

# Mainly About Women

BY ELIZABETH BAILEY

TELEPHONE 2380

Gerald Cousins of Medicine Hat, is visiting in the city.

Mrs. Kraft, of Seven Persons, was a Stampee visitor.

Mr. Fulton of Medicine Hat, is a guest in the city.

Born to Mr. and Mrs. J. G. Fresno, at their home, a son.

Miss Ada Miller, of Raymond, is visiting friends in the city.

Mr. and Mrs. H. Kerr, were Medicine Hat visitors in the city.

Miss L. Long, of Medicine Hat, was a Stampee visitor in the city.

Miss Helen Williams, of Olds, was a Stampee visitor in the city.

A. S. Corbett, of Medicine Hat, spent the week-end in the city.

Mr. and Mrs. Percy Barnes of Edmonton, were visitors in the city.

Mr. and Mrs. Worthing of Saskatoon, are visiting friends in the city.

Mr. and Mrs. J. Klecker of Okotoks, are visiting friends in the city.

A. C. De Breyer, of Vancouver, was in the city for the Stampee last week.

J. W. Brown, inspector of schools, of Medicine Hat, is visiting in the city.

Miss Pearl Worth of Medicine Hat, is visiting Mrs. J. Fowler, Mount Royal.

Mr. and Mrs. Fisher Williams, of Acme, were visitors in the city last week.

Mr. A. McDevlin of Maxville, Ont., is the guest of Mr. and Mrs. F. McDougall.

Mrs. Harbottle and Miss Irene Harbottle, of Edmonton, are visitors in the city.

Mr. and Mrs. L. J. Porter, of Red Deer, are visiting Mrs. Lindsay, Second avenue west.

Mr. and Mrs. Mack Higdon, of Medicine Hat, were visitors in the city last week.

Commissioners Chalmers and Mrs. Chalmers of Edmonton were Stampee visitors in the city.

Mrs. B. Bellamy, who has been visiting Mrs. Donald Carter, left last night for Edmonton.

Mr. and Mrs. Jack Rutherford, of Medicine Hat, are visiting Mr. and Mrs. Graham Rutherford.

Dr. and Mrs. A. A. Nichols and little daughter, of Edmonton, are visitors in the city for the week-end.

Hon. W. T. and Mrs. Finlay, who have been guests in the city for the past week, return home today.

Miss Margaret Neilson, of Winnipeg, who was the guest of Mrs. Archie Mowat has gone home.

Mr. and Mrs. Martin Esdale of Ottawa are the guests of Mr. and Mrs. W. I. Esdale, Seventh avenue west.

Mr. and Mrs. Robson, of Maple Creek, are the guests of Mr. and Mrs. C. H. Griffiths, 724 Fourteenth avenue west.

Mrs. J. A. Lougheed invited a few of her intimate friends to luncheon on

When in the store ask our corsetiere to show you the different styles of the famous Madam Lyra Corsets, of which we have now a full range of new season's models.

This is undoubtedly one of the best Corsets on the market today.

Our Corset Department is the most complete department in Calgary. Beside Madam Lyra we carry Redfern, Warner's, Nemo, Gosard, Smart Set, D. & A. and Crompton's C-C & Co.

**B. C. Binning**  
and Co.  
112 8th Ave. E.

## SCHOOL SYSTEM OF ALBERTA IS PRAISED

W. Harbord, London Educator, is Investigating Conditions in Canada

He is Interested in Emigration Scheme of Bringing Out Young People to Canada

Plan of Educating Boys and Girls in England for Life in Colonies is Proposed

Walter Harbord, who has been appointed by the London County Council Educational Committee to investigate educational conditions in Toronto and Western Canada, spent Saturday in Calgary with Superintendent Scott of the public schools. Mr. Harbord expressed himself as highly impressed with the school system of Calgary, and when he returns to England will make a favorable report of the educational system in this city.

While Mr. Harbord is much interested in investigating educational matters, he is more interested in the promulgation of a scheme for bringing emigrants to this country from England selected from the schools and colleges of the old country. Mr. Harbord's scheme originated in his observation that London children after they left school deteriorated. The average of these young men, as indicated by the turn of London life.

He proposes to form an association of educationalists and imperial minded public men of both countries who will select suitable material from the schools of the old country and receive them in Canada. The scheme is to be carried out by the school boards of the old country, and the young men will be placed in residential schools for a certain number of months of the year. These residential schools will be in charge of Canadians, which will tend to thoroughly Canadianize the mind of the young men.

The scheme for the older boys is more comprehensive. These young men are to be carefully selected from the schools and colleges of the old country. The idea is to put these young men to settle upon homesteads in Canada. These residential schools will be practical subjects, the girls being taught domestic training and the boys the manual arts and trades. The training and Canadian farming methods.

One bad habit which most people overlook is keeping the mouth open while awake or sleeping. The lips should be kept closed except when talking or eating. It is not meant tightly closed, but to form a hard line of contact. The lips should be kept closed in an agreeable smile.

The habit of keeping the mouth open while awake or sleeping is a prejudicial to the health of the teeth. The habit of matter accumulating around the neck of the teeth and in the cracks and crevices between the teeth. The membranes covering the gums and lining the lips and mouth, at the same time lose their natural delicacy and become hardened and stiff, so that speech becomes difficult and imperfect.

Have you never seen a man who does not seem to swallow, but who allows the saliva to accumulate while they are talking or eating? The food remains in the mouth and does not pass down the throat.

Old fashioned people rub their teeth with a piece of soap or an orange. This is a very bad habit. The teeth and the gums should be cleaned after each meal so that no particles of food may remain to decay them.

We depend upon our teeth to masticate our food, so we should endeavor to do their duty. Thus avoid eating anything, especially hard, which may injure the teeth.

Any physician will advise both men and women to wear a tight band around their waists, even if the band is no wider than a belt.

A tight waist line is no longer a mark of beauty. There is positively no necessity of tying in the morning until the hour of bedtime. The woman who lounges around the house without a corset has no respect for her figure.

A good figure may be molded by a perfectly fitting corset. The fat will first be pushed aside, then disappear altogether, if the corset is worn steadily.

Stomachs and abdomens are the most obstinate portions of the figure of a man or a woman. It is difficult to get rid of them. If you have them, you will not try to imitate men in anything—least of all in the style of their figures.

Remember: We do not know that Venus wore no corsets. We have never seen her dressed.

LEATHY: Do not tamper with the mole on your face or put anything on it. It is dangerous to irritate them in any way, for they frequently cause malignant growths. The best way of having them removed is by the electric needle. Brush the teeth once a week with a bit of peroxide. This will gradually bleach them.

DIMPLES: The following is good for corsets or waists. Twenty grains salicylic acid, one-eighth ounce alcohol and one ounce flexible collodion. Mix and apply to hard surface of corset or waist three times, then soak in hot water when a layer of skin will come off. Repeat until waist or corset has disappeared.

VERY ANXIOUS: The eyes should be washed carefully each morning with a boracic acid solution, using an eye cup. This makes the eyes bright and clear. If you will send me a stamped addressed envelope, I shall be glad to send you formulas for a wash for the eyes, also an astringent lotion which will remedy an oily complexion.

MRS. W. L.: Try the cold water treatment. Every morning dash cold water on your bust. This will make it more firm.

Mrs. G. S.: I shall be happy to send you the formula for skin food and cold cream if you will send me a stamped-addressed envelope.

S. M.: If the bone is large there is no way of making it smaller. The only way to make the ankle appear smaller is to wear high laced shoes. Never wear low shoes if you want to cultivate a slender ankle, and above all don't wear pumps. Each night when retiring and when getting up in the

## Society Breezes From Banff

Banff Springs Hotel. The following spent the week-end at the Banff Springs Hotel: Miss Graham, David Trainor, M. J. Kelly, E. J. Byrne, E. T. Waldron, E. E. Pollard, E. F. Ryan, Mrs. D. J. Lamont and children, E. A. MacLennan, H. W. Timmer, E. W. Spicford, H. W. McMullen, Miss Isabel Mackenzie, Mrs. F. W. Morley.

Sanitarium Hotel. Guests from Calgary at the "San" were: C. Campbell and wife, Mr. McEwen, L. E. Paulin, J. T. Curran, Mrs. Haver, Miss McNeil, J. Goshorn, Miss Robinson and friend, Mr. and Mrs. Mauter, M. T. McKay, B. N. Ogilvie, T. A. Ogilvie, J. C. Blackstone, Frank Morton, John Clark, Miss Fessenden.

Mount Royal Hotel. Calgaryans at the Mount Royal Hotel were: H. A. Williams, D. A. Munro, P. L. Logan, J. Butler, F. N. Garrett, Donald, P. L. Logan, W. L. Logan, Miss Walker, J. C. and R. M. Finlayson, W. H. Clarke and wife.

Alberta Hotel. Guests at the Alberta Hotel were: H. Taylor, S. Orman, Mr. and Mrs. Rannels, G. McNally, A. Hokirk, W. Hitchcock, H. Pritchard, M. J. Sullivan, J. Hamilton, Mr. and Mrs. Gregory, H. Main, F. W. Pratt, H. Herby, W. Stubbs, E. H. Stubbs, P. McFarlane, C. Cobb, all of Calgary; Mr. and Mrs. D. Stevenson, Mr. and Mrs. A. Elliot, C. Grierson, J. C. McNish, of Edmonton; R. Wells, A. Moore, C. Heslop, C. J. Chapman, Winnipeg; G. Tinsford, J. Williams, H. Smith, W. Henry, of Vancouver; Mr. and Mrs. Halbert, of Oklahton, Cal.; F. M. Cain, E. Meyer, St. Catherine's, Ont.; M. Higgins, S. J. Caught, A. Shuderson, of Brandon.

King Edward Hotel. Those who spent the week-end at the King Edward hotel were: Miss Fessenden, Mrs. W. Foster, H. R. Cram, Geo. S. Wayman, G. S. Wright, G. Boardman, Mrs. T. H. Donnelly, Mr. and Mrs. J. Wood, Miss Cosgrove, of Calgary; A. E. Seward, J. H. Wallace, W. A. Fraser, E. A. Fraser, Miss H. M. Fraser, of Edmonton; T. Tripp, McPherson, P. L. Logan, W. L. Logan, Miss Walker, J. C. and R. M. Finlayson, W. H. Clarke and wife.

Allian Beauty Secrets

CARE OF THE TEETH. When we realize what an important part our teeth play in the game of good health, we will show them the consideration they deserve. It is not enough to brush them with tooth powder and daily masticate sugar. They prove the lie to the assertion that sugar causes decay. Rock candy is good for the teeth and good, but molasses candy is very bad for both.

Nothing one eats will really hurt the teeth if the teeth are cleaned immediately after eating. Often an offensive breath comes from decayed food around the teeth. One should be more than careful of how they neglect them.

People are more apt to treat their poor teeth as enemies rather than friends. Teeth are very grateful for any little attention, and they resent neglect.

Remember: Have faith in the integrity of your teeth and respect them.

CORSETS. A statement has been published that the women who are suffragettes will not wear corsets. Such a statement must have been made by some slim old maid who never did like the horrid old things anyway.

Corsets are an absolute necessity to womanhood. We have seen the girl who wears only a corset waist. She grows weary over the stomach and abdomen, no matter how thin she may be in limb or body.

No woman can look at all decent without a corset, excepting an athlete. There are some athletic girls who are so stripped of flesh that they are just the same shape with or without a corset.

Fat women know what a boon corsets are. Yet nothing is so distressing as a badly fitting corset or one that is too tightly laced.

We see many badly corseted women. The little stout woman, who is so tightly laced up that she cannot lean back in a chair or automobile, is as unbecomingly fat as the thin woman who wears a corset that is too high for her, the bust of which ends under the chin.

Corsets are a necessity to the health of women. They are a support to the ribs and back. They hold the abdomen in place, causing fewer women to be subject to appendicitis than men. If men wear a support around their waists they would have better figures.

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TRIPLETS START SCHOOL TOGETHER—The birth of triplets is not an uncommon thing, but it is very seldom that said triplets live till the age of seven years, and this school together graphed on the bench at Old Elizabeth started to learn their A B C's recently. The boys are Max, Samuel and Charles Gardieart, respectively, none of whom are over five years old. They were born and raised in Toronto.

Saturday to meet the ladies of the vice regal party.

Miss Vera M. Shorey, Waterdown, N.Y., who has been the guest of Helena Allison for the past week, left today for her home.

Mr. and Mrs. F. W. Ings and Mrs. Scatcherd, who have been the guests of Mrs. (Dr.) Ings, left for their home in Nanaimo on Saturday.

Mrs. J. H. Campbell, of Calgary, who has been visiting her brother in Dauphin, Man., is spending a week in Strathcona en route home.

The children and teachers of the primary Sunday School of the Pro-Cathedral offer this token of their love and appreciation to their leader, Mrs. Sydney Houlton, who has always striven to make happy all those who have helped with so gracious a work.

(Signed on behalf of the children) MARY DOYLE, Secretary, Sunday, Sept. 9, 1912.

O. U. R. Club. Mrs. W. James Zeigler will entertain the O. U. R. club on Tuesday afternoon at her home, 514 Fourteenth avenue west.

Room at the Creche. There is a clean, comfortable room for rent at the creche. There are no children in the building at night and the directors are very anxious to rent this room. Apply at the Creche, corner Fifth street and Fourteenth avenue west.

A Civic League. There will be a meeting in Paget Hall on Thursday afternoon to discuss the formation of a Women's Civic League in the city. Mr. W. H. Trezillas, president of the men's civic league, will address the meeting. Every woman interested is cordially invited to attend.

Hospital Aid Society. The Women's Hospital Aid society will hold its first meeting after the summer holidays on Tuesday afternoon at 2:15 in the parlors of Central Methodist church. A full attendance is requested as an important business comes before the meeting.

Mrs. Houlton Welcomed Home. Mrs. Sydney Houlton, who has been out of the city for the past three months, was pleasantly welcomed back by her Sunday School class yesterday afternoon, when she was presented with an address of welcome and a hand painted china dish.

The dish was presented by Mildred Wright, a wife for all three years of age, and the address was on behalf of the teachers and children of the primary Sunday School department of the Pro-Cathedral. The address was as follows:

Press Club Meeting. The members of the Calgary branch of the Canadian Women's Press club met at Mrs. Clerehugh's office at the "Y" annex on Saturday afternoon.

The club presented Miss Currie Love, who leaves in the near future for her home in London, with a box of sterling silver coffee spoons. A committee was appointed to nominate the officers for the next half year.

The next meeting at which the election of officers will take place, will

fully equipped, modern sanitarium to carry on the work. At present the committee who are in charge of the arrangements is looking about for a suitable location. The government has promised a grant of money which will be one-quarter of the cost of the new building.

Many of the citizens have been very generous in helping to carry on the work. One of the first donors, was a contractor of the city who, at his own expense, built a balcony onto the hospital for the patients. Three leg-stents, which are particularly comfortable and useful for infirm patients, have also been donated.

A number of patients who have been in the hospital have received such splendid attention and good care that they have recovered and have resumed their regular occupations.

Mr. A. Price is president of the society, but the temporary sanitarium is under the direction of a committee of women, who have worked untiringly for the cause and to whom its success is largely due.

He that would catch fish must venture his bait, and he that would get business must venture the cost of a Want Ad.

**SPLENDID WORK OF THE ANTI-TUBERCULAR SOCIETY**

Between Eight and Nine Hundred Dollars Raised to Carry on the Work; Aim to Build a Sanitarium

Between eight and nine hundred dollars raised to carry on the work of the Anti-Tubercular society in Calgary last week, when the nurses went about the city soliciting funds. This society is doing a remarkable work in our city, for since its organization eight months ago, it has dealt with twenty-four cases of tuberculosis.

The old isolation hospital has been used as a temporary sanitarium, but it is one of the greatest immediate purposes of the society to build a

## Good Housekeeping

BY JANE EDDINGTON

Tomato salad. A plain tomato salad is the delectable season is a sweet and delicious thing. It is then the time to eat tomatoes. There is really nearly or quite as much difference between the ordinary tomato of the market and those of the great ripening time as between the early strawberries and those home grown.

The tomato salads most in vogue just now are the tomato salad with cucumber, tomato with some raw, chopped vegetable on each slice—chives, onion, celery, green pepper, or even cabbage with celery seed—the green and white salad ingredients.

Miss Farmer has a Hindoo salad of four slices of tomato on shredded lettuce, on two of which are piled shaved cucumber, sliced onion, green pepper, and water-cress, finally garnished with small pieces of tomatoes shaped with a tomato cutter and served with French dressing.

If people will eat tomato with mayonnaise this dressing may be used. It is the chopped green put on top of that.

For a summer salad sandwich a slice of tomato with a mixed hash of celery, etc., dressed with some mild, cooked dressing as a filling, is both good to the taste and charming to the eye.

A decorative salad may be made of equal quantities of little red and yellow plum tomatoes. To make this, scald the tomatoes quickly, take the skins, and chill. Arrange on lettuce, celery, and chili. Arrange on lettuce.

Coming Events

Benevolent Society. The Benevolent Society will hold its regular meeting on Wednesday, September 11th, at the home of Mrs. Currie, 2119 Eighth street west, Mount Royal.

American Women's Club. The annual business meeting of American Women's club will be held in the lecture room of the public library on Wednesday, Sept. 11, at 2:30 p.m. The members are requested to be on time as there is much business to be transacted.

CASTORIA For Infants and Children. The Kind You Have Always Bought

Bears the Signature of J. C. Watson

## Dependable Children's Shoes

No shoe is put to the test children's shoes go through. If they aren't made from the very best materials they don't last long.



Very few people know whether or not a shoe is worth what they are paying for it. The counters, innersoles and toe boxings—the parts the buyer cannot see—are in many cases shoddy. The one safe course for you to pursue is to buy your Children's Shoes from a reliable shoe store—buy them from RICHARDSON'S

One of our specialties is children's shoes. We buy nothing but what we know will give absolute satisfaction. Our SKUFFER shoes for knockabout wear, and CLASSIC shoes for finer wear are lines that you can rely upon to give the VERY BEST WEAR.

No effort is spared by our painstaking salesmen to fit the children's growing feet perfectly.

"YOUR SATISFACTION IS OUR SUCCESS"

Richardson's Big Shoe House

216 Eighth Ave. East Phone 3958

morning stand on the tips of your toes and bend the knees as far as possible, will keep the feet in the morning until the knees and then lower the heels. Repeat several times.

NAMBLESS. Massage the scars left by the acid with a good skin food each night. This will gradually remove the scars. If you care for it I shall send you the formula for skin food upon receipt of a stamped addressed envelope.

MAMIE: You can remove the ugly blackheads from your face if you take a little time and patience to do it. Blackheads will not remove blackheads. Sometimes they are caused from anemia or indigestion, but usually from neglect. The face should be cleaned thoroughly at least once a day. First cleanse it with a good cold cream, rubbing it well into the skin for about five minutes and then allowing it to remain about five or ten minutes.

SUSIE: The following bleach is good for bleaching the face, neck and arms: One-quarter ounce of lacto-acid, one-quarter ounce of peroxide of hydrogen, three ounces of witch hazel. Apply this, and then, after it is thoroughly dry, apply a good cold cream, rubbing it well into the skin for about five minutes and then allowing it to remain about five or ten minutes.

PUZLED: Blonde hair should be washed once a month to keep it bright and in good condition. If you will send me a stamped addressed envelope I shall be happy to send you a shampoo and remove as many blackheads, as for blonde hair, also a curling fluid.

## The Bertram J. Vine Co.

LIMITED  
Calgary's Exclusive Ladies' House  
1214-1218 FIRST STREET WEST

Ladies' Hosiery

Silk Hose in the very best quality from \$1.50 per pair.

Ladies' Gloves—Long tan kid gloves, Trefousse, Ladies' Gloves—Long tan kid gloves, Trefousse, from \$3.24.

Silk Kimonos—Beautiful Floral Designs and hand embroidered (short) from \$2.95.

Enquiries from out-of-town residents cordially invited.

THE MARK OF SATISFACTION

P. O. Box 2037

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Phone 2040

Prompt delivery to all parts of the city.

STORE HOURS—9 A.M. TO 5:30 P.M. WEDNESDAY 9 A.M. TO 1 P.M. SATURDAY 9 A.M. TO 9 P.M.

## WEIGHT HA EATS

Yorkshire W inhibition

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T GROSSLY get far my no the ple at meal time is sleep and difference to tery; and it's its' t'oe and lard one visitor was seen this her face muching his, and they call the this are

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