

NEWS AND VIEWS FOR WOMEN READERS

LIFE'S SOCIAL SIDE

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

Mr. and Mrs. G. C. Kyle, Victoria, B.C., visiting for the past week with their cousins, Mr. and Mrs. George Keyes, Sr., and family, Wolfe Island, will leave by motor, accompanied by Mr. and Mrs. J. W. Keyes, after spending a day at Kingston Exhibition, for Adolphustown, Picton, Belleville and other places of interest in Western Ontario.

On the occasion of her leaving for Spokane, Washington, members of the Woman's Aid of St. George's church met on Friday afternoon and presented Mrs. A. S. Brooks, who has been a member of the society for some time, with a prayer book.

Mr. and Mrs. Walter Cooper and two children, accompanied by their niece, Miss Evelyn Cooper, motored to Renfrew for Old Home Week.

Mr. and Mrs. Horace G. Lockett, Hamilton, are spending the weekend with Mr. Lockett's parents, 24 Stuart street.

Miss Isabel Kelley has returned home after visiting Mrs. George Ferrier at her summer home, "Clara Vista."

Mrs. Allan M. Reid left on Friday for New York, where she will spend three weeks, the guest of Mr. and Mrs. A. Duncan Reid.

Mrs. Herbert B. Holder, William street, has returned to her home, after spending a month with relatives in Hastings, Peterboro and Toronto. Mrs. Alice Davy, Cherry street, returned home on Wednesday, after spending a holiday with Mr. and Mrs. A. Davy, Toronto.

Mrs. Orville Burch, Cherry street, spent the week with Mrs. Dale, Belleville.

Mrs. G. H. Williams, Saskatoon, Sask., is visiting her son, A. G. Williams, Albert street, after an absence

of sixteen years in the Canadian West. Mrs. George F. Chalk, Allen, Sask., and Mrs. James Butler, Saskatoon, are also guests of their brother, A. G. Williams.

Sir Henry Thornton, president of the Canadian National Railway, is in the city on his official car. He is here to see his son, a cadet at the Royal Military College.

Mrs. Marcar is in Cornwall to spend some time with her sister, Mrs. (Judge) O'Reilly.

Mrs. J. L. Boyes, Napanee, spent a few days in Kingston this week.

Mrs. J. M. Parrott, Napanee, is spending a couple of weeks visiting friends in Kingston and Belleville.

Mrs. J. S. Randolph and her daughter, Mrs. Gailivan, Kingston, who have been spending the summer in the Laurentian Mountains, are in Cornwall this week visiting relatives before returning home.

Mrs. Grace Shiels, Kempville, is the guest of Mrs. Carleton, University avenue.

Miss Carol Paterson, Montreal, is spending two weeks in Kingston, the guest of Miss Helen Tofield.

Miss Watson, Belleville, is visiting Mrs. Thomas Watson, Earl street.

Miss Gertrude Burke, graduate nurse, who has been visiting her mother in Portsmouth, has returned to Toronto. She is the chief legatee of the Cosgrave estate in that city, and will receive about \$60,000.

Miss M. Orrell, Wellington street, will spend the autumn and winter in New York with her sister.

Dr. and Mrs. H. L. Myers, who have been at their summer home, Cherry Island, near Gananoque, for the past three months, returned to Norfolk, Va., today.

The engagement is announced of Miss Marjorie, eldest daughter of Mr. and Mrs. F. A. Stebbins, Cape Vincent, N.Y., to Frederick W. Gardard, Watertown, N.Y.

The Florence Hudson private school of Ballet, Classic and Modern Dancing for adults and children. Classes and individual instruction. For further information Apply 29 Union street west.

Getting Too Fat? Try This—Reduce

People who don't grow too fat are the fortunate exception. But if you find the fat accumulating or already cumbersome, you will be wise to follow this suggestion, which is endorsed by thousands of people who know. Ask your druggist for Marmola Prescription Tablets and follow directions. One dollar is the price the world over. Get them from your own druggist or send price direct to Marmola Co., 4612 Woodward Ave., Detroit, Mich. By doing this you will be safe from harmful drugs and be able to reduce steadily and easily, without starvation diet, tiresome exercises or absurd greases and salves.

sons, 1 medium tablecloth, 12 napkins to match, 12 smaller tablecloths, 12 napkins, 3 lunch cloths, 2 dozen or more lunch napkins, luncheon sets (doyile and centre-piece), a tray cloth, etc., 1 dozen glass towels, 2 dozen dish towels, dishcloths, 1 dozen rubber towels, 1-2 dozen dust cloths, broom covers, etc.



MADAME CURRIE The famous French-woman scientist, and discoverer of radium, who is about to pay another visit to this continent.

PUFFS AND MORE PUFFS FOR THE NEW GOWNS. Satin faced, Canton crepe gowns will not be worn this season. The newest thing is Canton crepe faced satin, according to the Art Fashion League in convention at Chicago.

Because of this edict dressmakers will have their hands full reversing last season's gowns. It will be comparatively easy to transform the old Canton crepe to satin by simply ripping up the dress and making it over the reverse side.

Styles will remain much the same, except for the addition of puffs on the gowns. Puffs on the side, puffs to the sleeves, puffs where one used to wear a bustle—these are the newest fashions, with a double purpose to each puff, in that handkerchiefs, purses, vanity cases can be concealed in any of the puffs while they are not in service.

For evening wear a new lace fabric is shown. Black velvet and moire for afternoon gowns are good, the experts say.

Homey Facts. Clean the oil paintings with a wool cloth moistened with olive oil. Fine ashes mixed with turpentine are splendid for cleaning brass and steel.

Honey and cream cheese make a tempting spread for toast and English muffins.

A little gasoline in the water when scrubbing floors will quickly eradicate grease spots.

Tears and holes should be mended before laundering to prevent the rubbing making them larger.

Carleton Place is moving to have an Old Home Week in 1924. The first and last thing required of genius is love of truth.

SEASONABLE RECIPES.

Green Tomato Mince for Pies. Take four quarts of green tomatoes chopped fine, bring to a boil and scald thirty minutes. After draining add two cups of brown sugar, one pound raisins, one pound currants, one cup chopped suet, half a cup of vinegar one tablespoon salt, stir well and cook until thick. Add, when cool, one teaspoon, each of cinnamon and nutmeg. This is very handy for winter use.

Nakomah Salad. Add to a cupful of corn freshly cut from hot boiled cobs, a minced sweet pepper (removing the seeds) a finely-minced or grated onion, a cupful of chopped celery and four slices of fried bacon diced. Mix these ingredients, then place in tomatoes that have been hollowed out ready for filling. Serve on lettuce leaves or finely-shredded cabbage. Heap the salad with mayonnaise or Russian dressing.

Grape Conserve. Thoroughly wash five pounds of grapes. Remove pulp, and boil for five minutes. Put through colander to remove seeds. To the pulp add the grape skins, three cups of sugar, one pound seeded raisins, half a pound English walnuts, chopped fine and three sweet oranges, including skins (put through food chopper). Boil slowly until thick—about one hour. Pour into sterilized jars or glasses and seal with paraffin.

CURATIVE LEMON

Does your hair, when washed with soap or shampoo powders, retain a sort of curd on it and seem sticky and unclean, even though you give it several rinsings?—Try the juice of one lemon and a quart of water for the last rinsing, and your crowning glory will be soft and lustrous.

Do you ever spill ink on linen and get a very natural horror of framould?—Squeeze lemon juice onto the ink spot at once and pour boiling water over. Then you need not worry.

Are your hands a worry to you because they are not clean and white?—Rub them frequently with lemon juice and you will have lily-white hands.

Has your husband germs of malaria in his system—the result of the war and his sojourn in the East?—Encourage him to drink plenty of home-made lemonade.

Do you want a siffler figure?—Try drinking a glass of hot lemonade twice a day, sweetened with saccharin. If you must use tea, try lemon instead of milk and sugar.

Are you troubled by hot weather?—Refresh yourself with unsweetened lemonade, for sugar is heating. The cooling properties of lemons deserve to be better known. They also tone up the system and purify the blood.

Makes Them Last. If a small hole appears in hosiery, take time and mend it when you remove your stockings. Then it will not develop into a large hole in the washing process and the hosiery will last longer.

Combination Colors. Orange and green are frequently used together this season on brown, black or with navy blue.

A proud man is always a foolish man.

TO-MORROW'S HOROSCOPE

BY GENEVIEVE REMELE

SUNDAY AND MONDAY, SEPTEMBER 23-24. Sunday's horoscope emphasizes the progress of all ecclesiastical affairs, but warns against travel change and removal and stresses the disaster that may follow quarrels and litigation.

Those whose birthday it is may have an anxious year but one that may be made prosperous by wise management and avoiding law, quarrels and change. A child born on this day will be fond of travel and change. It may be headstrong unless it is carefully trained, but it will make a business success.

Monday's astrological chart holds a promise for success in the general trend of affairs, but holds, also, the possibility of danger through hurt, accident or personal injury. Avoid the possibility of danger and shun litigation.

Those whose birthday it is should have a year of success in affairs, but are under the menace of danger. A child born on this day should be taught to be careful to avoid all manner of hurt and accident.

If Real Life were Like the Movies. All cross-eyed men would be funny.

All policemen would be acrobats. All sea-going yachts would be houseboats or abandoned fishing smacks.

All buildings would have fat men falling off them. All mountains would have travelogue expeditions climbing up them. All barrels would have comedians hiding in them.

All men with small mustaches would be continually crowned with custard pie. All social functions would involve hired dress suits.

All floods would drown somebody. All automobiles would be wrecks. All country girls would outshine city debutantes.

All scaffolds would hang by one rope. All bricks would bounce off all skulls.

All mothers would be large-eyed, fresh-faced, grey-haired, poor, and teary.

All peace conferences, football games, boat races, and Atlantic Fleet manoeuvres would take about thirty seconds.

And all mirrors, held up to nature, would crack under the strain. Weed Dickinson, in "Life."

RECOMPENSE. I cannot be in Italy With flaming skies a canopy Of deep lagoons, as smooth as glass

Where gondolas all slowly pass, But . . . I know where there is a pool, Where lilies float, so white and cool Where I may go.

I may not be in Egypt, though I would so love to see the glow Of yellow sands and deep, blue sky, The pyramids . . . yes, I may sigh For these, but I know where to find.

A hilltop—laurel blooms entwined, There I can go. —Mary Wight Cutajar.

George W. Shangraw, Alexandria Bay, N.Y., died suddenly on Sept. 18th. He was sixty-four years of age. A widow and two children survive.

BUBBLE BLOWING HINTS.

The other day an anxious fester asked me to tell him the secret for blowing strong and lasting soap bubbles. His little daughter is an enthusiastic bubble-blower, but like most people she finds that her balloons go off pop before she has time to admire their delicate coloring and beautiful shape. With care you should be able to blow a big bubble which will last for at least three minutes. For most boys and girls it will be enough to drop a spot of two of glycerine into the soapy water. That always has the effect of strengthening the bubbles.

But if you want to do it properly here is the recipe: Dissolve an ounce of Castile soap in a pint of soft rain water. Then add a quarter of a pint of glycerine, stir the mixture well, leave it for a quarter of an hour.

With a short clay pipe you will

Enrich Your Blood With This Newer Form of Iron

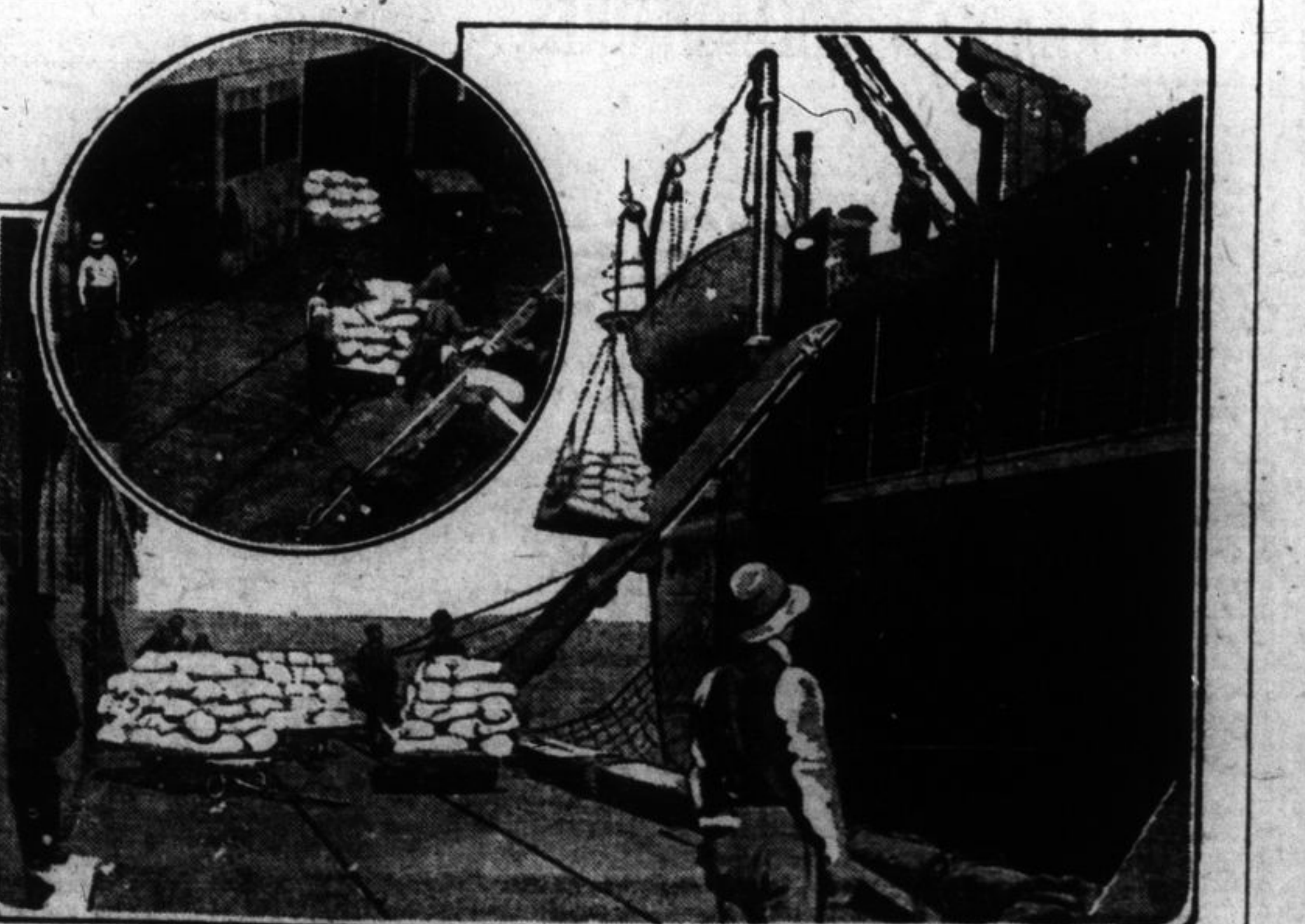
For many years physicians and chemists experimented to produce a newer form of iron, like the iron in your blood, because they realized that the old metallic iron often blackened the teeth and upset the stomach. Their examinations proved that three people out of every four were deficient in iron content in the blood and that thousands were weak, sick, nervous, ailing and run-down, and suffering from all sorts of alarming symptoms, when as a matter of fact their trouble was all due to iron starvation of the blood. At last they discovered this newer form of iron, like the iron in spinach, lentils and apples in highly concentrated form. It quickly helps put strength into your muscles and color into your cheeks. Get your doctor to take your red blood count to-day, then take this newer form of iron known as Nuxated Iron for a few weeks and watch your red blood corpuscles increase; see how much purer and richer your blood becomes; how much stronger and better you feel; what difference it makes in your nerves. Over 4,000,000 people annually are using Nuxated Iron. Your money will be refunded if you do not obtain satisfactory results. In tablet form only. At all druggists.



We carry everything pertaining to RADIO. If you need a new part, or an approved attachment, you are sure of getting it here. Have you seen the new MORGAN RADIO CORPS' "MIDGET RECEIVER"? It's at the Fair. Call around.

The H. W. Newman Electric Co. 107 PRINCESS STREET. PHONE 441. Kingston's Pioneer Radio Supply House.

Relief for Famine Sufferers



Empress of Russia at Vancouver loading supplies for the earthquake-stricken elements of Japan. With every available inch of her cargo space crammed with foodstuffs and a capacity stock of ship stores, sufficient to replenish the supplies of the Empress of Canada and the Empress of Australia, on relief duty off the Japanese coast, the Canadian Pacific S.S. Empress of Russia was the first relief ship to arrive. She carried consignments of flour, canned milk and canned salmon amounting to 350 tons, from the Canadian government. The British Columbia branch of the Canadian Red Cross sent twenty tons of canned milk and fifty tons of other canned food-stuffs, while the Vancouver Japanese Association contributed an initial shipment of fifty tons of flour for their famine-stricken countrymen. More than two hundred & twenty-five of the "Russia" three thousand tons of cargo was of flour.

MacKEY'S WHOLE WHEAT BREAD FROM THE WHEAT FIELDS TO YOU. Mackey's Whole Wheat Bread is the real bone and muscle-building kind, rich in all the qualities that growing children need. A thick slice with plenty of good butter is a meal in itself. For grown people too, it makes digestion wait on appetite and health on both. Why not try it to-day? MacKEY'S BREAD Ltd. PHONE 584. KINGSTON, ONT.

Benson's Golden Syrup TRY it today, and give your palate a new treat. When you get that new flavour in Benson's Golden Syrup you will wonder what it is—that new sweetness that you have never known—the surprise result of a new process in blending and refining. And the new Syrup comes to you in a new container—A glass jar that you can look through and see the purity of the contents. A full Imperial quart self-sealing container that you can use afterwards for your own preserving. Benson's Golden Syrup Manufactured by The Canada Syrup Co. Limited, MONTREAL. 109

GALLAGHER'S TAXI SERVICE 960 DAY AND NIGHT T. Z. Traynor has been appointed tax collector of Carleton Place at a salary of \$200.

PRINCESS PHARMACY DEFENDABLE DRUGGISTS Phone 2018—Anytime

LINDSAY'S PLAYER PIANO MUSIC ROLLS Come in and Try Over These Latest Numbers: Barney Google Old Pal of Mine Yes, We Have No Bananas Old King Tut LINDSAY'S KINGSTON 121 PRINCESS STREET