## NEWS AND VIEWS FOR WOMEN READERS

#### LIFE'S SOCIAL SIDE

Editor of Women's Page, Tele phone 248. Private 'phone 957w. . . .

In aid of the fund for furnishing the new nurses home at the Hotel Dieu the Nurses Alumnae gave entertainment on Tuesday evening in the recreating hall. A play titled "Mrs. Temple's Telegram' was put on under the direction Charles Gates and was well acted Mrs. Mary Gratton took the part of "Mrs. "emple," Miss Bessie Kane was "Mrs. Fuller," Miss Alice Finn. "Mrs. John Brown." E. Cousins took the part of "Mr. Temple," Charles Gates was splendid as "Mr. Fuller' John Lathey as "John Brown," J. Whelan as "Capt. Sparks," and Mr. Woodhouse as 'Wigson," the butler. Burt. Miss Marie Macdonald played several plano numbers between the acts.

The very pleasant function known as the birthday party of St. Andrew's Young Woman's Auxiliary was held in St. Andrew's Hall on Monday eve- Edward Whitty's, Sydenham. ning. Mrs. John Wright presided and the evening was spent in progressive games and music, Miss Ardelle Elder being the soloist. The life membership awarded annually was presented to Miss Ethel Davis sident was greatly surprised by the gift of a beautiful onyx clock. Miss R. McLean read the address and

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For aching backs, sore throats, that throbbing knee

-use Thermogene. THERMOGENE is a light, dry,

medicated wool that has taken the place of the

old-fashioned plaster and poultice. THERMOGENE

Get into the Game!

ARE you going to be a bystander all your life—a spectator, watching others do the

Get into the game! Make your body strong and healthy, your mind clear, and your nerves steady!

"Ovaltine" will build up your body, nerves and brain,-

made from ripe barley malt, creamy milk and fresh eggs, it is super-nourishment in highly concentrated form.

Make delicious "Ovaltine" your daily beverage. For breakfast, and you attack the day's work with new vigor. For dinner, and your end-of-the-day fatigue vanishes. Before retiring, and you are assured sound sleep throughout the night. And all the time, "Ovaltine" is restoring wasted tissues, soothing and strengthening worn nerves, reviving flagging energies—making you fit to "get into the game."

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TONIC FOOD BEVERAGE

big worth-while things?

generates heat that penetrates to the

very root of the pain and swiftly relieves

Your Doctor will recommend Thermogene.

Miss M. Gavine made the presentation. A feature of the evening was the grand march of the members who passed the great cardboard birthday cake and dropped their annual fee into its depth. Refreshments were served and "Auld Lang Syne" sung as the party broke up the evening of the fifth anniversary of the

A very enjoyable evening was spent on Friday at the home of Mr. and Mrs. O. B. Hegadorn, Westbrook, doors to some of their friends. The entertainment took the form of card party and the prizes were won by Mrs. E. M. Sproule and S. M.

Mrs. Charlie Keeler, Regina, Mr and Mrs. Charles Gibson, Inverary Miss Mabel Laturney, Kingston, also Goldie Whitty, Queen's University, Kingston, were recent visitors

street, is entertaining the junior Tuesday Bridge Club to-day

Mrs. R. A. Caughey, Collingwood Mrs. J. E. Mackay and her little and Miss Catharine Fairlie, the pre- son Teddy, Brockville; are with Mr. Mrs. W. R. Givens and Mrs. Se

when they opened their hospitable

Mrs. George W. Prescott, Huron street, Toronto, spent New Year's with George W. Prescott, at the Hotel Frontenac, Kingston. Mrs. Joseph Tyrrell, Toronto, who was with her daughter, Mrs. Arthur

Miss Doris McKay, Sydenham

and Mrs. W. T. Minnes, "Hillcroft."

Mrs. James Massie, Toronto, is in town with Mrs. R. J. McKelvey combe, "Maitland House," with Mrs.

MEDICATED

WADDING FOR

Bagot street. Dr. Dotwiler, Kitchener, who was in town on Monday in connection with the work of the W.T.C.U. was at the Y.W.C.A.

Mrs. J. L. Haycock, Sr., Adolphustown, is visiting her daughter, Mrs. L. Vosper, Alfred street. Alexander G. Sexsmith, Wolcott, N.Y., is spending a few weeks Kingston and Napanee.

Harmless Means

Of Reducing Fat

Many fat people fear ordinary means for reducing their weight. Here is an extraordinary method. Extraordinary

because while perfectly harmless no dieting or exercise are necessary. Mar-

mola Prescription Tablets are made

exactly in accordance with the famous

Marmola Prescription. You reduce

steadily and easily, with no ill effects.

Procure them from your druggist at
one dollar for a box or send price
direct to the Marmola Company, 4612

andward Avenue, Detroit, Mich.

H. K. Hill and her little son Harry,

will leave on Wednesday for Au-

burndale, Florida, to spend several

months. They will be joined later

by Mrs. A. Ashby, who is at present

Mrs. Charles Abbott and her baby

returned to Dunville to-day after a

visit at "Hillcroft" with Mr. and

Mr. and Mrs. John Nicolle, who

have been in Hamilton with Dr. and

Mrs. Noble Armstrong, have left for

Dalton, Gore street, has returned

Capt. W. and Capt. S. Macdonald

Buffato, N.Y., are with their sister,

in Alexandria.

California.

Mrs. W. T. Minnes:

#### The Editor Hears

That the number of children jured by the icy condition of the streets is unusually large. The little people who are not so heavy as their elders and have not so far to fall generally escape injury.

That the Kingston branch of the Red Cross Society is fortunate in having secured Mrs. A. E. Ross as the president for the ensuing year. Mrs. Ross has seen service overseas and in the military hospitals home and is splendidly fitted for her

That the latest cable from Berin reads: "The cabinet's decision to go after German spenders who are hampering the relief campaign abroad by their lavish display wealth and spending ability at winter resorts has sent the cold shivers down the backs of revellers at ex-

That Monday was a typical winter day and several hiking parties were arranged among the younger set.

That Mr. and Mrs. Snelgrove, otherwise "Rex" and "Zana" have been popular as ever in Kingston and have played to large playhouses. Everyone is sorry to hear this is their last week.

That the report of the Red Cross society shows the splendid work that has been done for the returned men who still bear in their bodies the wounds and infirmities of Mowat Hospital has been in the care of an energetic committee and the funds of the society were used to provide presents for all the patients.

#### TO-MORROW'S HOROSCOPE BY GENEVIEVE KEMBLE

WEDNESDAY, JANUARY 16. This is to be read as a day of "mixed influences," according to the vocabulary of the astrologers. While the luminaries and the convertible Mercury are in benefic aspect, Mars, Neptune and Venus are adverse, This must be interpreted as bringing good fortune to those in the employment of others and generally fore- bruises, bites, stings, casting encouraging transactions with those in authority, as well as promising a satisfactory business condition. Yet the Neptune rule warns of the possibility of intrigue or subtle attack. The Mars position warns against rash and quarrelsome conduct, and the Venus figure may

bring inharmony. Those who birthday it is may look for a generally favorable year if they will shun rash and ill-governed conduct and keep home affairs SERVICE harmonious. Those in the employment of others should benefit, and there may be recognition from superiors. A child born on this day will be clever, versatile and generally successful in life.

Mrs. Milton Sherman, Smith's Falls, while walking near the Methodist church was struck on head by an icicle which fell from the roof of the building. Four stitches were required to close the

The Rideau Gleaner is said to un the first paper published in Smith's Falls, published there in 1858 by G.

# Efficient

TOMORROW'S MENU Breakfast Stewed Prunes Fried Slice of Ham

Wholewheat Muffins Luncheon Fried Cornmeal Mush with Maple Syrup

Lettuce, French Dressing

Preserves

Dinner Puree of Vegetables Pot Roast Pie Baked Potatoes Canned String Beans Diced Oranges and Bananas With Mock Whipped Cream

ANSWERED LETTERS. S. B.; Kindly publish directions

Coffee

The. Childrens Cough Remedy

Hair Often Ruined By Careless Washing

If you want to keep your hair looking the best, be careful what you wash it with. Do not use prepared shampoos or anything else that contains too much free alkali. This dries the scalp, makes the hair brittle, and ruins it.

Mulsified cocoanut oil shampoo, which is pune and greaseless, and is better than anything else you can

Two or three teaspoonfuls of Mulsified is sufficient to cleanse the hair for 'Date Cup Cakes." and scalp thoroughly. Simply moisten the hair with water and rub it in. It makes an abundance of rich, creamy lather, which rinses out easily, removing every particle of dust, dirt, dandruff and excess oil. The fine and silky, bright, lustrous, fluffy, wavy, and easy to manage.

You can get Mulsified cocoanut oil hampoo at any drug store. It is inexevery member of the family for months. alsified. Beware of imitations. Look

#### pensive German and foreign resorts Trapper Finds Vicks Handy For A Host of Ills

Ontario Man Says It Is a Most Use- Tomorrow-Cooking on the Chafing ful Remedy.

Mr. C. Phoenix, of 755 Grey St., London, Ont., writes: "I am very pleased to recommend Vicks Vapo-Rub. I am a hunter, trader and trapper, also a fisherman. I use Vicks VapoRub in place of liniments, because it is very handy to carry and always gives such quick relief small animal and insect bites, and for chapped hands and lips. My boots would blister my feet and I rubbed it on them and it made them per's Friend.' I have not had a cold all winter and I go out all the time and sometimes stay out all night with

Southern druggist, is a combination peal of a Toronto woman internain salve form of Camphor, Menthol, tionalist and friend of the Soviet, for Eucalyptus, Thyme, Turpentine, etc. relief funds to send to Germany as Absorbed through the skin and at the same time inhaled as a vapor, Vicks reaches immediately inflamed

congested air passages. It is the modern, direct treatment for all cold troubles, the successor to aware that there would be post-war goose grease, camphorated oil, limi- prejudices, but they had friends ments, poultices and plasters. Used for croup and children's colds,

Vicks gives remarkably quick results and also avoids nauseating internal dosing. Just as good for cuts, burns, At all drug stores, 50c. a jar. For free test size package, write Vick Jackson said: Chemical Co., 344 St. Paul St., W.

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

### **GALLAGHER'S** TAXI

DAY AND NIGHT

SAVE THE TROUBLE OF COFFEE MAKING-US IT IS MADE

JUST DISSOLVE AND DRINK IT A GREAT CONVENIENCE AND OH, SO GOOD!

Answer: Buy one s ool of Motor Tie Silk, shaded brow number five and chain 23 stitches, using a number 13 steel crochet hook. Row One: I d.c. into the fourth st., 1 d.c., 1 ch. st., 2 d.c. all into the same stitch, \* skip three stitches, 2 d.c. 1 ch st. d.c. all into the next st from one fan, repeat. three times, 1 d.c. into last st., 3 ch., sts., turn Row Two: \* Fan over center st. fan of previous gow Repeat \* four times, 1 d.c. into last st., 3 ch. sts., turn, repeat till your tie measures 15 inches. Nex Row: To decrease make four fans and 2 d.c. over next fan, 3 ch. sts., turn, repeat for the next row, making the half at the opposite side decrease in this manner till you have only; three fans to the row. Next Row. d.c. repeat for 16 inches. Next Row: Three fans, then increase as

you decreased till you have five fans to the row. Continue making the short end ten inches long. Here is another splendid tie:

New-Stitch Silk Tie: Materiais. One spool of tie silk (any desired color) and a number 13 steel crochet hook. Begin by chaining 33, skip three sts. next the hook (One d.c. into next st., 1 d.c. into forlowing 2 sts., 3 ch., 1 s.c. into same st, as last d.c., skip 2 sts.). Repeat the directions between parenthe e all the way across, I turn Row Two: 2 d.c. over ras 3 ch., 1 s.c. into same space (skip 3 d.c., d.c. over next 3 ch., 3 ch., 1 s.c. into same space.) Repeat between parenthese all way across, 1 ch. Turn. Repeat second row for 14 1/2 inches. crease at each end in next two rows. To decrease at the beginning of the row, slip st over 4 d.c. To decrease at end row, do not work last 4 d.c. Work s.c. for 12-inches. Repeat second row, increasing 4 d. The best thing for steady use is c. at each end of next two rows. To increase work 4 d.c., 3 ch. 1 s c. into same space as last 4 d.c. Repeat second row 15 inches. Bride: "Kindly publish a recipe

Answer. Date Cup Cakes. Onefourth cup of butter, one and onetourth cups of brown sugar, onehalf cup of white sugar, two eggs, one-half cup of sweet milk, one hair dries quickly and evenly, and it cup of dates cut into strips and leaves the scalp soft, and the hair stoned (measured after removing stones and cutting them up) onehalf cup of dried currants, one and three-fourhs cups of flour, three teaspoons of baking powder, a pinch your druggist gives you of salt, one teaspoon of ground cinnomon and a pinch each of nutmeg and clove. Cream butter and sugar; add egg-yolks, the milk, and all the dry ingredients sifted together. Fold in beaten egg-whites and bake in a cup-cake pan for 25 minutes in

MOTHERS OF SLAIN SOLDIERS

Protest at Soviet Workers' Appea For Germans. There was a tense moment at the

Municipal Chapter, I:OD.E., meeting on Friday. After splendid reports which showed how Toronto's fiftyfive chapters are keeping faith with the men they pledged to uphold, just right. When I go trapping next their black-robed regent, Mrs. W. fall I will have plenty of Vicks Vapo- R. Jackson, stepped forward. From Rub in my kit. I call it the "Trap- her home went two boys who did not return and a third came back with but one leg!

In her hands Mrs. Jackson held Vicks VapoRub, the discovery of a a morning paper. It told of the apthey already had done for Russia. This internationalist proposes to raise such money in Toronto by dances, meetings, etc., and was |

among the radical professors, etc. Turning to Mrs. C. E. Burden, another soldier's mother, Mrs. Jackson asked her to take the chair, as

she wished to speak. In a voice that trembled, Mrs.

"I feel we would not be keeping faith with those who lie in France if we allow this to go on. We are not justified in feeding Germany now. When you go up to Christie Street Hospital and see those soldlers who need our help yet, when you see their children and women and some of our own half-starved war victims, I cannot help but raise my voice against this.

"I protest at this. "I am not going to be in this city which sent 60,000 to the front and see this kind of thing go on now. I move that this woman be not allowed to publicly raise such funds."

Then up spoke another woman in black, Mrs. Likens, the Municipal Standard-Bearer, mother of a soldier son killed the night she was holding an I.O.D.E. party for war funds, said in a small quiet voice:

"I second that motion!" Then rose still another bereavsaid she. Every woman stood!

## A CONTRACTOR CONTRACTOR Buy your tea from Lipton's they grow it and guarantee it Tea Planter

## EAT Mackey's Better Bread

BECAUSE

IT'S MADE WITH WHOLE MILK, RICH IN PROTEINS, MINERALS AND VITAMINES.

MACKEY'S BREAD PHONE 834.

## Annual Sale of Household Linens and Cottons

This Sale presents a splendid opportunity for housekeepers and prospective housekeepers to stock up or replenish their linen closets.

Tablecloths, Napkins, Towels, Sheets, Pillow Cases and many other useful articles can be purchased to splendid advantage. All high class quality goods from the best British and Canadian manufacturers.

W. N. Linton & Co. Phone 191. The Waldron Store.

# JANUARY

PLAYER PIANO

# MUSIC ROLLS

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MUSIC ROLLS

30c up

- Minmalal-Lack Manager AND PRANCEDS SIKNES KINGSTON

ed mother, Mrs. John Ince, regent of The voting upon the by-law to | and 199 against. The by-law there-Toronto's oldest chapter, St. George. raise \$15,000 by debenture for Ale fore is defeated. It is possible "Let us make it a standing vote," monte sidewalks and streets resulted that there may be a recount by the in a tie. There were 199 voters for county judge.



Eat more of them! Moir's Chocolates