones into creamy white is exceedingly effective in some connections.

Charity gives itself rich and covetousness hoards itself poor.

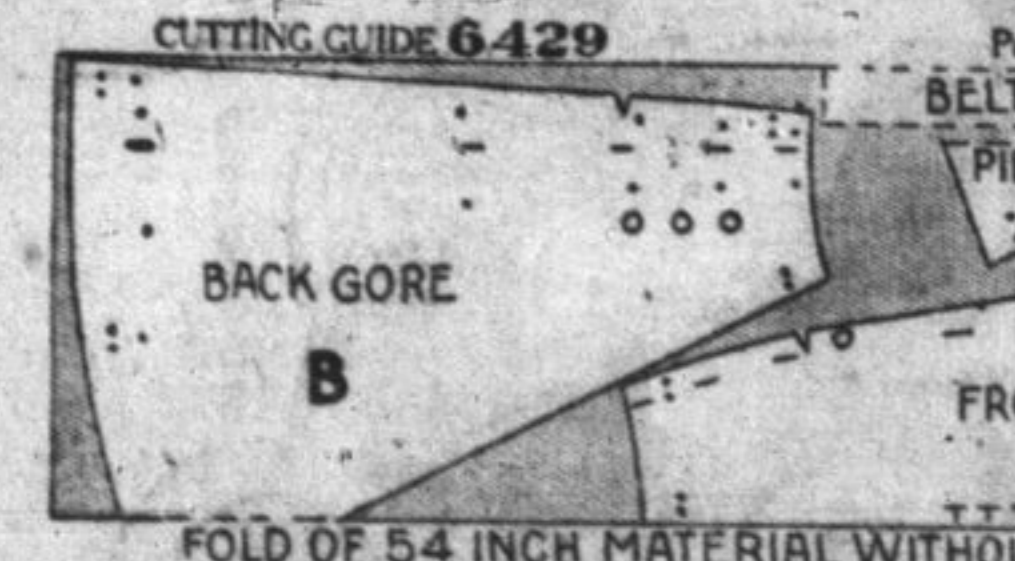
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