### NEWS AND VIEWS FOR WOMEN READERS

#### LIFE'S SOCIAL SIDE

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

The cadets of the Royal Military College were hosts of a jolly dance n Saturday evening for the visiting am from McGill University. Dancin went on in Sir Arthur Currie Hall and supper was served in the mets room. Among those present were Major and Mrs. Eric Greenwood. Miss Alison Macdonell, Miss Kitty and Miss Jessie Torrance, Miss Marjorie Booth, Miss Sheila Currie, Miss K. Easton, Miss Louise Hill, Miss Grace Mooers, Miss Caroline Mitchell, Miss Vivien McCartney, Miss Lois Montgomery, Miss Mary Macgillivray, Miss Nevada Best, Miss Ruth McClement, Miss Helen Tofield, Miss Margery McLelland, Miss Eligabeth Lyster and Miss Mary Mor-

Mrs. W. A. Leggo, Ottawa, entertained at tea in honor of her daughter, Mrs. Stuart Hawkins, of Mont-

Mrs. Herbert Robinson, King street, who was in Belleville with Mrs. George Dean last week, was

> Miss Allen's TESTED RECIPES

Mrs. O. S. A.'s Corn Bread

(This recipe was given to us by the daughter of an old New England cook—one of those cooks who were famous for good things to eat)

2 tablespoonfule melted Criece cupful sugar 1 cupful milk 136 teacupfule flour

2 teaspoonfuls baking powder Break the eggs in a bowl, add the

35 teacupful cornmeal

melted Crisco and mix together with a spoon. Then add the milk and mix again. Sift the dry ingredients together twice, then add to the other mix-

Stir until smooth and then Bake in a hot oven afteen to

For light, tender cakes For digestible and flaky pastry For crisp, digestible fried foods

**GALLAGHER'S** TAXI DAY AND NIGHT

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among the out-of-town guests at a luncheon at the Belleville Golf Club on Wednesday, at which covers were laid for twenty-six. The table was decorated with autumn leaves in a most effective way and after luncheon bridge was played.

After the McGill-R.M.C. match, on Saturday, there were several informal teas at which the cadets and their friends sat around blazing fires and enjoyed tea and an unlimited supply of cake provided by kindly

Mr. and Mrs. William Coon, Elgin, are the guests of Mr. and Mrs. W. Peters, Ordnance street. Miss Bessie Stewart, Bagot street,

returned from Toronto today. Mrs. W. H. Stewart and her two children of Montreal, who have been spending a few days with Mr. and Mrs. James Stewart, Bagot street, left Monday for their new home in

New York.

Miss Anella Minnes, "Hillcroft," and Miss Isabel Minnes, Bagot street, were in Toronto for the Queen's-Varsity match

Mrs. Bayley Ransom and her little daughter Jean, left today for Amherst, to visit Mrs. S. Sutherland. Mrs. F. B. Cumberland and her

daughter, Mrs. Hugh Wotherspoon. I'ort Hope, are the guests of Mrs. H E. Price, Quebec. Canon W. F. FitzGerald, Brock street, has returned from Ottawa.

The Bishop of Keewatin is the guest of the Dean of Ontario, Wellington street

Mr. and Mrs. B. D. Harns, Belleville, motored to Kingston and spent the week-end with Mr. and Mrs. J M. Root, Earl street.

Miss Anna and Miss Agnes Hanlon, Division street, were in Toronto for the Queen's-Varsity match.

The Bishop of Ontario has returned from Calgary, Alberta, and Victoria, B.C., where he was the guest of his daughter, Mrs. J. F. Mere-

Mrs. K. N. Fenwick, "Chateau Belvidere," left for Toronto to-day. Dr. and Mrs. James Cappon and Miss Alice Macnee, Barrie street, will go abroad shortly and intend spending the winter in Sicily. Ex-Cadets Hughes and Evans

were in town for the McGill-R.M.C. football match. Mr. and Mrs. R. O Swezey return- for the 20th of October.

ed to Montreal on Saturday. Mrs. Henry Casey, McLeod, Alta. is the guest of Mrs. Herbert Robinson, King street west.

Mr. and Mrs. Robert McMahon, Alfred street, and Miss Helen Wil- tunity of seeing. son motored to Toronto for the week-end.

Mr. and Mrs. C. R. Alarie, Brock street, have returned home after spending two weeks in Elmira, N.Y., city. In railway stations, large and and Toronto.

ronto last week when she was call- are found who are ready to help ed to the bar, has returned to Ot- their travelling sisters. They see

left to-day for Brockville, to attend the unprincipled man or woman, is can be answered by Miss Helen F. the C.W.L. convention. While there settled in a respectable home, they Knight, English representative and

bel McKenzie, Kingston, were in Ottawa for the Harrell-Hewton wedding on Saturday. Miss Florence O'Donnell, Arch street, left for Rochester, N.Y., to- Council of Women.

TO-MORROW'S HOROSCOPE BY GENEVIEVE REMEA

TUESDAY, OCTOBER 23. A dangerous day is foretold from this day's planetary figure, in which the disruptive and eccentric Uranus holds powerful place. Under this

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figure it may be well to shun new enterprises and to be especially respectful of the conventional manner of attending both to business and social affairs. The portentous infuence of the aforesaid malefic is supported by the affliction of Mercury, predisposing to irregularity and irresponsibility with speech and pen. Young persons, especially. should be most circumspect, lest sorrow follow.

Those whose birthday it is have the presage of a disastrous year unless they rigorously follow the beattracks of business and social methods. All eccentric and irregular transactions should be avoided, as should new enterprises. A child born on this day may require rigorous training in poice.



Who has been appointed Girls' Work Secretary for the Canadian Methodist of the Canadian Girls in Training movement. She is also a member of the family which founded the Allison niversity at Sackville, Nova Scotia.

#### The Editor Hears

That much interest is taken Queen's University circles in the news that the corner stone of the long looked-for Women's Residence is to be laid on November 10th. Queen's Alumnae Association has worked long and faithfully with the object of a residence for Queen's girls in view and the public will congratulate the society upon the success of their labors.

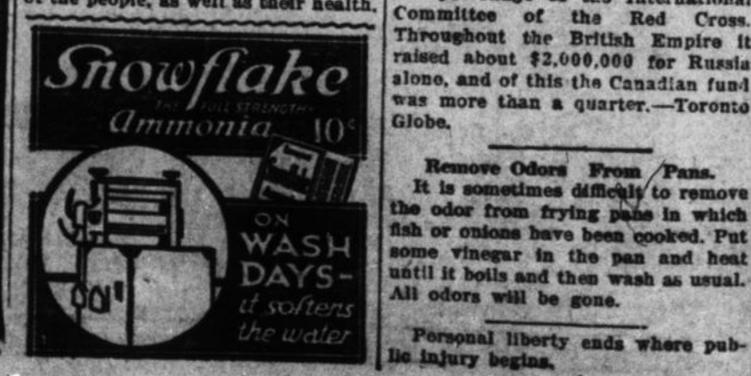
That the flowers shown on the market on Saturday were remark ably fine and a most unusual sight

That Queen's Faculty Players are preparing some interesting plays for the enjoyment of the club, which the public will hope to have an oppor-

That the work of a Travellers Aid can be better appreciated by the travelling public than by those who seldom venture forth from their own small throughout Canada and the Miss Mary Taylor, who was in To- United States, kindly helpful women that the young girl coming from the Mrs. J. F. Quinn, Alfred street, country, who is an easy mark for Fund"? This is a question which she will be the guest of Mrs. War- guide older women, perhaps on their organizer of the fund, who is a way to a hospital, to their destina- present in Terento. During last sum Miss Frances Murray, King street, tion, and many a young girl being mer Miss Knight visited Victoria, was in Toronto for the football lured from her home has been saved Vancouver, Calgary, Winnipeg and before it is too late by the kindly Edmonton on behalf of her mission. Mrs. H. Arthurs and Miss Anna- and sympathetic advice of the and also desivered addresses before Tavellers Aid, who opened up a way the annual conventions of the Nato safety. Kingston has had a tional Council of Women and the Travellers Aid for some years, the Catholic Women's League at Halifax, work been undertaken by the Local before the Federated Women's In-

> What is Social Hygiene? The Canadian Social Hygiene Council is a Dominion-wide organization with branches in all parts of Canada. It is recognized by the Dominion government and by various of the provincial governments. It was originally formed because of the discovery of a new disease problem and at first its main function was to enlist popular support for the government programme for vanereal dis-

ease control. As time has gone on, however, the council's function has gone far beyond this. It has been found that although there is obviously a serious disease problem, behind it there are social and moral problems which investigation of the disease question has brought to light. Hundreds of thousands of disease cases in Canada, in practically every community in the country, mean not only that thousands of families in all parts of the country are affected by results. but also that subtle factors are oper- Save-the-children Fund is a branch those factors concern the morality. the normal living and the happiness of the people, as well as their health



### FLAVOUR

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TOMORROW'S MENU

Breakfast Grapefruit Cereal 3

Coffee Boiled Eggs Wholewheat Toast

Luncheon Baked Beans Celery Catsup Rolls.

Dinner Beef en Casserole Baked Sweet Potatoes Apple-Onion Salad with Mayonnaise Dressing Cottage Pudding

Dishes in This Week's Menus.

Beef en Casserole: Cut cold, leftover, cooked beef into dice. Measure. You will need two cupsful for this recipe. Put these cubes in a cassebake 40 minutes longer in a slightly a liquid lemon sauce. hotter oven. Serve in the dish.

Apple-Onion Salad; This is a good salad to serve frequently if your family is fond of onions. Pare, core and dice any kind of eating apples and add to them one-third their bulk of chopped raw onion. Moisten with Mayonpaice dressing and serve on lettuce. Or, if preferred, serve time, however, owing to the great this salad in apple cases (hollow out number received. So if a personal the inside of the apples, to use in or quicker reply is desired, a stampthe salad). In this case, no lettuce ed and self-addressed envelope must

left-over baked beans. There should number, and the name of your city be about one pint of them. Heat and province.

them in the frying pan in one tablespoon of bacon fat and let fry for five minutes, stirring often. Then add to the hot beans one can of corn-Cover the pan and let continue to cook until the corn is hot, then serve garnished with broken bits of crisply-fried bacon.

Lima Beans Supreme: Peel and chop one large onion. Fry it in one teaspoon of olive oil till light brown in color, then add one tablespoon of tomato catsup, one teaspoon of salt, a pinch of sage, salt and pepper to suite individual taste, and a little chopped parsley. Let come to a boil. then add one quart of canned Ifma beans and mix well. Let cook for ten minutes before serving.

Steamed Carrot Pudding: Grate enough raw, pared potato to make a generous cupful, then add to it one teaspoon of baking soda. Combine this grated potato with one cup o raw, grated carrot, and add one cup role with two cups of either left-over of chopped suet, one cup of flour, brown gravy or brown sauce; now one cup of seeded raisins. one-matf add one cup of pared, diced, raw car- teaspoon each of ground cinnamon rots, two large peeled onions, which and nutmeg, and a large pinch of have been parboiled for 15 minutes mace; flavor with the juice of one-(slice them into the casserole) one half lemon, add a pinch of salt, and cup of canned tomatoes, a drop or turn the mixture into any can which two of Worcester Sauce, and salt and has a tight-fitting cover, not filling pepper to season well; cover the this can more than three-fourths dish and let bake in a moderate oven full. The on cover and sink the can for one hour, then add enough par- in a large saucepan containing boiled, diced potatoes to serve your fam- ing water. Let the water boil around ily; cover the dish again, and let the can for two hours. Serve with

Tomorrow-Answered Letters.

All inquiries addressed to Miss Kirkman in care of the "Efficient Housek'seping" department will be answered in these columns in their turn. This requires considerable be enclosed with the question. Be Bean-Corn Dish: This is made c: sure to use YOUR full name, street

SAVE THE CHILDREN FUND. What is "The Save-the-children usca stitutes at Fredericton, and before the Daughters of the Empire at Quebec. Already in Toronto she has spoken to several organizations, and hopes soon to be in touch with many more. The aim is to awaken as much interest as possible in the work in Canada and to secure funds for its

maintenance. It is also hoped that Canada will become a unit in the -built for real service. The Save-the-children Fund is British organization which came into being in April, 1919, and sent its first rejief to Vienna, this being speedily followed by grants to Armenia, Hungary, Czechoslovakia and other places. Altogether, it has Mop helped to save child life in twelve countries, and dispenses aid regardless of race, creed or color. Little children are suffering, starving and dying. That is all this organization CHANNELL needs to know. It matters not where the children are, nor what has led to their sad plight; it matters not whether they belong to friends or Nothing equals the beautiful, soft foes of the British Empire-all possible aid is extended. The British of the Save-the-children Fund Inter-

Throughout the British Empire it raised about \$2,000,000 for Russia alone, and of this the Canadian fund was more than a quarter .- Toronto Remove Odors From Pans. It is sometimes difficult to remove the odor from frying pans in which fish or onions have been cooked. Put

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national Union, Geneva, and is under

the patronage of the International

times

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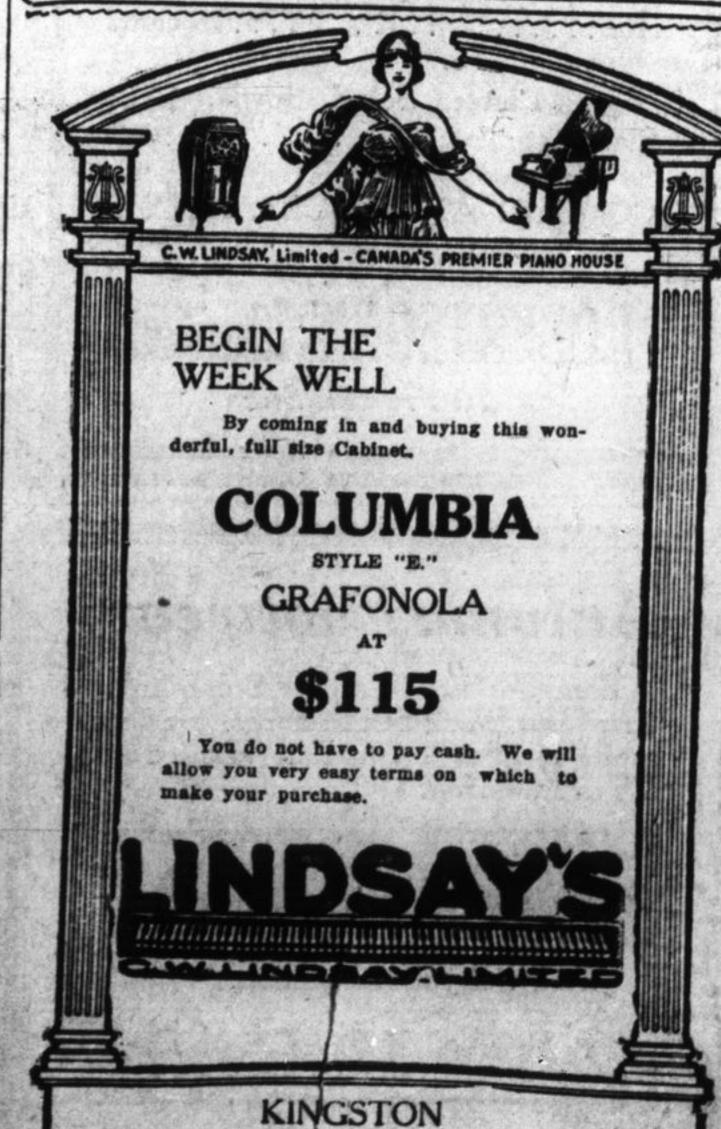
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