

NEWS AND VIEWS FOR WOMEN READERS

Life's Social Side

Editor of Women's Page, Telephone 243. Private phone 857w.

A merry Shrove Tuesday dance was arranged in Ontario Hall after the performance of "The College Frolic" for the benefit of the company. Mr. Hanna was convener of the committee and the guests were received by Mrs. R. J. McKelvey and Mrs. George Awrey. Sympathy Six orchestra played delightfully for the dancers. Miss Montgomery and Mr. Graham, Miss Helen Telford, Miss Lois Taylor and Miss Clara Farrell repeated the dances with which they charmed the large audience which filled the Grand Opera House earlier in the evening.

Mrs. H. A. Lavell, Barrie street, president of the Dominion Board of the Methodist W.M.S., left for Brockville to-day, to speak at a Valentine tea given in the hall of Wall Street Methodist church. While in Brockville, Mrs. Lavell will be the guest of Rev. George McCall and Mrs. McCall.

The numerous private pre-union functions, large and small, which occupied the members of the Ladies' Curling Club, accounted for the small attendance at the weekly tea on Tuesday. Tea was in charge of

Mrs. Harold Day, assisted by Mrs. D. A. Shaw and Mrs. T. G. Bishop.

Monday evening was the social night of the Young People's Society of Chalmers church and a merry time was spent by the members, who paid a cent for every letter in their names as an entrance fee. Progressive games and refreshments served, Valentine decorations were about the hall, the gay red hearts lending an added touch of gaiety to the party.

Mrs. Heber Lafferty, King street, entertained at the tea hour on Tuesday in honor of her sister-in-law, Miss Yvette Lafferty, Quebec, when her guests were the girls of the younger set. Mrs. Halloway Waddell made tea at the table effectively decorated with jonquils.

Mrs. W. G. Minnes, Collingwood street, entertained the bridge club of which she is a member on Monday afternoon.

Miss Marion Ogilvie, Gore street, will entertain at bridge on Thursday afternoon for Miss Audrey McLeod, St. John, N.Y.

Mr. and Mrs. Harold Davis, King street, left to-day for Brockville, N.Y., to visit Dr. James Polson.

They will go on to Florida and Cuba and will be absent from Kingston for two months.

Miss Stronach, who was in town for a few days with Mrs. J. F. Foulkes, Brock street, has returned to Ottawa, and will shortly leave for the west.

Mrs. W. E. Kidd, Wellington street, who has been visiting her sister, Mrs. John Hayward, Hamilton, and her brother, Rev. H. D. Woodcock, Toronto, has returned to town.

The Girls' Fellowship Club of the Y.W.C.A. gave a merry Valentine party on St. Valentine's Eve in the cosy parlors of the "Y", where hearts transfixed with cupid's darts and the pretty god of love himself, pointing his arrows, were about the rooms and a cheery open fire burned in the grate. Refreshments were served, games were played, and a delightful evening spent.

Mrs. W. H. Macnes, Union street, entertained the bridge club of which she is a member, on Monday afternoon.

Mrs. J. F. Preston, George street, who has been in Toronto with her sister, Mrs. G. B. Bowerbank, will return to town on Thursday.

Miss May Rogers, Barrie street, will leave for Montreal on Thursday to spend a few weeks with her aunt, Mrs. Henry.

Mrs. Constantine, Earl street, will return from Toronto on Thursday.

Mrs. John Carson, who has been in Toronto attending the annual meeting of the Ontario Red Cross Association, returned to town to-day.

Mrs. William Harty, "Roselawn," left for Toronto on Tuesday.

Miss Harrington, who spent a few days with Col. and Mrs. T. C. Di Bedell, King street, returned to Napanea on Tuesday.

Miss Jessie Polson, who has been visiting her brother, Dr. James Polson, Bronxville, N.Y., has returned to town.

Miss Marjorie Smith, who has been visiting her sister, Miss Elizabeth Smith, at "The Avonmore," and Mrs. Donald MacPhail, King street, returned to Ottawa to-day.

Miss Nellie Hanley, Wellington street, has returned from a visit of three weeks in Hamilton and Toronto.

Miss Edith Carruthers, "Annandale" returned from Toronto to-day.

Mendelssohn's "Elijah," St. James' Choral Society, sixty voices, Tuesday evening, March 6th.



Efficient Housekeeping
by Laura A. Kirkman

TOMORROW'S MENU
Breakfast
Bananas
Cereal
Coffee Omelet
Toast
Luncheon
Baked Beans, Tomato Catsup
Bread and Butter
Tea Jam
Dinner
Hamburg Steak
Boiled Potatoes
Canned Peas
Coffee Raisin Pie

GROCHETING A "DOUGHNUT" BEAN BAG

In response to a request for "Doughnut" Bean Bag crochet directions, the following letters have been sent me from readers:

Mrs. M. P. F. W., Mrs. R., Mrs. R. A. S. and Mrs. F. C. all sent the same directions, word for word: "Using golden-brown silkateen, begin with a chain of 50 sts., join in ring. 1 d. c. in each st, join, chain 2. Second Row: 1 d. c. in 24 sts, 2 d. c. in the next, 1 d. c. in 24 sts, 2 d. c. in the last, join, chain 2. Third Row: 1 d. c. in 14 sts., 2 d. c. in every 5th st, join, ch. 2. Fourth Row: 3 d. c., 2 d. c. in every fourth st, join, ch. 2. Fifth Row: 2 d. c. in first st, and the one about opposite. Sixth Row: Just the same as fourth row. Seventh Row: 2 d. c. in every third st, join, ch. 2. Eighth row: 1 d. c. in each d. c. This completes one side. Now working in each stitch of the first chain, make the second side in the same way. Fill with beans and crochet together."

K. B. and I. E. T. both send the

following directions: "Using brown mercerized crochet cotton thread, make a foundation chain of 50 stitches. First Row: 1 d. c. in each st, of ch., fastening last st. in row, to first stitch in row, ch. 3, and proceed to next row. Second Row: 1 d. c. in each row d. c. of preceding row, occasionally making 2 d. c. in same st. in order to keep the work flat. Repeat until nine rows are made, which completes one side of the doughnut. Make the other side in the same way, beginning the d. c. stitches in the other side of the 50-stitch foundation chain. Finish with a needle and some of the crochet thread, joining the edges securely. Fill with beans before closing."

"A Reader" sent the following: "Ch. 52 sts., join, crochet 2 rows plain (thread over needle once). Third Row: Increase every 4th st. Fourth Row: Increase every 4th st. Fifth Row: Knit plain. Sixth Row: Increase every 4th st. Seventh Row: Increase every 3rd st. Eighth Row: Knit plain. Begin at first row and repeat thus making two identical halves. Crochet edges together, but fill with beans, rice or cherry stones before completing the joining."

Tomorrow—"Just How" to Make a Good Cream Soup.

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.

THERMOGENE

HEAT RELIEVES PAIN
THERMOGENE is a dry, soft, medicated wool that takes the place of the old-fashioned poultice or plaster. Thermogene does not grow cold and clammy. Its keen penetrating heat stimulates the blood and produces a tingling warmth that drives away pain immediately. Your Doctor will recommend Thermogene.

BRITISH OWNED and BRITISH MADE By The Thermogene Company, Ltd., Haywards Heath, England.



Your Health is at Stake if You Suffer from Constipation!

Every man, woman and child who has constipation or constipation symptoms should leave no stone unturned to get instant relief! Keep away from the dangers of pills and cathartics, which are almost as much to be dreaded as constipation itself. Your physician will recommend Kellogg's Bran because it is ALL BRAN—and it is Kellogg's Bran that will give permanent relief if eaten regularly.

Most cases of Bright's and diabetes can be traced to constipation; in its milder form constipation is responsible for sick headache, nausea, pimples, sour breath, etc. And, we say right here—and guarantee what we say—that Kellogg's Bran, if eaten regularly, will give you permanent relief.

Kellogg's Bran is wonderful as a food as well as wonderful as a natural means of relieving constipation. Kellogg's Bran contains important mineral salts; it contains elements that are necessary in making bone, tissue and blood—yet, it acts as a sweeper, cleanser and purifier.

Eat Kellogg's Bran as a cereal. You'll enjoy its nut-like flavor. Or, sprinkle it on or mix it with hot or cold cereals. Many like it cooked with hot cereals. Two tablespoonfuls of bran should be added in each instance. You have missed much not to have eaten Kellogg's Bran made into muffins, raisin bread or many other bakery batches. Recipes on every package. Prominent hotels, restaurants and clubs serve Kellogg's Bran in individual packages. All grocers sell Kellogg's Bran.

For Rejuvenating the Complexion

There is nothing more beautiful than the beauty of perfect health—and no surer or less expensive way to its attainment than by the daily use of ENO'S "Fruit Salt." It purifies the blood, regulates the digestive functions, and cleanses the system with gentle yet persistent thoroughness, veritably *washing out* undesirable waste matter which goes to make a "bad complexion." Ask your druggist for a bottle of



Sole Representatives for North America: HAROLD F. RITCHIE & CO., LTD., 10-15 BEACON ST., TORONTO.

What the Editor Hears

That the clearing of the crossings by the city after a snowfall is greatly appreciated by the citizens who walk to work in the morning. The householders who keep their walks free of snow are marked by the passers-by, in whose estimation they rise or fall, according to the state of the walk in front of their residence.

That the pictures of Lady Elizabeth Bowes-Lyon show a bang. So bangs are coming in again.

That this is Ash Wednesday, the first day of Lent. The word Lent means spring and if it is not very springlike to-day, it will be before Easter Sunday, which falls on the first day of April, ends the lenten fast.

That Coue is right! A woman can go about repeatedly boasting of what a wonderful devoted husband she has, until she almost begins to believe it herself.

That boys will be boys, and if the church authorities want to keep them in touch with the parish organizations, they shouldn't get fussed over a bit of harmless plays, even if it is a trifle noisy. They were boys once themselves.

That the annual meeting of the Ontario Red Cross Association in Toronto, at which Mrs. John Carson, the local president, was present, was an interesting and enthusiastic one.

To-morrow's HOROSCOPE

By Genevieve Kemble

THURSDAY, FEB. 15.
Conflicting conditions may be read from this day's contradictory astral movements. While the forces may not be deemed hostile, yet there may be enough of hazard to call for unusually good judgment to avert the course of events into fortunate channels. There may be danger of the misuse of money, either in speculation or in risky investment. Also there may be danger of fraud or misrepresentation. Those in the employment of others should be on the alert not to jeopardize their positions. With caution, application and industry, affairs may be directed to success.

Those whose birthday it is have the forecast of a somewhat hazardous year, but one they may turn to safety and good account by careful and conservative dealings, guarding against fraud and safeguarding money and employment. A child born on this day will be generous, free and good-natured, but may be given



to worry unless carefully trained. It will be steady and industrious, and will rise in life to good position.

Bruce Card a Toronto broker, sentenced on Nov. 12th, 1921, to three years in penitentiary for auto manslaughter, was released at Christmas, after serving about a year of his sentence.

Thomas Scullard, K.C., died suddenly at a meeting in Chatham.

BARNUM'S BAKERY

SPECIAL!
Homemade Lemon Pies—Try our Fried Cakes
Wedding Cakes a Specialty.
"THE TASTE WILL TELL."

Those who quit their proper character to assume what does not belong to them are for the greater part ignorant of both the character they leave and of the character they assume.

Glaxo
"Builds Bonnie Babies"
Glaxo is super-milk
Glaxo is pure, uncontaminated milk and cream made safe and suitable and comfortably digestible for Baby by the Glaxo Process.

Beautiful Silverplate Given Away To Users of

MINTO TEA

The Quality Tea With Quality Premiums

The following are examples. For complete list of premiums see packets:
Wm. Rogers "Clinton" Pattern Flatware

Premium	No. of one-pound coupons required
6 Teaspoons	12
6 Dessert Forks	24
6 Tablespoons	30
6 Medium Forks	30
6 Solid Handle Knives	36
1 Sugar Shell	7
1 Butter Knife	7
1 Cold Meat Fork (Large)	12
1 Berry Spoon	15
1 Pickle Fork	10
1 Baby Set—Spoon and Food Pusher	12

"Daisy" Pattern (Nickel Silver)

6 Teaspoons	6
6 Forks	12
6 Knives	18

MINTO TEA

Ask your grocer for the coupon package.

THE LAST DAY OF OUR YEAR-END STOCK-TAKING SALE

IS SATURDAY NEXT, FEBRUARY 17th.

DO YOU REALIZE HOW SHORT THE TIME IS IN WHICH TO TAKE ADVANTAGE

COME IN AND SEE WHAT WE HAVE LEFT IN SLIGHTLY USED INSTRUMENTS

PHONOGRAPHS	ORGANS
COLUMBIA Style "A," Oak, Regular \$37.50. TERMS: \$5.00 cash and \$5.00 monthly	BELL, 5 Octaves; will sell cheap for
COLUMBIA, Style "B," Oak or Mahogany. Regular \$45. TERMS: \$10.00 cash and \$5.00 monthly	THOMAS, 5 Octaves, another bargain for
COLUMBIA Style "E," Mahogany. Regular \$115.00. TERMS: \$10.00 cash and \$6.00 monthly	GODERICH, 6 Octave Organ. TERMS: \$5.00 cash and \$1 Weekly
SONORA, "Minerva" model, Oak. Regular \$52.50. TERMS: \$5.00 cash and \$5.00 monthly	BERLIN, 6 Octave Organ. TERMS: \$5.00 cash and \$5.00 Monthly
INVINCIBLE, Cabinet style, Mahogany. TERMS \$10.00 cash and \$6.00 monthly	MASON & HAMLIN, 2 Manual. TERMS: \$5.00 cash and \$5 Monthly
VICTOR IV., Oak case. TERMS: \$5.00 cash and \$5.00 monthly	BELL, Piano Case Organ. TERMS: \$10.00 cash and \$5.00 Monthly

SEE THE LINDSAY UPRIGHT at \$395

THREE ONLY, SQUARE PIANOS
ONE JNO. FOX AT \$100 and TWO WEBERS at \$150. TERMS: \$10 Cash and \$6.00 monthly.

SEE THE LINDSAY PLAYER PIANO at \$625

SEND FOR OUR COMPLETE LIST OF BARGAINS

LINDSAY'S

C.W. LINDSAY LIMITED

MAIL ORDERS GIVEN IMMEDIATE ATTENTION

121 PRINCESS STREET, KINGSTON, ONTARIO