

# NEWS AND VIEWS FOR WOMEN READERS

## Life's Social Side

Editor of Women's Page. Telephone 229; Private phone 837w.

Blue dancing waves, green islands and grey old forts in the distance, and fifteen white winged dinghies, in groups of five, skimming lightly over the waters of the harbor, were some of the attractions at the first tea of the season held at the Yacht Club on Wednesday afternoon. The verandah was full of eager spectators when at 5.30 o'clock the dinghies started on their race and were there to cheer the winners when they passed the buoy on their return. The club house looked very attractive with the pretty chintz curtains that will keep out the sun on the hot summer days being much admired. Several tables of bridge were in play and the long tea table was centred with a big bowl of pink peonies set in pink tulle. Mrs. W. F. Casey, the wife of the commodore, was in charge. Mrs. Alan Black made tea, assisted by Mrs. Hansford Hora, Mrs. Walter Steacy, Miss Helen Tofield, Miss Isabel Mooers, Miss P. Spencer, and Miss Clara Farrell. Among those present were Capt. and Mrs. W. Leslie, Mrs. Percy Borland, Mrs. Constantine, Mrs. Ernest Sparks, Mrs. J. G. Elliott, Mrs. Ernest Cunningham, Mrs. Bruce Taylor, Mrs. J. M. Campbell, Mrs. John Nicol, Mrs. J. M. Hughes, Mrs. C. J. Harper, Mrs. T. S. Scott, Mrs. W. H. Dyde, Mrs. W. B. Terry (New York), Mrs. Everett Townsend, Mrs. Travers Hora, Mrs. C. S. Kirkpatrick, Mrs. J. S. Smith, Mrs. J. L. Gurd, Mrs. Gordon Smith, Mrs. W. J. Gibson, Mrs. G. J. McKay, Mrs. R. N. F. MacFarlane, Mrs. Hugh Nickle, Mrs. Charles Dalton, Mrs. H. C. Welch, Mrs. A. K. Macnoe, Miss M. Ferris, Miss Jean Duff, Miss Eleanor Phelan, Miss Marjorie Williams.

bloom, was lent on Wednesday afternoon to the Church Woman's Aid of St. George's cathedral, for a tea and sale which proved most successful. Mrs. R. J. Carson and the president, Mrs. E. J. B. Penno, received the crowds of visitors who passed on into the dining room where at the large table, gleaming with silver and centred with blue iris and bridal wreath, tea was poured by Mrs. W. A. Sawyer, Mrs. Bernard Browne, Miss Muckleston and Mrs. D. E. Mundell, Mrs. John Mair and Mrs. R. W. Clark, Miss Laura Kilborn, Miss Barbara Bidwell, Miss Doris Browne and Miss Nora Martin assisting. The home-made cooking was sold by Mrs. J. C. Ponsford, Mrs. T. W. Rowland, Mrs. Bruce Hopkins and Mrs. Noel Gill. In the drawing room Mrs. W. J. B. White, Mrs. E. Rees, Mrs. G. A. Robinson, Mrs. R. E. Burns and Mrs. George Bawden were in charge of the work table and Mrs. W. H. Hughes, Mrs. J. C. Johnson and Mrs. Goodwin sold rugs and did a thriving business. A programme arranged by Mrs. H. A. Betts, consisted of piano numbers by Mrs. A. N. Lyster, Miss Barbara Bidwell, Miss Virginia Fair, Miss Eleanor Rowland and a song by Miss Isabel Hughes. Mr. Harvey, the cathedral organist, who came in to buy some of the good things, was asked to play and added greatly to this splendid programme. Several old members of the cathedral parish were welcomed home, Mrs. Buxton Smith and Miss Jessie Smith, Mrs. Herbert Robinson, Mrs. Jeremy Taylor, Mrs. R. W. Rayson and Mrs. Frederick Carson and her twin sons, who have recently arrived from India. Mrs. George McGowan took the entrance fee as treasurer.

The marriage of Miss Helen Orr-Lewis, daughter of the late Sir Frederick Orr-Lewis, formerly of Kingston, to Lt.-Col. Sir Albert Stern, K.

"Romilly House," with its green shaven lawns and shrubs in full

"See, you duck an' Charley, you go an' lay down for a time while I get to the deep bottom of this big bowl of Kellogg's 'WAXTITE' Corn Flakes and fruit for my lunch! Flashes have got to wait for me when I eat Kellogg's when you jeeetch, boy!"



### Health and happiness in every spoonful of Kellogg's WAXTITE CORN FLAKES

For tomorrow's breakfast—treat the family to Kellogg's "WAXTITE" Corn Flakes and fresh fruit! See that there is a big pitcher of cold milk ready! And, urge each big and little family member to eat plenty, for Kellogg's "WAXTITE" are the perfect warm weather food!

Kellogg's "WAXTITE" Corn Flakes are not only delicious in crispness and flavor, but they're wonderfully nourishing and refreshing. They give stomachs a chance to rest in warm weather because they digest so easily. Eat Kellogg's "WAXTITE" regularly and get away from so much heavy foods and see how much better every one in the house feels!



### Kellogg's WAXTITE CORN FLAKES

Make sure that each package you buy is sealed air-tight with the wax paper jacket.

Also makers of KELLOGG'S KRUMBLER and KELLOGG'S BRAN, cooked and branched

### HURLBUT CUSHION-SOLE Shoes for Children



Lowest cost per day of wear

For sale in Kingston by: Lockett's Shoe Store, J. H. Sutherland & Bro., A. M. Reid, W. A. Sawyer.



No more refreshing or delightful toilet soap made. Use it always.

### INFANTS DELIGHT ITS WHITE TOILET SOAP

B. E.C. M.G., was celebrated in the Anglican church at Cannes on Tuesday. Miss Orr-Lewis was a debutante two winters ago and came out at a ball given by her parents in the Ritz-Carlton, Montreal. Lt.-Col. Sir Adbert Stern is an expert on tanks. He joined the R.N.V.R. in 1914, and later devoted himself entirely to getting tanks built for the British Army. He is a member of Messrs. Stern Bros., the well-known London firm of merchants and bankers.

The first Yacht Club dance of the season had the luck to be illuminated by a full moon, which turned the rippling water to silver. A cool breeze from the lake made dancing a delightful affair, and to mark the occasion, a supper was served from the dainty tables centred with pink peonies, where Mrs. W. F. Casey was in charge. Mrs. H. K. Hill poured coffee and Mrs. Hubert Ryan, Mrs. Hansford Hora, Miss Phyllis Spencer and Miss Mary Taylor assisted her. Among those present were Mr. and Mrs. W. F. Casey, Mrs. W. R. Givens, Mr. and Mrs. J. C. Newlands, Dr. and Mrs. Alan Black, Mr. and Mrs. S. M. Robertson, Miss Spackman (Montreal), Mrs. Travers Hora, Mrs. Van Wren, Mrs. Bayley Ransom, Mrs. W. B. Terry (New York), Miss Laura Kilborn, Miss Doris Donnelly, Miss Nevada Best, Miss Isabel Minnes, Miss Marion Grimson, Miss Harriet Gardiner, Miss Katie and Miss Nora Birmingham, Miss Mary Rowland, Miss Vivian White, Miss Doris Browne, Miss Marjorie Williams, Miss Clara Farrell, Miss Isabel and Miss Grace Mooers, Miss Ruth Anglin, Miss Helen Meek, Miss Lillian Fair, Messrs. Sullivan, Duff, Prestly, McLeod, J. McLeod, Bliss Barnum, E. Davidson, Sutherland, Grafton, Wilkinson, Gordon Cunningham, W. Shaw, W. Smyth, F. A. Smyth, J. Hickey, Douglass Carruthers, Dr. Brown and Dr. Howard Folger.

A meeting of the Royal Ottawa Golf Club will be held on Tuesday, June 13th, with the idea of forming an Eastern Ladies' Golf Association to which the clubs of Kingston, Brockville and Carleton Place will belong. Friendly games have been arranged and the Kingston Women Golfers will be Mrs. W. R. Givens, Mrs. R. T. Brymner, Mrs. H. A. Welch, Mrs. W. A. Mitchell, Mrs. James Miller, Mrs. J. O. Macdonald, Miss Redden, Miss Katie and Miss Nora Birmingham.

In honor of Brig-Gen. King and Mrs. W. B. Shuttleworth-King, Lt.-Col. C. H. Hill and Mrs. Hill and the officers of the R.C.R.'s and their wives are entertaining at a garden party Friday afternoon at Wolsley Barracks, London, Ont.

Mrs. Frederick Brownfield arrived from Toronto today, and is at the "Chateau Belvidere."

Mrs. J. Russell Stuart, Albert street, left for Vancouver this week to spend several months with her son.

Col. Cleaver Sullivan, Albert street, left for Montreal today to accept a position. Mrs. Sullivan and her daughters will spend the summer in town.

Mrs. T. H. Swalm, Wheeling, West Virginia, and her two sons, and Mrs. S. S. Schmidt, York, Pa., and her little daughter, will arrive on Monday to visit their parents, Mr. and Mrs. Everett Townsend, Barrie street.

Mr. and Mrs. W. Spooner, Westmount, Que., who have been visiting the former's parents, Col. and Mrs. C. N. Spooner, left on Wednesday for Atlantic City to spend several weeks.

Miss Helen Tofield left for Toronto today to attend the Havargal Hall dinner.

Mrs. Frederick Etherington, who has been in Winnipeg with Mr. and Mrs. James Richardson has returned and will go to "Feitersheim" for the summer months.

Miss Constance Richardson, Ottawa, is the guest of Mrs. J. M. Fair, Aberdeen avenue, Dr. and Mrs. J. M. Hamit and their baby son, Cremona, Ont., are also with Mrs. Fair. Jack Emery, Bagot street, has gone to Utica, N.Y., and is with Mr. and Mrs. Clarence Putnam.

Sir George and Lady Foster will sail July 7th for England.

Miss Frances Murray will be one of the debutantes of the June ball.

### What the Editor Hears

That you should wash your stockings before wearing them, that will

## Efficient Housekeeping

By Laura A. Kirkman

**Bran and Oatmeal in the Diet.**  
A reader Friend has written to ask me to publish a list of laxative foods. Laxative foods include most fruits and vegetables, and cereal foods and breads containing the whole of the cereal grain. Bran and oatmeal are especially good. Here are two laxative menus—the first one for dinner and the second for supper or lunch:

**Lamb Chops**  
Mashed Potatoes  
Either boiled onions or cabbage  
Bran Bread  
Fruit Desert  
Coffee

**Bran Bread:** (Kindly contributed by "H. L. C.") "One cup of white flour; two cups of cornmeal or of wholewheat flour—these two together, half in half, three cups of bran, two level teaspoons of shortening; two teaspoons each of soda and baking powder if sour milk is used; or, if sweet milk is used, add six teaspoons of baking powder; also add one tablespoon sugar and two teaspoons of salt. Sift dry ingredients except the bran, then mix in the bran and add enough sweet or sour milk to make a stiff dough (after the melted shortening is added). The dough should be stiff enough to clean the bowl. Pour it into a well-greased baking pan 12 by 16 inches—if you have one this size. If, however, you have only the ordinary loaf pan, divide the dough into two of these. Pat down the top of the dough so that it is smooth and pushed well away from the sides of the pan (do this with a cake-turner dipped in milk) and bake for one hour in a moderate oven. On removing from oven, brush the top with the following mixture: Rub one-fourth teaspoon of salt into one tablespoon of shortening. Let the loaf stand in the pan a few minutes, then turn it out and brush the underside with the

same salted shortening. Raisins or ground nuts are splendid in this bread. It is better made with sour milk than with sweet."

**Fruit Salad**  
Carrot Marmalade on Any Coarse Bread  
Oatmeal Cookies  
Prune Whip

**Carrot Marmalade:** Peel and grind enough carrots to make two quarts. Put this in an enamelware saucepan with six cups of sugar and enough water to cover; let simmer till the mixture is thick, then add the juice and rind of three lemons. Let continue to cook till the carrots are tender and the marmalade juicy. Store in jelly glasses covered with paraffine.

**Oatmeal Cookies:** Rub one cup of sugar into three-fourth of a cup of butter. Add the yolk of one egg well beaten, 5 tablespoons of sweet milk, two cups of flour sifted with two teaspoons of baking powder, one teaspoon of ground cinnamon, and a pinch of salt; stir in three cups of rolled oats (uncooked) and one egg-white stiffly beaten. The dough will be very stiff. Take up in the hands a rounding teaspoonful of it and roll this into a ball. Then flatten out. Bake these cookies on a greased pan, in a quick oven, for about 15 minutes.

**Tomorrow—How to Crochet a Twine Porch Rug.**

All inquiries addressed to Miss Kirkman in care of the "Efficient Housekeeping" department will be answered in these columns in their turn. This requires considerable time, however, owing to the great number received. So if a personal or quicker reply is desired, a stamped and self-addressed envelope must be enclosed with the question—The editor.

last twice as long, and for a time at least you can walk the streets without the haunting terror of a "ladder" creeping up from your ankle to your knee.

That the dandelion harvest is over, and the grapes won't be ripe until October.

That in spite of the many attractions in the city on Monday, it is good to know that dozens of young

girls and boys preferred the woods, where they picnicked happily beside the water, watching the birds feeding their young ones, coming home sunburnt and tired, laden with ferns and flowers, to sleep soundly and rise refreshed for the week's work.

That the halls of Queen's will now be silent till the summer school students arrive early in July.

That the summer girl is here in

## The High Standard of Quality

always found in 'SALADA' has been the basis for its phenomenal success. To maintain that Quality at the present time, with the price of tea the highest in years, we have been forced to advance the price on our popular Brown Label Blend to 65c. per pound. The Prices of—

BLUE, RED AND GOLD LABELS ARE UNCHANGED

# "SALADA"

BARNUM'S BAKERY

FOR THE JUNE BRIDE

Come in and choose your wedding cake. Almond Icing if you wish.

her gay organdy frock or sports suit, hatless, or wearing a floppy shady hat on her bobbed locks. We all love her, but we will love her all the more, if she throws away her lip stick.

That with three clubs where dancing and bridge goes on while the guests enjoy the country air. Kingston promises to be a very gay place this summer.

That the Parents League, New York, formed to combat the flappers' onward progress, has a membership of 150.

### To-morrow's HOROSCOPE

By Genevieve Kemble

FRIDAY, JUNE 9.

According to the preponderance of adverse planetary configurations, this day may not be forecast as entirely fortunate. While some angle of the financial situation is under friendly aspect, and turbulent actions, and also the luminaries in most unpropitious positions may put in jeopardy the successful outcome of many

### To Free Your Arms Of Hair or Fuzz

(Boudoir Secrets)  
No toilet table is complete without a small package of delatone, for with it hair or fuzz can be quickly banished from the skin. To remove hairs you merely mix into a paste enough of the powder and water to cover the objectionable hairs. This should be left on the skin about 20 minutes, then rubbed off and the skin washed, when it will be found free from hair or blemish. Be sure you get genuine delatone.

activities, especially for those in the employment of others. New projects may be planned, but changes should be postponed till more auspicious time.

Those whose birthday it is have the promise of an unfavorable year unless they keep their affairs well in hand and have their employment well protected. They should guard against rash acts and quarrels and avoid change. A child born on this day is likely to have a rash and erratic temperament unless carefully trained in early life.

Of course a girl does not like to be kissed. Of course not. And a goldfish just hates to swim.

# Save the Wrappers!

Comfort Soap and Pearl White Soap Wrappers count as two each for premiums up to June 30th — Buy a big supply now



### DAD NEEDS THESE GIFTS

Razor, Knife, Cuff Links, Razor strop, Thermos Bottle, Hair Brushes, Fishing Rod, Watch Fob, Shaving Brush, Fountain Pen, etc.

### MOTHER AND BIG SISTER WANT THESE

Ring, Brooch, Enamel Pins, Necklace, Pendants, Hair Brush, Mirror, Manicure, French Ivory, Jewel Case, Scarf, Aprons, etc.



### LITTLE SISTER WANTS THESE

Doll, Doll's Carriage, Doll's Bed, Toy Dish, Skipping Rope, Drawing Set, Stationery, Paints, Post Card Album, Games, Bracelets, Necklace, Rosary, etc.

### YOUR SCHOOL BOY SON WANTS —

Baseball, Football, Flashlight, Pen Knife, Meccano, Games, Watch, Toy Soldiers, Printing Set, School Bag, Gyroscope, Marbles, Trapshooting, etc.

Please Mother don't forget to buy plenty of Comfort Soap and Pearl White Naptha Soap, the double value wrapper time is going quickly and we want the splendid Comfort Premiums



### THE HOME WANTS THESE

Aluminum Ware, Glass Ware, Dishes, Cutlery, Kitchen utensils, Carver Sets, Books, Pictures, Scissors, Spoons, Curtains, Drapes, Towels, Water Set, Pickle Stand, Cake Basket, Silver Bread Tray, etc.



After June 30th the wrappers count as usual

Positively, the double value feature which means that each single wrapper is accepted by us as TWO for Premiums will cease on June 30th — and all wrappers received after that date will count as one each as usual.



PUGSLEY DINGMAN & CO LIMITED, TORONTO.