

NEWS AND VIEWS FOR WOMEN READERS

Life's Social Side

Mrs. D. G. Laidlaw's luncheon at the Cataract Golf Club on Saturday was a pleasant affair in honor of the bride-elect, Miss Lily Murray. Pink and white roses decked the table, and white ribbons gave the motor conveying the hostess and the guest of honor to the club a festive air. The guests were Miss Margaret Murray, Miss Ruth Martin, Miss Jessie Dyde, Miss Helen and Miss Marjorie Uglow, Miss Una Polson, and Miss Freda Burns. Bridge was played after luncheon when the prize winners were Miss Una Polson and Miss Marjorie Uglow.

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

Mrs. Donald McPhail and Mrs. Douglas Chown, King street, west, are entertaining at dinner this evening in honor of Mrs. J. F. Stewart, Hamilton.

Miss Jessie Dyde, University ave-

nue is entertaining at luncheon today for Miss Lily Murray, a bride of this week.

Capt. and Mrs. F. Vokes, Royal Military College and Mrs. J. F. Sowards left by motor for Oswego, N.Y., and are guests of Mr. and Mrs. M. Lannon, Hotel Pontiac, and Mrs. D. H. Henderson and Miss Valleria, Deseronto, spent last week in the city, attending the Exhibition.

Mrs. Higgenson, Winnipeg, who was the guest of Miss Drummond, Albert street, has left for Montreal, where she will spend the winter.

Mr. and Mrs. T. Ashmore Kidd, Stuart street, spent the week-end in Toronto.

Mrs. Thomas Dowker, Harrow, is a visitor in town.

Mr. and Mrs. A. W. Horsey, Longueuil, Que., were the guests of Mr. and Mrs. S. Sutherland, Sydenham street, for the week-end.

Mrs. L. C. Lockett, Sydenham street has returned from Montreal. Miss Gladys Farrar, Cornwall, spent the week-end with Miss Rayson, Clergy street, on her way to Toronto.

Mrs. Hugh Macpherson, "Elmhurst" has returned from Toronto.

Miss Mildred Macmorine, Los Angeles, Cal., who has been in Toronto, will arrive in Nanawee today 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 Mephal.

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

Kenneth Taylor, who has spent the summer with his mother, Mrs. Jeremy Taylor, King street, will sail 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.

Mrs. G. F. Emery, Bagot street, who returned last week from a visit to her sister, Mrs. Clarence Patnam, Utica, N.Y., has gone to Montreal to visit her daughter, Miss Florence Emery.

Mrs. Frederick Brownfield, Toronto, and Mayor and Mrs. Frederick Carson, Lahore, India, have taken Mrs. Jeremy Taylor's house on King street from October 1st.

Mrs. W. E. Kidd, Wellington street, who spent the week-end in Brockville, with Canon and Mrs. Dealtry Woodcock, Trinity church rectory, returned to town today.

Miss Doris Smith, Division street, left on Saturday to spend a few weeks in Syracuse, N.Y.

Miss Mary Hamilton, who has

spent the summer in England, was the guest of Mrs. W. A. Sawyer, University avenue, on her way home to Toronto.

Miss Marjorie Merrick, who was with Miss Lucy Merrick, William street, has returned to McMaster-ville, Que.

Mrs. G. B. Rooney and Miss Alma Graham motored to Kingston from Lyndhurst for the week-end.

Mrs. Mallory Shaw, who was in town for several days at 134 Earl street, has returned to Sharbot Lake.

Mrs. T. McKean Robertson and her daughter, Mrs. William Harrison who have been visiting Mr. and Mrs. B. G. Robertson, Lower Union street, returned to Ottawa on Saturday.

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 Ladies' Golf Union at the annual meeting held last week at the Lambton Golf and Country Club, Toronto, when delegates were present from Halifax to Vancouver, representing sixty-seven clubs.

To-morrow's HOROSCOPE

By Genevieve Kemble

TUESDAY, SEPT. 26TH.

Conflicting planetary operations make this day most difficult to forecast, especially since the mysterious and baffling Neptune is in powerful operation, being in trine aspect with Luna and semi-square with Sol, contradictory in their interpretation. The vision may be clear and far-seeing, to the point of inspiration or revelation, with the nature sensitive and impressionable. Change or travel may be ill-advised under an afflictive Uranian position.

Those whose birthday it is may have a checked year, but one of fortuitous though singular experiences. Travel, removal and speculation are advised against. Keep quiet and be guided by impression or inspiration. A child born on this day may be peculiarly endowed with psychic insight or poetic or musical

What the Editor Hears

That a buyer on Saturday's market was heard exclaiming, "Flowers are everywhere, ain't they?" Evergreen corn, white celery, eggs, butter, spring chickens, boxes of tomatoes, bags of potatoes were in profusion and, eagerly sought by the prohibitionists, baskets of wild grapes.

That the opening of the fall session at Queen's University will bring hundreds of girls and young men from far and near to complete their

genius. It may be abrupt in manner unless carefully trained, but will be steady, industrious and lovable.

Double Happiness.

When the news of Brown's engagement became public property his many friends promptly expressed their hearty congratulations. "But," said one, "I understand that the girl to whom you are engaged is a twin. How do you tell the difference between her and her sister?" "Well," said Brown happily, "it's a jolly nice family, and I don't bother very much."

A kind of wine may be made from persnips.

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"SALADA" TEA

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education "On the old Ontario strand." That there is one hospital in England which has an original room in which each of the four walls is hung with a differently-patterned paper so that nerve patients can have their bed moved round periodically to face a fresh wall, so that they do not always have to be looking at the same sort of paper.

That there will be no lack of rooms for the incoming student this year. One lady who advertised for a room received forty-six answers, all from good localities.

That merry little luncheons are being given every day or so at the Cataract Golf Club, for the players who don't want to lose an hour of this glorious weather.

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Efficient Housekeeping
BY Laura A. Kirkman

The Carried School Lunch.

I wonder how many mothers of school children try to carry out the idea of "well balanced rations" in the carried school lunch? I do not mean, by this, that mothers should go into the question of "calories" (which is the measurement of food to determine the exact amount of energy or fuel value contained in it). I simply mean that any meal—and that includes the school lunch—should be composed of the following four elements:

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-hydrates"). These elements are found in potatoes, rice, barley, tapioca, cornstarch, buckwheat, cornmeal, bananas, cereals, macaroni, bran, breads, sugar and honey.

At Least One Fat Food: Perhaps the easiest way to get this fat element into the school lunch is through using butter on sandwiches; other fatty foods are olive oil, bacon, nuts, fat meats and cream.

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

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)
- Butter on the Corn Muffins (fat)
- An Orange (Vitamines)

Of course this menu may not be heavy enough for an active boy or girl; but, once you have the four elements present you may add to them,

by putting other foods in the lunch box—a few nuts, a fruit tart, or a 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 lunch is not heavy enough. The protein foods build tissues and muscles; sugar and starches supply the body with energy; fat foods furnish to the body, thereby storing up a reserve supply of strength; and vitamins 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, contain some measure of the elements 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 whole-wheat 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 publish a number of sandwich recipes which are particularly suitable for school lunches and business lunches. For the sandwich is a very important part of the carried lunch.

Tomorrow—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.



It Keeps for Months—Always Handy

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

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

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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, ¼ teaspoonful soda, 1 slice onion, 1½ cups water, 4 tablespoonfuls butter, 1 cup Carnation Milk, ½ can tomato (2 cups), 2 cloves, 1 teaspoonful salt, 1 cup water, 4 tablespoonfuls flour, ¼ 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.

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