PAGE OF INTEREST TO WOMEN

SOCIAL and PERSONAL

TELL IT TO THE SOCIETY EDITOR.

Miss Elva Warren, of this city, is visiting relatives in Ingersoll.

Dr. Ernest Williams and Mrs. Williams motored to Detroit over the holiday.

Supt. R. McKillop of the C. P. R. left yesterday to spend his vacation at eastern points.

Miss Ruth Watson and Miss Mabel Thore are summering at Monteith Hotel, Rosseau.

Mr. and Mrs. A. J. Mortimore of Vancouver, B. C., called on friends in the city on Tuesday.

Mr. Oliver Armstrong, Toronto, is visiting at the home of Mrs. T. C. Cowan, Wortley road.

Professor Frank Anderson of Huron College has taken a cottage at Springbank for the summer.

The Misses E. Copeland, M. Carroll, A. Campbell and I. Copeland spent the week-end at Port Stanley.

The Rev. W. J. Doherty conducted the memorial service for the G.W.V.A. at Woodstock on Sunday.

Mr. Stewart Snyder, who has been visiting at the home of Mr. and Mrs. V. Cronyn, has returned home.

Miss Elsie Mathewson, from Lakeside Hospital, Cleveland, Ohio, spent the week-end at 486 Dufferin avenue.

Mr. and Mrs. H. B. Trebilcock and family of Detroit have returned home after visiting relatives in this city.

Miss Ethel Carroll of this city is spending her two weeks vacation with her cousin, Miss Mildred Thompson of St. Marys.

Mrs. John Cousin of Belmont, and Miss Ann Cousin of Brantford left yesterday for Oliphant, where they will spend their vacation.

Alderman and Mrs. F. E. Harley leave today for the Pacific coast. They will spend a month's vacation at Vancouver, Seattle and other seaboard cities.

Mrs. A. E. Vincent and her daughter, Miss Vida Vincent, of Hayman Court, are spending a couple of weeks in Toronto, the guests of Mrs. Doughty, Osborne Apartments, Sunnyside.

Mrs. Homer Smith, Misses Margaret and Mary McDonald and Mr. Walter Glenn motored from Ailsa Craig to Lambeth on Sunday, where they were the guests of Mr. John and Miss Jessie McKenzie.

Mr. and Mrs. R. H. Read, 835 King street, announce the engagement of their daughter, Edna Louise, to Mr. Harry W. McNaughton of Windsor, formerly of this city, the marriage to take place the middle of August.

Miss Katherine McMillan, who has been assistant superintendent of the Kitchener-Waterloo hospital for the past three years, left this week to accept an important position at the Mount Hamilton Hospital, Hamilton, Ont.

Mr. and Mrs. H. M. Cook of Waterloo are spending a fortnight's vacation with Mr. and Mrs. J. C. Breithaupt at their summer home on one of the Georgian Bay Islands. Mr. and Mrs. Cook made the journey to Penetang by motor.

Mr. Widmer Ball, who has been visiting his mother, Mrs. Clarence Ball of Edward street, has returned to Toronto, going by way of Aylmer, where he joined Mrs. Ball, who has been the guest of her parents, Mr. and Mrs. J. Winnington-Ingram.

Going to join her husband, who is the Pacific Mail Steamship Company's agent at Shanghai, Mrs. Louise Guernsey of London, Ont., accompanied by her 3-year-old daughter Jane, left San Francisco on July 26 on the Pacific Mail liner Ecuador.

H. N. Guernsey, for many years a purser in the Pacific Mail employ, and for a time port purser for that company at Frisco, rently went on a general survey trip for the Pacific Mail to the Orient, later being assigned to the important berth of agent at Shanghai.

While in San Francisco, Mrs. Guernsey and her pretty daughter were guests at the St. Francis Hotel.

LOCKHART—CLUFF.

A quiet wedding took place at the Anglican rectory, Dungannon, when Jennie Elizabeth, the youngest daughter of Mrs. Henry Cluff, became the bride of Robert James Lockhart of Auburn. The ceremony was performed by Rev. D. D. Douglas. Mr. and Mrs. Lockhart left for Toronto on their honeymoon and will proceed shortly to their home in the west.

DAY—DOAN.

A very pretty wedding took place on Saturday, July 31, at the home of Mr. Henry Doan, 778 King street, when his daughter, Violet L., was united in marriage to Dr. E. A. Floyd Day, only son of Mr. and Mrs. J. E. Day of Thamesford, Rev. W. R. McIntosh officiating.

The ceremony was performed under a canopy of purple and white, the colors of Western University, of which the groom is a recent graduate, and the same colors were used as decorations throughout the house. Miss Eusebia Steele, a niece of the bride, played the wedding march from Lohengrin as the bridal party entered, and later during the signing of the register Mrs. (Dr.) Brown sang a delightful solo, "Ask Nothing More."

The bride, who was given away by her father, looked lovely in a gown of white georgette, trimmed with pearls and veil, caught with orange blossoms, and carried a shower bouquet of Sweetheart roses and sweet peas. She was attended by her youngest sister, Velna, who wore pink silk with overblouse of georgette and carried American Beauty roses. The groom was supported by Dr. Bernard McDougall, of this city. The groom's gift to the bride was a substantial check, to the bridesmaid a silver purse, to the pianist and soloist pearl hat pins and to the best man gold cuff links.

After a dainty wedding breakfast the happy couple left for an extended motor trip to Port Huron, Detroit, Buffalo, Niagara Falls and Toronto, the bride travelling in a suit of navy blue tricotine and white satin hat.

After September 1 Dr. and Mrs. Day will be at home to their friends at Timmins, Ontario.

HOME ECONOMICS

MRS. ELIZABETH KENT, MacDONALD COLLEGE.

GREENS.

Only lately have greens come into their own. But now that we know that they contain water soluble vitamines, of great importance to health, and iron in a form easily assimilated by the human body, the various kinds of greens, spinach, Swiss chard, beet leaves, lamb's quarter and dandelion are of much greater interest to us.

Much of the old dislike of greens was due to careless washing and poor cooking. There is no excuse for not having greens perfectly clean and free from grit, and properly cooked they both look and taste good.

Spinach, when young and tender, can be cooked slowly in a covered granite pan in its own juices, without water. In this way the food value is practically all retained. If the spinach is older, it is better to cook it uncovered in a good deal of water. When the spinach is tender, drain off excess water, chop finely, reheat, season with salt, pepper and butter. Garnish with slices of hard boiled egg. A delicious dish may be made by crushing the cooked spinach through a ricer, and beating the pulp into a cream sauce.

Swiss chard or the silver beet is a valuable discovery, because it is to be had through the summer season. It may be cooked like spinach, or when the stalks are larger, at the end of the season, it may be stripped of its leaves and the stalks cooked and served like asparagus.

Beet leaves are best when young and tender, and may be cooked and served like spinach. The red stems make it particularly pretty.

Lamb's quarter and dandelion greens are the first growing things to be had in the spring. They are cooked in boiling, salted water, drained, chopped and seasoned. As with other greens it is important to wash them several times.

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TALKS ON HEALTH

BY WILLIAM BRADY, M. D., Noted Physician and Author.

What To Eat on a Vacation.

Although "overwork" and a needed rest are the conventional excuses for a vacation, work does nobody harm, and rarely does anyone go on a vacation to rest. The salutary objects of a vacation, if any, are these: (1) An opportunity to bathe in the sun, which stimulates metabolism, increases the amount of hemoglobin and the number of red corpuscles in the blood, improves sleep. (2) The occasion for getting some exercise in the open air every day without spoiling the crease in your pants or wearing out your $20 shoes. (3) The right to sweat at will without scandalizing the community. (4) A chance to enjoy the novelty of an alterative diet.

This is the first time I have pulled a genuine ninety-warp medical term in a good while. A doctor is entitled to air his profound learning now and then. Usually I try to explain the meaning of a medical term the instant I perpetrate it, but this time I'm stuck; nobody can explain what alterative means—that is why we keep the word in the medical lexicon. An alterative medicine is something like ginger pop or sarsaparilla or lemon sour—it changes your symptoms; if you are tired of your present symptoms you simply turn them in and get some new ones. The almanacs have always supplied the symptoms gratis.

Alter, as every high school student knows, means other, different, change. Now you understand what an alterative diet is.

A change which has much to do with the salutary effect of a country vacation on city children is the increase in the amount of fresh fruit and fresh vegetables consumed when you can go out and pinch 'em off the growers and farmers roundabout—at about $2 per pinch. These little sprees furnish large quantities of the vitamins which are so essential in nutrition and growth and so often inadequately supplied in the everyday diet.

Another change which means a great deal to many vacationists is the use of liberal amounts of fresh milk in place of other foods.

Adults and many invalids benefit materially by the use of larger proportions of fruits and fresh vegetables while on a vacation, not only because of the vitamin content of these articles of diet, but also because of the fact that such a diet renders the blood more alkaline and exerts a wholsome influence on eliminating organs which may be impaired. Indeed it is worth while for most sedentary, well nourished city dwellers to become temporary vegetarians or near-vegetarians while on a summer vacation. This is particularly applicable to those who suffer the protean manifestations of that hypothetical state known as autointoxication.

QUESTIONS AND ANSWERS.

Public Bathing Pool.

Is there any particular danger of contracting disease while swimming in a public bathing pool? (Mrs. H. M. S.)

ANSWER—Yes. The danger is greater the smaller the pool, the less open air and sunlight it has, and the larger the number of persons who use it. But if the water is changed frequently, if the swimmers are required to take a shower bath before entering the pool, and if persons obviously or presumably diseased are excluded, there is no particular risk in patronizing such a pool.

Powder Puffs, Attention!

I wish you would print in your valued department a formula to overcome excessively oily skin. My nose and forehead are so oily that I have to keep using the powder puff all the time, or I will shine like Tennyson's schoolboy. (Lillian R.)

ANSWER—I don't know how Tennyson's boy shone, but he was some shiner if he outshone W. Shakespeare's boy. To chew gum, brush your teeth, wear your bathing suit or powder your nose in the office, store or anywhere in public is all the rage with the set, perfectly hygienic, too, I must admit. This lotion applied night and morning is good:

Resorcin ..... 10 grains
Toilet water ..... 1 ounce

(The toilet water must contain a reasonable amount of alcohol to dissolve resorcin).

(Copyright National Newspaper Service)

FEMININE ATTIRE FOR NEXT WINTER

Woman Reporter Got a Line On It At Designers' Show.

VELVET-LIKE TEXTURE

General Silhouette Straight—Skirts Short, Some Very.

New York, Aug. 1.—Woman Reader, would you like to know what you are going to wear next winter? Are you curious to find out whether you are going to be able to take a full-length step and a full breath, or whether your ankles are going to be cold? Or the still more pressing question, Will last year's suit seem hopelessly "out," or will it "do?"

An interesting forecast in answer to such questions might be made from the fashion show and style exposition of the United Cloak and Suit Designers' Mutual Aid Association of America, which was held last week in Masonic Hall, Sixth avenue and Twenty-fourth street, before a thousand buyers, manufacturers and designers.

Texture, Embroidery, Etc.

One hundred and twenty-five of the coming models in coats and suits were displayed. The materials used were, almost without exception, of a thick, velvetlike texture—duvetyne, veldynes, duvet superior, velours, velvets and marvella. Most of them were richly trimmed with fur, the long-haired pelts being particularly popular.

Besides the fur used in heavy collars, pockets and bands, elaborate braiding and embroidery, often in bright colors, appeared as ornament. A few coats still carried a trimming of heavy fringe, though the general use of fringe seems to be disappearing.

Carrying out the embroidery motif, many of the evening wraps were made of brocade, and red paisley was the material used in the jacket of one smart suit. A costume of broadcloth, with 35,000 beads hand-sewn in a decorative design over the cloth, was much applauded.

The general silhouette for the coming season is straight. The skirts will be short. In sor . of the more extreme costumes they reached scarcely below the knee, but the high-boot-top length was more general. And, while not full, the skirts seemed wide enough to permit the wearer to step off a curbstone without tripping—a relief that many women will welcome.

The long waistline prevails, and the natural figure. The only abnormality is the high line of the collar, which, especially in the coats, rises in the back to a height above the ears. These collars are very heavy and almost eclipse the head, so that a lady seen from the back looks like a lead pencil sharpened at the stop.

Coat-Dresses.

Coat-dresses, or dresses made to take the place of coat and dress, will continue to be very fashionable. Most of those shown were built on simple lines. In one model the waist bloused over the soft belt, both in front and back. The effect of a jacket was generally produced by an overskirt reaching halfway to the knee. Some of these overskirts flared smartly, and were slashed and trimmed with fur. Most of the sleeves were very tight, showing the natural outlines of the arm. In the wraps, however, the kimono sleeve was almost the invariable rule. If the coat-sleeve was tight there was usually a cape over it. The tendency to panels was pronounced, both in coats and suits.

Advertiser Patterns

Owing to the pattern manufacturers increasing the price of patterns to us, all patterns advertised from this date will be 15 CENTS EACH.

3122

A Simple Apron Model.

Pattern 3122 was selected for this style. It is cut in four sizes: Small, 32-34; medium, 36-38; large, 40-42; and extra large, 44-46 inches bust measure. Size medium will require 4⅝ yards of 36-inch material. One could develop this in white drill, linen or lawn, with tape binding in white or colors. It is good also for gingham, lawn, percale, chambray, sateen and alpaca.

A pattern of this illustration mailed to any address on receipt of 15 cents in silver or stamps.

Name .....

Town .....

Province .....

Age (if child's or misses' pattern).....

Measurement: Bust..... Waist.....

CAUTION: Be careful to inclose the above illustration, and send size of pattern wanted. When the pattern is bust measure, you need only mark 38, 44, or whatever it may be. When in waist measure, 22, 24, 26, or whatever it may be. If a skirt, give waist and length measure. When misses' or child's pattern, write only the figure representing the age. It is not necessary to write "inches" or "years." Patterns cannot reach you in less than one week from the date of application.

Cynthia Grey's Mail-Box

The world steadily widens and grows in wonder and mystery to the man who forms the habit of observation.—Mabie.

Requests.

I saw in last Thursday's paper where Elizabeth Ann had sent in some hooked mat patterns. I sent a letter that evening, with my address, with a stamped envelope, for them, but my letter has never been in the paper yet, and it was me who asked the question some time ago about when I could get the hooked mat pattern. I see where they have been sent to one lady and another lady wanting them. Well, I hope you will get them back soon and send them to me. If you did not receive my last letter hold the patterns till you hear from me again DAISY.

Ans.—Your letter appeared in the Mail-Box on July 28. The patterns will be mailed to you when your turn comes which I see by consulting my list, will be when the patterns come back from the Boxite who is using them at present.

In this evening's paper I noticed where Daisy asked where to get canvas for hooked mats. My mother used to save the canvas sugar bags and use them.

Has anybody got the picture of the "Choir Boy," that they do not want. My mother would like very much to get it. Will inclose stamped addressed envelope for same.

What day did March 11, 1905, fall on? Best wishes.

NOBODY'S SWEETHEART.

Ans.—On Saturday. We have discontinued comments on handwriting in the Mail-Box.

A Bride-To-Be.

Dear Miss Grey,—I am coming troubling you again. What we would do without you I fail to find out. I am going to be married, and could I trouble you to name some of the things a bride-to-be should have. I think at one time I saw a list of linen in your column. Is there anyone that would kindly lend me a nightdress yoke to take the pattern off? I will return it as soon as possible. Will send them all the chips of crochet I have. I guess some of us think there is not anyone to ask questions to but you. I will forward a bunch of sweet peas when there are enough out. I have six rows of them. I have some nice books, if anyone would like to have them. Hoping I am not intruding—keep an open eye for your flowers. Would like Rosebud to write. Here is a mite for the S. C. H. SWEET PEA.

Ans.—Accept our best wishes for your happiness and prosperity. Here is a list that may help you in procuring your linen supply: Two large table cloths, four small ones, two dozen table napkins, six pairs of sheets, ten pairs pillowslips, three satin-finished spreads, two pair woolen blankets, two pairs flannelette blankets, twelve pairs towels, four pairs bath towels, four pairs guest towels, six glass towels, six kitchen towels, three roller towels.

WHAT'S IN A NAME

ADELINE.

(Copyright, 1920, by the Wheeler Syndicate, Inc.)

It is difficult to imagine nobility in connection with a serpent, but "noble snake" is the significance given the charming name of Adeline. It is one of the many Teutonic appellatives arising from the custom of honoring and glorifying the lowest of God's creatures, by using it as a suffix to proper names.

Adeline grows out of the old German term Ado and linde, the serpent. The feudal princesses of each little Frankish duchy seem to have favored some variation of the name. It appeared finally in Lombardy as Ailsa and later throughout France as Alix. England received it when Henry I. married Alix La Belle, and promptly Anglicized it, so that it occurred in a variety of forms, including Adeline, Adelaide, Adeliza and Adela. Adeline was also reserved by the French.

Meanwhile in Germany the original form remained in vogue. Under modern influence it was contracted to Adeline, despite the prejudice to forms already evolved in France and England. Its sound fitted it well to poetry and romance, and many were the ballads of early times which possessed a beautiful heroine so called.

Jasper is Adeline's talismanic stone. Curiously enough, this jewel will protect her from her namesake, which is not sufficiently noble to forbear an attack upon her. Not only from snakebite, but from the sting of other venomous creatures is jasper a defence. Saturday is Adeline's lucky day and 2 her lucky number.

KEEP THE BOWELS REGULAR AND YOU'LL BE HEALTHY

For a Quarter You Can Assist Them Wonderfully With Dr. Hamilton's Pills.

You'll never have health if the bowels are inactive. By keeping them right you insure a clean, wholesome body. Why wait for constipation to clog up and sicken the whole system—use Dr. Hamilton's Pills—they are the finest, mildest laxative known; put strength into the muscles of the stomach and never injure the delicate lining of the bowels. They get you in the habit of performing a certain function at a certain time, and thereby restore normal conditions. Dr. Hamilton's Pills are best because they help Nature help herself, and thereby keep the stomach strong, digestion good, blood pure, complexion clean, spirits bright and happy. Price, 25c.

Gifts to Women Who Use Jiffy Jell

Jiffy-Jell users should write to the makers for a list of aluminum molds. Molds, spoons and measuring cups are supplied to users free.

Jiffy-Jell is the one dessert which has the fruit flavors in vials. A bottle of condensed fruit-juice essence comes in the package. So a Jiffy-Jell dessert is a real-fruit dainty. The flavor is not artificial. The sweetening is sugar, not saccharine. Women who once try it will always get it. Your grocer has ten flavors. Try pineapple and loganberry first.

Notice To Married Women

WHERE your husband works there is a premium upon alert, energetic effort.

WHERE your husband works there is a decided advantage to the man who is always prompt to arrive in the morning.

WHERE your husband works they like to see him willing to work a little overtime if they need him.

WHERE your husband works he has to spend a great deal of time in going and coming. Urge him to get a bicycle, and he will have more time at home.

PERHAPS a Bicycle will enable him to come home to dinner. It will be better for the whole family, and more money in the end, if there is bicycle transportation for the bread-winner. Let us supply him with a

Red Bird Bicycle

He Can Pay While He Rides.

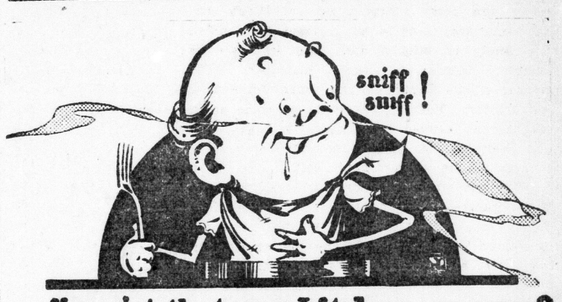
Bicycle and Motor Sales Co.

425 WELLINGTON ST. PHONE 3182.

FOR THE KIDDIES' BETWEEN-MEAL PIECE,

UPTON'S PURE ORANGE-MARMALADE

ASK YOUR GROCER FOR UPTON'S—IN GLASS JARS OR GOLD LINED TINS



d'ye get that new kitchen aroma? dee-luscious!

Mother's at it again! Keeps the old oven busy with her brown sugar goodies. Since Mother uses LANTIC Brown, I never leave the house. No, sir-r-ee!

Lantic Brown Sugar

TECO Self-raising Pancake Flour should be in Every Summer Camper's Outfit

It makes wholesome, satisfying Pancakes — Delightful Gems, Dainty Muffins. Easy to make. Just add water and bake.

The Buttermill Does it (IT'S IN THE FLOUR)

Recipes on Every Package. All Grocers

TECO COMPANY, Limited Belleville, Ontario.

Choice Flowers For the Graduations.

West Floral Co. PHONE 2187. 249 DUNDAS ST. yv

YOUR OLD CARPETS Made into new, beautiful, fluffy, reversible rugs.

CANADA RUG COMPANY 68 Carling Street. Send for Leaflet. tf-yw

Newest Arrivals OF SUITS, COATS AND DRESSES, in the season's latest styles and shades, at reasonable prices. Your inspection is invited.

Justrite Ladies' Wear 254 Dundas Street. zxv Phone 2614.

MURINE FOR YOUR EYES A Wholesome, Cleansing, Refreshing, Healing Lotion — Murine for Redness, Soreness, Granulation, Itching or Burning of Eyes or Eyelids; "2 Drops" After the Movies, Motoring or Golf will win your confidence. At Druggists and Opticians. Write for Free Eye Book. Murine Eye Remedy Co., Chicago

Honest tea is the best policy

LIPTON'S TEA

Largest sale in the world. Your Grocer sells it.

Thomas Lipton TEA COFFEE AND COCOA PLANTER CEYLON.

Canadian Chief Offices 24 Front St. West, Toronto

Puppy Stories by Vincent G. Perry

THE LITTLE PRISONERS.

It's not much fun to be a puppy if one has to be shut up all the time! That's what Tibs and Tabs thought, anyway. Perhaps if their master had known how lonely it was for them in the kennel at the farthest end of the yard he might have taken them nearer the house, but he did not. It was not a nice place to be, but it was much nicer than being out in the big dog run where the old dogs were, for the old dogs did not like having little puppies in their run, and goodness knows what might have happened to Tibs and Tabs if they had been out there.

It was Tabs who was discontented. He did not see how it was his master could not find a nice home for him right away.

"I'm not going to eat. I'll show them if they'll make me a prisoner," Tabs threatened.

"Dear me, isn't it bad enough to be shut up without missing one's meals," Tibs exclaimed. "I'm not going to miss my meals, I can tell you that."

So little Tabs thought everyone was against him. Even his brother Tibs had disagreed with him. Well, he would show them, he thought.

From that moment Tabs refused food. His master coaxed and coaxed, but he just went into a corner and hung his head stubbornly. Then his master came with a big black bottle of medicine, and although Tabs squirmed and kicked, a big teaspoonful was forced down his throat.

"Oowwk!" Tabs cried as he spluttered and spit. "It's the most dreadful tasting stuff I ever tasted."

"It serves you right. Because you won't eat our master thinks you are sick," was all the sympathy he got from Tibs.

Poor Tabs! The world certainly did seem against him, for soon he got such pains in his "tummy" he thought sure he was going to die.

But Tabs did not die. The pains left him, and again he made up his mind he would not eat. For three days he persisted, but at last he had to give in. What little dog could stand by hungry while his brother was eating enough for two little dogs?

Of course, Tabs was thin after his long hunger strike, and so, of course, was his brother fat, for Tibs had eaten every bite put before him. And, would you believe it, the very day Tabs had decided to eat was the day the man who was to choose one of the puppies came to look at them.

"What a thin, scraggly-looking puppy," he cried when he looked at Tabs. "And how fat and chubby is the other!" he added when he spied Tibs. So it was that Tibs was chosen and taken away to a nice home, while Tabs had to remain until luck would bring someone else to choose him.

"My goodness, Tabs is the best pup." Tabs heard his master say after the man had taken Tibs away, "but no one would choose him while he is so thin. I wonder what happened to him?"

How ashamed that made Tabs feel. Of course, he knew why he was thin, and he realized that if he had not acted so foolishly he would be off to the nice home that had fallen to his brother's lot. But Tabs did not always have to remain a prisoner in the kennel. He did his best to eat all his meals from that time on, and soon he was fat and chubby once more, and another buyer came along and took the once foolish puppy to a nice home where he dwelt in freedom for the rest of his days.

[The End.]

"If you have a phone
You can call your own,
Even if you have a party-line;
Get us on the wire—
Tell us you require
A loaf of finest bread—that's where we shine."

Bunn the Baker of Neal's

From the best homes—the homes where economy and good taste reign supreme, comes the cry

SEND MORE NEAL'S BREAD

NEAL'S GOOD WHITE BREAD

Highly nutritious and delicious, is produced by using best materials without stint.

Try a Neal's loaf—enjoy that crispy, nut-brown crust covering the tenderest, whitest crumb you ever saw.

These are loaves to boast about.

Central knows our number, 1313—2173.

NEAL BAKING COMPANY, LTD.

Bread factories at London, Windsor, St. Thomas, Sarnia.