

NEWS AND VIEWS FOR WOMEN READERS

LIFE'S SOCIAL SIDE

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

The official visit of the D. D. G. M., R. W. Brother C. Crozier to Prince Arthur Lodge A. F. and A. M. Odessa on Monday evening was marked by a banquet which took place after the business meeting and to which ladies from the city and district were invited. The Odessa ladies, who prepared the good things are to be congratulated on the success of that part of the entertainment. The party was a merry one and jokes succeeded one another in rapid succession. A musical programme was prepared by the Kingston visitors and quartettes, duets, solos and choruses as well as splendid instrumental music was enjoyed. Those taking part in the programme were Miss Fearn, Messrs. A. Fearn, W. Christmas, J. Saunders, W. Eva, A. McMahon, C. Cannon and S. Fox. The Kingston contingent motored home with many pleasant recollections of a happy evening.

Major-General Emsley, King street, is entertaining at dinner this evening for Capt. Francis McCullagh who is the guest of General and Mrs. Emsley. The party will go on to Grant Hall to hear Capt. McCullagh give a lecture on conditions in Russia. The other guests will be Major-General Sir A. C. Macdonell, the Bishop of Ontario, Principal Bruce Taylor, Col. Alexander Macphail, Col. Matthews, Ottawa, Col. E. B. Sparks, Col. W. Y. Mills, Mr. J. G. Elliott, Mr. W. R. Givens and Mr. Lyman McCallum.

Mrs. A. P. Knight, Alice street, gave a pleasant tea on Monday afternoon for her daughter, Mrs. Herbert Wood, Vancouver, B.C., who is with her.

Mrs. Victor Tremaine, Royal Military College, who entertained at mah jongg on Monday is entertaining again this afternoon.

Mr. Roy Reynolds, Kingston, was best man at a wedding in North Bay, a fashionable event in St.

Fat That Shows Soon Disappears

Prominent fat which comes and stays where it is not needed is a burden to carry, a hindrance to activity, a curb upon pleasure. You can remove the fat where it shows by taking after each meal and at bedtime, one Marmola Prescription Tablet. These little tablets are as pleasant and effective as the famous prescription from which they take their name. Buy and try a box to-day. All druggists, or you can order them direct from the Marmola Co., General Motors Bldg., Detroit, Mich. You can thus say good-bye to staining, exercise and fat.

THE CAUSE OF CANCER

Sir W. Arbuthnot Lane of London, one of the foremost surgeons of the world, has written to the London Daily Mail, and he has also a letter in a recent issue of a Canadian Medical Journal, charging that cancer is caused by our idiotic refinement of our chief foodstuffs, the grains. He lays special blame upon white flour and refined cereals. Dr. Robt. G. Jackson, of Toronto, Editor of the Dietetic Age of New York City, a journal circulating among physicians, has been teaching this for years, and because he was convinced of this fact and also that food deficiencies cause a lot of other of the diseases of civilized peoples, he invented Roman Meal, a food made from whole wheat, whole rye, flax and bran, these blended scientifically in proportion to make a balanced human food. It supplies the deficiencies of flour and other refined "ghost cereals" and should be used in some form daily, or at least several times each week. It prevents indigestion and positively relieves constipation. Because of its growth-promoting properties, it is especially valuable in feeding, nursing and expectant mothers and children from the 10th month. At grocers.

Russian Mineral Oil

Heavy—tasteless—odorless. 32 ounce, 95c. pint, \$1.00 quart, \$3.50 gallon. A pure product prepared especially for internal administration, at

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A Dependable Drug Store "Where Princess and Division Cross"

To every Tongue and every Race NESTLÉ means superior milk

For this milk has 43% of CREAM (78% BUTTERFAT)



SOLD IN EVERY COUNTRY ON THE FACE OF THE EARTH

John's church. The contracting parties were Emma Mae, eldest daughter of Mr. and Mrs. M. J. Wootten and Harry J. Reynolds, son of Mr. and Mrs. Thomas Reynolds.

Miss Jean Chown, Toronto, visiting in Regina, where she has been the guest of honor at several pleasant parties, including a bridge party at which Mr. and Mrs. D. J. Thom were host and hostess.

On Saturday the Garrison Badminton Club will give a luncheon in the armouries for the Ottawa players.

Mrs. T. B. Callander, Maitland street, will entertain at mah jongg on Thursday afternoon.

Mrs. E. J. C. Schmidt, Royal Military College, will give a mah jongg party on Thursday.

Mrs. Victor Anderson, Barrfield, is entertaining the Tuesday Mah Jongg Club this afternoon.

Rev. W. A. McIlroy, Hamilton, who preached the anniversary sermon in Cooke's church on Sunday, is the guest of Mr. and Mrs. William Jackson, William street west.

Miss Florence Finn, who was visiting Mr. and Mrs. Joe Mahon, Watertown, N.Y., has returned to the island.

Miss Charlotte Whitton, Ottawa, leaves on December 6th for the West Indies.

Miss Ila Burns, who has spent a month in Toronto with her uncle and aunt Mr. and Mrs. T. Miller, has returned to town.

Mrs. Frederick Welsh, Clergy street, will leave in about ten days for California where she will spend the winter.

Miss Alma Robertson, Queen's University, spent the week-end with her parents, Hon. and Mrs. G. D. Robertson, Ottawa. She was accompanied by Miss Margaret Kerr. Mr. and Mrs. W. N. Linton, Wellington street, spent the week-end in Toronto.

Miss Muriel Gilmour has returned to Toronto after a visit with her parents, Mr. and Mrs. C. Gilmour, Sydenham street.

Dr. and Mrs. A. I. Armstrong, North Augusta, will motor to Kingston for the Davis-Hutton wedding, which takes place at the hallers church on Wednesday, and will be with Mrs. Armstrong's parents, Mr. and Mrs. John Davis, Union street.

Miss Helen Bowden, Lethbridge Alta., is visiting her uncle and aunt, Mr. and Mrs. George Bowden, Barris street.

Mrs. E. T. Taylor, who is visiting her sister, Lady Macdonell, Royal Military College, will leave for Montreal this week.

Mrs. Henry Joseph, Montreal, was in Toronto this week for the Conservative women's rally.

Miss Constance Webster, Whitby is the guest of Mrs. Francis Macnee, St. Lawrence Cottage.

Col. Matthews, Ottawa, is a visitor in town.

Mrs. Bruce Hopkins, King street, returned today from Montreal where she has been the guest of Mrs. Maitland Hannaford.

AUNT HET



"I like a common neighborhood, where nobody is important enough to be bad mannered."

You, personally are the maker or breaker of your credit in the community.



MAY WED PRINCE

The nineteen-year-old Countess of Seafeld is heiress to the \$3,000,000 estate of her father, the late Earl of Seafeld. It is rumored that Queen Marie of Roumania is favorably inclined toward the possibility of the marriage of the young countess and her son, Prince Nicholas, now serving as a junior officer on a British battleship.

GIRL WHO CAN COOK

By Cynthia Grey. When a man asks a woman to marry him, this is what he's really saying to her:

"Will you love me always, and mend my clothes and have my meals on time, and bring up my children, and live within my income, and be cheerful through it all?"

And the woman, who is usually young and heedless and terribly in love, answers "Yes" as a matter of course. For she's obeying a law of nature when she marries.

Old Mother Nature, who is an incorrigible match-maker, doesn't care a fig whether a girl is prepared to be a good home-maker or not. Her job is finished when the minister finishes his—at the altar.

Of the thousands of autumn brides this year, not many are trained for their job. The bride who can beat up a painful of fluffy biscuits and broil an inch-thick steak is as rare as a white peacock. . . . and worth her weight in platinum as well.

As a matter of fact, mothers don't train their daughters for the work ahead of them as wives. Girls are taught to dance and play the piano, to typewrite and teach school and a hundred other very fine and useful things.

But not one in fifty ever goes into the kitchen and the sewing room with her mother to learn the all-important profession of housekeeping.

A girl gets much advice about being sweet and "bagging" her man but not much about caring for him afterward.

Almost every young couple has been told that the first year is hard—that it's the difficult time of adjusting and adapting yourselves to each other's ways.

And so it is. But much of the trouble could be avoided if the bride knew a little more about making up a household budget or sewing on buttons.

The girl who knows how to run her house right from the start has twice the chance of having a happy one than the girl who is just learning.

For example, there's the problem of entertaining. It doesn't cost much to make a bowl of salad, some rolls and coffee and have a few friends in for Sunday night supper. And a dozen of such evenings will add more color and fun to life.

For a group of friends in common is one of the strongest ties married people have. No matter how much in love with each other a man and his wife are, there's something lacking in their lives if they don't know other couples to visit occasionally.

For all of us are grown-up children, more or less, and the most serious-minded man in the world needs to relax and forget his cares in an evening of one-stepping or mah jongg now and then.

Home making in its best sense isn't drudgery, but art. It takes the eye of an artist to know that an orange-colored cushion and a bowl of yellow nasturtiums would brighten up the gloomiest corner of the house. And then if you can go ahead and make the cushion and grow the nasturtiums in a window-box you're

not only an artist but an economist besides.

There's undoubtedly a lot for a girl to learn if she is going to keep her home the place of comfort and charm that it can be.

And it's ever so much better if she starts out knowing even half as much about the work ahead of her as her husband knows about his job of providing the money to keep the house going.

We wouldn't think of letting our daughters marry men who didn't have a job or weren't able to support a home of some sort, would we?

Then why in the world don't we think more seriously of getting our daughters ready for the Real Adventure, as well?

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SHORT MODEL POPULAR

In spite of the popularity of the long and three-quarter-length coat suit, there are many women who prefer the shorter models, and for such women, here is such a one. It is of grey wool, banded with mole and with metal ribbon for giving a little color and dash. The lines are distinctly youthful and becoming.

A pleasant surprise for Mr. and Mrs. Herb Mellow, Nanawee, took place on Tuesday, when about seventy-five of their friends gathered at the home of his parents, bringing with them many useful and fancy gifts.

On Nov. 20th, Rev. D. M. McLeod, B.A. formerly of Lynn, will be inducted into the pastorate of the Presbyterian church at Alexandria. The Iroquois branch of the United Farmers' Co-operative Company, Limited, is closed.

The Editor hears

That a housewife asks why, with quantities of beautiful apples sold on the Kingston market, she sees Makintosh Reds sold by the dozen in Kingston shops and only very indifferent apples offered by the peck?

That the McGill Music Club is giving a series of concerts at popular prices somewhat after the example of Oxford and Cambridge where "penny pops" have been the vogue. The aim is to have the concerts given by leading Canadian artists and to have the highest class of music given to the public. Edmund Burke, a McGill graduate, who for years has been with the Metropolitan Grand Opera and with Convent Garden, London, England, on the concert stage, gave a recital of song for his alma mater in Montreal, on Monday night. The advance sale of tickets ran over \$5,000.

That the Girls' Fellowship Club of the Y.W.C.A. is already preparing for the baskets of Christmas fare the girls intend as usual sending to some of the families who but, for some kindly outside help, would come off badly at the season of rejoicing. These young girls, all of whom work in one way or another, find time to make all sorts of pretty things by the sale of which they buy the food and clothing, for they send warm woolies for the little ones as well as Christmas fare, in their splendidly equipped baskets. Everyone should be glad to help them in their good and unselfish work.

Perhaps it was the frosty windows on Monday morning when Jack Frost had left the mark of his fingers on the panes, that set all the little folk wondering just how many days it was before Christmas. To them it will seem long, no doubt, but the elders might as well begin to think of it and to remember that there are just thirty-two shopping days before Christmas. Get the shopping over and let the last week be left to household preparations for the family gatherings that are so happy ones at this great feast of the Christian church.

Wild oats sowing may be recreation, but the trouble comes with the harvest.

Hosiery to Match Your Evening Gown

This season the smartest people must wear hosiery and gown of the same shade. Send your white silk hose to us for dyeing. We will bring them to any shade you desire—the new orange, poudre blue, lavin green, vivid rust, are all very beautiful in hosiery with either black or metallic shoes.

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Johnnie Hotpoint says "NOT until you have ironed the Hotpoint Iron will you appreciate the reason why the Hotpoint Iron is the final choice of millions of housewives."

The Hotpoint Iron, with its exclusive thumb-rest, attached heel-stand and through bolt, eliminating shaky handles, is truly the "standard by which all other Irons are judged."

For sale by dealers everywhere.

HOTPOINT DIVISION

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Advertisement for SOMME NAPHA SOAP. Text: I find SOMME NAPHA SOAP Good for every domestic use Laundry kitchen and general Household work. Includes illustration of a woman.

Advertisement for W. N. Linton & Co. English Scarfs. Text: See Our Sample English Scarfs JUST ARRIVED. All the newest colors. Silk and Wool and Silk mixtures. About 300 in the lot. These are all marked at sample prices. See the window display. W. N. Linton & Co. Phone 191. The Waldron Store.

Advertisement for LINDSAY PIANOS. Text: LINDSAY PIANOS STYLE "A" \$445. A high grade Piano at a moderate price. Its tone excels any Piano at a similar price. Sold on easy terms of 10% cash and the balance spread over three years. LINDSAY'S C.W. LINDSAY LIMITED "KINGSTON'S MUSIC CENTRE" 111 PRINCESS STREET KINGSTON. Includes illustration of a piano.