

NEWS AND VIEWS FOR WOMEN READERS

LIFE'S SOCIAL SIDE

Editor of Women's Page, Telephone 248. Private phone 857w.

The Frontenac Fair, held on three days of last week at the Curling Rink, by the I.O.D.E., came to a successful close on Saturday evening. During both afternoon and evening the Victoria School children put on songs and dances and "The Pierrots," under the direction of Capt. Lee, had their attractive song and dance. Those taking part in the chorus were Mrs. James Miller, Miss Helen Tofteld, Miss Margery McLeland, Miss Clara Farrell, Capt. Lee, Dr. Melvin, Dr. Broom and How Duff.

The winners of the various articles on which throws were taken were announced as follows: A ton of coal, Dr. R. J. Gardiner; an embroidered tea cloth, Mrs. N. S. Leslie; chickens and a ham, Mrs. R. H. Duff; an electric iron, Mrs. W. Bermingham; an electric toaster, Mrs. T. Ritchie; thermos bottle, Dr. Austin; a purse, Mrs. James Rigney; a camera, Capt. Henry; a pair of chlekins, Col. A. S. Leslie.

The Fair was much enjoyed by the citizens of Kingston and great credit is due to the I.O.D.E. for their hard work and excellent arrangements.

Charles W. Trotter, Kingston, announces the engagement of his youngest daughter, Alma Franklin, to Wesley W. Hawley, son of James B. Hawley, Bath. The marriage is to take place the latter part of June.

Mrs. J. Kelso, London, Ont., announces the engagement of her youngest daughter, Donalda, to Dr. Everett Victor Elliott, Hamilton, son of Rev. W. and Mrs. Elliott, Belleville. The marriage will take place early part of June.

Dr. and Mrs. W. H. Rankin, Mrs. Reid and Miss Edith Rankin motored from Brooklyn, N. Y., last week and are at their summer home at Collins Bay.

Rev. J. H. H. Coleman and Mrs. Coleman, with their daughters, Miss Frances and Miss Edith Coleman, who with Mrs. H. K. Coleman, Parham, were in town for the ordination of Rev. H. K. Coleman, have returned to Napanee.

Miss Marion Rankin, Macdonald College, Guelph, is with her parents, Mr. and Mrs. Anthony Rankin, Collins Bay.

Canon Gould, General Secretary of

the Missionary Society of the Anglican Church in Canada, will be the guest this week of the Bishop of Ontario and Mrs. E. J. Bidwell.

Mrs. Huga Dobbie has left for Port Hope to spend the summer while Major Dobbie is at Petawawa.

Rev. C. E. S. Radcliffe and Mrs. Radcliffe, Deseronto, are at "Densmore House."

Canon Patton and Prof. Kingston, Prescott, are the guests of the Dean of Ontario for Synod week.

Mrs. E. J. Bidwell, Bishop's Court, will entertain the members of Synod on Tuesday afternoon at 2:30 o'clock.

The marriage of Miss Elizabeth Briery, daughter of Mr. and Mrs. James S. Briery, Montreal, to William Henry Campbell, son of Mr. and Mrs. Robert J. Campbell, Belleville, will take place on Wednesday, June 23rd, in St. Mary's Church, Beaconsfield.

Mr. Des Brisay, who has been in town for several days with Dr. and Mrs. F. Torrance, Alfred street, has returned to Toronto.

Canon Armstrong, Trenton, will be with J. B. Walkom and Miss Betts "Kewyadin," for Synod week.

Mr. Thomas Leech, Sydenham street, is the guest of Rev. Hilyard Smith and Mrs. Smith, St. John's rectory, Portsmouth.

Major-General Sir Archibald Macdonell, Royal Military College, who was the guest of Col. Kenneth Cameron, while in Montreal, has returned to Kingston.

Mrs. Arthur Craig and Miss Florence Stewart, Toronto, are in town for the marriage of Miss Jean Craig to Dr. James Poisson, New York, which takes place on Saturday.

Miss Olive Cavan, who spent the week-end with Miss Aileen Folger, Sydenham street, has returned to Toronto.

Mr. and Mrs. John Gzowski, Montreal has moved to Cartierville, where they will occupy "Goodwood Cottage," for the summer. Mrs. St. Pierre Hughes, of Ottawa, is spending the week-end with her daughter, Mrs. Gzowski.

Miss Edith Janeway, Kingston, is the guest of Mr. and Mrs. W. J. Carter, Belleville.

Women Waste Many Shoes. Extravagance in footwear among women is more than a tradition, it's a fact says the Salvation Army. A

glance at the piles of shoes at the Salvation Army industrial huts for men in Chicago will prove it, army officials say. Adjutant Arthur Fynn says that for every pair of men's shoes donated to the army, 25 feminine pairs are received.

"But slightly worn, of novelty cut and most of them small, women's shoes are a drag on our 'used clothing' market," he declares. "Many of them were too small for their first purchasers; that's why we get them."

"But we can't get enough men's shoes to go around. The men wear their out before we get a chance at them. So do the children. It's the women who keep us supplied."

What Editor Hears

That a lover of animals, who remembers the good old days of the fountain on the market square, suggests a new one as a 250th birthday gift from Kingston to the dumb citizens, who have no vote in civic affairs and therefore depend on those who have to see that they get their rights.

That Lady Baden-Powell said: A Girl Guide does not want to smoke, because she knows it hurts heart, eye, brain and body, and is purely self-indulgence. The kind of life a guide leads simply doesn't give itself to those things.

That the Ontario Division of the Red Cross has done noble work at Cochrane and the Junior Red Cross is aiding the senior branch with money and supplies.

That we hope to have the May reports from the Woman's Institutes this week.

"Op-o-my Thumb," put on at the Frostenac Fair, was one of the best amateur plays ever seen in Kingston. Every part was well taken, the stage arrangements were excellent and the cast left nothing to be desired.

Pantry Pointers. Boil cabbage with the lid off to keep its color. Lemons will keep splendidly in a jar of water. Hot vinegar will remove paint stains from windows. You can't shine polished furniture with a soiled cloth. A pinch of soda will hasten the process when beating the whites of eggs. Be sure the floors underneath are even and smooth before you lay linoleum. The water in which onions have been boiled is a splendid cleanser for white paint.

Efficient Housekeeping

TOMORROW'S MENU.

- Breakfast: Strawberries, Cereal, Fried Eggs, Toast, Coffee, Luncheon: Imperial Chicken Salad, Wholewheat Bread, Stewed Rhubarb, Tea, Dinner: Corned Beef, Mashed Potatoes, Creole Baked Cabbage, Lettuce, Apple Sauce Topped with Meringue, Coffee.

Dishes in This Week's Menu. Imperial Chicken Salad: (I assume that there are still a few leftovers from last Sunday's Fricassee Chicken, which my menus called for. If not, use a small can of boned chicken). Cut the chicken pieces very small and measure. Mix them with twice their bulk of diced celery, one chopped hardboiled egg, and one large cooked and chopped beet. Moisten the mixture with mayonnaise dressing and serve on crisp lettuce.

Creole Baked Cabbage: Trim one medium-size head of cabbage and boil it in quarters till tender, having the water well salted. Press out all moisture, then put the cabbage through your food chopper. Add to it one tablespoon of butter, two tablespoons of sweet milk, four tablespoons of chopped, crispy cooked bacon, two beaten eggs and salt and pepper to suit individual taste. Mix well and turn into a buttered baking dish. Bake in a moderate oven for 30 minutes. (Small pieces of butter, dotting the top, will help to brown it over.) Serve very hot.

Kidney-Stuffed Onions: This may sound like one of those "fussy," elaborate dishes which no really busy housekeeper has time to prepare—but actually it is an easily prepared luncheon (or supper) dish. Buy from your butcher two sheep's kidneys, wipe and skin them, then slice them finely. Season the slic-

ed kidneys with one-half teaspoon of salt and a pinch of pepper, and use them as a filling for four large onions which you have previously boiled (skinned) for 15 minutes, and then hollowed out in the centers. Place the stuffed par-boiled onions in a baking dish, add one cupful of either brown gravy or canned clear soup, and bake for two hours in a moderate oven. Serve hot. They will taste good to the school child or business person, for they are very nourishing.

Steamed Chocolate Pudding: Cream together one-half cup of granulated sugar and one heaping tablespoon of butter; stir into this one cup of sweet milk, three cups of bread flour which has been sifted with two teaspoons of baking powder, and add two squares of unsweetened chocolate which you have melted in a small pan with one teaspoon of butter. Flavor with one-half teaspoon of vanilla, then turn the mixture into a buttered baking-powder can (or any tin mold which has a tight-fitting cover), and sink this filled can in a large saucepan containing several inches of water; let the water boil up around the mold (weighting down the mold if necessary) for two hours. At dinner time turn the hot pudding out onto a dessert plate and serve with a hard sauce made by creaming powdered sugar and butter together, moistening with a little cream and beating till fluffy. (Any desired flavor may be used in this sauce.)

Tomorrow—Answered Letters.

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.

THE GIRL GUIDES PARADE

To St. Paul's Church Sunday in Command of Mrs. I. G. Bogart.

The Kingston Corps of Girl Guides paraded to St. Paul's church for divine service on Sunday morning under command of Mrs. I. G. Bogart, chief commissioner of Girl Guides of the city. Miss Irene McCormack, staff captain, was in charge of the parade arrangements, and the members of the committee were in attendance.

The companies marched to the church under their respective company captains, and the consecration, dedication and presentation of the colors took place before the regular service. Canon Fitzgerald officiated at the ceremony of consecration, the colors were presented by Miss May Sharpe, patrol leader, accompanied by two guards, Miss Margaret Knight and Miss May Rowland. This was followed by the "Guides' Prayer" and the singing of "God Save the King."

Canon W. F. Fitzgerald gave an eloquent and inspiring sermon on the Guide ideals and principles. At the conclusion of the service the parade was formed up on Queen street and the "March past" took place. Mrs. Bogart taking the salute. Those present were: Committee, Mrs. E. O. Sitter, Mrs. Otto, Mrs. F. R. Anglin, Mrs. J. W. Jones, Mrs. McCormack, Mrs. Hedley; staff captain, Miss Irene McCormack; company commanders; captains; Miss Verna Saunders, Miss Oshwa, Miss Henderson, Miss M. Oglvie, Miss Beesie Abernethy, Miss Patterson and Miss Eleanor Holland, head of the Tawny Owls.

The corps marched to the cricket field from the church and was there dismissed by Miss McCormack, staff captain. The parade was probably the most successful ever held in Kingston and on every hand were heard expressions of keen appreciation of the splendid showing made which is regarded as a tribute to Mrs. Bogart who, as commission, has done invaluable work in the Girl Guide movement of Kingston.

Hotel Dieu Nurses' Awards. The presentation of the prizes won by the Hotel Dieu nurses in the graduating class will be made on Tuesday evening. The winners are: Gold medal for highest standing, Miss Irene Farney, Erinville; silver medal for second highest standing, Miss Mildred Cook, Brooklyn, N.Y.; silver medal for practical nursing, Miss Agnes Mooney, Pakenham; general proficiency, Miss Mabel Ryan, Smith's Falls; fire drill efficiency, Miss Irene Farney, Erinville.

Intermediate class prizes: Obstetrics, Miss Evelyn Finn, Enterprise; Eye, ear nose and throat, Miss Veronica Prout, Adolphustown; Surgical technique, Rev. Sister McCarten, Hotel Dieu.

SOME DON'TS.

The Y. M. C. A. gives these opportunities "don'ts" for summer outings.

- For Swimmers—Don't—swim immediately after eating, wait at least two hours. Don't—swim if overheated. Don't—continue swimming when exhausted. Don't—swim if you have heart trouble. Don't—struggle if caught in a swift current or undertow, the force of the current will bring you to the surface. Don't—wade into water with your arms above your head, you will not be in readiness to stroke should you step into a hole. Don't—fight or struggle to swim if you swallow water; clear your windpipe first. Don't—cry for help in fun; you may need help sometime and not get it. Don't—dive without knowledge of the depth of the water. Don't—go in swimming alone unless you are an expert.

- For Canoeists. Don't—attempt canoeing until you have learned swimming. Don't—try to handle a canoe without some instruction in paddling. Don't—rock the canoe. Don't—neglect to watch the currents. Don't—forget to take all waves head-on. Don't—fail to keep your eye on passing large craft. Don't—overload a canoe. Don't—fail to exercise care in landing.

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LOCKETT'S FOR CHILDREN'S SHOES

TO-MORROW'S HOROSCOPE BY GENEVIEVE KEMBLE

TUESDAY, MAY 29.

A very quiet day is to be read from this day's lunar transit, although the mutual aspects point to affairs moving in the customary grooves in trade and commerce. It would be an especially favorable day for attending to correspondence or to those matters requiring publicity or printing. There may be some slight obstacles to overcome. Those whose birthday it is may find things moving in the accustomed grooves without anything out of the routine. It should be a good

year for writing and publishing. A child born on this day may be expected to be clever, versatile and studious and should succeed through its own talents.

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