

NEWS AND VIEWS FOR WOMEN READERS

Life's Social Side

Editor of Women's Page. Telephone 243. Private phone 837w.

The players from the Kingston Garrison Badminton Club who will go to Toronto on Wednesday for the second annual Canadian Badminton Association Championship meet, are Col. and Mrs. A. E. Harris, Mrs. Keith Hicks, Miss Nora Macnee, Miss Edith Carruthers, Col. Foulkes, Col. Stockwell, Major Lafferty, Capt. Roberts and Douglas Carruthers. Badminton players will come from Halifax, Winnipeg and the Pacific coast for this interesting event and all sorts of social gatherings are planned for them during their stay in Toronto.

Mrs. H. C. Welch, King street, was the hostess of an exceedingly pleasant bridge of three tables on Monday afternoon when the prizes were won by Mrs. George Bawden, Mrs. A. Mackenzie and Miss Hewitt. Mrs. Bawden made tea at the tea hour at the table decked with spring blossoms.

Mrs. William Mulock, Toronto, and Mrs. Keene Hemming, London, Ont., are the guests of Capt. and Mrs.

Tells Mothers How To Treat Child's Colds

The Direct Action of a Vaporizing Salve Is Best.

Treat one cold with Vicks Vaporub and, as in the case reported below, you will adopt this external method for all the cold troubles of the family.

When the little ones come in wet and sniffling, just apply Vicks over throat and chest and cover with a flannel cloth. Repeat at bedtime. Vicks acts like a liniment or plaster. In addition, its ingredients, vaporized by the body heat, are inhaled all night long.

The child is usually better next morning and the bad after-effects of internal dosing are avoided. Just as good, of course, for adults.

Mrs. Wm. White, 44 Sebastopol St., Montreal, Que., writes: "I find Vicks splendid. I used it for headache and sore throat and also used it on baby for bronchitis and when I called in the doctor he said it was the best thing I could have done. I have recommended it to others and they have used it. I apply it freely to the affected parts and leave it to do its work."

At all drug stores 50c. a jar. For a free test size package, write Vicks Chemical Co., 344 St. Paul St., W., Montreal, P. Q.

Though Vicks is new in Canada, it enjoys a remarkable sale. Over 17 millions jars used yearly.

The Telgman School of Music

Piano, violin and other stringed instruments. Aida V. Telgman, B.S., teacher of Education and Delsarte system of Physical Culture. Pupils may begin at any date. Terms on application.

484 BROCK ST. Phone 2217J.

Austin Gillies, Ottawa, who entertained on Saturday evening at a supper dance after the Drawing Room.

Prof. Matheson's Bible Class at Chalmers church went for a sleigh drive on Monday evening, and quite undaunted by the cold, had a most enjoyable outing. Hot coffee, beans and doughnuts awaited the hungry ones when they returned to the church hall.

Mrs. Keene Hemming, London, Ont., wore a beautiful gown of jade and gold with trimmings of topaz and emerald at the Drawing Room at Ottawa on Saturday evening.

Mrs. George Pyke, Montreal, entertained at a bridge and tea on Saturday in honor of Mrs. Bernard Brown, Kingston, who is spending some time in Montreal.

Mrs. H. Filson, Misses M. Nesbitt L. Allan and A. Macdonald, spent Saturday last in Harrowsmith, the guests of Mrs. J. D. Shibley.

Mrs. Frederic Etherington, Kingston, who has been the guest of Mrs. Walter Boyd, Ottawa, for the past week, has returned home.

The bridge given by the Ladies' Curling Club at the new curling rink is one of the large social events of this afternoon.

Mrs. Frances Maonee, St. Lawrence Cottage, entertained the Bridge Club of which she is a member on Monday afternoon.

Miss Mollie Hamby is spending a few days with Mrs. N. Gill, Aberdeen avenue, before returning to Belleville.

Miss Nora Macnee, Union street, entertained the Bridge Club of which she is a member on Monday afternoon.

Mrs. David Murray, Frontenac street, entertained the Bridge Club of which she is a member on Monday.

Mrs. Heber Lafferty, King street, is entertaining the Tuesday Bridge Club today.

Mrs. Frederic Etherington and Mrs. Douglas Chown were presented at the drawing room in Ottawa on Saturday.

At the drawing room at Ottawa imported cloth of silver with an over-dress of silver and rose beads made a beautiful gown for Mrs. Austin Gillies, while her guest, Mrs. William Mulock, Toronto, was handsome in royal blue chiffon cloth.

Mrs. Joseph Tyrrell, Toronto, is with her daughter, Mrs. Arthur Dalton, Earl street.

Mrs. Munroe Reynolds and her children who have been in Halifax since coming from England, are now with Mrs. Reynolds' parents, Rev. J. O. Crisp and Mrs. Crisp, Albert street.

Mrs. A. N. Lee, Villa St. Clare apartments has returned from Windsor, Ont.

Miss Frances Nickawa, and Miss Rielly, who have been much feted

Real Raisin Bread

Order from your grocer or your bake shop now. Old-fashioned, full-fruited raisin bread with at least eight luscious raisins to the slice—the kind you like.

To get the best, in which the raisin flavor permeates the loaf, ask for bread that's made with

Sun-Maid Seeded Raisins

the best raisins for bread, and all home cooking uses.

Efficient Housekeeping

TOMORROW'S MENU

Breakfast: Oranges, Cereal

Coffee: Toast, Omelet

Tea: Luncheon, Fried Cooked Rice with Maple Syrup

Coffee: Cookies, Dinner, Corned Beef, Cabbage

Tea: Boiled Potatoes, Raisin Tart

Answered Letters.

F. L. C. "Not long ago one of your Column Readers wrote about an iodine stain on her husband's shirt. My recent experience might interest her. Not long ago there was, what I supposed, a large iodine spot on a mattress. I mixed starch and cold water to put on the spot and 24 hours later, when I brushed off the starch, the iodine stain was gone."

Answer: Thank you, Reader Friend, for sending us this method.

M. C. R. "What can I do for a brass-and-enamel bedstead on which the sheet brass is worn off in spots and some of the enamel is also gone?"

Answer: If only lacquer is worn off brass, the lacquer can be reapplied after the brass is polished. But when the brass itself is gone, then the only thing to do is to return the bed to a brass factory to have it done over. The enamel parts, however, you can do over yourself. Sandpaper down the edges of the worn places and try touching these up by applying fresh enamel which matches the old enamel. If the result looks badly, however, you

will have to scrape off all the old enamel and repaint it.

L. E. T. "One of your Column Readers asked for directions for crocheting a Doughnut Bag. Here are mine: Buy a moderate size of brown silkatene. Chain 50 stitches, Join Ch. 3, then 1 d. c. in each chain. (By 'd. c.' I mean thread over once only before going through into chain). Join.

Second Row: Widen by putting 2 d. c. in every fifth stitch. Third Row: Just like first row.

Now widen fourth and eighth rows. Make nine rows in all. Break thread. Go to original chain and stitch of chain. Then make second half just like first. After nine rows are completed, crochet the two parts together, leaving a small hole through which to fill very tightly with kidney beans."

Answer: Thank you for sending us these directions. Seven other readers have sent me directions for crocheting a bean bag, too—but I have published yours first because it reached me first. I shall soon publish the others if they are not too much alike. It is nice to feel that there are readers among us who are always ready to help other women when they can.

Tomorrow—When You Buy the Standard Wool Materials.

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. Be sure to use YOUR full name, street number, and the name of your city and province.—The Editor.

What the Editor Hears

That the Serbian Consul General presented her Excellency the Lady Byng of Vimy, with the Serbian order of the Red Cross (first class) and Her Excellency on Saturday wore the Order at the Drawingroom for the first time.

That the presentation veil and feathers worn at the Drawingroom at Ottawa were most becoming to young faces, and gave dignity to the bobbed heads of some of the girls, who made their courtesy to vice-royalty.

That once in a lifetime a woman finds her "ideal man," but after that it is seldom again possible for her to scrape together enough illusions to cover any human being with perfection.

That the future Duchess of York, Lady Elizabeth Bowes-Lyon, can claim relationship with John Knox whose wife was Marjory Bowes, a daughter of Richard Bowes.

That the local branch of the Red Cross Society has moved the headquarters from Sydenham Lodge, to the rooms over the Bank of Nova Scotia, in readiness for the membership campaign which begins shortly.

That a family with a coal sleigh delivering coal into their cellar, is nearly as much an object of envy to their neighbors as one who has a new motor parked at their door.

That small hats of satin gay with flowers have a spring like look which is most attractive.

To-morrow's HOROSCOPE

By Genevieve Kemble

WEDNESDAY, FEB. 7.

This promises to be a day of important events, according to the rulings of the dominant planets. With Uranus strong both by sun and mutual direction, there is the augury of radical departures and stirring activities, possibly of a sudden and unpremeditated nature. The tendency may be to the bold and adventurous, with the disposition to stop at nothing. This may be profitable, provided that the money or substance be not handled in a foolhardy manner, since speculation, lending money and standing security may be hazardous.

Those whose birthday it is have the forecast of an unusually active year, with possibly radical changes of an abrupt nature. These may be profitable if the money be not subjected to risk of any nature. Social and domestic activity is also preaugured. A child born on this day will be active, energetic, adventurous, independent, kind and generous, but may be restless unless it is carefully trained.

Silk furnishes the longest continuous fibre known. One cocoon has been known to yield nearly three-fourths of a mile.

A cubic foot of water is convertible into 1662 cubic feet of steam. Rings were used by the Egyptians as an equivalent for money.

To Encourage Native Talent

In order to encourage Canadian literature the Imperial Order Daughters of the Empire is offering two prizes; the first of the value of \$200 for the best short story, the second of the value of \$100 for the best one-act play. These prizes will be offered annually for ten years. The conditions under which they will be awarded this year are as follows:

The Short Story.

1. It must not have been published before being submitted in this competition.

2. It must not contain less than 2,000 words, nor more than 6,000.

3. It must be typewritten on paper of letter size (8 1/2 x 11 in.) and written on one side of the paper only.

4. It must be sent flat, not folded or rolled, have the author's "nom de plum," but not his or her real name, on the title page, be registered and mailed to the National Education Secretary, I.O.D.E., 238 Bloor street east, Toronto.

5. A sealed envelope with the "nom de plum" printed or written clearly upon it, and the author's name within it, must accompany the manuscript.

6. The manuscript must be submitted on or before April 1st, 1923.

7. The writer must be a British subject.

8. The copyright of the story adjudged the best is to be vested in the Imperial Order Daughters of the Empire with power to arrange for its publication in magazine or in book form or in both.

AT THE TURN OF THE ROAD.

There's a change of luck at the turn of the road.

A pot of gold, a lighter lead The end of parting, and tears and pain.

With sunshine breaking through clouds and rain— At the turn of the road.

At the bend of the road lurk violets sweet, A green-sward path for the weary feet.

A new life started—a journey's end, And the trusting of a dear, dear friend— At the turn of the road.

—Norma Phillips Muir.

When your silverware becomes tarnished, place it in potato water and it will look like new. This is an economical method and also a time-saver.

Swordfish range from four feet to 15 feet in length, the sword itself being over three feet in some cases.

Don't Be Gray

When I can stop it

To let gray hair spoil your looks, by making you seem old, is unnecessary when Mary T. Goldman's Hair Color Restorer will bring back the original color surely and safely. Very easily applied, it simply comb it through the hair. No greasy sediment to make your hair sticky or stringy, nothing to wash or rub off—just beautiful, natural, becoming hair.

My Restorer is a clear, colorless liquid, clean as water. No danger of streaking or discoloration. Restored color is even and natural in all lights. Faded or discolored hair restored just as successfully and naturally as gray hair.

MAIL COUPON TODAY

Send today for the special patented Free Trial package which contains a trial bottle of Mary T. Goldman's Hair Color Restorer and full instructions for making the convincing test on one lock of hair. Indicate color of hair with X. Print name and address plainly. If possible, enclose your letter.

FREE TRIAL COUPON

Name: _____ City: _____

COUGHS THAT PASS IN THE NIGHT

are generally those helped by GRAY'S SYRUP OF RED SPRUCE GUM

Ease and Comfort come with the very first spoonful

Sure Way to Get Rid of Blackheads

There is one simple, safe, and sure way that never fails to get rid of blackheads, that is to dissolve them. To do this, get two ounces of peroxide powder from any drug store—sprinkle a little on a hot, wet cloth—rub over the blackheads briskly—wash the parts and you will be surprised how blackheads have disappeared. Big blackheads, little blackheads, no matter where they are, simply dissolve and disappear. Blackheads are a mixture of dust and dirt and secretions that form in the pores of the skin. The peroxide powder and the water dissolve the blackheads so they wash right out, leaving the pores free, clean and in their natural condition.

Taylor's

Just a trace of soothing Boracic—to make it the perfect soap for mother, baby and all the family.

INFANTS DELIGHT IT'S WHITE TOILET SOAP

When your silverware becomes tarnished, place it in potato water and it will look like new. This is an economical method and also a time-saver.

Swordfish range from four feet to 15 feet in length, the sword itself being over three feet in some cases.

Clearing Out Sale

PORRET TWILL and SERGE DRESSES

We need the space taken up by a lot of Sample Dresses. We are offering them at prices which will surprise you.



Women who appreciate dresses that reflect a dignified, refined charm will be quick to appreciate the extraordinary values in this offering. Circular skirts—draped skirts—basque and puffed types developed in superior canton and flat crepe and ornamentations of buckles and beadings. Shades are Navy, Black, Brown and Cocoa.

\$18⁹⁵ and \$22⁵⁰

\$25⁰⁰ and \$29⁵⁰

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Prevents—Chapped hands, Cracked lips, Rough, dry skin, Redness, Chilblains

Makes your skin white, soft, clear and smooth, and keeps it so.

All druggists sell it

Heintzman & Co. PLAYER PIANO

With no trace of mechanism in its playing, the Heintzman & Co. Player Piano is idealistic.

PRICE \$1025.

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C. W. LINDSAY LIMITED

121 PRINCESS STREET, Kingston.

The most delicious marmalades you ever enjoyed are those made with



Bitter Orange; Sweet Orange; Orange and Lemon; Grapefruit; Orange and Grapefruit.

Certo never fails. Certo is Pectin, the natural jelling substance of fruits. The use of Certo enables you to have just the right amount of Pectin for Perfect Results.

The Certo method overcomes all uncertain and poor results, and your Marmalade will cost less, because you get so much more from the fruit. Years of experience have proven that Jams, Jellies, and Marmalades made the Certo way will keep perfectly.

The Certo booklet with every bottle gives complete, simple directions for all kinds of Marmalades, Jams and Jellies. Make Certo Jams today from Dried or Canned Fruits, or Certo Jellies from bottled or left-over juices.

FREE—Write today for the new, revised, enlarged Certo booklet of 73 recipes. If your grocer does not have CERTO in stock, send 40c and we will, by return mail, send you a bottle.

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Mother Nature's year-round jell maker

If instead of grating cheese for macaroni you cut it in small pieces and put it through the potato ricer it will save time and labor.