Mainly About Women

BY ELIZABETH BAILEY

Miss Alice M. Elliot spent the weekand in Banff. Mrs. C. D. Strong is the guest of Mrs.

W. A. Moore, Red Deer. A. S. Corbett of Medicine Hat spen

the week-end in the city. Oswald M. Brown, of London, Eng., Is a guest at the King George.

Miss Mabel Burkeholder left on Saturday night for the coast. . . .

Mr. Bert Johnston, of Vancouver, i the guest of Mr. Fred Johnston.

R. S. Lake, brother of Sir General Percy Lake is a visitor in the city. H. T. Gusson, dominion botanist of

Ottawa, is spending a few days in the Mr. and Mrs. F. MacKay of Gleichen

Edmonton. W. J. Butler, of Halifax, accom-

panied by his daughter, Miss May K., are guests at Braemar Lodge. Mr. and Mrs. A. W. Brown and

are guests at Braemar Lodge. Dr. and Mrs. H. Meek, of London, Ont., spent yesterday in the city en route to Edmonton, where a medical

convention is being held. Mrs. Max Weil and children arrived and are now occupying their new home, 1730 Thirteenth avenue west, recently bought by Mr. Weil.

and Mrs. M. McKay of Frederickton, the privilege of having with them a Mr. and Mrs. G. H. Bailey went to who reads nature with the under-Medicine Hat on Saturday

Mrs. Genevieve Lipsett-Skinner, who for the Dominion govenrment the last five months, sailed for home last Saturday on the steamer Laureti -Winnipeg Telegram.

Mr. and Mrs. C. W. Sharp, Crescent gagement of their youngest daughter, Irene Marie (Rene), to Fred W. Harper of Calgary. The wedding is to take place quietly early in Septemerb. Winnipeg Telegram.

Coming Events

Mrs. R. J. Corney, 827 Eighteenth

on Tuesday at three o'clock.

Word has heen received from Miss E. F. Burke, who was called east some time ago on account of serious illness of her father, of his death in Jeneangushene, Ont., on Friday last.

Eighteenth avenue west, on Tuesday mountain about nine o clock Saturd

Dr. Fall, who lectured at the Y. W. C. A. Saturday night, has gone to Ed-monton, but will return Wednesday and probably give a lecture on "The through the valley which preceds the



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a model from any other make B. C. Binning and Co. 112 8th Ave. E.

Notes from the Alpine Camp

to the club house at Banff. Some go with Mr. Wheeler on a two weeks' exploring trip through Strathcoma

the Hon. Mr. Ellison, of Vernon, finwas the moving spirit and director, Miss Myra, who around the campfire who reports each day that the patient one evening gave a graphic descript- is doing well. made a trip which fires the imagination, and makes a lasting impression

A Stranuous Holiday.

Those who went energetically into the sport of mountaineering, from the camps in Vermilion Pass and Prosdaughter, Miss Kathleen, of Hamilton, pector's Valley3, have had a strenuous the fresh mountain air and have rev elled in nature's beauties-the like of which are never seen from a lower level. They have learned at first hand of the character and conformation of the great Rockies, "the snow-crowned heritage" of the Canadian people. They have made new friends and revived old friendships. Their minds have been stimulated by intercourse with Miss Louise Nason of Medicine Hat brighter minds. They have enjoyed B;, who have been the guests of man of profound scientific insight, one preciates and interprets it with an artist's eye and a poet's fertile fancy. has been lecturing in the British Isles | I refer to the able president of the club. Dr. A. P. Coleman. It is safe to say the campers' return to their daily duties refreshed and invigorated both

mentally and physically. Some carry away the scenic beauties on the films of their camers, some in hand sketches in oils and watercolors; it is the wish of most to re-assemble for the summer camp of 1913 on the ground selected by the stalwart director. Mr. Wheeler spoke of Maligne Lake I nthe Yellowhead Pass as a desirable camping ground, but whether can be made accessible for the in take of the necessary provisions re

A Difficult Ascent. The lastrand most difficult achievement of the climbers was the ascent of Mount Ball, the highest peak in Sissons, professor in Victoria univers ity, and others, set out on Thursday The Sans Souci club will meet at the home of Mrs. H. H. Rodgers, 310 night, reached the top of this glacial

> The chief drawback to mountain climbing in the vast rocky regions ascent. The valleys are in thomesives beautiful and interesting, but sever they are seen to greater advantage when viewed from the heigh's above. It is the aim of the Canadian Alpine club to have cottages erected, accessible to interesting mountains, where courists may stop and share with Canadiana the enjoyment of the wor derful magnificence of their mountain

Club a Bureau of Information. The Alpine club of Canada is bening more and more a bureau of information about centain portions of our mountain land, and fro mno other source can such information be so well obtained, except from Mr. Wheeler himself, who, it goes without saying, knows more than any other man about the geography of the Highlands of

Western Canada. The club is a truly patriotic public spirited organization, numbering

summer camp has broken up. The and women too, of enthusiastic, un-holiday makers gathered there have selfish patriotism and disinterested Captain Walker Doing Well.

Much sympathy was felt by all the campers with Captain Walker, who in his anxiety to secure sufe footing for his inexperienced followers, forgot Not long since, a party of whom his own safety, and, overbalancing, the Hon. Mr. Ellison, of Vernon, fin-fell from the cliff. They deeply regret ance minister of British Columbia, the suffering he has endured, and that he has missed the summer's snow made a conce trip up the Campbell which he has always enjoyed so much. river into the heart of the park as Captain Walker remains in camp for far as Crown Mountain. Mr. Ellison some days yet under the doctor's care was accompanied by his daughter, and tended by a most efficient nurse,

serious accident.

The one cloud that overshadowed

uated as actime members during this season's camp



in make, and the seperate basque set on high is a favorite style, which has already been described. The waist is of normal length. The arangement of the basque is quite novel, and the centre scallop is trimmed round then lapped over the sides, and finished with loops and buttons The collar and revers are quite effective and they can be made seperately. The sleeves fit closely, but the arm hole is a trifle large, as now generally made, and the belt wither of leather exactly matching in color, or of the material lined with union and stitch-



eign cosmetic virtue of the juice of the cucumber. A great German physcellent application for preserving the clearness of the complexion.

This is the cucumber season, and juice from the cucumber is simple.

diluted with an equal amount of water case these washes will fall in their makes a perfect tonic for the skin, effect. Hygiene must then give way and should be applied night and to medicine.

Another contribution to the boudoir from the kitchen garden is horseradish. This plant is more useful than is generally supposed. The fam- of the body perfor their functions

ate charges, work legally guaranteed.

Often these home made remedles
Dickens, working watchmaker, 331 are more efficacious than on pays Eighth avenue east, "just below the large sums for, put up in fancy pack-Queen's. Phone 2440. Open till 9 ages. Our grandmothers made their every night. Issuer of marriage li-nses 1977-tf member mine she was lovely, with a

In France they attribute the sover- yields a wash that is highly prized and the mysterious virtues of tropical balms. Its qualities are strange, Mix a libble of it with fat, and the fat every woman may be her own chem- will not become rancid. Some of the st, as th emethod of extracting the tincture combined with rosewateer

in the world for chapped hands. I doubt if benzoin is a whit inferior plates. Place a flat iron upo nthe to the bakn of Gliead, the most famupper plate, pressing it until the juice ous of all the cosmetic fluids of the s all extracted. Then opur the juice orient. The Bible speaks of it, under the name of balm of Gilead, as a into a saucepan and allow it to come medicine of renown in ancient times. to a boiling point ver a quick fire. These washes are to aid healthy Then let it cool rapidly. Pour the skins. If the skin is suffering from juice in a bottle, and keep it tightly some disorder, or if its loss of beauty corked. A tablespoonful of this juice, is due to some general malady, in that

In the use of any preparation, to nsure their proper action, not only must the precepts about bathing and exercise be observed but special atous botanist Linnaeus goes as far as to call it a "divine remedy." An ounce of the fresh root steeped in a ounce of the general health must always be Watch Repairing of All Kinds—guarded by every woman who desires to prolong the fleeting days of beauty.

Remember: Fashion does not stamp of the goods. L. S.: Elbows that have been ne-

ears of age.

glected persistently show a thickened circle of cuticle covered with "goose flesh." To reduce this, pulverized pumice stone sometimes is necessary, and massage must be employed three four times a day, working a good deal of skin food into the elbows. At night, when retiring, cover the elbows with thick application of the skin food and then bandage them. If you are persistent in this treatment, they will soon become presentable, and after they have grown so they should receive the same daily care as the prop. If you care for it, and will sen me a stamped envelope ,addressed, I shall be glad to mail you the formula

for a good skin food. M. T.: Hang nails usually are caused from improper manicuring. When the cuticle is kept pushed back and the flesh kept free around the nails. hang nails will not appear. When the cuticle grows upon the nails it splits and then the skin peaks down, causing painful hang nails. Cut them off as close as you can with small, curved scissors. Never pull them off. The only way to rid yourself of them is y keeping the nails prperly manioured. If you care for them, I shall be glad to send you complete instruct

L. M. S.: Eye strain exhausts the enthe journey. The wilds of wood and mountain, the foaming streams, the nestling lakes, the rich fishing, the pathy, and all rejoiced in his escape lass, and deranges digestion, to say were in town Saturday en route to steep ascents and rocky declivities, from what might have been a far more nothing of other ills which it induces. This being the case, the eyes must be Forty-eight, not seventy-five, grad- given rest. They should never be used for reading when one is weak from illness or suffering any headache or fatigue or strain; they never should be | used in a bad light or with the light shining directly into them. No eyeglasses—and this includes injurious would then, be able to avoid them, cheap smoked glasses—should be used said Dr. Hall. "And then not untithat have not been prescribed by an women demand the same moral stanoculist of established reputation, after dard of men that men demand careful examination. In many cases dis- women shall the great social evil be figuring glasses would never need to stamped out." be worn if people gave their eyes the rest which they require.

JOHN: A man's nails should never innocence. Mothers who keep be pointed. File them to conform to the great secrets of life from their childshape of the finger tips and to extend ren are criminals. Children should slightly beyond. Keep the cuticle well be told some of these facts beloosened and smooth; cut it only when fore they are ten years old, and this necessary. Polish the nails slightly, but knowledge will be a safeguard from the use no tints. It is not effeminate for social evils that beset them, and a man to keep his nails in good con- which a great many are innocent vic dition; it is only a mark of neatness tims because of their ignorance. and refinement. It would be decidedly The lecture was illustrated with laneffeminate to point them or have too tern views, which were interesting and

| so I thought it quite proper for me to Almost every one knows that the good wife is more than anxious to please the husband who cherishes her didn't know any other young man, but ondly and is, of course, loyal and true is since then I have made the acquaintance of another, and now grandma this wishes and is desirous of conforming to his likes and to steer clear of his dislikes.

It is a rude shock to a loving heart I is imply treat them both friendly as It is done.

of find that the partner of her bosom not entirely honest with her in expessions his opinions. For instance, a almost has a fit if he sees her hair done up in curl papers. "What! Curls on his wife?" O' dear /me! Not for worlds! He calls them ringlets and says that they are for frivolous women. He wants the world to know that this wife is one of the sensible! I feel sometimes he's not the one for high and they are the only sort of wo.

"Dear Miss Libbey: I'm at a loss to know what to do with myself. I'm engaged to a boy the age I am (20) and I feel sometimes he's not the one for me, but what causes this is something. men. He wants the world to know gaged to a boy the age I am (20) and that his wife is one of the sensible kind and they are the only sort of women that appeal to him. According to him he abhors peek-a-boo waists, tight skirts, and French heeled slippers.

The good wife accordingly brushes are sach month and lets me know all the sach gives as about his hanking bushes which I about his hanking bushes his something I can't tell. When I'm with him I about his company and he is always his to give them a quality that is most acceptable. Since they have not in themselves that food element which

Shall She Write? Mix a librie of it with fat, and the fat will not become rancid. Some of the timeture combined with rosewateer and glycerine is the best application in the world for chapped heads.

No; let him write to you first. She Goes With Two Fellows.

hopes they will prove congenial to her husband. She is surprised that he unconsciously yawns though it is barely to their places of business. Not long since the wife of business in the sum you had better give him up. You seem to be a moody, sentimental girl. Unless you overcome such inclinations you will make your life a completely changed her accompletely changed her gomplete failure.

The Girl and the Married Man.

"Dear Miss Libbey: I am a faithful sallow sum and entreat of you if at any time laughing girls. Brayche statuettes, Very on and entreat of you if at any time laughing girls. Payche statuettes, Very on the wife of your columns. I would ask you and entreat of you if at any time laughing girls. Brayche statuettes, Very on the wife of your columns is would ask you and entreat of you if at any time laughing girls. Brayche statuettes, Very on the wife of your columns is would ask you and entreat of you if at any time laughing girls. Brayche statuettes, Very on the wife of your columns is would ask you and entreat of you if at any time laughing girls. Brayche statuettes, Very on the work of the work o

your good advice and help in your column with interest, and I ask you said if he would write me a card I would answer it, but as yet have heard inothing. Would it be proper for me to drop him a card or should I wait for him to write first.

R. E. M."

No; let him write to you first. backard. I'm sure we are nice girls

"Dear Miss Libbey: My grandmother thinks I am doing wrong in going out with two boys at once. It's just like this: The young man I have gone with the longest has been going to see another girl in a neighboring town, and right man will come along.

If you're weary, tired and worried with the turmoil of the day, Try a great big dish of Toasties-that will drive your cares

For Post Toasties serve to strengthen, and please the palate Food for both the mind and body-get the habit, time will tell.

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

Written by T. E. HELMICK. Board of Trade Bldg., Montreal, Que. Good Housekeeping By Jane Eddington

WHAT 20TH CENTUR WOMAN SHOULD

The Great Moral Question is No Longer One About Which to be Silent

Mothers Who Do Not Tell Their Children the Great Truths of Life Are Criminals

Women Should Demand Same Moral Standards of Men as Men Do of Women

"What the 20th Century Woman hould Know" was the topic of a forcible, interesting, straight-forward lecture given by Dr. Hall, a physician some of his time to deliver lectures or was delivered in the parlors of the

Inspired by the familiar quotation Ye shall know the truth and the ruth shall make you free." Dr. Hall spoke frankly about some of the great

Should Not Be Two Standards.

When Mothers Are Criminals.

"Ignorance is no longer termed a

THE HEART DEPARTMENT

It is a rude shock to a loving heart I've done heretofore?

pint of cold buttermilk for four hours yields a wash that is highly prized in England for the removal of sunburn and for whitening the skin.

The mthere is benzoin, which comes to us from the sunny meadows of Sumatra. It is redolent with the odors and the mysterious virtues of tropic.

'Dear Miss Libbey: My grandmother

Calgary Women's Press Club

Mabel Burkeholder as Guests at Sherman Grand

Women's Press club, were entertained by the local branch of the club on Saturday at the Sherman Grand, where they enjoyed Shakespeare's "As You Like It." Miss Burkeholder is the authoress of "The Quest of Impatience Carningham," an nto the factory laws, and is full suggestions of reform. The story harmingly told, and the interest the book. Miss Burkeholder is at present writ-

sent. The other characters were extremely well interpreted. This cor

pany is a splendid one, and is deserving of much being houses.

CELERY SOUP

In many households celery soup is one of the distinct economies, for it is made of the outer stalks and tops. These are more valuable for soup at htis time of year than at any other, for the new celery is greener than that which comes later into the market, and therefore contains more of iron, a con stituent we are always seeking for in wise planning of what we shall eat There are any number of variations the subject of cream of celery soup, and there are many soups in which the elery has with it a single other vegeable, like beans or potato, or it may ave with it many other vegetables almost any case where milk instead a meat stock is added, a white auce is the thing that gives the soup

CREAM OF CELERY AND POTA-TO SOUP-Peel three small potatoes ut up fine one head of celery, add a of onion and cover with a pint of boiling water. Cook until the po-otates are tender. Prepare the white in a double boiler. Press the ooked vegetables through a sieve and add them to the white sauce, cook a noment, season to taste, and serve.

oody and food value,

CELERY SOUP (Mrs. P's) -- One up of celery diced, half a cup of fine rley browned, cover with three pints water, and boil slowly two hours, spoon of milk to the egg (in a sour done add one tablespoon of Mour dissolved in a little water, stir of flour in one teaspoon of milk and and cook until smooth. Add a cup of add to egg. Cut two slices of bread milk, salt to taste, and serve.

CREAM OF CELERY SOUP I-Take parts of celery not suitable for table and boil in water to cover. Make a quart of white auce, add to it he strained water from the celery, oil up once, season to taste, and pour

CREAM OF CELERY SOUP II .-Parboil two cups of celery, cut into one-half inch pieces, in three cups of ater for ten minutes, drain and then ook until tender in one pint of water lice of onion, remove onion, add milk o the strained celery with one table-

A cream of celery soup is sometimes alsely called a bisque. Young celery tops chopped fine, enough to make a half pint, put to cook in a pint of cold water and after the boiling point has been reached allowed to simmer for wenty minutes, will make a liquid which when strained is sufficient to nake a good soup with one pint of

Another method of making the cream of celery soup is to put the diced celery into a mortar with a minced onion and then to pound the two until the n milk over boiling water for half an as spoon each of butter and flour cooked together as in making a white sauce The liquor from a can of corn is metimes added to a celery liquid be- | with some piquant meat sauce. fore the two are added to a white and potato with a few shreds of cabbage, may be cooked together to make

a well-flavored cream soup.

The good wife accordingly brushes her curis straight back, gives away her sheer, filmy lace waist to a friend, and has common sense heels put on her dainty slippers. Of course, hubby praises her judgment, declaring the plainer the setting the more the jewel shines forth—or he pays her some other such compliment to stifle her longing for the beautiful.

Once in a while husbands of this sort are sincere. But nine times out of team when they are out promenading with their wives it is the beauty with their wives it is the beauty with their wives it is the beauty with the floating curls and lace friled petticoats that catches their admiring gaze when the wite's head is turned.

This belted coat is undoubtedly smart and very becoming to the slender figure. There is much variation in make, and the soperate basque set on high is a favorite style, which has

Have Mrs. Money and Miss

Miss Mabel Burkeholder, of Hamilton, and Mrs. Money, of Winnipeg, both members of the Canadian is a narrative that gives an insight xceptionally maintained to the climax

ing another book on factory legisla-tion. She has also contributed short stories, articles and poems to leading Canadian publications. And now about the play. It was pleasingly played, Constance Crawley, Arthur Maude, William Yuill and Margaret Ryan delighting everybody pre-

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plate). Stir smooth one-half teaspoon diagonally, making four triangula ieces, dip into egg mixture, and fry after meat is done.

BREADED VEAL CUTLET .Italian style)-Boil two ounces of spaghetti until tender, blanch and drain. Make a sauce for this by cooking a cup and | work trains engaged a half of stewed tomatoes with a at Hector Pit for sur tablespoon of butter, and finally the into col yolk of an egg-this latter may be omitted. Strain the tomatoes and add to them a teaspoon of Parmesan cheese and then rub through strainer. Scald and finally mix in the spaghetti and two and a half cups of milk with a heat up. Bread and fry cutlets, arrange them in the centre of a platter poon each of butter and flour cooked with the spaghetti around them. A together with pepper and salt to taste. | bit of Parmesan cheese may be mixed | what had happened with the bread crumbs in which the roaring mass of fla cutlets are rolled.

> Either Parmesan or grated Swiss allowed to burn the heese is often mixed with the bread crumbs for breading plain veal cut-Field were soon upon th lets without a sauce. It is one of the ways of adding fat to the dish. Half bread crumbs and half cold iron bogies and contorte chopped veal may be made up with removed to the ditch. white sauce and seasonings into several kinds of cakes or balls and fried.

For the so-called fricadellons, read is soaked in milk, mashed and mixed with cold meat, rather highseasoned with grated lemon pee pepper and salt, and perhaps wit parley and thyme and bound together. before formed into cakes, b ya beaten egg. Fry in butter or lard and serve

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what might have bee

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impossible to extinguih

task of no little diff

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DEATH WHEN GA

OGILVIES

Miss Bessie Friend o Loses Life Near Companion Esc

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gation enthusiasts fro ening to attend th vention of the We d at Kelowna, Oka ding No. 3., were n Cameron, repre Pacific railway T. M. Evans, repr Railway and R., represe and R. D. Prett nissioner of ir and P. Soude old, the city of Pegler and

Bassano board J. Russell,

d by his wife . Mr. Russell

will also ster

everal others w

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expected wil ry respect.

ck, the Pittsburg awn of the Frick Pride's Crossing o August 16 n the other hand, information Mr. ushing the plans promises will be nt of the season South Shore President Taft 1 wspapers that ninent part in ted that he bec d Mr. Frick tha i the functio extended to ton, New York rg and Washing expected that th well represented he contract fo ncing pavilion

LAW STUDENT WHEN GANG

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and 9 on the

moved again be

Edmonton, Alta. Juncan, aged 24, came to Edmonton month ago, was Wabamum, west o ing by the swampi which he and Don were paddling.