

NEWS AND VIEWS FOR WOMEN READERS

LIFE'S SOCIAL SIDE

Editor of Women's Page, Telephone 243. Private phone 837w.

Miss Gertrude Bourdieu Emery, elder daughter of F. B. Emery, New Westminster, B. C., is to be married on Oct. 10th in Holy Trinity Cathedral, New Westminster, B. C., to Captain Frank Waterfall, a member of a well known old Vancouver family. Miss Emery is a grand-daughter of the late Rev. C. P. Emery, at one time rector of Kemptville, Ont., and also a grand-daughter of the late Rev. Conway Cartwright, late of Vancouver, formerly of Kingston.

Sir Henry and Lady Thornton will occupy the residence of Capt. and Mrs. Alan Joly de Lotbiniere, 591 Pine avenue west, Montreal, for the coming winter.

General W. St. Pierre Hughes returned to Ottawa on Saturday having been on an official trip through the Canadian west to the Pacific coast. Mrs. Hughes, recently visiting her daughter, Mrs. John Gzowski, at Cartierville, also returned to Ottawa.

Miss Leah Beecher, who leaves for Kingston to attend Queen's University, was entertained at a delightful handkerchief shower by her associates in the Dominion Bureau of Statistics. She received many dainty gifts with the good wishes of her friends.—Ottawa Journal.

Mrs. H. Munro Campbell left on Sunday after spending several weeks with her father, W. George Crozier, and her sister, M. E. Everett Bruner.

Lose Your Fat, Keep Your Health

Superfluous flesh is not healthy, neither is it healthy to diet or exercise too much for its removal or to apply greases and salves to the skin. The simplest method known for reducing the over-fat body easily and steadily is the Marmola Method, tried and endorsed by thousands. Marmola Prescription Tablets contain an exact dose of the famous Marmola Prescription, and are sold by druggists the world over at one dollar for a case. They are harmless and leave no wrinkles or flabbiness. They are popular because effective and convenient. Ask your druggist for them or send price direct to the Marmola Co., 4812 Woodward Ave., Detroit, Mich., and procure a case.

GALLAGHER'S TAXI SERVICE 960 DAY AND NIGHT

BLACKHEADS

Blackheads go quickly by a simple method that just dissolves them. Get two ounces of peroxide powder from your druggist, rub this with a hot, wet cloth briskly over the blackheads—and you will wonder where they have gone.

side, Kingston. Mrs. Campbell will spend some time with Mrs. W. M. Campbell, Westmount, before leaving for her home in New York.

Dr. William Kingsley, Mexico City, is visiting his brother, Rev. Dr. Kingsley, Kingston, Ont.

Miss Sarah Craig, Ottawa, is the guest of her sister, Mrs. W. Dunnett, Brock street.

Miss G. E. Strange, King street, is in Ottawa attending the twenty-second convention of the King's Daughters.

Miss Flora Schofield has returned from a trip to the Pacific coast and is now visiting Miss Norma MacFledge before returning to her home in Ottawa.

Mrs. Gordon Ingram, of London, Ont., who has been the guest of Mrs. G. W. F. Hodgins and Miss Kathleen Ewart, has left for Kingston, where she will visit friends before returning to her home.

J. Grant Macdonald has returned to Kingston after having spent the summer holidays with J. Claude Purvis, Junetown.

Canadian Press Women View Western Canada

(By Whig's Women's Page Editor) Vancouver, B.C., Sept. 25.—From Winnipeg we dashed in a taxi up wide streets, caught a glimpse of the handsome new parliament buildings, and were driven past some of the beautiful homes of the metropolis of the middle west, we began our fabled trip across Kipling's "Far-flung, fenceless prairies," with their brown fields stretching to the sky line and here and there "league-long" furrows," of the black loam that has given bread to millions and will feed millions yet unborn. Manitoba's crop of 1923 passed us in the long heavy trains that are now leaving Winnipeg for the east every twenty minutes, and the prairie is lit nightly by flaming beacons which we were told were the piles of chaff we had seen, being burnt. In Saskatchewan and Alberta stocks of grain still stretched to the horizon and the threshers were busy. Near Calgary we saw the first snow and the stocks were like snowmen standing in regiments and as we climbed the steep ascent of one thousand feet in eighty-five miles to Banff, we passed through "The Gap," ghostly in the light of the moon peeping now and then through the clouds veiling the mountain tops. As we decided to stop at Banff and Lake Louise on our homeward trip, we went on through the great

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Rockies at night catching glimpses of these masses of rock which scientists tell us were literally shoved up out of the bowels of the earth. Marvellous engineering feats make it possible for the train to pass the barrier between the prairies and the coast, and one thinks with amazement of every department of the great National Railway. The sense of security which enabled the passengers to sleep restfully as the train dived under the great Mount Ogden and Cathedral Mountain is due as Kipling says of "The Sons of Martha," who bear the burden as their mother of old.

It is their care in all the ages, to take the burden and cushion the shock.

It is their care that the gear engages; it is their care that the switches lock.

It is their care that the wheels run truly; it is their care to embark and entrain.

Tally, transport and deliver duly, the Sons of Mary by land and main. They say mountains "Be ye removed," they say to the lesser floods "Be dry."

Under their rods are the rocks removed—they are not afraid of that which is nigh.

Then do the hill-tops shake to the summit—

Then is the bed of the deep laid bare.

That the sons of Mary may overcome it, pleasantly sleeping and unaware.

The rocky light that touched their snow peaks was the last glimpse at the Rockies as we left them at daylight before we came to Revelstoke, where the morning mist veiled the furled beautiful Selkirk mountains into which we passed. We spent a glorious day seeing yet another wonder of our wonderful country. Great mountains clad with Douglas fir, beautiful rivers and the verdure for which British Columbia is famous, shown in the apple orchards laden with fruit, the vine clad houses nestling in the valleys, even the wayside flowers and shrubs along the tracks, a joy after the sage bush of the western prairie; the beautiful sea green South Thompson river, which carries the waters of Kamloops Lake to the Pacific Ocean. Through the strange bare hills of rock and clay, behind which lie the Cariboo gold fields and one of the best grazing countries on the continent, the river runs, its channel narrowing to the Thompson Canyon, while the mountains close closer and closer. We in the C.P.R. train that hugs the narrow ledge on the south of the river burrowing through tunnels and turning corners in a marvellous way, watched the C.N.R. train doing the same thing on the north side of her narrow gorge. At Spence's Bridge, the Fraser river dashing down between the mountains in the north, merges its brown water with the placid green of the Thompson, and tears along with angry violence to the sea. Here the railways change sides of the river crossing the foaming torrent on bridges a short distance apart. We are now in the Fraser river Canyon, weird beyond words, "Hell's Gate," where the river has torn the great rocks, in the name given to one of the most awesome spots. The sun smiles behind the western mountains turning to gold the high peaks and we come to North Bend, a lovely station, shut in between the great mountains, peaceful and altogether charming.

A clear night and glorious moonlight made the remainder of the trip to Vancouver delightful and we found a hearty welcome from the British Columbia press women awaiting us in their beautiful city, and all sorts of gaieties arranged for our entertainment and we each began the third triennial meeting of the C.W.P. by fading in our rooms a beautiful bouquet of flowers with greetings from the Vancouver Daily Province.

The Vancouver branch entertained us at luncheon at the Vancouver hotel, at which Mrs. E. M. Cuppaga, the president, presided. Col. George Ham, the father of the Press Club, in a witty speech congratulated the club on its growth from sixteen members nineteen years ago, to its present membership of more than four hundred—a hundred and fifty being at this meeting. He regretted the absence of some of the first members, mentioning Miss Agnes Maude Macchar, Kingston. Judge Emily Mur-

Efficient Housekeeping

- TOMORROW'S MENU Breakfast Oranges Cereal Coffee Fried Liver and Bacon Muffins Luncheon Fried Rice Cake with Maple Sirup Cocoa Stewed Prunes Cookies Dinner Cream of Celery Soup Cold Roast Beef Sliced Chopped Pickle Boiled Potatoes Canned Peas Coffee Lemon Gelatine

Answered Letters. Mother of Three: "Could you suggest two or three school lunches for my nine-year-old boy? I have a small thornos bottle for him for liquids."

Answer: 1. Marmolade sandwiches, cold milk cup custard, an apple. Number Two: Cream cheese sandwiches, hot cocoa, an orange, cookies. Number Three: Cold meat sandwiches, slice of raisin pie, cold milk, a few candies. Number Four: Chopped egg sandwiches (bind the egg together by mixing a little Mayonnaise salad dressing) hot cocoa, cup cake, a pear. Number Five: Peanut butter sandwiches, celery or olives, cold milk, nuts and raisins. I strongly advise the use of whole-wheat bread in making all of these sandwiches as it is more nourishing than the white bread.

M.B.: "Here is a hint which may be useful to other women: I was lining a jacket with white satin, when I happened to stick my finger with the needle and several spots of blood dropped on the satin. I moistened some starch, put it on the spots thick, like a paste, then placed the mater-

phy (Janey Canuck), in a witty speech asked the newspaper women present to tell the people of Canada of the great country through which we had been carried by the two great railways and of the 10,000 square miles of National Parks, they have enabled us to see. A cable conveying greetings from the English women journalists was read by the C.W.P. president, Miss Doyle, who made a happy speech.

TO-MORROW'S HOROSCOPE

BY GENEVIEVE KEMBLE WEDNESDAY, OCTOBER 3. The prospects for a satisfactory day, either in business or domestic interest, may be somewhat negated by certain adverse rulings of the planets. Although there may be opportunity for important change or travel, which should ultimately bring forth-while benefits, yet this should be embraced with much deliberation, especially by those in the employment of others, who are under a hazardous sway for the present. The same caution should be observed in making changes or decisions in affairs of the heart and the home, since these are also under an unfriendly Venus.

A MEATLESS LUNCHEON.

The following tested recipes solve the problem of a tasty luncheon without meat:

- Tomato Chowder 2 cupsful Borden's St. Charles milk 1 pint hot water 2 1/2 cupsful canned tomatoes 1 medium sized onion sliced thin 1 tablespoonful butter or butter substitute 4 tablespoonful flour 2 teaspoonful sugar 2 teaspoonful salt 3/4 teaspoonful pepper 1/4 teaspoonful soda

Melt the butter in the top part of the double boiler, add the onion, and cook it gently till yellowed, about five to eight minutes. Pour in the milk and water, set over the lower part of the double boiler and seal. Mix the flour, salt and pepper with enough cold water to make it smooth cream; stir it into the milk, and cook about fifteen minutes, stirring occasionally. Heat the tomato with the sugar; when boiling, add the soda and combine it with the thickened milk. For serving, put a split cracker which has been dipped in warm water, in each plate.

- Escalloped Macaroni with Cheese 1 1/2 cupsful Borden's St. Charles milk 3 cupsful cooked, drain macaroni cut in two-inch lengths 1 1/2 cupsful grated American cheese 1 1/2 tablespoonful flour or butter substitute 1/2 teaspoonful salt, scant 3/4 teaspoonful pepper Few grains paprika

Make a white sauce of the flour, butter, seasonings and the milk undiluted. Stir in the macaroni. Thoroughly oil a rather shallow baking dish, put in a layer of the cheese, continuing in this way until all is used and making the last layer or one of cheese. Bake in a moderate oven until browned, about thirty-five minutes.

- Spanish Cream 1 1/2 cupsful Borden's St. Charles Milk, diluted with 1 1/4 cupsful water 3/4 teaspoon salt 3/4 cupful sugar 3 Eggs 1 1/2 tablespoonful granulated gelatine 1 tablespoonful vanilla

Let the gelatine stand in the milk for five minutes, then scald the mixture. Combine the egg-yolks, sugar and salt with the scalded milk,

and cook until slightly thickened like a custard. Then stir the mixture into the egg whites beaten stiff; add the vanilla. Turn into individual moulds, which have been dipped in cold water and when set unmould and serve with light cream, or any preserved fruit.

DELICIOUS MUFFINS

An Unfailing Way To Banish Hairs

(Beauty Notes) Ugly hair growths can be removed in the privacy of your own home if you get a small original package of delatone and mix into a paste enough of the powder and water to cover the hairy surface. This should be left on the skin about 2 minutes, then removed and the skin washed and every trace of hair will have vanished. No harm or inconvenience can result from this treatment, but be sure you buy real delatone.

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Before the fruit harvest is over THE next few weeks will be your last opportunity this season to put down fruit for the coming winter. Make the most of the time now remaining. Select your fruit carefully; use tested recipes and see that the containers you use are right. Save yourself from disappointment and loss by using Perfect Seal Crown or Improved Gem Jars The sealers that seal tight and keep fruit in perfect condition. ON SALE AT ALL STORES Pears for Winter Use This book of canning and preserving recipes mailed FREE on request. Send for this FREE book DOMINION-CLASS-CO-LIMITED-MONTREAL

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