Mainly About Women

BY ELIZABETH BAILEY TELEPHONE 2380

Mrs. C. J. MacMullan, Edmonton, is a guest in the city.

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Mrs J A Elliot of Vivtoria Harbor is a visitor in the city

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Mrs. and Mrs. Hollander of Spokane are visitors in the city.

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Mrs. E. L. Williams of Toronto is registered at the King George Hotel

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Mrs. Sam Crowell of Winnipeg is a guest at the King George.

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Miss Edith Teighe and Mrs. O. B. Chamberlain are Winnipeg ladies visiting in the city.

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F. J. Robinson and wife, of Regina, are guests at the King George Hotel.

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Mrs. W. R. W. Parsons of Regina is visiting in the city.

* * *

Mrs. Dan Stanley of Winnipeg spent Sunday in the city.

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Miss Elizabeth Murphy is the guest of the Misses Rutherford, Fifteenth avenue west, en route to White Horse, Yukon.

* * *

Miss Mina Howden has returned from a month's holiday spent in Medicine Hat.

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Mr. and Mrs. P. H. McDermid, of Martintown, Glengarry, are the guests of Mr. and Mrs. Hugh McDermid, Mount Royal.

* * *

The many friends of Miss Agnes Waters are pleased to welcome her back to Calgary again after a year's absence. During that time Miss Waters was abroad six months and was studying at Columbia University, in New York. At present she is the guest of Rev. J. A. and Mrs. Clarke.

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Mr. F. Allot left on Saturday to visit friends in Medicine Hat.

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Mrs. J. A. McClean of Fifteenth avenue east, has returned from a two months' visit in Winnipeg.

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Mr. and Mrs. W. E. Ross, who have been visiting Mrs. George May, left last week for their home in Toronto.

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Mr. and Mrs. James Bridgeland are visiting Mrs. M. T. Bridgeland, Thirteenth avenue west, Mount Royal

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Dr. V. W. Wright, who was operated on Thursday morning, for tumor of the liver, is reported as progressing favorably.

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Constance Crawley spent yesterday in the city en route south.

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Mr. and Mrs. T. C. J. Russell, of Winnipeg, were guests in the city.

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A. E Davidson of Gleichen, was in the city yesterday

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H. M. Izler, of Lethbridge, is registered at the Alexandra hotel.

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Chas. Marshall, of Edmonton, spent Sunday in the city.

* * *

Mr. and Mrs. E. Sterling, of Regina, are guests at the Alexandra hotel.

* * *

Mr. and Mrs. A. Smart, of Toronto, and Mrs. Dunsmore, of Mayburn, Sask., who were visiting Mrs. W. H. Smart, of 219 Tenth avenue east, left on Saturday for Camrose to visit some friends there, before returning to the East.

* * *

Miss Margaret Forbes spent the week-end in Banff.

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Dr. and Mrs. T. H. Quirk are holidaying in Banff.

* * *

Mrs. J. Adamson and family have returned from Banff.

The Housekeeping Mania

A woman I once knew "who worked and scrubbed from morn till night."

She couldn't sit down and rest if there was dust on the window-sill.

She couldn't go out to a circus because it was wash day, and wash day was as much to be observed as the Sabbath Day.

Everytime anybody came to visit she worked so hard and got such a "whirl-wind" of a dinner that she was too tired to talk to them and after the dinner it took so long to do up the "myriad" of dishes that she was still more tired.

She never attended a "luncheon", because "luncheons, in the middle of the day" interfered too much with "the work."

Her friends used to invite her to teas but she never had time to attend them because: "There was the house to care for." And so her friends ceased to invite her and she, conscious of something wrong, made contemptuous remarks about "the wasted time" of afternoon teas.

The years rolled by and she grew stooped, and wrinkled. Her hands grew hard from the unceasing work.

So it is with hundreds of women.

And the dust still collects on the window-sills. The papers still get put on the floor. The backs of the pictures persist in collecting dust and the floors still get muddy.

We all know "cleanliness is next to Godliness". The school teacher and the Sunday school teacher have taught us and we believe it as implicitly as we believe, "Be good and you'll be happy."

But is it worth while—to slave forever over dust that will be dust forever? Is it worth while to always wear out your energies over meals and floors that continue to be "meals to get" and "floors to scrub?"

Yes, we all know the value of a good-housekeeper. The papers talk about it, the ministers preach about it and the tone of the talk and the sermon is that the present day woman is sadly lacking in this quality of the wife and mother of the past generation.

Perhaps they are right but what is there in the menial monotony of the life-work of "floors" and "meals" to justify the weary hours devoted to them? E. B.

SOCIETY BREEZES FROM BANFF

Walter Findlay Clarke, son of Commissioner and Mrs. S. J. Clarke, will leave this week to commence his studies at the Royal Military College at Kingston, Ont.

* * *

George Duncan Lamont spent the week-end with his family in Banff.

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Mrs. Howard Douglas, who has been spending a few days visiting friends in Banff, left last evening for Revelstoke.

* * *

Mrs. Hargarves is visiting friends in Banff.

* * *

Mr. and Mrs. Ralph Douglas of Edmonton are enjoying a vacation at Banff.

* * *

Miss Margaret L. Clarke will continue her studies at the Toronto Conservatory of Music during the autumn term.

* * *

Mrs. and Miss Jennings of Edmonton are spending a vacation at the C. P. R. Hotel, Banff

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Mr. and Mrs. Pryce Jones are guests at the C. P. R. Hotel, Banff.

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Mr. and Mrs. Fred Lowes entertained a large party at Banff during the week-end.

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Several of Calgary's golf enthusiasts were on the links at Banff yesterday.

* * *

Ex-Sheriff Van Wart spent the week-end with his family in Banff.

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Wm. Millar has taken possession of his new bungalow at Banff.

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O. G. Devenish visited his family at Banff during the week-end

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T. M. Tweedie, M. P. P., spent Saturday and Sunday in Banff.

* * *

Commissioner S. J. Clarke has returned from spending two days with his family in Banff.

* * *

W. J. Watson of the Calgary Herald was a visitor to Banff this week.

W. P. Mapson spent yesterday with his family in Banff.

* * *

Mr. and Mrs. Chas. Phol are spending a vacation in Banff.

MRS. CHURCHILL—Wife of the Rt. Hon. Winston Churchill, who will probably accompany her husband to Canada in the fall—if he comes.

"TEACHER'S THROAT"

Improper methods of using the voice lead to certain affections of the throat, chief among which is that popularly known as "clergyman's or teacher's sore throat." The first sympton of the trouble is usually a sensation of dryness in the throat, with a disposition to expectorate; there may also be hoarseness and difficulty in swallowing, followed by inability to depend on the voice for any unusual use of it. There is rarely any actual pain, but rather a constant sense of discomfort. In most instances constitutional treatment is required, in addition to local treatment of the throat. A tonic is often beneficial, and rest from vocal effort is frequently imperative. A spray may be used with advantage, and the diseased follicles should be painted with some application that will have an absorbent effect. Anyone who suffers from this form of sore throat should take a course of instruction in the proper use of the voice.

THE NEED FOR REST

Very few women, writes Marie Blanche in Good Health, really grasp the true meaning of rest. They feel the need of it, that is quite obvious, they even admit the importance of it, but they grudge the time given to it. There is so much to be done. The days, no matter how long, are never half long enough, and so that hour's rest, so much needed, is ignored, or at best compromised, and some domestic duty is done during the so-called hour of rest. This is pure farce. It is playing fast and loose with the matter, and the woman, who only allows herself this scant apology for relaxation is simply fooling herself, and she is fairly certain to grow old much earlier than if she had dealt more wisely with herself. The breakneck pace, the non-stop system is fatal, and then when age with its steal ing step hath clawed you in his clutch es it will be rather late in the day to talk about trying to keep juvenile, won't it?

Coming Events

Eastern Star Meeting

The Bow Valley Chapter, No. 5, order of the Eastern Star, are holding a meeting tonight at Ross block, Hillhurst, at 8 o'clock. All visiting members are cordially invited.

* * *

W.C.T.U. Picnic

The northwest branch of the W.C.T.U. have completed arrangements for a basket picnic to be held at Bowness Park this afternoon. The car leaves Centre street at 2:40 p.m. All members and friends of the white ribboners are invited.

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Y.W.C.A. Board Meeting

A very important meeting of the Y.W.C.A. board will be held this afternoon at 3 p.m., in the "Y" parlors. All members are urgently requested to be present.

* * *

Ladies' Aid Social

The Ladies' Aid Society of Central Methodist church will hold a social on the lawn at the home of Mrs. P. T. Richardson, 211 Sixth avenue east, on Tuesday afternoon, from 4 to 6 o'clock and in the evening from 8 to 10 o'clock Refreshments will be served and a general invitation is extended.

LETHBRIDGE FAIR OPENS THIS MORNING

Lethbridge, August 18. — The Southern Alberta fair opens tomorrow and will continue for the balance of the week. A special train of thirty-seven cars filled with race horses and exhibits left Edmonton this morning for this city and is due to arrive tomorrow. Racing and other sports will be the main attractions.

The Nemo Self-Reducing Corset is the only corset ever made that will reduce a stout figure with perfect comfort and safety. The reducing devices are patented and cannot be used in any other corset.

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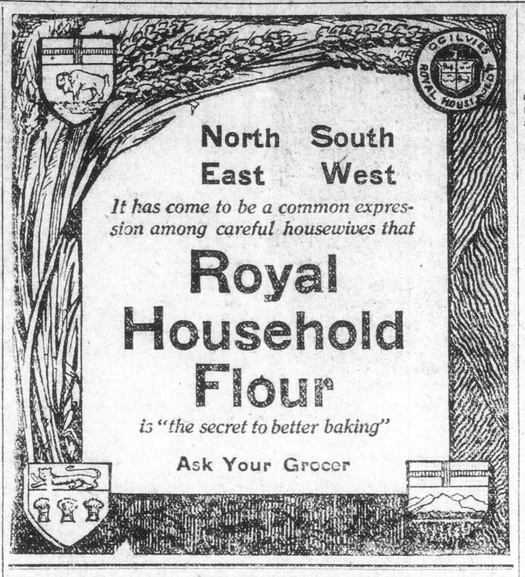

THE HEART DEPARTMENT

WHEN HE BREAKS ENGAGEMENT

About the meanest thing that a man can do is to make arrangements to pay a girl a call upon a particular evening and without sufficient reason break his word. Of course, there are circumstances which arise which make it a necessity for a man to forego his engagement. If there is any possible way by which he can communicate with the girl who is expecting him he is guilty of a serious breach of politeness of he fails to do so.

If there is anything which causes a woman to lose faith in a man it is to sit in her parlor nicely dressed and watching the hours as they fade away while he for whom she waits comes not. The girl who permits a young man to stroll along at any hour he happens along makes a serious mistake. After the clock has chimed 8.30, except in special cases, a young woman should cease to expect him to call. And she should on no account come down to the parlor to greet the man who has the temerity to put in an appearance at 9 o'clock of an evening.

The young man whose word cannot be depended upon certainly has not the making of a husband upon whom a girl can rely. It is men of this type who are oftimes liable not to show up when the bride to be awaits him at the altar. The girl who gives away to a fit of weeping because of her disappointment when he doesn't call laughs in the face of kind fate which is trying to show her that she is building air castle ropes. If he can present no adequate excuse she should not allow him to make a secret laughing stock of her upon another occasion.

The man who really is in love would shield his sweetheart from such an annoying experience instead of subjecting her to it. No man can reconstruct himself after marriage. The different phases of his character are sure to drop out sometimes when he calls upon his lady love. One of the worst faults of which he can be said to be guilty is deliberate failure to put in an appearance upon the evening on which he has promised to call.

Apropos of this subject a young woman writes. "I am nearly heartbroken over the conduct of a young man to whom I am engaged. He thinks nothing of breaking appointments repeatedly with me. He has got so now that he does not even bother to make an excuse. Many an evening I watch in the parlor for him. When he does not come I go up to my room and cry myself to sleep. The people in the boarding house where I live are saying that he does not care for me. What ought I to do?"

Better be more strict with this lax lover. Summon your woman's pride to your aid. Tell him that you will no longer submit to such uncalled-for indignities. Tell him if he does not change you will break off with him, and be as good as your word.

Wants Her to Elope.

"Dear Miss Libbey: I am 22 and have been engaged to a young lady of 20 for the last two years. I have a good position, paying $100 a month, and good prospects, but for some reason her parents have taken a dislike to me and have forbidden me to see her. I have been meeting her for some time at a friend's house, and have been urging her to elope. She objects to this, as she thinks in time her parents will consent to our marriage. As there do not seem to be any prospects of their doing this, I wish you would advise me what to do. PETER."

Better wait, Peter, until her parents are won over. It is such a common and such an unwise thing to elope. It places you both in a trying position.

Wants to Back His Statements.

"Dear Miss Libbey: I am a young man of 27 summers and I am deeply in love with a girl of 16. But she goes with another fellow who works at her home—I go down every Sunday to take her for a walk but he always goes off with her—but she does not seem to care for me. I have been trying to get him to leave the place to go to another town. Do you think if I got him away that I could win her love? I am good looking; brown eyes, have a rather red complexion and am about 5 feet, 6 inches tall.

"I have told all the fellows in my town that I am going with her steady and I want to back up my statements. Now, shall I get rid of this other fel

Now, how shall I get rid of this other fellow. Hoping to see your answer in print,

HEARTBROKEN."

Evidently the "other fellow" is the favored one. If one of your principle reasons is "to back up your statements" to the fellows, you are not very admirable. You have told "the fellows" an untruth. If this is another characteristic, the girl is well rid of you.

When Will He Give Her a Ring?

"Dear Miss Libbey: Reading so many of your helpful advices to young people, I am coming to you with a simple, yet puzzling, question. Should a girl take a fellow's arm before they are engaged—I mean before she has an engagement ring, and how long should it be before a fellow gives a girl a ring after he has asked her to marry him? It makes i tharder for a young girl not to have an engagement ring, as other fellows will try and butt in. Thanking you, I am

THE FARMER'S DAUGHTER."

A man should give a girl a ring at once after she has promised to marry him. It is a way of announcing the engagement to friends. A girl may take a man's arm whenever he is able to assist her in such cases as getting on or off cars.

Told Her "To Go Her Own Way."

"Dear Miss Libbey: You have been a great help to many girls of my acquaintance, and I thought that you might help me in my hour of trouble. I am terribly in love with a handsome young doctor, and I thought that he loved me until I went to a social with him. There he paid a great deal of attention to a young lady with whom I am well acquainted. As soon as I could I asked him why he did it, and he said that if I did not like it I could 'go my way.' How can I win him back? EMILY."

I don't believe you could win him back. It is one of the hardest things in the world to warm over cold love. As long as you are not engaged to the fellow, you had no right to object to his attentions to the other girl.

Dosn't Want to Be Hermit

"Dear Miss Libeby: I am much in love with and engaged to a young lady who is teaching school many miles away from fe. She insists on running around with another young man. She sometimes says she does not care as much for me as she would like to. I know she really loves me but do not know how to tell her that she should not go with this other gentleman. She is a long ways from here and in a strange town. I told her I did not want her to be a hermit, but every time I mention this man she takes offense. How can I make her understand my feelings without offending her, and do you think an engaged girl should go around with other young men? J.B."

Why not write and tell her that you are not keeping company with any girl and that you would prefer she does not go out with other men?

She Didn't See Him

"Dear Miss Libbey: I am 19 and have been going yith a young man seven years my senior off and on for about six months. All of a sudden he stopped coming for a reason unknown to me at the time, but a few weeks ago he met one of my girl friends and told her it was because I did not recognize him once. Now the truth of the matter is that I did not see him. Shoud I write and tell him so, as I love him very dearly? Anxious."

Yes, drop him a note and tell him that you are sorry he feels hurt about you not recognizing him, but that you did not see him.

Shall He Write Again?

"Dear Miss Libbey: I am 20 and in love with a sweet girl of 18. About seven or eight months ago I learned that she was sick and could not answer my letter when she was due to, but sai she would write as soon as she was able. Since then I have sent her several cards which she has not answered. Do you think I did right in sending the cards? Do you advise me to write again? She expects to visit in my town this summer. Should I treat her nice then? Tim"

I don't thing I would write to her again. If she were greatly interested in you she would answer one of your cards.

SOME CHARMING MODES—Three suggestions for blouses which will surely meet with the approval of the Canadian woman. That very popular decoration, the Robertpierre collar, forms the central point of the figure in the middle. The blouse on the left hand depends entirely on the beautiful lace collar which droops slightly in fron revealing a chemisette of smoothly stretched net. The methods of wearing the hair are also original and worthy of emulation.

CHAFING DISH PARTY

hafing dish parties are suitable at any time of year, and the suppers, after the theatre, opera or entertainment, are indeed popular. The charm of the chafing dish supper lies not in its appointments, but in its simplicity, sociability and informal atmosphere. The secret of a successful chafing dish supper lies in the preliminary planning, and then being absolutely certain that everything needed for the cooking is just where the hostess can place her hand on it without having to make frequent trips to the butler's pantry and kitchen for various ingredients.

The chafing dish course should always be preceded by an appetizer. This will give time for the lamp to be lighted under the chafing dish, and if the hot water pan is required beneath it there will be time for the water to boil. In using the chafing dish be sure to place it on a metal tray sufficiently large to protect the table from boiling water, alcohol or fire. Hame the lamp filled with alcohol before the guests arrive. Matches can be in a little tray conveniently close at hand.

Beside the chafing dish have a long-handled spoon for stirring, another spoon for measuring, a fork, butter, salt, pepper, paprika, sauce, spices and all the other necessary ingredients for the dish which is to be cooked. The supper table will have a more informal air if a tablecloth is not used. Of course it can only be omitted when the table has a polished top. A centrepiece and doilies, embroidered or lace-trimmed linen or Russian crash embroidered in dull colors are in good taste.

FACTS AND FANCIES

The dress of the Maltese is very singular, and that of the women striking in the extreme. When abroad, they are all arrayed in black. They put on over their other dress a robe or loose skirt of that color, brought high on the bosom, and in place of bonnets their heads are covered with a black silk mantle, which invests their shoulders and descends half way behind.

The part which covers the head is furnished with a piece of whalebone, inserted in the hem, which keeps it in position and prevents the silk from dropping over the eyes. One hand, place dinside, is always necessary to hold together the sides of the scarf in front, and the other hand is often hid under its folds, only a forefinger being allowed to appear through the opening left for the purpose. Of course, under such mufflers little can be seen of the beauties of the form or feature, if a Maltest nymph happens to possess them. The eyes and a moving, pall-black figure are all that can be distinguished.

But sometimes the fair one deigns to exhibit her face to a curious gazer, in place of engrossing herself the privilege of seeing, and features good humored, rather pleasing than handsome, and irradiated by a pair of fine, sparkling eyes, are displayed to the beholder. The complexion is a dark olive, partaking a little of a sort of mulatto tinge.

The mantle is obviously borrowed, or, rather, it has descended, from a distant age and people. Such figures, thousands of whom are abroad on the Sabbath, give the streets a funereal look. It seems as if all Malta had gone into mourning.

DUSTING A ROOM

In a pamphlet by Marguerite Fedden entitled "How to Clean House," and published by the Women's Industrial Council, 7 John street, Adelphi, it is pointed out that it is essential from a health point of view that rooms should be dusted daily, for dust consists of small particles of sand and soil, soot, particles of worn clothing, and occasionally germs of disease. The following rules are given:—

1. Dust methodically from a given point right round.

2. Remember to dust highest things first; any loose dust falling down may be removed afterwards from things below.

3. Use two dusters for furniture and paint:—
   (a) To prevent fingermarks.
   (b) Because a certain amount of work is done by simply holding the furniture with a duster
   (c) Because a clever worker can use first one hand and then the other.

4. Gather up dust; do not flick it from the furniture to the floor.

5. Fold the dusters into large, flat pads, with the corners turned in; if the corners are free, accidents with small ornaments may occur.

5. Frequently shake the dusters in the open air, and before putting away shake well and fold neatly.

7. Dusters should always be provided for their respective purposes, such as silver or brasses, and clean ones should be given out weekly.

8. For carved parts of furniture a soft hair brush should be used; for tops of pictures, tops and backs of books a feather brush.

9. Pull a corner of the duster through small spaces in carved work.

10. Remember to dust tops of doors and framework when open and shut.

LINEN MATCHES CHINA

One of the latest spring ideas in decorative table linens and sets of doilies is an embroidered design in the pattern and coloring of the china with which it is to be used. The idea is a German one, the fabric being a heavy linen in canvas weave, and the embroidery is done with mercerized cottons. The work is known as Weimar embroidery, one combination consisting of a china tea set of graceful shape, with a decoration of radical lines and circles at the outer and in tiny delft blue dots.

Applied to round table cloths, centerpieces and doilies, the design is embroidered in dots about the size of a pea, producing one of the most effective decorations imaginable for a comparatively small outlay. The enlarged design on the linens allows for a conventional motif in the circles, and each piece can have a border of Cluny lace. The idea is an appropriate one for summer, and is especially suitable for the breakfast table or afternoon tea table, in the country home or in the city.

CLOTHING AND THE HEAT

It is impossible to say how much of discomfort, not to say actual disease, is the product of improper clothing during our heated terms. It contributes a material factor to the production of heat-strokes, and is doubtless, says The Family Doctor, productive of rheumatism, neuralgia, and other conditions dependent upon a constant application to the skin of damp clothing. The skin needs air almost as much as the lungs and one going about in our hot weather clothed in but a single garment which is readily permeated by the air has a realizing sense of the comfort attending ready evaporation from the surface.

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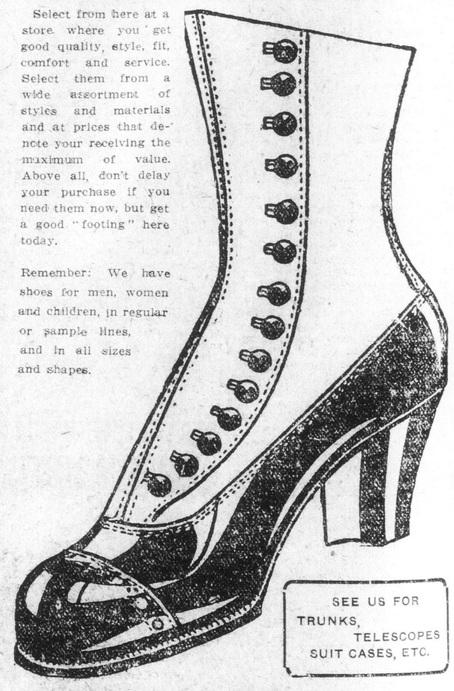

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TOO BEAUTIFUL FOR WORK

A pretty, accomplished, but poor Geneva girl, who wanted to enter an English family, in England, as governess and also to perfect her English, found her beauty the greatest hindrance to getting work, and after seven months' struggle she has returned home. The girl knows several languages, is a good musician and painter, and is modest and patient. She obtained several places, but after a few days or weeks in different families she was dismissed, several mistresses frankly stating that she was too pretty to be employed as a governess. Other ladies, after the first interview, did not communicate with her again. Finally, says the Geneva correspondent of The Standard, she determined to go to America, and in a London hotel met by appointment a wealthy American lady, who wanted a French governess for her two children. "My! You are too pretty to work," said the American lady, and the Swiss girl, disheartened, has returned home, and is now seeking a situation in her own country.