

NEWS AND VIEWS FOR WOMEN READERS

LIFE'S SOCIAL SIDE

Editor of Women's Page, Telephone 248. Private phone 837-w.

Quite the nicest of the delightful picnics given this season by the Red Cross for the war veterans was held on Thursday at "Sunny Knowle," the home of the president of the local branch. The charming cottage on the shore of Dead Man's Bay is beautiful within and without. The verandah, wide enough to dance on, holds many easy chairs and is sheltered from the wind by the vines also to screen it from the sun. A fire blazed merrily in the huge fireplace and on the lawn which slopes to the water are trees to act as a wind screen on cool days. Here the men played games and later Major the Rev. W. E. Kidd, M.C., for six strenuous years the beloved padre of the 21st Battalion, secured a ball and bat and soon a baseball game was in progress, the ladies of the party proving themselves excellent sports. A delicious tea with "hot dogs" to start with was served on the verandah and music and a dance for those so inclined completed the programme. Miss Skirling, the matron of the Mowat Sanitarium, some of the nurses and Mrs. W. E. Kidd, were among the guests. Those who loaned

their cars to bring the seventy guests to "Sunny Knowle" were Prof. J. Matheson, Miss Norma McEderidge, Miss Freda Burns, Miss Eva Fair, Mrs. Donald McPhail, Mrs. A. E. Ross, Harold Davis, Mrs. J. O. Macdonald, Mrs. G. McGowan, W. Murray, Miss Doris Donnelly, George Smith, Miss Ruth, Nash and Miss Nora Minnes.

Mrs. H. W. Richardson and Mrs. T. A. McGinnis entertained at luncheon at the Cataract Golf Club on Thursday in honor of Mrs. W. F. Nickle. A blazing fire and lovely flowers made the pretty clubhouse gay and the party was a happy one indeed. The guests included Mrs. A. E. Ross, Mrs. Anthony Rankin, Mrs. H. C. Nickle, Mrs. Herbert Deedes, (England), Mrs. A. B. Cunningham, Mrs. W. T. Connell, Mrs. Ford, Miss Lord, Mrs. R. F. Segsworth, (Toronto), Mrs. A. C. Clark, Mrs. Sandford Calvin, Mrs. James Rigney, Mrs. H. F. Richardson and Miss Callaghan.

Miss Nora Martin, who has been visiting Miss Mildred Horsey at Cressy, returned to town today.

Capt. and Mrs. W. Welbanks and Mr. and Mrs. Albert Collier, Picton,

have returned home after spending a few days with Dr. and Mrs. E. J. Lake, Alfred street. Mr. and Mrs. F. C. Reid, Clergy street, have returned from their summer home on the St. Lawrence.

Mr. and Mrs. W. McKay Wright, who are spending their honeymoon in the cities of the Northern States, will arrive at their home in Windsor the last week in September.

Mrs. Charles McKay, Garrett street, returned from Toronto on Thursday.

Mrs. H. F. Richardson and Mrs. Herbert Deedes have returned from Toronto. Mrs. Deedes leaves for her home in England shortly.

Mrs. W. F. Nickle is spending a few days in town.

Miss Yvonne Clark, Montreal, returned home after spending three weeks with her cousin, Miss Thelma Wand, 165 Alfred street.

Dr. C. C. Chadwick, Chicago, returned home after spending a few days with his cousin, Mrs. B. Sheppard.

Miss Grace Sheppard returned to town after spending three weeks with her cousin, Mrs. H. A. Hogan, Belleville.

Miss Rogers and Miss Haley, Kingston, were guests of Mrs. James Gilhooly, Brockville, on Wednesday.

Mr. and Mrs. William Thomson, Ottawa, are in Winnipeg visiting a sister of the latter, Miss Celia Kearns, for several weeks.

The marriage of Miss Laura O'Reilly, Ottawa, to Nicholas Bawil, formerly hockey coach of Queen's, is to take place shortly.

Miss Lorna and Dorothy Horwood, formerly of Ottawa, daughters of Mrs. E. L. Bruce, Kingston, left yesterday for Toronto to enter Bishop Strachan school.

Mr. and Mrs. Hiram Calvin, Toronto, who have been at home on Garden Island for the summer, left for Ottawa to-day to visit their daughter, Mrs. Walter Boyd.

Miss Mary Clark, Albert street, has returned from the Lake-of-Bays.

Miss Kitty Torrance returned this week from Beaconsfield, Que.

Miss Julia Lyman and Miss Eleanor Lyman, King street, have returned from the Thousand Islands.

Frederick Sparks, who has been in Kingston for some time, has left for Des Moines, Iowa. He was with his parents, Dr. R. E. and Mrs. Sparks.

Miss Jessie Peters, nurse-in-training of the Ontario Hospital, Toronto, is spending her vacation in her home in Newburgh.

Mrs. Percy Borland, Union street, and her children, who have been at the Lake-of-Bays for six weeks, returned home on Thursday.

Miss Anna Belle Verette and her brother Wilfred Verette, who have been visiting their parents, Mr. and

Efficient Housekeeping by Laura A. Kirkman. Illustration of a woman cleaning.

- TOMORROW'S MENU: Breakfast: Plums, Cereal, Coffee, Liver and Bacon, Toast, Luncheon: Potato Salad (with lettuce), Wholewheat Bread, Tea, Peanut Butter, Dinner: Spanish Omelet, Baked Sweet Potatoes, Spinach, Coffee, Raisin Pie.

Some Good Tomato Catsups. Tomato catsup recipes vary so much that I am giving the following different ones; for my Reader Friends to choose from: Old-Time Tomato Catsup: Boil one bushel of ripe tomatoes with skins on and when soft strain through a colander to remove the skins. Now mix together two pounds of brown sugar, one cup of salt, two tablespoons each of ground cinnamon, allspice, mace and celery seed and stir this mixture into the tomatoes. Add two quarts of elder vinegar, stir well together then strain all through a sieve eliminate the liquid part (that is, the part that runs through easily). Put this liquid into an agate kettle and boil it slowly till reduced one-half, then mix it with the other (thicker) part of the catsup and turn all into sterilized bottles. Cork tightly and dip bottle-neck into melted paraffine. (To sterilize a bottle, boil it, empty, in clear water for 15 minutes.) To Make a Small Quantity of Tomato Catsup: Skin a gallon of ripe tomatoes by pouring boiling water over them then rubbing off the skins with your fingers. Let them cool before putting them into an agate or enamel-ware kettle with four tablespoons of salt, one tea-

spoon ground black pepper, two teaspoons of ground mustard and one-half teaspoon of ground allspice. Also add six red pepper pods, mash all together as much as possible, and bring to the boiling point over low heat; let simmer till the tomatoes are tender (adding a very little hot water if necessary to keep from burning). Then thin the mixture with one pint of vinegar (or enough to allow it to be strained through a sieve) and return the strained liquid to the kettle to boil for 15 minutes longer. Turn while hot into warm, sterilized bottles, and seal with cork and paraffine as directed above.

Tomato-Onion Catsup: Boil one-half bushel of ripe tomatoes for 40 minutes, then press through a wide-meshed sieve to eliminate skins. Put this pulpy liquid back into the preserving kettle with 18 peeled and finely-chopped onions, one ounce each of ground mace, cloves and salt, and add one tablespoon each of black pepper and ground mustard. (These spices must be pounded together and tied up in a muslin bag.) Boil all for five hours, when it should be thick enough to allow the addition of one-half pint of vinegar to each quart. (Add the vinegar after the catsup is cold, then bottle and seal as above directed.)

Tomorrow:—Unusual Bed Chans.

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.

TO-MORROW'S HOROSCOPE BY GENEVIEVE KEMBLE

SATURDAY, SEPTEMBER 15. While all of the lunar transits are weak and are auguries of petty annoyances, yet the powerful position of Jupiter, the major benefic, parallel with Sol, may overrule all hostility, assist to progress and growth in all activities and sway all the ambitions in the direction of fulfillment. There may be promotions and preferences in many avenues of employment for those who are undeniably deserving and all domestic, social and affectional associations should bring gratification. Courtship and marriage are under particularly happy rule.

Those whose birthday it is have the promise of a happy and prosperous year, with promotion or recognition for those in the employment of others who are undeniably deserving, and with fulfilled desires in romantic relations. Propitious stars hold sway. A child born on this day will be particularly well endowed and should be respected and rise in life to high position. It should also make a fortunate marriage.

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NATIONAL SHOE WEEK. SEPT. 17th to 22nd. All Over Canada Next Week Will be National Shoe Week. Every first class Shoe Store in Canada will observe this week and make a special display of Fall styles. This National Shoe Week is not a cheap sale of Shoes, but a special showing of new Fall models. Get your own Shoes next week and your Children's Shoes. LOCKETT'S WILL BE READY.

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