

# Mainly About Women

BY ELIZABETH BAILEY

TELEPHONE 2380

W. R. Armstrong of Sidney, B.C., is in Calgary.

Miss M. Koch of Edmonton is a visitor in Calgary.

Mrs. Leader of Carstairs spent yesterday in Calgary.

James McDougall of Medicine Hat was in the city yesterday.

Mrs. Ambrose Dickens, of Edmonton, is a guest in the city.

Mr. and Mrs. E. Henson of Medicine Hat are visitors in Calgary.

Dr. and Miss Lachner have returned from a six weeks' outing in Banff.

Miss Esther C. Nelson of Edmonton was a visitor in Calgary yesterday.

J. A. and Lady Louise Longley, London, England, are guests in the city.

Mr. and Mrs. H. Nesbitt of Vancouver, are guests at the Alexandra Hotel.

Mrs. Sanson and Miss Marion Sanson have returned from a trip to the coast.

Miss Decima Robinson is the guest of Mrs. R. J. Russell, 2118 Fifth St. West.

Miss Grace Carson is visiting Mr. and Mrs. George Lane at the Bar W. Ranch.

Mr. Mark Drum leaves this morning for Frank, where he will remain two weeks.

Mrs. Herbert Black of Vancouver is visiting her sister, Mrs. R. D. Reese of Calgary.

Conductor Muthhead, of Moose Jaw, is visiting Mrs. C. M. Stone, Fifteenth Avenue East.

Mr. and Mrs. E. N. Lutter leave today for Vancouver, where they will reside permanently.

Miss Lily Lane has returned home from a holiday at Bar W. Ranch.

Mrs. Fred Johnston, Mrs. Clark and daughter, Miss Kathleen Clark, left for Vancouver on Wednesday.

Mrs. J. Hatfield and daughter, of Winnipeg, are guests of Mrs. J. J. Watford, East Calgary.

Mr. and Mrs. J. D. Ansley, of Leamington, are the guests of Mrs. S. S. Salza, Twelfth Avenue East.

Mrs. P. McGee, ex-senator of Columbia, and Mr. John McGee, manager of the McGee's Live Stock and Land Co., and families of Spokane, are the guests of their sister, Mrs. Frank Skene, 510 Eleventh Street West.

Mr. and Mrs. H. Jackson and family of Perth, Ont., are visiting their son, Mr. A. L. Jackson, of this city.

The I. O. O. F. Banquet was held last night at the Nolan hall. Music by the 16th orchestra, and all present had a most enjoyable time.

Mr. and Mrs. E. Hicks who have been visiting Mr. and Mrs. Lucas Hicks, Houton House, have returned to their home in Portland today.

Mrs. John Stocks and family, of Edmonton, spent a few days in the city while enroute to Banff. They were the guests of Mr. and Mrs. Donald Carter.

Mrs. Pryce-Jones and Mrs. Wheatley will be the tea hostesses at the Calgary Lawn Tennis club this afternoon, when some of the semi-finals for the Alberta championship will be played.

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**FOR AFTERNOON WEAR**—this new gown of white satin is very smart. The skirt is narrow and fastened down the front with white velvet buttons enclosed in black silk. The bodice is of Irish lace.

## Isn't This Unique

"Dear Miss Libby: As I was walking down 'A long lane that has no turning,' dreaming of 'My hero,' I met Casey Jones, who smiled and said, 'My beautiful lady, has anybody here seen Kelly?' I replied 'Kelly's gone to kingdom come.'"

This started conversation, and he said "Come on and hear Alexander's ragtime band. Everybody's doing it, and they play a ragtime violin." I accepted, and as we started he laughingly said, "Turn out your light, Mr. Moon Man, and to me, 'Put your arms around me, honey.' I laughed, but did not encourage his attention. He became very love-sick and said, 'I believe in greater ambition and a keener desire to be all that a man has a right to expect of a woman. His ideas of woman are so high and I want so much to be a woman and in a womanly way. He has no children and I know that in every respect his married life has been a huge failure. I believe in a woman who will sacrifice her life for duty.'"

I have a great many desirable friends and two good opportunities to marry this year, but I cannot think of leaving this 'boy' (once he said, 'Anybody can get married, but it takes brains to stay single. It makes me a happier man to stay with him than to do my duty in a business way and helping him the best I can. I am sure and never with an aimless aim. I am making just for duty's sake. I want to aid him. I am strong and he is a weakling. I am willing to sacrifice my plans and ideas of a married life if I can make the burdens of the 'boy' lighter."

"Trial Balance."

A girl that finds out that she is in love with a married man will save herself and him a lot of trouble if she gets away from him as soon as she can. I am not so sure about the fellow that is making for duty's sake. He seems to be a dishonorable man. No married man should dare speak of love to you. His first duty is to his wife. He is considering me one of his wife's selfish, miserable existence. If he really cared anything about you he would leave her and come to you. One loving, judicious kiss is worth a hundred forced upon the one beloved.

**A CHEAP EXCUSE**

"Dear Miss Libby: Here is another 'don't know what to do' come to you for some of your valuable advice. I am 18 years of age and have been keeping steady company with a boy one year my senior for about five months. I loved him dearly and I almost know that he returned my affection. About three weeks ago he came over and said that his mother did not like him to keep steady with any other girl but the one that she had picked out for him. So to keep peace in the family he told me to try to forget him, but that it was impossible for him to go with another girl since, and I do not think he will.

"Now the question is, do you think I may place to give him up, or do you think that in time his mother will yield to his wishes? He says that if he does not that he will go against them, which I do not want him to do. His mother has no personal objection to me.—'Blue Eyes.'"

I think that was a cheap excuse for the fellow to give. It shows that he is unmanly. Pay no attention to the fellow. He probably was not telling the truth.

**HIS HEART IS BROKEN**

"Dear Miss Libby: I am suffering from a broken heart like a lot of others. Seeing you have helped others you may be able to help me. I am a young man of 25, have been going with a young lady I dearly love for about three years. She seemed to think everything of me. I am sure she dearly loved me. I always showed her a good time when we were together and repeated her. About a year ago we were engaged. Since then she has seemed to be cold hearted to me at times. Did not answer my letters like she used to. About a month ago I wrote her a letter which she did not like very well, seemed to hurt her feelings. She wrote me a letter. O, she gave it to me right. I wrote back and told her if I was to blame all right, I would stand for it all. Since this I wrote this young lady two more letters and she never answered. Would you write and tell her to send the ring back? I dearly love this little girl and can't give her up. Please let me know what to do.

Better write me sorry for you.

Better write another letter to the girl before you request that she return your ring.

**DO NAVY MEN MAKE GOOD HUSBANDS?**

"Dear Miss Libby: Do you think a young man who has been in the United States navy for 10 years and who

has travelled extensively could ever be satisfied to live a quiet settled life? I fear that he would soon become dissatisfied after being so accustomed to travel. Do you know anything of the habits of the navy men?"

I think he might be content to settle down. He probably has been about so much that he is tired of travelling and would appreciate home life more than the average fellow.

**ANOTHER FOOLISH GIRL**

"Dear Miss Libby: Without discrimination I am in love with my employer, who is a married man. There have never been any personalities between us, and aside from a kind confidential business interest I do not suppose he thinks of me.

"I came to him as a raw, awkward girl running over with mistakes but anxious to succeed. I now hold a responsible position in the office and I have his patience and kindness to thank. Coming in contact with him has given me greater ambition and a keener desire to be all that a man has a right to expect of a woman. His ideas of woman are so high and I want so much to be a woman and in a womanly way. He has no children and I know that in every respect his married life has been a huge failure. I believe in a woman who will sacrifice her life for duty.'"

I have a great many desirable friends and two good opportunities to marry this year, but I cannot think of leaving this 'boy' (once he said, 'Anybody can get married, but it takes brains to stay single. It makes me a happier man to stay with him than to do my duty in a business way and helping him the best I can. I am sure and never with an aimless aim. I am making just for duty's sake. I want to aid him. I am strong and he is a weakling. I am willing to sacrifice my plans and ideas of a married life if I can make the burdens of the 'boy' lighter."

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## W. C. T. U. WANTS FLOWERS TO GIVE TO SICK

At Delightful Informal Tea Program of Fall and Winter Meetings Arranged

Next Public Meeting Will Be Held August 29; Executive Seeking New Members

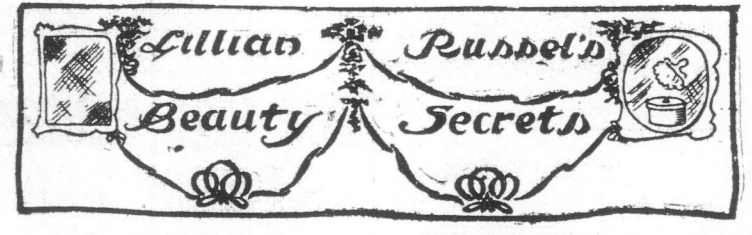
A delightful informal tea was given yesterday evening by Mrs. M. K. Cruikshank, 1004 Thirteenth Avenue West, to members of the executive of the W. C. T. U., who met at her home to draw up a programme of the fall and winter meetings.

The next public meeting of the W. C. T. U. will be held on August 29, when there will be an address on "Civic reforms and temperance work in Calgary." Mr. W. B. Fraser will be in charge of the opening service. The members of the order hope there will be a large attendance of men and women interested in temperance work, and who will see their way clear to become members.

The W. C. T. U. will be pleased if any ladies who have flowers to spare would send them to Mrs. S. G. Adams, 1517, Fifth Street West, or telephone 1512, and the flowers will be called for, if so desired, and the proceeds where they may be secured designated.

The executive hopes an abundance of flowers will be sent, as there are many who will be ready to distribute them to the sick.

Anyone who has magazines or other good reading matter for distribution will confer a favor by sending them to Mrs. Christlun, 815 Eighth Avenue West.



**Everybody Hates Fat**

The human form is plastic and can be molded at will. Fresh vitality may be imparted to the languid frame strength may be given to the weak limbs, grace may substitute awkwardness, ill formed bodies and homely features may be remodeled into symmetry and beauty, postponing indefinitely the gradual deformities of age.

The desire for beauty, or at least completeness and comeliness of form is a feeling which a human heart palpitates. Beauty of mind should be coupled with a rounded complexion and admirable physique, free from excess or deficiency of proportion.

It only compels a little patience and endurance to lose the superfluous flesh that destroys the symmetry of a perfect figure. The fat is not so much a matter of right thinking. The fat woman whose flesh will not be laced down, whose walk is impaired by weight, may, if she puts her mind to the matter, care more for her appearance than she does to gratify her abnormal appetite, for the appetite that demands more than the necessary amount of food to nourish the body is abnormal.

The woman who can eat just enough to satisfy her hunger and deny herself the mind cravings for liquids until an hour before she goes to bed, and the portions of her body which are inclined to be over conspicuous will quickly disappear.

Many a lady hates fat, and those who have an abundance of it hate it more than do any others. The danger is in allowing fat to accumulate. The body should be carefully watched. When puffiness first becomes evident under the lines, over the abdomen, and hips, and around the neck, the first evidence of their presence the work of self-denial and exercise should begin. Procrastination is the mother of deformities.

Just down, the fortitude to carry out your own will can make wonderful changes in the too fat or the too thin body. Remember: Beauty of face and form is an expression of intelligence.

H. M. Never scratch an insect bite with the fingernails, as there is great danger of infection. Bathe the parts with hot water, dry and apply the following lotion, which will relieve the smarting caused by the bite of any insect. Apply alcohol or peroxide to the bite, and then the formula for skin food, with directions for facial massage.

**WHERE BOND INTEREST EQUALS THE PRINCIPAL**

Denver, Aug. 7.—Here are cases where interest exceeds principal and where the state of Colorado pays the fiddler to the tune of hundreds of thousands of dollars.

The holders of all outstanding warrants of the state of Colorado issued during the years 1887, 1888, 1889, 1890, 1891, 1892 and 1893, and those holding certificates of indebtedness issued for suppressing insurrection during 1893 and 1894, are exchanging the same in the office of the state treasurer for finding bonds.

The Albany City Savings Institution held warrants to the amount of \$23,348.82. The accrued interest on these warrants is \$42,108.72.

The German Savings bank of Brooklyn held \$25,212.28 worth of warrants and the interest on these is \$25,109.08.

J. S. Brown & Brother of Denver held \$2,542 in warrants; interest \$3,205.

The Albany Exchange Savings bank presented \$27,544.12 in warrants, together with an interest bill of \$40,866.06.

The Mutual Life Insurance company of New York purchased \$27,523.26 worth of warrants and the interest on the same being \$38,756.47.

The Queens County Savings bank of Flushing, N. Y., invested in warrants to the extent of \$23,476.12, and the accrued interest is \$32,145.57, being a total of \$55,621.69.

**STRANGERS' DIRECTORY**

Every stranger who comes to this city buys a copy of this paper for two reasons: It tells the news; IT CARRIES A WANT AD PAGE, and this meets the need of the man and woman who want to know.

## Rules for Canning

So many enquiries have come into this office relative to canning that the following explicit directions from The Boston Cooking School Magazine are given in the hope of assisting many of our readers:

1. See that the jars are in good condition, that they contain no cracks, or splinters of glass in the bottom.

2. Fit with covers and rubbers and test to see that the jars are air-tight.

3. Wash the jars and covers very thoroughly.

(Why not reverse the order of these two rules?)

4. Put the jars and covers into a pan of cold water to cover them and bring the water to the boiling point.

5. Do not boil the rubber rings.

6. Prepare the fruit, according to its kind.

7. Empty the jars when they have boiled several minutes, replace the rings (dipped in the boiling water) and leave the jars standing in boiling water during the filling. (Give two reasons for this.)

8. Fill the jars to overflowing with the boiling fruit. Press out with a silver fork any air bubbles which may be caught between the pieces of fruit or against the sides of the jar.

(Why must the fruit be still boiling? Why must the jars overflow? Why must the bubbles of air be driven away?)

9. Put on the hot covers, seal at once and remove the jars from the heat.

10. Do not cool them too rapidly.

11. Invert the jars to see that they