

NEWS AND VIEWS FOR WOMEN READERS

LIFE'S SOCIAL SIDE

Editor of Women's Page, Telephone 248. Private phone 537.

"One of the most delightful dances ever given at R.M.C." was the verdict on the lips of the hundreds of guests who accepted the invitation of the commandant, staff and gentlemen cadets of the Royal Military College to the Christmas dance of 1923 on Friday evening.

Halloway Waddell, Mr. and Mrs. A. N. Lyster, Mr. and Mrs. P. Du Moulin, Mr. and Mrs. S. M. Robertson, Mrs. Lee, Major and Mrs. Frederick Alderson, Mrs. A. S. Evans, Mr. and Mrs. W. A. Mitchell, Mr. and Mrs. F. A. Dench, Mrs. W. A. Sawyer, Mr. and Mrs. Edward Rees, Mrs. Guy Boyer, (Montreal), Mr. and Mrs. W. J. Fair, Dr. and Mrs. A. W. Winnett, Mrs. R. McMichael, Judge and Mrs. Lane and a party, Mrs. T. C. Boutillier, (Montreal).

The Bishop of Ontario, the Dean of Ontario, Mrs. Constantine, Major and Mrs. Turner, Mrs. W. B. Carey, Mrs. G. B. Rooney, Col. and Mrs. H. E. Ernest Sparks, Col. and Mrs. H. E. Boak (Toronto), Mr. and Mrs. H. C. Nickle, Brig.-General and Mrs. A. E. Ross, Dr. Carl Ford (Montreal), Mr. and Mrs. W. J. Gibson, Mr. and Mrs. Ambrose Shea, Lieut.-Col. and Mrs. J. S. Skinner, Mrs. A. H. Fair, Mr. and Mrs. C. E. Taylor, Mrs. Van Wron, Mr. and Mrs. W. K. MacInne, Col. and Mrs. Felix Johnson, Rev. W. E. Kidd and Mrs. Kidd, Mr. and Mrs. H. F. Richardson, Mr. and Mrs. Ernest Cunningham, Mr. and Mrs. T. A. Kidd, Col. and Mrs. W. T. Connell, Mrs. Ford, Capt. and Mrs. Hurd, Col. and Mrs. W. P. Wilgar, Major and Mrs. Hugh Wotherpoon, Prof. and Mrs. Manley Baker, Dr. and Mrs. James Miller, Prof. and Mrs. Jemmett, Mrs. Ganong (Toronto).

Miss Alison Macdonell, Miss Barbara and Miss Peggy Bidwell, Miss Helen Strange, Miss Kitty and Miss Jessie Torrance, Miss Ottilie Kerr, (Toronto), Miss Caroline Mitchell, Miss Rosalie Britton, (Montreal), Miss Mary Mann, Miss Nan Lewis, Miss Ganong, Miss Broughall, (Toronto), Miss Vivian White, Miss Doris McKay, Miss Charlotte Harwood, Miss Lillian Adair, (Montreal), Miss Helen Tofield, Miss Grace Moores, Miss Carol Patterson (Montreal), Miss Vivian McCartney, Miss Anna Mahood, Miss Jessie Wright (Toronto), Miss Shirley Stewart (Ottawa), Miss Lillian Fair, Miss Mary Ogilvie, Miss Audrey Cook (Montreal), Miss Nevada Best, Miss Gwendolyn Dawson, Miss Louise Hill, Miss Kathleen Rosamonde (Almonte), Miss Anne Langwith, Miss Frances Murray, Miss Marjorie Harvey, Miss Marion and Miss Jean Lambly (Montreal), Miss Jessie Mair, Miss Jean Fraser (Montreal), Miss Marjorie Evans, Miss Lois Taylor, Miss Maybell Forest (Port Hope), Miss Grace Rowley (Montreal), Miss Gwendy Matheson (Ottawa), Miss Amy Wilkinson (Brookville), Miss Mary Macgillivray, Miss Athol Jackson (Brookville), Miss Olive Allen (Goderich), Miss Ruth Ladore (Windsor), Miss Francesca Foulkes, Miss Helen Steacy, Miss Clara Farrell, Miss Marjorie Booth, Miss Joyce Cowie, Miss Heather Cassies (Montreal), Miss T. Gallagher, Miss Nan Heeney (Ottawa), Miss Nora Macnee, Miss Cecil Macnee, Miss Laura Kilborn, Miss Eleanor Phelan, Miss Mary Morrison, Miss W. Nobes, Miss Elizabeth Lyster, Miss Isabel Minnes, Miss Anella Minnes.

Miss Gildersleeve, Miss W. Gordon, Miss Tatton (Montreal), Miss Wilna Luxton, Miss Marion Bruton, Miss Flo Cunningham, Miss Margaret Light, Miss Hilda Langwith, Miss Alma R. Graham, Miss Beatrice Bedell (Bowmanville), Miss Nora Mac-



TOMORROW'S MENU. Breakfast: Grapefruit, Cereal, Wholewheat Griddlecakes, Maple Syrup, Coffee. Dinner: Roast of Pork, Mashed Potatoes, Lima Beans, Apple Sauce, Lettuce, French Dressing, Coffee, Raisin Pie. Supper: Cottage Cheese Loaf with Pimento Sauce, Quick Biscuit, Cocoa, Cakes, Preserves.

Feeding the Child of School Age. So many mothers write me to ask how they shall feed their children of school age. Here is a nourishing diet for children from nine to 15 years old: Breakfast: An orange, stewed prunes, or an apple. One helping of cereal if no egg is served; otherwise, two helpings of cereal. Milk on cereal and to drink. (Of course sugar on cereal). Two slices of toast. Noon Dinner: An ordinary serving of some meat. White potato or sweet potato prepared in any way that requires no frying. Some sort of vegetable (one of the "bulky" vegetables should be served frequently—such as carrots, squash, beets, stewed celery, spinach or turnip; the stringy fibres of these vegetables are called "roughage" and act as a broom in sweeping out the intestines). Bread and butter. A simple dessert such as bread pudding, corn starch puddings, custard, or a fruit desert. Supper: A cream soup is very nourishing and may be served as the main dish for supper. Other good

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Miss Lois Taylor, The Principal's Residence, Queen's University, gave a small dinner before the dance at the Royal Military College on Friday evening, for her guest, Miss Nan Lewis, Toronto.

Mrs. A. B. Cunningham gave a Christmas tree on Friday afternoon for her little grandson and her small niece, Elizabeth Boak, Toronto.

A jolly dinner was given at the Frontenac Club on Friday evening before the dance, by some of the ex-cadets in town.

Mrs. James Collins and J. P. Collins, Montreal, and Margaret Walker, New York, will be with Mr. and Mrs. Norton Collins, Alfred street, for Christmas.

Prof. J. K. Sandwell, of Queen's University, and Mrs. Sandwell leave for Montreal today and will be the guests of Mr. and Mrs. C. W. Simpson, until after Christmas.

COMING EVENTS Notice of future events, not intended to raise money, 2c. per word, minimum 50c.; if held to raise money, 4c. per word, minimum \$1.00. Reception and Personal Notices 25 words or less, \$1.00.

The Editor hears That the handsome oak pulpit in St. George's cathedral was presented to the cathedral by the children of the Sunday school and is most suitable and in keeping with the other church furnishings.

That Queen's girls care not a whit what they look like if only they get home for Christmas. A student who got a knock in the eye at basketball and who was in for a bad black eye if treatment was not applied at once, refused to miss the train home and started off with an eye that will astonish her family, rather than be delayed while the damage was repaired.

That Santa Claus will have to make the trip in a motor this year. The poor old reindeer are quite out of it and instead of the merry jingle of sleigh bells the honk of a motor horn will break the stillness of the morning air.

That the Kiwanians will see that no child in Kingston is left toothless at Christmas. We will hope the weatherman will at least give us a touch of frost to make things a bit more cheerful.

TO-MORROW'S HOROSCOPE BY GENEVIEVE KEMBLE

SUNDAY AND MONDAY DECEMBER 23-24. Sunday's horoscope holds conflicting figures which augur uncertainty and disagreements, notwithstanding the removal of a long-thwarting and perplexing situation.

WEDDINGS. Fair, Watts. At 12:45 o'clock on Saturday, the marriage was solemnized in the chapel of St. James' church of Elsie S. Watts, daughter of John G. Watts, Stuart street, and Roland J. Fair, son of Mrs. J. Marshall Fair, Aberdeen avenue. The bride wore a smart frock of bamboo colored tulle and carried a bouquet of red roses. The wedding was a very quiet one, the bride and groom leaving immediately on the fact train for the west, the bride wearing a dress of navy blue perle (with a small brown satin hat and brown suede shoes). Mrs. Valentine Stockwell, Alice street, entertained at dinner last evening before the dance at the Royal Military College.

street, has returned from Toronto where she was with her daughter, Mrs. R. F. Segsworth. Mrs. Edward Smythe, Mexico, who has been in Montreal with her family is now with Mr. and Mrs. W. Bartlett Dalton, West street. Major and Mrs. Noel Carr, "Elmhurst," will spend Christmas in Napanee.

Miss Florence Jackson, New York, Mr. and Mrs. Grant Potter and their son, Toronto, and William Potter, Tweed, will spend Christmas with Mr. and Mrs. William Jackson, William street west.

Dr. Carl Y. Ford, Montreal, is with the Dean of Ontario during his stay in town. Mr. and Mrs. Harold Davis, King street west, will go to Newmarket on Monday to spend the holiday season with Hon. E. J. Davis and Mrs. Davis. The Dean of Ontario will go to Montreal on Christmas Day to spend a few days with Dr. Carl Y. Ford, Prof. and Mrs. Manley B. Baker, William street, leave on Sunday for New York and Boston.

Miss Mary Ferguson and Robert Ferguson, Dental College, Toronto, will spend Christmas with their parents, Mr. and Mrs. T. H. Ferguson, Brock street, who will also have with them Mr. Ferguson's niece, Miss C. A. Donnelly, Montreal. Mr. and Mrs. Thomas Copley, Pine street, and their daughter, Dorothy, have left for Detroit, Mich., to spend the holiday season with Mr. and Mrs. Archibald Copley.

Mrs. George McKay and her children, Chicago, Ill., will arrive in town on Monday to spend the Christmas season with Mr. and Mrs. William McKay, 203 Collingwood street. Mr. McKay will join them at New Year's.

Miss Ethel Olive Joseph, Montreal, was with the Misses Waldron, Barrie street, while in town for the dance at the R.M.C. Mr. and Mrs. S. D. Robinson and their daughter, Joan, Fredericksburg, Miss., and Mrs. J. A. Waddell, Winchester, with her daughters, Mabel and Joan, are with Mr. and Mrs. W. J. Robinson, Division street, for the holiday season.

There will be a family reunion at the home of Mr. and Mrs. J. B. Cooke, Union street, at Christmas. Among those who are coming are Dr. Harry Cooke, Oshawa, Dr. Allan Cooke, Brockville, Norman Cooke, B.Sc., Cornwall, their sons; and Mrs. Wilson, Keewick, a daughter.

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