

NEWS AND VIEWS FOR WOMEN READERS



TOMORROW'S MENU. Breakfast. Stewed Prunes. Cereal. Waffles, Maple Syrup. Coffee. Dinner. Celery. Roast of Beef. Canned Corn. Potatoes. Fruit Salad. Coffee, Lemon Meringue Pie. Supper. Olives. Scrambled Eggs. Jam Sandwiches. Cocoa. Doughnuts.

Crochet Directions for An Infant's Helmet Hood. "Not long ago you printed a request, from another reader, for crochet directions for a baby's aviation cap. I believe this reader has in mind the following—although my directions call for artificial silk and not for wool. However, she can experiment, using wool instead of silk."

"Baby's Crocheted Helmet Hood: Two tubes of Belding's Stylox Sweater yarn (artificial silk) and a number seven or eight steel crochet hook. Begin by chaining ten; join, D. S. C. in ring. Row two: Two S. C. in every third st. so that you have five sections, the two single crochet being the centre of miter. Two S. C. into every miter, increasing one S. C. in each section.

Row three: Having four S. C. between miters. Row four: Having five S. C. between miters. Row 5: Having six S. C. between miters. Continue in this way till you have 13 S. C. between each miter, then single crochet around without increasing for next six rows.

We'll Back Vicks Against Any Cold In Kingston. We'll back a jar of Vicks VapoRub against any cold in Kingston and vicinity.

Get a 50c. jar of Vicks at your druggist's. Use all or part of it. If you are not satisfied with the results mail the top of the carton to Vicks Chemical Company, 344 St. Paul Street W., Montreal, and we will gladly refund the purchase price. We make the above offer because Vicks certainly does give quick relief in the majority of cases.

Miss Amy A. Pond, Apr. 29, 50 King St., Sherbrooke, Quebec, writes: "Vicks VapoRub is one of the best remedies for colds that I have been able to get hold of. I had a very severe cold on my chest and I applied Vicks VapoRub and got great results. The cold seemed to break up, and in a day or so I was almost free from a cold."

Vicks is the original, direct treatment for all cold troubles—rubbed on—absorbed like a liniment—and, at the same time, inhaled as a vapor.

At all drug stores 50c. a jar. For a free test size package, write Vicks Chemical Co., 344 St. Paul St. W., Montreal, P. Q.

Though Vicks is new in Canada it has a remarkable sale in the States. Over 17 million jars used yearly.

GALLAGHER'S TAXI SERVICE 960 DAY AND NIGHT

KI-MOIDS QUICK RELIEF For INDIGESTION

Ends Stubborn Coughs in a Hurry. For real effectiveness, this old home-made remedy has no equal. Satisfying and pleasant.

You'll never know how quickly a bad cough can be conquered, until you try this famous old home-made remedy. Anyone who has coughed all night and all night, will say that the immediate relief given is almost like magic. It takes but a moment to prepare and really there is nothing better for coughs.

Into a 16-oz. bottle, put 2 1/2 ounces of Pinex; then add plain granulated sugar syrup to the 16 ounces. Or you can use clarified molasses, honey, or corn syrup, instead of sugar syrup. Either way, this mixture saves about two-thirds of the money usually spent for cough preparations, and gives you a more positive, effective remedy. It keeps perfectly and tastes pleasant—children like it.

You can feel this takes hold instantly, soothing and healing the membranes in all the air passages. It promptly loosens a dry, tight cough, and soon you will notice the phlegm thin out, and then disappear altogether. A day's use will usually break up an ordinary throat or chest cold, and it is also splendid for bronchitis, croup, hoarseness, and bronchial asthma.

points to prosperous conditions in ecclesiastic and benevolent activities. There is a warning against signing any writings without great caution. Those whose birthday it is are under a rule making for trouble with writings and with young people. Attention to this warning and to business will bring success. A child born on this day may be talkative unless it is well trained, but it will succeed.

Monday's horoscope holds prophecy for fairly successful conditions in business, but warns against troubles in home or heart affairs. In the latter realm sickness or disappointment may enter. Beware speculation in business, but new projects may flourish and employment bring benefits. Those whose birthday it is may expect a good year in business or employment if they avoid speculation. In the home or realm of the affections there may be disappointment. A child born on this day will be fortunate in business or employment but may exercise some disappointment in its other relations.

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.

About Christmas. There are lots of interesting things connected with Christmas Day—its meaning and significance, its observance in other countries, its symbols and superstitions, and the date itself is of interest in an historical way. Many facts have been gathered about this great world celebration. Do you know what the word "Christmas" really means? The word is derived from the word "Christ," and the Saxon word "Mooese," which means mass, or feast; and so Christmas means the feast of Christ, and in honor of His birth—in the hope of perpetuating His great spirit of love and charity and friendship is it celebrated today. The celebration of the day as a great holiday dates back to pagan times, when the Winter Solstice was observed. Scandinavian mythology tells us that during the Yuletide, which falls at this same time of the year, there was a peace among the gods, and that all strife and work ceased. This Scandinavian idea, combined with the old pagan celebration, is perhaps the underlying thought in our observance of a holiday when work is stopped and peace is supposed to reign over all.

WHY THE WEATHER? DR. CHARLES F. BROOKS Secretary, American Meteorological Society, Tells How.

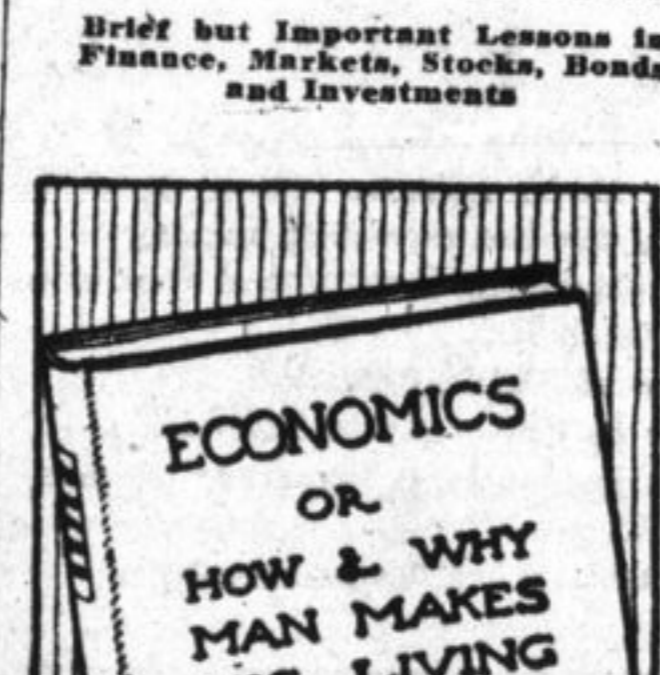
Winter Storms Move Fast. Winter storms in the United States and southern Canada move much more rapidly than those of summer. The average advance in the cold months is a little more than 700 miles in 24 hours, or nearly 30 miles an hour, while in the summer the speed is only 500 miles, or a trifle over 20 miles an hour. The reason for the difference is the greater temperature differences between the north and south in winter. The south is colder during winter than summer, but in the north, near the same ratio as in the north. Therefore, general pressure differences and the prevailing winds which carry the storm are correspondingly greater during winter than summer. In the high following the winter cold wave the barometer may stand above 30.50 inches, and occasionally it mounts nearly to 31 inches, far above any normal summer pressure. Also in winter the low pressure is more extreme than in the warm months. It is because of the great differences in pressure between the high and low that winter winds are much stronger than those of summer. Wind velocity depends upon this so-called gradient, the greater the pressure and the shorter the distance between points of high and low the stronger the wind.

TOMORROW'S HOROSCOPE BY GENEVIEVE KEMEL. SUNDAY AND MONDAY DECEMBER 16-17. Sunday's astrological forecast out.

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MONEY AT WORK. Brief but Important Lessons in Finance, Markets, Stocks, Bonds and Investments.



Economics has become one of our most-used words. Just what is its exact meaning? Economics is the science that deals with material human wants and the means by which they are satisfied.

It is plain that our wants are not limited to necessities. We don't eat to live; instead we often live to eat. We are not satisfied with warm clothing, or weather-proof housing. They must be ornamental as well. There is apparently no end to the wants of man; no one is absolutely satisfied; the more we get, the more we want.

In order to attempt to satisfy these numerous wants, we have to work. No one except Aladdin with his lamp ever figured out a way to satisfy wants without working. In economics, then, we study about what a man wants and how he works to get it. To sum it up, economics is the study of how everybody makes his living.

Turkish Business. Commercial reports coming out of Turkey indicate that the Turk is feeling the loss of the Greeks and Armenians, literally driven into the sea by the crushing armies of Kemal. Though the country is getting on its feet to some extent, its business is noticeably affected by the absence of these thrifty tradesmen and workers, who formerly were regarded with the utmost hostility by the thrifless natives. The Turk has been notorious for his shiftlessness, the prosperity of the old Ottoman Empire having been built by the now exiled peoples.—Louisville Courier-Journal.

Neighbors are people who live near you. You wish some would move and some wish you would move.

AN AWFUL ATTACK OF PIMPLES ALL OVER HIS FACE. Pimples breaking out on the face and other parts of the body is a sure sign that the blood is not in proper shape.

While the skin is the object of the attack the real seat of the disease is in the blood on account of the entire circulation being poisoned. Burdock Blood Bitters quickly and effectively banishes pimples and all other skin diseases as it goes right to the root of the trouble by cleansing and enriching the blood. Mr. Conrad Anderson, Kelso, Sask., writes: "A year ago I had an awful attack of pimples. They broke out all over my face and I could not get rid of them in any way. One day a friend told me about your Burdock Blood Bitters and let me have a bottle he had to spare. After using it I noticed a change, so I bought three more bottles, and now I don't know there is such a thing as pimples." B.B.B. is manufactured only by The T. Millburn Co., Limited, Toronto.

AUCTION BRIDGE ANALYZED BY WYNNE FERGUSON. Author of the Authoritative Book: "Auction Bridge for 1923."

"Attention" is Key to Good Play, Says Ferguson—Bridge Expert Tells the Advantages of the Redoubled No Trump. If the average player were asked what part of the game of auction appeals to him the most, he would undoubtedly reply: "The play of the hands." It is remarkable that this is true, for the bidding is infinitely more important than the play, and yet the majority of auction players take much more interest in the play.

You often hear the expression: "If I could only play the cards like so and so," but never "If I could only bid my hands like so and so." The reason for this attitude is probably the fact that the play of the hands is a concrete proposition, while the bidding is more or less an abstract one. Whatever the reason, auction players everywhere admire the good player more than the good bidder and are continually striving to improve their play.

What makes the good player and why does one show so much more ability in this line than his fellow players? The difference between good and bad play is attention, constant attention, continuous attention. Don't ascribe your bad play to lack of memory. You cannot forget what you never knew. The most irritating errors occur through want of attention. The good player, the one you admire, is probably no better player than you, but the attention he pays to the game is probably 100 per cent. while yours is 25 per cent. or less.

The first thing to learn if you wish to become a good player is to notice what cards are played. Don't play along until the middle of the hand and suddenly wake up to the fact that you don't know what has been played. Without that knowledge you are obliged to guess, and guess work is always unsatisfactory. Cultivate your attention. Don't miss a card and your play of the hands will soon improve a hundred per cent. Remember, the difference between good and bad play is attention—attention—attention—continuous attention.

THE REDOUBLED NO TRUMP. In several previous articles, the writer has called attention to the value of a redouble when your partner's no-trump bid has been doubled. This redouble is undoubtedly the strongest defense to the informatory double that has yet been invented. Suppose your partner deals and bids one no-trump, second hand doubles and you also hold a no-trump. In what way can you give this information except by the redouble? The redouble should inform your partner that you also have a no-trump and that the doubler is sandwiched in between two good hands. From now on you should play for penalties.

The following hand was played the other night in a big match game and illustrates perfectly the redouble and its great possibilities:

h-K 10 3 c-Q 7 3 d-K J 4 s-K Q J 7. Y (Dealer) Z. h-9 6 5 c-6 4 2 d-10 9 2 s-10 9 6 2. h-A Q 7 2 c-K 10 9 d-Q 8 6 5 s-4 3. No score, first game, Z dealt and bid one no-trump. A doubled and Y, with a no-trump hand, redoubled. This redouble told Z that his partner had a big hand and to play for penalties. B bid two spades, Z and A passed and Y doubled and all passed. The contract was defeated 400 points, while if Y had bid two no-trump he and his partner would have scored only three odd. Quite a difference but nothing unusual in cases where the redouble is sound! Be on the lookout for such hands.

HERE ARE SOME PROBLEMS. The other night and caused considerable discussion as to the proper bidding of B's hand:

h-10 6 c-7 4 2 d-9 2 s-K Q 10 9 8 7. No score, rubber game. Z dealt and bid one diamond, A one heart, Y four diamonds, B and Z passed and A bid four hearts. Y and B passed, Z doubled and A and Y passed. Should B bid four spades over the double or pass? An analysis of this hand will be given in the next article.

PROBLEM. h-none c-A Q 7 6 d-none s-9 8. Y (Dealer) Z. h-Q c-10 8 3 d-A 4 s-none. Hearts are trumps and Z is in the lead. How can Y Z win five of the six tricks against any defense. Solution next week.

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THE CAT CAME BACK AND GOT THE SHOULDER. The return of the "Crown Prince" to Germany has failed to make any impression on the political life of Germany. From the News of the World.

EAT MacKEY'S BETTER BREAD. BECAUSE: A liberal amount of Malt Extract goes into each dough, increasing its nutrition, adding to its flavour and color. MACKEY'S BREAD Phone 834.

MAKE THIS AN ELECTRICAL CHRISTMAS. See that this year's gifts are the kind that will give life-long happiness. Here are a few suggestions: FOR THE FAMILY—A RADIO SET would be most appropriate. It will give them years of entertainment. FOR THE WOMEN FOLK—Curling Irons, Boudoir Irons, Boudoir Lamps, Table and Piano Lamps. Come in and see the above at The H. W. Newman Electric Co. 167 PRINCESS STREET PHONE 441 KINGSTON'S PIONEER RADIO SUPPLY HOUSE

Christmas comes but once a year, And when it comes, it brings good cheer, So, open your bottle without a tear, Remember Bluawine TONIC IS SOLD HERE At All Reliable Druggists THE ONTARIO WINE COMPANY, Lake Shore Road, New Toronto. Telephone Lakeside 5454.

After Dishwashing! Campana's Italian Balm. is simply wonderful for keeping the hands beautifully white and soft and smooth. Positively prevents redness and chapping. Use it at once after washing dishes, and note the improvement of your hands. Keep a bottle handy by the kitchen sink On Sale at All Drug Stores

Miss Ellis' Rescuer. Mrs. Starr, the nurse who went so bravely to rescue Miss Mollie Ellis, when she was kidnapped by the Indian frontier tribesmen, is to marry a major of the 1st Punjab. Her former husband, Dr. Starr, was murdered before her eyes by tribesmen, which makes the more remarkable her courage in adventuring after Miss Ellis and her devoted nursing work, because among her patients are many tribesmen of the same area as her late husband's assassins. According to Mrs. Starr, the border outrage in which Miss Ellis was kidnapped may be traced to the humiliation of certain wild tribesmen. They had concealed stolen guns by assuming women's attire and hiding the weapons under their saris. When they were searched and the arms confiscated, which drew upon them such Rabelaisian satire from their wretched life, without some signal revenge, became unendurable.

A Bank's Successful Advertising. On the eightieth anniversary of a dignified and solid New York national bank, it had deposits amounting to \$8,000,000. At that time, a young man became its president. He had progressive ideas and, without sacrificing the bank's quality, he started an advertising campaign. The result, after four years, was a great increase in deposits, a national bank, it had deposits 800,000.