Social Notes of Interest

Arscott, Mrs. W. A. Henderson, Mrs. last evening and will entertain this evening and will entertain this evening again at bridge.

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R. Ernest Smith, the Misses Gilbert evening again at bridge.

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SEA GULL

knitting. Colors are Sky, Pink, Beige and White.

4 ply, 2 oz. balls for fine

Price 23c ball also Black and White.
Price 30c

Among the interesting parties who came into the city yesterday by motor were several young ladies and their parents from South Orange, New Jersey. They were the Misses Torrens, the three daughters of Mrs. Roollege chum, Miss Caroline Johnson. One of the Misses Torrens was chauffeur.

Ladies' Day at the Riverside Golf and Country Club links found a good number of members ready for the flag match yesterday afternoon, when prizes were awarded Mrs. A. W. Murray and Mrs. George W. Noble, Miss Say, of Boston, Mrs. Rusby and Mrs. George W. Noble, Miss Madrey McLeod, Miss Mulley Molle, who is the guest of Mrs. Fred J. Harding at the Lorraine Apartments, 148 Germain street.

Stewart Skinner, Mrs. George K. McLeod, Miss Frances Scaboria, of Bangor, Me., is the guest of Mrs. Fred J. Harding at the Lorraine Apartments, 148 Germain street.

Wiss Frances Scaboria, of Bangor, Me., is the guest of Mrs. Fred J. Harding at the Lorraine Apartments, 148 Germain street.

Wiss Frances Scaboria, of Bangor, Me., is the guest of Mrs. Fred Local Miss Audrey McLeod, Mrs. Rusby and their guest, Miss Dorothy Cochrane.

Miss Frances Scaboria, of Bangor, Me., is the guest of Mrs. Fred Local Miss Dorothy Cochrane.

Miss Frances Scaboria, of Bangor, Me., is the guest of Mrs. Relation, of Montreal, Mrs. Hazen Hansard, Mrs. Fred Caverhill Jones, Mrs. Ms. Stewart Skinner, Mrs. Nalcolm Mac. Kay, Mrs. H. L. Spangler, Mrs. R. L. Sheraton, of Boston, Mrs. R. L. Sheraton, of Boston, Mrs. R. L. Scovil, Mrs. Catherine E. Burr, of Fredericton, Mrs. O. E. Lunt, of portland Me., who is the guest of her cousin, Mrs. Pipes, at "The House of the Seven Gables," Westfield, Mrs. R. P. Cowan, Mrs. Cyrus Shumway, Mrs. R. P. Cowan, Mrs. W. A. Henderson, Mrs. Ms. W. A. Henderson, Mrs. Robins Helm Couling in the Lorraine formed into, ground in serving the guest. Several of the parties formed into, ground into, five function was great to the guest of Mrs.

REGENT

HAND KNITTING

The high quality, the beautiful finish and exquisite colors of

are essential in making distinctive hand-knit garments.

Much of the beauty of the styles now in vogue depends upon the yarns used. Regent Yarns assure you that success. It is a

REGENT YARNS

Yarn Section-Ground Floor. F. A. DYKEMAN & CO. The Store of Complete Satisfaction.

4 ply, 2 oz. balls. Colors
Brown, Navy, Pink, Honeydew, Coral, Flame, Jockey,
Pearl, Purple, Buff, Beige,
Oriental and Turquoise Blue,
less ful colors.

Mrs. Campbell MacKay, Mrs. Percy Miss Lillian Raymond, Mrs. R. A Turcot, Miss Helen Sidney Smith,
Mrs. Fred Mortimer, Miss Frances
Kerr, Mrs. George W. Noble, Miss
Elspeth MacLaren, Miss Barbara

Mrs. Fred J. Harding and several of the Rothesay ladies.
Mrs. J. Pope Barnes, Mrs. W. H. Shaw and Miss Hilda Shaw assisted in serving the guests. Several of the

SEA BEACH SILK FLOSS

2 ply, 1 oz. balls. A

matchless array of delight-

Price 23c ball



say, has returned to Montreal.

Mrs. Walter A. Harrison, Mrs. George McNeillie, of Toronto, Mrs. George McNeillie, of Toronto, Mrs. Horace A. Porter have been on a motor tour to Fredericton and are expected home today. They went via the St. John River and are re-

muffin, hot water. 1-2 head lettuce with 2 tablespoons diet dressing, 2 slices rye bread.

ablespoons pineapple ice. Bedtime-One cup skimmed milk.

Fresh Mustard
Mixed in a Moment Breakfast—Four ripe apricots, 1 bran nuffin, hot water.

Luncheon—One cup carrot custard, 1-2 head lettuce with 2 tablespoons diet

Breakfast—Four ripe apricots, 1 cup boiled rice with raisins, 1-2 cup cream, 2 bran muffins, 1 tablespoon honey, 1 tablespoon butter, hot water.

Midmorning lunch—One large glass

egg-nog. Dinner-Two broiled lamb chops, 2 tablespoons new peas, 1-2 cup shredded cabbage with lemon juice, 2 thin slices gluten bread, 1 cup skimmed milk, 2 tablespoons steamed blueberry pudding, 2 tablespoons sweetened

Afternoon tea-One large glass lem

Total calories, 1187. Protein, 243; fat, 276; carbohydrate, 668. Iron .0169 gram.

Carrot Custard For Four.

Two cups finely chopped cooked carrots, 1 teaspoon sugar, 2 tablespoons pineapple ice.

Two cups finely chopped cooked carrots, 1 teaspoon sugar, 2 tablespoons pineapple ice.

Standard Steeper, 1 tablespoon minced parsley, 1-2 teaspoon sugar, 1 egg, 3-4 cup milk, 2 tablespoons butter, 1 cup blueberries, 11-2 tablespoons four.

Mrs. Leduc was the occasion for a very enjoyable bridge on Wednesday afternoon, when her mother entertained at five tables. Mrs. Norman Gregory was a hostess yesterday afternoon for mrs. Leduc at her home, Prince William street.

Mrs. H. Montague Davy, sister-inlaw of Mrs. J. Bright Cudlip, who had been visiting Mr. and Mrs. Cudlip at their summer home at Rothesay, has returned to Montreal.

**Total calories, 1187. Protein, 243; fat, 285; carbohydrate, 668. Iron .0169 gram.

Carrot Custard For Four.

Two cups finely chopped cooked carrots cooked carrots, 1 tablespoon butter, 4 tablespoon pineapple ice.

Standed Bluebergon Prour.

Two cups finely chopped cooked carrots, 2 tablespoons point and provide parsley on pepper, 1 tablespoon minced parsley, 1-2 teaspoon posalt, 1-8 teaspoon pepper, 1 tablespoon minced parsley, 1-2 teaspoon minced parsley, 1-2 teaspoon batter, 1 cup blueberries, 11-2 tablespoons flour. Mix and sift flour, baking powder, very enjoyable bridge on Wednesday afternoon for a very enjoyable bridge on Wednesday afternoon for mrs. Leduc at her home, Prince William street.

Mrs. H. Montague Davy, sister-inlaw of Mrs. J. Bright Cudlip, who had been visiting Mr. and Mrs. Cudlip at their summer home at Rothesay, has returned to Montreal.

Of Scarfs and Gems and Beaded Bags and Sundry Little Things

SISTER MARY'S KITCHEN

A Daily Menu For The Stout and Thin

Lose Weight-Gain Weight

Sundry Little Things

Sundry Little Things

Sundry Little Things

A vision power at Statistic or the form of the control of th

Sharpens the appetite. Neutralizes the richness of fat foods and makes them easier to digest.

but it must be Colman's



By letting WRIGLEY'S give you relief, lasting joy and benefit.

It removes the food particles that lodge in the teeth and cause fermentation and decay. It WASHES the mouth and teeth, counteracting the acidity that does so much damage.

after every meal

is prescribed by dentists and doctors. Says one dentist: "If chewing gum is used regularly it will result in a noticeable benefit to the teeth." Get your WRIGLEY benefit today.

- MAKE IT THE CHILDREN'S TREAT -

For a snappy breakfast that keeps the mind clear and keen for office work.

1st With milk or cream, it's a 2nd of flavor, 3rd mighty perfect food, and doesn't clog the system with excessive unique. Crisp and cause it's all cooked

and ready to serve.

Kelloggs

CORN FLAKES

Oven-fresh always





