

NEWS AND VIEWS FOR WOMEN READERS

LIFE'S SOCIAL SIDE

Woman Page Editor, Phone 2612. Private, Phone 837W.

The first Jack o' Lantern of the season made his appearance at Macdonald school on Friday afternoon when the Home and School Club gave a tea and sale. He was grinning cheerily from behind the effectively arranged tea table where Mrs. George E. Scott poured tea. Mrs. F. Salisbury was convener and the assistants were Mrs. M. Lawler, Mrs. G. Gibbs and Mrs. W. J. Elwood. The sale was held in the large recreation room and all sorts of gay decorations hinting that Halloween was not far off, were on the tables. The children's candy table was in charge of the teachers of the school Miss O'Shea, Vail Luven, Stafford, Compton, Dawson, Greenless and Nesbitt. A fish pond was arranged on the lower floor and was in charge of Mrs. E. Laururey, Mrs. H. Stafford, Mrs. S. H. Hall and Mrs. James McGill. A table of miscellaneous articles was presided over by Mrs. A. Laird and Mrs. G. A. Osborne. At the touch-and-take table were Mrs. E. McHardy and Mrs. W. Norton. All sorts of pretty articles were sold at the fancy work table by Mrs. S. Turner, and Mrs. G. Wood and a well filled cake table was in charge of Mrs. W. G. Pickering, Mrs. F. Lowing, Mrs. E. Yates, Mrs. S. J. Foster and Miss E. Wilson. The candy table with its orange decoration and pretty baskets was presided over by Mrs. R. L. Reid, Mrs. W. Gibson and Mrs. A. Saunders. A very delightful feature of this affair was the serving of the tea to the small children by the girls of Mr. Scott's class in his classroom. It was down here that Mrs. Thomas Donnelly, the president, was found when she was not receiving the guests up stairs and here too was the little table of the kindergarten class with a white cloth a centre of marigolds and a silver teaset, all ready to pour tea. The small guests thoroughly enjoyed this part of the performance. The girls of the fourth class who were in charge were Misses Myrtle Davy, Isabel Henderson, Gwan Murray, Eliza Bunch, Sylvia Wart, May Moulton and Dorothy Ferguson. Mr. George E. Scott, the principal, was

much interested by this pleasant tea which not only was a great success financially, but forwarded the object of the Home and School Clubs which is to bring teachers and parents into a more sympathetic understanding of each other.

Victoria Home and School Club gave a most successful tea and sale in the school on Friday afternoon at which more than \$150 was realized. The rooms were most artistically decorated with autumn leaves and flowers in the rich tints of the season. Mrs. J. G. Ettinger and Mrs. Cuthbert Gummer poured tea, assisted by Mrs. J. F. Macdonald, Mrs. J. G. Bows, Mrs. Frank J. d'Esterre, Mrs. Rutledge, Mrs. Frank Kinneer, Mrs. A. Thompson, Mrs. A. Simmons. Candy was sold by Mrs. W. Drysdale, Mrs. H. E. Day, Mrs. E. G. Barrett and Miss Scammell. Candy put in gay little bags was sold to the pupils in their rooms. The attractive cakes were in charge of Mrs. Russell Derry, Mrs. A. McKenzie, Mrs. H. Moore and Mrs. W. Saunders. Most toothsome pies were at a table presided over by Mrs. A. B. Cunningham, Mrs. J. Newman, Mrs. G. Browne and Mrs. Southall. Fruit was sold by Mrs. J. K. Robertson, Mrs. C. Miller, Mrs. S. V. Horne and Mrs. C. C. Nash.

This afternoon the Queen's students at the Y.W.C.A., who usually entertain the girls from Queen's Residence, Earl street, at tea, are giving them a picnic tea instead at Dead Man's Bay. The girls met at the "Y" at three o'clock and "hiked" across the bridge and over the hill, where Fort Henry, familiar to Kingstonsians, is a curious and interesting sight to girls from newer parts of Canada. The air warm and yet clear, and the lovely view of the river and lake, made the outing a delightful one. A fire was built, and at tea Miss Lockett motored over with Mrs. Moscrip, Mrs. Norman Fraser and Mrs. W. E. McNeill to join the girls and enjoy the pleasant party.

Mrs. Ernest Harris, 141 Macdonald street, (between Johnson and Earl streets), will receive for the first time since her marriage on Wednesday, Oct. 29th, from 3 to 5 and from 8 to 10 o'clock.

Mr. and Mrs. J. O. Hutton announce the engagement of their only daughter, Jessie Annette, to Mr. Lloyd John Davis, eldest son of Mr. and Mrs. John H. Davis, the marriage to take place quietly the latter part of November.

Mrs. W. Harlow, 135 Bagot street, will receive for the first time since coming to Kingston on Thursday, Oct. 26th, from 4 to 6 o'clock.

The Junior W.I. and the Junior Farmers' Association of Frontenac will give a Halloween party at the Dairy School Thursday, Oct. 30th.

Mrs. W. Wendling Anglin, "The Winston," entertained at mah jongg on Friday afternoon.

Mrs. H. T. Cook, Royal Military College, was the hostess of a small mah jongg party on Friday.

The nurses of the K.G.H. will give a masquerade party on Halloween.

Mrs. G. W. MacNaughton, Sydenham, will represent the Federated Women's Institutes at the annual meeting of the Eastern Ontario district which will be held at Ottawa next week opening on the 28th. Mrs. J. D. Shibley, Harrowsmith, president of the Women's Institute for Frontenac district will also attend the W. I. convention in Ottawa.

Mr. and Mrs. D. M. Riddle, who have spent the summer at Danville, Que., are in town for the week-end on their way to Calgary, and are with Mrs. P. Bajus, Rideau street. Miss Grace Moores, Barrie street, is spending the week-end in Montreal.

Mrs. Grant, Sydenham, will represent the Sydenham branch of the Women's Institute at the annual convention to be held in Ottawa next week.

Miss Marjorie Partelle and Miss Marion Blackburn went to Montreal on Friday for the Queen's-McGill game.

Miss McGonigal, San Francisco, who has been staying at the Y.W.C.A., left on Friday for Montreal.

Miss Ruby Hilliker, Miss Helen Armstrong and Miss May Conerty, are among the Queen's students who motored to Montreal for the Queen's-McGill match.

Miss Dorothy Whittiker, Miss Marion Lewis, Miss Sybil Spencer and Miss Kathleen Farlinger, "Avonmore," left on Friday for Montreal to attend the Queen's-McGill match.

A mah jongg club, which has recently been formed, met at the home of Miss Isabel Ross, Alfred street, on Friday evening.

Mrs. H. P. Richardson, Stuart street, went to Toronto to-day.

Dr. and Mrs. Ernest Sparks, Mrs. Hendry Connell and Mrs. W. A.

COMING EVENTS

Notice of future events, not intended to raise money, 3c 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.

St. Paul's Guild Tea and Sale, School-room, Thursday, November 15th. Tea and shower in aid of Dr. Grenfell's Mission Hospital, will be held by the George Richardson Chapter, I.O.G.E. at the home of Mrs. Leman A. Guild, 33 Division street, Wednesday, October 29th, 2 to 6 p.m. All welcome.

Jones motored to Toronto today to hear Jeritza in Massey Hall. Prof. R. O. Julliffe is in Montreal to see Queen's play McGill.

Mr. Colin Campbell has arrived from England and is spending a few days in town on his way to Winnipeg.

Mrs. J. H. Gardner and her daughter, Miss Elsie Gardner, left on Thursday for Santa Monica, Cal., going by way of Vancouver. They were accompanied as far as Toronto by Mrs. Gardner's sister, Mrs. E. F. Campbell, Albert street.

Mrs. W. B. C. Chamberlain and her daughter, Miss Violet Chamberlain, Edmonton, Alta., who were in Hamilton for the triennial meeting of the W.A., and latterly have been the guests of Mrs. Leman A. Guild, Division street, have returned to their home in the west.

AUNT HET



"If it don't look like regular victuals nor taste like regular victuals it's somethin' girls like when they go on a picnic."

The Editor hears

That Kingston people are getting very dilatory in the matter of arriving at the opera house and other places of amusement. Perhaps the habit originated in the summer when most of us said when the clock struck eight, "Oh! That is only seven." But, however, it is, the fact remains that nightly performances are delayed or interrupted by the late comers. It is not fair to those who have purchased a ticket to see the performance in peace to have to get up in the most exciting part to let someone into the seat next to them. Hostesses too, say that their guests are very careless about the hour of their arrival, especially at tea. Too late an afternoon tea brings it too close to the dinner hour. In England where the custom of afternoon tea now prevalent every where, originated, tea is served at four o'clock leaving time for a walk or a game between that light refreshment and the dinner hour.

That true Canadians will now lay aside the carping and often unjust criticism of those who did not see eye to eye with them and get behind the government in the matter of controlling the sale of spirituous liquors.

High on its cliff on the north-west coast of Yorkshire stands the last great ruined abbey of my pilgrimage, the Abbey of Whitby. There are none of the amenities here of Bolton or Rievaulx or Byland.

Oh! and abbey alike may easily be imagined as bulwarks against invasion by savage hordes from over the North Sea, though, indeed, Whitby Abbey, utterly destroyed by the Danes near the end of the ninth century and battered by the Germans near the beginning of the 10th, was never a fortified place, and has but suffered from and not exerted force. Its weapons have been those of the mind and the spirit.

King Cewy of Northumbria founded it about 656 in thanks for his victory over the pagan King Penda of

ENRICH YOUR BLOOD

With organic iron—starched iron—it's like the iron in your blood and the iron in spinach, lettuce and apples—will not blacken or injure the teeth nor upset the stomach. Entirely different from metallic iron. It quickly helps put strength into your muscles and color into your cheeks. Get your doctor to make your red blood count today, then take Nuxated Iron for a few weeks and watch your red blood corpuscles increase; see how much purer and richer your blood becomes; how much stronger and better you feel; what a difference it makes in your nerves. Millions of people annually are using Nuxated Iron. Your money will be refunded if you do not obtain satisfaction by results in tablet form only. At all druggists.

NUXATED IRON



TOMORROW'S MENU
Breakfast
Left-Over Apple Sauce
Cereal
Boiled Eggs
Toast
Coffee
Dinner
Fruit Cup
Lamb Stew with Dumplings
Lamb Stew with Dumplings
Potatoes
Brussels Sprouts
Mince Pie
Coffee
Supper
Fruit Salad
Rolls
Devil's Food Cakes
Cocoas

The Child Who Helps With The Housework

"I don't see how other mothers get their children to help them with the housework," said a Mother Housekeeper friend of mine, "My little girl makes such a fuss when I ask her to do my kind of work about the house. She always has plenty of energy to run and play—but when I suggest that she set the dinner table or dry the dishes, she is 'too tired.'"

She mentioned some representative dishes—cornstarch desserts, white breads, fried foods, meat, fish, egg dishes. "I think I know what's the matter with your child," I told her. "She is not getting enough alkali-forming food. The dishes you mentioned are all acid forming. I then explained that some foods form acids in the stomach and others form alkalis which neutralize the acids. Every meal should have at least an equal balance of acid-forming and alkali-forming dishes.

Mercia. Here the Royal saint, Hilda, was Abbess, and here perhaps Caedmon kept his oxen and sang "The first great English song." Recent excavation has discovered fragments of the Saxon wattle-and-daub buildings, and things used by the monks and nuns who lived in them; and there is hope of finding remains also of the Saxon church, on or near the site of which, two centuries after its destruction by the Danes, Reinfrid, one of the Conqueror's men, founded anew an abbey and became its first Prior.

The foundations of the five apses of Reinfrid's church may still be detected within the half-shell which alone is now left of the great church built by the Benedictines in the 13th century to be worthy of their great and powerful monastery. The spot was full of religious, political and social history for nine centuries; and the havoc wrought by subsequent neglect and abuse cannot rob it of a spiritual authority worthy of the nature of the work.

RED-HAIRED WOMEN.

Their Popularity Resented by Black-Haired Sisters. From the public interest now being shown in red hair it is obvious that black-haired sisters, that our Titians are on their defence (writes "A Brunette," in the London Daily Express).

Miss Auburn Hair may lead our partners away from our sides at a ball or other entertainment, but there her power ends. The daredevil spirit inherent in all men will invite them to explore dangerous territory, but when it comes to the haven of married life, they turn from the girl whose flaming locks denote her fecklessness and violent temper, and turn to you or to me, with our smoothly brushed black hair, to make their proposal of marriage.

We are told that artists vie with one another for the honor of transferring the glorious tints of red hair to canvas. But artists—only want red haired women as models of vampires. There never has lived the painter who, wishing to immortalize his dream of all that was purest and best in womanhood, chose to personify his ideal as a woman with scarlet hair.

Indeed, it is better to have more of the alkali-forming ones, than the acid-forming. But our natural tendency is to eat more of the latter with the result that we do not feel well, lack energy, and see the world through dark glasses.

I then gave my friend these lists: The Acid-Forming Foods Are: The foods mentioned above, and also white cereals made from refined wheat (that is, wheat without the husk); all refined sugars; all white-flour products such as pastry, biscuits and crackers; dishes made largely with the whites of eggs; tapioca; cheese; polished rice; and denatured cornmeal. (Note: I do not say that these foods are not all right to serve if accompanied by an abundance of the Alkali-forming foods.)

The Alkali-Forming Foods Are: Salads, fresh fruits, greens, baked potatoes and potatoes steamed in their skins, whole milk, natural brown rice, cornmeal ground from the whole grain, unpeeled barley, rye and buckwheat flours made from the whole grain, wholewheat (both in cereal form and in bread), the yolks of eggs, and all fresh vegetables.

The child or the adult not getting enough alkali-forming foods will naturally feel listless and not inclined to work—although they will often brace up for pleasure (who will not!)

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.

"DIAMOND DYES" COLOR THINGS NEW

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.

Buy "Diamond Dyes"—no other kind—and tell your druggist whether the material you wish to color is wool or silk, or whether it is linen, cotton, or mixed goods.

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Home-made, but Has No Equal for Coughs

If you have a severe cough of chest cold accompanied with soreness, throat tickle, hoarseness, or difficult breathing, or if your child wakes up during the night with cough and you want quick help, try this reliable old home-made cough remedy. Any druggist can supply you with 2½ ounces of Finex. Pour this into a 16-oz. bottle and fill the bottle with plain granulated sugar syrup. Or you can use clarified molasses, honey, or corn syrup, instead of sugar syrup, if desired. This recipe makes 16 ounces of really remarkable cough remedy. It tastes good, and in spite of its low cost, it can be depended upon to give quick and lasting relief.

Finex is a special and highly concentrated compound of genuine Norway pine extract, and is probably the best known means of overcoming severe coughs, throat and chest colds. There are many worthless imitations of this mixture. To avoid disappointment, ask for 2½ ounces of Finex with full directions and don't accept anything else. Guaranteed to give absolute satisfaction. Money promptly refunded. The Finex Co., Toronto, Ont.

The short slim silhouette is giving way to one with greater fullness about the feet, that is introduced by a bias fold or straight ruffles.

To keep your Stove clean and bright use Old Dutch Soft, flaky. Contains no lye or acids. Does better work.

When a man takes his wife to the theatre she knows he will brag about it for weeks and weeks. A cow in the barn is worth two in the woods with a hunter.

In Chicago, a missing cashier had 50 girls on his list, but was only \$50,000 short. The late chestnut has managed to secure the early bird's worm.

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TO-NIGHT Women's Slip-over Aprons in neat designs. Made from good quality Print. Full sizes, for 39c. each Pillow Cases—hemstitched, good, strong Cotton. Sizes 40 and 42, for 75c. a pair. Women's Chamoisette Gloves in Black, Fawn, Coating and White. 2 Dome Fasteners, for 50c. a pair Underwear and Hosiery for all the family. Large variety, best makes, attractive prices. W. N. Linton & Co. 'Phone 191. The Waldron Store

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Facts About Optometry By R. Arthey, Optometrist 148 PRINCESS STREET NO. NINE

Is it likely that many persons who are not now wearing glasses should do so? Yes, investigation has proven that many people of all ages would be better for the help that glasses give. Why do these not seek the aid of the Optometrist? Because they do not know they need it. Even though a person may see perfectly without glasses, they may be needing it. Yes, seeing well is no proof that glasses are not needed. (To be continued).