

NEWS AND VIEWS FOR WOMEN READERS

LIFE'S SOCIAL SIDE

Editor of Women's Page, Telephone 243. Private phone 857w.

N. B. Hunter and bride have returned to Omaha, Neb., after a visit with the former's parents, Mr. and Mrs. Henry Hunter, Barrie street.

Mr. and Mrs. C. J. Harper, Neison street, have left for a two weeks' vacation in Toronto and Parry Sound.

Mrs. F. M. Woolley, Montreal, will arrive on Monday to visit Mrs. R. O. Jolliffe, Frontenac street.

Hon. Justice and Mrs. Herbert Mowat have returned to Toronto.

Mrs. W. E. Kidd, Mrs. Kidd and their sons, will leave on Monday for Burrit's Rapids to spend a week with Mr. and Mrs. Harold Kidd before going to Fernbank, Brockville, to camp for three weeks.

Mrs. W. H. Rankin gave a charmingly arranged bridge at her summer home at Collin's Bay on Friday afternoon.

Mrs. R. E. Burns, Frontenac street, has taken a cottage at the Sand Banks and will motor up with Master Bobbie and John Partridge early in the week.

Miss Bertha White, nurse-in-training at the General Hospital Olean, N.Y., will arrive on Monday to spend a week in Kingston with Mr. and Mrs. W. J. B. White.

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Miss Jean Bell left on Thursday for Rochester, N.Y., to attend the

Chauncey-Noble wedding, on Saturday, July 21st.

Charles Clark, Kingston, has returned home after spending a few days with his son, Walter Clark, Crofton.

Mrs. Earle Pearson returned to Kingston after a visit with relatives at Hillier Cottage.

Miss Watt has returned to Kingston, having been the guest of Mrs. W. A. Smith, Wellington.

Mrs. R. King, William street, has returned home after visiting her sisters, Mrs. W. D. Dowley, Toronto, and Mrs. J. G. Liddell, Brantford.

Miss Elele Harper, who has been attending school in New York city for the past year, has returned home and is now with her mother, Mrs. M. Harper, Johnson street.

Rev. W. A. and Mrs. Brecoff and their son, Gravenhurst, are visiting Mr. and Mrs. D. A. Shaw, at their summer cottage, at McDonald's Cove.

Mr. and Mrs. M. R. Davis, University avenue, left for Peterborough on Wednesday and will spend next week on the Kawartha Lakes.

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TOMORROW'S MENU Breakfast Pineapple (left over) Cereal Wholewheat Griddle Cakes Sirup Coffee Dinner Radishes, Olives Roast Chicken Mashed Potatoes Spinach Banana Fritters Coffee Frozen Custard Supper Tomato Jelly Salad Cream Cheese Sandwiches Iced Cocoa Cake Preserves

DISHPAN PHILOSOPHY. When I get alone with my dishes (quite a frequent occurrence!) I like to think about the other women all over the country who are washing their dishes at the same time. And I generally find myself wondering if the majority of them are happy.

As I polish the last china plate, I usually arrive at the conclusion that the majority of those dish-washers are happy. Why? Because they live active, busy lives. And keeping busy is one of the secrets of happiness.

If you disagree with this statement, just think for a moment about some friend of yours who has nothing to do. She is the complaining type of woman, isn't she? Or of the worrying type? Or the quarrelsome type? In other words, the woman who has plenty of leisure, has more time to think about her troubles. Of course we all have our own particular little troubles; but we busy housekeepers haven't time to sit down by the hour and dwell upon them and magnify them. We are blessed with a "daily grind" of work which mercifully takes our

minds off the thing that bothers us. Then, too, I think we workers become self-sacrificing through our work. We work for those we love—and the more we work for them, the more we want to do for them. We develop the habit of putting ourselves in the background. "If she has everything she wants, I guess I can get along somehow," we think to ourselves, when it's a question of buying new clothes or new music or new pleasures for the young girl of the family. I know of a mother who gladly wore her three-year-old straw hat another summer so that she could afford to buy her son the kind of a base-ball glove he wanted.

So, really, in the end, the woman who sacrifices for her loved ones is the happy woman. For, asking nothing for herself, she is never disappointed! On the contrary, she is generally surprised by receiving more than the woman who is selfish and who demands things for herself. For the unselfish woman's family and friends see her unselfishness, and appreciate it. Sooner or later, her self-sacrifice flows.

When I think of these things, as I wash my dishes, I am sure that I am right in believing that the average housekeeper is a happy woman, in spite of her burden and self-effacement.

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. Be sure to use YOUR full name, street number, and the name of your city and province. The Editor.

TO-MORROW'S HOROSCOPE BY GENEVIEVE KEMBLE

SUNDAY AND MONDAY, JULY 22-23.

Sunday's astrological figure points to interesting and eventual occurrences. There is presage of important change or travel with benefit and steady progress. Domestic and heart affairs should flourish.

Those whose birthday it is may look for an eventful year with beneficial change or travel. Heart and home affairs should thrive. A child born on this day will be popular, fond of pleasure, and will be generally successful in life.

Monday's horoscope holds excellent testimonies for active, progressive and profitable conditions in all affairs and relations. Those in the employment of others are under fortunate aspect for advancement, and may ask for recognition from their superiors if undeniably deserving. It may be a splendid time for making contracts and for all writings.

Those whose birthday it is should have many benefits during the year, especially if in the employment of others or engaged in professional duties. A child born on this day will be active, talented and will rise to success through its own efforts.

FROZEN DESSERTS WITHOUT FREEZER

"But there isn't enough ice." How often one hears the remark made in a regretful tone, following the bright suggestion of some members of the family to the effect that a frozen dessert would be just the right solution of the problem of the hot weather dessert. Real frozen desserts, though, can be made without a freezer, and with so little ice that there will be plenty left to keep the butter firm and the cream from turning sour.

Ice cream that is made without freezing, simply by packing in salt and ice, is called moussé, and can be made from heavy cream whipped to a stiff froth, or from thin cream with gelatine. After the mixture is made it is put into a mould surrounded with salt and ice, two parts crushed ice to one of salt, covered with several layers of newspaper or an old piece of carpet, and put in a cool place for three hours, when it is ready to serve. One of the best places for it is in the fireless cooker.

Coffee Mousse. Almost universally liked. Whip a quart of thin cream, removing the froth and then whipping again until no more froth appears. Soak a tablespoon of gelatine in two tablespoonfuls of the cream, left in the bottom of the bowl "unwhipped," and dissolve it in three more tablespoonful that has been heated. Add a cup of strong coffee and let it stand in a cool place until it begins to thicken, then fold in the cream. Pack as directed for other recipes. A cup of pineapple syrup may be used instead of the coffee.

Orange Mousse. To make orange mousse whip two cups of cream and add to it one and a half tablespoonful of gelatine

soaked in a little cold water and dissolved in three tablespoonful of hot water. When cool stir in a glass of orange marmalade and a tablespoonful of orange juice. Or you may use a cup of peach puree made of very ripe peach pulp sweetened.

HEALTH CRUSADERS OFF ON 1,500-MILE TOUR

Even though summer is so often truce for "causes," the Ontario Social Hygiene Council has planned a busier programme than ever. On Monday Mrs. Pankhurst, Mrs. R. A. Kennedy, president of Ottawa's Women's City Club, who served in a British War Hospital, and Miss Estelle Howson, provincial secretary of the council, will start on a unique 1,500-mile talking tour in northern Ontario. In a new motor car for one month they will cover an itinerary from Toronto to Sault Ste. Marie and Manitowish Island. Each night they will stop and speak at various places in the interests of social hygiene. In places where meetings have not been arranged street meetings will be held.

Mrs. Pankhurst conceived the idea during her western tours, where a similar one has been used with good effect. Ontario's Provincial Board of Health has endorsed the tour and has sent requests to the local boards to co-operate. The Federated Women's Institutes have also given it their endorsement, and not only their branches, but various I.O.D.E. chapters and Red Cross societies are arranging meetings. Addresses will be given on the New Health Movement, and while the Social Hygiene Council is financing the tour, a silver collection will be taken along the route.

Miss Estelle Howson will drive the car, make the arrangements and manage the trip.

Fat That Shows Soon Disappears

Prominent fat that comes and stays where it is not needed is a burden, a hindrance to activity, a curb upon pleasure. You can take off the fat where it shows by taking after each meal and at bedtime, one Marmol's Prescription Tablet. These little tablets are as effective and harmless as the famous prescription from which they take their name. Buy and try a case to-day. All druggists the world over sell them at one dollar for a case or you can order them direct from the Marmol's Co., 412 Woodward Ave., Detroit, Mich. You can thus say good-bye to dieting, exercise and fat, and you don't have to use disgusting salves and greases.

Dr. Martel's Female Pills

Have helped thousands last half century. Delayed and Painful Menstruation, Nervousness, Dizziness, Backache, etc. Sealed TIN BOX, \$3.00. Druggists or direct by mail. Knickerbocker Remedy Co., 71 E. Front Street, Toronto.

Want to Keep Your Hair Perpetually Curly?

Perpetually wavy or curly hair is now within the means of every woman to possess. One need only get a few ounces of plain Liquid Silmerine from the druggist and apply a little of it occasionally with a brush before doing up the hair. When this dries the most beautiful natural looking waves and curls imaginable are in evidence. Wind and heat do not affect the curliness as where a heated iron has been used. Liquid Silmerine is so pure and harmless there is not the slightest danger of spotting the scalp or streaking the hair, and it leaves no sticky or greasy traces. It keeps the hair soft, silky and lustrous.

The Editor Hears

That an interesting cricket match is going on this afternoon at the Royal Military College. In the old days when the cricket field got its name, this splendid game was much played in Kingston and matches were arranged with the teams in the neighboring towns. It is with pleasure that we hear of a possibility of a revival of the good old English game.

That a knowledge of first aid and home nursing is nowhere more necessary than in the rural districts where it is often difficult to get medical aid. All classes arranged for the benefit of farm women should be as attractive as possible so that even if tired by a strenuous day, they will enjoy the intercourse of their neighbors and learn many useful hints at the same time. Also it is well for an instructor to bear in mind that efficiency is the point, not the passing of examinations or the exact degree of smoothness in a bandage.

That the faith of the citizens in the town clock was shown on Friday when everyone who passed the market square looked at the clock and put back his or her watch. Towards noon, however, a cold hand of doubt in the faithful timepiece clutched their hearts, for the hands still stood at a quarter to ten, and the heat of the sun assured even the most reluctant, that something was wrong.

That in spite of the hot dry weather the country looks lovely just now. Tall sweet clover makes hedges through which the motorist passes, the grain is ripening and the cows stand in the shade of the maples that dot the pastures.

That not even his famous grandfather's festivities ever rivalled the recent dinner and dance given by H.R.H. the Prince of Wales, when nine hundred guests were bidden to his home at St. James' Palace. Princess Mary, Viscountess Lascelles, was hostess for her royal brother at dinner, for which there were sixty guests and at the reception and dance afterward, for which 900 were asked.

Adelaide, the capital of South Australia, is a "model city," laid out with a central town in perfectly square blocks containing public and business buildings. Outside of that is a belt of public parks and gardens and beyond the latter are the residence suburbs.

This New Discovery! Beautifies your hair Removes dandruff Stops falling hair Grows Hair ask for

7 Sutherland Sisters' COMPLETE TREATMENT Fertilizer-Grower-Shampoo All 3 in one package \$1.00

A Sure Thing! It's a winner. You would bank on it, too, if you have tried Malby's THREE-IN-ONE HEADACHE POWDERS

Get Sunburned all you wish Rub Campana's Italian Balm on your face and arms each day.

Campana's Italian Balm GALLAGHER'S TAXI SERVICE 960 DAY AND NIGHT

The Healthiest Baby in the District CAN you make that proud boast about your baby? Is he thriving as he should?

The Allenburys' Foods for Infants "I have a seven months old baby. The doctor told me at first that my baby could not possibly live as it had no constitution. However, the nurse (an Englishwoman) advised me to try 'Allenburys' Food. I got a tin of your No. 1 Food and today I can say without boasting, that you cannot find a healthier child in the district. I hope I am not trespassing on your time, but I wanted to let you know what 'Allenburys' Food has done for my baby."

afternoon. The fine old stone house, built by an earlier generation and brought up to modern requirements by Dr. Rankin, Brooklyn, N.Y., is an ideal place for a party. The beautiful gardens and smooth lawns, the blue water of the bay and the tall shade trees make a delightful whole. Four tables were in play and the prize winners were Mrs. C. E. Taylor and Dr. James.

Mrs. T. D. R. Hemming entertained at luncheon at the Cataract Golf Club on Friday, when those present were Mrs. G. S. Bowerbank, (Toronto), Mrs. J. F. Preston, Mrs. Francis Constantine, Mrs. Charles Hanson (Montreal), Mrs. Cecil Adams (England), Mrs. Frederick Carson, Miss Frances Sullivan, Miss Mary Crookall (New York), Miss Loretta Swift and Miss Nora Macneice.

Miss Marie Gorman, who has been with her mother, Mrs. Gorman, Montreal street, has returned to Chicago, Ill.

Mrs. R. Leslie Meek, Toronto, and her little son Bobbie, are with Mr. and Mrs. George A. Wright, Johnson street, for a few weeks.

Mrs. Buxton Smith and Miss Jessie Smith, Sydenham apartments, are visiting Canon and Mrs. W. B. Paton, "The Rectory," Prescott.

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To keep your Stove clean and bright use Old Dutch Soft, flaky. Contains no lye or acids. Does better work.

WHEN USING WILSON'S FLY PADS Best of all Fly Killers 10c per Packet at all Druggists, Grocers and General Stores

THE SONORA PHONOGRAPH "PORTABLE" PHONOGRAPH Made in the shape of a small grip. Can be easily carried anywhere. Space for Records. Weighs only 16 pounds. Case made of fine leather. \$80 EASY TERMS ARRANGED. LINDSAY'S KINGSTON 121 PRINCESS STREET