

NEWS AND VIEWS FOR WOMEN READERS

Life's Social Side

Editor of Women's Page, Telephone 1724; Private phone 837w.

A dance in Sir Arthur Currie Hall to excellent music followed the Soiree Francaise on Thursday finished this delightful evening. Among those present were General Sir Archibald and Lady Macdonell, Miss Alison Macdonell, Miss Macgillivray, Toronto, Miss Mabel Gildersleeve, Col. Greenwood, M. and Madame Valtier, Col. and Mrs. F. Constantine Col. and Mrs. H. J. Dawson, Col. and Mrs. Schmidt, Col. and Mrs. J. Austin Scroggie, the Dean of Ontario, Col. Victor Anderson, Major and Mrs. Horace Lawson, Col. and Mrs. G. H. Ogilvie, the Misses Ogilvie, Miss Wurtell, Major Wetherston, Mr. and Mrs. Frank Day, Dr. and Mrs. James Miller, Mrs. W. F. Nickle, Col. Alexander Gordon, Dr. and Mrs. R. J. Gardner, Mrs. W. J. Fainy, Dr. and Mrs. A. E. Mundell, Mrs. John Aird, Mrs. Phillip Dumoulin, Mrs. W. A. Sawyer, Mrs. G. B. Rooney, Miss Alma Graham, Mr. and Mrs. Edward Ross, Mr. and Mrs. Hugh Ryan, Miss F. Colson, Toronto, Mrs. Guy Gansby, Miss Ada Bates, J. B. Walker, Capt. H. Walker, Miss Helen Patterson, Miss Maud Richardson, Miss Phyllis Knight, Miss Mildred Jones, Miss Marjorie Booth, Misses Isabel and Grace Mooers, Miss Helen Tofield, Miss Doris Browne, Miss Gwendolen and Miss Doris Folger, Miss Anella Minnes, Miss Frances Murray, Miss Isabel Minnes, Miss Jean Dargavel, Elgin, Miss Caroline Mitchell, W. A. Mitchell, Prof. Hicks, Mr. and Mrs. E. O. Siltor, Mrs. Harold Davis, Prof. and Mrs. Secombe.

Miss E. F. Torrance and Miss Kitchy Torrance, Alfred street, entertained at tea on Thursday afternoon for Miss Elspeth McLaren, St. John. The hostess made tea assisted by Miss Torrance and Miss Helen Strange, and the guests included Miss Marion and Miss Mary Ogilvie, Mrs. Fitzgerald Preston, Miss Edith Carruthers, Miss Laura Kilborn, Miss Gwendolen and Miss Doris Folger, Miss Harriet Gardner, Miss Doris Browne, Miss Doris McKay and Miss Agnes Bellhouse.

Mrs. C. H. Boyes, Alfred street, entertained at bridge on Thursday, when three tables were in play. Mrs. H. A. McCarthy, Yarker, was the guest of honor and Mrs. T. M. Asselstine and Mrs. S. Scobell presided at the attractive tea table.

Mrs. E. F. Torrance, Alfred street, will entertain the L.C. Reading Club on Monday.

Mrs. Henry Richardson, University

How to Test Nourishment in Meals

There are various scientific ways of testing a nourishing meal, of course, but a simple test is to eat a full meal, then note what length of time elapses before hunger is felt again. Measured in this way, ROMAN MEAL is the most nourishing food sold, as you can prove for yourself. Eat the most nourishing breakfast you can think of to-morrow: pork chops, ham and eggs, breakfast or any other, and note the time there-after when hunger begins. Another morning, make an entire breakfast upon ROMAN MEAL porridge and you will note that you go from 2 to 4 hours longer without hunger than upon any other breakfast, positive proof of its nutritive value. Get it at your grocer's to-day and make this interesting test.

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Quick's

Western Meat Market
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sity avenue, will be one of the hostesses to entertain this afternoon.

Mrs. R. N. F. Macfarlane, Johnson street, will entertain at bridge on Saturday.

Mrs. Alexander K. Kirkpatrick, Sydenham street, left on Wednesday for Halifax, where she will stay for some time with Capt. and Mrs. J. C. Murchie before leaving for England to spend the summer with Capt. and Mrs. Cecil Adams at Rochester.

Mr. and Mrs. Ambrose Shea, Sydenham apartments, returned from Toronto today.

Mrs. John Macgillivray and Miss A. Switzer were guests on Wednesday at the Women's Art Association, Toronto. Lady Mann was hostess.

Major G. Vanier, A.D.C., and Mrs. Vanier, go to Ottawa next week for the opening of parliament.

Dame Clara Butt will be at the "Chateau Belvidere" during her stay in town.

Prof. Roy, Queen's University, has returned from Hamilton where he was addressing the Canadian Club.

Mrs. George Armine Robinson announces the engagement of her elder daughter, Claire Strong, to Wilton Alvin Block, Rochester, N.Y. The wedding to take place at the end of this month.

THE PRINCE AT BANGALORE DANCED WITH CANADIAN

A letter received in Toronto recently, written by the daughter of a colonel, tells of the visit of the Prince of Wales to Bangalore, Southern India, on January 18th. "Yesterday was the great day of the visit of the Prince of Wales. I wish he could have stayed longer. It was very exciting, really seeing him. One has heard such heaps about him that it seems impossible that he can be real, a very natural and young looking boy. We saw quite a lot of him, even though he was only here one day.

He got a very good welcome from the Bangalore, I am glad to say. I believe he enjoyed his day here as much as anywhere, although we had nothing very grand for him.

We saw his procession in the early morning. He arrived at 8:30; then there was a parade of the troops, at which, I believe, he was very pleased.

After lunch he inspected the boy scouts and veterans, quite an impressive affair, and then played polo at 3:30. He is a very keen player and thoroughly plays the game. There is no leaving the ball for his benefit. Of course he is quite a beginner, and not very good yet. To end up his day, he had a select dinner at the residence to which mother and I went, and afterwards a small dance of twenty-eight couples to which I was invited, which was an honor, but alas, I did not dance with the Prince. He danced very little, with no one except a very pretty little Canadian, the wife of one of the officers here, beyond a duty dance with the general's daughter. I danced with several of his staff. They all say the same thing, how charming he was, how nice to work with. He does look a thorough little Sahib."

Lacons, which play an important part in clothes that still show an afterglow of the vogue for Spanish, are dyed to match the material on which they are used. This is effectively achieved in frocks of gray or brown with matching lace, that stand out with much distinction in a season when many have given up these drab tones almost entirely for the so-called high colors.

There is some disposition to get back to the use of rosebud designs in printed silks, especially crepe de chimes, and these designs form a marked contrast to the more usual and bolder conventional designs that prevail.

Some of the newest French corded silks show a solid color woven with fine gold threads.



SOME OF PRINCESS MARY'S HATS. Here are some of the hats which Princess Mary took with her on her honeymoon.

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GILLET'S IYE EATS DIRT

MADE IN CANADA.

What the Editor Hears

That a man who keeps a small corner shop on the north side of the city, has also two cows from which he has given milk to five families where the bread winner has been out of work during the winter. Only through the gratitude of those he has helped are we in possession of these facts.

That Mrs. Asquith, who has been in Toronto, is now in Montreal, and spoke on "People, Politics and Events" in His Majesty's theatre, to a fashionable audience, wearing a draped gown of gold satin and moleskin.

That three leading divines of as many religious communions have recently spoken in Kingston on the spirit of indifference that marks the age.

That French is spoken at the Royal Military College with an accent that does credit to the members of the staff who are responsible for this important subject.

That "The Wreck of the Julie Plant," set to music by Geoffrey O'Hara was sung by the Mendelssohn Choir in Toronto last week, and Mr. O'Hara, who was in the audience, had to rise in response to the calls for the author of the music that filled Massey Hall.

That the long waisted bodice and full skirt in taffeta is charming for a girl's dance frock.

That Montreal celebrated Mardi Gras in pre-war fashion, the cold weather not interfering with the gay costumes of the masquerade who paraded the streets in beautiful and elaborate garments. Even of all kinds was at its height about ten o'clock as the merry groups were on their way to the many dances held in the city.

The cape is the preferred shape. It may have sleeves, if one can call elongated armholes by that name. The cape of the age of romance is prevalent along with other garments from the halcyon period; more halcyon, probably, the further we get from it.

The fashion for white gowns in the depth of winter has brought out a quantity of ermine wraps, and one finds them more sought after than any other kind of peltry. All that's white is not ermine, and many a rabbit masquerades under a royal name, but what's the odds.

Efficient Housekeeping

By Laura A. Kirkman

A Pot-Roast Dinner.

There is nothing as nourishing and substantial as a pot-roast dinner, such as the following:

- Pot-Roast of Beef
- Bolled Potatoes, Ragout of Turnips
- Prune Pickles
- Coffee
- Fig Whip

Pot-Roast: 2 pounds of beef from round, 2 tablespoons butter and 2 also of drippings, 1 diced carrot, 1 chopped onion, 1 diced turnip, 1 pint of hot water, 1 teaspoon salt, 1-2 teaspoon pepper and 4 table-spoons flour. Dredge the meat with 1 tablespoon of the flour, and sear or brown it all over in the butter and drippings combined. Then place the meat in a deep kettle with the hot water and the diced vegetables, and let simmer till tender (about four hours), adding more water if necessary as this boils away. The kettle should be closely covered, for every bit of escaped odor means that just so much savor is lost from the meat. (Some housewives use a brick or flat-iron to weight down the cover.) When tender, place the hot meat on a platter, thicken the liquid with the remainder of the flour, mixed to a paste with cold water, pour this gravy over the meat, and serve.

Ragout of Turnips: Pare and dice raw turnips until you have one quart. Chop 1 small onion finely. Melt 4 tablespoons butter and brown these two vegetables in it; then add 1 1-2 teaspoons salt, 1 teaspoon sugar and 1-4 teaspoon pepper; heat 1 pint of sweet milk and thicken it with 2 tablespoons of flour mixed to a paste with a little cold water, and add this also to the mixture. Simmer 30 minutes, till turnips are tender, and serve hot.

Prune Pickle: This pickle may be made the same day it is to be eaten. Tuhn a one-pound package of prunes

into cold water and wash well. Then put them into a saucepan with the juice of two lemons and the peat cut very small, 2 blades of mace (may be omitted), 24 whole cloves, 12 allspices, 2 peppercorns, 1-2 teaspoon salt and cold water to cover well. Let simmer together for two hours, adding water as it boils away. Then add two cups of sugar and simmer for another hour. Now add 1-2 cup of elder vinegar and boil 5 minutes, cool, and serve. (Many housewives like this pickle without the above-mentioned seasonings, simply with the lemon rind and juice, a little cinnamon, ginger and ground clove, the sugar and the vinegar.)

Fig Whip: Beat the whites of 6 eggs stiff. Mix together 5 table-spoons of powdered sugar, pinch of salt and 1-4 teaspoon cream of tartar, then beat the stiff egg-whites into this. Fold in 1 tablespoon of lemon juice and 1 cup of pulp from figs which have been boiled till tender, then either chopped or forced through a wide-meshed sieve. Pile the mixture lightly into a buttered baking dish and bake in a moderate oven for 25 minutes. Serve either hot or cold. For a small family, cut the recipe in half, using small individual baking dishes instead of the large one.

Tomorrow—Contributed Recipes for "Springerle Cookies."

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.

MUSIC IN THE HOME.

Musical Notes.

The Louisiana State Department of Education recently passed a resolution which provides that high school pupils studying music according to prescribed regulations under a certified teacher shall be eligible for school credits toward graduation.

Last year there were imported into South Africa 906 organs and harmoniums. Of these, 835 were sent from the United States, 177 from Canada, and 173 from Great Britain. Of the 4,064 pianos imported, Germany shipped 1,879, the United States 1,145, Great Britain 768, and Canada 163.

By the provisions of the new California school law the study of music will be required of all public school pupils from the age of six years until the completion of the high school term.

A boys' band is being formed among the Trail Rangers and Tuxis Boys' clubs of Windsor, Ont.

South Africa imported \$367,730 worth of gramophones last year. The largest share of this business went to Great Britain. Canada's share amounted to \$2,130.

In a single recent month Canada imported sheet music to the value of \$45,408, mostly from the United States.

Toronto musicians have formed a Chamber Music Society.

A writer in The London Times says that the performance each day of a musical masterpiece—say, at the end of the morning school assembly—would assist pupils to acquire a sense of music almost unconsciously.

The Harp and the Piano.

Everybody is familiar with that well-known air, "The Harp that Once in Tara's Hall." It is a plaintive melody breathing the regret that the harp, once the proud leader of music in the Emerald Isle, is heard there no more.

In medieval days the harp was popular in many countries in Europe. Why is it that it is now so seldom heard? The reason is that its place has been taken by its successor, the piano. The harp is an instrument of particularly sweet and entrancing tone. It is strung principally with strings of gut. Some of its heavier strings are of cat wound with copper wire. The cost of a set of strings is comparatively large, and though the instrument can be carried from place to place by the player, it is too heavy to be an easy load. It is bulky, too. For these reasons it now finds but few performers.

Harp music is produced by plucking the strings with the fingers, and it is interesting to note that in the spinet, an early predecessor of the piano, the notes were produced by little perpendicular "jacks," to which pieces of feather rib were attached. When a key was struck the feather rib was pressed against the string and produced a vibration similar to that caused by plucking the string with the fingers.

In playing the harp, the fingers have to stop the vibrations of the strings as well as set them in motion. This is to prevent tones which have been sounded from making discord with those that follow. In the modern piano the vibrations of strings which are no longer required are stopped automatically, and the player does not have to think about it at all except when using the pedal.

The piano has many advantages over the harp. The latter has to be tuned every time it is played, but the

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plano once tuned, stays in tune for months. In the harp string often break, and often at a time when they are most needed. In the piano a string scarcely ever breaks. The piano has greater range and volume of tone than the harp. It is too heavy to be carried from place to place by the player, but that is not in a matter of any consequence, for in these days every well-equipped home or concert hall is supplied with a good instrument.

Old Songs Still Live.

"Old songs which have been but memories for many years are coming into favor again," says an Old Country lover of music. "It interested me when passing down a street of small houses one Sunday," he writes, "to hear the melodious strains of 'The Lost Chord' mingling with the ragtime refrains which have occupied all the pianos in the street on Sunday for some years.

"I thought it must be a little more than coincidence when one Monday morning I heard 'The Lost Chord' being sung in a hostel for students which I pass on my way to business.

"My idea that the old songs are coming back was strengthened when, later in the day, I found showers of pennies descending on a band composed of ex-service men who were also playing 'The Lost Chord.' Of course, the revival of the Gilbert and Sullivan operas may have consciously reminded a great many people of the Sullivan song.

"On the other hand, however, I have often been delighted to hear some of the songs we used to sing years ago. I have stopped outside a house more than four or five times in one week to listen to the sweet music of such old favorites as 'Just a Song at Twilight' and 'Queen of the Earth'."

The moral of the above is very plain: After the fever of the past few years, people are turning once again to the simple, straightforward melodies linked to simple, straightforward sentiments.

The tiny black tail of the ermine is no longer sprinkled over the white surface by the master hand of man, who strove to prove to royalty that the entire animal had been caught, head claws, and tail. We care little about such boastful details these days.

Whatever the name, as long as the fur is white, soft, protective and un-flecked by black, it is desirable.

To-morrow's HOROSCOPE

By Genevieve Kemble

SATURDAY, MARCH 4TH.

According to the planetary movements this should be a lively and interesting day, with possible events of a sudden and unanticipated nature. There may be the opportunity for an important change or journey, which should result in decided benefit or advancement.

There is likelihood that the employment may be involved, but with the trend toward promotion, increase of salary, recognition or preferment. It is an auspicious time for treating with superiors or those in places of authority. It would be advisable, however, to be on guard against deception or scandal.

Those whose birthday it is may look to an important year, with change, probably travel, and with the prospect of advancement, promotion or honors. It is advisable to preclude the possibility of deception or scandal. A child born on this day will be popular, affectionate, independent and original, but may not be wholly dependable, and may not take kindly to control unless carefully trained in early life.

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