

NEWS AND VIEWS FOR WOMEN READERS

Life's Social Side

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

Brilliant summer sunshine, tempered by a cool breeze from the lake, made Thursday an ideal day for an outing, and shortly after two o'clock in the afternoon, cars laden with soldier patients from Sydenham Hospital crossed La Salle Causeway and mounted the Fort hill where the St. Lawrence dotted with islands comes in view and a bit farther down the road, a white flag with a red ambulance cross arrests them, and they

find themselves at "Sunny Knowie," the home of their hostess, Mrs. John Carson, President of the local branch of the Red Cross. Here rambler roses and vines screen the sun from the wide verandah, and a big Union Jack under whose crimson folds the guests had served, hung at one side, the flag of the Empire for which they had sacrificed youth and health. The men sat on the green grass under the trees, playing cards or chatting over their pipes, stronger ones went in swimming, out boating or played baseball on the common. A victrola made music and some enthusiasts danced on the verandah. Others played the piano in the living room and some of the pathetic music of that war classic, "There's a long, long trail," was floating on the summer air. A delicious tea had been prepared by the president and the friends and members of the Red Cross, salads, sandwiches, coffee, iced oranges, cake and ice cream were on the bill of fare to which everyone did full justice and after another dance, a little more boating, the motors lent most willingly by the citizens arrived and the one hundred guests gathered to say good-by when one of the men said, "Now lads, three cheers for Mrs. Carson, who has given us such a pleasant afternoon," so three hearty cheers and a tiger were given for the hostess, who had left no stone unturned to give pleasure to her soldier guests. The ladies assisting were Mrs. W. F. Nickle, Mrs. J. F. Duffy, Mrs. Matthew Graham, Mrs. Bayly Ranson, Miss Isabel Rees, Miss Ruth Nash, Miss Eva and Miss Lillian Fair, Miss Kitty Torrance, Miss Doris Donnelly, Miss Edna Lockett, Major W. E. Kidd, M.C., the beloved "padre" of the 21st Battalion for six years, was present to help everyone have a good time. Altogether over one hundred people enjoyed this delightful outing arranged with such care and carried out so successfully.

On Thursday the committee of the Victorian Order gave a most enjoyable picnic at Lake Ontario Park, where they sat under the big trees and had tea at a prettily arranged tea table. An honored guest was Mrs. Oberdorfer, who during her long residence in Kingston, has been identified with all charitable movements for the benefit of the community.

On Thursday afternoon, about twenty-five people, in response to an



Not A Blotch
masks the perfect appearance of her skin. Permanent and temporary blemishes are effectively concealed. Reduces unsightly color and corrects greasy skin. Highly antiseptic. Send 15c for Trial Size.
FERD. T. HOPKINS & SON, Montreal

Gouraud's Oriental Cream

RICH IN VITAMINES



MAKE PERFECT BREAD

invitation from Dr. and Mrs. A. R. B. Williamson, motored to their cottage at Loughboro lake, and spent a most delightful afternoon at that beautiful spot whose charms they viewed from a motor boat in which they were taken about the lake by their hosts. Tea was served on the wide verandah of the pretty cottage, and in the dusk of the evening the party motored back to Kingston.

Mr. and Mrs. John Gordon Mackenzie motored from Toronto this week, returning with their small son, who has been with his grandparents, Mr. and Mrs. J. M. Campbell, "Glen Lyon," Emily street. Mrs. Mackenzie will return to Cleveland shortly to finish her engagement in the title role of "Tiger Rose", and will then go to New York to begin rehearsal for the new play which will be produced in the American Metropolis this autumn.

Mrs. Drysdale, Earl street held her annual wedding anniversary on July 12th having as guests, Miss Ida Garbutt, Miss Minnie Malone, Miss Mammie Callaghan and Mrs. Mammie.

A motor van filled with a merry party of yachting enthusiasts, left for Prinyer's Cove to-day for the yacht races.

Miss Warren, Deseronto was hostess at a delightful party for her guest, Miss Howard, Kingston.

Mrs. Rankin Smith and her daughters, Ottawa, are visiting Mrs. T. G. Smith, Wellington street. Mrs. W. F. Casey, King street, is

at Prinyer's Cove for the regatta. Prof. Arthur Neish and T. J. Rigney have spent the week at Prinyer's Cove in the former's yacht.

Mrs. G. A. Aylsworth, who has been the guest of Mrs. W. H. Scott, Division street, has returned to Newburg.

H. C. Nickle, Earl street, is in Ottawa.

Mrs. George Archer, Toronto, is visiting her aunt, Mrs. Charles Smith, Bagot street.

Miss Francesca Foulkes, "Calderswood," has returned from Montreal.

Mrs. Henry Burley, Odessa, visiting friends in Belleville has returned home accompanied by Mr. and Mrs. Stephen Balton and little daughter Eva.

Mr. and Mrs. James Denyes, Odessa, are visiting their daughter at Shannonville.

Mr. Glen Davidson, Kingston, is with his parents, Mr. and Mrs. David Davidson, Massasauga.

Dr. and Mrs. Harold Storms, Hamilton, and their children are on a camping trip near Kingston.

Mrs. Ida Bonds, Norwood, is visiting with Mrs. G. Walker, Kingston.

To-morrow's HOROSCOPE

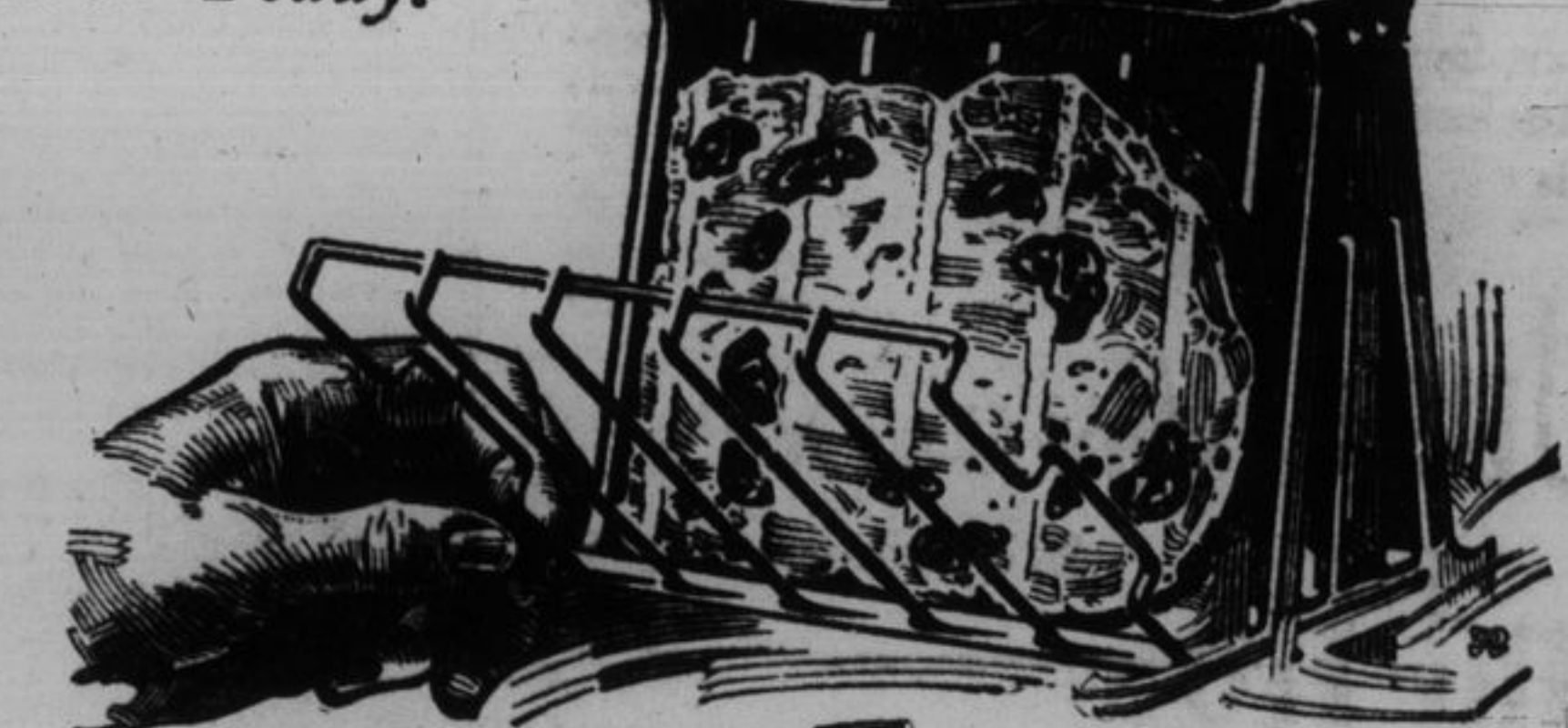
By Genevieve Kemble

SATURDAY, JULY 15.
Many portentous visitations are to be forecast from this day's sidereal motions. There are menacing figures in every direction, under which circumstance it would be wise to remain quiet and not to challenge malefic forces to active operation. An ill-disposed Saturn and an afflicted Mercury offer no encouragement in the usual business or professional progress.

Those whose birthday it is are under a sign bidding them to remain as quiet as possible, caring for the health and that of the household. Business should be followed along the lines of least resistance according to the stars. A child born on this day may be disposed to be melancholy, sarcastic and bitter in speech unless given early training in habits of cheerfulness.

Play the game with classified advertisements and the odds are with you.

Had Your Iron Today?



Toast It—Delicious Raisin Bread

DO this some morning and surprise the family: Serve hot raisin toast at breakfast, made from full-fruited, luscious raisin bread. Let your husband try it with his coffee. Hear what he says. Your grocer or bake shop can supply the proper bread. No need to bake at home. Made with big, plump, tender, seeded Sun-Maid Raisins, and if you get the right kind there's a generous supply of these delicious fruit-meats in it. Insist on this full-fruited bread and you'll have luscious toast. Rich in energizing nutriment and iron—great food for business men. Make most attractive bread pudding with left-over slices. There's real economy in bread like this. Try tomorrow morning. A real surprise. Telephone your dealer to send a loaf today.

SUN-MAID Seeded RAISINS

Make delicious bread, pies, puddings, cakes, etc. Ask your grocer for them. Send for free book of tested recipes. Sun-Maid Raisin Growers Membership \$3.00 Dept. N-337-11, Fresno, Calif.

TEA

We are still selling our own blend "Tea-Pot" Tea at the old price—

42c lb.

This Tea is genuine 70c. quality, and we guarantee it to please or your money refunded.

We have arranged with several fruit growers for their output of Cherries, and we are selling at the right prices.

Leave your order for Cherries with us.

FOR THURSDAY CORN, PEAS, TOMATOES 2 tins for 25c

Robinsons Stores

"Stores of Better Value" Corner Princess and Barrie Sts. Cor. Montreal and Raglan Rd. Groceries: 175 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 "homemade" taste.

TRY A LOAF TO-DAY.

LACKIE'S

Efficient Housekeeping

BY Laura A. Kirkman

Two Good Suppers.
A few days ago I advocated serving stewed fruit and cookies or small cakes for dessert at dinner. Today I am going to suggest two supper menus which also contain these healthful sweets:

- Corned Beef Ramekins with Eggs
- Potato Salad
- Cocoa
- Stewed Prunes
- Drop Molasses Cookies

Corned beef ramekins: Chop separately two cups of boiled or canned corned beef and three cups of cold boiled potatoes. Combine this meat and potato, add one tablespoon melted butter, salt and pepper to suit taste, two tablespoons sweet milk and turn the mixture into buttered ramekins, or individual baking dishes. (The dishes should be only half full of the mixture). Now drop one raw egg into each dish, dust with salt and pepper, dot with bits of butter and put the ramekins into a hot oven until the egg is set and the mixture hot. Serve at once.

Drop Molasses Cookies: "Cream together two cups of sugar and one cup of lard. Add one cup each of molasses and hot coffee (water may be used instead of the coffee if desired), and two beaten eggs. Mix together two teaspoons each of soda and ground cinnamon and one teaspoon of ground cloves, and add this powder-mixture. Stir in one cup of raisins and sufficient flour to make a batter that is stiff enough to drop from a spoon. Drop by teaspoonfuls onto a greased pan and bake about eight minutes in a hot oven." (Contributed by Mrs. M. C. K.)

- Helen's Stuffed Veal Rolls
- Corn Muffins
- Stewed Prunes
- Nut Bars

Helen's Stuffed Veal Rolls: Cut uncooked, thinly-sliced veal cutlets into small squares and lay on each square, from one corner to the other, short match-like sticks of bottled celery and thinly-sliced cooked carrots. Dust with salt and pepper, roll each square up and fasten with a wooden toothpick and try these rolls in butter in a hot spider till brown. Then serve hot with a brown sauce to which you have added a little tomato puree or a tablespoon of chili sauce.

Nut Bars: Melt together six tablespoons of butter and two squares of bitter chocolate. Mix together one cup of granulated sugar and two well-beaten eggs. Now combine these two mixtures, stirring well, and add one cup of flour and one-half teaspoon of baking powder (sifted together); and also add one cup of nut-meats chopped (almonds preferred). Turn the batter onto a greased tin, in a thin sheet, and bake for about ten minutes in a hot oven. Then turn out and let cool, after which cut in long bars.

Tomorrow—The Housekeeper's Rest Period.

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



Purity Salt



Wilson's Fly Pads

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

How to Make the Most Delicious Raspberry Jam You Ever Tasted

New Certo process astonishes housewives Never fails—only one minute's boiling—retains the delightful, natural flavor of the raspberries—so easy to make—and your jam costs less—keeping quality excellent

Raspberries are now plentiful at very moderate prices. Sugar is cheap and housewives are putting down more raspberry jam than ever because they have discovered that by the use of Certo they can make the most delicious jam with so little work and at less cost than the old way. Just take 4 level cups or 2 lbs. crushed raspberries, add 7 1/2 cups or 3 3/4 lbs. of sugar. Stir and bring to a vigorous boil over a hot fire. - Boil hard one full minute, continually stirring.

Take from fire and add while stirring, one-half bottle (scant half cup) of Certo. Allow jam to stand a few minutes to cool and then stir again and pour into glasses. This recipe will make, from two lbs. of raspberries, about fourteen 6-ounce glasses of delicious raspberry jam for less than six cents a glass. Certo is just concentrated fruit pectin. Contains no gelatine or preservatives. It is Mother Nature's "jell-maker." Try it right away with fresh

fruit like cherries, currants or raspberries, then you will do all your preserving the new and modern way—the easy, economical and better Certo way. If your grocer does not have Certo we will mail you a bottle, to save delay, postage paid, for 40c in stamps. Send us his name and we will send you a recipe book of fifty-three recipes for making jams and jellies. Douglas Packing Company, Limited, Cobourg, Ontario, or W. G. Patrick Co., Toronto or Montreal.

Stop feeling like a chunk of punk when KELLOGG'S BRAN will sweep Constipation out of your system Permanently



Insist upon Kellogg's -the original Bran Cooked and Krumbled in the WAXTITE package

Kellogg's BRAN, cooked and krumbled, sweeps the intestinal tract clear of congestion! Eaten regularly every day, say with your favorite cereal—bran will head off constipation naturally! Bran will free you from pills and cathartics that never can aid you permanently and that aggravate an already dangerous intestinal condition! Realize that BRAN IS NATURE'S FOOD!

Kellogg's Bran, cooked and krumbled, is delicious eaten as a cereal, or with other foods. It has a nut-like flavor that appeals to the

taste of the entire family. It can be used in many delightful ways, such as in muffins, raisin bread, pancakes, cookies, etc. (See recipes on package.) You certainly can't overdraw what wonderful work Kellogg's Bran will do until you know personally! Serve it tomorrow for breakfast. Start the children eating Kellogg's Bran. It helps little folks to grow big and healthy and strong. Your physician will endorse the value of Kellogg's Bran for constipation! INSIST THAT YOUR GROCER SUPPLIES YOU WITH

Kellogg's WAXTITE the original BRAN - cooked and krumbled

time, however, owing to the great and self-addressed envelope must be number received. So if a personal or enclosed with the question—The quicker reply is desired, a stamped Editor.

Araucaria, south of Chile, is the only portion of the new world that has never received the English yoke.