

NEWS AND VIEWS FOR WOMEN READERS

Life's Social Side

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

Badminton was played at the armories on Wednesday when those present included, Col. and Mrs. Schmidlin, Col. and Mrs. Harris, Col. and Mrs. H. J. Dawson, Capt. and Mrs. Murchie, Mrs. T. D. R. Hemming, Mrs. Horace Lawson, Mrs. Busby, Mr. and Mrs. Hugh Ryan, Mrs. Beverley Browne, Mrs. Keith Hicks, Miss Aileen Rogers, Miss Edith Carruthers, Miss Audrey McLeod, Miss Marion and Miss Mary Ogilvie, Miss Doris McKay, Miss Caroline Mitchell, Miss Kathleen McMahon, (Winnipeg), Capt. Roberts and Prof. Callender.

The commandant of the Royal Military College has granted the cadets special leave to stay over for the Amigos Club ball in the King Edward, Toronto, on April 3rd.

Mrs. Frank Anglin, Mrs. E. O. Slier and Miss McCormack will be among the members of the Girl Guide committee to go to Toronto on Monday to the National Conference of Education, of which the Canadian Council of Girl Guides forms part.

Mr. and Mrs. William Gill, University avenue, are entertaining the choir of St. Andrew's church of which Mr. Gill is honorary president at their home this evening.

Miss Edith Carruthers, "Annapdale", was the hostess of a tiny tea on Monday for Miss Doris Browne, an Easter bride.

Miss Offord, Renfrew, will spend Easter with her sister, Mrs. A. P. Chown, "Edgehill."

Miss Vivian McCartney, University avenue, left on Wednesday for Montreal, to visit her uncle and aunt, Mr. and Mrs. A. J. Melkjohn.

Miss Marjorie Gamsby, Toronto, is with her mother, Mrs. Guy Gamsby, King street, for the holidays.

Mr. and Mrs. Oscar King, who were married on Saturday last, have returned from their wedding trip, which was spent in Toronto.

Sir John and Lady Hendrie, who are spending a few weeks in the West Indies, are returning to Hamilton next week.

Mrs. H. Willis O'Connor expects to leave shortly to visit relatives in England.

Sir Robert and Lady Baden-Powell who arrived on Saturday will be the guests of their Excellencies the Governor General and the Lady Byng of Vimy at Government House.

Major-General Sir A. C. Macdonell and Lady Macdonell, are among the patrons and patronesses of the Amigos Club masquerade ball, which will take place in Toronto, on April 3rd.

The Right Rev. Frank Du Moulin, assistant Bishop of Ohio, is the guest of his mother, Mrs. Du Moulin, Toronto.

Mr. and Mrs. C. L. Harper, Nelson street, left to-day for Toronto and Aurora to spend the Easter vacation.

Major-General Macdonell will go to Toronto on Friday to spend the week-end.

Mr. and Mrs. Stephen Urquhart,

Raisin Bread DeLuxe

Raisin bread de luxe—generously filled with luscious seeded raisins—is now available at grocers and neighborhood bake shops.

Real raisin bread with at least eight tempting raisins to the slice—the kind you like.

Order now and serve tonight for dinner.

Made with

Sun-Maid Seeded Raisins

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

Had Your Iron Today?

Ottawa, will spend Easter in Montreal.

Mrs. Custance and her little daughter, who have been visiting Mrs. J. Bleakney, Albert street, have returned to Peterboro.

Mrs. Valentine Stockwell, Alice street, has returned from Toronto. The Misses Plaunt, Ottawa, who will be in town for the Wait-Browne wedding will be at "Densmore House."

Major and Mrs. R. J. Leach, King street, will spend the week-end in Toronto.

Miss Imlach, who has been in town for several weeks with Mrs. John L. Whiting, Clergy street, returned to Stratford today.

Mrs. T. A. McNeill, Toronto, will spend Easter with her parents, Mr. and Mrs. M. O'Reilly, Earl street.

Mrs. John L. Whiting, Clergy street, left for Toronto today to spend Easter.

George Bedell, Varsity, arrived from Toronto today to spend the holidays with his parents, Col. and Mrs. T. C. D. Bedell, King street.

Mrs. James Sowards, Sr., and Miss Pat Sowards are leaving for Ottawa to spend Easter with Mrs. F. L. Brinkman, 187 Powell Avenue.

Mr. and Mrs. J. B. McGill are leaving on Sunday for New York and Atlantic City.

LOSE YOUR FAT. KEEP YOUR HEALTH

Superfluous flesh is not healthy, neither is it healthy to diet or exercise too much for its removal. The simplest method known for reducing the over-fat body easily and steadily is the Marmola Method, tried and endorsed by thousands. Marmola Prescription Tablets contain an exact dose of the famous Marmola Prescription, and are sold by druggists the world over at one dollar for a case. They are harmless and leave no wrinkles or flabbiness. They are popular because effective and convenient. Ask your druggist for them or send price direct to the Marmola Co., 4612 Woodward Ave., Detroit, Mich., and procure a case.

To-morrow's HOROSCOPE

By Genevieve Kemble

FRIDAY, MARCH 30.

Judging by this day's lunar transits, there may be anxious moments and situations calling for important decisions. It may be unwise to consider any projects involving radical change or travel, although prophecies may be safely entertained where these are not required. There are likely to be fresh opportunities following upon long-continued obstacles and setbacks. These should be embraced as opening up channels of substantial progress and future steady gain.

Those whose birthday it is may have a year calling for important decisions. New projects or old engagements long obstructed could be considered—provided they do not involve radical change or travel. Business should not be set aside for pleasure or entertainment. A child born on this day, although not averse to industry, may have a restless nature, unless it is given careful early training.

SATURDAY, MARCH 31.

A particularly active and aggressive day may be expected under this sidereal government. With Mars in trine with Luna, all the faculties and potencies may be under high stimulus, leading to bold adventure and large undertakings. With Jupiter in friendly position, these should be assured satisfactory financial return, but under the affliction of Mercury by Luna and Neptune there may be some danger of bad contracts or of losses by fraud, misrepresentation or duplicity. Beware of all manner of attacks of slander and lies, and underhand methods. An alert and ready mind should undermine the betrayers.

Those whose birthday it is may look for an active year but one calling for preparedness and open eyes, as they may be subject to subtle attacks and fraud. If able to cope with these, there should be success. A child born on this day will be quick, active and energetic, but possibly subject to subtle and slanderous attack. It should be well grounded in truth and honesty.

What the Editor Hears

That this is the coldest Holy Week in the memory of the oldest inhabitant, and seldom indeed has the Paschal moon looked down on southern Ontario in the grip of the Frost Fiend.

That Lady Baden-Powell cabled her acceptance to the invitation to address the members of the Toronto League of Women Voters during her visit to the city early in April. A luncheon meeting is being arranged in her honor on Friday, April 6th, when she will speak on "Citizenship."

That a crowd, with the courage of his convictions, who clearly thought March was the time to put in his appearance in Kingston, was weathering the gale bravely early on Wednesday morning.

That the slogan of the Toronto League of Women Voters, which they hope to make dominion wide, is "Say it with ballots."

That we might paraphrase the Coue maxim and say, "Every day in every way it grows colder and colder."

That a New York man editor remarks: "Everybody sings 'Home Sweet Home,' but no one wants to stay there. Even mother prefers the movies." Which is rather a pity, now isn't it?

TELEPHONE DEMONSTRATION.

Before the Local Council of Women on Wednesday Afternoon. Most interesting and useful was the demonstration of the telephone system given in the British-American hotel on Wednesday afternoon, under the auspices of the Local Council of Women. W. A. G. Spriggs, local manager of the Bell Telephone Company, with Noble Sharp and Miss Purvis and Miss Fitzgerald, showed the ladies many things they had long wanted to know and there is no doubt that in consequence those who were present will get better service in future.

One of the things Miss Purvis made plain was what happened when your connection is suddenly cut off. It is an accident which may easily occur and the only wonder is that it does not happen more often. The thing to do is for both parties to hang up their receivers and start all over again.

Another simple explanation of an annoying circumstance was given by Mr. Spriggs, who explained that when you ring a number and were told it was "busy," and rang again and got no answer, it did not mean the operator was putting you off, as subscribers sometimes think, but that the person you wished to speak to was out, and when you rang before someone else was trying to get that number and was using the line.

The moving pictures showing the various ways of communicating news, from the days of the aborigines until the present day, were fascinating, and the assembling of the 205 parts of the telephone was quite awe-inspiring. The climax was the destruction of the telephone system by a giant hand and the plunging of the world into chaos.

A vote of thanks was given to Mr. Spriggs and his assistants for this unique demonstration.

St. Paul's W. A.

On Wednesday afternoon the members of St. Paul's Woman's Auxiliary packed a splendid bale which will be sent to Lac Le Rouge, Sask. The contents of the bale consists of a complete outfit for an Indian girl, with \$10. to buy boots, nine quilts, four pair of blankets and many other articles for the Indian school. A cup of tea was served to the workers.

Be humble and gentle in your conversation—of few words, but always pertinent when you speak, hearing out before you attempt to answer, and then speaking as if you would persuade, not impose.

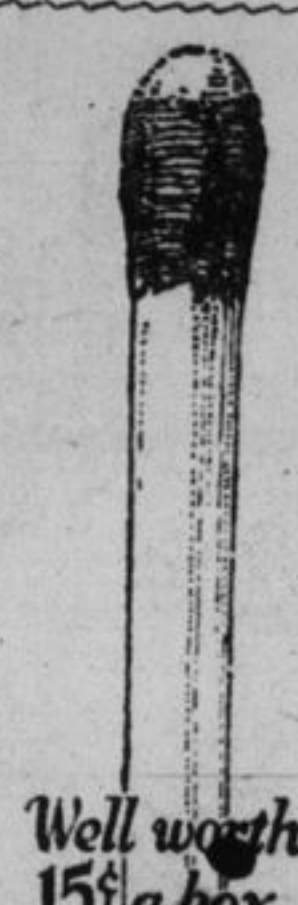
Jam Safe Sane and Certain

A gentle stroke,—and my generous flame appears at the far end of my long sturdy body—a safe, sane distance from your fingers.

This greater reach of my added length means much in lighting gas stoves or stubborn fires and in torching when darkness comes.

My service done—you merely blow—I have no glow—throw me down—I am out.

Demand me. — Try me and prove me.



Well worth 15¢ a box

MAPLE LEAF MATCHES

Different and better.

Also pocket size 2 for 5¢



THE CANADIAN MATCH CO LIMITED, MONTREAL

The Easter Breakfast

Premium Ham or Bacon

THAT breakfast on Easter Morning should consist of Bacon and Eggs has become almost as honored a national institution as Turkey for Thanksgiving.

But on this Easter Morning, bright with the promise of Springtime—vigor—and joy—the Bacon certainly should be "Premium"—the world's standard—as befitting the occasion. Substitute ordinary Bacon or Ham for Swift's "Premium" and you dull the joy of the meal.


For Swift's "Premium" Bacon is of characteristic and distinctive quality. Firstly, by its choice selection—for "Premium" Brand must have just the right proportion of fat and lean. Then next it possesses an unmatched succulence and savoriness due to the exclusive Swift process of curing and smoking.

Be careful to get Swift's "Premium" when you buy Bacon or Ham—make sure of it this coming Easter Morning. Order from your Butcher or Grocer.



Swift Canadian Co. Limited

EASTER SUNDAY Calls for New Shoes




Patent Strap Shoes, Cushion Insoles

Size 2 to 5 \$2.00
Size 5 to 7½ \$2 and \$2.35
Size 8 to 10½, \$2.50, \$3.

Good Quality Boots For Children

Sizes 5 to 7½ \$2.00
Sizes 8 to 10½ \$2.25
Sizes 11 to 2 \$2.50



LOCKETT'S

Taking Up Nursing
Mrs. B. Y. Williams left Carleton Place for Toronto where she will spend two or three weeks. She was accompanied by her daughter, Miss Sadie, who will enter Toronto General hospital to take up nursing. Miss Williams, who has been a member of St. James' choir since she was seven years old, was presented by that organization on her departure with a beautiful book of prayer.

To Make Mission Drive.
Belleville, March 29.—Representatives of the Methodist districts of Belleville, Napanee and Madoc met today and consulted with Rev. Dr. Endicott in regard to missions. It was decided to make a supreme objective in these districts, which have had a deficiency for the past two years in these funds.



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Not satisfied with what was the PREMIER instrument of its kind many years ago, the SONORA Company continued to improve, and that is why its popularity is even greater to-day than in 1915, when it won highest honors in open competition.

EASY TERMS ARRANGED.

LINDSAY'S

121 PRINCESS STREET, Kingston.



LADY OLIVE BADEN-POWELL
Wife of the founder of the Boy Scout and Girl Guide movements, who is in Canada with her husband, and is being greeted by the Guides in all parts of the country.

FRECKLES

March Worst Month for This Trouble—How to Remove Easily.

There's a reason why nearly everybody freckles in March, but happily there is also a remedy for these ugly blemishes, and no one need stay freckled.

Simply get an ounce of Othine—double strength, from your druggist and apply a little of it night and morning, and in a few days you should see that even the worst freckles have begun to disappear, while the light ones have vanished entirely. Now is the time to rid yourself of freckles, for if not removed now they may stay all Summer, and spoil an otherwise beautiful complexion. Your money back if Othine fails.

DIABETES

Is not incurable if you diet with Jireh Dietetic Flour and Foods. Superior to Gluten Flour and more palatable. Recommended by physicians and sold by leading grocers. Literature and Dietetic Cook Book with Menu Table sent free on request. Jireh Food Co., Brockville, Ont. For sale by

James Redden & Co., Princess Street, Kingston, Ont.

Signs of Good Health

Strong Healthy Organs, that Function Regularly and Freely, without Pain or Delay.

Dr. Martell's Female Pills
Have helped THOUSANDS LAST HALF CENTURY. Sealed in packages only. One Period Treatment \$2.00. Druggists, or direct by mail, Knickerbocker Remedy Co., 11 E. Front St., Toronto.