

NEWS AND VIEWS FOR WOMEN READERS

LIFE'S SOCIAL SIDE

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

The Woman's Institute believes very wisely in combining business with pleasure, so when Miss Ethel Chapman, Toronto, assistant superintendent of the W. I. for the province, came down to speak at the Eastern Dairy school under the auspices in the Frontenac W. I., not only were representatives of the local branches from Westbrooke, Sydenham and other not too far distant places, present, but the students of the short course given by the department of agriculture and some other guests who were also invited to tea afterwards.

At the close of Miss Chapman's address, A. W. Sirrett introduced F. H. Buker, who is in the city in connection with the grading of eggs, which is of great importance to both the consumer and the producer. Legislation controlling the grading of eggs for domestic use was passed last July and Mr. Buker has seen the market clerk regarding the Kingston market and arrangement will shortly be made for this grading on the local market.

Tea was served, Mrs. J. L. F. Sproule and Mrs. Anthony Smith, Westbrooke, presiding at the tea.

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.

table with its charming decorations and centre of white hyacinths. Mrs. J. D. Shibley, Harrowsmith, and Mrs. A. W. Sirrett received the guests, amongst whom was Miss Mowat, president of the Local Council of Women, of which the W. I. is an affiliated society. During the afternoon, Miss Hazel Gates and Mr. Hess sang delightfully.

Mrs. E. T. Steacy, King street, gave a tea dance on Wednesday for her daughter, Miss Helen Steacy. Spring blossoms were in the spacious rooms and on the tea table presided over by Mrs. A. N. Lyster and Mrs. James Rigney. The guests included Miss Isabel Minnes, Miss Grace Mooers, Miss Lillian Fair, Miss Nora Connell, Miss Vera Skinner, Miss Cecil Macnee, Miss Anella Minnes, Miss Gwen Dawson, Miss Frances Murray, Miss Margaret Davis, Miss Mary Morrison, Miss Marjorie Richmond, Miss Betty Murray and Miss Jessie Malr. The men were cadets from the Royal Military College.

A unique event for Kingston was the moccasin dance given by Queen's Athletic Board of Control in the Hartly Arena on Wednesday evening. The dancers thoroughly enjoyed the novelty and the clear sheet of ice made a splendid floor for the moccasin dance. The college orchestra discoursed sweet music from 8 until 11.30 p.m. These dances are very popular in Quebec, Montreal and other places where a cold winter makes them possible.

The Misses Richmond, Johnson street, entertained at the tea hour on Tuesday when their guests were

How Fat Actress Was Made Slim

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young girl friends of their niece, Miss Marjorie Richmond.

On Wednesday evening the Wolf Cubs of the St. James' scouts went for a jolly sleigh drive in charge of Major Albert Stroud. They had as their guests Miss Frances Porter's Sunday school class of girls and the party went back to the parish hall for refreshments.

General A. E. Ross, M.P., and Mrs. Ross, Kingston, will reside at 114 Gilmour street, Ottawa, for the Parliamentary session.

Mrs. Thomas Gibson, Ottawa, is a visitor in town.

Miss Mollie Cartwright, King street, returned from New York on Wednesday.

Mrs. Preston Reid, Pine street, entertained on Tuesday in honor of her son Clifton's birthday.

George Lunnann, Detroit, Mich., is visiting Mrs. Alfred Lunnann, Pine street.

Mrs. Havelock Price, Sydenham street, returned on Wednesday from Montreal where she was the guest of Mrs. Holmes McIntyre. Mrs. Price remained a few days longer in Montreal to attend the luncheon of the Montreal Woman's Club at the Mount Royal on Monday and a luncheon of the Woman's Canadian Club on Tuesday at the Windsor.

Canon H. J. Cody, Toronto, was with Dr. and Mrs. R. J. Gardiner, "The Chestnuts," during his stay in town.

Miss Ethel Chapman, assistant secretary of the provincial Woman's Institute, returned to Toronto today.

The Importance of a Separate Coat

By ELEANOR GUNN

The popularity of red topcoats earlier in the season was but a forerunner of their popularity south of the Mason-Dixie line. The drop in temperature which brought such hardship to the north, resulted in nothing more serious to Palm Beach than getting at fur coats and warmer clothes for the beach hour and doing without the morning dip. Such weather provides great interest in the Southland, for it makes possible long walks, more energetic golf, while dancing becomes an even greater delight.

The wrap-around coat, the only type accepted in Paris, is almost as popular here, although it must be admitted there are other types in favor.



Fabric manipulations of various kinds are often substituted for fur as a trimming. In some cases the trimming extends around the neck and down either side of the coat, in which case the lower edge is untrimmed. Other women subscribe to the bordered type, very wide fur bands not being deemed too heavy in effect for southern wear.

One of the outstanding types here was of soft yellow velvet with border of pale almost matching fox. An unusual version of the straight line beltless mode was a coat of red cloth made with a deep shoulder yoke onto which the cloth is pleated vertically to the hip, where a narrow band of plain material is fastened to another pleated band, repeated band of plain material is fastened

Efficient Housekeeping

Thursday Efficient Housekeeping Requested Recipes.

- TOMORROW'S MENU
Breakfast: Oranges, Cereal
Coffee: Fish Cakes, Popovers
Luncheon: Baked Grapefruit Dish, Wholewheat Bread, Lettuce, French Dressing, Cocoa, Cookies
Dinner: Clear Soup, Fish Loaf, Baked Potatoes, Brussels Sprouts, Celery, Chocolate Cornstarch Pudding, Coffee

Mrs. E. H. D.: "Some time ago one of your readers asked for a recipe for Red Pepper Jam. Here is mine: Remove seeds from 12 large red sweet peppers and put the peppers through your food chopper. Sprinkle with one tablespoon of salt and let stand three or four hours, then drain, put in a pot, and add three cups of sugar and one pint of vinegar. Boil gently till the consistency of jam—about one hour. Turn into sterilized glasses and, when cold, cover with melted paraffin. This recipe makes six glasses."

"E. H.": "Here is a very good recipe: Red Pepper Sandwiches: Remove the crust from a slice of white bread and spread with butter and the red pepper jam; on top of this place a slice of crustless graham bread which has also been spread with the butter and jam; now add another slice of white bread (on top of the graham). In this way you have three slices put together. Make other sandwiches with two pieces of

graham on the outside and a piece of white in the middle. Wrap in a piece of dampened cheese cloth, press the sandwiches under a light weight, and leave in a cool place till serving time. Trim edges, cut the sandwiches into narrow fingers or strips, and arrange on a dolly-covered plate."

A Friend: Pepper Pot—Cook three pounds of tripe until tender in boiling water, then cut it into small dice. Also cook a marrow till all the marrow is out. Put the two together, then add one-half pint of diced pared potatoes, one teaspoon of whole cloves, one teaspoon of allspice, two tablespoons each of sweet basil and sweet marjoram, and salt and pepper to taste. Boil all together for one-half hour. A few minutes before serving place these dumplings on top of the cooking stew:

"Butter Dumplings: Rub one heaping tablespoon of butter into one cup of flour which has been sifted with a little salt and one-half teaspoon of baking powder. Add only just enough water to form a dough which you can handle. Flour the hands and break this dough into small pieces; roll each little piece into a round dumpling and drop it into the pot. Keep pot cover on for about 12 minutes." Tomorrow:—A Help for the Mother-Housekeeper.

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 names of your city and state. —THE EDITOR.

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.

The best thing for steady use is Mulsified coconut oil shampoo, which is pure and greaseless, and is better than anything else you can use.

Two or three teaspoonfuls of Mulsified is sufficient to cleanse the hair 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 hair dries quickly and evenly, and it leaves the scalp soft, and the hair fine and silky, bright, lustrous, fluffy, wavy, and easy to manage.

You can get Mulsified coconut oil shampoo at any drug store. It is inexpensive, and a few ounces will supply every member of the family for months. Be sure your druggist gives you Mulsified. Beware of imitations. Look for the name Watkins on the package.

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DAY AND NIGHT



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Advertisement for Surprise Soap, a pure hard soap, with text 'Always Good When you buy SURPRISE you get a big, bright, solid bar of the highest grade household soap and it is always the same. A Pure Hard Soap'.