

NEWS AND VIEWS FOR WOMEN READERS

Life's Social Side

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

Almost Unbelievable... Oriental Cream... Gouraud's Oriental Cream

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

Berries Order your berries now as the home grown are coming in daily.

Oranges Very choice, sweet 29c. Dozen

Robinson's Stores "Stores of Better Value" Cor. Princess and Barrie. Cor. Montreal and Raglan Road. GROCERERIA: 175 Princess Street

When You Need Milk... Borden's ST. CHARLES Sterilized Milk

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

CORNS Lift Off with Fingers



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

General Hubbell has returned to Ottawa. Ex-Cadet George Patterson, who was the guest of Mr. and Mrs. R. J. Vair, Glenburnie, for the events at the Royal Military College, returned to Toronto today.

Col. G. H. Hunter Ogilvie, Gore street, is in Superior with his brother, Dr. Ogilvie. Sir John and Lady Alrd, who were with Dr. and Mrs. D. E. Muddell, Barrie street, for the week-end have returned to Toronto.

General Sir Frederick and Lady Loomis, who were guests at the Commandant's Quarters, Royal Military College, have returned to Montreal. Dr. C. A. Seager, Provost of Trinity College, who was the guest of the Dean of Ontario has returned to Toronto.

Miss Ruby Buell, Clarence street left on the noon train on Monday for Halifax where she will be the guest of her brother for the summer months. Miss Hazelle Ashley returned home to-day after spending some time with Miss Olive Bryant, Gananoque.

Dr. Thomas S. Duncan, associate professor of Greek and Latin; Washington University, St. Louis, Mo., Mrs. Duncan and their infant son, are guests of Mr. and Mrs. J. R. Breakenridge, Westport.

Mrs. G. Hunter Ogilvie and Miss Mary Ogilvie, Gore street, leave on Friday for Victoria, B.C., to visit Mrs. Crowe Baker. Mrs. A. D. Durnford, Miss McGrath, Miss Vardon Ross and Miss Muriel Smith, who were in town for the closing and ball at the Royal Military College, returned to Montreal on Tuesday.

Miss Marion Ogilvie, Gore street and Miss Marguerite McLemont, will leave for Quebec on Monday. Mrs. Rae, who is a visitor in town for the graduation of cadet Rae, will leave for Quebec on Wednesday.

Mrs. MacPhail and Miss Katharine MacPhail, King street, are the guests of the former's sister, Mrs. Phillip Gilbert, Toronto. Mrs. Austin Gillies has sailed for Canada, having been in England for the last two months.

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, for the July summer school, at which he will be one of the lecturers. Ex-Cadets Haines, Belson and Hellwell, who were in town for the big ball, have returned to Toronto and London.

Miss Honor Tett, Newboro, was with Dr. and Mrs. R. J. Gardiner, "The Chestnuts," for the ball. Mr. and Mrs. W. Y. Montgomery, Port Arthur, are the guests of Mrs. C. H. Boyes, Alfred street. Mr. and Mrs. George Graham, who motored from Belleville for the military college ball, were with Major and Mrs. James Hamilton, Brock street.

Mrs. F. A. Walsh, Aberdeen avenue, has returned from a visit to Dr. and Mrs. Gerald Denyes, Shannonville. Mrs. J. Pennington Macpherson, and Miss Jessie Macpherson, who were the guests of the former's daughter, Mrs. Kenneth Fenwick, have returned to Ottawa. Mrs. Fergus O'Connor, Earl street, and her family, have gone to their cottage above Macdonald's Cove. Mrs. Ernest Hubbell, who was with

ROMAN MEAL Kept You Fit during cold weather. Why stop it now? It is more needed in hot weather because it is the only "non-acid," "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 you fit.

WILSON'S FLY PADS WHEN USING READ DIRECTIONS CAREFULLY AND FOLLOW THEM EXACTLY. Best of all Fly Killers 10c per Packet at all Druggists, Grocers and General Stores

BOYS' OWN SOAP Boys just love its smooth fragrant lather. BEST OF BABY BEST OF YOU

Efficient Housekeeping by Laura A. Kirkman

Light, or Convalescent, Diet for the Invalid.

The following dishes are included in the "Light" or "Convalescent" Diet of the invalid, in most cases of illness. Of course one's family doctor should be consulted before preparing them for the particular case in hand.

Cereal Pudding: One cup of any cold, cooked cereal, three cups of scalded sweet milk, one egg, one-half cup sugar, one-fourth teaspoon salt and one-half teaspoon of vanilla. Scald the milk. Mix the sugar, egg, salt, and cereal together, then add the hot milk. Flavor with the vanilla (raisins, chopped figs, stoned dates or any cooked fruit may also be added if desired) and turn the mixture into a buttered baking dish. Set the dish in a pan of hot water and place all into a moderate oven to bake until "set," or firm, in the middle. Serve hot.

Chop Broiled in Paper: Dust the chop with salt and pepper and fold it completely in a piece of thick paper-paper which you have spread thickly with butter. The edges of the paper should be pressed together tightly, so that no juices can escape. Broil carefully, taking care that the paper does not catch fire. A chop three-fourths of an inch thick will cook in this way in five minutes, but an inch-thick chop will require eight minutes.

Potato Soup: Scald two thirds of a cup of sweet milk with a small slice of onion, then remove the onion and mix the milk with one-fourth cup of hot mashed cooked potatoes. Melt one-half tablespoon of butter, add to it one-half tablespoon of salt and a few grains each of pepper and celery salt, then combine this with the hot milk and potato mixture. Bring all to the boiling point, strain, and serve. If it is desired to enrich this soup still more, just before serving pour the hot soup on to beaten egg-yolks, or on to one whole egg well beaten. Cream of Pea Soup: Put one-third cup of well-cooked peas into a saucepan with one-fourth cup of cold water and bring to the boiling point, then let simmer for ten minutes. Rub the peas through a sieve, and thicken this puree with one-fourth tablespoon of butter melted and mixed to a paste with three-fourth tablespoon of flour. Add two-thirds cup of sweet milk scalded, one-eighth teaspoon of salt and a dash of pepper. Strain and serve (this soup may also be served with uncooked egg, if desired).

Other foods included in Convalescent Diet are: baked potatoes, ice cream, junket, custards, fresh spinach, young peas, rice well boiled, eggs in all forms (except hard-boiled), thinly-cut dry toast, fruits, tender broiled steak (small portion), and cereals of all kinds.

Tomorrow—Some Knitting Directions for Readers.

All inquiries addressed to Miss Kirkman in care of the "Efficient Housekeeping" department will be answered in these columns in their turn, 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.

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 gymnasium 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 strenuous.

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 interesting.

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 set-off 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 happened.

That the home coming of the Prince of Wales has revived the rumor of his engagement to Lady Rachel Cavendish, for whom a ball is 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 progress.

Those whose birthday it has a forecast of breaking up of old obstacles and crystallized 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 classified advertisements are valuable summer and winter.

"ICED" SALADA TEA "SALADA" Tea is so delicious and refreshing—You certainly must try it.

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 stimulating as— 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 turn, 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.

Had Your Iron Today? 5¢ 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