Realm



(Continued from Page 3.) Mrs. David J. Walker, Winchester | Eleanor Powell, . Winnett of Kingston, who sail guest of Mrs. L. L. Henderson, Lans-C.M.G., and Capt. Winnett in England. Mrs. W. H. Swan and Miss home the end of the week after vis-

Arthur and Fred. Lucas of the days in Toronto. 53rd Battery, spent the week-end in Ottawa with their father, Bishop Lucas, who is the guest of Canon and Mrs. Snowdon,

Miss Florence Hiscock, William week's visit in Gananoque. Mr. and Mrs. J. H. Byrne will and Mrs. Arthur Goodeve.

come up from Ottawa next week to Mrs. Hooper, Brownsburg, Que. spend Easter with Mrs. G. S. Old- is visiting Mr. and Mrs. Daniel Smith, rieve, Wellington street.

mong the Canadians registered London Eng., this week is Lieut. Hugh C. Farthing, son of the Bishop Miss Ethel and Miss Carrie Wal-

dron, Barrie street, left on Monday for New York. Miss Eleanor Minnes, "Hillcroft, vill leave on Saturday for New York

Face Peeling Habit Becoming Fashionable

have been acquiring the mercolized smetics for their complexion difficulies. It does seem a lott saner to just peel off the wornout skin when it loses its youthful color and appearance -now that this can be done so easily, There's no trouble getting mercolized Kingston, Ont. wax at any drug store (an ounce will do), since its virtues have become gen-erally known here, and there's no trouole using it-just as you use cold fream, applying at night, washing it iff next morning. The wax takes off he old scarf skin, in tiny flakes, a little each day. The new under-skin which gradually appears, is velvety soft and beautifully white, radiant with girlish loveliness. Any surface patches, freckles, etc., vanishes of course with the discarded cuticle. It has also become the fashion, when wrinkles begin to appear, to bathe the harmiess solution made by dissolving green or any other color, and glid an ounce of powdered saxolite in a half the knobs in the spindles with gold pint of witch hezel. This is remark-paint. Gold, you know, will har-

where she will visit her cousin, Miss

reet, Toronto, had a little family Mrs. Eden, St. Thomas, will go to honor of her cousins, Mrs. Montreal next week for the Edenorge Gallie Nasmith and Mrs. A. Henderson wedding, and will be the

semith had charge of the tea as- iting her sisters Mrs. George B isted by Mrs. W. A. Shaw, Mrs. O'Connor, Edmonton and Mrs. Her-Denald W. Nasmith and Miss Gladys bert Wood, Toronto, for some time. Mrs. T. D. R. Homming has re-

turned home after spending a few Miss Macaulay is spending a few

days in town the guest of Major and Mrs. J. B. Cochrane. Lieut. Stewart Goodeve, attached street, has returned home after a to the 51st Battery spent the weekend in Ottawa with his parents, Mr.

King street.

The engagement is announced of Miss Amy Wilson, daughter of Mrs. F. N. Southam, Montreal, and Major Erle C. McMurtry, son of S. A. Mc-Murtry. Major McMurtry is a graduate of the Royal Military College and has many friends in Kingston who will extend congratulations.

Capt. and Mrs. W. H. Gimblett, R C. H. A., announce the engagement of their eldest daughter, Fuda Wilhemene, to Lieut. James Leckey, 109th Battalion, C. E. F., second son of Mr. and Mrs. Robert Leckey, "The Park". Dunmurry, County Antrim, Ireland. Owing to the absence of the bride-elect's father and brothers who are overseas, the wedding will take place very quietly the latter part of April in St. Paul's church,

Says Mary Jane.

"I don't know what to do with this old wooden kitchen chair," remarked the bride.

"Cut a piece of clean carpenting with brass-headed tacks an inch plicated in batiste if preferred. ace once a day for a while in a apart. Then paint the chair, red





gabardine trimmed with gray corded velveteen or knit material, the suit is realize how necessary it is to dress in silk and buttons.

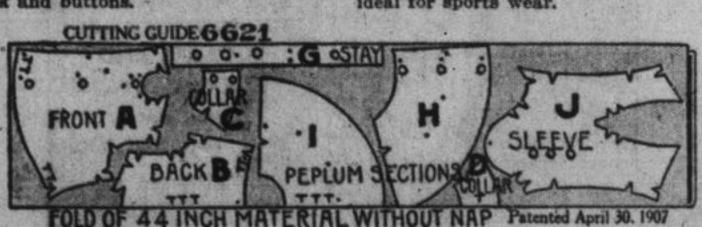
Demure Yet Exceedingly Smart. that is both dainty and demure. Navy done by the individual to make a cer- harm. gabardine is used for its development, tain amount of harmony in life. and the high collar is faced with gray silk. The blouse jacket may be made without a lining, if desired, and is therefore a suitable design for tub as well as non-tubbable materials. If the "funner" collar is not desired, however, the neck may be finished in open effect with a military collar. The long satisfactorily more or less money is one-piece sleeves with pointed lower edge are faced with silk and trimmed with buttons. Added grace is given to the lines of the jacket by the attached circular peplum with a seam at the sides. The blouse may be closed way both singly and as a whole. No either at the center-front or left side- matter how few her possessions may front, or on the lefe shoulder and be, a woman can have around her ;

In medium size the entire costume wherever the eye rests. requires 5 yards 44-inch material. If a shorter peplum is used, about 1/4

yard less material will be required. The home dressmaker should not attempt to cut the blouse without first carefully studying the cutting guide. family. Harmony counts for more in From this it will be noted that the back home life than anywhere, and there it. of the blouse and the back peplum section are laid on a lengthwise fold of its beneficial results. The one and only material. To the right of the back peplum section comes the front, then, still keeping to the right, are placed the collar and sleeve, all on a lengthwise thread of material.

The front and the collar are also arranged on a lengthwise thread, while the stay is cut from the strip that remains along the selvage edge between the front and the front peplum section, just above the collar.

Finish the belt with a button or braid ornament and the result will be pleasing and more or less soothing ef-A fetching tailored frock of navy an exceedingly attractive costume. In fect upon others. Few women seem to ideal for sports wear.



bust. Price, 15 cents. Skirt No. 6622. Sizes 22 to 32 inches waist. Price, 15 cents.

> Above Patterns can be obtained from NEWMAN & SHAW, Princess Street

MODISH LINGERIE.

Quite the Newest Design For a Spring Nightgown.

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White crepe de chine is used for this exactly to fit the seat," replied Mary gown, which is so simple in outlines "Turn the edge under, an and trimming. The yoke and paneled inch all the way around, and after front are tucked in a Greek pattern, placing some padding beneath the the neck and sleeves being finished carpeting, tack down the folded edge with val lace. This model can be du-

## The Beauty harmony

vantage, assistance and general help that are obtained from having the tone or note, as it were, that of harmony through and part of the various phases of life. Even educated women and wo-

If a woman is in the least high strung, temperamental or nervous, it tween mind and body. Most women are is advisable, if not necessary, that her surroundings should be as much as pos- two in harmony as much as they can. sible harmonious and in good taste.

Unfortunately to carry out the idea necessary. But a woman who can plan well and also has good taste can choose | beautifully furnished house. her pictures, wall paper, rugs and furniture to look well in a conservative something that suggests calm and peace

Every one is better mentally, physically and temperamentally if the home life is free from disputes, bad temper. or irritation from any member of the is most important and farreaching in way to obtain harmony in home life is to have each and every member in the home circle considerate of the others in every way-in other words, self control, which so many do not think

worth while just in the family circle. Observing a certain amount of care in selecting the colors for one's garments is not only more satisfactory in the long run to the wearer, but has a colors that harmonize with the complexion and eyes. Another important point is that as women grow older it is wise to change the style of clothing as well as the color, so as to as much as possible still have that harmonious gen-

Many of the unpleasant and even dangerous occurrences in life would be done away with if people were more careful in conversation to observe a rule to have every topic one that is conducive to a feeling of general harmony for all.

eral effect.

A certain amount of harmony can be expressed by the attitude of the body, which with some people is merely the outward expression of the working of a soul and mind in harmony and accord with all their fellow beings.

Harmony in the speaking voice is a

desirable quality. Even, well regulated tones are rare. That so few people

## **Sleepytime Tales**

er gave him the money to pay their ing his cane just like a real gentlefare and he felt very big when he man

and asked if he couldn't wear it the boy than a great big man.

his father's.

could go to the corner and meet him. was looking for him.

Once upon a time Roger went didn't care to play with his shove! down town with his mother. Hellin the sand pile, but found a stick didn't go very often and it was alt which he used as a cane and he pracnew and strange to him. His moth- tised walking like father and swing-

handed it to the conductor. Roger's When it was time to go and meet mother told him she was going to his father his mother told him to be buy him a new suit just like "Dad- sure and go no further than the cordy's" and he was very much delight- ner and to wait there until his father ed to have a real man's suit just like came. Roger walked down the street and watched for a long, long time Roger had never worn a rea: to see his father get off the car. man's suit with trousers and rear Many cars passed and no father came pockets and when the clerk tried one until at last Roger began to get hunon him he didn't want to take it off gry and felt more like a hungry lit.

home. His mother told him he might All at once he heard someone say: and they started off, Roger trying to "Well, I declare, if I didn't go right walk as much like a big man as he past my little boy and I didn't know him," and Roger looked up and When they reached home his mo- there was his father right behind ther told him he might go out and him. You see his Daddy didn't know play until it was time for his father that he had a little man in trousers, to come home, and then he and had gone by Roger while Roger

## "Low Cost of Living" Menu

### Menu for Thursday

BREAKFAST Stewed Apricots Fish in Cream Potato Cakes Hot Biscuits Coffee

LUNCHEON Veal Pie Brend and Butter Rhubarb and Fig Conserve Grahum Crackers

DINNER Cresim of Green Pepper Soup Suced Corn Beef Potatoes String Beaus-Honey Blane Mange

#### BREAKFAST

flour with two heaping tablespoons and one sour pickle. Serve on letof lard, two cups of milk or enough tuce with a dressing made by mixspoons of baking powder. Rell out and two of vinegar. Season well.

pieces of veal, one sliced raw potato and turn into a wetted mould and half a sliced onion. Pour over Serve with cream

have harmony in the speaking tones is because almost anything that is not in normal condition shows in the voice, especially a disordered state of the nerves. Few women realize how much it helps to be self controlled to keep the voice free from unevenness and a quaver or a sobbing voice, which so many women have. A controlled, well modulated voice is among the assets

Wise women select their friends, if possible, only from those who are in mental harmony, those people whose tastes and points of view are agreeable men of more or less nice instincts seem to them. So called friendship not list, and the woman who doesn't care This spring tailor-made is in a style to fail to realize how much can be founded on that harmony does only who wins the war—she thinks she

> enough to have perfect harmony be- point is that she won't stgir herself obliged to be content with keeping the

### Thoughtful.

They were a very saving old couple, and as a result they had One day the old woman missed her husband.

"Joseph, where are you?" called out. "I'm resting in the parler," came

the reply. old woman, horrified. "No, on the floor."

n tones of anguisn. "No; I've rolled it up!"

#### soup stock, season well and cover with a dough made as for biscuit. Bake brown.

Rhubarb and Fig Conserve—Peel and cut in small pieces four pounds of rhubarb, cover with the same amount of sugar and let stand overnight. In the morning add two oranges chopped fine, one pound of chopped figs and boil until thick.

#### DINNER

Green Pepper Soup-Heat to the boiling point three cups of milk, add a tablespoon each of flour and butter blended smooth and boil one manute.: Chop one green pepper, fry it soft in a tablespoon of butter, add to the hot milk, boil two minusest

Olive Salad-Cut in pieces a dozen Hot Biscuit-Mix four cups of olives, add a bunch of sliced radishes to make a soft dough, and two tea- ing three tablespoons of olive oil

an inch thick, cut with a small bis- Honey Blanc Mange-Boil two cuit cutter and bake in a hot oven, cups of milk, add four tablespoons of cornstarch dissolved in a quarter of a cup of cold water, and boil eight Veal Pie-Place in a baking dish minutes. Add half a cup of honey

## Pampered Sons And Foolish Mothers

I often used to think before the war came what would be the result of the ease and laxity with which children were being allowed to come p," said Mrs. Willoughby Cummungs of Toronto the other day, adding, after a pause: "The result, we see now, is the young man won't enwould be as comfortable under Ger-Some few women are fortunate man as under British rule. The main to see farther than her own selfish and sluggish present."

> "There's another result of the pampered boy, too," said a mother of sons at the front. "His mother has given him every silly sort of food he has cried for and then when he gets to Exhibition Camp or to Salisbury or Bramshott, and finds that he can't have lemon pie for breakfast and a choice of three kinds of cake for toa, he writes home and whines that he's starved."

I healthier and better looking than source in mother and son, and the ty to Animals?

## This Advertisement

may induce you to try the first packet of

but we rely absolutely on the inimitable flavour and quality to make you a permanent customer. We will even offer to give this first trial free if you will drop us a postal to Toronto.



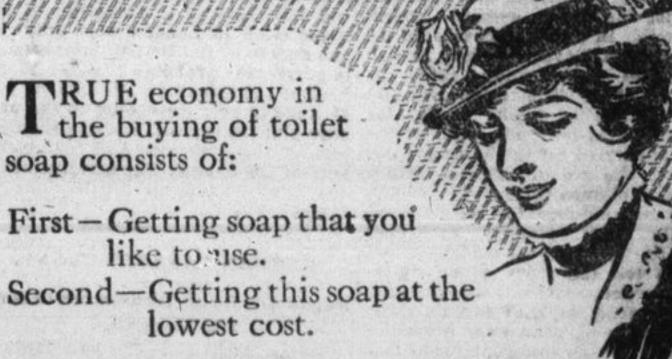


Twill be the children's daily treat. So good for them, too-wonderfully nourishing, to build up their little bodies and help to keep them well The most delicious of table syrups for Griddle Cakes, Waffles and Hot Biscuits. Excellent for Cake and especially for Candy making.

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correboration testimony as to the real man's food," type of youth who wails of "starvation." But when the laughter died down a serious voice broke in:

ever he was before he went into latter dealt with in some way that would put a little stiffening into his Everybody laughed, a few adding backbone, and give him a taste for a

### A Clear Case.

If it be true, as Henry Holt avers, "The weak point in his com- "Do you realize," it said, "that one that the magazines of to-day are "What, on the sofy?" cried the plaint," interposed a third woman, silly mother who talks flike the sending literature to the dogs, conwhose knitting needles clicked vig- mothers we've been speaking of, can sidering the quality of some of that orously, "is that he generally sends undo the efforts of many recruiting literature, is not this a clear case "Not on that grand carpet!" came a photograph which shows him sev- officers? If it were possible these calling for the intervention of the eral pounds heavier and a long sight stories should be traced to their Society for the Prevention of Cruei-



A bevy of beauties with "The Only Girl," the musical show which returns to the Grand on Saturday, April 15th, matinee and night.