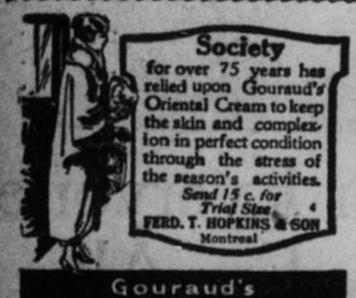
NEWS AND VIEWS FOR WOMEN READERS

Life's Social Side

day was a pleasant affair in honor this week. of the bride-elect, Miss Lily Murry. Pink and white roses decked the table, the favors were of the same soft Military College and Mrs. J. F. shade, and white ribbons gave the Sowards left by motor for Oswego. motor conveying the hostess and the N.Y., and are guests of Mr. and guest of honor to the club a festive Mrs. M. Lannon, Hotel Pontiac. air. The guests were Miss Margaret | Mrs. D. H. Henderson and Miss Murray, Miss Ruth Martin. Miss Valleria, Deseronto, spent last week Jessie Dyde, Miss Helen and Miss in the city, attending the Exhibi- day. Marjorie Uglow, Miss Una Polson tion. and Miss Freda Burns. Bridge was Mrs. Higgenson, Winnipeg, who played after luncheon when the was the guest of Miss Drummond. orize winners were Miss Una Polson Albert street, has left for Montreal, and Miss Marjorie Uglow.

street, asked a few people to come in Toronto. at the tea hour on Friday, to meet Mrs. Higgenson Winnipeg.

Douglas Chown, King street, west, enham street, for the week-end. are entertaining at dinner this evening in honor of Mrs. J. F. Stewart,



riental Cream

Athletic Girls-

After a hard game it is not only the delicate fragrance of Baby's Own Soap which pleases, but also the wonderful restfulness imparted by its refreshing lather.

Best



Clean to handle, Sold by all Druggists, Grocers and General Stores



Do away with the burden and fatigue of cleaning days!

HOUSEHOLD tasks are quickly accomplished with a Royal. For this handy Cleaner weighs barely 11 you can carry it uptairs and down almost as asily as a broom. Its extra-ride 14-inch nozzle adjusts to ny floor surface from thick ivet rugs to hardwood or incleum—even concrete! And rith its Attachments, the Royal cleans everything -



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280 Princess St.

Mrs. D. G. Laidlaw's luncheon | nue is entertaining at luncheon toat the Cataragui Golf Club on Satur- day for Miss Lily Murray, a bride of

where she will spend the winter. Mr. and Mrs. T. Ashmore Kidd,

Mrs. E. F. Torrance, Alfred Stuart street, spent the week-end in Mrs. Thomas Dowker, Harrow-

smith, is a visitor in town. Mr. and Mrs. A. W. Horsey, Longueuil, Que., were the guests of Mrs. Donald McPhail and Mrs. Mr. and Mrs. S. Sutherland, Syd-

Mrs: L. C. Locketf, Sydenham street has returned from Montreal. Miss Gladys Farrar, Cornwall, Miss Jessie Dyde, University ave- spent the week-end with Miss Rayson, Clergy street, on her way to To-

> Hugh Macpherson, "Elmhurst" has returned from Toronto. Miss Mildred Macmorine, Los Angeles, Cal., who has been in Toronto, will arrive in Napanee to-day to visit her sister Mrs. J. H. H Coleman, St. Mary Magdalene's Rectory, and will come to Kingston on Saturday with Mrs. Coleman to visit Mrs. Alexander Mcphaul.

Rev. W. E. Kidd, St. George's Cathedral, spent the week-end at Amherst Island.

the summer with his mother, Mrs. Jeremy Taylor, King street, will mil for England on Friday on S.S. "Montclare," for England, to continue his course at Oxford as one of Queen's Rhodes scholars.

Miss Esther Wagner will come from Belleville this week to attend Queen's University, and will be at 189 Earl street.

Miss Agnes Johnston, Gananoque, was a visitor in town last week.

to her sister, Mrs. Clarence Putnam, and baffling Neptune is in powerful Utica, N.Y., has gone to Montreal to operation, being in trine aspect with visit her daughter, Miss Florence Luna and semi-square with Sol, con-Emery.

to, and Mayor and Mrs. Frederick revelation, with the nature sensitive Carson, Lahore, India, have taken and impressionable. Change or Mrs. Jeremy Taylor's house on King travel may be ill-advised under an treet from October 1st.

rectory, returned to town today.

weeks in Syracuse, N.Y.

spent the summer in England, was genius. It may be abrupt in manner the guest of Mrs. W. A. Sawyer, unless carefully trained, but will be University avenue, on her way home steady, industrious and lovable. to Toronto.

Miss Marjorie Merrick, who was with Miss Lucy Merrick, William street, has returned to McMaster- gagement became public property his That a buyer on Saturday's market

her daughter, Mrs. William Harri- much." son who have been visiting Mr. and

Mr. and Mrs. Pratt, Winnipeg. have been spending a few days in Kingston and Glenburnie. Mrs. Pratt was formerly Miss Ethel Hay,

Glenburnie.



MRS. LEONARD MURRAY Re-elected president of the Canadian ing held last week at the Lambton Golf and Country Club, Toronto, when delegates were present from Halifax to Kenneth Taylor, who has spent Vancouver, representing sixty-seven

To-morrow's HOROSCOPE By Genevieve Kemble

TUESDAY, SEPT. 26TH.

Conflicting planetary operations Mrs. G. F. Emery, Bagot street, make this day most difficult to forewho returned last week from a visit cast, especially since the mysterious tradictory in their interpretation. The vision may be clear and far-see-Mrs. Frederick Brownfield, Toron- ing, to the point of inspiration or

afflicting Uranian position. Mrs. W. E. Kidd, Wellington | Those whose birthday it is may street, who spent the week-end in have a checkered year, but one of Brockville, with Canon and Mrs. fortuitous though singular experi-Dealtry Woodcock, Trinity church ences. Travel, removal and speculation are advised against. Keep Miss Doris Smith, Division street, quiet and be guided by impression left on Saturday to spend a few or inspiration. A child born on this day may be peculiarly endowed with



The Carried School Lunch.

idea of "well balanced rations" in the carried school lunch? I do not mean, by this, that mothers should go into lunch is not heavy enough. The prothe question of "calories" (which the measurement of food to determine the exact amount of energy or fuel value contained in it). I simply body, thereby storing up a reserve mean that any meal-and that includes the school lunch should be emposed of the following four ele-

At Least One Protein Food: The principle protein foods are milk in some form, egg, gelatine, peanuts, meats, fish, peas, poultry, cheese, baked beans and lentils.

At Least One Starchy Food (sugars and starches, in food, are called "carbo-bydrates"). These ele ments are found in potatoes, rice, barley, tapioca, cornstarch, buckwheat, cornmeal, bananas, cereals, macaroni, bran, breads, sugar and

At Least One Fat Foot: Perhaps ment into the school lunch is through using butter on sandwiches; other fatty foods are olive oil, bacon, nuts.

Vitamines: (Vitamines, or "mineral salts," are necessary to health.) They are found in fresh fruits, fresh vegetables, milk, eggs and whole

So, to make a well balanced school lunch for your child, choose one food from each of these four lists. Here is an example:

A Hard-boiled Egg (protein) Cornmeal Muffins (carbohydrate) Sutter on the Corn Muffins (fat) An Orange (Vitamines)

heavy enough for an active boy or and self-addressed envelope must be girl; but, once you have the four ele- enclosed with the question-The ments present you may add to them, Editor.

by putting other foods in the lunch I wonder how many mothers of box-a few nuts, a fruit tart, or a chool children try to carry out the Piece of cake, for instance. The important thing is to get these four elements into the lunch, at least-then add extra foods, if you think the tein foods build tissues and muscles; sugar and starches supply the body with energy; fat foods fatten to the supply of strength; and vitamines are necessary for the blood and bones.

I would advise the woman who puts up a business lunch for husband, daughter, or son, to follow these suggestions also. They apply to any kind of meal, for persons of any age.

Many of the foods listed above under one distinct head or another. ents which come under the other three heads. For instance, peanuts are strongly protein-but they also contain much fat and some carbohydrate matter. This is true of raisins, cocoa, sweet chocolate, and many other foods.

By the words "whole grains" in the Vitamines list, I mean wholewheat bread, or any other bread or cereal grains which are not refined. Whole wheat bread is much better for school sandwiches than white bread-much more nourishing. Next Monday I will ublish a number of sandwich recipe which are particularly suitable for school lunches and business lunches. For the sandwich is a very important

part of the carried lunch

All inquiries addressed to Miss 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 Of course this menu may not be quicker reply is desired, a stamped

What the Editor Hears

Double Happiness. When the news of Brown's en- What the Editor Hears

many friends promptly expressed was heard exclaiming, "Flowers are Mrs. G. B. Rooney and Miss their hearty congratulations, "But," everywhere, ain't they?" Evergreen Alma Graham motored to Kingston said one, "I understand that the girl corn, white celery, eggs, butter, from Lyndhurst for the week-end. to whom you are engaged is a twin. spring chickens, boxes of tomatoes, Mrs. Mallory Shaw, who was in How do you tell the difference be- bags of potatoes were in profusion Capt. and Mrs. F. Vokes, Royal town for several days at 134 Earl tween her and her sister?" "Well," and, eagerly sought by the prohibistreet, has returned to Sharbot Lake. said Brown happily, "it's a joily nice tionists, baskets of wild grapes, Mrs. T. McKean Robertson and family, and I don't bother very

CHIRRIFF'S Marmalade is

always the same consistency.

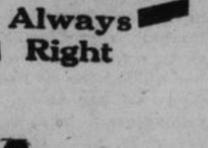
The genuine marmalade flavor of

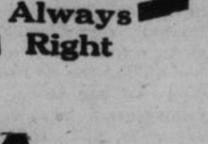
Mrs. B. G. Robertson, Lower Union street, returned to Ottawa on Satur- from parsnips.

That the opening of the fall seseion at Queen's University will bring A kind of wine may be made hundreds of girls and young men from far and near to complete their

imported Seville Oranges never varies-always right.

Cheaper than jam or butter. Once used-always preferred.







education "On the old Ontario. That there will be no lack of room strand." for the incoming student this year. That there is one hospital in Eng- One lady who advertised for a room land which has an original room in received forty-six answers, all from which each of the four walls is hung good localities. with a differently-patterened paper so

Japans. At all grocers.

A Revelation in Green Tea

IT'S SO SWEETLY PURE, CLEAN AND

is sold on merit and merit alone. Try

it once and you will never go back to

that nerve patients can have their | That merry little luncheons are bebed moved round periodically to face ing given every day or so at the Cataa fresh wall, so that they do not al- raqui Golf Club, for the players who ways have to lie looking at the same don't want to lose an hour of this sort of paper.

BARNUM'S

DELICIOUS

BAKERY

"The Taste Will Tell" FRESH CAKES AND PASTRY WEDDING CAKES A SPECIALTY



It Keeps for Months—Always Handy

THOUSANDS of Canadian housewives now buy milk ahead—a week's I or a month's supply—with their groceries.

They keep Carnation Milk on their pantry shelves-pure, rich, "whole" milk, fresh whenever needed.

Rich, fresh milk is delivered to the Carnation condenseries. Part of the water is taken away by evaporation. The milk of creamy consistency is then sealed in new containers and sterilized.

So Carnation Milk keeps. None is wasted. Your grocer can always supply you-winter or summer.

And Carnation Milk serves every milk purpose. Use it as cream, even for whipping. Dilute it with water for ordinary milk uses.

Order several tall (16 oz.) cans or a case of 48 cans from your grocer—the Carnation Milkman. Try this recipe and write for Recipe Book.

CREAM OF TOMATO SOUP.

2 teaspoonfuls sugar, 1/4 teaspoonful soda, 1 slice onion, 11/2 cups water, 4 tablespoonfuls butter, 1 cup Carnation Milk, ½ can tomato (2 cups), 2 cloves, 1 teaspoonful salt, 1 cup water, 4 table-spoonfuls flour, ½ teaspoonful pepper, 6 pepper corns, bit of bay leaf. Cook tomatoes slowly for twenty minutes with 1½ cups of water, seasoning and sugar; strain, add salt and soda. Melt butter, add flour, stirring constantly. Add Carnation Milk diluted with one cup of water. Cook until thickened. Add the strained tomatoes to the milk. Serve at once.

CARNATION MILK PRODUCTS COMPANY, LIMITED, 943 JOHN STREET, AYLMER, ONT.





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