

NEWS AND VIEWS FOR WOMEN READERS

Life's Social Side

Editor of Women's Page, Telephone 1724; Private phone 857w.

The usual Monday evening entertainment in the Recreation hall of the House of Providence under the auspices of the Orphan's Guild, was a decided success. The convener, Mrs. J. Bloof and Mrs. A. Martin received with the president, the ladies assisting were Mrs. P. Milne, Mrs. J. Tanager, Mrs. R. Edgar Thompson and the Misses B. Bedore, A. Braddell and G. Darragh. The convener of refreshment committee were Mrs. P. Gratian, Mrs. A. McConville and Miss I. Shaw. The ladies' prize was won by Mrs. McGuire; James Donoghue winning the gentleman's prize.

Mrs. W. B. Shuttleworth, King, wife of the General Officer Commanding Military District No. 3; Mrs. Walter Howe, wife of the director of naval service; Mrs. F. G. Plender, representing the Canadian air forces; and Mrs. G. L. Jennings, daughter of the commissioner of the Royal Canadian Mounted Police, will receive the guests at the ball to be given in the Chateau Laurier next Tuesday evening, when the hosts are the officers resident in Ottawa on the active lists of the navy, militia and air forces and the Royal Canadian Mounted Police.

Mrs. R. J. Rodger, Earl street, was the hostess of a small tea on Monday afternoon for Mrs. Harold J. Clark who is leaving this week for Windsor, the news of her departure being the only drawback to the pleasant hour spent in Mrs. Rodger's rose shaded drawing room. Mr. and Mrs. Clark have made many friends during their stay in Kingston, by whom they will be much missed.

Lady Macdonell, Kingston, Lady Falconer, Mrs. Alexander Primrose, Mrs. Vincent Massey, Mrs. C. H. Mitchell and Mrs. C. A. Corrigan, Toronto, are patronesses of the University Veterans' Association military ball, at Hart House, Toronto, on Jan. 13th.

The ladies of Queen's Badminton Club met in the gymnasium on Monday evening. Much interest is being taken in this new club and it is expected to be a source of much enjoyment during the winter.

Mr. and Mrs. Harry Seale and family left on Tuesday for Ottawa where they will take up residence. Mr. Seale having been transferred from the Kingston postoffice to the staff of the chief inspector at the capital.

Mr. and Mrs. Harold J. Clark, Sydenham apartments, are leaving this week for Windsor where Mr. Clark has been transferred to the staff of the Canadian Bank of Commerce.

Miss Jean and Miss Grace Brynner, West street, have returned from a visit to Mr. and Mrs. Frederick Colson, Ottawa.

G. A. Harker, Los Angeles, Cal., was a recent visitor in town.

Miss Florence Hiscock, who spent the holiday season with her mother, Mrs. J. Hiscock, Collingwood street, has returned to Detroit.

Miss Marion Thomson, Ottawa, is with Mr. and Mrs. R. T. Brynner, West street.

Mrs. Edward Moore, who has spent some weeks with the Misses Waldron, Barrie street, left on Monday for her home in Thorold.

Miss Jennie Torrance will return to Bishop Strachan school, Toronto, this week after spending the holidays with Dr. and Mrs. E. F. Torrance, Alfred street.

Mrs. Henry Joseph, who will come from Montreal this week to address a meeting of the Women's Liberal Conservative association, will be the

guest of the Misses Waldron, Barrie street.

Miss Florence Chrisallan, Tainworth, is spending some time in Kingston.

Miss Isabel and Miss Grace Moores, Barrie street, will return to Bishop Strachan school, Toronto, this week. Miss Helen Fraileck and Miss Dorothy Grant, Belleville, will arrive in town on Friday to visit Dr. and Mrs. Ernest Sparks, Stuart street.

Miss Nora Connell, Arch street, returns to Haverhill College, Toronto, this week.

Mrs. H. W. Richardson and Col. and Mrs. T. A. Kidd, who have been the guests of Mr. and Mrs. James Richardson, Winnipeg, are now in Chicago on their way back to Kingston.

Mr. and Mrs. Joseph Rogers and their son, Malcolm, have returned to their home in Rockport, after spending two weeks' holidays in Toronto, Ottawa and Montreal.

Mr. and Mrs. Leo J. Howison, 200 Montreal street, have returned home after spending the New Year with Mr. and Mrs. J. E. H. Howison, 59 St. Denis street, Montreal.

Mr. and Mrs. N. A. Pearson and their baby daughter, Honorine, Barrie street, returned home Saturday after spending New Year's with Mr. and Mrs. J. E. H. Howison, 59 St. Denis street, Montreal.

Mr. and Mrs. James F. Moran, "Elmwood Farm," are the guests of Mr. and Mrs. J. E. H. Howison, Montreal. On their return home they will spend a few days with Mr. and Mrs. John J. Moran, Brockville.

Miss Helen Strange, Sydenham street, will entertain the Tuesday bridge club this afternoon. Mrs. Earl McBride, who has been with her parents, Mr. and Mrs. J. T. Sutherland, Frontenac street, returned to her home in Woodbridge on Saturday.

Mr. and Mrs. J. S. Coey, Newark, N. J., will arrive in town on Saturday to visit their daughter, Mrs. Ross Livingston, Johnson street.

Mr. and Mrs. J. E. Wilmo; will come from Ottawa this week to visit the former's mother, Mrs. F. Wilmo, Clergy street.

What the Editor Hears

That Dr. Helen MacMurchey says, "a family of five should buy three quarts of milk before they buy meat."

That quite the smartest costume at a famous New York firm's mannequin parade was a suit, its short, exceedingly wide skirt, both circular and pleated, and its jaunty little jacket opened at the front and at the wrists to permit of ruffles of pleated organdie in soft bisque, while the jacket was semi-fitted and buttoned across the lowered waistline.

That the organist who plays the wedding march for Princess Mary and Viscount Lascelles will receive \$1,000.

That many people have been asking why the men who are getting unemployment relief, are not put to the useful task of sanding the walks, to save their fellow citizens from broken limbs, and the city from paying bills for damages.

That the women who serve plain, wholesome, economic cereals and vegetables so badly cooked and seasoned that the family gets a distaste for them has committed a nutritional

HOW TO MAKE MONEY.

Forty women are averse to making pin money. It doesn't matter whether they need it or not. There is special pleasure in spending money one has made through one's own initiative and resources. Each day there will appear on this page one of a series of suggestions on making money. Each article will give women readers of the Whig an idea that may be turned into a money-maker.

No. 67—A Venture in Window Dressing.

Esther Valmont, left a widow after two years of happy married life, was confronted with the problem: "What shall I do now to earn a livelihood? Doctor bills and incidental expenses had used up all the surplus funds; the cottage in the suburbs of Denver was free of debt.

Before her marriage, Esther had been employed in a millinery store and was familiar with the process of making cloth flowers; knew how to make aniline dyes in order to secure delicate tints that closely resembled natural flowers. Thrown upon her own resources, her first thoughts were to take up this work again. She applied for a position at a number of stores, but found no place.

While scanning the daily paper one day, she chanced to see an advertisement that called for some person to dress windows once a week in a small dry goods and notion store. Although not claiming to be an expert window trimmer, Esther answered the advertisement and was engaged to do four hours' work a week for a stipend of \$2. This amount would not suffice to keep her; but with the job an idea came surging into her head and later evolved into tangible form.

Esther soliloquized thus: "A half loaf is better than no bread," perhaps there are other stores not doing sufficient business to justify them in keeping a regular window trimmer for the purpose; if I could find three or four such stores that would be willing to pay me \$2 a week, it would assure me a living wage and yet leave time for study or other work." Action followed thought. Esther began making weekly trips into the retail shopping district, taking along a note book into which she copied diagrams and wrote plans of novel or striking window displays that embodied ideas which might be utilized in stores remote from the business center. Out of a book borrowed from the public library she gleaned many suggestions that enabled her to develop unique and harmonious combinations. One month after getting her first job as window dresser, she inserted the following advertisement in a Sunday paper:

"Esther Valmont, Artistic Window Trimmer; small stores \$1 to \$3 a window; write or phone for particulars, Main 1729."

Two engagements came as a result of the advertisement. Esther was elated over the prospects; with three stores paying her \$5.50 a week, she would have enough to meet current expenses by exercising rigid economy. She decided to run the advertisement again,

crime for which she will pay heavily in the days to come.

That Berlin gossip insists that Frau von Roehow, widow of a colonel in the Danzig hussars, is engaged to the former kaiser. Frau von Roehow is now at Doorn, but strongly denies the rumors in circulation.

That every Girl Guide in Canada has been asked to contribute one cent towards a wedding gift to H.R.H. Princess Mary. There are 20,000 Guides in Canada.

Skating parties are being planned for the Jock Hart rink.

WOMEN MAKE STRIDES.

London Leaders Point Out Britain's Feminine Progress.

London.—Women leaders admit Britain was slow in taking up woman suffrage, but they declare the movement made more progress here than anywhere else in the world after it got a start.

And to prove it, they point to: Twelve British cities with women mayors—or mayoresses, as they call them over here.

Scores of cities where women are sitting as town councillors—that's British for aldermen.

Ten women magistrates who hold commissions signed by the King himself.

All three political parties—Liberal, Conservative and Laborite—each with a strong women's organization within the party.

And, of course, Lady Astor and Mrs. Thomas Winstingham, the two feminine M.P.'s.

SAYS PRINCESS WOULD PREFER AN ADDRESS

The opinion of Her Excellency Lady Byng, wife of the governor-general of Canada, is that in view of the extent of unemployment as an aftermath of war conditions in the old land, and the general depression, the most acceptable wedding gift the women of Canada could make to the Princess Mary would be an address of appreciation and good wishes.

FREE! Trial Package to Make This Amazing 3-Day Test



See How Ironized Yeast Clears Complexions

—and Grows New Firm Flesh on Thin, Pale, Nervous and Run-down Folks

Are you troubled with humiliating skin blemishes? Are you thin—or do you feel the need of more energy or "pep"? If so, mail the coupon below for the amazing Three-Day FREE Trial Treatment of the wonderful Ironized Yeast Vitamine Tablets. Try these remarkable tablets—two with each meal. Then get ready for a surprise!

Watch The Results! Pimples, blackheads, boils, etc., begin to disappear almost "while you wait." You will feel an almost immediate increase in your ability to tackle hard work or play. And as for putting new, firm flesh on your bones—people report gaining from five to nine pounds on the first package of Ironized Yeast!

Nothing introduced in recent years has met with such overwhelming popularity as this great new tonic. People all over the country seem to have just "gone wild" over it. For they know that Ironized Yeast is one tonic that is guaranteed to make good—that will do everything that is claimed for it. The famous Three-Day Test will convince you!

Yeast Best With Iron Ironized Yeast supplies thin and run-down folks with the three vitamins, which though vitally essential to health, are lacking in the modern diet. But more than that, it supplies your blood with

One year ago Esther started the work. Six stores now have windows trimmed on regular days every week; others at irregular times, subject to call. Several patrons within easy distance from her home gave her permission to dress their windows on days when most convenient. This arrangement allows her to accept all spasmodic or rush orders which might be lost if she were compelled to ask them to wait until next day.

IRONIZED YEAST Tablets

HIGHLY CONCENTRATED VITAMINE TONIC

Note:—Full Size Packages of IRONIZED YEAST Are Sold at All Drug Stores

Sales Representatives: HAROLD F. RITCHIE & CO., Ltd., Toronto

To-morrow's HOROSCOPE

By Genevieve Kemble

WEDNESDAY, JAN. 11.

This should be an interesting and fortunate day, according to the astrological testimonies. The predominant influence is from Jupiter, the

major benefic, blessing with increase and growth all affairs and accentuating the prospect of financial return for earnest effort. There is some likelihood of change in the endeavor to launch new projects, and these should prosper if the Martial impetus toward rashness and haste be curbed. Avoid quarrels and litigation, and attend strictly to business, and all should flourish.

Those whose birthday it is have the promise of a prosperous year, with increase of fortune and of business, provided they keep good control of themselves and avoid litigation. A child born on this day should be fortunate in its undertakings, and should rise in life to good position.

Never use water which has been standing overnight in the toilet. In the morning fill it with fresh water, boil and use at once.

A little white sugar dissolved in hot water makes a good stiffening for delicate laces.

Free Trial Coupon

Harold F. Ritchie & Co., Ltd. Dept. 62
10 McCaul St., Toronto

Please send me the famous THREE DAY FREE TRIAL TREATMENT of Ironized Yeast.

Name: _____
Address: _____
City: _____ Prov. _____

Only One Trial Package to a Family

A "balanced diet" may sound confusing to many people

The facts, as explained here, are simple.

The secret of a "balanced diet" is to have food containing all the elements needed for proper nutrition. These elements are protein, to nourish the tissues; starch and sugar to furnish energy; fat to supply heat; and mineral salts to provide the material necessary for building nerves, brain, and tooth and bone structure.

Grape-Nuts, the nourishing cereal made of whole wheat flour and malted barley, served with cream or milk, is a complete food for young and old alike.

Go to your grocer today and get a package of Grape-Nuts. Eat it with milk or cream for breakfast; or with stewed fruit, jelly or jam, as a delicious dessert for lunch or dinner.

Every member of the family will relish this palatable and nourishing food—

Grape-Nuts—the Body Builder

"There's a Reason"

Made by Canadian Postum Cereal Co. Ltd., Windsor, Ont.

"That Warm, Comfy Feeling"

These are Hot Milk-and-Shredded Wheat mornings. Start the day right and get that warm, "comfy feeling" by eating

Shredded Wheat With HOT Milk

Heat the Biscuits in the oven to restore their crispness; pour hot milk over them, adding a little cream and salt, or sweeten to suit the taste. Nothing so nourishing, strengthening or satisfying. Furnishes all the strength-giving nutriment needed for a half day's work at a cost of a few cents. The perfect food for children or grown-ups—ready-cooked and ready-to-eat.

"It's All in the Shreds"

TRISCUIT is the Shredded Wheat cracker—a real whole wheat toast—and is eaten with butter or soft cheese.

