

NEWS AND VIEWS FOR WOMEN READERS

Life's Social Side

Dr. Du-Maurier Beauty Preparations



Prince Albert apartments, Torrey street, and J. W. Weir, Arlington avenue.

Efficient Housekeeping

The Housekeeper's Rest Period. There are few housekeepers indeed who cannot manage to snatch at least 15 minutes a day for rest.

The best time for this rest period to come, is after the noon meal. For, in the early afternoon callers are not so apt to appear, and the housekeeper has a moment, putting on her bedroom slippers, and lying down on bed or davenport to rest her tired muscles.

Prof. Joliffe, Frontenac street, motored to Havoclock today to bring his son Fred home from the Y.M.C.A. camp where he has spent some weeks.

THE HOME KITCHEN

By Jeannette Young Norton. Author of "Mrs. Norton's Cookbook."

FOUR TEMPTING WAYS TO SERVE MUSHROOMS

Mushrooms are being more widely used on the American table each year, and it behooves every home cook to learn all she can about their selection and preparation.

To-morrow's HOROSCOPE

By Genevieve Kemble. SUNDAY AND MONDAY, JULY 16-17.

Sundays astrological chart accentuates the spiritual and mental activities, and incites to investigation along all higher lines of metaphysical and mystical learning.

FAT THAT SHOWS SOON DISAPPEARS

Prominent fat that comes and stays where it is not needed is a burden, a hindrance to activity, a curb upon pleasure. You can take off the fat where it shows by taking after each meal and at bedtime, one Marmala Prescription Tablet.

What the Editor Hears

That the good work of the Kingston Red Cross Society is so well known, that when the officers called for cars to take the men of Sydenham Hospital for an outing on Wednesday, there were more offered than they could fill.

That all things are possible except, perhaps, for a girl to look intelligent when she is chewing gum.

That "Mother" Saunders, as the soldier patients at Sydenham Hospital call her, is the boys' best friend.

That a large photograph of herself has been sent to the Ottawa Women's club by Lady Astor, who in May visited Ottawa and spoke under the auspices of the club.

That the party of excursionists who went to Prinzer's Cove in a motor boat on Thursday, had a most enjoyable outing.

That the local Council of Women in Calgary are strong champions of the flappers, declaring that bobbing the hair is an entirely personal matter, and advise the girls to go ahead and bob their hair if they want to.

The silk slips in plain colors with long knitted foot coats are being worn at smart resorts across the border. One very smart model has slip of pleated crepe de chine in white, with the long coat of wool of the flaps; thread made with open stitches and in long bodice with full skirt gathered in at the hips.

That matinee, a blistered looking material which some of us have in our cedar chests, left from our mother's wardrobe, is going to be the fashionable material this autumn.

That fifty Indian warriors from Georgian Island, Lake Simcoe, in full war costume, will take part in Elks' pageant at the end of the week in Montreal.

That the Kingston street railway service protected the picnicers at Lake Ontario Park on Wednesday to the best of their ability.

That the modern girl's demand for luxuries which her mother only had when the father of the family had made a success of his business is said to be responsible for the fewer number of marriages among the better off people.

That a number of Kingston people motored to Prinzer's Cove for the regatta and report a splendid time.

Icy-Cold ROMAN MEAL JELL-E

A Delicious Breakfast. DISSOLVE 2 heaping tablespoons Jelly Powder—desired flavor—in 4 cups boiling salted water. Stir in 1 rounded cup Roman Meal. Cook 10 minutes in single boiler. Stir well and set in cool place over night. Serve cold with milk or cream and sugar, honey, preserved or fresh fruits. Keeps you fit.



PRESERVE CHERRIES NOW

The black and white and Early Richmond varieties are over. The Montmorency, the finest and the last of the sour preserving kinds, is now at its best. The mark of the Niagara Peninsula Growers, Limited, Grimsby, Ontario, on the container means carefully packed and graded fruit.

TROUBLED WITH ECZEMA 2 YEARS

On Face and Arms. Lost Sleep. Cuticura Heals.

"I was troubled for about two years with eczema. It broke out on my face and arms in pimples and itched and burned so badly that I lost much sleep on account of it. My face and arms were covered with pimples, and I was ashamed to appear out of the house. I began using Cuticura Soap and Ointment and in three days found relief, and after using one case of Soap and one box of Ointment I was healed." (Signed) Miss Helen Mark, 429 Maryland St., San Diego, Calif., April 18, 1921.

Use Cuticura Soap, Ointment and Talcum exclusively for every-day toilet purposes.

The Bishop Strachan School College Heights Toronto

A Church Educational and Day School for Girls. Established over Fifty Years. All Departments from Kindergarten to University Matriculation.

OTTAWA LADIES' COLLEGE RESIDENTIAL AND DAY SCHOOL

Give Your Sons and Daughters the advantages of an education at a school of high ideals.

Albert College, Belleville Ont.

Founded 64 years ago; is a residential school for young men and women. Preparation for University, Ministry, Teaching or business career.

EGG-O Baking Powder

You can use sweet milk, sour milk, buttermilk or water with EGG-O Baking Powder.

BARNUM'S BAKERY FRESH BLUEBERRY PIES

CHOICE CAKES, always fresh. Try them!

The gay frocks of the crowds who attended the Garden Party held in the grounds of Queen's University, by the local branch of Queen's Alumnae on Friday afternoon, made a charming picture, set off by the green sward and the grey stone buildings.

Mrs. George Fenwick, University avenue, gave a small tea on Thursday for Miss Mair, who has come from Thornburn, N.S., to visit her nieces the Misses Wilson, Union street.

A party of young men from town will spend the week-end with Mr. and Mrs. de Pencier at their summer home near Gananoque.

Mrs. Francis Macnoe, "St. Lawrence Cottage," King street, entertained at bridge on Friday.

Miss Hors, Wellington street, was the hostess of a small bridge on Thursday.

Mrs. Walter Hyde, who has been visiting her parents, Mr. and Mrs. John McKay, Sydenham street, returned to Montreal today.

Miss Marie Lovett, Detroit, Mich., arrived today, to spend her vacation in Kingston.

Miss Mary Nesbitt, Toronto, is spending her holidays with her sister, Mrs. F. R. Farley, Johnson street.

Mrs. Francis Brooks, who has been with Mr. and Mrs. Alan Brooks at Weiland, has returned to Barrie-field.

Mr. and Mrs. G. B. Rooney and Cadet Rooney motored from Lyndhurst this week to visit friends in town.

Cadet R. Rutherford, Stuart street, left for Metis this week.

Miss Franconia Poulkes was the hostess of a merry tennis party at the Country Club on Friday afternoon with a high tea to follow.

Those present were Col. and Mrs. J. F. Foulkes, General Embley, Miss Louise Hill, Miss Kitty Torrance, Miss Barbara Bidwell, Lieut. Roger Bidwell, R. N. and Lieut. R. Min-gay, R. N. and Frederick Torrance.

Mr. and Mrs. T. Ashmore Kidd, Stuart street, are spending a few weeks at their cottage at Thirteen Island lake.

Lady Twining will arrive from Toronto to-morrow, to visit Miss Loretta Swift, King street.

Ex-cadet de Lobiniere Panet, Ottawa is the guest of Mr. and Mrs. John McKay, Sydenham street.

Misses Rose and Margaret Kennedy, Portsmouth, are spending a few days at M. P. Corrigan's cottages near Gananoque.

Mrs. Alva Snider, Odessa, and Mrs. Ira Amey, Yarker, have returned home after spending a week the guests of Mrs. Ross Parks, Kingston.

Mrs. F. R. Robinson, Queen street, left for Brantford today to visit Mr. and Mrs. S. H. J. Reid.

Mrs. T. C. D. Bedell, King street, returned from Picton on Friday.

Mrs. J. Leach and Miss M. Leach, Campbellford, were visitors at the Y.W.C.A., Johnson street, this week.

Miss Shaw and Miss Jennie Shaw, Earl street, will return from Thousand Island Park next week.

Miss King and Miss Anita King, New York, are visiting their sister, Mrs. Hubert Ryan, Maitland street.

Mr. and Mrs. W. F. Nickle and their family, Earl street, left for "The Shelling," their summer home on the lake shore today.

The Misses Kennedy, Rochester, N.Y., were in town this week, at the Y.W.C.A., Johnson street.

Mrs. Driver, Toronto, is visiting her sister, Mrs. S. S. Corbett, Victoria street.

Mrs. L. Dunbar Stevenson, St. Louis, and her little son, "Pete," are spending a few weeks at Leak Island.

Dr. and Mrs. J. R. Stewart, who motored from Cobden to spend a few days with the Mayor and Mrs. S. S. Corbett, Victoria street, returned on Friday.

Mrs. W. C. Way, with her children, who have been visiting her mother, Mrs. W. J. Chapman, Garrett street, left on Thursday for Lindsay to pay a visit there, before returning to Ottawa.

Mrs. Frederick Etherington, who was in town for a few days has returned to "Pettercairn."

Miss Kathleen and Miss Ethel Derry, Renfrew, are visiting their grandfather, W. H. Derry, Barrie street.

Mrs. Joyce and Miss Frances Joyce, Sydneyham, were at the Y.W.C.A. this week.

Mr. and Mrs. Leach, Ottawa, Mr. and Mrs. Thomas and little son Edwin, who have been staying at Mrs. Miller's, Stella, returned home on Friday.

Misses Nesbitt, Baxter, Hewitt and Van Luven, who have been spending the last two weeks with Mrs. George Hanson, Stella Point, returned to Kingston on Friday.

Mrs. Alva Snider, Odessa, and Mrs. Ira Amey, Yarker, have returned home after spending a week the guests of Mrs. Ross Parks, Kingston.

Miss Nathella Parks, Kingston, is spending her holidays with her grandmother, Mrs. Alva Snider, Odessa.

Mrs. Jean Duff, Princess street, returned from a visit to Mrs. W. S. Herrington, Nanapan, at her summer home at Prinzer's Cove to-day.

Miss Frost, Winnipeg, is with her sister, Mrs. R. O. Joliffe, Frontenac street.

Mrs. Hurd, Toronto is in Kingston to visit Dr. Bell and other relatives.

Mrs. and Mrs. Anna McVeety, Kingston, are visiting in Perth.

Miss Catharine McLean, Picton, is spending the holidays in Kingston with Mr. and Mrs. J. B. Howell.

Miss Margaret Christie, Belleville, is the guest of her aunt, Mrs. T. W. Rowland, Kingston.

Miss Irma Clarke, Wanpoo, is in Kingston to visit at her aunt's, Mrs. Bart Sheppard's.

Marjorie Bell, Kingston, will spend two weeks' vacation with her aunt, Mrs. Fred Addis, Camden East.

Miss Leta Hofbe, nurse-in-training at Kingston hospital, and Miss Muriel Hamle, nurse-in-training in Brooklyn, N.Y., are at Prescott for their holidays.

Miss Beatrice Young, R.N., Ottawa, called to Kingston, owing to the death of her mother, expects to return to Ottawa shortly.

Sir John and Lady Hendris are leaving Hamilton on Tuesday, July 18, for their houseboat at French River.

GIRLS! BLEACH SKIN WHITE WITH LEMON

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 quartet pint of harmless and delightful lemon bleach.

DR. MARTEL'S FEMALE PILLS FOR WOMEN'S AILMENTS

25 years standard for Delayed and Painful Menstruation. Sealed tin package only, all druggists or direct by mail. Price \$2.00. Knickerbocker Remedy Co., 71 E. Front St., Toronto.

WILSON'S FLY PADS

Kill them all, and the germs too. 10c a packet at Druggists, Grocers and General Stores.