

NEWS AND VIEWS FOR WOMEN READERS

Life's Social Side

Editor of Woman's Page, Telephone 243. Private phone 837w.

Kingston had an interesting visitor at the Y.M.C.A. this week in the person of Mrs. Mackenzie Canniff, St. Paul, Minn., who, coming to Ottawa recently, felt she must come on to Kingston, where she was born and spent her childhood, leaving with her parents, Mr. and Mrs. William Groh, for Winnipeg in 1878. Mr. Groh was a furrier and began business in Kingston on the corner of Wellington and Brock streets, where for so many years Waldron's dry goods establishment has stood, removing later to the corner of Wellington and Princess street, to the stone building now occupied by W. H. Cockburn, hardware merchant. Little Laura Groh attended Sydenham school when it was a frame building as she lived on Wellington street. Mr. and Mrs. Groh were members of St. George's cathedral and Mrs. Canniff sang in the choir, then in a gallery over the

door, the late Miss Madeline Sutherland being her teacher and the organist. She also was in the choir when Prof. Oldham was the organist. The late Dean Lyster was rector and the late Rev. Henry Wilson, whose Bible class Mrs. Canniff attended, curate of the parish. Though she sees great changes, Mrs. Canniff says she is delighted to find so many of the old landmarks, the old stone buildings, unchanged in forty-five years. When Mr. Groh and his family went to Winnipeg in '78 there were no railroads entering the prairie city and life was difficult in many ways. Here Laura J. Groh met a nephew of Hon. Mackenzie Bowden, Mackenzie Canniff and their marriage took place in Winnipeg where they lived eleven years before removing to St. Paul, Minn.

Miss Betts, "Kewadin," was the hostess of a charming verandah tea on Tuesday, when the tea table where Miss Edith Van Staubence made the tea, was gay with fragrant sweet pea blossoms, the same lovely flowers being about the house. During the afternoon Lady Twining sang delightfully, playing her own accompaniments. The guests included Lady Macdonell, Lady Twining, Mrs. J. F. Faulkes, Mrs. Norman Leslie, Mrs. Stafford Kirkpatrick, Mrs. Guy Gamsby, Mrs. Herbert Robinson, Mrs. Bernard Browne, Mrs. R. W. Rutherford, Mrs. W. B. Carey, Mrs. Constantine, Mrs. J. R. C. Dobbs, Mrs. Ritchie, Miss Ritchie, Miss Twining, (Halifax), Miss Lilla Callaghan and Miss Alison Macdonell.

The Misses Mowat, Johnson street, asked a few people to come in at the tea hour on Monday, to meet their guest, Mrs. Graham Thompson, Toronto.

Mrs. W. H. Craig, Gore street, is giving a children's party at Collin's Bay this afternoon, in honor of Master Billy Craig's eighth birthday.

Dr. and Mrs. A. W. Winnett and their son, Bert Winnett, have gone on a fishing trip to Buck Lake. F. C. T. O'Hara who was with his mother, Mrs. Robert O'Hara at Collin's Bay, returned to Ottawa today. Mrs. Mackenzie Canniff, St. Paul, Minn., left for Ottawa on Tuesday. Lady Twining, who is with Mrs. Ritchie, Elmhurst Apartments, and for whom several informal teas and dinners have been given, will leave for Halifax on Thursday and sail for England shortly.

A pleasant luncheon was given at the Catarqui Golf Club on Tuesday, by Mrs. Arthur Cunningham, with Mrs. Charles Crookall, New York, as the guest of honor. The other guests were Mrs. H. W. Richardson, Mrs. Sandford Calvin, Mrs. O'Reilly (Cornwall), Mrs. H. E. Richardson, Mrs. Carhart (Detroit), Mrs. John Primrose, Miss Louie Cunningham (Toronto), Miss Frances Sullivan and Miss Marion Redden.

Miss Frances Sullivan, Villa St. Clare Apartments, has asked a few people to tea this afternoon, to meet her sister, Mrs. Charles Crookall, New York.

The Catarqui Golf Club is a very gay place indeed to-day, as the Kirkville golfers are being entertained at luncheon, tea and dinner.

Miss Kitty Torrance, Alfred street, was the hostess of a merry tennis party and tea at the Country Club on Tuesday afternoon.

Mrs. T. Ashmore Kidd, Stuart street, is entertaining at the tea hour on Friday.

Mrs. D. Punnell, Kingston, who has been visiting in Aylmer, Que., with Mrs. James Sayer, has returned home.

Hon. Dr. Beland and his bride have left for a trip through the Canadian west. On their return to Ottawa they will take up residence at the Roxborough Apartments.

Mrs. Hugh Fleming, Brock street, has had for her guests during the past week her niece, Mrs. J. A. Toole, Mr. and Mrs. J. E. Underhill, Mr. and Mrs. A. F. Underhill and their son, Syracuse, N.Y.

Mrs. W. Harty, "Rosclawn," has returned from Lake Simcoe.

David Ireland, Toronto, is with his sister, Miss Ireland, Alice street.

Mrs. J. Hiscock, Barrie street, has a family house party, consisting of Mr. and Mrs. W. H. Hiscock, Montreal, and their baby, and Rev. W. Moore and Mrs. Moore, Amherstburg, Ont.

Mrs. Graham Thompson, Toronto, is the guest of the Misses Mowat, Johnson street.

Mr. and Mrs. Roy Peaker and their baby, Ottawa, are visiting Mr. and Mrs. W. J. Chapman, Garrett street.

Mrs. Little Perry, Camden East, spent Tuesday in Kingston.

Mr. and Mrs. W. J. Nicholson, Spencerville, are visiting the former's father, Thomas Nicholson, Portsmouth.

Miss Margaret Davis returned yesterday, after spending a pleasant

Whole Grains Vegetables Fruits

FOOD scientists advise these for hot weather as ideal foods, because they alkalize and "cool" the blood.

Roman Meal, because of its Flaxseed, is the only alkaline cereal sold. Very delicious. It "cools the blood," clears the skin, aids digestion, positively relieves constipation. Saves you money, keeps you fit.



ant week, the guest of Mrs. E. Steacy and Miss Helen at their summer home, Wolfe Island.

Miss Jessie Willard, Amherst Island, left on Tuesday for Rochester, N.Y.

Elmer Davis, who has been spending the last three weeks in Alberta and Manitoba, returned home yesterday.

Mrs. Herbert C. McIntyre and sons James and John, Toronto, are guests of Dr. and Mrs. Richard Cartwright, University avenue.

Mr. and Mrs. Percy Graham, Princess street, and their family, have left on a motor trip to Toronto.

Miss Grace Taft and Master Reginald Taft are at Tweed.

General Hill, West street, returned from Petawawa on Tuesday.

Mrs. M. G. Davison, Ottawa, is visiting her father, Thomas Nicholson, Portsmouth.

W. J. McGill left Wednesday for Rochester, N.Y., to spend a few days with Mr. and Mrs. W. G. Lawa, before returning to his home in New York City.

Dr. R. S. Richardson and Frederick Mauthis, Toronto, are the guests of Mr. and Mrs. A. E. Hunt, Albert street.

Dr. and Mrs. Abraham Shaw, Philadelphia, who have been visiting the former's mother, Mrs. A. Shaw, University avenue, have returned home. Mrs. Hatcliffe, Toronto, who has been at the Girl Guide camp at Leak Island, is now with Dr. and Mrs. J. G. Bogart, at their summer home at Loughboro Lake, and will return to Toronto on Thursday.

Miss Georgia Conway, R. N., New York City.

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 quarter pint of harmless and delightful lemon bleach. Massage this sweetly fragrant lotion into the face, neck, arms, and hands each day from shortly note the beauty and whiteness of your skin.

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

Don't Squeeze Blackheads—Dissolve Them

Squeezing and pinching out blackheads make the pores larger and cause irritation—then too, after they have become hard you cannot get all of them out. Blackheads are caused by accumulations of dust and dirt and secretions from the skin and there is only one safe and sure way, and one that never fails to get rid of them—a simple way too—that is to dissolve them. Just get from any drug store about two ounces of peroxide powder—sprinkle a little on a hot, wet sponge—rub over the blackheads briskly for a few seconds—wash off and you'll be surprised to see that every blackhead has disappeared, and the skin will be left soft and the pores in their natural condition—anyone troubled with these unsightly blemishes should try this simple method.

Phenolax Wafers



The Safe Laxative. A dependable laxative is a necessity in every family's medicine cabinet. Phenolax Wafers are safe and dependable.

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Efficient Housekeeping

Canning Peaches and Plums.

Peaches and plums are so delicious on the home table in wintertime, that few housekeepers feel that they can afford to neglect canning these two fruits. The following recipe is right for both of them:

Put into your preserving kettle five pounds and eight ounces of granulated sugar and add to it one gallon of cold water; bring to a boil, then continue to boil until the sugar is dissolved. Strain at once, for use.

To Can Peaches: Sort the fruit, selecting firm, sound, uniform peaches for canning, and putting aside the soft or broken ones for jam. (A few very large peaches are often canned whole in a heavy sirup and are called "Melba peaches," but I assume that the average housekeeper would rather put up the ordinary variety, for which I am giving directions.)

"Blanching" is the first step after selecting the peaches. This removes the skins, and consists of lowering the fruit in a wire basket, or in a cheesecloth bag, into boiling water until the skins slip easily (about one minute—possibly two minutes), then "cold dip" the fruit by plunging it at once into cold water for a few seconds, drain, and rub off the skins.

Cut the peaches in half, remove stones, and immerse the fruit at once in a hot sirup made by the above-given recipe. The peach-halves should stand in this cooling sirup until thoroughly cold. Then pack the fruit in quart jars which have been sterilized (that is, jars which have been boiled, empty, with the glass covers beside them, in a pan of clear water for ten minutes), and pour more of the same, strained sirup over them. Slip a "paddle" down the inside of the jar gently (that is, a bamboo or smooth, slender stick of wood), to remove air-bubbles, remove the paddle, and put on new rubbers which you have dipped quickly in and out of boiling

water. Adjust glass jar-covers, put top wire up over them but do not press down side wire, and place the jars on a wooden rack in your wash-boiler in very hot water that comes not quite to the top of the jars. Begin counting time after water begins to boil. "Process" the jars for 20 minutes, in this way ("processing" means simply letting the water boil around the jars). Remove jars from water, completely seal, cool, test and store.

To Can Plums: The green-gage, yellow-egg and Lombard are the varieties of plum used most for canning. Only sound, uniform fruit should be chosen. Stem wash, and prick the skin of each plum with a needle (this prevents bursting in the jar), and pack them as firmly as possible, without crushing, in quart-size, sterilized glass jars. Cover with a sirup made by above-given recipe, adjust rubbers, glass tops, put wire up, and process in your wash-boiler-canner for 15 minutes, to completely seal. Cool, then test for leaks as follows: Press up side wire, remove top wire from over top, and pick up the entire jar by the glass cover alone; if the cover does not come off, the jar is completely sealed. If it should come off, then you must put the jar back into boiling water for four or five minutes (just as you did it before), and when completely sealed and cold, try the test again. Repeat till successful.

Tomorrow—Suggestions for a "Stork Shower."

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.

What the Editor Hears

That raspberries are plentiful—and dear.

That Lake Ontario Park is a delightful place just now, the rain has prevented the grass from being burnt, daisies, buttercups and blue-vetch grow among the tall grass, and Kingston's only bit of country within reach of the poor man's family is enjoyed by children and grown ups.

That the tourists who fill the cars and shops at this season, sometimes also fill the inhabitants with wonder. They are so determined that every one shall at each other across the street, shout or eight of them will appear to think they own the street railway service, they effect to consider our historic city a village and then we find they came from some small town across the border with an ice cream parlor and a dance platform as its principal attraction.

That war widows are given the preference over single girls for government jobs in France.

That the girls of Queen's summer school make use of the bathing house in Macdonald Park and enjoy the splendid bathing.

That if you want to be absolutely assured that marriage is a failure ask the people who have never tried it.

BRAN RECIPES.

Bran Muffins:—1 cup of Kellogg's Bran, 1-2 cup graham flour, 1-2 cup white flour, 2 tablespoons sugar, 1 teaspoon salt, 1-2 teaspoons baking powder, 1 tablespoon butter or butter substitute, 1 cup milk, 1 egg. Mix and sift dry ingredients. Add egg slightly beaten, and sugar. Add milk and melted butter. Mix all well together. Bake in well greased muffin tins in a hot oven about 25 minutes. This will make 12 muffins.

At Minneapolis, Minn., recently the death occurred of George Howe, a native of Lake Elvida and a son of the late William Howe. He was a brother of Mrs. Lucy Everts, Toronto, who was with him when he died, and a brother-in-law of Mrs. Ida Soper, Miss Margaret Johnson, Frank Johnson and David Johnson, Athens.

In the death of Edward E. Ingle at Brockville on Saturday, Brockville lost a loyal and esteemed citizen in the prime of his life, thirty-seven years. Taken ill on Thursday, July 6th, with pleurisy, he was thought to be making fair progress toward recovery until pneumonia developed.

By the first of November a new up-town theatre will be erected in Belleville on the site purchased some years ago by the city for a fire hall.

A Revelation in Green Tea

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"SALADA" TEA

is sold on merit and merit alone. Try it once and you will never go back to Japans. At all grocers.

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FRESH BLUEBERRY PIES
CHOICE CAKES, always fresh. Try them!

If you want the BEST tea Go to the firm that GROWS it

LIPTON'S TEA

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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

assured that marriage is a failure ask the people who have never tried it.

To-morrow's HOROSCOPE

By Genevieve Kemble

THURSDAY, JULY 27.

Adverse conditions hold business in sinister rule, according to the planetary government of this day. There is a menace of disastrous litigation, and also for some the presence of sudden changes, removals or journeys that bode but little good fortune. Shun these and defer important business until more propitious conditions prevail is the advice of the stellar seers. The outlook is more favorable in the realm of domestic, social and affectional activities.

Those whose birthday it is are urged to avoid change, travel and litigation. They will find domestic and affectional affairs more happily aspected. A child born on this day is likely to be restless, unsettled, fond of adventure and with a strong leaning to pleasure and company unless trained in early life.

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In Handy Cloth Sacks for Culinary Use

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The richness and crispness of Grape-Nuts, that splendid wheat-and-barley food, have a wonderful charm for the taste.

An order to your grocer today will bring this splendid food to you. Ready to eat from the package—add a little cream or milk in the dish.

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