

NEWS AND VIEWS FOR WOMEN READERS

LIFE'S SOCIAL SIDE

Woman Page Editor, Phone 2612. Private, Phone 657W.

The bright sunshine of Monday took many people over to the Royal Military College to watch the cadets do all the interesting things that are included in the annual field sports.

Among those present were Major-General Sir Archibald and Lady Macdonnell, Col. and Mrs. Victor Anderson, Col. and Mrs. H. J. Dawson, Col. and Mrs. Schmidlin, Col. and Mrs. Alexander, General and Mrs. R. W. Rutherford, Col. and Mrs. G. H. Ogilvie, Col. and Mrs. C. F. Constantine, Major and Mrs. Leroy Grant, The Bishop of Ontario and Mrs. E. J. Bidwell, Col. and Mrs. A. E. Harris, Col. and Mrs. J. C. Stewart, Col. and Mrs. R. J. Gardner, Major and Mrs. Jeffrey, Major and Mrs. T. A. Walsh, Major and Mrs. Victor Tremaine, Major and Mrs. H. T. Cook, Capt. E. J. Harvey, Prof. and Mrs. Frank Day, Capt. and Mrs. F. M. Harvey, Capt. and Mrs. Ronald Fort, Major and Mrs. Henshaw, Major and Mrs. Logan, Prof. and Mrs. Bridger, Col. and Mrs. Ernest Sparks, Prof. and Mrs. L. N. Richardson, Mr. and Mrs. Twiss, Prof. and Mrs. N. Brown, Capt. and Mrs. S. A. Lee, Mr. and Mrs. Birks, Mr. and Mrs. Hargratt (Toronto), Mr. and Mrs. Ogilvie (Montreal), Mr. and Mrs. W. J. Fair, Mr. and Mrs. H. F. Richardson, Mrs. Elmer Davis, Mrs. Manley Baker, Mrs. Everett Townsend, Mrs. Felix Johnson, Mr. and Mrs. Edward Rees, Mr. and Mrs. W. A.

Sawyer, Mr. and Mrs. Robert Orwell, Mr. and Mrs. C. W. Trotter, Mr. E. W. Mullin, Miss Marguerite Mullin, Mr. and Mrs. Philip DuMoulin, Rev. W. E. Kidd, Mrs. J. B. McLeod, Mrs. F. E. Dench, Mrs. L. D. Rossire, Miss Rossire (New York), Mrs. Norman Fraser, Mrs. E. H. Young, Mr. and Mrs. T. A. Kidd, Mrs. Ford, Mrs. J. W. Robinson, Miss George Robinson (Napane), Mr. and Mrs. James Haydon, Mr. and Mrs. Harold Davis, Mrs. Charles Kirkpatrick, Mrs. Arthur Craig, Capt. and Mrs. Westmorland, Rev. F. W. Archibald, Rev. A. O. Cooke, Mrs. Gerald Denyes (Trenton), Dr. and Mrs. P. G. C. Campbell, Prof. and Mrs. J. J. James, Mrs. James Miller, Major and Mrs. F. Alderson, Mrs. W. A. Rogers, Mrs. Donald MacPhail, Miss Katherine MacPhail, Mrs. E. L. Fort, Mrs. Travers Hota, Mrs. Raymond Hampton, Oak Park, Ill., Miss Allison Macdonnell, Miss Francesa Foulkes (Montreal), Miss Willis, Miss W. Gordon, Miss Millie Ferris, Miss Wurtelle, Miss Eleanor Phelan, Miss Doris McKay, Miss Louise Hill, Miss Vera Skinner, Miss Virginia Fair, Miss Katherine Acer (Montreal), Miss Peggy Wright (England), Miss Elizabeth and Miss Pat Lyster, Miss Laura Kilborn, Miss Hilda Langwith, Miss Esther Breeland, Miss T. Gallagher, Miss Caroline Mitchell, Miss Bute (Houston, Texas), Miss Jessie Torrance, Miss Elinor Mundell, Miss Mary Morrison, Miss Nevada and Miss Margaret Best, Miss Barbara and Miss Peggy Bidwell, Miss Vivian and Miss Sylvia White, Miss Edith Rees, Miss Evelyn Ford, Miss Anella Minnes, Miss Gwen Carr-Harris, Miss Helen Smith, Miss Harriet Gardiner, Miss Doris and Miss Gwendolyn Rees, Miss Doris and Miss Gwendolyn Rees, Miss Mary Ogilvie, Miss Helen Mabey, Miss Gwen Dawson, Miss Alice and Miss Cecily Rutherford, Miss Mary Taylor (Ottawa), Mrs. John Waddell, Miss Lucy Waddell, Earl street, left today for "Alwyn Lodge," their summer home at Loughboro Lake.

Monday in Kingston on their way home. Miss Kay Symes, who is the Commissioner of the Girl Guides, for the Ottawa Valley, has left for Toronto, where she will act as Dominion secretary for a couple of months during the absence in London, England, of Miss Eliza Riskert, the present secretary.

Miss Roseire, New York, is with her brother, Mr. L. D. Rossire and Mrs. Rossire, Clergy street. Miss Elinor Mundell, Barrie street, returned from Montreal on Sunday.

Mr. and Mrs. Havelock Price and Mrs. J. Harrison Pierce left today for motor to Boston where Mr. and Mrs. Price will spend two weeks. Canon and Mrs. Deatly Woodcock, Brockville, are with Rev. W. E. Kidd and Mrs. Kidd, Wellington street.

Mr. and Mrs. E. J. Boag, Ottawa, celebrated their silver anniversary Friday evening, when they entertained a number of guests at bridge at their home. They received beautiful gifts and the congratulations of their friends. Mr. Ernest B. Boag, Queen's University, was present. Mrs. Birks, who was in town for the sports at the Royal Military College, where her son, Cadet Birks, is a recruit, returned to Toronto today.



TO-MORROW'S MENU Breakfast Oatmeal cooked with dates Fried Eggs Muffins Coffee Luncheon Baked Rice and Cheese Wholewheat Bread Diced Oranges and Pineapple Tea Dinner Irish Stew (with Potatoes, Onions, Carrots) Corn Muffins Bean Salad Coffee Raisin Pie

Readers' Letters on Removing the Squeak From Shoes.

Some time ago I published a reader's letter asking how to remove the squeak from shoes. The following replies have come in:

"M. P." and "C. A. S." advise practically the same method "Drive three shoe nails in the bottom of the sole in a straight line down the middle (at ball of foot). What causes squeaking is the inner sole and outer sole rubbing together, but this will stop it." "Mrs. R. I. also suggests the above method, but with this difference: "Make a hole in the bottom of the sole by driving a "finishing nail" or one of smaller size, into it just far enough so that it will not come through the inside. If this hole later becomes packed with earth, it may make the squeak return."

"E. J. U." says, "Take the squeaking shoe to a good shoe repairer and have him cut the stitching between the soles and insert powdered soapstone between the upper and lower soles, then sew the soles together again. This will cause the squeak to disappear. I have had several

pairs treated in this manner with entire success."

"Column Reader: Tell the reader who asked about removing the squeak from shoes, to take her shoes to a cobbler and have two small holes bored in the bottom of the soles. Another way I have heard of, is to put the shoes into a pan containing one-fourth inch of water and let them stand overnight; they must be dried very slowly after this soaking."

"M. Van H.: Try soaking the sole of a squeaking shoe in heavy oil such as linned oil."

"M. F." uses the water method. "I put my shoes in a pan of water overnight, having the water cover the sole up to where it joins the top of shoes. This has never failed me."

Anonymous: "For squeak in shoes, turn the tops of shoes down as far as possible, then turn back the sole-lining. Now apply machine oil to the spot where the shoe squeaks, or that part of the sole where you think the squeak is made. Leave the oil on for a day or two and there should be no further trouble. Repeat this method if necessary."

Tomorrow—Some Good Chicken Recipes.

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.

responding secretary to take the place of Miss Ethel Waldron who is leaving shortly for Europe to spend some time, was introduced. Deaneary meetings are to be held in Bath and Picton on October 8th and at Lansdowne on October 15th. Miss Edith Van Straubensee and Miss Hentig will represent the diocesan board as special speakers.

KINGSTON'S CHILD WELFARE STATION

There is a small frame building lying west of Frontenac Park, a relic of the days when the neighborhood near Barrie and York streets was called the French village. Today it is the centre of the work of the greatest importance to the city of Kingston. It is the Child Welfare Station and what can be of more importance to a community than the welfare of its children? Here on three days of the week come the Victorian Order Nurses and Dr. A. E. Day, who has the welfare of the children of our city so near his heart that he gives a free clinic twice a week to further help along the good work done at the station. On Friday afternoon a visitor to the station guessed she was in time to see the babies by the number of baby carriages out side the building, and entering, found Mrs. F. R. Robinson, V.O.N., hard at work, but never too busy to tell the young mothers gathered in the bright sunny room, just what to do for the baby. Not only the sick babies, but the well babies, for this is a well baby clinic, a place where the babies are kept well. The babies and young children are brought here monthly and given cards marked with their weight, etc., and this year a new card system has been instituted whereby the mother, who began the good work of bringing their little ones to the station, are reminded at what date they were there last.

The children seemed to like being weighed on the scales, and the mothers watched eagerly to see what was the gain since last time. Mrs. Robinson had all sorts of questions to ask about the feeding, and was always satisfied when the mother could say she had had medical advice.

"My brother is a doctor," said one of the young mothers, "and he advised me to bring her here." "Well," said the nurse, "she has gained splendidly."

Mrs. Robinson said she had already weighed twenty babies that afternoon, and apparently the fun was just beginning. Pamphlets on various phases of child welfare were on the table, ready to be taken home and passed on to friends. One mother was there with a bonny baby from Westbrook and one from Napane and another from Gananoque, had been weighed recently. The nurses are glad to give advice, which sometimes is "See a doctor at once."

The tiny building is spotlessly clean and the afternoon sun could find no speck of dust, a splendid new medicine chest and benches constitute the furniture. The station is a social service centre. On Saturday afternoons, Mrs. Miller teaches a class of fifty little girls in sewing, and last year they made the

"Children's Party," on Wednesday evening and are much mystified over some of the requisites needed for their proper appearance at this unique gathering.

THANKS FOR BALE.

Sent To Labrador By Prince Charles Chapter L.O.D.E. The following letter of acknowledgment of a bale sent by Prince Charles Chapter L.O.D.E. to the Labrador Mission, has been received by Mrs. C. F. Constantine, Earl street, Harrington Hospital, Canadian Labrador, May 17th, 1924.

Dear Mrs. Constantine: We wish to thank you so much for the lovely boxes and bale sent by your society. Everything is perfectly splendid. Those nice warm blankets are going to help out so much next winter. Winters here are so cold that we need so many blankets. The yarn, too, is so nice and people are always wanting yarn.

I had been wishing for dressing gowns, bedroom slippers and bed jackets for the wards, we were getting so short of those things. As for the canned vegetables, we cannot thank you enough. Coming just at a time when supplies of all kinds are running short. All of the things, indeed, are most acceptable.

And such a supply of soap and talcum! Things we need so much. The pillow cases are so nice. Those we will keep for staff use as we were quite short of them.

In fact, everything sent will be of so much use to us. The boxes arrived in perfect condition. With many thanks for your kindness, I am,

Yours very sincerely, MARY A. BROWN. (Nurse-in-charge).

"Yardley Lavender Water." Gibbon's.

AUNT HET



"When I was grown up, a girl had to know how to use her hands; but now she can get by if she knows how to handle her feet."

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