

# NEWS AND VIEWS FOR WOMEN READERS

## Life's Social Side

Editor of Woman's Page, Telephone 248. Private phone 857w.

Miss Patricia Foster, formerly of Kingston, represented the Brantford Expositor at the conference of the Ontario Press Women held at the King Edward Hotel on Friday and Saturday of last week, and was one of the delegates to be entertained at Government House by his honor, the Lieutenant-Governor and Mrs. Cockshut. The conference was called together by the Toronto Women's Press Club of which Miss G. C. M. White, formerly of the Kingston British Whig is 1st vice-president. The meetings held in the Yellow Room of the King Edward were full of interesting discussion on journalism in its various aspects and many bright papers were read by Ontario's women journalists. Miss Foster while in Toronto, was the guest of Mr. and Mrs. A. A. Jordan, formerly of Kingston.

A week-end party of men enjoyed

## Behind the Scenes

in a model cleaning and dyeing plant

FEW people realize the skill and science involved in the expert cleaning and dyeing as done by the old established firm of Parker's.

Behind our remarkable success is the most modernly equipped plant on the continent and skilled workers carefully selected by our experts in every phase of the work.

These facts combined with prompt fulfillment of orders guarantee patrons complete satisfaction in any cleaning or dyeing entrusted to us.

Our Mail Order System brings this expert service to your door wherever you live.

### PARKER'S DYE WORKS, Ltd.

69 Princess Street Kingston

### An Unfailing Way To Banish Hairs

(Beauty Notes)

Ugly hairy growths can be removed in the privacy of your own home if you get a small original package of delatone and mix into a paste enough of the powder and water to cover the hairy surface. This should be left on the skin about 3 minutes, then removed and the skin washed and every trace of hair will have vanished. No harm or inconvenience can result from this treatment, but be sure you buy real delatone.



Best of all Fly Killers 10c per Packet at all Druggists, Grocers and General Stores

## Some staggering constipation facts; Know how Kollogg's Bran can help you!

Ninety out of every one hundred people suffer with constipation! Constipation is the direct cause of headaches in old age, lowered vitality and ninety per cent of illness! Do you realize that nearly every case of constipation is traceable to neglect in answering nature's call? In a few years the sufferer has "chronic constipation"—the most dangerous form of all! Toxins penetrate the intestine walls, polluting the blood, which in turn poisons and affects every organ in the body. Nearly every case of diabetes and Bright's disease can be traced to constipation or intestinal poisoning, as can most rheumatism, headache, brain fog, hardening of arteries and other organic diseases. Piles and catarrhes can never afford you permanent relief. What you need is nature's most wonderful roughage—

**BRAN**—Kollogg's Bran, soaked and krumbled—and delicious in flavor and edibility! Bran will permanently relieve constipation when taken regularly—at least two table-spoonfuls daily; in severe cases, with every meal. Your doctor will endorse Kollogg's Bran for constipation! Kollogg's Bran sweeps, cleans and purifies the eliminative tract as nothing else can—and, being a nature food, it creates no habit. Bran's work is a revelation! Serve Kollogg's Bran to the entire family as a cereal, with other cereals or in countless appetizing ways such as in muffins, pancakes, graham bread, etc. Recipes on every package. All grocers sell Kollogg's Bran, soaked and krumbled, in the "WAXETTE" package. E. E. Kollogg's Bran, eaten regularly, will clear up a simply complex.

**BARNUM'S BAKERY**  
"The Taste Will Tell"  
FRESH CAKES AND PASTRY  
WEDDING CAKES A SPECIALTY

## Efficient Housekeeping

BY Laura A. Kirkman

### Answered Letters.

A. S.: "How can one stiffen a crocheted basket?"  
Answer: Use white of egg.

Mrs. E.: Miss W., L. L. J. (and many other women who have written on this subject): "How can I rid my home of both red and black ants?"  
Answer:—I am glad to tell you that I have just had a letter from a Column Reader who has found a successful way of exterminating these pests. "I make a strong solution of lysol," she writes, "and paint the window sills with this, once a week, using a brush to apply it to avoid burning the hands. I let it dry on the sills, and I also put a few drops of lysol into a pail of water whenever I do any cleaning about the house. It pays, too, to spray the foundations of the house with this strong lysol solution. Since doing this I have not been bothered with any crawling insects."

A. F.: "What dressing is used on a split banana salad?"  
Answer:—A Fruit Dressing. If you have not such a recipe, send me a stamped, self-addressed envelope and I will send my full page set of eight salad-dressing recipes.

M. B. J.: "In answer to a letter from 'Mrs. T.' which was recently published in your columns, I wish to say that I have not the Rose Bead directions but I have directions for the following:  
Salt Beads:—One tablespoon of starch one and one-half tablespoons of salt, and four tablespoons of water; boil these three ingredients until stiff, then take a tablespoon of the mixture roll out in a little salt cut even stripes with a knife or a large needle, form into heads, and string. Different colors may be obtained by using a few drops of cake or fruit coloring.

Will you kindly print recipes for Floating Island and Food for the Gods Dessert?"  
Answer:—Thank you for the Salt Bead directions. Here is the first recipe you ask for. I am sorry to say I am not familiar with the second; Floating Islands:—Mix together, in a bowl, two egg-yolks, three table spoons of flour, one-half cup of granulated sugar and a pinch of salt; add four cups of hot, scalded milk slowly, mixing well as you add, then turn the mixture into the top of a double boiler and cook until it coats a spoon, stirring constantly. Remove from fire at once, turn into a bowl, cool, then add one-half teaspoon of vanilla. Pour into a large fancy dessert dish and drop upon it spoonfuls of stiff made by beating the two egg-whites very stiff with one-half tablespoon of powdered sugar. (If the dessert is to stand any length of time before being served, it is better to drop the table-spoons of egg-white and sugar into boiling water, to poach them, so that they will hold their shape when lifted out of the boiling water and gently placed on the cold dessert.)

Answer to Mrs. W. M.: Send me a stamped, self-addressed envelope for my two page multigraphed set of recipes and suggestions for "The Carried Lunch." I will be glad to send this to any other women, who have a lunch to put up for a man or woman worker, upon receipt of the stamped envelope.

Tomorrow—A Guest Dinner from Left Overs.

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.

### DYE SILK STOCKINGS

Blouse or Sweater in Diamond Dyes

"Diamond Dyes" add years of wear to worn, faded skirts, waists, coats, stockings, sweaters, coverings, hangings, draperies, everything. Every package contains directions so simple any woman can put new, rich, fadeless colors into her worn garments or draperies even those that have never dyed before. Just buy Diamond Dyes—no other kind—then your material will come out right, because Diamond Dyes are guaranteed not to streak, spot, fade or run. Tell your druggist whether the material you wish to dye is wool or silk, or whether it is linen, cotton or mixed goods.

### What the Editor Hears

That the Kingston Humans Society will have an interesting collection of cuties in their tent on the Fair Grounds.

That the people who have contended that the intake pipe of the water-works system should run out farther, are saying "I told you so."

That the gardens surrounding the cottages at Loughboro' Lake are a blaze of color just now, asters, salvia and gay potunias making a splendid show.

The vogue for gay colors as trimming on dark frocks Persian embroidery and touches of bonfire red and lads green being seen on smart garments.

That for some reason, the early spring perhaps, flowers are blooming for a second time this year. A plum tree in a Union street garden has blossomed this month, a snow-ball bush in the "White House" garden, beyond Collin's Bay, has blossoms, a Virgin Bower Clematis usually a July flower, is now in full bloom on Johnson street, and a polygala with its tiny pink cap, a May flower, was found near "The Maples" recently.

### To-morrow's HOROSCOPE

By Genevieve Kambie

WEDNESDAY, SEPT. 20.

This may be read as a doubtful and unsettled day, according to the conflict of the lunar transits. While there is the possibility of new plans being favorably conceived, with a certain amount of success in getting them under way, yet with Uranian influence ill-disposed, there may be unlooked-for obstructions and other untoward events. The way is erratic and incoordinated. It might be hazardous to make important moves of any nature. Better conditions obtain in the family circle.

Those whose birthday it is are urged to be conservative in important operations and to travel or remove with caution, keeping all affairs well in hand. Happy and prosperous conditions may be looked for in the household. A child born on this day will be accomplished, affectionate and artistic, but may have an abrupt and erratic disposition unless carefully trained in early life.

### Saving Time.

A tourist in Yorkshire was very much interested in the "quaint" dialect of that section of England. He stopped to have a chat with an old Yorkshireman, who was busy cleaning some harness in the stable yard. Just then a butterfly settled on the stable door, and the tourist exclaimed, "Pretty, isn't it? Now what do you call them here?" The old man made a deft shot at the butterfly with his cap. "You was a flutterbug," he said, stolidly, "but us chaps calls them flugs to save a bit of time."

### Brightening Their Lives.

The clergyman of a poor parish was showing a rich woman round, hoping to touch her heart and so receive a big check for his people. "We are now passing through the poorest slums," he said, as the car turned into a side street. "These people have little to brighten their lives."

### Are You Fat?

Thousands of overfat people have become slim by following the advice of doctors who recommend Marmola Prescription Tablets. These harmless little fat reducers cut promptly the dose of the famous Marmola Prescription. If too fat, don't wait—go now to your druggist and for one dollar which is the price the world over, procure a case of these Tablets. If preferable you can secure them direct by sending price to The Marmola Co., 411 Woodward Ave., Detroit, Mich. They reduce steadily and easily without tiresome exercise or starvation diet, and leave no unpleasant effect.

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Every drop is nourishment



Dr. Andrew Wilson, the eminent British authority, once said of the cocoa bean—"It is a kind of vegetable egg which contains all that is needed to build up a living body." Tea and coffee are mere infusions—but cocoa is an actual food in itself. Business men should remember that. Cocoa, made the FRY way, from the world's choicest beans, is pure, extremely soluble and of most delicious flavour. Nearly two hundred years' knowledge of the cocoa business stands back of FRY'S. Of course, remember

"Nothing will do but FRY'S"

### Stop Falling Hair

by eliminating the cause—Dandruff. Avoid premature baldness by the regular use of

## KOREEN

"Nature's Own Remedy" for scalp Troubles—eradicates Dandruff, stops the hair from falling and restores its natural health and beauty. MAHOOD DRUG CO.—M. R. McCOLL.



Every Bean a Berry by Itself

All the nourishment of the dainty little white bean, with tender, juicy fat pork.

Cooked with scientific precision.

Every bean perfect.

Rich—Nourishing—Appetizing.

Chili or Tomato Sauce—five sizes— all grocers—try them today.

Keep a shelf of Victory

Pork and Beans  
Lunch Tongue  
Compressed Corned Beef  
Corned Beef Luncheon  
Beefsteak and Onions  
Roast Beef  
Cambridge Sausage

Only choice meats, Dominion Government inspected, are used in Victory Canned Products. Made in Canada.

Keep a row of Victory meals on your shelf

NATIONAL CANNED MEATS LIMITED, TORONTO, CANADA