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THE DECORATOR
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American Women Meet.

The rain yesterday prevented a number from attending the American Women's club meeting, which was held in the new library, but there was a fair attendance. The study departments which were discussed some time ago, submitted their reports and were completely organized for the work in the fall. The following ladies are in charge of the various departments: Literature, Mrs. Noel; travel, Mrs. Ralston; an experienced club worker; art, Mrs. J. C. Cummins; and music, Mrs. Mitchell.

Plans were also discussed regarding an entertainment which will take place this month. Mrs. McCarthy was appointed chairman of the committee in charge of this. The next business meeting will be the second Wednesday in August.



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because you get through sooner—it is easier to iron and the work is done better. You feel better because you are cool, clean and comfortable.



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MAINLY ABOUT WOMEN

Rev. W. G. James spent yesterday in Banff.

Mrs. Charles MacMahon of the Mosam Apartments, is entertaining a number of friends informally at the tea house this afternoon, complimentary to Mrs. Goodman and Mrs. Wilson of Perth.

Miss Day, of Red Deer, is a visitor in the city.

Mrs. D. P. McCall of Regina, is the guest of her sister, Mrs. N. M. Burnett.

Mrs. C. A. Hayden and son have left on an extended Eastern trip.

Rev. J. A. Clarke is spending a few weeks at the coast.

Dr. McKenzie, of San Francisco, is the guest of his sister, Mrs. G. M. Robinson.

Miss Florence Cooper and Miss Lydia Cooper of Medicine Hat spent a few days in the city en route to Banff.

W. G. Stillman of Tunbridge Wells, is spending a few weeks with his son, A. E. Stillman, of this city.

Mrs. Kenneth McLean of Guelph, who has been a visitor in the city, left on Tuesday for her home.

Miss Pfeiffer, physical director at the Y. W. C. A., will leave for Portland on Saturday afternoon.

The domestic science department of the American Women's club will meet with Mrs. J. A. Brookbank, on Friday, July 13, at three o'clock.

Tonight the organ recital at the First Baptist church will take place. A most pleasing program has been planned.

CUPID'S KNOTS

KEEN-WALLASTON.
At the Baptist Parsonage, Mount Royal, Mr. Richard Keen and Miss Alice Maud Wallaston were united in marriage by Rev. M. A. MacLean, last evening. Mr. and Mrs. Keen will live in Calgary.

RODELL-COLDWELL.
Yesterday afternoon at 5 o'clock, Miss Edith Coldwell became the wife of John A. Rodell, both of Wetaskiwin. Rev. S. E. Marshall performed the ceremony. After a short honeymoon in Banff, Mr. and Mrs. Rodell will reside in Wetaskiwin.

PAYE-HENRY.
Mr. A. W. Paye, formerly of Calgary but now of Edmonton, and Miss Mary Henry, were married on June 26th at Thornton, Ontario. Mr. and Mrs. Paye will reside in Edmonton.

COFFIN-BAILLIE.
On June 26th, at Pictou, Nova Scotia, the nuptials of Dr. Earnest W. Coffin, principal of the Normal school, Calgary, and Miss Marie Marguerite Baillie were solemnized. Dr. and Mrs. Coffin will be at home to their friends in Calgary after September 16th. They will reside at 617 Fourteenth avenue west.

MAIR-GEMMELL.
At St. Andrew's Presbyterian manse, last night the marriage of Mr. John Walker Mair, of this city, and Miss Margaret Gemmell, who just arrived from Glasgow, Scotland, took place. Rev. A. Mahaffey officiated.

The bride wore a pretty frock of pale blue pongee silk, prettily trimmed. Mr. and Mrs. Mair will reside in Calgary.

JIMMIE WARD MAKES A GOOD FLIGHT.
Winnipeg, July 10.—Jimmie Ward, one of the two aviators making flights at the exhibition here, made a good flight from the exhibition grounds this morning. He went out to St. James flying right back to the fair grounds without stopping. He was up about 15 minutes.



This little blouse well illustrates the vogue for laces and ruffles. Notice the quaint sleeve finish where the double frill is joined with heading.

A Housekeeper and a Homekeeper

Is there a greater tyrant on earth than the housekeeping fiend, the woman who "washes her floors every day," who pursues you around the house with your coat, which you left on a chair, while you hurriedly rush into the house from your office to get something you've forgotten, who dusts the backs of the pictures every month, who is so busy scrubbing floors and getting meals that by the end of the day she retires early having made herself miserable and everybody who lives with her miserable, too?

This woman continually calls to you, when you want to finish the morning paper, "that your breakfast is getting cold." She whispers at your ear if you answer the telephone to "Hurry and finish, your tea is getting cold." If you're playing the piano you must stop in the middle of a sixteenth semi-demi-semi quaver or "your meal will be cold." All her life has been eked out in work. She has done everything herself because she has always had the feeling concerning her children that it was more trouble to teach them than to do it herself.

And so the children are helpless and dependent. They never stay home, they never bring playmates in the home because boys and girls "muddy up the floors" and they look enviously at the neighbor's house which isn't nearly so clean, but where you can have a "perfect whale of a time." They long for the freedom of being able to leave a book around without the book and the place being lost. They long to be able to take the scissors and cut out the pictures of magazines without "mussing up the house." And a Christmas tree! Oh, a Christmas tree would be the heaven, earth and creation of delight, but toys are "useless" and "always in the road."

Then when the children grow big and can get "out at nights" they wander away from home to more pleasant atmospheres and they seek amusements anywhere, anyplace that tempts them.

Yet, always there is the emptiness of the misunderstanding of the meaning of the word home.

Oh, the wisdom of the woman who doesn't wear her life and her energies out on the floor! Oh, the forethought of the woman who isn't too tired to go out with her children to the dances and the places of amusement. So, girls of today, even if you do not give before you that ideal of home-study, the science, or whatever you call it, that is going to make your home the most attractive place on earth and that those who live in it will have a pre-dominant "There's-no-place-like-home" feeling. For only housekeeping will pass away, but home-keeping will live throughout the ages.

ELIZABETH BAILEY.

MORE DEADLY THAN THE MALE

("Kit," in Canada Monthly)

The English suffragettes went out of their way—or is this their way?—to belittle the heroic conduct of the men who gave their lives for women. What rule? Who made it? What made it? Nothing but man's innate sense of chivalry for what is weaker and smaller than himself. I am ashamed for Miss Pankhurst.

Another delightful sister gave it as her opinion that "there was no need to brag about it." I should take some pleasure in watching that lady scuffle for a place on a raft. I greatly fear I would turn down thumbs if she appealed to me and I was aware of her charming opinions. Who brags? Hardly the dead heroes.

That sort of thing shows that there is a hard side to woman let us say—not all women. Talking it over with a man the other week, he remarked that Kipling was about right in placing the female as deadlier than the male. "All women the world over got up on their hind legs—graphic if startling!"—and howled about the injustice of this sentiment," said the man, "but

Kipling is right. Who is so cruel to a so-called fallen woman as her dear and worthy sister who was never tempted? Who in the old Roman days were quickest at turning the thumb down for the death sentence? Who is harder on all women generally? Who is most lovingly insincere? I'd have let her drown. He ended savagely.

The suffragettes are certainly endeavoring to get "out at nights" and there were many instances of bravery among the women in the most desperate of the night on the little fleet of rowboats aloft in the night on the great lonely sea.

Not all women are cads.

For Obvious Reasons

The old gentleman who was always declaring that boys were not what they used to be stopped in front of the smart child.

"Well, Tommy," greeted the old gentleman, "how are you today?"

"Very well, sir," responded the smart child shily.

"And do you ever think what you are going to do when you are a great big man?"

"No, no, sir."

"Ah, I knew it, children are so shiftless these times. And why don't you give it any thought?"

"Because I am a little girl, sir."

And the last seen of the inquisitive old gentleman he was making long strides down the avenue.—New York World.

There was an old woman, as I've heard tell,
Who thought Post Toasties were mighty swell,
She ate them for dinner, she ate them for tea,
She ate them on land and she ate them at sea.
The more she eats them the better she feels,
So now she has them for all of her meals.

Written by MRS. CHAS. E. KEENE,
287 Hyman St., London, Ont.

One of the 25 Jingles for which the Canadian Postum Co., Windsor, Ont., paid \$500.00 in May.

DREAM OF BRITAIN'S FUTURE BY WOMAN OF GLOOMY MIND

Insists That England is Raising
a Race of Degenerates;
Drink Responsible

London, July 10.—Mrs. Alex Tweedie, the well-known author of "Mexico as I Saw It," has written a highly interesting article on the subject of eugenics in The Fortnightly Review. People do not seem to realize, she says, that we are rearing a race of degenerates at so rapid a rate that the future of Great Britain is imperiled. It is worth something to be born healthy, and decently cremated and buried. In time we shall have both these advantages. Science will master the first; wisdom will accept the second.

The improvement of the race, for that is what "eugenics" broadly means, has been looked upon with suspicion; but in a few years this scheme will be proclaimed a working fact and an undeniable necessity.

Training undoubtedly does much. Take, as a simple sample, a stupid girl from a home; a sensible mistress and good food will often make a capable servant of her in a few months. Mentally and physically the girl will improve.

No one should be allowed to marry without a doctor's certificate. It would be as necessary as the marriage license. Under our present careless system the most extraordinary unions take place. Members of families where insanity is known to exist, where drunkenness has been hereditary for generations, where consumption or cancer has reduced the circle one by one, are free in this country to marry just as they please, no inquiry being made by the other party to the contract. These people marry, and the wasted children born of such parents often inherit their disease. Grave social conditions are the result.

A race must be built from the best if it is to stand. Yet in Britain one person in every 130 is officially qualified as insane. There are, roughly speaking, nearly 300,000 mentally afflicted persons in our islands.

Granting that the birthrate has decreased, it has to be admitted that this has happened only in the upper classes, among the people with money and brains, the very people to produce the right sort of children, to tend them and educate them properly afterwards. What of the others? The lower we go in the social scale the more prolific the people, and often the more undesirable progeny. The uneducated have no knowledge of eugenics. There is none to teach them.

A large percentage of crime has its well-spring in feeble-mindedness. Let the faces of the men and women compare. Some denote cunning, but the average represents stupidity. Drink is the enemy of much of the evil—drink sought to give temporary relief from hideous surroundings, my men, drink taken in place of food by overworked, tired men.

What right have we to eke out our eyes to so grave a situation? Can it be well to let these untalented people go back to the world until children, whom they can control themselves? Would it not be wiser to put them on the poor-house list, and let them lead healthy-out-of-door lives—married, it may be, but sterilized—leaving the world no worse than they found it, even if it cannot make it better?

The life-blood and power of the country are being sapped. If we can not cure the cancer, we can at least prevent its progress. Our present economic condition is disastrous. What party government cannot effect, science perhaps may.

CONVENTION OF WOMEN'S SUFFRAGE

Nearly a Riot When President
Rules Resolution Out
of Order

San Francisco, July 10.—Woman suffrage today was knocked out at the last day's session of the Federation of Women's Clubs, now in convention here. The committee on resolutions has been wrestling with the suffrage resolution for several days. Today Mrs. Charles Farwell Edson of Los Angeles, that the committee had turned down the suffrage resolution. So she presented a strong resolution for equal suffrage from the floor of the convention and demanded that the convention endorse it.

At once pandemonium broke loose. The southern delegates clamored against it and finally after great confusion and Mrs. Philip Moore, the presiding officer, ruled that the resolution was out of order.

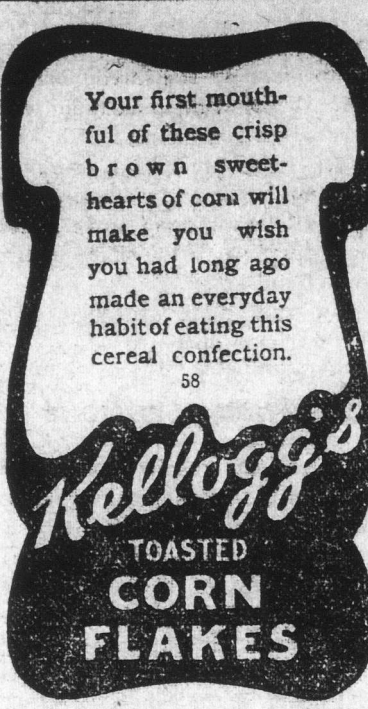
This ruling nearly caused a riot. Mrs. Frederick Nathan of New York, a suffrage leader, demanded to know Mrs. Moore made her ruling.

The endorsement of suffrage at this time would be a blow to the general federation and also to suffragists; the president replied "because the work of the federation has to do with the education of the timid, conservative woman, preparing her to accept the citizenship which is surely coming. If the conservative woman goes out as an anti-suffragist and her work will be destructive."

Many women wept over the fate of the resolution and severely censured Mrs. Edson for her action in introducing the subject on the floor.

WAR MINISTER OF TURKS RESIGNS HIS OFFICE

Constantinople, July 10.—Mahmoud Shefiat Pasha, the Turkish minister of war, whose military ability made possible the change of regime in Turkey, resigned his office today. His resignation arises from the dissatisfaction of the minister of war himself over his alleged failure to read the signs of military disaffection which culminated in the recent mutiny in Albania.



Your first mouthful of these crisp brown sweet-hearts of corn will make you wish you had long ago made an everyday habit of eating this cereal confection.

Kellogg's
TOASTED
CORN
FLAKES

Good Housekeeping
BY JANE EDDINGTON

BOSTON BROWN BREAD
Boston grandmothers would rise in their graves and shake a warning finger at posterity if they could but see and taste of some of the brown loaves that are sold as "Boston brown bread." A soft sponge, deeply colored with molasses of the darkest sort, and suggestive of chocolate, containing not one iota of cornmeal is what is procurable at some bakeries under this title.

The Pilgrims and Puritans learned the use of cornmeal from the Indians, and when they began to apply it to recipes for making bread learned before they ever saw American they gradually evolved a brown bread that was not like any of the brown breads of Europe, where there are many. I am quite sure that this was the origin of Boston brown bread, but am open to conviction should historical facts prove that I am deceived.

At any rate, I am sure that New England brown bread was always made of cornmeal and of some other meal of flour, but the basal ingredient was the corn. It was an invariable accompaniment of baked beans, and some of its modern uses, in sandwich making and ground up for the flavoring of ice cream, were entirely unheard of.

Some future dictionary maker may describe Boston brown bread as a steamed bread, stamped in pound baking powder cans and slightly browned in the oven, for this is a definition one might write out after reading a great number of recipes for this bread as made the country over.

Formerly but one meal besides the cornmeal was used in the making and this was, in the majority of cases, graham or some coarse wheat meal. Nowadays the leading light in Boston cooking uses one cup of cornmeal, one cup of graham flour, and one cup of rye flour.

With a sweet milk one gets a much thinner batter than with sour milk, and therefore a sweet milk brown bread seems to be more economical, since it makes a larger quantity of bread, than the sour milk. Soda is, however, used with the sour as with the sweet milk. The thin-batter breads are more likely to break in coming out of the mold than those of a thicker batter.

The following two recipes are some that I have had for twenty-five years at least. They are state of Maine.

Brown Bread I.—One pint of clabbered sour milk, two cups of cornmeal, one cup of graham, two tablespoons of molasses, one teaspoon of salt, two of sage. Steam four hours and bake half an hour. This batter will fill a quart and half mold two-thirds full, as full as it ought to be.

Brown Bread II.—One cup of cornmeal, one-third of a cup of rye meal, one cup of sweet milk, one-third of a cup of sour milk, three tablespoons of molasses, one-half a teaspoon of salt, one-half teaspoon of soda. Steam three hours and dry in oven. This is a third of my old recipe, but it is enough to fill a quart mold as full as it ought to be in order that the batter may rise sufficiently.

According to the most modern way of doing, the bread is put on a tin in a kettle of boiling water, the water coming up half way on the mold according to the older fashion, it was put on in cold water and it was a pain to do. Of course, the water will have to be renewed as it boils away.

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Enquiries from out-of-town residents cordially invited. P. O. Box 2037.

Children Cry For Fletcher's CASTORIA

Letters from Prominent Druggists
addressed to Chas. H. Fletcher.

Mansur Drug Co. of St. Paul, Minn., says: "We are not in the habit of recommending proprietary medicines, but we never hesitate to say a good word for Castoria. It is a medical success."

Higginson & Co. of New York City, N. Y., say: "We can say for Castoria that it is one of the best selling preparations in our stores. That is conclusive evidence that it is satisfactory to the users."

Myers-Dillon Drug Co. of Omaha, Neb., says: "Your Castoria is one of the best sellers we have. We cheerfully recommend it to our trade voluntarily at all times, and will testify to its merits at any and all times."

Weber Drug Co. of Indianapolis, Ind., says: "Fletcher's Castoria is an article for which there is no substitute. It is undoubtedly one of the most popular articles on the market to-day and our customers for it are numbered by the hundreds."

Parriott & Bailey Pharmacy, of Los Angeles, Cal., says: "During an experience of over 30 years in the retail drug business we have never found a proprietary remedy that has had such a large sale or given such universal satisfaction as your Castoria."

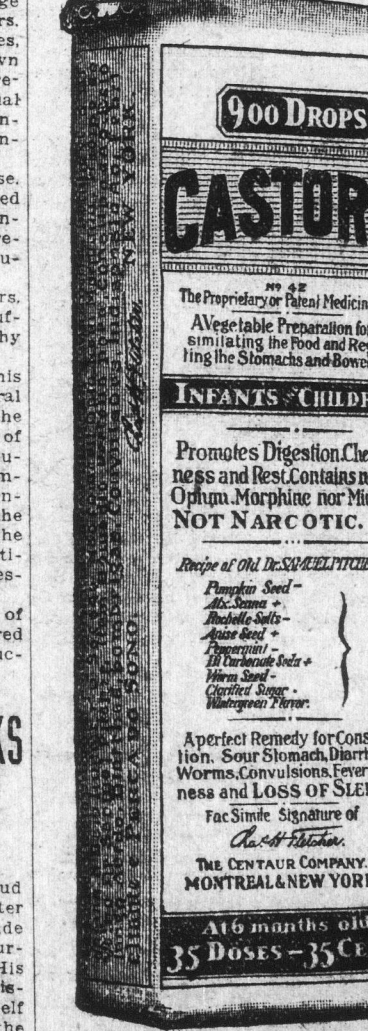
Theo. Metcalf Co. of Boston, Mass., says: "We have handled Fletcher's Castoria for years and consider it one of the best preparations made. Our sales are continually increasing and everyone of our customers has nothing but praise for Fletcher's Castoria."

W. H. Chapman, of Montreal, Que., says: "I have sold Fletcher's Castoria for many years and have yet to hear of one word other than praise for its virtues. I look upon your preparation as one of the few so-called patent medicines having merit and unhesitatingly recommend it as a safe household remedy."

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CASTORIA
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A Vegetable Preparation for Assuaging the Bowels and Regulating the Stomach and Bile

INFANTS - CHILDREN
Promotes Digestion, Cleanses the System, and Relieves Constipation. Not Narcotic.

Perfect Remedy for Constipation, Sour Stomach, Diarrhoea, Worms, Colic, Wind, Flatulency, and Loss of Sleep. Fac-Simile Signature of Chas. H. Fletcher.

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