

NEWS AND VIEWS FOR WOMEN READERS

Life's Social Side

Editor of Women's Page, Telephone 229; Private phone 857v.

Mrs. D. E. Mundell's dance in Ontario Hall on Friday evening in honor of her son, B. S. M. Mundell, and the first and second year cadets of the Royal Military College, was a very smart affair indeed.

CORNS

Lift Off with Fingers



Doesn't hurt a bit! Drop a little "Frezore" on an aching corn, instantly that corn stops hurting, then shortly you lift it right off with your fingers!

Your druggist sells a tiny bottle of "Frezore" for a few cents, sufficient to remove every hard corn, soft corn, or corn between the toes, and the calluses, without soreness or irritation.

Every 10c Packet of WILSON'S FLY PADS

WILL KILL MORE FLIES THAN 50 WORTH OF ANY STICKY FLY CATCHER

Clean to handle. Sold by all Druggists, Grocers and General Stores

Baby's Own Soap



Best for Baby Best for You Face hands & body Wash them tenderly with Baby's Own Soap

Fruit News that will help you plan your preserving

The finest fruit grown in the far-famed section bordering the western end of Lake Ontario will be packed by the Niagara Peninsula Growers Limited.

Strawberries are now being shipped. The quality is excellent and the crop promises to be fair to good.

To make sure the fruit you get is of the best quality, uniformly graded and carefully packed, see that every container you buy bears the Niagara Peninsula Growers' mark.

NIAGARA PENINSULA GROWERS LIMITED GRIMSBY, ONTARIO.

Lockett's house on Kensington avenue for the summer.

Mrs. T. P. Murphy, Earl street, has returned to town having spent a month at Hamilton and Sarnia.

Mrs. Edwin Loucks and Miss Ethelwyn Loucks, Division street, have gone to Montreal to visit Mrs. Stratford Dawson.

The Misses Berningham, "Otterburn," gave a small party on Thursday evening.

Mrs. George Hanson and Betty are now settled in their cottage at Stella Point.

Mrs. S. G. Sutherland, Gordon and Stuart, St. Louis, are at their camp, Stella, S. G. Sutherland will arrive in July.

Mrs. John Carson is at her summer cottage, "Sunny Knoll," Macdonald's Cove.

Mr. and Mrs. Ross McRae, Brock street, moved down to their cottage, Macdonald's Cove.

Mrs. A. McMahon and her son, Neelon, are now settled in their new house, Gore street.

Mr. and Mrs. J. H. Sutherland, Gore street, are going up to Toronto Sunday to spend a few days.

Courtland Elliott has left Paris and is enroute to Kingston. He is expected to arrive here about the 22nd or 24th inst.

Miss Norma McFriedge, who has been the guest of Mr. and Mrs. R. E. Hinton, Peterboro, and Mr. and Mrs. Douglas Bews, Port Hope, has returned to the city.

Dr. and Mrs. James Cappon, Barrie street, left for Metis, Que., on Friday.

Mrs. N. C. Polson and the Misses Polson, Montreal, are with Mr. and Mrs. Harold Davis, King street.

The Misses Crisp, Pembroke street, left for the seaside this week.

Mr. and Mrs. William Keys motored from Toronto this week, and are with Mrs. Keys, Bath road, George Keys, Michigan, is also with Mrs. Keys for a visit.

Col. Wiglar will be in town from Toronto for the Royal Military College ball.

Mrs. S. Clarke Taylor, Gananoque, is with Mrs. Charles Livingston, Barrie street, for the ball at the Royal Military College.

Some of those who will be in Kingston for the R.M.C. ball on June 19th are: Miss Helen Thornton, Miss Barbara Logie, Miss Mary Mann, Miss Phyllis Phipps, Miss Madeline Willis, Miss K. Rudolf, and Miss E. Scott.

Mr. and Mrs. F. R. Anglin, Queen street have returned to the city after motoring to Whitley on Wednesday where they attended the commencement exercises of the Ontario Ladies College where their daughter, Miss Helen is studying.

They were accompanied by their children, Miss Marion and Master Arthur. Miss Helen Anglin did not return with the party but is visiting a college chum at Huntsville.

Mrs. E. E. Leach, Toronto has returned home after visiting Mrs. Leach, Barrie street for a month.

Mr. and Mrs. Southam, Toronto will be at "Densmers" for the weekend.

Mr. and Mrs. Charles Holt, and Mr. and Mrs. Riorden and Miss Riorden will be in town from Montreal for the ball.

Miss Marion Lewis, Brockville is with Mrs. W. T. Minnes, "Hillcroft" for the June galesies and will be a debutante at the ball on Monday.

Mr. and Mrs. A. O. Sawyer, motored to Peterboro to-day, taking Miss Sawyer and Miss Mary Sawyer, Brock street, with them.

Among the Montreal girls who will attend the June ball at the Royal Military College which is taking place on Monday night are Miss Betty Dawes, Miss Dorothy Acer, Miss Betty Mallison, the Misses Catharine Vickers and Jeanette Cooper, chaperoned by Mrs. W. A. Cooper and the Misses Lauri Tremblay, and Eleanor and Muriel Bazin, chaperoned by Mrs. A. T. Bazin.

Mr. and Mrs. Garnet Lockett, Kensington Avenue, motored to Toronto to-day for the week-end.

Miss Edith Kirk, Brooklyn, N.Y., is with Mr. and Mrs. Charles Livingston for the June galesies.

Sir John and Lady Aird, Miss Margaret Gillespie, Toronto and Miss Olive Allan, Goderich, are the guests of Dr. and Mrs. D. E. Mundell, Barrie street.

A New Breakfast Delight! Serve Hot or Icy-Cold

TO make ROMAN MEAL CHOCOL-O, stir 1 rounded tablespoon cocoa or chocolate into 4 cups boiling, salted water. Stir in 1 rounded cup Roman Meal. Cook 10 minutes in single boiler. Stir well and serve hot, or set in a cool place over night and serve cold with milk or cream and sugar, honey, preserved or fresh fruits, as a delicious breakfast, lunch or supper. Roman Meal keeps you fit.



GIRLS! WHITEN SKIN WITH LEMON JUICE

Squeeze the juice of two lemons into a bottle containing three ounces of Orchard White, which any drug store will supply for a few cents, shake well, and you have a quarter pint of harmless and delightful lemon bleach. Massage this sweetly fragrant lotion into the face, neck, arms and hands each day, then shortly note the beauty and whiteness of your skin.

Famous stage beauties use this lemon lotion to bleach and bring that soft, clear, rosy-white complexion, also as a freckle, sunburn, and tan bleach because it doesn't irritate.

Miss Charlotte Mann, Windsor, is the guest of her sister, Mrs. A. Noel Lee, Villa Ste. Clare Apartments, for a few weeks. Miss Janet Laing and Miss Carol Fleming, also of Windsor, are guests of Mrs. Lee for the June Ball.

Miss Lillie Watson, Miss Alida Starr, Miss Mary Humphrey and Miss Kitty Allott, of Philadelphia, are some of those who are attending the R.M.C. ball at Kingston on the 19th.

Dr. Charles E. O'Connor has gone to New York on a two weeks' vacation.

Mrs. A. W. Burns, Lansdowne, is visiting her sister, Mrs. G. H. Williamson, Brock street.

Remember Y.M.C.A. Auxiliary garden party at Messrs. William Jackson and J. A. Newman, Friday, June 3rd.

What the Editor Hears

That the gowns worn at the June ball will be very beautiful, the vogue for opalescent, sequin and crystal embroideries and the bright colors worn by the younger women will make the effect from the galleries striking indeed.

That Kingston school children are being invited to attend the Canadian National Exhibition in Toronto.

That the Girl Guides will learn from the V.O.M. nurses many things about babies, which will help to make them useful in their homes now, and intelligent mothers in the days to come.

That the Collegiate Institute pupils who have passed on their years standing are happy and are roaming the countryside on bicycles, hunting the Yacht Club and having a good time in the way that best pleases them.

That some exciting surprises are being prepared for their guests at Monday's ball, by the cadets of the Royal Military College. Each year makes an effort to do something just a bit more original than its predecessors so there is never any sameness about the decorations for the June ball.

Summer Frocks. Decided simplicity is the keynote of the summery frocks. Soft effects in tub silks, some prints and others finely striped are well approved of together with soft crepes in the pastel shades. Orchid and white are particularly emphasized in silks as well as in frocks developed in voile, batiste and handkerchief linens. Some frocks show the use of hand-drawn work and gogoting to advantage. Another of orchid batiste uses matching Coronation braid worked out in a floral design, with taffeta centres.

Miss Elena Jurado a Filipino girl of San Francisco, has made such marked progress as a moving picture actress that she now has her own company. Miss Jurado, a college graduate of considerable literary ability, will write her own scenarios, using Philippine scenes as back-grounds.

In England there are four women emigration officers at the ports of entry of steamships.

Efficient Housekeeping

Recipes for the Invalid's Tray. The following recipes are for the invalid's "Soft" or "Semi-Solid" diet. Coddled Egg: Scald one-third cup of milk and add to it one beaten egg; cook over boiling water, stirring constantly, till of a soft, creamy consistency, then add one teaspoon of butter and a pinch of salt and serve on small slices of unbuttered toast.

Egg Nest: Toast a good-sized round of bread but do not butter it. Separate one egg, beating the white stiff with a pinch of salt. Now pile the frothy white on the toast in the shape of a nest. Make a hole in the centre of this "nest" and put one-third teaspoon of butter and the egg-yolk into it. Slip this into a moderate oven to bake from six to eight minutes (it must not bake so long that the egg is hard and tough; it should simply be congealed so as to hold its shape).

Bread Chicken Custard: Butter two small individual baking dishes, or ramekins, and put into them the following mixture: Two tablespoons of minced cooked chicken, two tablespoons crumbled bread, one egg, one cup of sweet milk and one-fourth teaspoon of salt. Beat the egg well, add the milk and salt to it, then pour this over the chicken and bread crumbs. Set the ramekins in a shallow pan filled with hot water, and place the pan in a moderate oven. The water surrounding the ramekins must not boil in the oven, or the custard will "wey." Bake about one hour or until the custard is "set."

Fig Tapioca: Soak either one and one-half tablespoons of pearl tapioca, or three-quarters of a tablespoon of minute tapioca for one hour. Then add it to three tablespoons of sugar,

a pinch of salt, and one cup of sweet milk scalded but not boiled. Cook these ingredients in the top of a double boiler for 15 minutes, then add one well-beaten egg-yolk and cook three minutes longer. Now turn the mixture into a serving dish, stir into it one-fourth cup of chopped figs, cover the top with a meringue made of the egg-white (whip it very stiff with one tablespoon of sugar) and slip the dish into the oven for a minute or two, to brown the meringue delicately.

Spanish Cream: Soften one teaspoon of granulated gelatine in one tablespoon of cold water, then scald with one cup of sweet milk in the top of a double boiler. Beat the yolk of one egg well, add to it two and one-half tablespoons of sugar and a pinch of salt and pour on it, gradually, the hot milk mixture from the double boiler. Return all to the double boiler and cook till it coats the spoon, stirring constantly. Now remove at once from the fire, add one-fourth teaspoon of vanilla extract, and fold in the stiffly-whipped egg-white. Pour into cups or molds which have been rubbed lightly with olive oil, and let stand in a cool place till cold and hard. Serve with or without light cream.

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.

Voiles. The voiles this year were a bit late in arriving and therefore were not to be in vogue, but they have arrived just in time to be one of the favorites as usual of the cool summer frocks. They are more elaborate in design than last year and are as colorful as all their sister materials. The voile dresses are more practical than organdie and make up in the darker shades most effectively.

One of the materials employed effectively is silk homespun, in solid colors and white. White silk braids arranged in stripes in a circular tape through the waist line is tacked down with wool of the same lavender tone of the dress. This trim also finishes the neck and short sleeves, and narrow belt of self material.

Shown in pure white, this loose weave fabric makes a tailored model with bindings of nacy more ribbon. Silk pockets are placed on the waist and skirt. A V neck line is edged with buttons and loops of navy which may fasten the collar higher if desired.

Ribbon is employed again in a homespun of maple shade, laced through the material in bands on the skirt, collar and sleeves.

STROUD'S TEA Always the same high quality. Black or green. 109 Princess Street Phone 349

BARNUM'S BAKERY FOR THE JUNE BRIDE Come in and choose your wedding cake. Almond Icing if you wish.

and don't forget the beans! Keep a shelf of Victory. A can of Victory Pork and Beans will crowd into small packing space more sustenance than almost any other food you can carry. It's Victory Pork and Beans you must have if you want the most nourishment and delicious flavor, because of the Victory method of cooking them. Satisfying! Every bean is full of paddle-driving, hard-tramping nutriment to make you strong for the trip and enjoy yourself. Sweet, juicy, tender pork aplenty to round out a balanced food. Flavor that took experts years to attain!—Chili or Tomato sauce. Made in Canada, Dominion Government inspected. NATIONAL CANNED MEATS LIMITED, TORONTO, CANADA. Just warm up—They're ready to serve