NEWS AND VIEWS FOR WOMEN READERS

LIFE'S SOCIAL SIDE

patrick, Mrs. Constantine, Mrs. How- Mitchell, Miss Isabel Minnes, Miss ard Penhale, Miss Alicen Rogers. Jean Roblin, Miss Hilda Langwith, Mies Swift, Miss Gildersleeve, Miss Miss Mary Ogilvie, Miss Nevada Best, May Rogers, Miss Nora Macnee, Miss Miss Mary Morrison, Miss W. Nobles Doris Folger, Miss Eleanor Phelan, and Miss Mary Macgillivary. Miss Edith Carruthers, Miss W. Gordon, Mr. Walter Fleming.

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



PEMBER'S HAIR GOODS For Ladies and Gents J. B. Knight Randolph Hotel, Kingston

Wednesday and Thursday, May 21 and 22.

Sanitary Patent Toupees and Wigs. week-end with her mother, Mrs. A. New styles for the year 1924, includ- B. Sinclair, Stuart street, returning ing the new flesh color, sight-proof to Godfrey to-day.

Mr. Knight will demonstrate and give free advice on all scalp diseases. THE W. T. PEMBER STORES, Ltd., 129 Yonge Street.

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TUTS are among the most nourishing

sweets and fruits in the candymaker's art.

Moirs have reached out to distant places to

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the sweetest and most flavory of the many

varieties of nuts grown. To sample Moir's

nut centres is to let your imagination

carry you to several continents - the

world's many climes yield their treasures

for the delicious confections prepared in

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the greatest collaborators with

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CORNER KING AND PRINCESS STS.

Editor of Women's Page, Tele- an exceedingly pleasant one. Tea was phone 2613. Private 'phone 857w. served in the mess room. Among those present were Col. and Mrs. H. At a meeting of the Tennis and T. Cock, Col. and Mrs. Reginald Country Club held on Saturday after- Brook, Major and Mrs. Victor Trenoon it was decided to carry on the maine, Mrs. D. D'arcy Sneath (Napclub with the same executive until anee) Major Greenwood, Capt. and November. The courts are in splen- Mrs. Kelly, Mr. and Mrs. Philip Dudid condition for tennis and the Moulin, Miss Gwen Carr-Harris, Miss members felt that it would be a dis- | Aline and Miss Cecily Rutherford, tinct loss in many ways if the little Miss Helen Toffeld, Miss Lilian clubhouse on the Rideau were clos- Fair, Miss Peggy Bidwell, Miss ed. After the business meeting tea Marjorie Evans, Miss Margaret Macwas served, Mrs. Alexander Macphail, donald, Miss Elinor Mundell, Miss wife of the president, Col. Macphail, Nora Connell, Miss Helen Steacy, presiding at the effectively arrang- Miss Frances Murray, Miss Caroline ed table. Among those present were Mitchell, Miss Gwen Dawson, Miss Mrs. T. D. R. Hemming, Mrs. Nor- Connie Webster (Whitby) Miss Phyman Leslie, Mrs. James Hamilton, llis Spencer, Miss Phrone Gimblett, Clergy street, left on Thursday for Mrs. George Graham (Belleville) Mr. Miss Vera Skinner, Miss Dorothy New York and will return to Kingand Mrs. E. L. Fortt, General Hill, Sands, Miss Vivien McCartney, Miss Mrs. J. M. Campbell, Mrs. C. S. hurk- Marjorie Harvey, Miss Florence

> Mrs. N. K. Scott, Toronto, entertained at a charming little tea on Friday. Among the guests were Mrs. Gordon Moss, Mrs. McMurray Kelso, Miss J. E. Moore, Mrs. R. S Segsworth, Miss E. Scott, Miss Wadell, Miss Louise Moore.

Mr. Claude Root, Montreal, is visit ing his parents, Mr. and Mrs. J. M Root, Earl street.

Mr. and Mrs. A. G. Harris, Kingston, motored on Wednesday and are the guests of the latter's parents, Mr. and Mrs. A. W. Pierce, Aylmer,

Mrs. George Graham, Belleville spent the week-end with her parents Major and Mrs. James Hamilton. Aberdeen avenue.

Mr. Frank Worrell, Oakville, with his sister, Mrs. C. S. Kirkpatrick, Victoria street. Rev. F. W. Kirkpatrick, Wolfe Island, is also Mr. and Mrs. Kirkpatrick's guest for

Mrs. Alexander Kirkpatrick with her daughter, Mrs. J. C Murchie, Wellington street. Rev. L. H. Webster, Milford, will be with Mr. and Mrs. T. W. Rowland. Earl street, while in town for synod

Miss Anna Sinclair, who was in town for the graduation of her sister. Miss Maisie Sinclair from the King-Sole makers of the Dorenwend's ston General Hospital, spent the

Mrs. D. D'Arcy Sneath, Napanee was in town for the cadets' tea dance on Saturday and was with her brother, Mr. W. H. Herrington. Mrs. James Cappon and Miss Alice

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 visitston later.

Mrs. V. G. Buell, 132 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, Ovon, N.Y., spending a few days in town.

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

Miss Edith Walker, R.N., has returned to Kingston, having spent 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 ton were in charge of the Orphans' Home for fifteen years and many salad. boys and girls, now useful citizens of our country, owe their start in and his wife. That loyalty to the boys who had received their early training in the Kingston Orphans' 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 rain 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.TA. should remember that many people who are as anxious temperate as they are, do-not consider the prohibitory measures taken in Ontario have worked to this end. Eleanor Hamm gave two fine plano There is a tendency on the part of selections. A vote was given of fifnot see eye to eye with them as in- room in Kingston General Hospital different or vicious, which is to be for which the Conway Institute proregretted.

of American and Canadian girls as the possessor of the most beautiful ment. chin. She is in Philadelphia to receive the award from the Osteopathic Association which conducted the con- elected as the new president; Mrs. test. "I am surprised and delight- A. P. Young, vice-president; Mrs. ed," was Miss Landon's comment Norman Galt, secretary; Mrs. J. C. when she heard of her success. Titchett, press reporter; Mrs. John "Perhaps it is my dancing which has Young, to read current events. After helped me?" she declared, "I have this our retiring president, Mrs. A. danced since I was three and you P. Young, presented Mrs. Spearing know that gives one a balance which with a basket of bedding which the cannot be achieved in any other Institute had purchased and made way." She is also an adept swim- up for her. Mrs. Spearing in a few mer, tennis, golf and horseback well chosen words thanked the in-

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 | departed well satisfied with the repoached, scrambled and boiled, but cord for the year. 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 unfrosted. 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 brain. These are usually flavored with spices, and raisins or dates may be added.

Bran Gingerbread. Cream one fourth of a cup of but- counted seven medicine bottles on ter with half a cup of sugar, add their clock shelf."

Efficient

TOMORROW'S MENU Breakfast Cereal Cooked with Dates Poached Eggs Toast Luncheon

Wholewheat Griddlecakes Maple Sirup Preserves Cookies Dinner Corned Beef

Cabbage Pickles Apple-Orange-Peach Salad Chocolate Pudding Coffee

Potatoes

Dishes in This Week's Menus. Apple-Orange-Peach Salad: Pare pieces (or have the butcher cut it Mrs. E. B.)

then chop the three sweet pickles, hot, cooked peas. five stuffed olives and one hard-cooked egg. Cover with the following dressing:

Dressing for Kidney Bean Salad:

received from the superintendent | chopped cooked veal, a pinch each of and state.

empire and a love truth and right one egg and beat well. Then add were inculcated in the minds and three quarters of a cup of crumbled rell passed away at the home of her hearts of the children under their bran, then half a cup of sour milk, sister, Mrs. P. J. McGarry, Perth, care, was shown when thirty-two and half a cup of molasses alter- after a short illness. Deceased nately with one cup and a half of leaves to mourn her loss four sisters flour that has been sifted with two Home served in Canadian units in teaspoonsful 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.

WOMAN'S INSTITUTE

The meeting of the Conway Woman's Institute was held at the home of Mrs. A. P. Young on Tuesday, May 13th, at the usual hour. About twenty members were present. to see their countrymen and women After singing the opening ode, followed by the Lord's prayer, the secretary gave the financial report. Miss extremists to speak of those who do teen dollars to purchase linen for the vides. Plans were made for the entertainment of the delegate, Miss That Miss Lois Landon, a nine- Iva Laughton, who will speak in een-year-old Toronto girl, has Conway Methodist church at the been chosen among tens of thousands June meeting on June 17th. Lunch will be served in the church base-

> Then followed the election of officers. Mrs. John Spearing stitute for their kindness to her and spoke of the inspiration they had received from the institute during the time she had been a member. Mrs. Alexander Sills and Mrs. W Craven were appointed to audit the books for the year. These were found to be correct with a cash balance on hand of over ninety dollars. After more music by Miss Hamm, the meeting closed by singing the National Anthem. The hostess served dainty refreshments. Everyone

> > AUNT HET



"That new family next door is the kind that stays poor always.

salt and pepper, one-half teaspoon of onion juice, one egg-yolk and three-fourths of a cup of sweet milk warmed and thickened with one tablespoon of flour then seasoned with a pinch of salt and one teaspoon of butter. Form this mixture into small croquettes, dip each little cake into raw, slightly-beaten egg.

then into fine bread crumbs, and

golden brown. Drain a moment on

lower into deep, not fat to fry

crumpled brown paper before serv-Scotch Casserole of Lamb: Buy from your butcher one and one-half pounds of lamb from the forequarter. Remove fat and cut in one-inch

and core one large red apple, then up for you). Sear these pieces in a dice. Peel two oranges and cut in frying pan, in beef drippings, then small pieces. Also cut up six can- transfer them to a casserole dish. ned peaches (drained from their Add one-half cup each of diced carsirup). Now mix these three fruits rots, turnips and onions, and one cup together, sprinkle well with lemon of tomatoes, which have been cookjuice and sugar, and serve on crisp ed until just soft enough to press lettuce leaves with a dab of May- through a wide-meshed sieve. Now onnaise dressing on the side of also add to the casserole two heapplates. (This recipe contributed by ing tablespoons of uncooked rolled oats, one teaspoon of salt, one-half Kidney Bean Salad: Soak one-half teaspoon of kitchen bouquet and pound of kidney beans overnight three cups of boiling water; cover and in the morning drain, cover with the dish and let cook in a moderate boiling salted water, and let simmer oven for from two to three hours. for three hours. Drain again, cool, Just before serving add one cup of

> Tomorrow-Knitting a Child's Bathing Suit.

All inquiries addressed to Miss Put into the top of a double boiler | Kirkman in care of the "Efficient one-half cup of sweet milk, one well- Housekeeping" department will be beaten egg, a pinch of salt, ane one answered in these columns in their tablespoon of vinegar. Drop in a turn. This requires considerable and was eager to know how they piece of butter the size of a walnut, time, however, owing to the great were getting on. Mr. and Mrs. Smea- and cook, stirring constantly, till number received. So if a personal or thickened. Cool and pour over the quicker reply is desired, a stamped and self-addressed envelope must Veal Croquettes: (Use the cold, be enclosed with the question. Be left-over veal from Saturday's din- sure to usa YOUR full name, street life to the wise and kindly training ner stew). Mix together two cups of number, and the names of your city

On May 5th, Miss Margaret E. Far-

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.

RISCO

For light, tender cakes For digestible and flaky pastry For crisp, digestible fried foods

GALLAGHER'S TAXI SERVICE DAY AND NIGHT

Cocoanut Oil Fine For Washing Hair

If you want to keep your hair in good condition, be careful what you wash it with.

Do not use prepared shampoos o anything else that contains too much free alkali. This dries the scalp, makes the hair brittle, and is very harmful. Mulsified cocoanut oil shampoo (which is pure and entirely greaseless), is much better than anything else you can use for shampooing, as this can not possibly injure the hair.

Simply moisten your hair with water and rub it in. Two or three tea-spoonfuls of Mulstfied will make an abundance of rich, creamy lather, and cleanse the hair and scalp thoroughly. moves every particle of dust, dirt, dan-druff and excess oil. The hair dries quickly and evenly, and it leaves it fine and silky, bright, fluffy, wavy and easy

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

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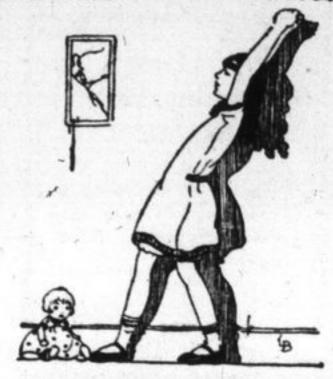
tea loses its freshness and flavor.

TEA

For that reason is never sold in bulk.

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." To swaying music, she a proper posture.

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For chapped hands and skin, cold sores and cracked lips. Refuse substitutes.

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She stands with both arms reaching sways forward and back, both feet up as if grasping the ropes of a on the floor. If the arms are held swing, one foot in advance of the high enough the body will assume

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