

NEWS AND VIEWS FOR WOMEN READERS

Life's Social Side

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

Mrs. W. R. Givens, "Maitland House," entertained at bridge on Thursday afternoon, in honor of her guest, Miss Esther O'Connor, Albany, N.Y. The bridge tables were set on the wide verandah, with its charming view of the lake and river, and the winners of the dainty souvenirs were, Mrs. Douglas Dewar, (Ottawa), Miss Harriet Gardner, Miss Gwendolyn Folger, Miss Helen Tofield and Miss Isabel Mooers. Mrs. Givens made the tree at the daintily arranged table with its decorations of sweet peas.

Miss Henstridge, Pembroke street, entertained on Tuesday for her niece, Mrs. W. Wersan, who, with her husband, Rev. W. Wersan, Willsboro, N.Y., and their three children have been staying with her for the past week. They left by motor for home on Wednesday. Mrs. Wersan was

formerly Miss Bossie Deroche—lived as a girl for sometime in Kingston.

A jolly time was spent at the summer home of Mrs. James Kellogg, when Miss Isabel Kelley entertained in honor of Misses Muriel, and Jean Leslie, Toronto.

Mrs. Philip Du Moulin, Sydenham street, asked a few people to come in at the tea hour on Thursday.

Miss Mary Cassidy, New York, is the guest of Miss Helen Lovett. Miss Kathleen Lett, Ottawa, who has been visiting the Bishop of Ontario and Mrs. E. J. Bidwell, at their camp at Cartwright's Point, left for Toronto to-day.

Col. G. Hunter Ogilvie, who has been with his brother, Dr. Ogilvie, Superior, will return to town on August 2nd.

Rev. F. M. Woodworth, the dean of the Faculty of English Literature of the Kobe, Japan, University, and Mrs. Woodworth, the latter the daughter of Mr. and Mrs. A. P. Chown, University avenue, were among those attending the brilliant ball given in that ancient city in honor of the Prince of Wales.

Mrs. John Mollott and her sons will arrive in town on Sunday from India and will be with Mrs. E. J. B. Pense, West street.

Dr. and Mrs. Egeon Cays and their children, who have been with Mr. and Mrs. D. A. Cays, Barrie street, have returned to Oswego.

Mr. and Mrs. James N. Clute, Staten Island, N.Y., will arrive this week to visit Mr. and Mrs. James T. Sutherland, Clergy street, who will leave for their summer home at Emerald, Amherst Island, on Monday.

Kenneth Taylor will arrive in town on Sunday from England, and will be with his mother, Mrs. Jeremy Taylor, King street.

Dr. and Mrs. R. McBride, Woodbridge, Ont., will arrive in town shortly to visit the latter's parents, Mr. and Mrs. J. T. Sutherland, Clergy street.

Mrs. Beverly Macdonald is expected to arrive from England on Sunday, to visit her parents, Mr. and Mrs. Arthur B. Cunningham, Earl street.

Lionel McKay, Garrett street, will spend the week-end at Rockport.

Mrs. D. A. Cays, Barrie street, and Mrs. A. F. Chown, and Miss Daisy Chown, University avenue, leave for Muskoka on Saturday.

Mr. and Mrs. Stuart Anderson, and their son Kenneth, will motor from Toronto on Saturday, and will be the guests of Mrs. Anderson's sister, Mrs. Charles McKay, Garrett street.

Miss Laura Kilborn, who is with Mrs. Everett Birdsall at Birdsall, will return to town this week.

Mr. and Mrs. N. C. Sparks, also Arthur Sparks, Ottawa, leave on Saturday to spend several weeks at Ivy Lea on the St. Lawrence.

Miss Myrtle McEwen has returned to resume her studies in St. Mary's Hospital, Brooklyn, N.Y., after a visit with her mother, Mrs. A. McEwen, 333 Earl Street.

Prince Rospigliosi, Rome, is a guest at the home of Mr. and Mrs. Edson Bradley, Wellesley Island, Thousand Islands.

A. N. Lyster, Gore street, is home again after a very delightful three weeks in the neighborhood of Bruce Mines. He also visited Major Edward Birkett in that district.

Dr. and Mrs. D. E. Mundell, Barrie street, who have been on a motor trip with Mr. and Mrs. J. S. R. McCann, Ottawa, will return to town to-day.

Col. and Mrs. T. C. D. Bedell, and Miss Beatrice Bedell, King street, will go to Picton on Monday.

Mrs. Francis Constantine, Earl street, and her children, will leave next week to join Mrs. J. Bell Carruthers' family party at Mettis Beach, Que.

Miss Perley, Winnipeg, is spending a few days at the Y.W.C.A.

Miss Violet Grigg, Kingston, is visiting with Miss Maude Stanford, Brockville.

Miss Frieda Peckering, Kingston, is visiting friends in Brockville and vicinity.

Miss Jessie Gordon, assistant secretary of Queen's Medical College is spending her holidays with her brother, Dr. G. D. Gordon, Kemptville.

Mrs. A. F. Chown, Miss Daisy Chown, University Avenue, and Mrs. D. A. Cays, Barrie street, are leaving on Saturday for Muskoka to remain for a month. Mr. Chown will go up at a later date.

Mrs. B. Deroche, Arpena, Mich., is visiting her sister, Miss Henstridge, 31 Pembroke street.

Miss Gwendolyn Woods, who was with her sister, Mrs. W. A. Jones, and D. Jones, University Avenue, has returned to London, Ont.

Miss Katherine Malone, who was with her aunt, Mrs. W. J. B. White, at her cottage at McDonald's Cove, has returned to Deseronto.

Mrs. W. Gill and Mrs. W. A. Sawyer, Miss Marion Sawyer and



Cadet Reginald Sawyer, University Avenue, has left on a motor trip to Northfield, Mass.

Miss May Loucks, Ottawa, has returned from England.

That the parents and teachers of the children born in England, during the air raids, are experiencing a great difficulty in training and teaching them. They are highly strung, start at the least sound, and abnormally mischievous.

That the people in Kingston for Thursday's market took advantage of "Dollar Day."

That the large shower bouquet formerly carried by brides is completely out of date in England. In a picture of the wedding party of Lord Mountbatten and Miss Ashley, the bride carries a few sprays of Madona lilies and the bridesmaids sheafs of garden flowers.

That the bush of wild flowering raspberry, planted beside the Notre Dame cemetery, is blossoming splendidly in its new surroundings.

That Miss Eileen Carroll, a 21-year-old, Minneapolis stenographer, is now a full-fledged patrolwoman in the Superior National Forest, and has been given a ranger's post in the depths of the forest.

That the post office garden is a beauty-spot in the heart of our city; tall holyhocks, great dahlias, poppies and cosmos are blooming gaily under the gardener's care.

That the one creditor no man ever pays in full is the woman to whom he owes everything.

Oldest Boy Scout. The Earl of Meath is, at 82 years of age, as keenly interested in all the matters of common interest that bind Britons together the wide world over as he was many years ago when he started the empire movement.

That the Earl of Meath, in his youth, was a member of the "Boy Scouts" in the Empire day. Full of vigor, Lord Meath enjoys the added distinction of being the oldest "Boy Scout" in the movement, and it is not so long ago since he was photographed, in full scout kit, in the act of shaking hands with a brother, scout of 8

years of age. When he was going through his qualifying course as a scoutmaster he insisted upon being known as "Scout Meath," and took his part with the rest in all the work of the camp—cooking, tree-felling, signaling, physical exercise, and he enjoyed every moment of the experience. A year ago, being compelled by high taxation to make certain economies in connection with the administration of his estate in Ireland, Lord Meath called his tenants and workpeople together and talked to them about his finances with the frank intimacy of an old friend.

"My father," he said, "was always a poor man. His income never was more than £1,500 to £2,000 a year. In his time £1,500 a year was equal to about £4,000 a year now, and he never knew anything about the present heavy taxation of 6s. in the £ income tax and of super-tax. He was, therefore, able, by strict economy, to live on his estate and to pay his way." He then proceeded to place actual figures before them, giving in detail a record of his personal income. That is the sort of landlord tenants can get on with. It was of Lord Meath, by the way, that Lord Rosebury once said, "If he had his way he would pull down the whole of London and convert it



Eggs in the Supper Menu. Eggs are the housewife's standby in warm weather. They are so easy to prepare! They may be a little more expensive than some other foods, but the housekeeper must think of herself as well as of her pocketbook; it is sometimes, on an exhaustingly hot day, the better economy to serve a dish that takes little time and energy to prepare, rather than a dish that costs a few cents less (it saves doctors' bills!). Try this supper menu with any one of the following egg dishes as the main dish:

Main Dish of Eggs
Iced Tea
Graham Bread
Peach Pie
Venetian Eggs: Melt one heaping tablespoon of butter in a saucepan, and add one cup of grated or finely-chopped mild cheese; stir this, over mild heat, until the cheese is melted, then pour into it one cup of strained tomato juice. When the mixture begins to thicken, add three eggs which have been slightly beaten. Let cook two minutes. Season with salt and pepper and serve on slices of toast, or on crackers, at once.
Macaroni-Egg Dish: Break one-fourth pound of macaroni into a saucepan of rapidly boiling water, and one teaspoon of butter, and let cook till tender. Then drain and put a layer of it into a thickly-buttered baking dish or casserole; add a layer of sliced hard-boiled eggs, dusting the eggs with salt and pepper; follow with more of the macaroni, then more of the eggs and seasonings, alternating these layers till the dish is full. You will need four or five hard-boiled eggs for the one-

fourth pound of macaroni. Finish with a macaroni layer. Make a white sauce by heating one cup of milk to the boiling point, seasoning it with salt and pepper to taste, adding one teaspoon of butter, and thickening it to a paste in a little cold water. Pour this hot white sauce over the macaroni-egg layers, and sprinkle finely chopped mild cheese on top. Dot with bits of butter and bake in a hot oven ten minutes. Serve hot.
Potato-Egg Dish: Follow the above given recipe for Macaroni-Egg Dish, simply substituting six medium-sized potatoes, boiled and sliced, for the one-fourth pound of macaroni. A little chopped parsley may be added between the layers if liked.
Eggs in Tomatoes (fine for a guest supper): Wipe large, ripe tomatoes and cut a round piece from the stalk end. Remove enough pulp to leave room for one egg. Drop the eggs carefully into these holes, first sprinkling with a very little salt and pepper into the tomato. Put a small piece of butter on top of each egg, and slip the tomatoes into a hot oven, on a buttered pan, until the white of the eggs are set. Serve hot. (To-morrow—Answered Letters.)

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.

into an open space for the inhabitants—a noble tribute to the veteran's public spirit.

BRAN RECIPES.
Baked Bran Custard—1 cup Kellogg's Bran, 2 1/2 cups hot milk, 1/2 cup sugar, 1-4 teaspoon salt, 1-2 teaspoon vanilla, 3 slightly beaten eggs. Mix all together and bake in a buttered dish until custard is firm. The yolks of three eggs may be used in pudding, and the whites used for a meringue to be browned slightly on pudding.

Mrs. Obadiah Watkins is our colored housewife. When I called to pay my bill last Thursday, she addressed her latest-born as "Onyx." "Onyx!" I exclaimed, "I have heard little girls called Ruby and Pearl, but never Onyx until now." "Yes, ma'am," said Mrs. Watkins, "it's short for Onyx-pected!"

It must be interesting to inspect a city built to order like Gary, Indiana, and see how far its plans improve upon our haphazard cities, built piecemeal from year to year.

None can be wise and safe but he that is honest.

By Annette Bradshaw

Aged people can be permanently relieved from constipation worries!

Serve Kellogg's Bran, cooked and krumbed, to aged sufferers from constipation—and results will prove astounding! Here is nature's most wonderful food—not only sweeping, cleansing and purifying the bowel tract without any irritation or discomfort but stimulating and energizing brain and nerve cells!
Give the aged Kellogg's Bran with every meal. Serve it as a cereal, sprinkle it up into the most delicious muffins, raisin bread, gema, macaroons, pancakes, etc., you ever tasted. And, all the time it is doing wonderful health work. The value of Kellogg's Bran cannot be overestimated!
Bran is a vitally necessary food on every family table. Its regular use—at least two table-spoonfuls daily; in chronic cases with each meal—will not only free you from the dangers of constipation, but it will ward off disease! Authorities tell you that 90% of all illness is caused by constipation! Remember that!
Don't wait for constipation to "get" you or some loved one! Start with Kellogg's Bran tomorrow. Serve it every day as a cereal, sprinkled over other cereals or in countless bakery batches. Bran will add years to anyone's life!
Children grow strong and robust when given Kellogg's Bran in their diet. It keeps the little ones in prime health, allowing the organs to perform normal functions and the body to grow in a healthy way. Bran will sweeten an offensive breath and clear a simply complexion. Buy Kellogg's Bran, cooked and krumbed, at all grocers. In the "WAXETTE" package.

To-morrow's HOROSCOPE

By Genevieve Kemble
SATURDAY, JULY 29th.
This day is under most excellent augury for success and progress in all business matters and for happy and flourishing conditions in domestic, social and affectional affairs. Things promise to be lively and enterprises are favored under the stimulus of Mars, sextile Luna. With Jupiter in conjunction, the financial prospects are splendid. It is a time for engineering new plans and projects, especially with large corporations, with the prospect of raising money and achieving financial success.
Those whose birthday it is have the assurance of an active and prosperous year, with increase in business and financial rewards assured to those who are deserving. A child born on this day may look forward to success in its undertakings and also a rapid rise.

What shall we eat? How much should women eat? These questions arise from a survey of advice submitted by various eminent physicians, not only in this country, but abroad.
"Women eat too much," is the opinion of Cecil Webb Johnson, celebrated British doctor.
"Women likely to eat too little," declares Sir Malcolm Morris, a London surgeon and authority on health.
"Eat what you want," offers Sir James Crichton-Brown, well known British dietitian.
So there you are. Three distinct prescriptions. Which is right?
"The highest triumph of style is to say what everybody has been thinking in such a way as to make it new; the greatest triumph of art is to make us see the poetical side of the commonplace life around us."
Leslie Stephen.
Never venture out of your depth till you can swim.



Far up the sunny slopes of Ceylon the nimble fingers of the native women select only those green and tender leaves fit for the World's finest tea—Lipton's.

If you want the BEST tea Go to the firm that GROWS it
LIPTON'S TEA
Home of Lipton
TEA, COFFEE AND COCOA PLANTER, CEYLON
CANADIAN CHIEF OFFICE: 24 FRONT STREET WEST, TORONTO
Sold in sealed packages 55c. to \$1.00 per pound.

BARNUM'S BAKERY
FRESH BLUEBERRY PIES
CHOICE CAKES, always fresh. Try them!

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



Not A Blemish mars the perfect appearance of her complexion. Permanent and temporary skin troubles are effectively concealed. Reduces unsightly color and corrects greasy skins. Highly antiseptic. Send 15c. for Trial Size
FERD. T. HOPKINS & SON, Montreal
Gouraud's Oriental Cream

A CANADIAN PRODUCT
purify
FREE RUNNING

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

Cherries
(Montmorency)
Arriving daily in 6 qt. and 1 1/2 qt. baskets and prices are very reasonable. Leave your order here.

Hen Feed
100 bags in, to sell at \$2.75 Bag

Lemons
Large juicy. 29c. doz.

Libby's Rose Brand
Red Salmon
1 lb. tins 25c.

Bananas
Large, ripe. Only 29c. Dozen

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



FEMINISMS
When you scoured your home town to find a button that would be absolutely "different" to trim your new linen dress and triumphed, and then out on the farm discover that this unique decoration is an overall button!