# Mainly About Women

BY ELIZABETH BAILEY TELEPHONE 2380

Miss Ruth Rodgers was a Corstairs visitor in the city.

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Mrs. A. M. Lucas, of Carstairs, spent Saturday in the city.

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Mrs. R. J. Newcombe is visiting friends in Carstairs.

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Mrs. Kate Simpson Hayes is a guest at the King George Hotel.

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Mrs. J. S. Dennis and Miss Dennis have left on a short trip to Kelouna, B.C.

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Mr. and Mrs. Chas. Jackson, of West Calgary, left for the north this morning.

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Miss Alexandra Herriat and Mr. J. Pollard Beaton spent the week-end at Banff.

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Mrs. Bentley and Miss S. J. Shepperd left last night on a ten days' trip to the coast.

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Mr. and Mrs. Norman Lougheed left yesterday for Banff, where they will spend a week.

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Mrs. George E. Thorne, of Innisfail, is in the city en route to Denver, Colorado.

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The Shamrock club held a most enjoyable informal dance last night at Unity Hall.

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Dr. and Mrs. A. M. Scott and family have returned from a six weeks' eastern trip.

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Mr. and Mrs. Bert Cummin g."Uno"S have returned to the city from their honeymoon.

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Dr. Blow is in Edmonton, and is the guest of Dr. and Mrs. W. N. Connell of that city.

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Mr. and Mrs. R. B. Beck, of Trenton, Ont., are in Calgary while on their way to the coast.

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Miss Cora Hind, of the Winnipeg Free Press, who has been a guest at the Alberta Hotel, left this morning for Edmonton.

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Mrs. D. B. Bentley and little daughter of Sarnia, Ont., arrived in the city and will visit Mrs. Bentley's sister, Mrs. J. A. Palmer, Elbow Park.

* * *

The engagement is announced in Vancouver of Miss Ella Jean Little to Mr. Archibald S. Nimmo, of Calgary, the marriage to take place early in October.

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Mrs. W. J. Ferguson and Miss L. E. Ferguson, of 331, Eleventh avenue west, left last evening to spend a week in Banff and Laggan, stopping at the Mount Royal Hotel.

## Coming Events

### An Informal Dance

An informal dance will be given at the Calgary Golf and Country club-house on Friday, August 16th at 9 p.m. Guests are requested not to wear evening dress.

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### A Press Club Luncheon

Mrs. Kate Simpson Hayes of the head office of the C. P. R., London, England, will be the guest of honor at a luncheon to be given at the King George hotel today. Members are requested to meet in the parlor at 12.30 p.m.

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### Frontiermen Will Parade

A parade of the Legion of Frontiermen will take place at rear of Grand Stand, Victoria Park, at 7.30 Wednesday evening, August 14. It is important that every member should attend this parade so that he can be posted to his respective troop. Come and bring an inteested friend.

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### Woman's Canadian Club

Mrs. Creighton, wife of the late Bishop of London, England, will address the members of the Woman's Canadian club in the public library on Friday, August 16, at 4 p.m. The subject will be "Topics of Fundamental Interest to Women." Mrs. Creighton is one of the most persuasive speakers and also one of the foremost workers in the interests of women in England, and the members are urgently requested to avail themselves of this privilege of hearing her. Admission free.

* * *

### A Band Concert

The 103rd Regiment will give a band concert at St. George's Island to night. The following program will be rendered: 1. March, "The Iron King," F. J. St. Clair; 2. Overture, "The King's Lieutenant," A. E. Titl; 3. (a) Serenade, "Conzonetta," Otto Langley, (b) March Humeresque, "Funny Fellow," Chas. Frank; 4. Excerpts from the Operette "The Spring Maid," Heinrich Reinhart; 5. Cornet Solo, "Honeysuckle Polka," J. O. Casey (Mr. John Wade. Intermission. 6. Waltz, "The Beautiful Blue Danube," Johann Strauss; 7 Entr'acte, "Bewitching Beauty," L. P. Laurendeau, (b) Intermede de Ballet "Dance of the Moths," Ernest Weller; 8. "The Hungarian Fantasia," Theo. Moses-Tobani; "God Save the King."

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### A Flower Show.

The Calgary Horticultural Society exhibition opens today at Paget Hall, and will be open for two days. There is a very fine display of flowers, plants, ferns, hanging baskets and artificial flowers. The orchestra will be in attendance.

The Arlington Hotel, which has one of the finest gardens in the city, will contribute many of their most beautiful specimens toward the exhibition. This afternoon will be a half-holiday.

### An Interesting Lecture.

Mrs. Creighton, the widow of the late Bishop of London, accompanied by Miss Creighton, will arrive in Calgary on Thursday morning and will be guests at Bishop's Court. Mrs. Creighton, who is one of the foremost women speakers in England, will address a meeting on Friday evening at Paget Hall at 8 o'clock, on the "Outcome of the Edinburgh Conference." The meeting will be open to men and women, but there will be no admission fee, and it is hoped that there will be a large attendance.

DAINTY FROCK OF BATISTE.—The above model works out beautifully. It shows one of the smartest advance designs in bodice pattern—the coat effect, where the embroidered border is cleverly used for decoration down the front and along the sleeves. The flat collar and turned cuffs are of pale green messaline.

## Mountain Musings

To get away from the city's sounds and sights, to turn one's back on the all engrossing calls and demands of business, to be surrounded and guarded by the inaccessible mountain walls which nature's hands have upheaved, shut in from distracting cares and complexities, is what the Alpine Club Camp means to the weary lawyer, was the opinion expressed by A. C. Galt, K.C., of Winnipeg, as he sat down to eat his lunch by the side of Storm Lake.

To explore the lofty ranges, to report upon new valleys, and to learn of their unknown Alpine features is what it means to the geographer.

To get views of superb beauty from the lofty heights of the Rocky summit of these mighty monarchs that sit with their glittering crowns enthroned in supreme power over vale and hill, is what it means to the artist.

To read in the rocks and crags, in glaciers and canyons, the history of the workings of nature in the ages gone by, is what it means to the scientist.

To become acquainted with the dainty wild flowers of the mountains, that lift their heads from the moss-covered slopes and meadow patches that brighten the way of the pedestrian as he follows the trail through the long valleys which lie between the mountains he is ambitious to ascend, is one of the pleasures of the botanist.

To gather around the camp fire and talk now with one, then with another, of the interesting people hailing from east, west, north and south; to discuss the questions of the day, to interchange opinions on the problems that puzzle and perplex and agitate the people at the present time is one of the treats it affords the sociably inclined.

To make the time pass pleasantly and profitably for all the motley family gathered there; to arrange and plan for excursions and entertainments; to see that all the machinery is well oiled and in good running condition; to look after the one thousand and one details of management is what the summer's camp means to the able and enterprising director and his staff of devoted and efficient helpers.

To sit on the snow field, drinking in the beauty of cloud effect in the sky, while the sun sheds its glory on the dozen or more glacial peaks which rise above the horizon in coloring pure and splendid, clear and rare and transparent, of mingling blue, green, grey and gold, is what a rest on the toilsome ascent means to the weary climbers.

To lift the heavy foot pace after pace, while the muscles ache and ache and almost refuse to move; to toil on and upward while every bone in the body rebels; with a rope encircling the waist to be dropped down the steep chimney descents by the hand of the patient guide; to limp into camp, footsore, ready to drop, supported on both sides by generous long-suffering experts, is what graduation means to too many of the newly-made active members.

To be greeted by rounds of applause, to be welcomed by hearty handshake, to be adopted into the family of the "fit" is the goal the graduate seeks and does not fail to find.

(Contributed.)

## Calgary Girl Wins Honors

Among the numerous students in eastern schools and colleges who have brought honor to Calgary, few have been more successful than Miss Carrie De Long, daughter of Mrs. A. M. De Long, of 1109 18th avenue west. Miss De Long is a graduate with high honors in the class of 1912, of the Margaret Eaton School of Literature and Expression of Toronto, Canada. By the principal of her almo mater Miss De Long was chosen for distinguished honors, and is now pursuing a post-graduate course in the Boston school of expression. We wish Miss De Long continued high success in her chosen profession.

The mill, the factory, the store, the office—all have use for the Wants.

Varied interests are represented in the Want Columns from time to time.

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**B. C. Binning and Co.**

**112 8th Ave. E.**


## Good Housekeeping

By Jane Eddington.

### THE CARROT

The carrot is only second to the onion as an aid to meat cookery of many sorts. To cook carrots with meat is to improve the meat and to make it go farther. Like peas and beans with meat, the carrot improves and makes savory the cheaper cuts. When people think they dislike the carrot taste they do not know what makes the liquid part of the meat stew so delicious as it is, if the carrot used in flavoring is grated into it and cooked.

If not weel or rightly cooked the carrot has a rank flavor. It will grow in the esteem of people as this is mitigated in cooking.

The carrot may be go cooked as to be as sweet as a sweet potato, or even sweeter. The new carrot is, in fact, almost unbelievably sweet, when it is steamed and mashed. Not a bit of its easily dissolved sweetness is lost when it is steamed, as it is bound to be the case when the carrot is boiled with perhaps a previous parboiling.

Young carrots simmered in butter, with pepper and salt are good, but more people are suited if, after this process, cream or milk with yolks of eggs are added, with a pinch of sugar and a little chopped parsley, perhaps.

Even old carrots are nice if they are sliced thin after boiling, put in a sauce pan with bits of butter, dredged with flour, seasoned, and stewed soft without any water over a gentle fire.

A white sauce, with peas and small pieces of carrot, or carrot spheres, and chopped parsley is a nice accompaniment to boiled potatoes. In any macedone of vegetables the carrot gives character. It is usually cut in Julienne shape for this, as it for the soup by that name. The carrot, though not commonly considered a salad vegetable, may be used in the mace done and other salads.

The average home cook has about two ways of cooking carrots, but so excellent a vegetable with such warranted good qualities deserves that it have all its possibilities discovered.

Raw Carrot.—If one likes raw vegetables of any sort, the turnip, Jerusalem artichoke, etc., he will like the carrot. It is given to little children in Holland when the y want a luncheon.

Mashed Carrot.—Clean and cut up in pieces of equal size the new carrots. Steam a short half hour. Mash and dress exactly as you would mashed potatoes, with a little cream, if you have it, some butter, salt, and pepper, if you like it. It would be utterly superfluous to add suger to carrot cooked in this way, but a shake of onion salt increases its savoriness. Try mashed carrots once for the sake of a new sensation.

Hungarian Carrots.—Peel and cut carrots into pieces one inch and a half in length. Cut these pieces into thin slices, and cut these slices into strips a little larger than matches. Boil them in salted water until tender. Drain off the water and add one cup of sugar and one-fourth of a cup of vinegar. Cook for fifteen minutes in this mixture and serve.

Flemish Carrots.—Scrape and slice enough carrots for four persons. Put these in a saucepan with one teaspoon of salt, and cover with boiling water. Cook until tender. Put in a stewpan two tablespoons of butter and one of onion, cut fine and cook for about five minutes. Add the drained carrots, one teaspoon of sugar, one teaspoon of salt, one-fourth of a teaspoon of white pepper, and one cup of good stock. Cover and simmer for half an hour. When ready to serve add one tablespoon of finely chopped parsley.

## MINING CAPTAIN IS KILLED

Hancock, Mich., Aug. 13.—Working in a shaft 3,100 feet under ground, Wm. Pellard, head mining captain at the Wolverine Mine, was instantly killed today by a fall of earth. He was a thirty-second degree mason, and prominent in state politics.


### FINE FOR THE FAMILY

Kellogg's Toasted Corn Flakes is economical as well as nutritious and zestful. A ten-cent package contains enough for twenty dishes.


## Lillian Russel's Beauty Secrets

### ARCHERY FOR GRACE

One of the oldest of out of door games is being revived by the lovers of sport and perfect condition. No game that has ever enjoyed favor has given more litheness of limb, grace of gesture or directness of sight to the female. There is a great deal of sentiment about the bow.

At one time archery was the pride of England, for through its means Britain won many battles. To us the sentiment is more of sorrow and sympathy, for the Indians used the bow and arrow as their principal weapon. Many of us are familiar with tales of warfare and terror which have been the personal experiences of our ancestors when they fought the Indians for the possession of this country.

Today in England and here at home archery is one of the most elegant and fashionable of sports. Nothing can be more picturesque than a group of archers on a beautiful lawn with a background of glorious trees and sky.

The gowns worn by women in the game may be either long and trailing or short and jaunty, for the strain is not severe in either the movement of the arms or the stretching of the limbs.

There is no exercise more healthy or more rational than archery. It is advantageous for women for the reason nthat it is general and equal without being violent, bringing the faculties of both mind and body into play, yet oppressing neither.

The attitudes necessary in playing the game are full of grace and power. It is one game that does not require any special habit, therefore women who dislike changing into sweaters and leggings may enjoy the exercise of limb and muscle in the most flimsy of gowns or the most sumptuous of velvets without the slightest danger to either.

Neither is there any effort in setting up the target. Therefore, it is one game that requires no preparation. It may be played at any time, immediately before or after meals without distress or danger.

Remember: All one requires is directness of purpose, promptness and concentration to win at any game.

STENOGRAPHER: If the ends of your hair are split I would advise you to have it trimmed evenly. Hair will never grow if the ends are split. In order to keep the hair in good condition the scalp should be kept loose and flexible. This can only be done by massaging the scalp. At night after taking the hair down devote about ten minutes to massaging your scalp with the tips of your fingers, going over the entire head. Scalp massage is the secret of keeping the hair in a healthy condition. In a week's time you will see a vast difference in your hair. It will become full of life and regain its lustre. If you will send me a stamped addressed envelope I shall be glad to send you a formula for an excellent hair tonic in which I have perfect faith, also complete instructions for scalp massage.

M. G.: I am afraid there is nothing that will make you stop growing. Being tall is nothing to be ashamed of. You should be glad that you are tall and not short and stout. Unless you have some chronic ailment it is much easier to put on flesh than to take it off. Get plenty of fresh air, eat plenty of nourishing foods, avoid all trying work, sleep all you can. Arrange your life so that you will get the most rest for your mind and body as possible. Above all things, don't worry. There is nothing that will make one thin more quickly than worry. Think of pleasant things of life instead of the unpleasant. Sleep all you possibly can and get plenty of fresh air during your sleeping hours. I shall be happy to send you a dietary for gaining flesh if you will send me a stamped addressed envelope.

MRS. G. K. H.: Some people use eggs for a shampoo without adding anything to them. To do this, break two eggs over the head and rub them thoroughly into the scalp. Then wash the hair, rinsing it thoroughly. However, I shall be glad to send you a formula for a shampoo that has eggs in it if you will send me a stamped addressed envelope. I shall also send you a formula for removing superfluous hair.

MISS M. B. B.: I shall be glad to send you the formula for face bleach upon receipt of a stamped addressed envelope. The face bleach is also good for neck and arms.

A READER: The ammonia and peroxide will remove superflous hair. Take one-third ammonia and two-thirds peroxide of hydrogen. Apply several times a day. The ammonia will gradually kill the roots of the hair and the peroxide will breach it so that it will not be so noticeable. Use the plain household ammonia.

MRS. A. S.: From the description you give me, your skin must be dry. I would advise you to use a good cold cream or skin food which contains oils. Massage the skin food into your face each night before retiring. This will keep your skin soft. Do you use powder? Perhaps this is the cause of your face becoming rough and scaly. If this is the case, change the brand of powder or apply a good cold cream to the skin before going out, rubbing it well into the skin and then taking the surplus cream off with a soft cloth. Apply the powder. The cream will make the face smooth. I shall be glad to send you the formula for the skin food and cold cream if you will send me a stamped addressed envelope and also the formula for glove paste which will keep the hands soft and white.

H. B.: As in many other ills so in case of chilblains there are sundry measures of relief recommended from time to time. What will bring almost instant relief in one case will have little effect in another. An ointment useful in many cases consists of forty-six grains of camphor added to seven drams of lanolin. This ointment is rubbe dinto the chilblains three times a day. Another preparation that often acts magically upon tehlize chilblains consists of equal parts ichthyol and water. This is painted on the affected parts with a camel's hair brush.

MAUD L.: Red hands whose condition is due to exposure to the sun may be whitened by using a mixture of one ounce lemmon juice, one ounce of cologne, and the same quantity of strained honey. Bathing the eyes in salf water renders them stronger and often whitens red lids. The throat and neck need flesh food and cream with massage, just as the face does, to keep it white and smooth. Always treat the neck and powder it to match the face.

Subscriber: I am sorry but I cannot give you any information in regard to the article you mention. I have never used it myself and cannot recommend anything I know nothing about. Never use anything on your face unless you know exactly what it is and what it will do. Many women have ruined a good complexion trying to make it better with something they know nothing about.

MRS. A.P.: Thank you for your words of appreciation. I am delighted to know that you are pleased with the skin food. Vaseline is exceedingly good for the hair but it makes it greasy. I would advise you to use a good hair tonic on your hair and also massage your scalp daily. If you will send me a stamped addressed envelope I shall be glad to send you a formulae for an excellent hair tonic in which I have perfect faith, also complete instructions for scalp massage. This tonic

## THE HEART DEPARTMENT

### The Widow's Position.

In almost every social set where there are a number of single women the advent of a young and comely widow among them brings fear and trembling to many of the feminine hearts. "What is there about a young widow which makes her more fascinating than single women to men?" is a question often asked by young girls. Widows write me that if the world knew of the position they often occupy they would be oftener pitied than feared. This assertion can readily be understood from their viewpoint.

To be too coy or bashful as a young maiden while in the society of men would be absurd in the widow. Her timidity before men vanished as wifehood was assumed. She became simply natural; neither stilted in conversation nor awkward in manner. She is not a prude, nor is she a coquette, nor is she too forward or proportionately as reticent in demeanor.

This one trait, naturalness in women, is the arrow which goes straight to any man's heart. The widow put him completely at his ease. He realizes that he will not have to put forth any undue efforts in conversation to entertain her. Men appreciate the woman who puts them at home like ease.

Few men are brilliant conversationalists. When calling upon a young woman they often find themselves racking their brains as to what they will say next, to touch upon a subject that will interest her. The average girl things she must talk for dear life to interest a man; plunging desperately from one subject to another. The consequence is she is apt to make a man feel ill at ease rather than experiencing a contented feeling.

One girl naively writes me: "I read a great deal about many widows being sympathetic towards men. Now, I cannot draw sympathy in by the heels when a young man happens in to visit and there's no call for it. If there's a way of encouraging a proposal, widows ought to inform us what it is if they would befriend us girls. There is scarcely enough husbands to go round without one woman monopolizing two or more of them."

The writer of the above missive forgets that there "never was a Jack without a Jill." In other words, this means that there is a mate for each heart. The man who passes by the single girl for the widow is not intended for her, as she will understand when the right one comes along. Girls should remember that there are men who will only have a fresh heart which has been touched by the fire of love by himself alone. The comely young widow will often declare that she has even the privileges of the single girl, and be equally as circumspect as she if a suitor comes awooing. The young girl's courtship is smiled over, no matter how long it takes the couple to make up their minds that they are in love with each other.

If the widow has a beau and their courtship does not terminate in marriage her censors are not as lenient with her as to excuse years of waiting. And thus the widow's position is ofttimes trying.

### He "Went Quite Consistently."

"Dear Miss Libbey: About three years ago I went quite consistently with a girl who later moved away from our village. I corresponded with her for a time and then stopped through carelessness. A few days ago I chanced to meet the girl while in the city and talked with her for a time. When I returned home she wrote me a letter similar to the letters she used to write me. I haven't answered, for the girl means nothing to me now, and I do not care to correspond with her. It seems rude, however not to acknowledge her letter. Anxious."

You might wait for a week or so and then write her a formal letter or acknowledge the letter by postcard, and the young lady if she has any sense, will understand that your are not greatly interested in her.

THE KHAKI GUNNING SUIT—Hunting, as a ladies' sport, will be more than ever popular this year, and the women's outfitters are getting busy with costumes to suit the new idea. These suits are largely of khaki tweed—the material that became popular and was very serviceable at the time of the South African war. The suit is fully equipped with cartridge belt, vest and hat of the same material. High waterproof boots complete the costume.

### Shall He Ask to Call?

"Dear Miss Libbey: Will you kindly advise me if it is proper for a young lady to ask a young man to call on her or for a young man to ask a young lady if he may call? Anxious."

It is optional whether the young man asks to call or the young lady extends the invitation. The accepted idea of late is that the invitation should come from the girl.

### His Parents Object.

"Dear Miss Libbey: Is it proper for a girl to go with a fellow when his parents are opposed to it? I have a steady fellow in the town in which I live and like him very much. I also have a friend in St. Louis with whom I have gone for several years when the St. Louis friends visit home. Is it right for me to go with him and turns down the other fellow? Is it right for a fellow to be with one girl every night in the week? If not, how often should he be with her?

Brown Eyes."

It is better for a girl to respect the parents' wishes in such a matter. There is no reason why you should not go about with the man from St. Louis if you care to do so. No man should call on a girl every night in the week, not even if he is engaged to her. Twice a week is quite often enough, even then.

### "The Elder Sister."

"Dear Miss Libbey: I read your article on the 'Elder Sister.' I confess, although I was once an elder sister myself and am now the mother of six children, the two oldest of whom are girls of 18 and 20, I never heard of such an instance as that recorded by Margaret's mother. The article speaks as if such cases were common; my opinion is that they are unnecessary and arise from weakness on the mother's part. There is in younger children at least in the ones that I have known a tendency to rebel at any fancied tyranny of an elder sister or brother. It would be difficult for my oldest daughter to tyrannize over the younger ones, for they would flatly refuse to be tyrannized over.

"My daughters have always been my helpers with children and with housework. We have consulted with each other. I have given them much responsibility about the house, such as in cooking, dressmaking, and other household duties. But I have held the reins in my hands especially as regards the oversight of the little ones.

"In my absence the elder sister may exercise authority; when I am at home, I exercise it. It seems to me the better way. We have never had friction, and my little ones love their older sisters because they are considerate of them.

M. R. M."

### She Was So Ashamed!

"Dear Miss Libbey: I am a stenographer and am desperately in love with a country boy. A short time ago he asked to call on me and I gave him permission. When he came he was in a spring wagon with two seats and it amused the people at whose house I stay so much that they laughed. I was so ashamed that I pleaded sick and went to my room. Now should my love for this young man overcome my shame for his country ways? I want to marry him but am also ashamed to do so. Tell me if this is true love or not? Jane."

If you really love the fellow you wouldn't care whether he came in a country wagon or a dog cart. Such foolish pride is harmful. If you are fond of the young man don't let the teasing of your friends bother you.

### His Wife Left Him

"Dear Miss Libbey: I lost a dear companion over three years ago and was left with two nice children. One year ago I selected a girl who was poor in preference to two who were wealthy. I loved her and did everything that I could to make her happy, giving her a beautiful home, and she could have her horse and buggy and piano. Well, last fall, times being hard and taxes so high, I was not able to refurnish my residence, and, thinking it would please her, I sent for her sister, who is poor, to visit her. I sent her the money to come with.

"Soon after my wife became dissatisfied, but we never did quarrel about anything and I always kissed her goodby when I left in the morning. One day about three weeks ago she took her trunk and went away while I was gone. Since that time the sister tells that I di dnot clothe her or was not good to her. Yet this sister cannot go out hardly without wearing my wife clothes, and is destitute. But she is older and seems to control my wife. I am well to do, having considerable property, but I have been short of money lately—that is, I have not as much as usual. I would and did do all in my power to make her happy, but it looks as if I can't do anything further. She has gone to work now. I even gave her money to get her clothes before we were married. Do you think she is under a sister's influence, or what is the trouble? I have been told that it might be her mind. There is no other man or woman in the case as far as I know.

"ANXIOUS"

I think if you are patient with your wife for awhile she probably will realize her mistake and come back to you. I hope she does.

### Shall They Call?

"Dear Miss Libbey: The other day I was riding with a group of nine in an electric machine. Four nice-looking fellows came along in their car and smiled, so we smiled, and when we got in the town they followed us in their machine and called to us so we talked to them. Now they have called us up, and we want to know if it wouldn't be all right to let them come and call, as we know they are nice fellows.

"EVELYN AND LUCILLE"

No, Evelyn and Lucille, do not invite them to call unless you know something about them. They may be married for all you know. I am surprised that girls of your apparent education and refinement would be foolish enough to pick up acquaintances that way.


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**ANNOUNCEMENT**

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