NEWS AND VIEWS FOR WOMEN READERS

LIFE'S SOCIAL SIDE

Editor of Women's Page, Telephone 2618. Private 'phone 857w.

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Hon. W. F. Nickle entertained at luncheon at the Frontenac Club on Friday in honor of Hon. Dr. Forbes Godfrey, minister of Public Health. The guests were, Mr. Melville, president of Trades and Labor Council, Mr. Ritchie, secretary of the Trades and Labor Council, Dr. Ryan, Superintendant of Rockwood Hospital, Dr. A. E. Ross, M.P., Mr. Clark, president of the Aescalapian Society, Dr. McNiel, registrar of Queen's University, Dean J. C. Connell, president of the Kingston Tuberculosis Association, Mayor Angrove, Dr. Sands, secretary of the Board of Health, Dr. A. R. B. Williamson, medical health officer, J. M. Campbell, Dr. Bruce Hopkins, superintendant of Mowat Sanitorium, Frederick Taylor, superintendant of Kingston General Hospital, A. M. Rankin, M.P.P. J. M. Farrell, Police Magistrate, H. C. Nickle, Board of Trade, J. G. Elliott, British Whig, Dr. F. Cays, Dr. J. F. Sparks, J. F. Sowards, W. R. Givens, Kingston Standard, R. E. Kent, chairman Board of Governors Kingston General Hospital, W. M. Nickle, A. McDonough.

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On Friday afternoon the board of directors of the Y.W.C.A. gave a tea and sale of home cooking in the cosy club room of the "Y" where a bright fire blazed cheerily and the visitors who had been welcomed by Mrs. William Jackson, the president, lingered. Mrs. D. A. Shaw and Miss Emma Gwatkin were in charge of the delicious wares and Mrs. Ernest Cunningham made tea at the table centred with a silver candelabra holding silver candles and set on pink silk. The tea assistants were Mrs. E. C. D. McCallum, Miss Isabel Ross, Miss B. Ireland, Miss Elsie Mackenzie and Miss Ethel Shannon.

Bronchitis Yields To Vicks

Dunedin Man Tells of Prompt Relief.

Mr. Leo Berrigan, Dunedin, Prince Edward Island, says: "During the winter months I was always troubled with bronchitis and tried many preparations to relieve the trouble. None were successful until I tried Vicks VapoRub. It gives relief in a very short time after application and I can honestly advise sufferers from bronchitis to use this salve."

By invitation of the manufacturers, fifty thousand families in Canada tried Vicks for cold troubles, the only condition being that they would report results. The above is just one of the many enthusiastic reports received.

Vicks VapoRub comes in salve form, and for chest colds, you just apply it over throat and chest and cover with a warm flannel cloth. The body heat releases vapors that are inhaled all night long into the throat and lungs — Menthol, Camphor, Thyme, Eucalyptus and Turpentine.

Vicks is also absorbed through and stimulates the skin, aiding the vapors to relieve congestion. Usually colds go in one night and croup is commonly relieved in 15 minutes.

At all drug stores 50c. a jar. For a free test size package, write Vick 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

HOMEWORK
We require parties to knit men's wool socks for us at home, either with machine or by hand. Send stamp and addressed envelope for information.
The Canadian Wholesale Distributing Co., Orillia, Ont.

Cook's Regulating Compound
A safe, Reliable, regulating medicine for women. Sold in three degrees of strength, No.1 $1 per box, No.2 $3, No.3 $5 [illegible] Sent prepaid on receipt of price. Free pamphlet.
THE COOK MEDICINE CO. Toronto (formerly Windsor)

All Free! 97 Piece Dinner Set and Lovely Set of Teaspoons

You can secure without a penny of cost, a lovely set of half-dozen beautiful teaspoons and this magnificent 97 piece English Dinner Service. Each dinner service is guaranteed full size for family use, the 97 pieces comprising 12 cups and 12 saucers, 12 tea plates, 12 dinner plates, 12 bread and butter plates, 12 soup plates, 12 sauce dishes, 2 platters, 2 oval covered vegetable dishes, a cream jug, covered sugar bowl, a gravy boat, pickle dish, and a salad bowl. It is handsomely decorated in rich floral design and will surely delight the most fastidious housekeeper. The beautiful rolled gold teaspoons are in the new Patrician design heavily finished and fully guaranteed for wear and satisfaction.

Read Our Wonderful Offer

Dr. Edson's Famous "Life Building" Blood Tonic and Nerve pills have been on the market for over 50 years—the one great Tonic for both blood and nerves—to build up the constitution and keep it constantly healthy. Despite the high cost of medicines, these famous pills are now only 50c per box. We are spending no expense to have men and women all over Canada give them a trial. That is why we make this wonderful offer.

Will You Sell Just 12 Boxes Among Your Friends At Only 25c a Box?

You can do it easily and quickly in your spare time. The circular matter we send will quickly advise your friends of this famous remedy and accomplish for them. Many prefer to start a full six box course of treatment at once. Then selling this small quantity between a very few, one thing, send us your name and address to-day and we will send you the 12 boxes all postage paid, and trust you with them until sold. Then return our money, only $4.00, and we will promptly send you the beautiful set of spoons, and the handsome dinner set you can also receive without selling any more medicine by simply showing your free reward honestly among friends and getting only six of them to sell our goods. Earn our dinner set and spoons as premiums as many as you did. REMEMBER you take no risk, as we take back the cold goods and account for what you sell and arrange for payall delivery charges. Write today.

Dr. Edson Medicine Co., Dept. 206, Toronto, Ont.

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 Women's Auxiliary of the Y. M. C. A. will hold their annual St. Patrick's Tea and Sale on Friday, March 14th.

The Local Committee and Guide Companies of Kingston district are holding their Annual Tea and Sale in the Collegiate gymnasium, Wednesday afternoon, January 30th, from 4 to 7 p.m.

Mrs. Moscrip and Mrs. I. H. Breck took the admission fee. Many visitors came in during the afternoon ready to help along the work of the "Y."

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The sharp, cold air of Friday evening but increased the enjoyment of the members of Chalmers Young People's Society when they drove along the country roads to the home of Mr. and Mrs. H. M. Fairfield, Collin's Bay. Here blazing fires in the open fireplaces were a welcome sight and the hospitality of their host and hostesses was shown in the arrangements made for the comfort of the guests. Mr. and Mrs. C. C. Gilbert chaperoned the party and also did more than their share in providing entertainment. Refreshments were served and several hours spent in games and dancing before the happy party returned to the city.

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A pleasant feature of the weekly meeting of the Church Woman's Aid of St. George's cathedral on Friday was a visit from P. D. Lyman, one of the church wardens, who presented the members with the $1,200 debenture they had taken up during the year. It was framed and will hang on the wall of the committee room where the weekly meetings of the Aid are held. The presentation was made on behalf of the advisory board of St. George's cathedral.

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Major F. Yeats-Brown and Mrs. Yeats-Brown are at the Hotel Frontenac during their stay in town and several small entertainments are being arranged for them. A number of Queen's staff were present at the presentation of the splendid film "Climbing Mount Everest" at the Grand Opera House on Friday evening and enjoyed, as did the rest of the audience, Major Yeats-Brown's interesting description of the trip to the "Roof of the World."

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The marriage of Miss Honor Robinson Heward, daughter of the late Arthur Richard Graves Heward and of Mrs. Heward, Montreal, and granddaughter of the late Chilion Jones, "Belvedere," Brockville, to William Arthur Grafftey, B.Sc., of Montreal, has been arranged to take place on Thursday, January 31st, at the Church of St. John the Evangelist, Montreal.

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Mrs. John C. McCartney will receive for the first time since her marriage in her new home, 175 Alfred street, on Wednesday, Jan. 30th, from 3 to 6 and afterwards on the first Tuesday of each month during the season.

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Mrs. "Jack" Day, Edgehill avenue, will receive for the first time since her marriage on Tuesday afternoon, Jan. 29th, from 4 to 6 o'clock.

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Mrs. Sarah Simpson, 85 Clergy street west, announces the engagement of her second daughter, Mary Elizabeth (Bessie) to Dr. J. Leonard Walsh. The wedding to take place the second week of February.

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Mrs. Matheson, Montreal, who has been in Toronto with the Montreal Badminton Club, is with her aunt, Lady Macdonell, The Commandant's Quarters, Royal Military College, for the week-end.

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Mrs. Alexander Laird and Miss Hilda Laird, visiting Mrs. R. Schurman, at Ste. Anne de Bellevue, are expected in Montreal on Monday, to be the guests of Mrs. J. C. Laird, Grosvenor avenue.

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Miss Anne Minnes, Bagot street, entertained at bridge on Friday afternoon.

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Elliott Irwin, Toronto, is spending a few days with his sister, Miss Lorraine Irwin, who is ill.

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Miss Vera Shaw, Bagot street, is visiting Dr. and Mrs. Keith Suddaby, Sharbot Lake.

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Miss Harriet Gardiner, "The Chestnuts," leaves on Monday for Niagara Falls, Ont., to visit Dr. and Mrs. Kenneth Mundell.

Mrs. Henry Joseph, Montreal, has returned from New York.

Mrs. J. E. Williams, Brockville, is in Ottawa, the guest of Mrs. D. B. Dowling.

Dr. Trevor Davies, who was the guest of Prof. and Mrs. R. O. Jolliffe, Frontenac street, returned to Toronto on Friday.

Colonel and Mrs. Lamb have taken up their residence at the Roxborough Apartments, Ottawa.

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Mrs. J. Venn Henderson, who has been the guest of her mother, Mrs. J. Pennington Macpherson, Ottawa, for the past month, is now visiting her sister, Mrs. K. N. Fenwick, King street.

Rev. Canon G. S. Anderson, rector of St. Matthew's church, Ottawa, is spending a few days in Kingston this week.

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Mrs. Edward Ryan, "Rockwood House," has been visiting her sister Mrs. D. J. Hogan, Napanee.

Rev. E. A. Byrne, Kingston, visited his parents Mr. and Mrs. Bernard Byrne, Drummond and his brother W. J. Byrne, Perth.

Mrs. Rupert Milan and her little daughter, Kingston, were visiting in Perth with Mr. and Mrs. James McDonagh.

In Kindergarten Circles

By ELEANOR GUNN

In Kindergarten Circles.
By Eleanor Gunn.

A crisp taffeta frock with a softening ruche about the rounded neck and abbreviated sleeves, makes the

party a success for the youngster whose mother has had forethought enough to provide such a setting for the little one's charms. There are bloomers to match and a two-tone ribbon somewhere in the vicinity of the waistline, were there such a thing. Changeable taffetas are a pleasing expression of the mode for junior frocks, but crepe de Chines and georgettes must not be omitted, for they are preferred to taffetas for many dress types.

Cocoa, coral and turquoise are among the colors which have gained recognition in kindergarten circles and restrained uses of metal ribbons are not deemed too grown-up for frocks which have as much dignity and formality as one may hope to find at a children's party.

Georgette party frocks show a pleasing array of pastel shades which necessarily follow the more slender outline. Flaring tiers, side drapings and tiers are sponsored. Flowers lend a dainty touch, combing colorful ribbons with silver cloth. Fine laces form bertha collars and sleeves, in addition to edging side drapes.

It is customary for designers of junior models to take their cue from models approved for grown-ups. That being the case, one must be prepared for the entrance of the sports influence in youngster's clothes. The little frock sketched has something of the severity peculiar to the boyish sports frock, subscribed to just now. It has the identical lines in miniature of many a frock now ordered for resort wear, and there is not much difference in fabric, a novelty crepe print being used with organdie collars and cuffs.

Efficient Housekeeping

BY Laura A. Kirkman

TOMORROW'S MENU

Breakfast
Grapes
Cereal
Wholewheat Griddlecakes
Sirup Coffee

Dinner
Cream of Spinach Soup
Beefsteak
Mashed Potatoes
Stewed Celery
Canned Pineapple Salad
Coffee Squash Pie

Supper
Cream Cheese Sandwiches
Jelly Sandwiches
Cocoa Cup Custard
Cake

ARE YOU INTERESTED IN YOUR HOUSEWORK?

The successful housekeeper—that is, the good housekeeper — is she who looks upon her work as a profession. For, after all, housekeeping is the field for a career, just as the business world or the professional world.

Not long ago I listened to a group of business girls talking about their work. "Whenever I see a woman who has climbed 'higher up' in the business world, I know what she has been through'," declared one of the girls. "So do I!" agreed another vehemently. "I know she's been through a lot of petty irritations and jealousies shown her by the people she has passed on the road advancement. It takes courage to shrug off the criticisms and little slights of our co-workers. But that's what earning one's living means; being scared by an unsympathetic world."

As I listened to this bit of philosophy, I found myself thinking how similar a housekeeper's career is to a business woman's. She meets with the same criticisms and little slights—but from her neighbors instead of office workers. She has to learn the lesson of shrugging off these irritations, if she would systematize her own household to suit herself—thereby advancing herself to a 'higher up' place in the housekeeping profession.

I will illustrate this point from a true little incident: I know of a bride living at a distance from me. Shortly after her marriage I received a letter from her full of an inspiration; she had decided to buy a washing machine (she had a chance to get one second hand, therefore reasonably). "My husband and I can put by quite a little money if I learn to do the weekly wash myself, with the machine—instead of hiring a laundress," she wrote. But not long afterwards I received another letter from here. The tone of this was different: "I've decided against buying the washing machine," she told me. "My neighbors were all scandalized when I told them I was considering it. They seemed to think I couldn't possibly do the wash myself. None of them do their own wash."

Of course I wrote this little housekeeper and advised her by all means to go ahead with her original plan to buy the machine. I pointed out to her that her neighbors' advice sprang from a sort of jealousy—or at least from a disapproval rooted in the fact that none of them had the courage to do their own washing. "Be independent and scheme as hard as you can to cut down expense," I told her. "The more money-saving and labor-saving practises you adopt, the better housekeeper you'll become. And, incidentally, the more interest you will have in your work." But she would not reconsider the scheme. She hadn't the courage to advance herself in her profession, in spite of the little scar she would receive in so doing.

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.

The Editor Hears

That the millinery course at the short course of household economics, which has been going on for the last two weeks at the Dairy School, concluded on Friday and the men who are taking the agricultural course came in to see the result of the girls' labors. As men could not be expected to judge hats unless they were on the heads of their wearers, the smart creations made under the direction of Mrs. J. Allen, were donned with good effect. One big black silk chapeau was as smart as if it had come from Paris and was, besides, beautifully made. A brown hat with a golden straw rim and a blue satin hat with a draped crown of figured ribbon were pretty and becoming and a bright face looked the prettier for the black hat with a red crown which shaded it. Some of the hats were trimmed with flowers and fruit made from scraps and all were made neatly. The girls have learned the idea of millinery and will go on to develop ideas for themselves.

That the Armouries Badminton Club has three good teams at present. A badminton league for the district would create interest and give an opportunity for the beginners in other towns in the vicinity to get ideas from the players who have more experience. Napanee, Gananoque, Brockville and Port Hope all have good players and the zest of competition would be of use to the clubs.

The manager and committee of the Canadian National Exhibition have placed the west wing of the Women's Building at the disposal of the Federated Women's Institutes of Canada. The Federation will put on an exhibit of what the institutes are doing in all provinces of the Dominion, demonstrations of their work, as well as speakers from the various provinces being among the attractions.

Even among the bridge players themselves there is an outcry about the number of clubs at present in Kingston. The hostesses say it is difficult to get a day on which to entertain and the non-players say they never see their friends who are keen bridge players. And now Mah Jongg is added to the list of our amusements.

Babes do not cut their teeth. They cut their gums. But there is no use trying to tell this to an old-fashioned woman who has raised a dozen babies.

Why don't all the bores in this country get together and hold an elimination contest and talk one another to death until there is only one left?

Light troubles speak, immense troubles are silent.

SAVE THE TROUBLE OF COFFEE MAKING—USE Washington's Coffee
IT IS MADE JUST DISSOLVE AND DRINK IT.
A GREAT CONVENIENCE AND OH, SO GOOD!

A Stubborn Cough Loosens Right Up

This home-made remedy is a wonder for quick results. Easily and cheaply made.

Here is a home-made syrup which millions of people have found to be the most dependable means of breaking up stubborn coughs. It is cheap and simple, but very prompt in action. Under its healing, soothing influence, chest soreness goes, phlegm loosens, breathing becomes easier, tickling in throat stops and you get a good night's restful sleep. The usual throat and chest colds are conquered by it in 24 hours or less. Nothing better for bronchitis, hoarseness, croup, throat tickle, bronchial asthma or winter coughs.

To make this splendid cough syrup, pour 2½ ounces of Pinex into a 16-oz. bottle and fill the bottle with plain granulated sugar syrup and shake thoroughly. If you prefer, use clarified molasses, honey, or corn syrup, instead of sugar syrup. Either way, you get 16 ounces—a family supply—of much better cough syrup than you could buy ready-made for $2.50. Keeps perfectly and children love its pleasant taste.

Pinex is a special and highly concentrated compound of genuine Norway pine extract, known the world over for its prompt healing effect upon the membranes.

To avoid disappointment, ask your druggist for "2½ ounces of Pinex" with full directions, and don't accept anything else. Guaranteed to give absolute satisfaction or money promptly refunded. The Pinex Co., Toronto, Ont.

EAT
MacKEY'S BETTER BREAD
BECAUSE
ONLY PUREST SHORTENING IS USED, WHICH SUPPLIES THE ENERGY YOU NEED.
MACKEY'S BREAD
PHONE 834.

TO-MORROW'S HOROSCOPE

BY GENEVIEVE KEMBLE

SUNDAY AND MONDAY, JANUARY 27-28.

Sunday's horoscope holds promise of generally favorable conditions with good fortune prospering ecclesiastic and benevolent organizations. However, care in the signing of papers, contracts and letters is enjoined.

Those whose birthday it is may hope for a prosperous and successful year, but they should be careful in attaching their signature to writing. A child born on this day will be ambitious, enterprising and well esteemed.

Monday's astrological chart must be interpreted as malefic. There are several adverse lunar positions, and these with respect to powerful planets. It may be hazardous to attempt to change or travel and all projects for new business may feel the cyrstallizing force of Saturn opposed by the moon. Those whose birthday it is should keep the business well in hand and guard against losses. Avoid change and travel. A child born on this day may have many difficulties to surmount. It should be equipped to meet these.

World Women at Exhibition.

London, Jan. 26.—A pavilion has been erected in the grounds of the British Empire Exhibition at Wembley by the International Council of Women. It will be headquarters of the world of women.

Millions of organized women will be represented in the building, and from week to week feminine hopes, aspirations and ideas for the solution of the world's most difficult problems will be considered.

FOR TO-NIGHT

20 dozen Colored Terry Towels — good, strong quality—20c. each, or 3 for 50c.

Women's Pure Wool Heather Stockings in Brown shades; all sizes for . . . . . **69c. a pair**

Pure Linen Glass Cloths, with Red or Blue borders; hemmed; all ready for use, for **35c. each.**

Women's Heavy Fleece-Lined Bloomers—White, Grey and Pink — for **$1.00 a pair.**

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

$125

Cash, or a small deposit, and still smaller monthly payments, and we will deliver this wonderful

Sonora
"TROVATORE"
Cabinet Model Phonograph
in your home without delay.

This instrument is fitted with all the latest Sonora improvements, and will live up to the reputation of the product as THE HIGHEST CLASS TALKING MACHINE IN THE WORLD

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