

NEWS AND VIEWS FOR WOMEN READERS

LIFE'S SOCIAL SIDE

Editor of Women's Page, Telephone 2613. Private phone 857w.

Badminton and bridge were played at the armories on Saturday afternoon when among those present were: Col. Anderson, Col. Harris, Col. and Mrs. Schmidlin, Col. and Mrs. Beverley Browne, Col. Ogilvie, Major and Mrs. Victor Williams, Major and Mrs. Frederick Carson, Mrs. Hubert Stethem, (St. John's, Que.) Mrs. F. W. Hill, Mrs. J. S. Skinner, Miss Hora, Mrs. H. Harvey, Mrs. W. G. Beaman, Mrs. Charles Hanson, (Montreal), Major and Mrs. Carr, Prof. and Mrs. P. G. C. Campbell, Major and Mrs. K. N. Hallonway, Major Lafferty, Miss Aileen Rogers, Miss Mildred Jones, Miss Laura Kiborn, Miss Helen Strange, Miss Edith Carruthers, Miss Cecil Macnee.

Mr. and Mrs. Robert J. Ranous, Gananoque, announce the engagement of their only daughter, Gladys Lillian, to James Chester, son of C. J. Cathcart, Toronto. The marriage to take place this coming autumn.

A jolly dance was given in Queen's gymnasium on Saturday evening in honor of the hockey teams of R.M.C. and Queen's when Mrs. John Matheson and Mrs. Walker received the guests.

Mrs. E. L. Bruce and her little daughter, Victoria street, left for Toronto to-day for a short visit.

Mr. and Mrs. Hugh C. Nickle, Earl Street, who were in Toronto for the

COMING EVENTS

Notice of future events, not intended to raise money, 5c. per word, minimum 50c.; if held to raise money, 10c. per word, minimum \$1.00. Reception and Personal Notices 25 words or less, \$1.00.

Women's Liberal-Conservative Association annual meeting, Monday, Feb. 11th, 8 p.m., Garden Hall, Speaker, Brig.-Gen. A. E. Ross, M.P., C.M.G. Refreshments. Everyone welcome.

opening of the Ontario legislature, have returned to town.

Dr. Bruce Hopkins, King street, has returned from a trip in the United States where he visited some of the sanatoriums.

Miss Wilhelmina Gordon, University avenue, who was in Toronto with Hon. W. F. Nickle and Mrs. Nickle for the opening of the Ontario legislature, has returned to town.

Mrs. Arthur Craig, Toronto, is with her mother, Mrs. Robert O'Hara, 56 William street.

Mrs. W. N. Wente, Iroquois, is visiting Mrs. G. H. Williamson, Brock street.

Dr. and Mrs. James Mastin, 3200 Fulton street, Chicago, entertained on Friday evening, Feb. 1st, in honor of Mrs. A. Neal, King street, Kingston, who was visiting her sister, Mrs. J. F. Washington, Chicago, Ill.

Ex-Cadets Mackenzie and Mann, Toronto, were the guests of General

and Lady Macdonell, The Commandant's Quarters Royal Military College, for the week-end.

Mrs. Charles Hanson, Montreal, is with her mother, Mrs. J. Bell Carruthers, "Annandale."

Mrs. Travers Hora, Wellington street, returned on Sunday from Toronto where she spent a few days with Mr. and Mrs. Arthur Craig while there for the opening of the Ontario legislature.

Mrs. Bruce Hopkins, King street, left for Montreal to-day to spend several weeks with Mr. and Mrs. Maitland Hannaford.

Mrs. Albert Neal, King street, has returned home having spent the past three weeks with her sisters in Chicago, Maywood and Glen Elyn, Ill.

Married in Ottawa On Monday Afternoon



PRINCE ERIK OF DENMARK



MISS LOIS BOOTH

WOMAN'S INSTITUTE.

The Moscow branch of the Women's Institute held their regular monthly meeting at the home of Mrs. William Jackson, Colerbrooke, on Thursday afternoon, Feb. 7th. A pleasant social drive party of three loads, comprising thirty ladies, were present. A profitable afternoon was spent, some interesting papers were read and discussed and community singing and music enjoyed. The genial hostess was in her element when she surprised the party with a cup of hot tea and coffee with sandwiches and cakes prior to their leaving for home.

On Thursday, Jan. 31st, about 35 ladies gathered at the home of Mrs. Charley Amey, quilted four quilts and presented them to needy families in the community. Five o'clock tea was served by a committee of ladies.

The Editor Hears

That Kingston's Historical Society deserves the support of the Kingston public. Everyone should be interested in preserving the historic spots as a heritage for generations to come and inculcating in the minds of the children growing to manhood, a veneration for the men and women who laid the foundation of the civilization we enjoy today.

That the farmers took advantage of the sleighing to come to market on Saturday and the square was filled with good old-fashioned farm sleighs that made us all want to go for a drive in the country.

That "Spectacle Styles for Women" is the slogan of a new association formed, its object being the

Alkali in Shampoos Bad for Washing Hair

Do not use prepared shampoos or anything else that contains too much free alkali, for this is very injurious, as it dries the scalp and makes the hair brittle.

The best thing to use is Mul's seed cocoanut oil shampoo, for this is pure and entirely greaseless. It is inexpensive and beats anything else all to pieces. You can get this at any drug store, and a few ounces will last the whole family for months.

Two or three teaspoonsful of Mul's seed oil is all that is required. Simply moisten the hair with water and rub it in. It makes an abundance of rich, creamy lather, which cleanses thoroughly, and rinses out easily. The hair dries quickly and evenly, and is soft, fresh looking, bright, fluffy, wavy and easy to manage. Besides, it loosens and takes out every particle of dust, dirt and dandruff. Be sure your druggist gives you Mul's seed. Beware of imitations. Look for the name Watkins on the package.

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"SALADA" TEA

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TOMORROW'S MENU.

- Breakfast: Oranges, Cereal, Coffee, Boiled Eggs, Toast, Luncheon: Baked Macaroni and Cheese, Wholewheat Bread, Tea: Celery Preserves, Dinner: Creamed Dried Beef on Toast, Baked Potatoes, Peas, Coleslaw, Coffee, Lemon Pudding.

A Week of Delicious Desserts.

The dinner may be lighter when an especially nourishing dessert is served. To illustrate this point, I am publishing the following recipes to be used with this week's fairly light menus:

Steamed Chocolate Pudding: Cream three tablespoons of butter with two-thirds of a cup of sugar; add one beaten egg, one cup of sweet milk, two and one-fourth cups of flour which have been sifted with four and one-half teaspoons of baking powder and a pinch of salt, and last add two and one-half squares of unsweetened chocolate melted. Turn this mixture into a greased, empty baking powder can, put on tight-fitting cover, and sink the can in a saucepan of boiling water, weighing it down if necessary (do not let the water quite reach the lid; also do not fill the can more than three-fourths full, as its contents will rise). Let water continue to boil around can for two hours. Serve hot with the following:

Hard Sauce: Cream one-half cup of butter with one cup of either light-brown or confectioners' sugar, and then work in one-half teaspoon of vanilla, one-half teaspoon of ground cinnamon, and a little more powdered sugar, if necessary, to make a firm mass.

education of women to suiting the spectacles to the occasion. "Rubber-tired glasses with an evening toilet!" they cry. "Perish the thought!"

That straight lines are much used in the new spring models for street gowns. Some alluring materials are seen already in the Kingston shops where you can always find something to suit your style and taste.

That the New York Churchwomen's League for Patriotic Service ranged themselves with the Fundamentalists in the religious controversy, their national president, Mrs. Hamilton Fairfax, having assured Bishop William T. Manning that "they mean what they say, and they say what they mean," when they recite the Apostles' Creed. This pledge was given to the Bishop at the annual luncheon of the league at the Hotel Plaza, in the presence of nearly 1,000 women, who backed up the words of their president with prolonged applause. Mrs. Fairfax also paid her respects to the Modernists when she continued: "We believe the divine truth of the first chapter of the Gospel of St. Mark, and the divine truth of the first chapter of St. Luke. We pay no attention to the sinister interpretations and suggestions of the self-styled intellectuals."

The Lure of Mah Jongg.

Let the truly good beware the lure of Mah Jo eg.

Chinese Christians are greatly exercised at the rapid growth in popularity, both in the United States and England, of that Chinese game. As the result of a meeting of a number of Chinese Christians here, the National Chinese Christian council has sent a letter to representatives of British and American religious and missionary societies pointing out that the game in China is almost invariably played for money, often for very high stakes, and broadly speaking, it is not countenanced by Chinese of high moral standing. The fact, however, that the game is being so largely played in so-called Christian countries is, in the mind of some, giving a certain sanction to its use by Chinese Christians, with very deleterious results.

The warning letter runs, in part: "It is not for us to condemn good Christian folk abroad who play Mah Jongg, nor would we say that it is wrong to play Mah Jongg without stakes. We do, however, feel that

Lemon Pudding: Heat one pint of sweet milk to the boiling point, then pour it over one and one-half cups of fine breadcrumbs; let soak for a few minutes, till slightly cool, then add two egg-yolks well beaten, the juice and grated rind of two lemons, and a small piece of butter. Pour this mixture into a baking dish and bake in a moderate oven for 30 minutes (it must not boil in the oven). Make a meringue by beating two teaspoons of sugar and a pinch of cream of tartar, and spread this on top of the baked pudding; return dish to oven till meringue is brown.

Cottage Pudding: Make the cake part of creaming one-half cup of butter with one cup of sugar; add one beaten egg-yolk, a pinch of salt, one cup of sweet milk, two cups of flour which have been sifted with two teaspoons of baking powder, and finally fold in one stiffly-whipped egg-white. Bake 30 minutes in a loaf-cake pan in a hot oven. Slice this cake and pour over the slices the following.

Liquid Lemon Sauce: Heat in a saucepan, together, one cup of sugar, one cup of boiling water, a pinch of salt and one tablespoon of cornstarch. When hot and slightly thickened, add two tablespoons of butter, remove from fire, and flavor with two tablespoons of lemon extract and one-half teaspoon of vinegar. Serve hot.

Tomorrow:—Answered Letters.

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 person, 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.

In view of the terrible curse to this land which comes through gambling and in particular through this form of it, Christian people in England and America should seriously consider whether they ought not to place a limitation upon what may seem to them to be quite legitimate enjoyment. We may remind you that the apostle said "All things are lawful, but all things are not expedient."

Those who are bound for heaven must be willing to swim against the stream.

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Some good \$8.00 Boots—just the kind for Spring weather.

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Miss Allen's Tested Recipes

No. 88



Crisco Apple Dumplings from Los Angeles

(This recipe for delicious dumplings was written especially for Crisco by Monsieur H. Boussett Henry, chef of the Alexandria Hotel)

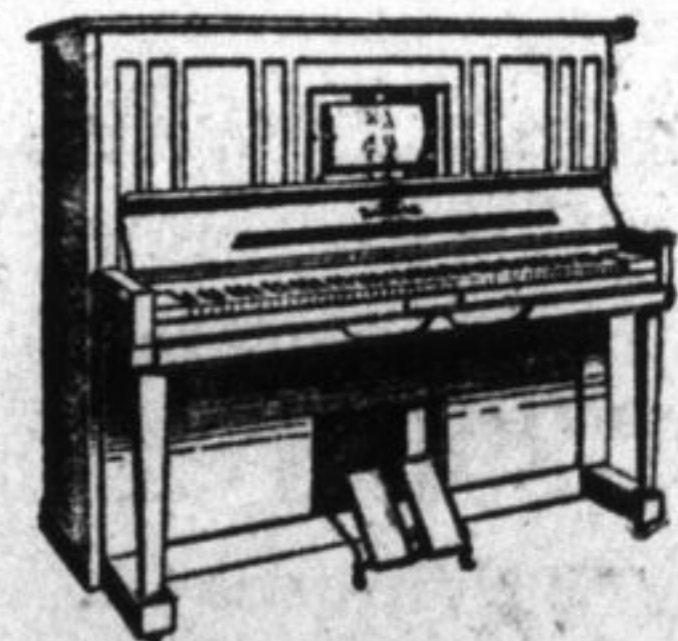
- 4 oz. pastry flour, 1/2 teaspoonful salt, 2 oz. Crisco, 2 oz. cold water.

Mix flour, salt and Crisco together; then add the water. Let stand in the ice box over night to harden. Roll paste 1/4 of an inch thick. Cut in four squares. Wet the corners of the paste with egg. Set a nice round cored apple in the center, with a little sugar and cinnamon; fold paste around and bake.



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