

NEWS AND VIEWS FOR WOMEN READERS

LIFE'S SOCIAL SIDE

Editor of Women's Page, Telephone 2913. Private phone 857W.

At a meeting of the Tennis and Country Club held on Saturday afternoon it was decided to carry on the club with the same executive until November. The courts are in splendid condition for tennis and the members felt that it would be a distinct loss in many ways if the little clubhouse on the Rideau were closed. After the business meeting tea was served. Mrs. Alexander Macphail, wife of the president, Col. Macphail, presiding at the effectively arranged table. Among those present were Mrs. T. D. R. Hemming, Mrs. Norman Leslie, Mrs. James Hamilton, Mrs. George Graham (Belleville) Mr. and Mrs. E. L. Fortt, General Hill, Mrs. J. M. Campbell, Mrs. C. S. Kirkpatrick, Mrs. Constantine, Mrs. Howard Penhale, Miss Alice Rogers, Miss Swift, Miss Ghidorsiere, Miss May Rogers, Miss Nora Macnee, Miss Doris Folger, Miss Eleanor Phelan, Miss Edith Carruthers, Miss W. Gordon, Mr. Walter Fleming.

Lady Macdonell received the guests at the tea dance given in Sir Arthur Currie hall on Saturday by the cadets of the Royal Military College. The R.M.C. orchestra provided excellent music and the dance was



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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.

A meeting of the ladies' branch of the Kingston Yacht Club will be held on Wednesday morning at 10.30. A large attendance of members is desired.

Macnee, who spent the winter in Sicily and Nice, have returned to town. Dr. Cappon is spending a few days in Montreal.

Miss Edith Mowat, Toronto, is the guest of her cousin, Miss Mowat, Johnson street.

Miss Dwyer, who has been visiting Miss Walsh and Miss Cicliari, Clergy street, left on Thursday for New York and will return to Kingston later.

Mrs. V. G. Buell, 133 Clarence street left on Saturday night for Detroit, Mich., to visit her daughter, Mrs. Cecil G. Martin. She will visit friends in London and Toronto before returning to Kingston.

Mr. W. W. Cook, Orono, N.Y., is spending a few days in town.

The marriage of Miss Evelyn Hearst, daughter of Sir William and Lady Hearst, to Mr. Roy Gilley took place Saturday afternoon in Sherbrooke Street Methodist Church, Toronto.

Miss Edith Walker, R.N., has returned to Kingston, having spent a week with her parents in Perth.

The Editor Hears

That Thomas Smeaton was greatly interested in the tag day for the Orphans' Home held on Saturday. He visited the taggers on the market and was eager to know how they were getting on. Mr. and Mrs. Smeaton were in charge of the Orphans' Home for fifteen years and many boys and girls, now useful citizens of our country, owe their start in life to the wise and kindly training received from the superintendent and his wife. That loyalty to the empire and a love truth and right were inculcated in the minds and hearts of the children under their care, was shown when thirty-two boys who had received their early training in the Kingston Orphans' Home served in Canadian units in the world war, two making the supreme sacrifice.

That the town will be full of black coats this week as the synod of the diocese of Ontario will be in session. We will hope that the weather which is supposed to follow such meetings will have been used up on the W.M.S. which met in the rains at Trenton and hadn't even a glimpse of the sun during their sessions.

That there is much to be said in favor of prohibition but the advocates of the O.T.A. should remember that many people who are as anxious to see their countrymen and women temperate as they are, do not consider the prohibitory measures taken in Ontario have worked to this end. There is a tendency on the part of extremists to speak of those who do not see eye to eye with them as indifferent or vicious, which is to be regretted.

That Miss Lois Landon, a nineteen-year-old Toronto girl, has been chosen among tens of thousands of American and Canadian girls as the possessor of the most beautiful chin. She is in Philadelphia to receive the award from the Osteopathic Association which conducted the contest. "I am surprised and delighted," was Miss Landon's comment when she heard of her success. "Perhaps it is my dancing which has helped me?" she declared. "I have danced since I was three and you know that gives one a balance which cannot be achieved in any other way." She is also an adept swimmer, tennis, golf and horseback rider.

BAKE CAKES WHILE EGGS ARE CHEAP (By Mary I. Barber, Kellogg Co.) Time was when the recipe books called nonchalantly for a dozen eggs and a pound of butter for a single cake. Nowadays, we do not speak of butter and eggs in this casual fashion, but we do still like cake.

At this season of the year, eggs are usually at their best and cheapest, so we not only eat more of them poached, scrambled and boiled, but we use them more generously in cooking than has been our custom during the winter months.

A letter came to us the other day, asking us for some recipes for "health cakes." There are several cakes which may be considered under this heading.

Plain "butter cake," served as a dessert, with a simple frosting or pudding sauce, is unlikely to upset a normal digestion. Sponge cakes and angel cakes are delicate and not too sweet, because they are usually served untopped.

In addition to the plain cake and cakes made without shortening, there are other health cakes—ones made with whole wheat flour or white flour mixed with bran. These are usually flavored with spices, and raisins or dates may be added.

Bran Gingerbread. Cream one fourth of a cup of butter with half a cup of sugar, add

Efficient Housekeeping BY Laura A. Kirkman

TOMORROW'S MENU Breakfast Cereal Cooked with Dates Coffee Poached Eggs Toast Luncheon Wholewheat Griddlecakes Maple Sirup Cocoa Preserves Cookies Dinner Corned Beef Potatoes Cabbage Pickles Apple-Orange-Peach Salad Chocolate Pudding Coffee

Dishes in This Week's Menu: Apple-Orange-Peach Salad: Pare and core one large red apple, then dice. Peel two oranges and cut in small pieces. Also cut up six canned peaches (drained from their sirup). Now mix these three fruits together, sprinkle well with lemon juice and sugar, and serve on crisp lettuce leaves with a dab of Mayonnaise dressing on the side of plates. (This recipe contributed by Mrs. E. B.)

Kidney Bean Salad: Soak one-half pound of kidney beans overnight and in the morning drain, cover with boiling salted water, and let simmer for three hours. Drain again, cool, then chop the three sweet pickles, five stuffed olives and one hard-cooked egg. Cover with the following dressing:

Dressing for Kidney Bean Salad: Put into the top of a double boiler one-half cup of sweet milk, one well-beaten egg, a pinch of salt, one tablespoon of vinegar. Drop in a piece of butter the size of a walnut, and cook, stirring constantly, till thickened. Cool and pour over the salad.

Veal Croquettes: (Use the cold, left-over veal from Saturday's dinner stew). Mix together two cups of chopped cooked veal, a pinch each of

one egg and beat well. Then add three quarters of a cup of crumbled bran, then half a cup of sour milk, and half a cup of molasses alternately with one cup and a half of flour that has been sifted with two teaspoonfuls of cinnamon, one teaspoon each of ginger and soda and one fourth of a teaspoonful of salt. Bake in a moderate oven. The gingerbread may be baked in a cake pan or individual pans.

On May 5th, Miss Margaret E. Farrell passed away at the home of her sister, Mrs. P. J. McCarry, Perth, after a short illness. Deceased leaves to mourn her loss four sisters and two brothers.

Miss O. S. Allen's Tested Recipes No. 156

Paprika Chicken (Everybody likes Miss Allen's favorite recipe for cooking fresh killed chickens)

Cut chicken for frying. Wash thoroughly, roll in flour. Fry in hot Crisco until browned, but not cooked through. Cool. Rub paprika all over each piece, put in saucepan. Pour over one quart can of tomatoes, one small onion chopped fine, little salt. Cover and simmer until done. Pour over it one pint of cream sauce made as follows:

Cream Sauce: 1 cupful milk, 1 cupful cream 3 tablespoonfuls Crisco 3 tablespoonfuls flour Blend flour and Crisco, stir in hot milk and cook until smooth.

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AUNT HET

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MOTHERS And Their Children

A Swinging Exercise. One Mother Says: Here is an exercise I have taught my child to give her correct posture, as she is inclined to "slump." She stands with both arms reaching up as if grasping the ropes of a swing, one foot in advance of the other. To swaying music, she a proper posture.

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