NEWS AND VIEWS FOR WOMEN READERS

Life's Social Side

day, quite a considerable sum to aid

in the prosecution of their good

The Royal Military College Club

College ball.

residence on Thursday.

tonight in the mess room.

stance Webster with her for a visit.

ed to "The Maples" from Ottawa.

Mrs. G. Hunter Ogilvie and Miss

Mrs. A. D. Durnford, Miss Mc-

Grath, Miss Vardon Roes and Miss

Muriel Smith, who were in town

for the closing and ball at the Roy-

al Military College, returned to

Miss Marion Ogilvie, Gore street

and Miss Marguerite McLemont,

town for the graduation of cadet

Mrs. MacPhail and Miss Katharine MacPhail, King street, are the guests

Mrs. Austin Gillies has sailed for

Prof. and Mrs. A. G. Dorland, who

have been in London, Ont., are now at their summer home at Wellington.

Prof. Dorland will return to London,

Mr. and Mrs. George Graham,

Mrs. F. A. Walsh, Aberdeen ave-

he will be one of the lecturers.

Rae, will leave for Quebec on Wed-

will leave for Quebec on Monday.

Mrs. Rae, who is a visitor

Mary Ogilvie, Gore street, leave on Friday for Victoria, B.C., to visit

turned to Montreal.

Mrs. Crowe Baker.

| Montreal on Tuesday.

the last two months.

Editor of Women's Page, Tele- Mrs. Thomas McGuire. Mrs. T. F. phone 229; Private phone 857w.

The beautiful lawns and rooms of Mrs. Frank Somerville's home in Portsmouth were thrown open Tuesday afternoon and evening for a te and entertainment under the pices of the Portsmouth C.W.L. The guests began to arrive at three o'clock and remained until alatehour in the evening. Mrs. Coady met the visitors at the gate and received their contributions. A very attractive home-made table, which disposed of its entire stock in a short time, was



SUGAR

During the past two weeks Sugar has made three advances in price and the market is very

firm. on Tuesday afternoon. Get in your supply NOW before further adhas gone to Port Hope for the sumvance. We are quoting SUGAR at 50c. LESS her uncle and aunt, Rev. A. O. than present wholesale rectory, Barriefield, will leave for Cressy on Friday taking Miss Concost.

Berries

Order your berries now Philip Du Moulin, Sydenham street, for the ball, has returned to Montas the home grown are real. coming in daily.

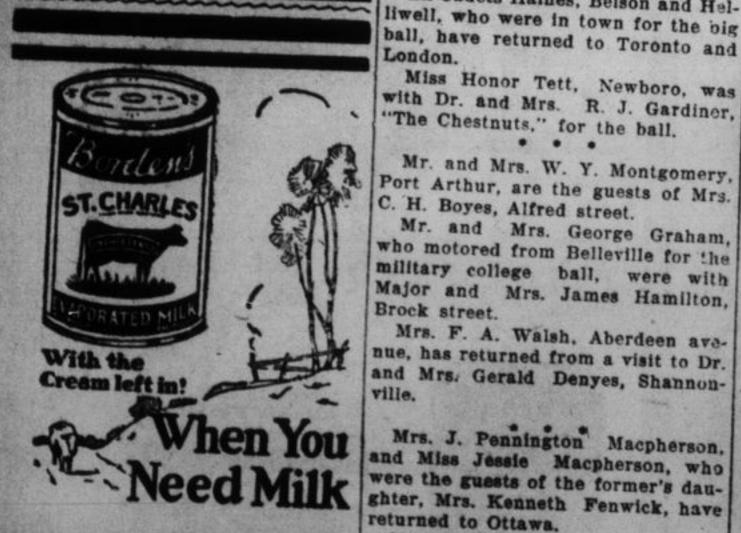
Oranges

Very choice, sweet 29c. Dozen

Robinson Stores

"Stores of Better Value" Cor. Princess and Barrie. Gilbert, Toronto. of the former's sister, Mrs. Philip Cor. Montreal and Rag-Canada, having been in England for lan Road.

GROCERTERIA: 175 Princess Street



BARNUM'S

BAKERY

Mrs. Fergus O'Connor, Earl street.

Mrs. Ernest Hubbell, who was with

cottage above Macdonald's Cove.

FOR THE JUNE BRIDE

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

Lift Off with Fingers



stantly that corn stops hurting, then shortly you lift it right off with fing-

lunched at the Frontenac Club on Tuesday, Col. Caldwell, Ottawa, preers. Truly! siding. The subject under discussion of "Freezone" for a few cents, suffi- Serve hot. was the Memorial Arch to be erected cient to remove every hard corn. soft | Chop Broiled in Paper: Dust the strain, and serve. in memory of the sons of the Royal corn, or corn between the toes, and chop with salt and pepper and fold Other foods included in Convales-

turned from Havergal College. To- tawa. ronto, on Monday, was one of the debutantes at the Royal Military was the guest of Mr. and Mrs. R. J. Mrs. J. C. Ponsford will entertain to Toronto today.

the members of St. John's Woman's Parish association at the Warden's Col. G. H. Hunter Ogilvie, Gore

The Yacht Club Tea this after-Sir John and Lady Aird. noon, and the dance to-night, are were with Dr. and Mrs. D. E. Mun- hot mashed cooked potatoes. Melt dell, Barrie street, for the week-end have returned to Toronto.

The graduating class of the Royal Military College will dine together Loomis, who were guests at the Commandant's Quarters, Royal Mil- then combine this with the hot milkitary College, have returned There were several merry little Montreal.

farewell tea parties for the cadets Dr. C. A. Seager, Provost Mrs. W. P. Bridger, Barriefield, to Toronto.

Miss Ruby Buell, Clarence -treet left on the noon train on Monday Miss Mildred Horsey, who is with for Halifax where she will be the guest of her brother for the sum-Cooke and Miss Cooke, St. Mark's mer months.

Miss Hazelle Ashley returned home to-day after spending some time with Miss Olive Bryant, Gan-

Mr. and Mrs. Lovel Mickles, who were in town for the ball, have re-Dr. Thomas S. Duncan, associate professor of Greek and Latin, Wash-Miss Mollie Cartwright has returnington University, St. Louis, Mo. Mrs. Duncan and their infant son, Miss Birks, who was with Mrs. are guests of Mr. and Mrs. J. R. Breakenridge, Westport.

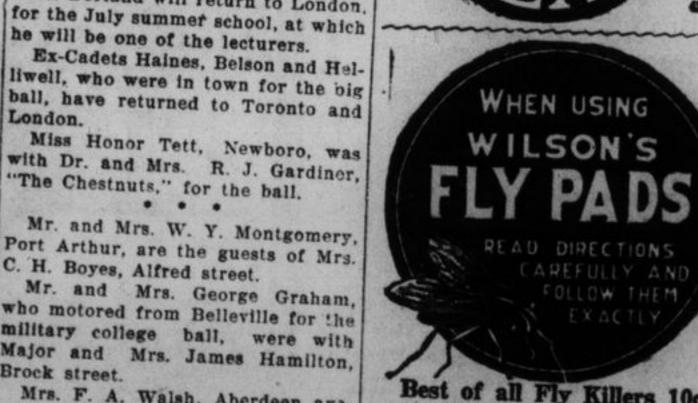
Roman Meal Kept You Fit

during cold weather. Why stop it now? It is more needed in hot weather because it is the only "nonacid," "blood cooling" cereal sold. Very delicious.

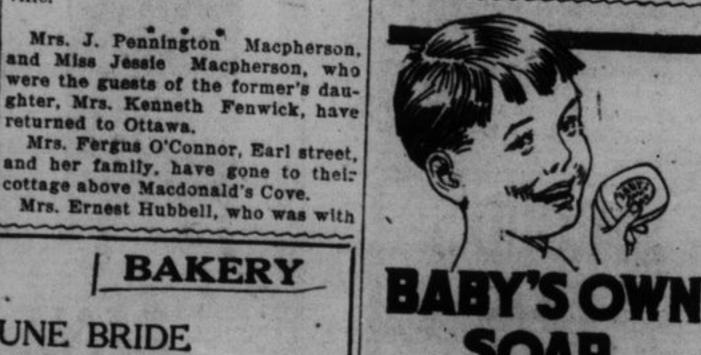
Keep fit through the hot spell and you'll be more fit for the coming cold spell. Continue using Roman Meal.

It aids digestion, positively relieves constipation, keeps





Best of all Fly Killers 10c per Packet at all Druggists, Grocers and General Stores



Boys just love its smooth fragrant lather BEST for BABY - BEST for YOU Efficient

The following dishes are included water and bring to the boiling point. in the "Light" or "Convalescent" then let simmer for ten minutes. Diet of the invalid, in most cases of Rub the peas through a sieve, and illness. Of course one's family doc- thicken this puree with one-fourth tor should be consulted before pre- tablespoon of butter melted and mixparing them for the particular case ed to a paste with three-fourth table-

scalded sweet milk, one egg, one-half per. Strain and serve (this soup may Scald the milk. Mix the sugar, egg. | Cream of Celery Soup: Break one salt, and cereal together, then add stalk of celery into small pieces and the hot milk. Flavor with the vanil- pound these in a mortar. Add them la (raisins, chopped figs, stoned dates to two-thirds of a cup of sweet milk or any cooked fruit may also be add- and cook the mixture in the top of ed if desired) and turn the mixture a double boiler for 20 minutes. Then into a buttered baking dish. Set the thicken with one-half tablespoon of dish in a pan of hot water and place butter melted and mixed to a paste all into a moderate oven to bake with three-fourth tablespoon of flour, Your druggist sells a tiny bottle until "set," or firm, in the middle, and season with salt and pepper to

ter-paper which you have spread cream, junket, custards, fresh spinthickly with butter. The edges of ach, young peas, rice well boiled, Miss Mary Macgillivray, who re- General Hubbell has returned to Ot- the paper should be pressed together eggs in all forms (except hard-boiltightly, so that no juices can escape. [ed), thinly-cut dry toast, fruits, ten-Ex-Cadet George Patterson, who Broil carefully, taking care that the der broiled steak (small portion) paper does not catch fire. A chop and cereals of all kinds. Vair, Glenburnie, for the events at three-fourths of an inch thick will Tomorrow-Some Knitting Directhe Royal Military College, returned cook in this way in five minutes, but an inch-thick chop will require eight

grains each of pepper and celery salt to and-potate mixture. Bring all to the boiling point, strain, and serve. If of it is desired to enrich this soup still on to one whole egg well beaten. Cream of Pea Soup; Put one-third

What the Editor Hears

That some of the older people who were guests at the June ball thought there was excitement enough without the slide in the symnasium gallery. The track is all very well for boys in running shoes, but for ladies in high heeled shoes, who regard their dancing days as over, but like to watch the entrancing scene, well out of the way, it is a bit too strenu-

That the Yacht Club members are making preparations for a fine regatta this year. With the dinghy fleet and the visiting yachts, the sight will be beautiful and interest-

That the soldier patients in the hospitals enjoy motor drives during this fine weather.

That Dr. Stowe Gullen, Toronto, and Miss Carmichael, Halifax, are the nominees for the presidency of the National Council of Women, now in session at Port Arthur.

That nervous people who had gone to bed before the fireworks were setoff on the Fort Hill on Monday evening for the benefit of the guests at the June ball were much alarmed and thought some calamity had hap-

That the home coming of the Prince of Wales has revived the rumor of his engagement to Lady Rachael Cavendish, for whom a ballis being given in honor of her birthday by the Duchess of Devonshire, which the Prince will attend.

To-morrow's HOROSCOPE

By Genevieve Kemble

THURSDAY, JUNE 22nd Although the sidereal operations this day point to the breaking up of long-thwarting obstacles and congested conditions, yet there are certain portents of deferred hopes. The financial outlook is not satisfactory, and the outlay of money may be hazardous, either for speculation or investment. There is some promise of advancement or recognition for those in the employment of others if they are qualified. It is a time for making plans for future substantial pro-

Those whose birthday it is have a forecast of breaking up of old obstacles and crystalized conditions. but the prospect for immediate financial remedies is not encouraging. Those in the employment of others may meet with some advancement or recognition. Avoid all money risks. A child born on this day will be steady and industrious, but may be inclined to fritter away its earnings through extravagance unless carefully trained in thrift.

The class fied advertisements are valuable summer and winter.

Light, or Convalescent, Diet for the | cup of well-cooked peas into a sauce-

Cereal Pudding: One cup of any of sweet milk scalded, one-eighth cold, cooked cereal, three cups of teaspoon of salt and a dash of pepcup sugar, one-fourth teaspoon salt also be served with uncooked egg. if and one-half teaspoon of vanilla. desired). taste. Add one-fourth cup of cream.

Military College, fallen in the great the calluses, without soreness or ir- it completely in a piece of thick let- cent Diet are: baked potatoes, ice

Potato Soup: Scald two thirds of a Kirkman in care of the "Efficient street, is in Superior with his bro- cup of sweet milk with a small slice Housekeeping" department will be of onion, then remove the onion and Mun-hot mashed cooked potatoes. Melt GIRLS! LEMON JUICE one-half tablespoon of butter, add to it one-half tablespoon of flour, one-General Sir Frederick and Lady fourth teaspoon of salt and a few Trinity College, who was the guest more, just before serving pour the the best freckle and tan bleach, and of the Dean of Ontario has returned hot soup on to beaten egg-yolks, or complexion whitener lemon lotion into the face, neck, arms

pan with one-fourth cup of cold

Tea is so delicious and refreshing-You certainly must try it. spoon of flour. Add two-thirds cup

SUGGESTIVE PRESENTS FOR JUNE BRIDES

Pretty Electric Table Lamps, Boudoir Lamps, Electric Irons, Toasters, Curling Tongs, Percolators, Vacuum Cleaners, Grills, Washing Machines.

H. W. NEWMAN ELECTRIC CO

Phone 441.

167 Princess Street

The Man in Overalls Depends Upon Bread

For hard work there is nothing so sustaining and stimulat-

MALTANA BREAD It makes muscle, and for brain work it is equally stimulating and strengthening.

MALTANA BREAD

is made from whole wheat flour, and is not only healthier but has that delicious "home-made" taste. Try a loaf to-day.

LACKIE'S

answered in these columns in their |quicker reply is desired, a stamped

This requires considerable and self-addressed envelope must be ime, however, owing to the great enclosed with the question-The

Had Your Iron Today?

All inquiries addressed to Miss

Squeeze the juice of two lemons in-

to a bottle containing three ounces of

Orchard White, which any drug store

will supply for a few cents, shake

Massage this sweetly fragrant

freckles and blemishes bleach out and

how clear, soft and rosy-white the

BLEACHES FRECKLES



Delicious Hot-Day Lunch

Best lunch is two packages of Little Sun-Maid Raisins and a glass of milk.

Tastes good when you're hungry.

Nourishes yet keeps you cool.

Raisin's 75 per cent fruit sugar is in practically predigested form, furnishing 1560 calories of energizing nutriment per pound.

Doesn't tax digestion so doesn't heat the blood, yet energizes almost immediately.

Big men eat little lunches to conserve their thinking power. Don't overeat and lag behind the leaders. Get two packages of Little Sun-Maids now.

Little Sun-Maids

Between-Meal Raisins 5c Everywhere

-in Little Red Packages