

THE EVENING TIMES-STAR, ST. JOHN, N. B., FRIDAY, JULY 4, 1924

## Social Notes of Interest

Riverside Golf and Country Club was very attractive yesterday with sunshine everywhere and the air inspiring. To the first round for the Skinner trophy those contesting were Miss Frances Stetson, Mrs. Otto Nae, Mrs. Phillip Nae, Miss Sara Hare, Mrs. George H. Noble, Mrs. J. Pope Barnes, Mrs. A. K. Harvie, Mrs. Fred Mortimer, Mrs. R. P. Cowan, Mrs. Frank L. Peters, Mrs. Campbell Mackay, Miss Helen Sidney Smith, Miss Barbara Jack, Mrs. H. Russell Sturdee, Miss Frances Kerr and Mrs. Ralph Fowler. Mrs. W. H. Shaw and Mrs. Thomas Bell presided at the tea hour and were assisted by some of the younger members of the club. Some of those present at the social hour were Mrs. T. E. G. Armstrong, Miss Mary Anne and Rachel Armstrong, Mrs. John A. McAvity, Mrs. William McAvity, Miss Anne Tingey, Mrs. Richard Hooper, Mrs. Heber Vroom, Mrs. Loretta Shaw, Miss Hilda Shaw, Mrs. H. W. Frink, Mrs. Joseph Key, Mrs. Harold O. Clark, Mrs. C. W. Sweet, of London, Ont., Mrs. Fred Caverhill Jones, Miss Zela Lamoreaux.

Manchester, Robertson, Allison, Limited, are holding a Special Purchase Sale of Ration Dresses in an extra large range of the latest styles and colorings. Something different—these dresses should prove of special interest as they are just in time for warm weather wearing, and the prices are most attractive.

Mrs. C. B. Allan, Miss Hazel, Deinstadt, Misses Gertrude and Frances Campbell, Mrs. H. L. Spangler, Mrs. Cyrus Shumway, Mrs. Howard P. Robinson, Mrs. Frank R. Fairweather, and Mrs. H. N. Hepburn and Miss Ida Charles Linton, of Montreal, who are guests of Miss Sara W. Hare, 72 Sydney street. It was announced yesterday that the Thomas trophy would be played for next week at the Thursday game.

Miss Edith Cudlip was a charming hostess last evening at her home in Rothesay when she entertained at bridge, in honor of Mrs. Fred R. Taylor and Mrs. Malcolm Scott. The latter has recently arrived from Cleveland, Ohio, and the former is about to sail for the Wembley Exhibition in London, and the continent with her husband, Dr. Fred R. Taylor. Daisies and roses made a lovely decoration in the pretty rooms where bridge was played. Those enjoying the delightful evening were Miss Doris DeVeber, Miss Isabel Jack, Mrs. Douglas White, Mrs. Horace Enman, of New York, Miss Mary White, Mrs. Arthur N. Carter, Mrs. Hugh McLean, Miss Barbara Jack, Miss Emily Sturdee, Mrs. Laurence MacLaren, Mrs. Daryl Peters, Miss Elspeth MacLaren, Mrs. Colin Mackay and the guests of honor.

Miss Josephine Flood, who left some time ago to visit in Montreal with her brother, Mr. E. H. Flood, and Mrs. Flood, returned home yesterday to her rooms, 70 Wentworth street.

Miss Margaret Malcolm, Chesley street, is spending her vacation at Wilson's Beach, N. S.

Miss Alma Wilson, Chesley street, and her cousin, Miss Helen Chamberlain, have gone to Bradford, Me., to spend a summer vacation.

Mr. and Mrs. L. P. D. Tilley, the Misses Alice and Margaret Tilley and Master S. Leonard Tilley were registered at the Mount Royal Hotel, Montreal, yesterday.

They will sail on the Montcalm for England and the Continent.

Dr. George Baker, Mrs. Baker and son, Charles, arrived by motor yesterday from New York and are at the Baker homestead, Manawagonish road, for the summer.

Mrs. C. B. Balm, of Margaretsville, N. S., and family have arrived in the city and are expecting to spend the summer here.

Mrs. James R. Armstrong and son, Sherwood, left for Arlington, Mass., on Monday. They will reside in Arlington.

Mrs. M. E. Ricker and daughter, Miss Phyllis Ricker, 274 Main street, have been spending two weeks at the home of Mrs. Ricker's brother, H. D. Lawson, Everett, Mass. During their visit they spent a short time in many Massachusetts cities and returned by the Prince Arthur.

Mrs. J. Wilson and family left yesterday for Hillsboro, Albert county, where they will spend the summer months with Mrs. Wilson's parents, Mr. and Mrs. Willard Wilson.

Mrs. J. Bennett arrived Wednesday from New York, accompanied by her niece, Mrs. Taylor, to spend the summer with her daughter, Mrs. Henry Pynn, at East St. John.

Mrs. J. A. MacKeigan and children are here from Winnipeg and are residing at Lakeland, the summer home of Mrs. MacKeigan's parents, Mr. and Mrs. John A. McAvity.

Mrs. M. J. Mahoney, of Los Angeles, and Miss Lynott, of Woodstock, are visiting at the home of Mr. and Mrs. E. A. Young, West St. John.

Mrs. Fred J. Gagnon, Horsfield street, arrived home yesterday from Quebec, where she disembarked from the steamer Montclair after having spent four months in her old home in Scotland.

## SISTER MARY'S KITCHEN

A Daily Menu For The Stout and Thin

## EAT AND--

Lose Weight—Gain Weight

Twelve raw oysters with lemon juice, 3 green olives, 6 blades celery, 1 tablespoon oyster crackers, 10 stalks fresh asparagus on toast, 1 cup macedoine of fruit, 4 ounces boiled chicken, 1 fresh tomato on 1 cup shredded lettuce with ½ cucumber cut in slices and 1 tablespoon sauce vinaigrette, 2 slices fresh pineapple, 1 gluten roll, 1 pint skimmed milk.

Total calories, 1242. Protein, 27.7; fat, 312; carbohydrate, 653. Iron, .0232 gram.

This menu is planned for the person who chooses to drink hot water for breakfast. Or she may have one of her cups of skimmed milk with her morning paper.

The liquor in which the asparagus is cooked is to soften the toast. This makes use of mineral salts which otherwise might be lost.

Oysters, olives, celery, crackers, asparagus and macedoine of fruit are suggested for luncheon.

Sauce Vinaigrette  
Two tablespoons vinegar, ¼ teaspoon salt, dash pepper, dash mustard, ½ teaspoon minced chives, ½ teaspoon minced parsley, 1 teaspoon catsup, dash paprika.

Combine dry ingredients. Stir in parsley, chives, vinegar and catsup. Total calories, 8. Carbohydrate, 8.

Three large unsweetened stewed prunes, 4 tablespoons vegetable hash on toast with 1 poached egg, ½ head lettuce with sliced radishes and onions and pepper, 1 cup clear soup, ½ broiled live lobster, 1 tomato sliced with ½ medium sized cucumber on 2 ounces lettuce with 1 tablespoon lemon juice, 2 tablespoons rhubarb baked with 6 raisins, 2 crisp pieces gluten toast, 8 bread sticks, 2 thin slices gluten bread, 1 pint skimmed milk, 1 tablespoon butter for lobster.

Total calories, 1179. Protein, 333; fat, 286; carbohydrate, 540. Iron, .0198 gram.

If you love lobster you will be glad to know that you can eat it freely if it's just boiled or broiled. The average "chicken" lobster weighs around 1½ pounds before it is cooked and as the shell is the heaviest part of it you can eat a whole one and not use more than 150 calories. However, each tablespoon of melted butter adds 100 calories of fat, so beware of any sauce. But lobster a la Newburg and deviled lobster and all the fancy lobsters are not for the health conscious. Lobsters have no iron content, as all meats and most other fish have, so you must make up the deficiency in other foods.

The vegetable hash as calculated contained carrots, asparagus, string beans, a bit of onion and just enough potato to hold the whole together.

Four ounces Spanish grapes, 1 cup cooked wheat cereal with 8 large figs, 4 tablespoons creamed finnan haddie, 1 cup diced baked potato oysters with 1 tablespoon tomato catsup, 1 tablespoon oyster crackers, 6 ripe olives, 6 blades celery, 10 stalks fresh asparagus on toast with 1 tablespoon melted butter, 1 cup fruit salad with 4 tablespoons whipped cream dressing, 1-6 caramel cream pie, 1 cup cream of tomato and veal soup, 4 ounces boiled chicken, 1 dumpling, ½ cup gravy, 4 tablespoons mashed potato, 1 corn fritter, 2 tablespoons maple syrup, 1 fresh tomato on 1 cup shredded lettuce with 12 slices cucumber and 2 tablespoons oil mayonnaise, 2 slices fresh pineapple, 2 slices whole wheat toast, 2 cheese cups with fruit salad, 1 pint whole milk, ¼ cup cream, 8 tablespoons butter, 1 tablespoon sugar.

Total calories, 2771. Protein, 839; fat, 1748; carbohydrate, 2045. Iron, .0261 gram.

Left-over baked potatoes are delicious and browned in butter. Freshly baked potatoes take too long to prepare for breakfast.

Grapes are a friend to the thin person as they are rich in fats and carbohydrates.

The tomato and veal soup is made like any cream of tomato soup except that veal stock takes the place of milk and heavy cream is added just before serving. Rice is used for thickening.

Six large sweetened stewed prunes, 1 cup boiled rice with 1 tablespoon sugar and ½ cup cream, ½ cup creamed smoked halibut, 2 slices graham toast, 4 tablespoons vegetable hash on toast, 4 tablespoons rhubarb baked with 6 raisins, 1 cottage pudding with 2 tablespoons strawberry sauce, 8 bread sticks, 2 hard rolls, 8 tablespoons butter, 2 tablespoons rhubarb marmalade, 1 pint whole milk.

Total calories, 4163. Protein, 499; fat, 1611; carbohydrate, 2063. Iron, .0211 gram.

The rhubarb and raisin combination baked in a casserole is very likable. Skin the rhubarb and cut in inch lengths. Put a layer in the casserole sprinkle over seeded raisins and cover with a layer of rhubarb. Don't add any water. Put the cover on the casserole and bake in a moderate oven. When half done sprinkle with sugar and raisins you will need about 1½ cups sugar, more if you like it very sweet.

## DR. F. J. DONNELLY GOING TO VIENNA

Dr. Frank J. Donnelly, a former St. John boy, chief surgeon with the Abitibi Power and Paper Co., Ltd., at their plant in Ingonish Falls, Ont., for the last five years, has resigned his position and will leave next week for Montreal on the steamer Melita for France. He is going to Vienna, Austria, to take post-graduate work in surgery and to carry on some research work in which he is interested. He will continue his studies in Edinburgh, London and Copenhagen.

## ADMIRE THE PROVINCE.

Great admiration was expressed by Dr. John E. Freed, of Terre Haute, Indiana, for the beautiful scenery of New Brunswick, the native province of his wife, who was Miss Gillespie, daughter of Mr. and Mrs. William C. Gillespie, of 167 Charlotte street. Dr. and Mrs. Freed and two children arrived in St. John more than a month ago by motor from the United States and were guests of Mrs. Freed's parents and other relatives. They left Wednesday morning for their home. En route they will visit in Rockland, Mass., with Miss Alva Gillespie, sister of Mrs. Freed. Dr. Freed took a month's special course at Harvard University, Cambridge, while his wife and family were here. He returned last Saturday to the city. It was his first visit here, and he was delighted with the country.

More than 75,000 accidental deaths occurred last year in the United States.

## SAYS LIQUOR WAS SHIPPED FROM HERE

Captain Kidd's adventures and plaudits were recalled in Montreal yesterday afternoon before Justice Decarie when J. M. Isaac, a Winnipeg lawyer, testified in the charge of piracy on the high seas against Captain Sam C. Ford. He told of having been handcuffed on the steamer Lutzen together with the supercargo, Jack Morris, and kept in the bottom of the hold while Captain Ford and confederates who had invaded the ship, proceeded to disguise it and engage in selling the cargo of whiskey and other liquors to bootleggers along the coast of Long Island, a few miles from New York city.

In cross-examination Isaac declared he was at St. John last October when he found out that 4,000 cases of liquor were shipped on the Lutzen by a local wine and spirit company. He testified that Captain Ford had threatened to drill a hole through him if he ever dared to speak of the affair later. The name of the ship was changed to the Gamme.

After the cargo had been sold he and Morris were taken to Bermuda where they were compelled to sign fictitious names on the crew's list. Isaac admitted he was partially interested in the cargo of the Lutzen. He denied, however, having made the statement expedition when the ship was raided. Hearing was postponed until next Tuesday.

## ST. JOHN MAN HURT.

D. S. Grimmer of this city and a passenger with him were slightly injured Tuesday when the automobile in which they were driving was in collision with a car driven by George W. Hurst of Parrsboro, near the latter town. Both cars were damaged in the mix-up.

## WANTED A THRILL; SO SHE GOT WELL

Given Six Months to Live, She Went Exploring and Found Health.

London, July 4.—The doctors told Lady Richmond Brown that she had six months to live.

"All right," she said. "If my life has to go, I want it to go with a flourish. If I have to die, I want to die with a thrill. I don't want to sit down and wait for my life to ebb away and quietly away."

So Lady Richmond Brown, thinking herself doomed by an incurable disease, joined the Mitchell-Hedges exploring party, bound for uncharted regions of Central and South America. She intended to have thrills before she died.

She had the thrills. The party endured many hardships and encountered many adventures and passed through many perils—and Lady Richmond Brown got as fit and well as a prizefighter, and didn't die at all, and has just landed back in London to tell her friends all about the Maymays, unmapped islands of the Caribbean, and the strange city of Chucumac, which they found in the interior of British Honduras.

"No, the average modern girl couldn't go through such hardships," she said. "Too many of our girls to-day are made of glass. They are not made of the right sort of stuff. They are slaves of the powder-puff. The girl might make up her mind to die with the thrill—but she would get it at the Palais de Dance."

## FAIRVILLE AND VICINITY.

Arthur Appleby and son, Fairville, have been on a successful fishing trip to Lepreau.

Joseph Goldie, son of Mr. and Mrs. James Goldie, Church avenue, Fairville, has arrived home from St. Mary's Redemptorist College, Brockville, Ont. Others who returned and who reside in this city were Joseph Owens, Clarence street; Joseph Crowley, Adelaide street; and Walter Hughes, Douglas avenue. The boys will remain home for a month's vacation.

Miss Beatrice Stinson, of Fairville, is visiting in Fredericton and vicinity.

Miss Sarah Wood, who had been the guest of Mrs. James Wood, Manawagonish road, has gone to Moncton to visit relatives there. From Moncton she will go to Repton to visit.

Miss Agnes Calnan, of Fairville, has returned home after a short visit in Fredericton.

Mrs. Barry Adams, of West St. John, is visiting her sister, Mrs. Harold Chadwick, Manawagonish road.

Mrs. Ira Symmet and child, Fairville, left yesterday for Chipman, where they will be the guests of Mrs. Symmet's parents Mr. and Mrs. J. Dykeman.

Miss Clara Dunham, who had been a patient in the General Public Hospital, has returned home much improved in health.

A. Taylor, of Fredericton, is the guest of his sister, Mrs. William Stinson, Prospect street, Fairville.

Miss Annie Smith, of Milltown, N. B., is the guest of Rev. and Mrs. J. M. Rice at the Methodist parsonage, Fairville.

Mrs. Albert Makepeace and her daughter, Lela, left by automobile yesterday for Sackville, where they will be the guests of Mrs. Makepeace's brother, Rupert Atkinson and Mrs. Atkinson.

W. A. HAS OUTING.  
Thirty members of St. Mary's W. A. enjoyed a pleasant outing yesterday afternoon at the residence of Mrs. George Redmire, Loch Lomond road. The afternoon was spent in games and the hostess served refreshments.

## Mix Mustard Yourself

After mixing in cold water, it takes just ten minutes to liberate from dry mustard the essential oils which give the full rich piquant flavour, and which so greatly aid digestion and assimilation of foods. Unless you mix your own mustard you miss the best part of the flavour and benefit. Have your mustard always fresh.

but it must be Colman's

## How to make better strawberry jam in a few minutes

Keeps perfectly—Make up a supply now to use during winter months.

By ANN PROCTOR

Everyone loves strawberry jam. For a spread on bread or hot biscuits nothing seems to equal it. Its wonderful flavor makes children of us all. Until now, however, an expert method of "pound for pound" mixture which had to be boiled for thirty or more minutes, with consequent loss of fruit juice and flavor being boiled away, the economical Certo process requires only one minute's boiling and thereby saves all the fruit to produce 50 per cent. more jam.

Certo is an absolutely pure fruit product—contains no gelatine or preservative. Jams and jellies made the Certo way will keep perfectly. Certo will positively save you time and fruit and eliminate all guesswork. You can use it on all kinds of fruits and you can even use canned fruits—something you could never do before. It is highly endorsed by all domestic science experts. Every woman who has used it recommends it to her friends and says she will never be without it.

To make Strawberry Jam by the easy Certo process: CRUSH WELL about two quarts ripe berries in separate portions so that each berry is mashed. This allows fruit to quickly absorb the sugar during the short boil. Measure 4 level cups crushed berries into large kettle, add 7 level cups sugar and mix well. Use hottest fire and stir constantly before and while boiling.

BOIL HARD FOR ONE MINUTE, remove from fire and stir in ½ bottle (scant ½ cup) Certo. From time jam is taken off fire allow to stand not over 5 minutes. BY THE CLOCK before pouring. In the meantime skim and stir occasionally to cool SLIGHTLY. Then pour quickly. This same recipe may be used for making raspberry, blackberry or loganberry jam.

Write today to the Douglas Packing Co., Limited, Cobourg, for a copy of the Certo recipe booklet of 73 recipes. If your grocer does not have Certo send 40c in stamps to this Company and they will forward you a bottle.

Be sure to start now—the new, sure, quick, economical way of making jams and jellies. You will never return to the old "hit or miss" method.

GOES TO NEWCASTLE.  
Adjutant Cummings, who has been in charge of the Salvation Army Corps in Sackville for five months, has been transferred to Newcastle. Capt. Hardy of Montreal and a lieutenant from the training home at Toronto will go to Sackville.

TO START BUILDING SOON.  
At a meeting of the board of directors of the Inter-provincial Home for Young Women, held in Moncton on Wednesday afternoon, it was decided to proceed with the building in the near future. Rev. H. A. Godwin of St. John attended the meeting.

## Dykeman's Week-End Economies

A Special Offering of House Frocks \$3.95  
A limited number of splendid quality Beach Cloth Dresses, in a variety of styles, in shades of Sand, Mauve, Copen and Crab-apple. All sizes up to 42. Values are really extraordinary.

3 Dozen DIVING CAPS Special 25c

6 Dozen SHOPPING BASKETS 50c  
These originally sold for \$1.45.

Kiddies' Bathing Suits . . . \$1.15 to \$2.95  
Women's Bathing Suits . . . \$1.95 to \$4.85  
White Gabardine Sport Skirts . . . \$2.19

Printed Foulards . . . 89c yd  
A lovely range of Black and White, Navy and White. Many lovely scrolls and all-over designs.  
38 inches wide . . . Regular \$1.30 yd

F. A. DYKEMAN & CO.  
THE STORE OF COMPLETE SATISFACTION

What a sparkling little dynamo of health is the child who eats Kellogg's regularly!

1st Kellogg's with milk or cream has all the food elements that build health and strength.  
2nd Children love its crisp crunchiness. They eat it with the greatest relish.  
3rd It saves a lot of work. No cooking—no sticky dishes to wash. Ready to use.

Kellogg's CORN FLAKES  
Oven-fresh always



Well Dressed On Nothing New



Summer's the grand time to get by without a wardrobe that taxes your money. How to manage the many changes demanded by the most open season is not just knack—it's simple brain-work.

Keep your clothes dry cleaned and you keep them fresh and new. Have them dry cleaned or dyed, then made over with a new collar or such trimming. A lot of difference on a little outlay.

New System Laundry

Dyers, Cleaner, Dry Cleaners.

**The Safe Milk for Children**

**NESTLÉ'S EVAPORATED MILK**

NO matter how hot the weather Nestlé's Milk is always pure, clean and uniform. It will not sour. It comes to you in airtight tins, thus the dangerous contacts of ordinary milk through shipping, handling, bottling and delivering are avoided. Handy, Economical, Pure! Give Nestlé's to your children freely.

Made in Canada by the makers of Nestlé's Baby Food  
NESTLÉ'S FOOD CO. OF CANADA, LIMITED, MONTREAL

this milk has 43% of CREAM (7% BUTTERFAT)