

NEWS AND VIEWS FOR WOMEN READERS

LIFE'S SOCIAL SIDE

Woman's Page Editor Phone 2618. Private Phone 857v.

Mrs. John Waddell and Miss Lucy Waddell, Montreal, are in town for a few days.

Mrs. Dalbert Cummings, Brockville, is visiting Mr. and Mrs. R. H. Fair, William street.

Miss Kathleen Sullivan, Smith's Falls, was a visitor in town this week and was at "Densmere."

Mrs. Norman Zwicker, Lunenburg, N.S., is visiting Mr. and Mrs. Cogswell, Centre street.

Mrs. William Hart, "Roselawn," left for Toronto today to visit her mother, Mrs. J. K. Kerr.

Mrs. George Warner, Quebec, is visiting her parents, Mr. and Mrs. H. W. Watts, Frontenac street.

Capt. and Mrs. Collingwood Jones, who have been in Ottawa and Toronto, are again at "Densmere."

Mr. R. F. Stillman, Norwood, is the guest of Dr. and Mrs. C. C. Nash, Albert street, for the conference.

Mrs. M. Leonard, Warkworth, and Mrs. Sadie Walsh, Hastings, are guests of Mrs. Fowler, Mount Chesney.

Mr. and Mrs. James Porte, who were the guests of Dr. and Mrs. E. J. Lake, Alfred street, have returned to Picton.

Rev. J. G. McKee, Baltimore, Ont., is the guest of Mrs. Robert Meek, University avenue, for the meeting of conference.

Mrs. Fitzpatrick, Brockville, was in town on Thursday for the medical convocation, when her son received the degree of M.D.

Mrs. W. H. Hughes, Alfred street, who spent the holiday with her daughter, Mrs. Philip Terry, has returned to town.

Mrs. M. Leonard, Warkworth, and Mrs. Mary Fowler, Mount Chesney, and Mrs. Sadie Walsh, Hastings, are attending the ordination in Albany, N.Y., of Rev. Harvey Thompson, the

former's cousin, also his first mass in Frankfurt on Sunday, May 30th.

Mrs. Manley B. Baker, University avenue, is entertaining this afternoon for Mrs. C. H. Hutchins, Montreal.

Rev. J. A. Matheson, Fenelon Falls, is with Dr. and Mrs. E. C. D. McCallum, Brock street, for the meeting of conference.

Rev. W. G. Lansbury, rector of Wellington, was in town on Wednesday for convocation, when his son, Dr. Lansbury, received the degree of M.D.

Mrs. T. H. Baker, 503 Johnson street, and her little daughter, Betty, are visiting the former's sister, Mrs. Charles Moore, 17 Lola Road, Toronto.

Mr. and Mrs. H. R. Jackson and their son, Donald, Enterprise, who have been in San Antonio, Texas, on account of Mr. Jackson's health, have returned.

Mr. L. P. Sherwood, president of the Ottawa Canadian Club, was in town this week. He and his family will occupy their cottage at Loughboro Lake this summer.

Mrs. A. Willesford Jackson, who is at present with Dr. and Mrs. James Miller, Albert street, will leave for Victoria, B.C., next week to visit her niece, Mrs. John Meredith.

Mrs. Clarence Chown and her young son returned to Montreal with Mr. Chown, who arrived from the west last week and spent the holiday with Mr. and Mrs. Thomas Lambert, Clergy street.

Dr. and Mrs. H. G. Murray of Owen Sound, who have been in town for a few days with the former's brother, Mr. D. B. Murray, and Mrs. Murray, Kensington Place, left for Ottawa by motor this morning.

Rev. W. R. Tanton, pastor of Trinity United Church, Napanee, who spoke at the Rotary Club to-day, is attending conference and is the guest of Mrs. J. G. Elliott, Barrie street.

Mr. and Mrs. E. H. Marvin, Baldwinville, N.Y.; Mr. Lyman Skinner, Syracuse, N.Y., and Mr. Ronald Skinner, Montreal, will spend the weekend with their mother, Mrs. William Skinner, at "Densmere."

Mr. "Bubs" Britton, Queen's University, while in Belleville on Monday last, was entertained at dinner by Dr. G. W. Faulkner, who afterwards took his guest to the dance at the Belleville Golf Club.

Mrs. H. P. Lowe, "The Winston," will go to Toronto on Friday to be present at the ordination of her son, Mr. John Lowe, M.A., which will take place in St. Alban's Cathedral on Trinity Sunday, May 30th.

Mrs. Gilbert Johnston and Mrs. H. Crosswhite, Montreal, are with the former's daughter, Mrs. R. J. McKelvey, Bagot street. They were in town for the medical convocation, when Dr. John McKelvey, B.A., received the degree of M.D.

Mrs. John Carmichael and her little son, of Vancouver, B.C., are visiting her parents at Iroquois. She will be remembered better as Pose Brouse as she lived in Kingston for six years. Later on she will visit with Mrs. G. H. Williamson, Brock street.

The Whig will be glad to have the names of visitors in town and accounts of various social events for publication in the social column. Such communications should be signed and the address of the sender given. Write or telephone to the Editor of the Woman's Page, Telephone No. 2613.

Mr. and Mrs. Edwin J. Ada, Arch street, were married in St. James' Church, Kingston, twenty-five years ago last February, and this year they celebrated their silver wedding anniversary. Two weeks ago their daughter, Miss Amy Ada, graduated from the Kingston General Hospital, and on Wednesday their son, Dr. Alexander Ada, received a gold medal in surgery from Queen's University. Mr. and Mrs. Ada are receiving congratulations from their friends in Kingston and from more distant points, to which The Whig adds heartfelt congratulations and good wishes for many more years of success and happiness for them and their son and daughter.

Easy to Gain With Yeast and Iron

New Combination of Yeast with Vegetable Iron Quick Way to Build Up Weight

This new combination of yeast vitamins with vegetable iron, renews the action of sluggish blood cells, drives out dangerous body poisons, increases energy and endurance and supplies the system with the vitamins that build up weight.

For years yeast has been known as a rich vitamin food, but not until we perfected "ironized yeast" which comes in concentrated tablet form, was it possible to take yeast and iron in the right proportions to build up weight.

Vegetable "iron" when combined with yeast is quite easy to digest, therefore better for the system. And "yeast" when ironized becomes just twice as beneficial as ordinary fresh or cake yeast.

Ironized Yeast tablets are composed of concentrated food elements, therefore, they are pleasant to take and free from drug-like effects. If you are under weight, do not enjoy good health, lacking in energy and force, "ironized yeast" tablets will pick you right up, and if they fail, you get your money back.

Sold by James B. McLeod and all good druggists, at \$1.00 for a large 60-tablet package. Harold F. Ritchie & Co., Ltd., Toronto, Canada.

who were in Toronto last week, report an excellent time in spite of unforeseen difficulties that were in the way of social enjoyments. These merry lads will have a good time anywhere. They have youth and strength, and their training teaches them to be men enough not to grumble even when everything is not to their liking.

That the silk coats which seem likely to be worn with many of the summer dresses will flutter with every breeze. Not only are they of light materials but they will be worn open without buttons or other fastenings. The most popular shades are supposed to be mauve, light tan, pink and dove grey and each is lined with the same material as the dress of voile or chiffon which it surmounts.

Long Handles. Sweeping is much less back-breaking if you have one of the new dustpans with a long handle which does not require bending to use it.

Season of Ruffles. Small pleated ruffles are used very generally this season for afternoon frocks and for sport attire as well.

Very Satisfying. A one-plate dish that is satisfying and delicious is broiled bacon, and mounds of spinach baked with egg or grated cheese.

Evening Gown. Flannel jacket and plaid skirt in brown and tan.

Aunt Het

WOMEN'S INSTITUTE

PARHAM. The annual meeting of the Parham Institute was held at the home of Mrs. E. Hannah with twelve members in attendance.

WELLINGTON. The Women's Institute met on Wednesday afternoon in the Community Hall and the members listened to two addresses given by Mrs. M. E. Lowe, the Department Speaker.

CHAFFEY'S LOCK. The annual business meeting of Chaffey's Lock Women's Institute was held at the home of Mrs. J. W. Simmon, on May 19th.

SICK ABED EIGHT MONTHS. After Taking Lydia E. Pinkham's Vegetable Compound Could Do All Her Work and Gain in Weight.

Melfort, Saskatchewan. "I had inward troubles, headaches and severe pains in my back and sides. I was so sick generally that I could not sit up and I was in bed most of the time for eight months. An aunt came to visit and help me as I was unable to attend to my baby and could not do my work. She told me to try Lydia E. Pinkham's Vegetable Compound, and after taking two bottles I could get up and dress myself. I also took Lydia E. Pinkham's Blood Medicine. When I first took the medicine I only weighed seventy-eight pounds. Now I weigh twice as much. If I get out of sorts or weary and can't sleep I always take another bottle of the Vegetable Compound. I find it wonderfully good for female troubles, and have recommended it to my neighbors. I will be only too glad to answer any letters I receive asking about it." — Mrs. WILLIAM RITCHIE, Box 498, Melfort, Saskatchewan.

Perfect lines distinguish this Worth, New York, model.

It is easy for the man on the aggressive to claim that he is acting in self defense.

Displaying your money is a sort of invitation to the thief to separate you from it.

GILLEX for all Cleaning Dish-Washing Laundering. Softens Water - Saves Soap - Lightens Work. Does more and better work than any other cleansing preparation. No Grit No Odor No Sediment No Waste At Your Grocers. E. W. GILLET CO. LTD. TORONTO, CANADA.

She comes as a boon to the housekeeping sex - This bright little maid that we call Jane Gillex. Has now \$62.40 in the treasury. It was decided to have the "Home Nursing" course held there the third week in July; arrangements were made to give the children of the vicinity a picnic during the month of August.

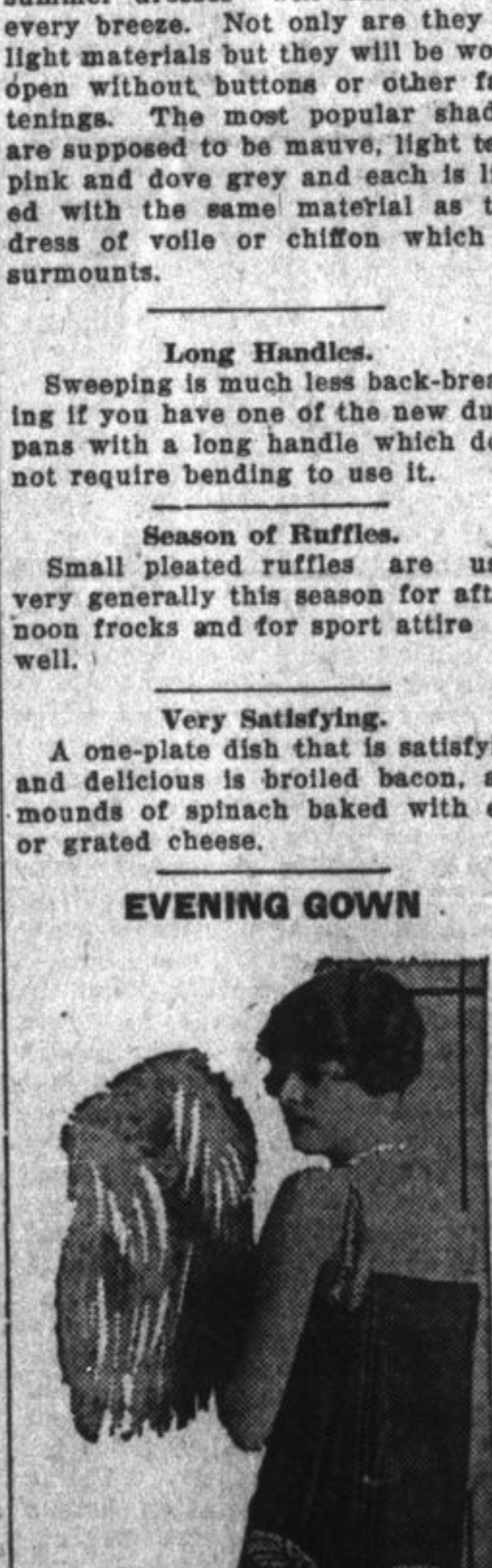
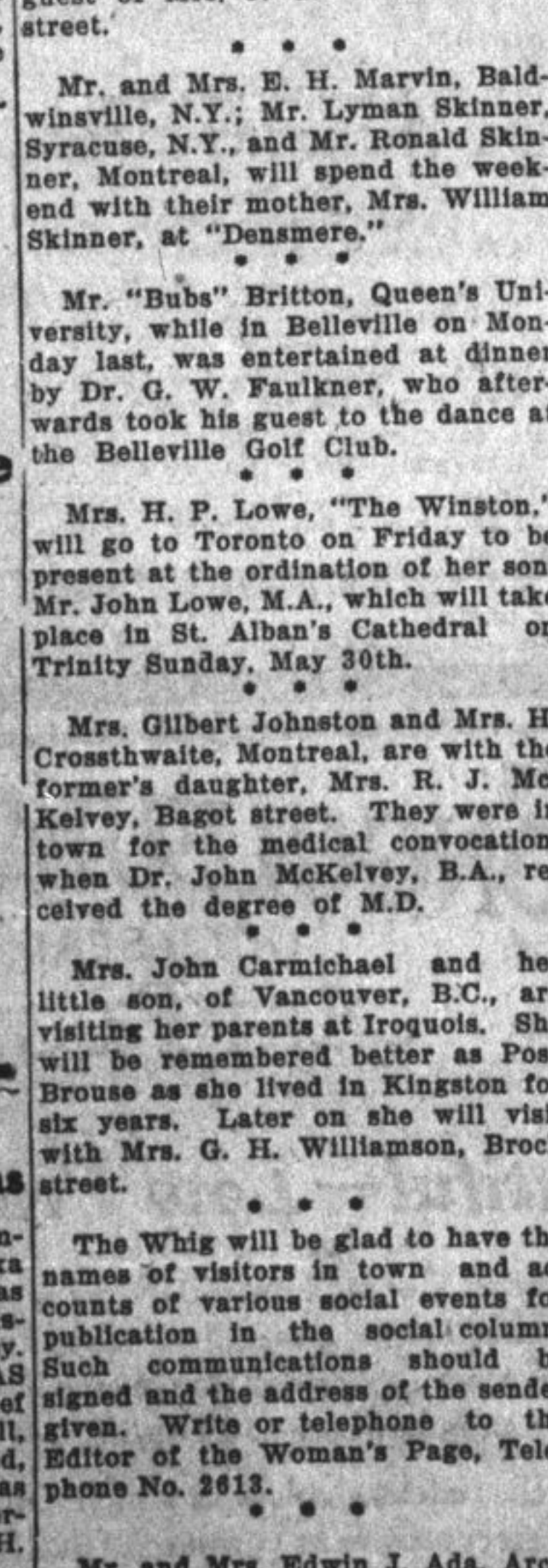
Today-- Every Day SHREDDED WHEAT Nature's whole wheat tonic food. For all Meats Keen's Mustard aids digestion. Keen's Mustard adds deliciousness, and aids digestion. Mix it fresh for every meal.

Special For Friday! Best quality Canadian Sheeting - full bleached - free from dressing - will not wash thin. 7-4 or 63 inches wide, for . . . . . 65c. yard 8-4 or 72 inches wide, for . . . . . 75c. yard White Krinkled Bed Spreads - easy to launder and good appearance, in 3 sizes: - 63 x 90, for . . . . . \$2.50 72 x 90, for . . . . . \$2.75 80 x 90, for . . . . . \$3.25 Colored Krinkled Spreads - Rose and Blue Stripes, for . . . . . \$3.95 each Stripe Krinkled Spreads, extra large sizes, at . . . . . \$6.00 each W. N. Linton & Co. Phone 191. The Waldron Store

Why Have Mouse Colored Hair? Present day styles make no allowance for gray hair. Short hair emphasizes even a thread of silver. Keep it young looking with Brownatone. Easy to apply, quick in action - no waiting for results. Gray, faded, streaked or bleached hair tinted to any shade of golden, blonde or varying shades of brown or black. Two colors - light and medium brown, and dark brown to black. Sold and recommended by 3500 drug and department stores. Send for trial bottle. Indicate color wanted. The Keaton Dispensary, Co., 1210 Stearns Bldg., Windsor, Ont. GUARANTEED HARMLESS BROWNATONE TINTS GRAY HAIR ANY SHADE Wife and Husband Both Ill With Gas

GALLAGHER'S TAXI SERVICE 960 ANYWHERE IN CITY 25c DAY OR NIGHT ALL 7 PASSENGER SEDANS

THE FINEST GREEN TEA IS Chase Sanborn's SEAL BRAND JAPAN TEA



The Editor Hears That Kingston has three splendid summer clubs that have men and women members, the Kingston Yacht Club, the Cataragut Golf and Country Club and the Kingston Tennis Club. As well as these three large clubs, there are many small clubs to which the young people of the various churches belong, and the sports clubs that are exclusively for men. Kingston has a population quite large enough to yield a paying membership in these principal clubs, and the daylight saving has the merit at any rate of making more time in which to enjoy their privileges.

That the large audience that witnessed Miss Hudson's pupils' dancing noticed that many of the pretty children and young girls who danced so charmingly were unbobbed hair. It was not very long still was either bound close to the head, or, in case of children, curled and bound with ribbon. The effect was extremely pretty and even those who admire bobbed hair admitted that it was.

That the Military College cadets,