

NEWS AND VIEWS FOR WOMEN READERS

LIFE'S SOCIAL SIDE

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

The white wings of the dinghies skimmed over the dancing blue waves of the harbor on Saturday with a breeze that made the races a joy to watch, and the galleries and wharf of the yacht club were crowded with spectators, the women's gay frocks adding color to the gay scene. A dance at night was the climax to a pleasant day. The ladies pouring tea in the afternoon were Mrs. Allan Black, Mrs. W. F. Casey and Mrs. J. C. Newlands, and the girls assisting Miss Virginia Fair, Miss Norah Sullivan, Miss Sylvia White and Miss Edith Rees. In the evening the same ladies poured coffee, and Miss Helen Tofield and Miss Grace Mooers, who were in charge of the arrangements, cut the ice cream. Several out-of-town ladies were with the visiting yachtsmen, Mrs. Rodden and Mrs. Hart, Watertown N.Y., coming over in a yacht. A few of those present were Mrs. J. C. Ponsford, Miss Joyce Gibbard, (London, Ont.), Mrs. Herbert Deedes, (England), Mrs. H. F. Richardson, Mrs. W. K. Macene, Mrs. Halloway Waddell, Mrs. Ernest Cunningham, Mrs. W. R. Givens, Mrs. N. C. Polson, Mrs. A. P. Christmas, (Montreal), Mrs. Hubert Ryan, Mrs. John Carson, Mrs. Travers Hora, Mrs. Clarence Chown, (Montreal), Mrs. A. N. Lyster, Mrs. McGowan, Miss Lambert, Miss Martin, Miss Ferris, Miss Mary Crookall (New York), Miss Vivian White, Miss Frances Murray, Miss Margery McLelland, Miss Mary and Miss Margaret Taylor, Miss Eleanor Phelan, Miss Doris Donnelly, Miss Marjorie Williams, Miss Anna Mahood, Miss Mildred Jones, Miss Jean Robin, Miss Helen Steacy, visiting yachtsmen from Toronto and Chaumont and a good representation of the club members.

Mrs. W. B. Dalton, Johnson street, is staying with her daughter, Mrs. R. F. Segsworth, Toronto. Miss Mary Wheeler, Ithaca, N.Y., is visiting Miss Edith Rankin, Collin's Bay. Mr. and Mrs. Gates, who spent the week-end with Dr. and Mrs. A. P. Crown, "Edgehill," returned to Ottawa to-day. The Misses McIntyre, Johnson street, are at "Elm Lodge," Collin's Bay. Mrs. A. F. Blakeley and her little son Malcolm, Belleville, are the guests of Mrs. R. H. Ward, Afro street. Mrs. Robert O'Hara, Wellington street, has returned from Collin's Bay. Mr. and Mrs. T. A. McGrinns, King street west, went to Toronto to-day. Dr. and Mrs. James Polson, who have been in England, are now in Paris and will visit other places in France before going on to Spain and Italy. Miss Betty Cartwright and her brother Billy, Toronto, are visiting their aunts, the Misses Cartwright, "The Maples." Miss Jessie McTavish has returned to Belleville, after a ten days visit in Kingston. Mrs. James Rollins, Peterboro, is visiting her niece, Miss Jessie Polson, King street west. Mrs. Isaac Allan and Miss Lois Allan, Victoria street, returned to-day from a trip to Quebec and the Saguenay. Mrs. Thomas Marshall, Belleville, was the guest of her mother, Mrs. Merrin, Kingston Junction, on Saturday. Miss Margaret Houston, Chicago, Miss Marion Houston, Jordan, Ont., and Miss Annie Bailey, New York, are the guests of Dr. and Mrs. J. W. Campbell, Queen street.

accompany her back to the play-house a few nights later so that he might hear it, too. But the song was missing. Some one had told the Lord Chamberlain about it, and that personage, whose job it is to determine what is done and what is not done in the way of etiquette in royal circles, had politely but firmly had the song suppressed.

TO-DAY'S FASHION



This Jaunty Navy Crepe Frock is Trimmed With Navy Braid and Chignon.

The little cape is worn principally for its smartness, and whether it adds warmth or not is a matter of its fabric. Where it is to add a bit of warmth, it may be of the same material as the frock, or heavier. In the model above the little pleated cape is simply for jauntiness, and it is made of navy blue chiffon. The dress is of navy crepe with an inset of the pleated chiffon at one side. About the neckline and the waist are several rows of black silk braid. The slippers are of black suede with narrow strips of black patent leather for trimming.

Righteousness is a straight line, and is always the shortest distance between two points. He is well onward in the way of wisdom who can bear a reproof and mend by it. Not the man who knows the most, but the man who knows the best is wisest.

How the Rolling Pin Is Used To Achieve a Beautiful Back

By Lucie Esia Bori.

The rolling-pin has long been considered a powerful weapon. Of course, it has its proper setting in the kitchen, especially a kitchen which puts forth hot biscuits and tempting pies with crust which melts in your mouth. But outside the kitchen precincts, the trusty rolling-pin is looked upon as an implement more dangerous than interesting.



It is necessary to Bear Down upon the Pin Firmly.

However, it has been left to the beauty specialists to find another mission for the pin that plays such an active part in the evolving of tempting bread and pastries. The same rolling-pin appears in the best of beauty parlors. And the women who leave no stone unturned in their quest for beauty will soon be transplanting the rolling-pin from the kitchen pantry to the boudoir. Especially if you are annoyed with unattractive rolls of flesh upon your back in the regions up about your shoulders will this beautiful pin interest you. But you can't very well borrow the kitchen one, as it's impossible for even the best rolling-pin to be a kitchen tool and a beauty implement at the same time. Besides you'll want to keep it in your bedroom and use it every night. So stop in the nearest store that sells rolling-pins, and buy one. Now the only thing that may seem to be a drawback to this beauty-giving pin exercise is that you really need a second person to wield the pin for you. However,

Delicious in the Cup

"SALADA" TEA

is equalled by no other tea on sale for Quality and Flavour.



TOMORROW'S MENU Breakfast Oranges Cereal Coffee Stewed Kidneys on Wholewheat Toast Luncheon Eggs Salad with Boiled Dressing Jam Sandwiches Iced Cocoa Dinner Cream of Celery Soup Fried Butterfish Baked Potatoes Sliced Tomatoes, French Dressing Coffee Apple Betty

DISHES IN THIS WEEK'S MENUS Boiled Dressing for Egg and Vegetable Salads: "Put in the top of a double boiler three tablespoons of vinegar, two tablespoons of sugar, one tablespoon of butter and one-half teaspoon of salt; heat them, then add one tablespoon of dry mustard mixed with one tablespoon of cornstarch and two beaten egg-yolks. Remove from fire after a few minutes of cooking, let cool slightly, and fold into the mixture two stiffly-whipped egg-whites and one-half cup of cream. Keep this dressing in a pint-size preserve jar in your ice box. It is also delicious in sandwiches, mixed with minced raw onion, minced cooked ham, or any other good sandwich filling." (Contributed by Mrs. E. K.) Beefsteak "Pudding": "Sift one and one-half cups of bread flour with three-fourths of a teaspoon of baking powder and one teaspoon of salt. Mix these dry ingredients with one cup of grated suet, one-half pound of beef kidneys cut small, one pound of round steak put through a meat grinder and salt and pepper to suit individual liking. Tie all in a piece of floured cloth wrung out of cold water and drop the

little bag into a large saucepan containing boiling water. Be sure the water is boiling well before you drop in the 'pudding,' and let it continue to boil up around the pudding for two hours before serving. This makes a good meal for the working man or woman, as it is full of nourishment and is 'filling.'" (Contributed by a Reader Friend.) How to Broil Chicken: Sunday's menu will call for "Broilers." This is a delicious dish. Although the birds may be cooked entirely under a flame there is so much danger of burning that many housewives prefer to cook them partially in the oven, perhaps for 15 or 20 minutes, before broiling them. To dress for broiling, singe, wipe and with a sharp-pointed knife, beginning at back of neck, make a cut the entire length of the bird through the backbone; lay the bird open and remove contents from inside. Cut out rib bones on either side of backbone, remove from breastbone, then cut through tendons at joints (this makes the chicken easier to eat). Sprinkle the bird with salt and pepper and place it in a greased pan, skin-side down. Dot over with bits of butter. After 20 minutes in your oven, broil to finish cooking, turning when done on one side.

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

WOMAN'S INSTITUTE.

The monthly meeting of the Algonquin Women's Institute was held at the home of Mrs. Lundy Seelye, on August 13th, in the afternoon. There were about fifty present. It being Grandmothers' Day there was a goodly number of grandmothers present. There was a short business meeting, after which there was a programme. Mrs. W. J. Dawson read a paper entitled "Fioncer Life in Grenville County," and Miss Sadie Connell also read a paper on "500 Things a Bright Girl Can Do." Reading by Goldie Noblett. The roll call was responded to by showing something belonging to one's grandmother. There were some beautiful things shown. During the afternoon the grandmothers had their pictures taken in a group, also the Institute members. Refreshments were served, including ice cream, cake and lemonade, after which the meeting closed by singing the National Anthem.

Cantaloupes in New Dress. These are the days for experiments in cantaloupes. Try these ways of spicing this delicious fruit. Select underripe cantaloupe. Cut it into sections and remove the rind. Soak the melon for three hours in a salt solution (one-quarter cup salt to one quart water). Drain off the brine and add the cantaloupe to a pickling syrup made from the follow-

Advertisement for Gillett's Fat Dirt, a cleaning and disinfecting product. It includes a logo with a dog and text: 'FATS DIRT CLEANS AND DISINFECTS', 'GILLETTS FAT DIRT', 'MADE IN CANADA', 'SOME OF ITS USES: For making soap, For washing dishes, For cleaning and disinfecting refrigerators, For removing ordinary obstructions from drain pipes and sinks. REFUSE SUBSTITUTES E.W. GILLETT COMPANY LIMITED TORONTO, ONT. MONTREAL.'

Comfort Shoes FOR ELDERLY LADIES



We have some very soft, comfortable House and Street Shoes. New lines just arrived.

- Kid Strap, with Turn Soles and very fine Kid Upper, at \$3.00
Kid Cushion Sole Oxford, no toe cap, rubber heel \$3.25
Kid Cushion Sole Oxford, Toe Cap and Rubber Heel \$3.45
Kid Seamless Shoe, No Tip or Seam, soft Turn Sole, Rubber Heel \$4.00
SALE OF SILK HOSIERY98c.

Lockett's

The Editor Hears

That Philip Gibbs has given a clear and comprehensive picture of present conditions in Europe in his book "The Middle of the Road." It is, as well, an interesting novel with an absorbing human interest story brought to a happy ending.

That in our democratic country we should at least remember we are living in a community in which we have all equal rights. The citizens who live in the residential parts of the city have a right to sleep undisturbed in the small hours of the morning, and the man or woman who goes to the band concerts to hear splendid music has a right to listen to that music, unspoiled by the honking of motors or the noise of people who only follow the crowd without a desire to hear the entertainment provided for them by the musicians.

That the yacht club will put on a local regatta on Labor Day with swimming races and water sports.

That Lady Rachel Cavendish kept to the tradition that a bride should wear white. Her wedding dress was of snowy chiffon, mounted on crepe de chine, with a train of Nottingham lace mounted on chiffon and decorated with silver ribbons. Her white veil was held in place by small clusters of myrtle leaves and orange blossoms, and she carried a prayer-

book bound in vellum, and a small spray of orange blossom and myrtle.

That two women surveyors, Miss Irene Martin and Miss Evelyn Perry are now working under his Majesty's Office of Woods on that part of the Crown estates which has been for many years under the receivership of Miss H. M. Jeffery, and the only two women who have as yet become members of the Surveyors' Institute.

When mending wall paper, hang the new patch out exposed to the light for a few days so the difference between the old and the new colors will be overcome. A stained and half-clean coffee pot will not give good results.

Advertisement for Gallagher's 2 in 1 Shoe Polishes. Text: 'Keep Your Shoes Neat 2 IN 1 Shoe Polishes GALLAGHER'S TAXI SERVICE 960 DAY AND NIGHT'

Advertisement for Abbey's Effervescent Salt. Text: 'Abbey's EFFERVESCENT SALT GIVES YOU HEALTH'

Advertisement for Beauty Unsurpassed. Text: 'Beauty Unsurpassed The wonderful, refined, extracting complexion-renderer, brings back the appearance of youth. Results are instant. Highly antiseptic. Exerts a soft and soothing action. 80 years in use. White Flesh-Sachet. Sold 10c for Trial Size 75RD, T. HOPKINS & SON, Montreal'

Advertisement for Gouard's Oriental Cream. Text: 'Gouard's Oriental Cream'

Advertisement for Wilson's Fly Pads. Text: 'WILSON'S FLY PADS'

Advertisement for Kill them all, and the germs too. Text: 'Kill them all, and the germs too. 10c a packet at Druggists, Grocers and General Stores.'

Advertisement for Fly-Tox. Text: 'FLY-TOX Simply spray FLY-TOX around the room. Flies, ants, moths — all insect pests die in a few minutes. FLY-TOX will not stain, is non-poisonous, has pleasant odor, easy to use. Free sprayer with each bottle. Grocers and Druggists 5c. — 10c. CANADA REK SPRAY CO. Limited 3 Brighton, Ont.'

Advertisement for September Records. Text: 'SEPTEMBER RECORDS In Complete Selection. Your Special Attention Is Drawn to the Following: YES, WE HAVE NO BANANAS PICKLES FOX TROT, 75c. STELLA RITZI-MITZI FOX TROT, 75c. DUSTING THE KEYS PIANOLA FOX TROT, 75c. LINDSAY'S 121 PRINCESS STREET KINGSTON'