NEWS AND VIEWS FOR WOMEN READERS

LIFE'S SOCIAL SIDE

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

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The beautiful rooms at "Alwington" were filled with guests on Friday afternoon, when Mrs. H. W. Richardson entertained at the tea hour. The drawing room, where the hostess received with Mrs. Herbert Deedes, (England), was lovely with flowers and bright fires and the dining room was charming with its tea table centred with pink roses, most artistically arranged. Mrs. Arthur Cunningham poured tea, Mrs. W. T. Connell coffee and Miss Marion Redden cut the ices. The tea assistants were Mrs. T. A. Kidd, Mrs. W. E. Kidd, Miss Mamie Anglin, Miss Agnes Browne, Miss Nora Connell and Miss Nonie Scott.

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On Sunday Mr. and Mrs. Richard Davis, Sydenham street, will celebrate their diamond wedding day and will have with them, as well as their daughters, Mrs. Frank Strange, and Mrs. Walter Fleming, Mrs. E. B. Loucks, Winnipeg, and Mrs. C. F. Schofield, Chicago. Mrs. E. C. C. Southey, Bowmanville, is also in town to wish her grandparents joy on their sixty years of married life. A family party will be given on Sunday by Mrs. Strange when all good wishes for many more happy years will be extended to Mr. and Mrs. Davis.

Simple Way To Take Off Fat

There can be nothing simpler than taking a convenient little tablet four times each day until your weight is reduced to normal. That's all—just purchase a case of Marmola Prescription Tablets from your druggist for one dollar, the same price the world over. Follow directions — no starvation dieting or tiresome exercising or absurd salves and greases. Eat substantial food—be as lazy as you like and keep on getting slimmer. And the best part of Marmola Prescription Tablets is they are harmless. That is your absolute safeguard. Purchase them from your druggist, or send direct to Marmola Company, 4612 Woodward Ave., Detroit, Mich.

Remarkable Discovery —Newer Form of Iron

There Is Strength In Every Tablet

One dose often helps commence to enrich your blood and revitalize your worn-out exhausted nerves—it is a newer form of iron, like the iron in your blood and like the iron in spinach. It is so prepared that it will not injure the teeth nor disturb the stomach. It is ready for almost immediate absorption and assimilation by the blood while some physicians claim metallic iron which people usually take is not absorbed at all. If you are not strong or well you owe it to yourself to make the following test: See how long you can work or how far you can walk without becoming tired. Next take two five-grain tablets of this newer form of iron — three times per day, after meals for two weeks. Then test your strength again and see how much you have gained.

NOTE—The manufacturers of this newer form of iron known as Nuxated Iron are thoroughly reliable: since its introduction it has reached the stupendous sale of over 4,000,000 packages annually, and it has been used and highly recommended by former U.S. Senators, Members of Congress, Judges of U. S. Courts and many physicians. We are able to guarantee that if you do not obtain all and even greater results than you expect from Nuxated Iron the manufacturers will promptly refund your money.

WOMEN FROM FORTY TO FIFTY

Will Be Interested in Mrs. Thompson's Recovery by Use of Lydia E. Pinkham's Vegetable Compound

Winnipeg, Man.—"Lydia E. Pinkham's Vegetable Compound has done me good in every way. I was very weak and run-down and had certain troubles that women of my age are likely to have. I did not like to go to the doctor so I took the Vegetable Compound and am still taking it right along. I recommend it to my friends and to any one I know who is not feeling well."—Mrs. THOMPSON, 303 Lizzie St., Winnipeg, Man.

When women who are between the ages of forty-five and fifty-five are beset with such annoying symptoms as nervousness, irritability, melancholia and heat flashes, which produce headaches, dizziness, or a sense of suffocation, they should take Lydia E. Pinkham's Vegetable Compound. It is especially adapted to help women through this crisis. It is prepared from roots and herbs and contains no harmful drugs or narcotics.

This famous remedy, the medicinal ingredients of which are derived from roots and herbs, has for forty years proved its value in such cases. Women everywhere bear willing testimony to the wonderful virtue of Lydia E. Pinkham's Vegetable Compound.

Women who suffer should write to the Lydia E. Pinkham Medicine Co., Cobourg, Ontario, for a free copy of Lydia E. Pinkham's Private Text-Book upon "Ailments Peculiar to Women."

Batescourt School

Will Re-open Sept. 10, 1923.

Pupils received in all grades, including Primary and Collegiate Classes.

Entrance class, if desired.

Pupils moving to other cities take first, second and third places in private and public schools.

A limited number of boarders taken.

Those in residence last year took high place in examinations Music and Dancing.

For terms, etc., apply to:

ADA J. BATES, 247 Brock Street.

The postponed sports of the R. C. H. A. are being held this afternoon on Barriefield Common. Tea will be served to the guests of the officers.

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Mrs. Frank Kinnear, Princess street, is entertaining at bridge this evening for Miss Annie Bailey, New York.

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Miss Alice Moore caught the bride's bouquet at the Wright-Hopkirk wedding.

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Mr. and Mrs. J. T. Sutherland, Clergy street, have returned from Amherst Island.

Mr. and Mrs. W. J. Fair and Miss Virginia Fair, King street, motored to New York, leaving on Friday.

Mrs. F. B. Pense, Albert street, has returned from Toronto.

Miss Rose Hopkins, Toronto, who will represent the Department of Agriculture at the Woman's Institute exhibition at the Kingston Industrial Exhibition, has arrived in town.

Miss Hazelle Ashley is returning to New York on Sunday after spending three weeks' vacation with her parents, Mr. and Mrs. John Ashley, 28 Livingston avenue.

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Mrs. Victor Rivers, Ottawa, was among the personal friends of Mrs. A. G. Rosamond who attended the unveiling ceremony at Almonte this week.

Mrs. Austin Gillies is spending some time in New York City and will return to Ottawa at the beginning of next week.

Rev. Dr. E. B. Lanceley and Mrs. Lanceley, formerly of Kingston, have returned to Toronto from an extensive trip, touching Great Britain, Holland, Belgium, Switzerland, Italy and France.

Miss Elsie Hicks, nurse-in-training at the Kingston General Hospital, is visiting her parents in Almonte.

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Rev. T. W. Savary, Mrs. Savary and Master Reginald, who have been in Nova Scotia for a holiday, returned to town on Thursday.

Miss Annie Fowler, who has been in Halifax, is now in Thorburn, N. S., with Miss Mair and Rev. Stead Burns.

Miss Florence Macgillivray, University avenue, left today for Albany, N.Y., to take a course for university graduates in library work at the New York State college.

Miss Lilian Fair, West street, motored to Tweed to spend a few days with Mrs. Gerald Denyes.

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Mrs. E. B. Loucks, Winnipeg, is with Mr. and Mrs. Walter Fleming, Sydenham street.

Mrs. Willoughby Cummings returned to Toronto this week from a European tour, and leaves immediately for Vancouver, B.C., to attend the triennial meeting of the Canadian Women's Press Club.

Miss Katie Marsh, who has been at Garden Island with her sister, Mrs. Hiram Calvin, returned to her home in Quebec this week.

Mr. and Mrs. C. A. Macpherson, University avenue, returned on Friday from a visit in Ottawa.

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Mr. and Mrs. George Wright and sons, Kingston, are visiting with Mr. and Mrs. John T. Devlin, Perth.

Mrs. Margaret McIntosh has returned to her home in Winchester, after spending the past two months at her cousin's, Mr. and Mrs. Walter B. Clark, Napanee. She also spent a week in Kingston with Mr. and Mrs. F. W. Coates, and Rev. Mr. and Mrs. Curtis.

Mr. and Mrs. A. V. Doller and daughter, Gertrude, Kingston, spent Wednesday with Mrs. James B. Miller, Napanee.

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Miss Pearl Cassells, Kingston, is visiting Mrs. M. J. Babcock, Napanee.

Major Alderson is expected in Ottawa from Halifax early in October, when he and Mrs. Alderson will leave for their home in Kingston.

Mr. and Mrs. J. A. Capell have returned to the city from a two months' motor trip.

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Miss K. Doyle, Bagot street, has returned from a visit of three weeks to Detroit, Mich.

Dr. and Mrs. A. P. Knight, Alice street, have returned from St. Andre N.B., and Miss Phyllis Knight from British Columbia.

Dr. and Mrs. George Dalton, who have been with Mrs. W. B. Dalton, Johnson street, returned to Springfield, Mass., today.

Miss Francesca Foulkes, who has recently returned from England, is with Col. Foulkes, Brock street.

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Mrs. Charles Lyons, Ordnance street, returned home today, after two weeks' visit with her sons in Rochester, N.Y.

Miss Lillian McQuaid, Rochester, N. Y., is spending this month with her aunt, Miss Molly Lyons, Ordnance street.

Mrs. Ferries, Ottawa, is with Mrs. B. Dalton, Johnson street, and R. F. Segsworth arrived today from Toronto, to join Mrs. Segsworth, who is with her mother.

Miss Louise Hill, Gore street, arrived in town, on Thursday, from a holiday spent in Georgian Bay district, Niagara Falls, and Toronto.

Miss Nonie Scott, New York, is with Mrs. W. T. Connell, Arch street.

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Mrs. Horace Lawson, Johnson street, and her little daughter, Audrey, have arrived from Barrie where they have spent the summer.

Miss Alice Houston, representing the Halifax Evening Mail, is enroute to the Women's Press Conference which assembles in Vancouver next week.

Miss Josephine Dwyre, Oshawa, is visiting friends in town.

Miss Lois Saunders, Earl street, has returned from "The Maples."

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Mrs. Charles Spooner, Frontenac street, is the guest of Mr. and Mrs. W. R. Spooner, Westmount, Que.

Mr. and Mrs. J. C. Hyssop, William Hyssop, and Miss Thelda McAdoo, R.N., have returned from an enjoyable motor trip to Toronto and Niagara Falls.

Don't forget to visit the Red Cross section in the main building at the Kingston Industrial Exhibition, and to buy some of the attractive work done by the soldiers for sale there.

Afternoon tea, with homemade dainties, will be served on the Fair grounds in the Woman's Institute tent, near the west entrance to the palace, during next week.

THE "BANANA" BALLAD.

Toronto Star.

The great charm of "Yes, we have no bananas today" is that is doesn't mean anything.

The song itself has coherence, so that when you get the entire setting the effect is altogether lost, and "Yes we have no bananas" sinks to the level of the Carolina Mammy group and the whole range of Homesick Blues. But it is the slogan rather than the song that has caught the fancy of America. Fifty per cent. of the people who have heard it think it is an advertising motto or the formula of a secret benefit society, and the majority of the remaining fifty per cent. could no more repeat the rest of the words than they could repeat the Canadian national anthem. It is the slogan that has sold the million odd copies, and from the point of view of delirious inanity the slogan is worthy of Lewis Carroll or Edward Lear.

The capacity for complete inanity would seem to be the test of a nation's sanity. Certainly a collection of people that go about singing "Yes, we have no bananas today" makes a much safer neighbor than a collection of people that go about singing "Deutschland, Deutschland."

The song itself, as Mr. Augustus Bridle pointed out to the writer, is an ingenious adaption of a number of old-time favorites. The composer has borrowed largely from "The Bohemian Girl," notably from "I dreamt I dwelt in marble halls," the line "And of all who dwelt within those walls" corresponding note for note with "I have string-beans and onions." The final line, "Yes, we have no bananas today," is more than reminiscent of the final line of that haunting refrain of a dozen years ago, "In the shade of the old apple tree."

A local poet and writer commended "Yes, we have no bananas today" with the greatest enthusiasm.

"I regard it as a really notable piece of work," he said, "because in it you have finally expression unfettered by the demands of intelligibility. As a liberating influence it is as important a contribution to the intellectual life of America as the prose of Gertrude Stein."

He said that he preferred not to be quoted, and upon examination confessed that he had never heard anything of "Yes, we have no bananas today" except the last line.

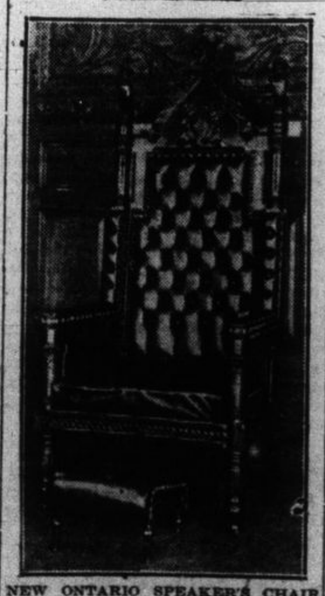
Perhaps the most interesting contribution to the discussion came from Sir Robert Falconer.

"What is your impression of the popular song, "Yes, we have no bananas today?" The Star inquired of Sir Robert.

"Popular song?" repeated Sir Robert, "I don't believe I know it."

Let every man's hope be in himself.

Necessity is a violent school mistress.



NEW ONTARIO SPEAKER'S CHAIR
The latest Speaker's Chair for the Ontario Legislative Chamber has been made by disabled war veterans and is a handsome piece of workmanship, embellished with fine wood carving.

A PRETTY FALL FASHION
A navy and white costume for cool fall days is composed of a striped skirt, and a coat trimmed with white stripes, and suede belt. The sleeves have tiny turn back cuffs.

WOMAN'S INSTITUTE.

From being a society comparatively unknown, the Women's Institutes are beginning to attract the attention of writers and of publications which cater largely to a city clientele. This is all to the good—the more the city knows about the country the better, and vice versa. Following an article in the Christian Science Monitor, there comes another appreciative American reference to this great rural association, which has Canada as its birthplace, the Woman Citizen of New York, giving it prominent notice.

Then our own "Sailor," in its last issue, quotes at length from the account of the Biennial Convention in Fredericton, which appeared in the Canadian Farmer and incidentally speaks in the most grateful way, of the generosity shown the fund for sailors by the various branches of the W. I.

At the very successful school fair held at Inverary on Thursday, a number of the Battersea ladies were present and a meeting was called to form a branch of the Woman's Institute, to be known as the Battersea branch. Mrs. A. W. Sirrett, Kingston, was the speaker and the result of the meeting was the formation of a branch of twenty-five members with Mrs. Sleeth, one of the first Institute members, as honorary president. A meeting will be called at an early date to elect officers for the year.

The Fire-Ranger.

The good fire-ranger is our friend tonight,
We sit before his tent and watch his fire
Send up its fount of sailing sparks that light
The ruddy pine-stems. Hands that never tire
Our friend's are, as he spreads his frugal store,
And cooks his bouillon with a hunter's pride
Till, warm with woodland fare and forest lore
We sink at last to sleep. On every side,
A grim mysterious presence, vast and old,
The forest stretches leagues on leagues away
With lonely rivers running dark and cold,
And many a gloomy lake and haunted bay
The stars above the pines are sharp and still
The wind scarce moves. An owl hoots from the hill.

—ARCHIBALD LAMPMAN.

How Do You Walk?

A woman's character can be told by her walk. A martial tread indicates the soldierly type of woman. An energetic spirit, lively tongue, and short temper are indicated by quick steps.

The fast walker is usually a bustling, busy person, a good housekeeper, and one who abhors dirt and dust. No tradesman would ever cheat her.

A soft, timid tread is the step of the clinging, gentle woman, who relies entirely upon her husband. She will be essentially "feminine" and dainty.

Turned-in toes indicate a preoccupied, absent-minded person. Calmness and reflection are betokened by slow steps, either long or short. A proud and haughty nature is found where the step is measured and slow with the toes well turned out.

Silver Dollar: "I'm bigger than you are."

Copper Penny: "Yes, but I got to go to church"

TO-MORROW'S
HOROSCOPE
BY GENEVIEVE KEMBLE

SUNDAY AND MONDAY, SEPTEMBER 16-17.

Sunday's horoscope is not favorable and discourages all change or travel. There is a menace from ill-temper and hasty deeds. Law is to be shunned.

Those whose birthday it is may encounter a year of anxiety, which may be magnified by quarrels. Shun change and travel. A child born on this day will be fond of change, quick and clever, but may be impulsive unless it is well trained.

Monday's astrological reading enjoint quiet and conservative deportment in business as well as domestic relations. The disposition may be depressed.

Those whose birthday it is have the prophecy of an anxious year, in which they should be conservative and quiet in all matters, both business and domestic. The affectional relations may have melancholy tendencies. A child born on this day should be given early training to develop responsible propensities.

The Editor Hears

That Sydenham Sunday school will have a new lantern which will be in use for the opening of the winter season.

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That Kingston is prepared to give a splendid attendance at the Kingston Industrial Exhibition. The old days when the fair was only attended by the people from the rural districts are gone for ever. Few indeed are the Kingstonians who do not enjoy the big show, where there is something to suit every taste.

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That in a very few more weeks Queen's university will be opened for the fall and winter session, and the streets will be filled with freshmen and freshettes in marvellous garments. We will hope the powers who rule this sort of things will shorten the days of probation. A month is surely too long.

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That a fashion note says that light fur on a dark material is the last word in smartness.

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That you can get your baby weighed at the Woman's Institute section in the main building at the fair.

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That the American girl who danced with the Prince of Wales at Quebec is pretty and an excellent dancer as well as a clever newspaperwoman.

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That a touch of white at neck and cuffs is noticeable on many of he new frocks, and a window filled with dainty organdy sets is the mecca of many women. There are narrow little collars that merely outline the bateau neckline with a touch of real lace, and there are wide collars with cuffs as deep as any cavalier of old, finished with a hand embroidered edge of pointed scallops.

Optimism.

If the day looks kinder gloomy
And your chances kinder slim,
If the situations puzzlin'
And the prospects awful grim,
If perplexities keep pressin'
Till hope is nearly gone
Just bristle up and grit your teeth
And keep on keepin' on.

Fretting never wins a fight
And fumin' never pays,
There ain't no use in broodin'
In these pessimistic ways;
Smile just kinder cheerfully
Though hope is nearly gone
And bristle up and grit your teeth
And keep on keepin' on.

There ain't no use in growlin'
And grumblin' all the time
When music ringin' everywhere
And everything's a rhyme.
Just keep on smilin' cheerfully
If hope is nearly gone,
And bristle up and grit your teeth,
And keep on keepin' on.

Peeling the Skin is Better Than Bleaching

Ever since the discovery that ordinary mercolized wax would absorb and remove a discolored or blemished complexion, its use by ladies as a substitute for bleaching creams has grown rapidly. A perfect complexion can be maintained indefinitely if this remarkable substance is used. Its beneficent cleansing, clearing and preservative action is quickly apparent, and ladies who have been paying high prices for "special bleach" from beauty specialists, soon recognize that mercolized wax outranks them all. It has become so popular that it can be obtained at all druggists, who have it in original, one-ounce package. The favorite way of using is to apply it like cold cream, before retiring, washing it off in the morning.

Every 10c Packet of WILSON'S FLY PADS WILL KILL MORE FLIES THAN $8.00 WORTH OF ANY STICKY FLY CATCHER

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

MacKey's BETTER BREAD

Is ever increasing in popular demand.

Why?

"WE KEEP THE QUALITY UP"

The highest quality ingredients are used only, thus insuring a better bread, for the same price as ordinary bread.

MacKEY'S BREAD Ltd.

PHONE 834. KINGSTON, ONT.

Out-of-town buyers, write us for the agency in your town. We have an interesting contract.

Dr. Martel's Female Pills

Thousands testify to beneficial results last half century. Delayed and Painful Menstruation, Nervousness, Backache, Dizziness, etc. Sold only in Sealed TIN BOX with our signature, $2.00. All Druggists or DIRECT BY MAIL, plain package. Knickerbocker Remedy Co., 71 E. Front St., Toronto. There is nothing else just as good.

GALLAGHER'S TAXI SERVICE 960

DAY AND NIGHT

Old Dutch for ALUMINUM WARE

Utensils look brighter and last longer. Old Dutch contains no lye, acid or grit.

Use it for all your Cleaning.

MADE IN CANADA

THE SONORA "Nocturne" MODEL Phonograph

$160

Easy terms arranged.

In no better manner can you determine Sonora superiority than through "below the surface" inspection.

Here appears concrete evidence of the quality materials, substantial construction and painstaking workmanship, which places Sonora far above the ordinary.

LINDSAY'S

C. W. LINDSAY LIMITED

121 PRINCESS STREET KINGSTON

Ever have an eye as to what and to whom you speak concerning any man.

This it is to be wise when you can bend your mind to whatever direction circumstances may require.