

NEWS AND VIEWS FOR WOMEN READERS

LIFE'S SOCIAL SIDE

Woman Page Editor, Phone 2613. Private, Phone 857W.

The lady presidents and vice-presidents lunched together at the Cataract Golf and Country Club on Tuesday, when a match in which the vice-presidents won was played. Those lunching were Mrs. T. A. Kidd (president), Mrs. Francis Macnee (vice-president), Mrs. Charles Taylor, Mrs. W. R. Givens, Mrs. Reginald Brook, Mrs. W. Harvey, Mrs. Fred Mahood, Mrs. James Miller, Mrs. H. Westmorland, Mrs. Ritchie, Miss Edith Ritchie, Mrs. E. C. D. McCallum, Mrs. Beverly Browne, Mrs. W. E. Kidd, Mrs. Herbert N. Robertson, Miss W. Gordon, Miss Edna Chown, Miss Cecily and Miss Aline Rutherford, Miss Catherine Minnes, Miss Marion Lestif, Miss Freda Burns and Miss Helen Uglov.

Mrs. R. J. Gardner, "The Chestnuts," is entertaining at mah-jongg on Friday afternoon.

Mrs. James Hamilton, Aberdeen avenue, entertained at mah-jongg on Tuesday afternoon.

Mrs. Alexander Macphail, Clergy street, will entertain at mah-jongg on Friday afternoon.

Mr. Victor A. Lanos, London, England, who is visiting his mother, Mrs. J. M. Lanos, Lower Union street, went to Toronto to-day, accompanied by his sister, Miss Yvette Lanos.

Mr. and Mrs. Everett Birdsall and their children motored back to Birdsall after a visit in Kingston.

Mr. and Mrs. John Ritchie, Montreal, are visiting Mrs. Thomas Ritchie, "Elmhurst."

Miss Muckleston, Clergy street, honorary vice-president of the Local Council of Women, will represent the Local Council at the meeting of the National Council and left on Tuesday for Toronto, where she will be the guest of her cousin, Mrs. Willoughby Cummings.

Mrs. W. Harty, "Roselawn," left for Montreal to-day.

Mrs. G. A. Knox, Fenelon Falls, is visiting her mother, Mrs. Martin, Kingston Junction.

Rt. Rev. Dr. Robbins, Bishop of Athabasca, will spend the week-end in Kingston, the guest of the Dean of Ontario.

Miss Bryson, Ottawa, who has been visiting her sister, Mrs. Arnott Minnes, University avenue, returned home on Tuesday.

Archdeacon Dobbs, King street west, has returned from London, where he attended the General Synod meeting.

Major-General Elmsley returned from Quebec to-day.

Canon and Mrs. Dealty Woodcock, who were with Rev. W. E. and Mrs. Kidd, Wellington street, have returned to Brockville.

Mr. and Mrs. F. Leslie Brinkman, Ottawa, leave shortly for a trip to Bermuda. Mrs. Brinkman is at present in Kingston, the guest of her mother, Mrs. James Sowards.

Mrs. Alex Rosamond and her daughter, Miss Norah Rosamond, Montreal, have sailed by the Melita for England. They are going to Paris, where Miss Rosamond will remain at school for a year. Mrs. Rosamond, who will join her mother, Mrs. Cotton, and her two sisters, the Misses Elsie and Dorothy Cotton, in Paris, expects to return to Canada in December. Miss Kathleen Rosamond came to Montreal to see her mother and sister off to England, returning the same day to Almonte.

Mr. and Mrs. John Ford, Kingston, are spending a week in Belleville, visiting the former's mother, Mrs. Margaret Ford.

Mr. and Mrs. Frank Gulrey and children, Brockville, have come to visit friends in Kingston.

Mrs. W. P. Hewitt and Miss Myrtle Hewitt left this morning for Philadelphia, Pa., and while there will be the guests of Mr. and Mrs. Harry Seymour.

WOMAN'S INSTITUTE.

Pittsburg.

The Women's Institute of Pittsburg held its regular meeting at "Glen Lawrence," the home of Mrs. C. C. Abbott on Thursday, Oct. 2nd, with seventeen members and a few visitors present. The meeting opened by singing the Institute Ode, followed by the Lord's Prayer. The roll call was answered by Hallowe'en legends. The discussion of a Com-

munity Hall was left over until another meeting. Mrs. Henry McLean was appointed delegate to attend the Woman's Institute convention to be held in Ottawa, the end of October.

Following the business, Mrs. H. Scott and Mrs. Malone gave piano selections, which were much appreciated. Miss Crozier gave an interesting paper on "Little Things that make Life Beautiful." It is said that beauty is in the eye of the beholder. So if we are to learn of the little things that make life beautiful, we must know how to look and what to see. "As a man thinketh in his heart, so is he." So, if you would have little or big things make life beautiful for you, look first within yourself. Community singing followed by the Lord's prayer closed the meeting.

After a pleasant social half hour delicious refreshments were served. The next meeting is to be held at the home of Miss Crozier on Thursday, Nov. 6th.

AUNT HET



"There ain't no sense in bein' stuck up; the time may come when even the proudest folks has to use gasoline on the bedsteads."

WHAT QUEEN'S GIRLS ARE DOING

The corridors of the old arts building were jammed Tuesday night at the sports' meeting, when the old students filled programmes for the freshettes and freshmen whom they will accompany to the freshmen's reception in Grant Hall on Thursday night.

An interesting programme of music, singing, recitations and an address by Dr. W. E. McNeill has been arranged. The patronesses will be Mrs. O. D. Skelton and Mrs. W. E. McNeill. The student conveners are Miss Elna Cropp and J. Alex Edmondson. The event frees the freshmen from the outlandish gear they have been wearing of late.

On Wednesday night the freshette's reception in Grant Hall, which is to be a children's party, will take place.

The Varsity girls are to be invited into the Girls' Intercollegiate Debating Union, which now includes only Queen's and McGill. This was decided on at the annual meeting of the Levana Debating Club at Queen's on Tuesday night. With the exception of the president, Miss Maybelle Govan, who was elected by the Levana last spring, the following officers were elected at Tuesday night's meeting: Honorary president, Mrs. W. E. McNeill; vice-president, Miss Belle Elliot; secretary,

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TOMORROW'S MENU
Breakfast: Left-Over Pineapple, Cereal, Griddlecakes, Sirup, Coffee, Toast.
Luncheon: Baked Stuffed Peppers, Wholewheat Bread, Tea, Celery, Jelly, Dinner, Tomato Soup, Rissoles (from left-over stew meat), Baked Potatoes, Squash, Lettuce Salad, Coffee, Cup Custards.

Some Good Chicken Recipes
A Housekeeper Reader has written me to ask for some good recipes for using left-over chicken. She says: "I would like to know of some attractive ways to use cold cooked chicken for Monday's dinner." The following will be found delectable:

Chicken Wiggle: Melt two tablespoons of butter in a saucepan, rub into it two teaspoons of flour, and a pinch each of salt and pepper, then gradually add two cups of sweet milk. Let this sauce simmer for a few minutes, till thickened, then add two cups of diced cooked chicken, three-fourths of a cup of boiled rice and one-half cup of cooked peas (the canned variety may be used after being simmered for 15 minutes). Let cook for 20 minutes over boiling water, then turn onto slices of toast and serve at once.

Chicken Loaf: Heat three-fourths of a cup of sweet milk, then put into it one and one-half cups of soft bread crumbs and let cook for five or six minutes. Turn this mixture into a bowl with three cups of minced chicken, one-half teaspoon of salt, a pinch of pepper, one teaspoon of minced parsley, one-half teaspoon of onion juice (or one-half teaspoon of finely minced raw onion may be used instead of the juice), two tablespoons of butter and the yolks of

Miss Ruby Hilliker, year representatives, arts '35 Miss Hazel Argue, '26 Miss Elizabeth Raites, '17 Miss Jean Malcolm, '28 Miss Agnes Frittle. The club will meet fortnightly on Tuesdays in the Apologetics room from 7 to 8 p.m.

The Editor hears

That Kingston will have two amateur performances this autumn, the Kiwanians are putting on "The Mikado," Gilbert and Sullivan's favorite opera, and the Rotarians "All Aboard," a New York success.

That the rummage sales are now in full swing and the crowd outside the place chosen before it opens shows the popularity of this kind of thing. Only useful articles should be sold at such sales. There is no charity in selling useless articles to a person foolish enough to buy them. Money raised by such methods can bring no blessing.

That some young men in a Clergy street boarding house enjoy an old fashioned pillow fight frequently. They follow each other into the street armed with their downy weapons and cause much amusement to the passers-by, who also admire their beautiful collars and green ties.

That the road construction gang who are making improvements in the county roads recently found a beaver dam near Hartington which was covered with four feet of soil. It has been there since the days the swamps were rivers and when disturbed to improve the roads for the motorists, the wood, while it was taken out intact, crumbled to pieces when exposed to the air.

That the Anglican Young People's Association of the dominion will meet in St. George's cathedral, Kingston, on Oct. 16th. About two hundred delegates are expected and the A.Y.P.A. of the local parishes are looking after the billowing and entertainment of the delegates. Bishop Farthing of Montreal will be one of the special speakers.

That the word "temperance" has apparently changed its meaning since the days when St. Paul advised "temperance in all things."

three eggs well beaten. Mix all together, then fold in three stiffly-whipped egg whites and turn the mixture into a shallow pan containing hot water, and slip the two into a moderate oven to bake for 45 minutes or till firm. This may be served either hot or cold.
Italian Minced Chicken: This recipe requires three-quarters of a cup of canned mushrooms. (If the fresh mushrooms are used, separate the caps from the stems and cut the stems in pieces). Fry the mushroom caps in butter (using about four tablespoons of butter), seasoning them with a pinch of pepper and one-fourth teaspoon of salt. Add the stems and fry these five minutes, then add one teaspoon of minced raw onion, four tablespoons of flour, and two cups of either freshly stewed, or canned, tomatoes. Let boil for five minutes, then serve on hot toast.
Tomorrow—Does Your House-keeping Dominate You?

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.

COLOR IT NEW WITH "DIAMOND DYES"

Beautiful home dyeing and tinting is guaranteed with Diamond Dyes. Just dip in cold water to tint soft, delicate shades, or boil to dye rich, permanent colors. Each 15-cent package contains directions so simple any woman can dye or tint lingerie, silks, ribbons, skirts, waists, dresses, coats, stockings, sweaters, draperies, coverings, hangings, everything new.
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Here's an easy way to save \$1, and yet have the most remedy you ever tried.

You've probably heard of this well-known plan of making cough syrup at home. But have you ever used it? When you do, you will understand why thousands of families, the world over, feel that they could hardly keep house without it. It's simple and cheap, but the way it takes hold of a cough will quickly earn it a permanent place in your home.
Into a 16-oz. bottle, pour 2½ ounces of Pinex; then add plain granulated sugar syrup to fill up the bottle. Or, if desired, use clarified molasses, honey, or corn syrup instead of sugar syrup. Either way, it tastes good, never spoils, and gives you 16 ounces of better cough remedy than you could buy ready-made for \$2.50.

It is really wonderful how quickly this home-made remedy conquers a cough—usually in 24 hours or less. It seems to penetrate through every air passage, loosens a dry, hoarse or tight cough, lifts the phlegm, seals the membranes, and gives almost immediate relief. Splendid for throat tickle, hoarseness, croup, bronchitis and bronchial asthma.
Pinex is a highly concentrated compound of genuine Norway pine extract, and has been used for generations for throat and chest ailments.

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