

NEWS AND VIEWS FOR WOMEN READERS

Life's Social Side

Editor of Women's Page, Telephone 1724; Private phone 8377.

Mrs. R. E. Kent, "Somerset House," entertained at the tea hour on Thursday in honor of Mrs. Everett Birdsell. Baffledia from Col. Kent's greenhouse were in the drawing room where the hostess received with Mrs. Birdsell and on the table in the dining room where Mrs. Kent poured the coffee. Mrs. Macnee out the loes. The guests included Mrs. Hugh Ryan, Mrs. Henry Richardson, Mrs. Bruce-Hopkins, Mrs. Garnet Greer, Mrs. Eric Phillips, Mrs. T. Ashmore-Kidd, Mrs. Horace Lawson, Mrs. Stewart Robertson, Mrs. J. C. Murdoch, Mrs. F. Preston, Mrs. Van Wren, Miss Doris Browne, Miss Harriet Gardner, Miss Aileen Folger, Miss Cecily Rutledge, Miss Doris and Miss Gwendolen Folger, Miss Louise Hill, Miss Doris and Miss Helen McKay, Miss Laura Kilborn.

The rules for the King cup, presented by Brig-General W. B. King to the Badminton Club were posted at the armoures on Wednesday. The entries will be in couples and the play begins on February 1st. Among those present were Prof. and Mrs. P. G. C. Campbell, Col. and Mrs. H. J. Dawson, Col. and Mrs. Schmidlin, Col. and Mrs. G. H. Ogilvie, Col. Anderson, Mrs. Douglas Jemmitt, Mrs. Holloway Waddell, Mr. and Mrs. Hugh Ryan, Capt. and Mrs. Murchie, Captain J. F. Preston, Prof. and Mrs. Keith Hicks, Col. Constantine, Miss Aileen Rogers, Miss Edith Carruthers, Miss Mary Ogilvie, Miss Laura Kilborn.

Mrs. John C. Smythe, formerly Miss Margaret MacLennan, held her post-nuptial reception at her home, 62 Alvin avenue, Toronto, when she received her friends in a gown of brown tulle and was assisted by her sister, Mrs. T. Douglas McIntosh, in violet georgette, sweet-heart roses and blue iris in a silver bowl with pink and silver candles decorated the tea table, which was presided over by Mrs. R. D. Sutherland and Mrs. C. P. Lusk. The assistants were, Miss McLennan, Mrs. George McIntosh, Mrs. R. Sparling and Mrs. A. Ebbles.

There will be tea served for the clubs competing in the Badminton tournament at the Drill Hall, Stanley street, Montreal, next Saturday afternoon, when the Toronto Garrison Badminton Club will play against the Montreal C.A.M.C. for the trophy cup which the latter won from Kingston last year.

Mrs. LeRoy Grant was the hostess of a pleasant matinee party at the Alton theatre on Thursday afternoon, the guests going back for tea in her pretty apartment at "The Winston."

Many visitors took advantage of Mrs. F. B. Fenne's at home on Thursday and the pretty drawing room of her home on Albert street, gay with primulae and ferns, was filled with a

constant stream of her friends. Mrs. W. E. Connolly assisted the hostess in the dining room.

Mrs. Van Wren and Mrs. Bayliss Ramson's dance at their charming home on Earl street, for Miss Mary MacLennan, is one of the events of this evening.

Mrs. Bruce Taylor, Principal's Residence, Queen's University, will entertain at tea for Prof. and Mrs. Peter Sanford, Toronto, during their stay in town.

Mrs. J. Kinnear Reid, Princess street, entertained at a delightful bridge on Thursday evening in honor of Mrs. Russell Reid, Toronto.

There will be an impromptu dance at the R.C.H.A. barracks on Saturday evening arranged by some of the younger officers.

Lieut.-Col. B. W. Browne, Kingston, accompanied by Mrs. Browne, are guests at the Chateau Laurier, Ottawa.

Miss Hilda Calvin and Miss Helen Gilmour, Toronto, are the guests of the former's sister, Mrs. Walter Boyd, Ottawa, for a few days.

Miss Norma MacFriedge is among the Kingstonians in Ottawa for the winter carnival and is the guest of Miss Flora Schofield, B.A.

Gen. Sir Archibald and Lady Macdonell had the honor of being invited to dine with the Governor-General and Lady Byng of Vimy at Government House on Wednesday but were unable to accept.

Miss Annie Linahan, Smith's Falls, is visiting friends in Kingston. Miss F. Coulson, Toronto, is a visitor in Kingston.

Miss Janet Richmond, Johnson street, left for Ottawa today to visit Miss Freda Stothers.

W. E. Patterson, Science '24, Queen's University, will spend the week-end in Guelph.

Capt. and Mrs. Freeman, who have been visiting their daughter, Mrs. Melville Wilder, Frontenac street, have returned to Verona.

Mr. and Mrs. Robert McMahon, Alfred street, have returned from a visit to Toronto.

Mrs. Ernest Cook, Cataract, is the guest of Mrs. Percy Ward, Alfred street.

Lieut.-Col. and Mrs. H. L. Trotter, Montreal, will spend the week-end with Lieut.-Col. and Mrs. W. P. Wilgar, Mack street.

Miss Todd, Houston, Texas, is the guest of her sister, Mrs. J. B. McLeod, Alfred street.

Prof. Peter Sanford, University of Toronto, and Mrs. Sanford will spend the week-end in town.

Miss Myra Hess will arrive from New York on Monday and will be the guest of Principal and Mrs. Bruce Taylor, at the Principal's Residence, Brig-General King, and Mrs. W. B. Shuttlesworth King, "The Tower House," left for New York on Thursday.

Mrs. Gerald Denyes, who has been with her parents, Major and Mrs. F. A. Walsh, Aberdeen avenue, will return to Shannonville on Saturday.

What the Editor Hears

That the presence of sleeves and the absence of extreme décolletage in the frocks worn at the Arts dance were favorably commented upon by one of the young men present.

That British and Canadian ideals can be best kept before the mind of our young people by Canadian books and teachers.

That several ladies were noticed on Skis on Queen's College hill on Tuesday afternoon. While Kingston is not an ideal spot for this favorite Norwegian sport, the Fort Hill and Kingston Mills give the height required for the enjoyment of the more venturesome.

That the Home and School Council of Toronto is supplying 550 children with milk. Since the "Drink More Milk" campaign was started in the fall, apart from the gain in weight, much general improvement has been noticed.

That the families of the men out of work are in desperate need of clothing of all sorts, and underclothing for the men who are working on the Division street drain who are out in this bitter weather, is a necessity that cannot be supplied out of their slender means.

That homespun frocks in all shades, grey, cedar green, cerise, blue will be much worn this spring. They wear splendidly and wash "like a rag."

That eight girl students of the Ontario College of Pharmacy have completed the four years' course and are now preparing for the council examinations, which permit them to practice under the Provincial Act. Women, with their natural carefulness in details, added to the technical training, should make good druggists.

That the remnants of silk and brocade found on the bargain counter will make fascinating waistcoats to wear with jumpers.

QUEEN'S DRESS OF LACE.

Court Dressmaker to Make Wedding Attire.

H. M. Queen Mary has ordered a gown to be worn at the marriage of her daughter from Reville's, Ltd., court dressmakers, Hanover square. The gown will be made chiefly of real lace already in her Majesty's possession, just as most of the materials for Princess Mary's gown were sent from Buckingham Palace. Several sketches for the style of the Queen's gown were sent to the palace, but up to the present nothing is known regarding the details of her Majesty's choice.

No orders have as yet been placed for hats, it is said, as the Queen prefers to see the gowns for her daughter's trousseau completed first in order to select the hats to match.

One of the Princess' trousseau hats is to be a presentation from the straw hat manufacturers at Luton who presented the Queen with the hat her Majesty wore at her wedding. As in

Try It with Hot Milk

Get a good start for the day. You need a hot dish that not only warms the stomach, but puts pep and punch into the body. Try

Shredded Wheat

With HOT Milk

Heat the Shredded Wheat Biscuits in the oven to restore crispness; pour hot milk over them, adding a little cream and salt, or sweeten to suit the taste. Nothing so nourishing, strengthening or satisfying.

Shredded Wheat contains more real, strength-giving nutriment than eggs or potatoes and costs but a few cents. Better than ordinary porridges because it contains all the nourishment of the whole wheat in digestible form. Being ready-cooked and ready-to-eat it saves fuel and saves time.

"The Happy Way to Health"

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



WHAT BOYS AND GIRLS SHOULD KNOW

Every boy and girl should be encouraged to know the wild life about them. They should take an interest in the animals of the fields and in the woods. They should learn to love the restfulness of rain, the music of the winds and the magic of the snows. It will give them a broader sympathy with humanity and change their attitude toward life and work.—Canadian Educator.

Asking Too Much.

"I don't want to eat this egg. It's not a nice egg," protested the 6-year-old daughter of the house at the breakfast table.

"Mary," said her mother, sternly, "you are always complaining of your food. Eat what is placed before you—every bit of it—without another word, or else I'll have to give you a good spanking."

All was quiet for some minutes. Then from the other end of the table sounded a mournful voice.

"Mother, dear, do I have to eat the beak, too?"

DEFI "13" HOODOO.

Here's the bride and groom, Melbourne and Mrs. Morrison, of Brockville, Ontario, who met on Friday, the 13th, and became engaged on the 13th, after 13 visits. There were 13 jewels in the engagement ring and 13 people at the wedding. There are 13 letters in the wife's name. Mrs. Morrison is the former Ethel Tamminga, prima donna with the Gailo Opera Company, the Boston Opera Company and Ralph Dunbar's "Robin Hood" Company who is spending part of her honeymoon at Brockville with her husband a former Brockville man.

The care of the more than 8,000 Murray, whose duty it is to see that 600 books in the New York public library all with worn bindings are sent to library are looked after by Miss Rose the bindery for repairs.



To-morrow's HOROSCOPE

By Genevieve Kemble

Saturday, Jan. 28. A lively if not exciting time is indicated by this day's astral operations. The significant thing is, the beaking up of old, congested conditions, which have long delayed and thwarted. Under this renewed activity it may be safe to take chances, either in speculation or investment, as the stable and friendly Saturn is aided in his efforts for increase of wealth and business by the benign Jupiter—also favoring growth and financial toward for industry and perseverance. But it will be wise to guard against disputes and accident, and to be cautious in dealing with others.

Those whose birthday it is may plan for an active and successful year with growth of business and money. They should beware of disputes and accidents, and be careful in dealing with others. A child born on this day will be steady, industrious, reliable, and generous, but may be in difficulties unless schooled early in life in self-control.

The Estonian war office has drafted a law proposing that women should be mobilized in event of war. All women between the ages of 18 and 41, would be given useful work, compatible with their sex.

STROUD'S TEA

Delicious, healthful, refreshing

100 Princess St. Phone 848.

AT THE Portsmouth Busy Store Saturday

- 5 tins Soup, Tomato or Vegetable 25c.
 - Finest Creamery Butter . . . 45c. lb.
 - Frank's (large) . . . 22c. lb.
 - Evaporated Apples . . . 20c. lb.
 - Pure Lard . . . 17c. lb.
 - Tomato Catsup (large tins) 30c. tin
 - Tomato Catsup (small tins) 10c. tin
 - Black Tea, good quality, 3 lbs. for \$1
- BUTCHER SHOP.**
- Mild Pickled Corned Beef . . 10c. lb.
 - Sweet Pickled Bacon, sliced . 30c. lb.
 - Pickled Pork in nice meaty pieces . . . 22c. a lb.
 - Home-made Headcheese . . 15c. lb.
- VEGETABLES**
- Carrots, Cabbage, Parsnips, Turnips, Onions, Celery, Lettuce.

Wickham Bros.

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SAYS THE COMING AGE WILL BE INTERNATIONAL

Mrs. H. P. Plumtree, Toronto, who was one of the speakers at a recent conference in Montreal under the religious educational council for the provinces of Quebec, in her address touched on three characteristics of the coming age, which seemed to her assured, and for which present day education and training should fit the girl, who will be the citizen in the coming age. First, Mrs. Plumtree declared, it will be an age of science, and the presentation of religion will be reconciled with the truths of science. Secondly, said the speaker, it will be an age of fearlessness, and free from the dominating sense which has so often marked the religion of the past. Truth and faith will be strong enough to see God even under unusual circumstances. And thirdly, it will be an international age, with its accompanying big, broad outlook, when citizens will think internationally, and accept international responsibilities. That already such an international state is coming Mrs. Plumtree illustrated in the Washington conference, in the League of Nations, in the linking up of the mission boards of the world, in the union of the Y.M.C.A. and the Y.W.A. respectively, in their world movements.

GIRLS! USE LEMONS TO WHITEN HANDS

Press the juice of two lemons into a bottle containing three ounces of Orchard White, which any drug store will supply for a few cents, shake well, and you have a quartet of harmless and delightful lemon-bleach lotion to soften and whiten red, rough or chapped hands. This home-made lemon lotion is far superior to glycerin and rose water to smoothen the skin. Famous stage beauties use it to bleach and bring that soft, clear, rosy-white complexion, because it doesn't irritate.

Efficient Housekeeping

BY Laura A. Kirkman



Making an Old-Time "Hooked Rug"

The old-fashioned "hooked rug" has come back into favor. Those of us who are not lucky enough to have one in the attic that great-grandmother made, may make one ourselves!

If any reader friend hasn't one of the frames upon which these old-time rugs were made, she may buy one by mail from a firm I know of that is now making these frames; I will gladly send the address of this firm upon receipt of a stamped, self-addressed envelope. They cost, I believe, a little under two dollars; and the rug-hooks (with which one works at the frames) cost about fifty cents.

When you have procured your hooked-rug frame and hook, the next step is to cut cloth strips three-quarters of an inch wide on the bias. These strips do not have to be sewed together. In older times thrifty housekeepers used the coarse cotton sugar-bags for these strips—after soaking and boiling them to shrink them and get out the dressing.

The making process consists simply in hooking a loop, about one-half inch long, of the cut strip through canvas or through some other loosely woven fabric. (A short awl with its point turned up could be used as the hooking-tool in place of the regular rug hook.) Each loop is hooked through the canvas very close to the last one, until the entire surface of the canvas is covered with these loops. Then the loops are shorn down with a pair of large shears, to form a piled surface on the right side. The wrong side of the rug is backed with another piece of canvas to prevent the work from pulling out. Some workers give the wrong side of the rug a thin coat of sizing, but this is not really necessary if the rug is backed by another piece of canvas. Then, too, the glue

is apt to make the rug stiff and boardlike.

This kind of rug admits a wider range of design than almost any other kind. One can draw an original pattern on the canvas before hooking the loops of cloth through it, then use a certain color of cloth to make the loops which fill in the design on the canvas, having the other colors of the rug different. I would like to impress this fact upon my readers, however: large patterns are the only ones that are really satisfactory. Small patterns, or those with much delicacy of detail, lose their delicacy—and sometimes lose their form—in the making. Only large masses work out with good effect.

Draw your pattern on the bare canvas with a black crayon, using rather broad lines. And before starting to work, it is often best to make a color cartoon using a child's set of colored crayons to color the parts of the cartoon (or drawing) so that you can see how the colors of the rug will look when the rug is completed. Such a color chart as this is often very helpful as a guide when hooking the rug.

And now, reader friends, I want to ask you to please cut out this article now if you are interested in these rugs, for I have no copies left to send you in case you lose it and write me later asking me to give you the directions for making these rugs.

Tomorrow—Contributed Recipes.

All inquiries addressed to Miss Kirkman in care of the "Efficient Housekeeping" department will be answered in these columns in their turn. This requires considerable time, however, owing to the great number received. So if a personal or quicker reply is desired, a stamped and self-addressed envelope must be enclosed with the question.—The Editor.

"Those Who Dance Must Pay The Fiddler"

There's a settlement in profit or loss, for nearly every indulgence.

Sometimes the pay-day is long deferred, and in that case the settlement may bear compound interest.

Often a payment in ill health is required for the dance had with tea or coffee during earlier years. Sometimes the collection comes in sleeplessness, sometimes in headaches, sometimes in high blood pressure, or in nervous indigestion—sometimes in all these penalties.


Nerves won't always stand the whipping of tea and coffee's drug, caffeine.

If you've been dancing to tea or coffee's fiddling, why keep on till payment time comes? If you're beginning to pay, now, why not cancel the contract?

There's an easy and pleasant way to avoid tea and coffee's penalties, as thousands have found who have changed to Postum. It is a delight with any meal—rich, comforting and satisfying—and it never harms. Even the little children can have a breakfast cup of Postum, with no fear for what may happen to sensitive nerves.

Instead of paying penalties for your meal-time drink, let it pay benefits to you, by giving natural health a full chance—and begin the new arrangement today. Any grocer will sell you, or any good restaurant will serve you Postum.

Postum comes in two forms: Instant Postum (in tins) made instantly in the cup by the addition of boiling water. Postum Cereal (in packages of larger bulk, for those who prefer to make the drink while the meal is being prepared) made by boiling for 20 minutes.



Postum for Health—"There's a Reason"

Canadian Postum Cereal Company, Limited, Windsor, Ontario