

NEWS AND VIEWS FOR WOMEN READERS

Life's Social Side

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

The president and executive committee of the Queen's University Alumnae Association, Toronto, gave a very jolly Cinderella dance in Jenkins' Art Galleries on Monday night. The patronesses were Mrs. R. Bruce Taylor, Lady Falconer, Mrs. W. F. Nickle, Mrs. R. W. Leonard, Mrs. R. A. Stapella, Mrs. Phillip Gilbert, Mrs. J. M. Macdonnell. The executive committee included Honorary President, Mrs. T. McMillan; Vice-President, Mrs. G. H. Ross; First Vice-President, Miss Flora Stewart; Recording Secretary, Miss Jessie Fraser; Corresponding Secretary, Miss Mary Taylor; Treasurer, Miss B. Robinson; Residence committee, Miss O. Somerville; membership committee, Miss H. Brown; Past President, Mrs. G. S. Young; Mrs. J. A. Cooper, Miss W. Hay, Mrs. W. L. McFarland, Miss D. Wilson and Miss C. Whitton. In the receiving line were Mrs. Bruce Taylor, wife of Principal Taylor, Kingston, wearing black with blue sequins and corsage bouquet of orchids; J. M. Macdonnell, president of the Alumna; Mrs. George H. Ross, president of the Alumnae, wearing black velvet with a cloth of silver and spray of flowers at the girdle; Mrs. W. F. Nickle, in flame and silver brocade. The little supper tables were most attractively done in the Queen's colours—red, yellow and blue. During the evening Miss Jean Chown sang and Miss Alice Goodwin was at the piano. An orchestra stationed at the farther end of the galleries, completely hidden by palms and ferns, played delightful

dance music. Cards were enjoyed in the upper gallery. A few of the guests were: Mrs. J. M. Macdonnell, Mr. and Mrs. D. B. Hanna, Mr. and Mrs. Alex. Longwell, Col. and Mrs. J. A. Cooper, Dr. and Mrs. George S. Young, Dr. and Mrs. Dennis Jordan, Mr. and Mrs. W. S. Mordey, Mr. and Mrs. J. F. M. Stewart, Mr. and Mrs. E. Paul, Dr. and Mrs. A. Mason, Mrs. Leonard, St. Catherine; Mr. and Mrs. Frank Yeigh, Mr. and Mrs. Consello, Mr. and Mrs. Dil Calvin, Mr. and Mrs. M. J. Rodden, Mr. and Mrs. Norman Wormwith, Mr. and Mrs. Vogan, Mr. and Mrs. A. Whitehead, Mr. and Mrs. M. Smith, Mr. and Mrs. Ferguson, Dr. and Mrs. Callum, Mrs. George Grover, Mr. Irwin Grover, Miss White, Miss Jean Chown, Miss Mary Taylor, the Principal's daughter; Miss Helen Goodwin, Miss Ruth Campbell, Miss Olga Somerville, Miss M. Henderson, Miss B. Robinson, Miss C. Beaupre, Miss Ella Percival, Miss Charlotte Whitton, Mr. and Mrs. E. Coleman, Dr. Dunning, Capt. L. Keene, Dr. Murray MacMillan.

The Lend-a-Hand Circle of the King's Daughters, were the charming hostesses of a most successful five cent course supper on Tuesday evening, which will be an annual event, and many people present wished it would be a daily one, especially those who haven't a kitchen to get nice home-made teas in. Beans, salad, coffee, ice cream and cake, were on the bill of fare and it was surprising how much one got for 25 or 35 cents.

was in charge with a corp of assistants, who made ideal waitresses. Mrs. Edwin Walsh and Miss Ella Smith were at the door both to welcome the visitors and to see that they paid five cents for every punch in their card, and Miss Irene Shaw, Miss Ruby Driver and Miss Anna Yel-Jard sang charmingly and Donald Simpson played on his violin; Ernest Madrad acted as accompanist for several numbers. The room was full between six and seven o'clock, and lucky were those who got a table at once, so the pleasant event was a financial success as well as a social success.

The Tuesday curling tea was a large and pleasant event of a very gay day, and many people took advantage of their membership to attend it. Daffodils centred the dainty tea table in charge of Mrs. W. Moore and Mrs. E. Green whose assistants were Mrs. J. M. Hughes, Mrs. J. G. Elliott and Mrs. W. Hobart Dyde. Among those present were Mrs. G. A. Robinson, Mrs. F. B. Phillips, Mrs. G. H. Williamson, Mrs. J. F. Sparks, Mrs. Arthur Linham, Mrs. C. W. Lane, Mrs. Charles McKay, Mrs. W. J. Crothers, Mrs. H. V. Finney, St. Catharines, Mrs. Ross McRae, Mrs. Arthur Ellis, Mrs. J. C. Ponsford, Mrs. W. W. Gibson, Mrs. R. N. F. MacFarlane, Mrs. T. M. Asselstine, Mrs. Harold L. Day, Mrs. John Carson, Mrs. George Warner, Miss Martha Smith, Miss Cartwright, Miss Betts, Miss Lewis, and Miss S. Gibson.

Mrs. Philip Dumoulin, the Bank of Montreal Residence, Sydenham street, finished the winter season by giving a pleasant bridge on the evening of Shrove Tuesday, when Mrs. G. Hunter Ogilvie was the winner of the souvenir of the game. At supper General Rutherford proposed the health of Princess Mary which was enthusiastically received and all good wishes given to the pretty Princess who is now Viscountess Lascelles. The guests included General and Mrs. R. W. Rutherford, Brig-General King and Mrs. W. B. Shuttleworth King, Col. and Mrs. G. Hunter Ogilvie, Mrs. Constantine, Mrs. T. D. R. Hemming, Col. and Mrs. Norman Leslie, Col. and Mrs. F. Owen Hodgins, Colonel Young, J. H. Birkett, Colonel Foulkes and Dr. McKee.

The dance given in the city hall on Tuesday evening after the splendid performance at the Grand Opera House by the students of Queen's, was a very gay and happy affair and one of the prettiest scenes. Mrs. James O. Macdonald and Mrs. George Avey were the patronesses, and the sympathy six orchestra played for the crowds of dancers. The "Fun and Frolic" of the evening was in the air, and the colorful dresses of the performers who had danced so charmingly on the stage flashed to and fro adding to the gaiety of the scene. Supper was served and the party broke up in the early hours of the morning.

Mrs. T. Callender, Barrie street, gave a pleasant bridge of three tables on Tuesday afternoon, and at the tea hour a few more people came in to join the players, when Mrs. W. B. Carey and Mrs. Travers Hora made tea at the charmingly arranged tea table, lovely with golden daffodils. The winners of the souvenirs of the game were Mrs. E. C. J. Schmidlin, Miss Mowat and Miss Francos Sullivan.

Miss Phyllis McManus, Belleville, is with Major and Mrs. McManus, University avenue.

Miss Kitty Torrance, Alfred street, is entertaining at tea on Thursday for Mrs. Elsie MacLaren, St. John.

Miss Thelma Bogart, who spent the week-end with Dr. and Mrs. I. G. Bogart, Wellington street, has returned to Haverhill College, Toronto.

Mrs. Dyson Hague, Toronto, and Mrs. Mortimer Atkinson and Mrs. Robert Bowie, Brookville, are staying with Mrs. Francis King, Stuart street.

Miss Bessie Abernethy, Albert street, returned from Toronto today.

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things are becoming to a woman—tears and rouge." The reverse of this opinion is that of William Cowper, the English poet. Writing to the Rev. William Unwin on the subject of the immorality of face-painting, he says: "In France it seems to be a symptom of modest consciousness, French faces having neither white nor red of their own. French women are naturally either brown or yellow. This humble acknowledgment of a defect looks like a virtue. They do not even attempt an imitation of nature, but besmear themselves hastily, being only anxious to lay on enough. A French woman though painted an inch deep, may be virtuous, discreet. But in England painted ladies are not entitled to the same apology. Anxiety to be more beautiful than nature made them is a symptom not favorable to the idea of modesty. They are guilty of a design to deceive and if to deceive, with what purpose?"

To-morrow's HOROSCOPE

By Genevieve Kambie

THURSDAY, MARCH 2nd.

While this promises to be a day of activity, judging by certain important traits, yet it may not be a day without its anxieties and hazards. It will be safe to make plans and to look to the making of future agreements and contracts, but perhaps not to bring them to a finality, as the financial prospects are decidedly adverse. Money should not be put in jeopardy either in investment or speculation. Those in the employment of others should be careful, and all tendency to be rash and irritable should be suppressed. Social and domestic affairs are favored.

Those whose birthday it is may not expect a year of unalloyed satisfaction. They may have some difficulties to surmount, and they should not risk their money or speculate. Guard the employment. A child born on this day will be clever, talented, accomplished and determined, but may be extravagant and unreliable unless carefully trained in early life.

Classified advertisements are a sure thing, not just a chance.

What the Editor Hears

That souvenirs of Princess Mary's wedding were distributed in Toronto at the Sick Children's Hospital, and Euclid Hall, the home of the invalid and incurable soldiers. The souvenirs consisted of tins of coffee, each tin bearing a lithograph of Princess Mary and Viscount Lascelles, encircled with white heather, the emblem of good luck.

That the modern woman may be over-aggressive, but at least she no longer takes a connoisseur's pride in matching her physical disabilities against those of other exponents of the gentle feminine art of being "delectable."

That the housewives ask, "Why are plain soda biscuits still at twice pre-war prices?"

That Princess Mary selected the two hymns which were sung at her wedding to Lord Lascelles, "Praise My Soul, the King of Heaven," and "O Perfect Love, All Human Thought Transcending."

That at least 2,000 persons benefited this year by the donations of the needle work guild of Canada.

That all the bells in London rang a merry peal for the royal bride of Shrove Tuesday, and baskets of flowers were sold on the streets, every one wearing a buttonhole in honor of England's princess.

That Geoffrey O'Hara who is at present in Toronto, sang his own composition, "There is No Death," at a concert under the auspices of the Kiwanis Club on Tuesday evening.

Teach children what to put in their stomachs rather than where the stomach is, and how to keep the skin clean rather than how many bones they have in their bodies, says a well-known physician.

The chief drawback to smoking for women is stated to be the effect it has on the voice and throat.

Tea in moderation is a useful stimulant; but if drunk to excess it will cause great depression.

ARE YOU AWARE THAT

"SALADA"

TEA

Natural Leaf Green Tea is put up and sold in sealed packets in the same form as the famous Black Teas of "Salada" brand.

Get a Packet You will like it.

SPECIALS:

HAMBURG STEAK 10c	STEWES 8c
PORK CHOPS 25c	CUT HAM 50c
ROUND STEAK 20c	SAUSAGE 15c
SIRLOIN STEAK 25c	SARDINES 3 for 25c

PREPARED DELIVERY TO ALL PARTS

F. C. MARTIN & SON
CORNER OF PRINCESS AND FRONTENAC STREETS
PHONE 1702W.

TRY MASOUD'S

FOR TEMPTING AND DELICIOUS PASTRY

Cream Puffs filled with the purest of cream.

TRY OUR CHOCOLATE ECLAIRS —THEY ARE DELICIOUS

For enticing Pastry See Our Window Display.

Geo. Masoud
238 Princess Street Phone 980.

Efficient Housekeeping

By Laura A. Kirkman

Two Reader Friends have written me to ask for menus for a woman who is living alone and doing her own cooking. "There are so many women living alone, like me," says one of these letters, "and I believe they would all appreciate an article on this subject."

The problem in cooking for oneself alone, is to select foods that one can buy in small enough quantities so that the left-overs will not be more than enough for one meal. Roasts such as leg-of-lamb, for instance, are out of the question—unless one wishes to have a guest in to share it with.

In the following menus I have not touched upon breakfast; for the average woman likes about the same things for breakfast, day in, day out, and would not follow my suggestions for varying them.

When cooking potatoes it is best to do a double portion—half for the next day. As a pie would last too long for one person, the pie pastry can be baked in tart patties and these shells filled with either a lemon filling, raisin filling or a plain jelly filling.

Sunday Noon Dinner: Can be Consume (using only half of it), beef loaf, mashed potato (double quantity), can of peas (half of it), coffee and raisin tart.

Sunday Night Tea: Potato Salad from left-over potatoes and bottled salad dressing, cocoa, preserves, cake.

Monday Noon Lunch: Peanut butter sandwiches, tea, stewed prunes.

Monday Night Dinner: Other half can of the consommé, boiled potatoes, cold beef loaf, other half can of peas, pickles and tart.

Tuesday Noon Lunch: Baked macaroni and cheese, cocoa, apple sauce.

Tuesday Night Dinner: Broiled slice of ham, creamed potatoes (left over from last night), spinach, coffee gelatine desert (enough for twice).

Wednesday Noon Lunch: Last night's ham left-overs minced and mixed with boiled, mashed potatoes, made into cakes, and fried. Coffee, rest of gelatine desert.

Wednesday Night Dinner: Canned chicken soup (1-2 cans), choped, baked potatoes, canned corn, and canned pine-apple.

Thursday Noon Lunch: Cream cheese sandwiches, other half-can of corn baked in ramekin, tea, cookies.

Thursday Night Dinner: Rest of last night's chicken soup, Hamburg steak meat balls, boiled rice, onions, coffee, rest of last night's can of pine-apple.

Friday Noon Lunch: Left-over rice, from last night, formed into balls with sauced hands and fried, then eaten with sirup. Tea.

Friday Night Dinner: One-half can tomato soup, boiled cod, boiled potatoes, beets, and lemon meringue tart.

Saturday Noon Lunch: Bacon sandwiches (using cold, left-over bacon from breakfast), cocoa, cookies.

Saturday Night Dinner: Other half-can of tomato soup, pork and beans, fried potatoes, left-over cooked beets heated in vinegar with spices (a quick pickle); orange-banana salad, and tapioca pudding. If the housekeeper has dinner at noon; the luncheon menus given here may be used for suppers with equal appropriateness.

Tomorrow—Some Knitting and Croquet Directions.

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.

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Let this "COW IN YOUR KITCHEN" tell her story of milk and cream

"Anyone can buy milk," says this Cow in your Kitchen—it may be good milk or it may not! It may be pure or it may not! It may be rich in nourishing qualities, or it may not! It may keep—or it may not.

But the housewife who takes a pride in her skilful buying—who makes every cent do a cent's worth of work or more—who protects her family from the dangers of ordinary milk—who insists on supreme quality milk—

That woman insists on having in her kitchen always, a liberal supply of St. Charles Milk "with the cream left in".

It is good! It is pure! It is rich! It does keep fresh! Wholesome! Convenient! Economical! For every milk use! Order a few tins from your grocer to-day. "A size for every need."

EGGLESS MAYONNAISE—3 tablespoonsful of St. Charles Milk, undiluted; 1/2 teaspoonful salt; 1/4 teaspoonful pepper; 1/4 teaspoonful mustard; 1 1/2 tablespoonsful sharp vinegar; 1/4 cupful salad oil. Combine the seasonings, add the milk, and gradually beat in the oil with an egg beater. Then whip in the vinegar. Use as may be desired. Transfer to a covered jar. This will keep indefinitely in a cool place.

Send for the Borden Cook-book. It is FREE. Address The Borden Company, Limited, Montreal.

Borden's ST. CHARLES MILK
Pure Country Milk With The Cream Left In

Carefully selected and blended coffee-beans expertly roasted and ground produce delicious

Rideau Hall Coffee

NOTHING ADDED NOTHING TAKEN AWAY
SOLD IN TINS ONLY—BY ALL GOOD GROCERS

BARNUM'S SPECIALS **BAKERY**
THURSDAY

Cream Puffs, Chocolate Eclairs,
Danish Pastry

THE CHOICE HOME OF CAKES AND PASTRY

NAPOLEON LAIKED
BOUGE ON LADIES

Madame de Remusat in her recollections of the First Empire, tells how Napoleon used to pull the ears of the ladies of his court, and one day, seeing the fair lady-in-waiting to the Empress had been weeping, remarked: "You are too pale; you have no rouge on." Being assured by the fair lady that she had forgotten it, he exclaimed: "What! A woman forget to put on her rouge? Two