NEWS AND VIEWS FOR WOMEN READERS

Life's Social Side

one 243. Private phone 837w.

t Gardiner, "The Chestnuts," enning for Miss Vivian Ross, Toronto, Gwynne Abbott. then the prize winners were Miss dith Carruthers and Leslie Smith.

treet, arrived in Youngstown, Ohio, ing to Kingston. m Monday, after a most delightful otor trip for the past two weeks with her uncle, T. B. VanAlstine and is daughter Blanche. Mrs. Graham

Youst Combines the Neces-Body-Iron and Body-Vita-nes Which Make Skin

You can prove the remarkable re-ults of ironized yeast in a few days' ime. To get results that you can actually see in your mirror, and ac-ually feel in your whole make-up, you must use that yeast which gives



The awestest, dearest kisses are one placed on a clear, pure skin. these placed on a clear, pure skin.

the necessary blood-building vitamines with the proper kind of
strongth-giving iron, in the same
form as it exists in the human body.
There is only one ironized yeast produced in the world, and it is called
simply, Ironized Yeast. It is not a
more mixture of yeast and iron, but
is yeast ironized, which is a substance all by itself. Pimples, blackheads and eruptions mean that you
are minus the right kind of iron-andvitamines. You need both. Ironized
Yeast will free you from pimpleembarrassment forever, your blackheads will vanish, your purified rich
red blood will show in the ruby of
your checks and adorable skin-clearness. Ironized Yeast will put wirefour cheeks and adorable skin-clear-ness. Ironized Yeast will put wire-ness in your nerves, new red blood-sells in your blood. It builds strength in every organ, in men, women and hildren. It is also a stomach strengthener. Ask for Ironized Yeast, pothing else. Beware of imitations, ronized Yeast is sold at all drug-tores at \$1.00 a package. Elach pack-ige contains 60 tablets, each tablet sealed. They never lose their power. Harold F. Ritchie & Co., Ltd., Toronto, nice Agents. All kinnes will be sweater es Agents. All kisses will be sweete

FOR

Stores

Stores of Better Values" orner Princess and Barrie Sts. or, Montreal and Ragian Rd. roceteria: 175 Princess Street Kingston's Largest Retail Grocers.

400 baskets No. 1 Peaches.

150 baskets Select Plums

100 Baskets Gages 50 baskets Bartlett Pears

Lowest prices in town. Come personally or phone your requirements.

WE DELIVER!

Editor of Woman's Page, Tele- town and some time in Buffalo, be fore returning home.

Lady Twining, who spent the summer in Canada visiting relatives Mrs. R. J. Gardiner and Miss Har- in Halifax, Kingston, London, Ont., and Toronto has arrived in England, ertained at bridge on Thursday ev- accompanied by her niece Miss

Miss Julia Lyman, Miss Eleanore ovely asters in shade of pink set Lyman and Theodore Lyman, who pink tulle, centred the supper have spent the summer abroad, arrived in Quebec today on the Empress of Britain, and will spend sev-Mrs. R. S. Graham, 236 Albert eral days in Montreal before return-

> The Dean of Ontario arrived in Quebec from England on the Empress of Britain today and will return to Kingston on Saturday.

panee and is the guest of Mrs. Sand- Fair with him. ord Calvin, "Rutland House."

the guests of Miss Madeline O'Connor. Earl street, this week. M., will leave on Monday for Belleville, where she has accepted a posi-

tion in St. Agnes' College.

have returned from a short visit to N.Y., has returned to town and is at Now k 2, p 2 for eight more rows Ste. Agathe. Next week, Bishop Far- Queen's Residence, Earl street. thing will come to Toronto to attend

general synod committees.

Mrs. R. Uglow, Barrie street, is ly in September. visiting in Ottawa.

and little daughter, have returned of the Kingston branch of the Red repeat from ending with k 5. Row quicker reply is desired, a stamped From a motor trip through the Adir- Cross Society, will be held in the Six: P 5, * k 3, p 7 and repeat from and self-addressed envelope must be ondacks, Montreal and Quebec.

Mr. and Mrs. E. Lawrenson and their son, Harry, and Mr. and Mrs. C. H. Wood and their son, Teddy, have returned from a motor trip to Hamilton, where they spent a pleas- | Rice Desserts for Hot Days ant week visiting their nephew and brother Stanley Wood.

Miss Rayson, Clergy street, has returned from Cornwall.

has returned from Philadelphia. les O'Connor, Earl street.

基的信息中央的工艺和大学工艺 Miss Nora Connell and Ford Connell, Arch street, have returned from Spencerville.

Mr. and Mrs. George Wilkinson have returned to Rochester, N.Y. Mr. and Mrs. Thomas J. Spratt and the Misses Josephine and Rose line Spratt, Lindsay, are the guests of Mr. and Mrs. Charles O'Connor, Earl street.

Dr. and Mrs. W. T. Connell, Arch street, returned this week from a trip to Vancouver, B.C., and other western cities.

Miss Mowat and Miss Ethelym ed from Toronto.

Mrs. W. St. Pierre Hughes, wh spent a few weeks at St. Patrick's and since has been visiting in Montreal with her daughter, Mrs. Gzowski, has returned to Ottawa.

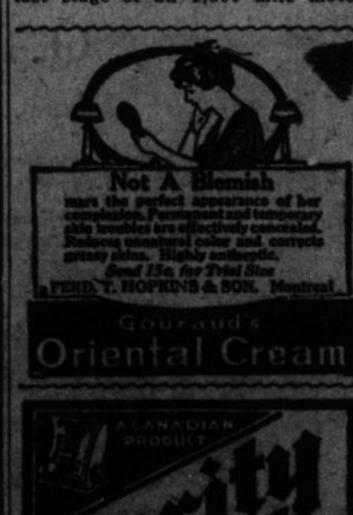
Miss Nora Holland, Toronto, th Canadian woman of Irish extraction, whose delightful verse and fairy tales are well known in Canada, will thortly marry Leonel Claxton, who was at one time a resident of King-

Mr. and Mrs. M. B. Johnston and their family, who have been at Orillia and in Toronto attending the exhibition, have returned by motor to Kingston.

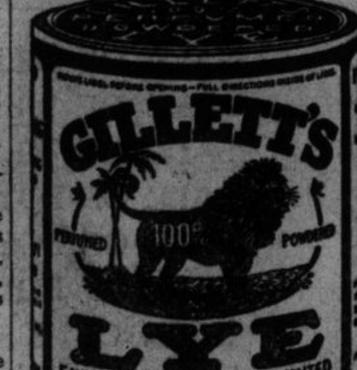
Mrs. Keith Hicks. Kensington avenue, left for Toronto today and will be one of those playing in the all-Canada Golf 'tournament at the Toronto Golf Links.

Mrs. Varnhum Davoud and her sons who have spent the summer with Mr. Tendy and Miss Lellice Tandy, Wolfe Island, left for Salt

Lake City, Utah, on Thursday. T. J. Dolan and James E. Roberts ty editors of the Stratford Beaco and Herald, were guests at the home of the Misses Short, 376 Earl street for a day, on their way home on the ast stage of an 1,800 mile motor



UNMINE



trip through Ontario, New York state and Quebec.

E. Sherrard, who spent a few (bone or celluloid). days with Principal and Mrs. Bruce

Miss Jean McMullen, Toronto, street, has returned from Prince Fifth Row: K 2, p 2, k 1, " yarn Foot: Pick up sts at right side of nd Miss Helen Troy, Ottawa, were Edward Island. from a trip to Seattle, Wash., und (*).

by way of Winnipeg.

London, Pa. Bishop and Mrs. J. C. Farthing Miss Marjorie Booth, Rutherford, or cord, to be run through.

Mrs. C. M. Higgins and her dau- the engagement of his youngest should be 50 stitches on the needle). All inquiries addressed to Miss ghter, Kingston, were recent guests daughter, Mabel J., to Delbert, R. For the Eight Rows of Basket Kirkman in care of the "Efficient of Mrs. Calvin Wood, Fox Creek, Healey, son of William Healey, Tor- Stitch at the Knee: Row One: * K 7, Housekeeping" department will be

> Sydenham Hospital, on Saturday, peat Row. Row Eight: K plain, Sept. 9th, from 3 to 6 p.m. Homemade table, ice cream, dancing,

ple salad.

Here is a delicious chocolate rice squares of chocolate melted, one tea- of the future, free of charge. spoon vanilla, two beaten egg yolks

This is a good and simple dessert moon ends. -Rice Bavarian Cream. Cook half a cup of rice in three cups of milk in that has been softened in a quarter cup of cold water and then diswhen cool, fold in a cup of cream,

A favorite French pudding is this: Cook half a pound of rice, two ounces of butter, and two ounces of sugar is water enough to keep it moist at hour. Stir occasionally. Then add one well beaten egg and line a butered mould with M. Then place in it a layer of cooked apricots, fresh, dried or preserved; or peaches if you refer. Add more rice and more fruit intil the mould is full, and bake for hree-quarters of an hour. Turn on and serve either bot or cold w whipped cream or with a sauce made of the fruit juice.

FOR PERFECT PASTRY.

Use pastry flour if possible. Have your shortening very cold. Any kind of fat may be used. Cut the fat into the flour with knife. Do not rub together with the ingers unless you have very cold

Add only enough water to make the pastry stick together, as it will not be tender when extra flour must e added to make it dry enough to

Chill the pastry before rolling Pastry may be made up and kept in the loobox ready for use.

Roll lightly on a smooth surface. Bake lightly in a hot oven. For stry shells and for ples, such as ce, whose filling does not require king, use a hot oven during th hole process. For fruit and custar ies, which require a longer cook ng, use a hot oven for ten minutes, then lower the temperature.

Flattery is a sort of bad money, to which our vanity gives currency. No man should so act as to take advantage of another's folly.

ficient Now repeat the above-given eight

A Reader Friend has requested me rows until you have "blocks" of the publish knitting directions for a Basket Stitch, and then k plain nplete winter outfit for a one-year- across. ld child, consisting of drawer-leg- | Ankle: Beginning on wrong side, gings, sweater, cap. and militens. I k 4, p 2, k 2, p 2, k 2, p2, k 2, p 2, nave found such directions, but space | k 2, p 2, k 2, p; 2, k 2, p 2, k 2, p 2, will not permit me to print them all k 6, p 2, k 2, p 2, k 2, p 2, k 2, p 2, at once, so today I will give just the k 2, p 2, k 4. drawer-loggings directions. (Next | Second Row of Ankle: K 6, p 2, 1 Friday, September 15th, I will give 2, p 2, k 2, p 2, k 2, p 2, k 10/p 2, k the sweater directions).

Drawer-Leggings for a Child from One to Two Years Old: Buy four balls of the Ankle for 24 more rows, then (any color) of four-fold Germantown | knit three ribs plain. and a pair of No. 4 kmitting needles | Instep: K 31 sts, slip the remain-

Body: The drawer-leggings are sts, slip remaining 19 on same spare Taylor, motored back to Montreal on knitted in two halves, which are sew- needle, k the 12 sts for ten ribs. Then Mrs. Wilkinson motored from Na- Wednesday, taking Cadet Howarl ed together at the centre when each decrease one stitch at the beginning half is finished. Cast on 72 sts for of each needle for two ribs, eight Miss Gweneth Carr-Harris, Mack the top, k 2, p 2 for four rows.

> over needle twice, k 2 together, p 1, instep, 12 sts, k across toe, pick up 13 Dr. W. G. Anglin has returned k 2, p 2, k 1 and repeat from the star sts on other side and with sts on

and k plain for four ribs. Then k 11 Tomorrow-Pickles for the Winter ribs, decreasing one stitch at the be-John McCalpin, Taylor, announces ginning of every row (when there 3, p 7 and repeat from *. Row Three: turn. This requires considerable Repeat Row One. Row Four: K time, however, owing to the great Mrs. William Casey, her mother A garden party, under the auspices plain. Row Five: K 2, * p 3, k 7 and aumber received. So if a personal or

That Dr. Percival J. Illsley, F.R. There are a tremendously large C.O., in proposing the toast to the number of interesting summer des- Canadian College of Organists at the | 200 Picture Brides for U.S. Miss Subers. Queen's university, serts to make with rice. They are annual dinner in connection with the cold desserts, but one must bear in convention in St. George's parish Mrs. Charles O'Connor and Miss mind in serving them that they con- Montreal, held in the Windsor hotel The steamship Constantinople re-Ethel O'Cononr, East Rodman, N.Y., tain a good deal of nourishment, and on Wednesday, said, "The organist cently arrived in New York from lean meat or fish, vegetables, or sim- of the Basilica, dean of Montreal or- side. ganists, who has played for 55 years.

half an hour. Add one teaspoon salt special clinic car sent to Kingston butter, half a cup of sugar, two all ready to examine the Canadians man's art,

a buttered dish, cover with a merin- fits of ill-temper fill his wife with event and lined the rail. When the gue of the two egg whites sweeten- cold disgust, instead of hurting her names "Mary." "Helen," "lona." and ed, brown in the oven and serve cold. feelings that's when the honey others were called out by the waiting

in a double boiler until tender and termined to get along without pay- graph. Some of the hard-to-please until the rice has absorbed the milk, ing an exorbitant price for coal; men, who had apparently looked teaspoon of ealt, a tablespoon of gela- substitutes until the situation be- sent them and were not satisfied, dis-

this winter, but there will be some, board. If their bridegrooms-elect do embroidered stockings ventured from if desired

stitches left.

Repeat these first and second rows

ing 19 on a spare needle, k back 13

spare needle (70 sts in all) k back Miss Goldie aBrtels, B.A., L.L.C. othe cities in the west, coming home | Next Row: Work back in the rib- and forth for six ribs and bind off. bing of two and two, dropping the Sew up the seam of this half of the Mr. and Mrs. James Haydon, John- yern of one of the loops over the drawer-leggings. Then repeat these son street, have returned from New needle instead of knitting it; this entire directions (to make the other makes the beading for a drawstring, half of the garment). Sew the iwo halves together.

onto, the wedding to take place ear- p 3 and repeat from *. Row Two: K answered in these columns in their grounds of the Red Cross Lodge, ending with p 2. Row Seven: Re- enclosed with the question-The

> and the citizens who give willingly to help their fellows less fortunate. should see that their money is administered with true charity.

When the liner dooked at Pier 22 the prospective husbands were all pudding: Soak four tablespoons of The children will be brought from there, dressed in their best. The marice in two cups of cold milk for far and near to be examined in the jority wore white flowers in their buttonholes as well as smiles to weland cook in a double boller until rice exhibition by the Provincial Health come the brides they had never seen is tender. Add two tablespoons of Department, with a doctor and nurse before except through the camera

The young women had donned Mowat, Johnson street, have return- and half a cup of cream. Pour into That when a man's meaningless their best frocks in honor of the men on the pier the girls, most of whom were brunettes, answered and That Kingston housewives are de- waved their hands with the photoappeared before the immigration in-That while we hope there will not which resulted in 15 sad-eyed Greek water, one teaspoon of vanilla and, be many people in need of assistance and Armenian maidens being left on and frequently elaborately beaded or and butter. All water may be used

Green Tea Drinkers

TRY A PACKET OF-

Natural Leaf Green Tea. It's strength Flavour and Economy in use will prove a revelation.

In Sealed Packets Only - At All Grocers.

BARNUM'S

BAKERY

FRESH EVERY DAY

PIES-Blueberry, Raisin, Apple. TARTS-Blueberry, Honey

DELICIOUS CAKES AND PASTRY.

the health of every one who eats it?

Start eating Bran today! You temporary in their effect, but tend to can't afford the delay of a day-for aggravate already dangerous condiyou add years to your life. Free your- work is wonderful! self of illness that can be directly Authorities state that 90% of human cause it relieves constipation, naturally. Eat Bran regularly—at least two tablespoonfuls daily; in chronic ages, backing up poisons and creat- cases with each meal-as a cere ing toxic conditions. At this stage sprinkled on other cereals, or in man the blood becomes affected and then follows the disorder of various organs. Bright's disease, diabetes, most cases of rheumatism, hardening of arteries, Kellogg's Bran, cooked and krumbled

headaches, brain fag, etc., are directly lt's wrapped "WAXTITE." Start with kellogg's to-day.

P. S.—Kellogg's Bran, caten regularly Pills and cathartics can give no ado-quate relief. They are not only overcome an obnoxious breath.

BRAN—Kellogg's Bran, cooked and tions. Kellogg's Bran causes neither krumbled, is nature's own remedy for discomfort nor irritation, and its or its symptoms from your system and sweeps and cleanses and purifies! Its

Physicians indorse the use of Kellogg's Bran for constipat

Scalp Sanitation
Is the first step to a healthy growth of hair. Eradicate Dan-

druff and give Nature a chance by the regular use of

druff, stops the hair from falling and restores its natural health

W. E. Austin-T. H. Sargent-F. J. Hoag are the guests of Mr. and Mrs. Char- therefore should really be served holds the most important and res- Constantinople, Patras and Piracuc not come to claim them they will just beneath hems swathing the with a meal rather light in other ponsible position with regard to the with 1,122 passengers of all classes have to return to their native land. ankles, And, as if to say good-bye respects. That is to say, they are whole realm of musical education including nearly 200 Greek and Ar. According to the custom of the forever to the days when sport clothespecially good for the luncheon and culture." At the convention menian "picture" brides from the Near East, the brides brought gifts es might be worn anywhere or any which consists, say, of a vegetable were James E. Yates, Tarrytown, N. sunny shores of the Levant where for their intended husbands. One atsalad and bread and butter, or of the Y., who has played an organ for 56 pepper trees flourish and heavily tractive brunette named Daphne, ter a period of almost utter banishdinner consisting of clear stock soup, years, and Prof Pelletier, organist haden current bushes line the road- from Corinih, brought a huge saddle ment. for her husband which had descended to her from her great-grandfather, to the contrary, skirts were definitewho had been a famous soldier in the ly and distinctively long. It may

indulges in horse riding.

LONGER SKIRTS WORN AT THE CAPITAL the grass. Speaking of the new gowns worn at the Connaught Park Jockey Club on Saturday, the Ottawa Journal

Thanks to the fair weather many smart clothes made their appear ance. Long and slender lines, with

Notwithstanding all predictions Greek army. The husband proved to also be conceded that they were be a well-to-do Kansas farmer, who more beautiful and beautifying than like most of his kind in the west at their predecessors, which could be the present time, transacts all his so unkind to all but the slimmest business in an automobile and never ankles. Suit skirts cleared the ground by six or seven inches. Afternoon dresses were worn longer still. Some had draperies that trailed on

BRAN RECIPES

Add half a cup of sugar, a quarter wood, oil and peat are suggested over the brides that fortune had relieving drapery, glanced unregret | cup of water, add 1-2 teaspoonful fully at the remnants of the briefer | of saft; 1-4 of oatmeal (rolled o mode. Gracefully drooping black other cereal) 1-4 cup of bran. Place hats waved gorgeous feathers or in double boiler and boil 1-2 hour quivering plumes. Elaborate shoes, Serve with sugar and milk or sugar

