

NEWS AND VIEWS FOR WOMEN READERS

LIFE'S SOCIAL SIDE

Editor of Women's Page, Telephone 2012. Private phone 857w.

Arrived from some clever "April Fool." Supper was served and dancing went on for a short time.

Harmless Means Of Reducing Fat

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



TOMORROW'S MENU Breakfast Stewed Dried Peaches Cereal Creamed Dried Beef Coffee Toast Luncheon Baked Grapefruit Dish Wholewheat Bread Cocoa Celery Jelly Dinner Cream of Pea Soup Veal Cutlet Baked Potatoes Brussels Sprouts Coffee Raisin Pie

Stir a few minutes, then add sugar if necessary (to suit individual taste) and strain through a fine-meshed sieve into a wet mold, to be set in a cold place to stiffen.

STOP YOUR ROOFING TROUBLES Let us supply you with Shingles or Roofing that has a reputation for quality. "Quality" remains long after "price" is forgotten. ALLAN LUMBER CO. Victoria Street. Phone 1042.

The Editor Hears

That King Tutankhamen may have been one of the Pharaohs of the Exodus was stated by Prof. S. A. B. Mercer, Toronto, in lecture before the Women's Canadian Club.

MOTHERS And Their Children

That Toronto is to have a perfect orgy of conventions in June and will welcome among other women delegates those sent by the International League of Women Voters, many of them from Europe.

MOTHERS And Their Children



First Aid. One Mother Says: If a youngster pushes any obstruction up the nose, never try to poke it out, as you will only push it up farther.

RADIO BROADCASTING

The following is a list of the radio stations and their broadcasting programmes which may be heard locally on Wednesday:

- 326-KDEA—East Pittsburgh, Pa. 8 p.m.—Programme arranged by the United Synagogue of America. 464-WOC—Des Moines, Ia. 12 noon—Chimes concert. 7 p.m.—Educational lecture. 8 p.m.—Organ recital. 517-WWJ—Detroit, Mich. 7 p.m.—Orchestra music. 485-CKAC—Montreal. 8:30 p.m.—Orchestra music. 860-WGI—Medford Hillsdale, Mass. 7:30 p.m.—Health programme. 390-WGY—Schenectady, N.Y. 6:30 p.m.—Adventure story. 390-KQV—Pittsburgh, Pa. 9 p.m.—Musical programme. 392-WEAF—New York City. 7 p.m.—Synagogue services. 536-KYW—Chicago, Ill. 6:50 p.m.—Children's bedtime story. 7 p.m.—Dinner concert. 7 p.m.—Orchestra music. 8 p.m.—Orchestra music. 10 p.m.—Musical programme. 837-WBZ—Springfield, Mass. 6 p.m.—Dinner concert. 7 p.m.—Humorous programme. 7:30 p.m.—Bedtime story for the "kiddies." 7:40 p.m.—Orchestra music. 429-WSB—Atlanta, Ga. 10:45 p.m.—Quartette in classic hour. 309-WLW—Cincinnati, Ohio. 8 p.m.—Band concert. 476-WRAP—Fort Worth, Texas. 7:30 p.m.—Concert. 9:30 p.m.—Concert. 812-KGO—Oakland, Cal. 8 p.m.—Musical programme. 476-WFAA—Dallas, Tex. 12:30 p.m.—Musical programme. 880-KFAE—Washington, D.C. 8 p.m.—Musical programme. 448-WMAQ—Chicago, Ill. 7 p.m.—Story telling.

COMING EVENTS

7:30 p.m.—Weekly lecture. 8:40 p.m.—Orchestra music. 9:15 p.m.—Glee club. 546-KSD—St. Louis, Mo. 6:30 p.m.—Concert. 11 p.m.—Dance music. Complete radio programmes sold Canada Radio Stores.

Miss Olive S. Allen's Tested Recipes



No. 123

Spinach—A New Way

(Unusual and delicious way to prepare spinach, so that almost anyone will like it. Just the thing with steak or roast beef) 2 eggs 3 cups milk 3 cups rolled crackers 2 cups cooled spinach 4 tablespoonfuls melted Crisco salt

Beat the egg, add the milk, crackers and spinach. Stir in the melted Crisco and salt to taste. Bake in deep glass dish in a slow oven until fairly stiff. (About 1 hour.)

CRISCO

Made in Canada For light tender cakes For flaky tender pastries For crisp, digestible fried foods

AUNT HET The PRICE of Washington's Delicious - Instant COFFEE Has not been advanced YET More economical than ever GALLAGHER'S TAXI SERVICE 960 DAY AND NIGHT Send a foot to market and a foot he'll return. Wisdom sometimes walks in clouded shoes

NEW SPRING SWEATERS JUST ARRIVED With sleeves and no sleeves—this season's newest colors and styles from \$3.95 up KNITTED DRESSES Fashion's latest demands, in a variety of colors and styles, from \$12.50 up W. N. Linton & Co. Phone 191. The Waidron Store.

THE Estey Organ LEADS THE WORLD. MORE THAN 425,000 Made and sold—truly commendable to the wonderful tone and construction of these instruments. SEND FOR OUR CATALOGUE Terms and Prices. SLIGHTLY USED ORGANS We have a splendid selection, worthy your consideration. LINDSAY'S THE MUSIC CENTRE OF THE "GRAND" 121 PRINCESS STREET KINGSTON

Hard Wood Choice Body Hardwood Soft Mixed Wood. Kindling and Slabs. Chas. Bedore & Son 840 NELSON STREET Phone 17463.

10 only, Cloth Dresses—regular values up to \$35.00 \$9.75 SUITS of Distinction. Boyish Models, Tailored Effects and Box Models. \$25 & \$35 It's a Suit season—every one of your friends will be wearing a new Suit on Easter, either a Boyish model, masculine in cut from start to finish, or a Tailored Suit with long slashed coat, or maybe a saucy little Box Suit with full-skirted sleeves. Now is the time to pick yours out, while the assortment is at its best. Navy, Black or Sand. Sizes 16 to 44. \$25.00 and \$35.00 Ash McNeill Co. Limited THE WOMEN'S SPECIALTY SHOP SUITS COATS DRESSES

Announcement! We are moving this week into the stores which we purchased on Corner Princess and King Streets and are opening one store of a complete stock of Furniture only, and another with a complete stock of latest styles in Men's, Ladies' and Children's Clothing, Boots and Shoes and Ladies' Hats. WATCH OUR OPENING SPECIALS. STUCHEN BROS.