

NEWS AND VIEWS FOR WOMEN READERS

LIFE'S SOCIAL SIDE

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

The cadets of the Royal Military College were hosts of a jolly dance on Saturday evening for the visiting team from McGill University.

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

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

among the out-of-town guests at a luncheon at the Belleville Golf Club, on Wednesday, at which covers were laid for twenty-six.

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 hostesses.

Mr. and Mrs. William Coon, Elgin, are the guests of Mr. and Mrs. W. F. Peters, Ordinance 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, Fort Hope, are the guests of Mrs. H. E. Peice, 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. Meredith.

Mrs. K. N. Fenwick, "Chateau Belvidere," left for Toronto today.

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. Sweeney returned 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 Wilson 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., and Toronto.

Miss Mary Taylor, who was in Toronto last week when she was called to the bar, has returned to Ottawa.

Mrs. J. F. Quinn, Alfred street, left today for Brockville, to attend the C.W.L. convention. While there she will be the guest of Mrs. Warren Dool.

Miss Frances Murray, King street, was in Toronto for the football match.

Mrs. H. Arthur and Miss Annabel McKenzie, Kingston, were in Ottawa for the Harrell-Hawton wedding on Saturday.

Miss Florence O'Donnell, Arch street, left for Rochester, N.Y., today.

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.

Those whose birthday it is have the presage of a disastrous year unless they rigorously follow the beaten tracks 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 polo.



MISS MARY R. ALLISON, B.A., who has been appointed Girls' Work Secretary for the Canadian Methodist church.

The Editor hears

That much interest is taken in 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.

That the flowers shown on the market on Saturday were remarkably fine and a most unusual sight for the 20th of October.

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

That the work of a Travellers Aid can be better appreciated by those who seldom venture forth from their own city.

That the young girl coming from the country, who is an easy mark for the unprincipled man or woman, is settled in a respectable home, they guide older women, perhaps on their way to a hospital, to their destination.

That the Travellers Aid, who opened up a way to safety, Kingston has had a Travellers Aid for some years, the work been undertaken by the Local Council of Women.

What is Social Hygiene? The Canadian Social Hygiene Council is a Dominion-wide organization with branches in all parts of Canada.

The Save-the-children Fund is a British organization which came into being in April, 1919, and sent its first relief to Vienna.

Remove Odors From Pans. It is sometimes difficult to remove the odor from frying pans in which fish or onions have been cooked.

Personal liberty ends where public injury begins.

FLAVOUR - the charm of

"SALADA" TEA

Is in its unique flavour of rich delicacy. And it never varies. All grocers sell "Salada" in sealed metal packets only.



TOMORROW'S MENU table with columns for Breakfast, Luncheon, Dinner, and Dishes in This Week's Menus.

Beef en Casserole: Cut cold, left-over, cooked beef into dice. Measure you will need two cupsful for this recipe.

Apple-Onion Salad: This is a good salad to serve frequently if your family is fond of onions.

Bean-Corn Dish: This is made of left-over baked beans. There should be about one pint of them. Heat

them in the frying pan in one tablespoon of bacon fat and let fry for five minutes, stirring often.

Lima Beans Supreme: Peel and chop one large onion. Fry it in one teaspoon of olive oil till light brown in color.

Steamed Carrot Pudding: Grate enough raw, pared potato to make a generous cupful, then add to it one teaspoon of baking soda.

All inquiries addressed to Miss Kirkman in care of the "Efficient Housekeeping" department will be answered in these columns in their turn.

Tomorrow—Answered Letters.

SAVE THE CHILDREN FUND. What is "The Save-the-children Fund"? This is a question which can be answered by Miss Helen F. Knight.

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Cook's Regulating Compound. A safe, reliable, regulating medicine.

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Miss Allen's TESTED RECIPES

No. 9

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 tablespoonfuls melted Crisco 1/2 cupful sugar 2 eggs 1 cupful milk 1 1/2 teaspoonfuls flour 1/2 cupful cornmeal 2 teaspoonfuls baking powder 1/2 teaspoonful salt

Beat the eggs in a bowl, add the 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 mixture. Stir until smooth and then pour into a Criscoed baking pan. Bake in a hot oven fifteen to twenty minutes.

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TO-MORROW'S HOROSCOPE BY GERVILVE KERRILL

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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