

NEWS AND VIEWS FOR WOMEN READERS

LIFE'S SOCIAL SIDE

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

The Garrison Badminton Club met at the armories on Wednesday when among those present were Col. and Mrs. Victor Anderson, General and Mrs. J. H. Elmsley, Col. and Mrs. A. E. Harris, Capt. and Mrs. Westmorland, Col. and Mrs. Dawson, Col. and Mrs. Schmidlin, Mrs. Eric Greenwood, Prof. and Mrs. G. C. Campbell, Col. Constantine, Major and Mrs. Tremblay, Major and Mrs. Victor Williams, Prof. and Mrs. Keith Hicks, Col. and Mrs. Beverley Brown, Mrs. Grant (Hallifax), Col. Ritchie, Miss Ritchie, Miss Hora, Mrs. E. H. Bickford, Miss Marion Leslie, Miss Aline and Miss Cecily Rutherford, Miss Heward (Ottawa), Mrs. W. G. Beeman, Miss Edith Carruthers, Miss Laura Kilborn, Miss Helen Strange, Miss Doris McKay, Miss Willis, Miss Nora Macnee, Dr. McKee.

Mrs. John Matheson, Alice street, entertained on Wednesday and again on Thursday evening for the members of the S. C. A. of Queen's University. Music and games were enjoyed by the guests. On Wednesday, Mrs. Matheson was assisted by Mrs. W. E. McNeill, Mrs. J. F. McFayden and Mrs. Cuthbert Gummer, and on Thursday the ladies assisting the hostess were Mrs. Norman Miller, Mrs. A. Carr and Mrs. J. K. Robertson.

At the Frontenac club, on Thursday evening, Elmer Davis, president of the Board of Trade, entertained at dinner S. R. Parsons, Toronto, and a number of his fellow members of the club.

The directors of the Kingston Curlers Limited have sent out invitations for a "social evening" at the Curling Club on Monday, March 24th.

Mrs. Henry Joseph, Montreal, has been chosen one of the honorary vice-presidents of the Montreal Municipal Chapter, I.O.D.E. It has thirty-four primary chapters in its jurisdiction.

Brig-Gen. A. E. Ross and Mrs. Ross had the honor, on Wednesday, of dining with their excellencies the Governor-General and the Lady Byng of Wimy.

Miss S. Melchior and Miss G. Jackson, Belleville, who are in town for the Girl Guides winter camp, are the guests of Mrs. Thomas Bishop, William street.

Mrs. E. B. Smith, London, Ont., provincial commissioner of the Girl Guides, and Miss Pennington, provincial secretary, will arrive in town on Saturday to visit the Guides' winter camp.

Mrs. T. D. R. Hemming, George street, has returned from Toronto. Miss Mary Oglivie, Wellington street, has returned from Quebec.

Mrs. Philip Gilbert is leaving Toronto to spend a week in Atlantic City.

Miss Audrey McLeod, St. John, N. B., spending some time in Montreal, the guest of Mrs. Hazen Hansard, is sailing early next month with her aunt, Mrs. George Busby, to spend the summer in England.

Mrs. Guy Boyer, Montreal, called to Kingston by the illness of her son, Cadet Raymond Boyer, will return home this week.

Miss Winifred Traverner, York Road, was the week-end guest of Canon and Mrs. Austin Smith "The Rectory," Cataraqui.

AUNT HET



"I always get punished for my sins. Twice I've listened in on our party line and let a cake burn on the bottom."

LOCAL COUNCIL MEETING.

Miss Mowat, the president of the local Council of Women, presided at the March meeting held on Thursday afternoon in the council chamber. The sum of \$25 from St. Andrew's Home and Church Association and \$15 from the Ladies' Aid of Spychan street Methodist church, received for the Travellers' Aid fund, was reported by the treasurer.

A communication from the Women's Liberal Association asking for affiliation was read and a motion passed accepting the society. This brings the number of affiliated societies up to twenty-four.

A letter from Miss Marion Leslie enclosing a list of articles of use in the Grenfell Mission was read, and the list is at the disposal of the affiliated societies.

The continued epidemic of scarlet fever was discussed, and Mrs. D. A. Volume, a member of the Board of Health, announced that an effort was being made to induce all parents to send their children to the isolation hospital and it was hoped legislation making this compulsory would be passed.

A letter had been received by the president from Dr. A. E. Ross, M.P., saying he would support the effort being made by the National Council of Women to prevent the use and importation of undesirable material to be used in the manufacture of mattresses. Let there be writing before you pay and receipt before you write. Let me get over the lake, I have no fear of the brook.

Simplified Dressing

By ELEANOR GUNN

Difficulties in dressing have been removed one by one. Complicated fastenings requiring not only patience, but some of the requisites of a contortionist, have disappeared. Not even the obvious return of the button threatens or argues their return. No longer do hooks get caught on hair nets, for there are no hair-nets and no hooks, presuming of course that you belong to the bobbed hair, over-the-top dress brigade.



Yet even with boyish bobbed heads women have found that they may wear a gardenia and even a comb. Gardenias have attained a degree of popularity that played havoc with the crop, fortunately though, fashion does not insist that they be white. The delicate waxen flower often has a pinkish tinge which many women find to their liking. But to return to simplified dressing, what a boon nude stockings are, to be sure. The nuisance of having to change our stockings with a change of dress, has been largely obviated by the universal acceptance of what may be broadly designated as nude hosiery. To be sure, for evening openwork cloaks or a sheer-weave are often preferred, but the real point is the absolute necessity for change has been obviated.



Among the charming little things which count, are colored linen handkerchiefs, scalloped and embroidered in white or black and combined.

You'll Get Rid of Blackheads Sure

There is one simple, safe and sure way that never fails to get rid of blackheads, that is to dissolve them. To do this, get two ounces of peroxide powder from any drug store—sprinkle a little on a hot, wet cloth—rub over the blackheads briskly—wash the parts and heads. Little blackheads, no matter where they are, simply dissolve and disappear. Blackheads are a mixture of dirt and dust and secretions that form in the pores of the skin. The peroxide powder and the water dissolve the blackheads so they wash right out, leaving the pores free and clean and in their natural condition.

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LIPTON'S Red Label Best for the table TEA 38c. 1/2 lb. 75c. lb. Thomas J. Lipton - Tea Planter - Ceylon



TOMORROW'S MENU Breakfast Leftover Stewed Peaches Cereal Frizzled Bried Beef Coffee Luncheon Baked Beans Tomato Catsup Lettuce Salad Bread Jam Dinner Cream of Onion Soup Fried Slice of Ham Spinach Boiled Potatoes Canned Pineapple Coffee Cake

Contributed Recipes Mrs. P. H.: "I am herewith sending my recipe for Beaten Biscuits in the hope that, in exchange for it, some kind reader will send me a recipe for Beaten Biscuits which calls for either graham or whole-wheat flour.

My Beaten Biscuits: Mix together and sift one quart of flour, one-fourth teaspoon of baking powder, and one teaspoon of salt; work into this dry mixture, with the finger-tips, one table-spoon of mixed butter and lard, then stir in three-fourths of a cup of sweet milk and one-fourth cup of water. It should just stick together, as the beating softens it. Beat until it blisters and pops and is very smooth, then cut it out into very small biscuits and stick each one with a fork before placing on a greased pan and baking 20 minutes in a hot oven."

C. N. "I wonder if others would not like my favorite custard recipe? Here it is: Caramel Baked Custard: Put into your frying pan one-half cup of granulated sugar and place over low heat till melted, then add one-half cup of boiling water and simmer ten minutes or till it becomes a thick syrup (it will sizzle when you add this water, and lump up, but cooking will melt almost all of the lumps). Strain it and set aside. Then beat four whole eggs and two additional egg-yolks slightly (this seems a good many eggs to use, but for a guest meal it is worth while); add one-third cup of granulated sugar, a pinch of salt, and then, still beating, add the strained caramel-syrup and two cups of scalded sweet milk. Turn the mixture into a buttered baking dish and sprinkle the top with one-fourth cupful of finely-pounded peanut brittle (this gives a delicious flavor). Place the baking dish in a pan containing a little warm water and slip it, in this way, into a moderate oven. Bake about 40 minutes, or till the middle of the custard is firm. Do not increase heat, as the water in the pan must not boil—or the custard will 'weh'. Serve cold."

Old Housekeeper: "Brides might like to know how I serve leftover roast veal: Veal Rolls: Cut cold, cooked veal in slices, spread each slice with breadcrumbs which have been well seasoned with salt and pepper then mixed with melted butter, and roll up each veal-slice on this dressing. Tie each slice into a little roll. Now sprinkle each veal-roll with flour, salt, pepper, and brown in a frying pan in hot butter; half cover with either rich milk or veal soup-stock (or canned clear soup) in which one table-spoon of flour has been blended (to thicken the liquid) and let simmer for ten minutes. Remove strings and serve the veal rolls on toast with the liquid.

MOTHERS And Their Children

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 Hears

That the bright girls and young women who are enjoying the training and privileges of the winter camp at Ontario Hall are making good use of their time and learning the work of the guides from a to z. The training goes on in the evening for girls who are busy in the day time.

That to-day is supposed to be the first day of spring. But is as well not to discard your heavy clothing just yet; remember March came in like a lamb.

That Mah Jongg has undoubtedly begun to oust bridge from its stronghold. Many people have sets of tiles. They are of every description, one lady owning a set which she keeps as a curio, for which she paid fifteen cents in an American city.

That you must have a scarf this spring. It is the touch of color which lights up a dark suit, a touch of the same shade in your hat is the note that adds smartness to your outfit.

That the energetic president of the Kingston Industrial Exhibition has enlisted the interest of a number of prominent citizens in putting on in fair week showing the history from the landing of Count Frontenac until the present day.

That Miss Anna Goodrich, Dean of the School of Nursing of Yale University in a speech to the Graduate Nurses' Association of Ontario, rejoiced that in the United States they had always with them the Canadian nursing sister, and recalled the time when, in all but one large school of nurses, there was a Canadian director. In the combination of the university, the school of nursing and the community, the speaker saw the ideal field for the development of a rich and satisfying life.

The Children's Favorites.

One Mother Says: In my cookbook I have pasted an envelope especially for recipes which the children are particularly fond of, making a note on each as to whose favorite dish it is, what digestive ill it is good for, or what sort of menu it fits best with.

A life without a friend is like a life without a sun. Letters without virtue are like pearls in a dunghill.



When the stork calls TOILET SOAP INFANTS DELIGHT



Distinction!

In each of the clever spring styles presented here lies a challenge and a compliment. Choose carelessly and their beauty may be lost through inappropriateness. Choose carefully, correctly, and they will lend to your springtime costumes an air of distinction most gratifying.

Sandals in Patent, Grey, Airedale Buck, Smoke Elk. \$3.50 up to \$6.00



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