### NEWS AND VIEWS FOR WOMEN READERS

Efficient

TOMORROW'S MENU.

Breakfast

Plums

Cereal

Codfish Balls

Luncheon

Scrambled Eggs

Wholewheat Bread

Marmalade

Dinner

Celery Soup

Lobster

Potatoes Steamed in Skins

Lettuce Salad

The New Gingham Handkerchiefs

Dame Fashion decrees strange

changes. Just now she bids us use

assortment of gingham handker-

chiefs which I have just seen in

Gingham Handkerchief with White

various city shops:

Pop Overs

Lettuce

Lemon Pie

Coffee

Iced Cocoa

gingham handkerchiefs!

### LIFE'S SOCIAL SIDE

Although the dinghies had gone Harriet Gardiner. to the races at Chaumont, the Yacht Club was an attractive place on Wednesday afternoon. Boys and girls the verandah, who enjoyed the view Mrs. Charles Crookall, New York. cral tables of bridge were in play ranged on the porch and others in and tea was served by Mrs. Edward the library, which was lovely with George Bawden, Miss Vivien and flowers. The reception room was and Miss Doris Baker. Among room, where Mrs. Norman Fraser Townsend, Mrs. P. H. Swalm (Wheel- | bell cut the ices, artistically decoing. West Va.), Mrs John Nicolle, rated with flowers in shades of blue Mrs. C. H. Hutchins (Worcester, and gold. Mass.), Mrs. L. T. Best, Mrs. B. K. Sandwell, Mrs. F G. Robb (Montreal), Mrs. Charles Parker, Mrs. C. | nounce the engagement of their S. Kirkpatrick, Mrs. Travers Hora, niece, Jean Isabel Garrie, daughter Mrs. Havelock Psice, Mrs. J. Harri- of the late Mr. and Mrs. J. W. Gerrie, son Pierce, (Boston, Mass.), Mrs. G. Hamilton, Ont., to Major F. Stewart Hamilton Archibald (Birmingham, Parsons, son of Mrs. Horace Parsons, Eng.), Mrs. Felix Johnson, Mrs. Toronto, marriage to take place Sep-Clarence Chown (Montreal), Mrs. H. tember 1st, in Centenary Church, spent the last two weeks. C. Nickle, Mrs. C. L. Boyd (Regina), Hamilton. Mrs. Allan Black, Mrs. J. M. Hughes, Mrs. Harold Davis, Miss Eileen Folger, Miss Beatrice Lambert, Miss Jessie Hutton, Miss Eva Martin, Miss Annie Gow.

In the evening the usual dance bride of next week. was held with a number of the men members and their friends present as well as several of the visitors in ing Mr. and Mrs. W. E. Connolly, town. Among them were Mr. and Union street. Mrs. A. N. Lee, Mrs. Frank Mann (Windsor), Mr. and Mrs. H. K. Hill, Miss Lilian Fair, Miss Herrington dren, King street, are the guests of (Napanee), Miss Jean McPherson, Mrs. Steacy's parents, Col. and Mrs. Miss Doris Folger, Miss Clara Far- D. R. Street, Ottawa. rell, Miss Jean Roblin, Miss Dorothy Rev. Dr. Jordan and Mrs. Jordan, Burton (Toronto), Miss Isabel and Barrie street, returned on Wednes-

Editor of Women's Page, Tele- Miss Grace Mooers, Miss Vivier hone 2613. Private 'phone 857 w White, Miss Vivien McCartny, Miss Flo Cunningham, Miss Porter, Miss

Mrs, J. M. Campbell, "Glen Lyon," entertained at bridge and mah swam in the cool waters of Lake jongg on Wednesday afternoon for Ontario, the envy of their elders on Mrs. Robert Sutherland, Toronto, and Prize. and the breeze from the lake. Sev- Four tables were in play, some ar-Rees, Mrs. J. B McLeod, Mrs. quantities of nasturtiums and corn-Miss Sylvia White Miss Edith Rees gay with pink roses and the dining those present were Mrs. Everett made tea and Mrs. P. G. C. Camp-

Dr. and Mrs. Alfred Lavell

Miss Mary Ogilvie asked a few girls to come in at the tea hour Wednesday to meet her cousin, Miss Marion Ross, Vancouver, B.C., a

Mrs. B. Shultz, Oshawa, is visit-

Mrs. Herbert Steady and her chil

Incomparable

For Salads!

FINEST PACIFIC

SOCKEYE

expected home from a motor trip this week. Mr. and Mrs. T. B. Caldwell, who VICTORIA Red Salmon were with Mr. and Mrs. Archibald

ed to Ottawa.

Miss Cogswell, who has been visiting her brother, Mr. Arthur Cogswell and Mrs. Cogswell, Centre street, has left for Concord, N. H. Mrs. Stuart I. Wotherspoon, St. Mark street, who has been spending a short time in Ottawa and Kingston, returned to Montreal on Mon-

day from Toronto. They were accompanied by their daughter, Mrs.

Mr. and Mrs. A. W. Browne, Montreal, who are visiting Mr. Brown's

mother, Mrs. A. F. Browne, Barrie

street, are returning home at the

Dr. P. G. C. Campbell and Miss

Barbara Bidwell were the winners

at the tennis tournament at the

Country Club on Wednesday and re-

ceived a dozen tennis balls as a

Mrs. William Lewis and her

son, Donald, are spending the week-

end with Dr. and Mrs. E. J. Lake,

ronto, are visiting Mr. and Mrs. Har-

vey Bower, "Retreat Farm" King-

Agnes Bellhouse, University Apart-

ments, left to-day for Grimsby to

Mr. and Mrs. John Kerns and

their grand-daughter, Veronica, Er-

insville, spent the week-end with

their daughter, Mrs. John Lajoie,

ter, Dorothy, Albert street, have re-

turned from Peterboro, where they

Miss McMillan, who spent sever-

Miss Nora Martin, Earl street, has

Mr. and Mrs. W. H. Wormwith,

Earl street, will leave for Rockport

on Friday to spend several weeks.

- Mr. and Mrs. W. T. Minnes, "Hill-

croft" and Miss Anella Minnes are

Strachan, King street, have return-

returned from Lake Maraois, Que.

where she was the guest of Mrs.

Mrs. C. W. Lapp and her daugh-

Mr. and Mrs. Harvey Bower, To-

Mrs. W. A. Bellhouse and Miss

Z. Davies.

end of the week.

Alfred street.

spend a month.

Harry Christmas.

Mr. W. H. Birchard, B. Sc., who has been visiting Mr. J. W. Thomas Sydenham, returned to his home in Toronto on Wednesday.

Miss Isabel Mooers and Miss Do- West Virginia, are visiting Mr. and rothy Burton, Toronto, are with Mrs. H. F. Mooers, Barrie street. Mrs. J. F. Sparks, Wellington street, is spending a few weeks at

Chaffey's Lock. Miss Evelyn Bracken, Kingston, is visiting Mrs. R. J. Powell, Elgin.

Mr. David Forgan, Toronto, will be in town for the Sykes-Duff wedding on Monday and will be with Mrs. H. R. Duff, Princess street. Mr. and Mrs. Phaon H. Swalm and their two children, Wheeling,

Mrs. Everett Townsend, "The Win Mrs. Russell-Browne has returned from a visit to Mrs. Valentine Schuyler, New York.

ters, Mallorytown, are spending the

summer at Kingston with Mrs. Hadi-

gan's mother, Mrs. McBride.

Mrs. Hamilton Roberts has returned from a visit to Mrs. Valen-Mrs. B. Hadigan and her daugh- tine Stockwell at Niagara-on-the-

> Mrs. E. J. B. Pense and Miss Strange left today for Seabright, N. Mr. and Mrs. W. F. Casey, King

street, have gone to Xhaumont, N. Y., for the regatta. Mrs. F. G. Robb, Montreal, is visiting Prof. and Mrs. B. K. Sand-

well, Bagot street. Mr. and Mrs. F. Fairbrother and their daughters, Amy and Margaret, Peterboro, and Miss Lily Kay, niece, also from Peterboro, are the guests of Mrs. J. Bleakley, Albert street.

Dr. and Mrs. Bruce Hopkins and little Miss Helen will leave early next week for Sturgeon Point, to join Judge and Mrs. Hopkins their summer home.

Dr. S. H. Simpson and his mother, Mrs. James Simpson, Toronto,

with her sister, Mrs. E. C. Southey.

### LETTERS To The Editor

Camp Frontenac, Kingston, July SERVICE 29.—The third week in Camp Frontenac was spent in various ways. such as horseback riding at the Royal Military College academy under the instruction of a capable riding master, short boat trips and many pleasant hours on the island. One of the most interesting events of the week was a play given by six girls on Saturday night. The play was a "take-off" on the filming of the "Shiek of Araby." This title was chosen because of the simplicity of costumes and lighting effects. The actors as well as the audience, were entertained by the councillors, who dressed in farm costumes, representing a rural family. After the play the campers enjoyed a marshmallow roast on the rocks.

St. George's Cathedral came to the camp and gave us a most lateresting talk on the historical significance of this island and vicinity since the also had others guests from Kingdays of Count de Frontenac, show- ston who stayed for tea and the evening how the explorers of old suffer- | ing. ed for their God and country, We The camp is now divided into two and faithful,

Scalloped Gingham Handkerchief: The handkerchief with scalloped edge is very popular this year. One I saw was in blue gingham (smallchecks), measuring eleven inches. Its edges were finished with inchwide scallops (this scalloping could be marked out by laying down a 25cent piece) hand-buttonholed in dark blue linen thread. A double row of blue linen-thread French knots followed the line of the scalloping on the gingham, close to the buttonholing. These make very pretty

handkerchiefs. Circular Gingham Handkerchiefs: These were smaller than the others. Small-checked yellow gingham formed the circular centre, which measured only five inches in diameter. The odge was rolled and worked in cross-stitch in yellow linen thread. Val lace about an inch and a half wide formed a rather full ruffle Yet, though this may seem pecu- around it.

liar when we first think of it, after There is no excuse to-day for a all why shouldn't a handkerchief be woman's not having dainty handkermade of gingham? Especially when chiefs. For odds and ends of almost Miss Phyllis Knight, Alice street, the small-checked gingham is used any pretty wash material of light left on Thursday for St. Andrews, and the handkerchief is daintily fin- weight may be used. Simple crossished. Gingham is every bit as dur- stitched edges take the place of the able as any other material of which place of the laborious hemstitching al days at the Y. W. C. A. has left handkerchiefs are made and, if a of yesterday. Or, as I have mentiongood quality is used, the colors will ed above, net or lace may be overnot run or fade. I am going to de- handed onto a centre with very satscribe some of the prettiest of the isfactory results.

Tomorrow-Some Good Every-Day Salad Dressings.

All inquiries addressed to Miss Net Edging: These were made of Kirkman in care of the "Efficient lavender and light brown checked | Housekeeping" department will be gingham, in an eight-inch square, answered in these columns in their edged with a doubled white net ruf- turn. This requires considerable fling one inch wide. On several of time, however, owing to the great these handkerchiefs the ruffled edge number received. So if a personal or of Point d'Esprit lace (also doub- quicker reply is desired, a stamped led) instead of net. Fine hand sew- and self-addressed envelope must be ing hemmed the gingham centre enclosed with the question. Be sure and whipped on this ruffle. Any to use YOUR full name, street numhome woman could make a similar | ber, and the name of your city and handkerchief. Do not have the ruffle state.

# **Prosperity** Ave

only the best goods GROCERY ORDER

3 mehron

NAPTHA SOAP Should head Your Grocery order

Successful Complexion

Renewing Treatment

ther, Mrs. James Simpson, Toronto, have left for a trip, via Sarnia, for the Atlantic coast. Mrs. S. H. Simpson, with Miss Isabel and Master John will go to Ivy Lea on Saturday.

Miss Edith Carruthers, Miss Nora Macnee and Miss Helen Strange will leave by motor for Toronto on Saturday, Miss Strange stopping at Bowmanville to spend the week-end with her sister, Mrs. E. C. Southey.

A treatment for sallow, muddy, freckled or blotchy complexions that is always successful is the application of ordinary mercolized wax. This method is sure to succeed for the simple reason that it literally takes off and discards the old complexion. The wax possesses the peculiar property of absorbing the worn-out, faded or discolored surface skin, with all its imperfections. This is done so gradually, the skin coming off a little each day, in fine, almost invisible particles, that no inconvenience or discomfort is experienced—and the most careful observer cannot detect the use of this treatment.

The mercolized wax, which can be

The mercolized wax, which can be had at any drug store, is applied at night, the same as cold cream, and washed off in the morning. The new complexion produced in this way, exhibiting the true beauty of health, is not to be compared with the kind made

#### GALLAGHER'S TAXI DAY AND NIGHT

SIFTO free-running IODINE SALT

Iodine in salt is recommended be medical authorities as a simple and effective Preventative of Goitre

Sifte Iodine Saft contains the correct percentage of iodine, as approved by the Ontario Provincial Board of Health, which does not change appearance or flavor of salt. Use on table and in cooking like ordinary salt. In 21b. cartons. Your grocer

has it-or will get it for you. Sunday afternoon Dean Starr of | DOMINION SALT CO., Ltd.

### The Only Tea Grower Selling Tea in Canada



30 Cup "Just a Taste" Packet

So sure are we that, once having tried LIPTON'S TEA, you will use no other, we have supplied your grocer with very special value packets of LIPTON'S RED LABEL TEA, which will make 30 cups of delicious tea and which cost you only

NLY by buying LIPTON'S Can you buy tea direct from the grower. No other tea grower sells tea in Canada. But in the LIPTON package you get tea guarded with jealous care right from the plant to your pantry. No wonder LIPTON'S is the largest-selling tea in the world. No wonder LIPTON needs plantations in all the finest teagrowing sections of Ceylon. Your grocer has LIPTON'S RED LABEL TEA at 75c lb.

# 10c



A level spoonful of LIPTON'S TEA equals a heaping spoonful of any

## Sweater Coats

FOR WOMEN

Sleeveless and with sleeves, in Silk, Silk and Wool and All Wool-a great variety to choose from-\$3.75, \$4.00, \$5.00 and \$5.95.

Men's Cardigan Coat Sweaters in Grey, Fawn, Heather and Brown -all sizes—all pure wool—\$2.50 and \$2.95 each.

W. N. Linton & Co. Phone 191. The Waldron Store



### THE MARCONIPHONE

Tuner-Detector Unit

\$65.00

Complete with Headset, Batteries, Valve and all at-EASY TERMS ARRANGED.

- WORDSON FINNESS

"KINGSTON'S MUSIC CENTRE" 121 PRINCESS STREET KINGSTON

groups, the Blues and the Whites, Dr. A. W. M. Ellis, B.A., M.D., Tothese being the camp colors. These ronto, has been appointed as from groups are opponents for camp hon- Oct. 1st, 1924, to the University ors. All the girls at Camp Frontenac chair of Medicine, tenable at the

are enjoying their vacation at this London, Eng., Hospital Medical Coldelightful spot.

-Efa Denison.

Nothing is difficult to the brave

Sunday night at nine-thirty taps A. E. Holt, of Montreal, a director faded away in the distance, closing of the Royal Trust Co., and the a very happy week at Camp Fronte- United Financial Corporation, is mentioned as the successor of Sir William Stavert on the Quebec Li-

quor Commission. The reward of a thing well done is to have done it.



Save the fruit flavor

delicacy of fresh, ripe raspberries. And now, when a supply of this luscious fruit is available, why not

preserve a lot of it in jam or jelly to m for Winter

use? Follow the Certo recipes and you will make

the most delicious raspberry jam or jelly you have

Certo never fails because it is the actual "jell"

property Nature has put in fruit. Certo contains

no gelatine nor preservative. Any housewife following the simple Certo directions will get perfect jams and jellies. Be sure to make Certo Raspberry

Certo makes one-half more than old method.

With Certo you retain the color and all the flavor and fragrance of ripe fruit. Only one minute's boiling sequired; no juice, nor is its aroma or delicacy boiled away. With Certo the cost per jar is less and quality better than the old method. No re-boilings, no wasted batches of fruit and sugar, nor long hours in a hot kitchen when Certo process is used.

At your grocer's or send 40c in stamps direct to

Use Certo for all your jam and jelly-making.

Certo process is easy and never fails.

ever tasted.

Everyone loves the fragrance, flavor and

### Recipes

Raspberry Jam CRUSH WELL about 2 quarts ripe

CRUSH WELL about 2 quarts ripe berries in separate portions, so that each berry is mashed. Measure 4 level cups crushed berries into large kettle. Add 7 level cups sugar and mix well. Use hottest fire and stir constantly before and while boiling. BOIL HARD for ONE minute; remove from fire and stir in ½ bottle (scant ½ cup) Certo. From time jam is taken off fire, let stand not over 5 minutes, by the clock, before pouring. In the meantime, skim and stir occasionally to cool slightly, then pour quickly. (Use same recipe for Strawberry, Blackberry or Leganberry Jam.)

Raspberry Jelly (See Recipe in Certo Booklet.)

Cherry Jam

Pit and CRUSH WELL about 21/2 is. cherries (sour cherries give finest



Follow exactly the complete simple directions in the Certo Booklet of 73 recipes which goes with every bottle

Certo is pure pectin extracted from fruits