

NEWS AND VIEWS FOR WOMEN READERS

LIFE'S SOCIAL SIDE

Woman Page Editor, Phone 2613. Private, Phone 957W.

The Ottawa badminton team came from Ottawa on Saturday and captured the mixed doubles' championship cup which was given by the Kingston team some time ago and which Montreal, Toronto and Ottawa have battled for on several occasions in vain, as it has until now remained in the Garrison Club. The Ottawa team motored to Kingston and were entertained at luncheon by the Kingston players. The luncheon table at the armours was lovely with big yellow mums in silver cups and those laughing were Col. and Mrs. N. S. Leslie, Mrs. J. H. Elmley, Col. and Mrs. A. E. Harris, Col. and Mrs. Victoria Anderson, Dr. and Mrs. P. G. C. Campbell, Dr. and Mrs. Snell, Major Laferly, Mrs. E. J. C. Schmidlin, Col. Stockwell, Mrs. McMillan, Mr. and Mrs. McFarland, Mr. and Mrs. Wright, Mr. and Mrs. Pringle, Mr. Wilmot, Major Horace Lawson, Miss Ritchie, Major Bacon, Capt. Lee, Miss Nora Macne, Miss Edith Caruthers, Major Fort. At the tea hour, Mrs. T. D. R. Hemming and Mrs. W. F. Wilgar made tea. Among those present were Mrs. W. H. Macne, Mrs. Ronald Fort, Col. and Mrs. H. J. Dawson, Miss Hora, Capt. and Mrs. F. M. Harvey, Prof. and Mrs. Jemmett, Prof. and Mrs. Keith Hicks, Mrs. A. N. Lee, Col. and Mrs. J. S. Skinner, Mrs. James Hamilton, Mrs. E. H. Bickford, Miss Gliderlove, Mrs. F. H. Macne, Miss Cecil Macne, Miss Constance Webster (White), Miss Mildred Jones, Miss Mamie Anglin, Miss Jessie Smith, Miss Marion Leslie, Mrs. S. A. Lee, Prof. and Mrs. T. B. Callander, Mrs. James Miller.

The tea-dance given at the Royal Military College on Saturday afternoon was a jolly affair. Tea was served in the messroom and afterwards dancing went on in Currie hall. Among those present were Major and Mrs. Victor Tremaine, Major and Mrs. Frederick Alderson, Major and Mrs. H. T. Cook, Col. and Mrs. Alexander, Miss Allison Macdonell, Miss Parmlee (Quebec), Miss Gwendolyn Dawson, Miss Laura Kilborn, Miss Louise Hill, Miss Eleanor Phelan, Miss Gwendolyn and Miss Doris Folger, Miss Harriet Gardiner, Miss Isabel Mimes, Miss Virginia Fair, Miss Evelyn Ford, Miss Isobel Macdonald (Toronto), Miss Caroline Mitchell, the Misses Gimblett, Miss Eira Denison, Miss Flo Cunningham, Miss Hilda Langwith, Miss Elizabeth and Miss Pat Lyster, Miss Peggy Bidwell, Miss Elinor Mundell, Miss Vera Skinner, Miss Muriel Porter, Miss Cecelia Burke, Miss Helen Mabee, Miss Margaret Best.

A few of the Kingstons noticed

at the Queen's-Tigers game in Toronto were Prof. and Mrs. R. O. Joliffe, Prof. and Mrs. E. L. Bruce, Prof. and Mrs. M. B. Baker, Prof. and Mrs. Lindsay Malcolm, Mr. and Mrs. Elmer Davis, Mr. and Mrs. Arnott Minnes, Mr. H. F. Richardson, Mr. Joseph Hanley, Mr. F. C. Conway, Mr. Frank Purdy, Dr. and Mrs. C. W. Drury, Prof. G. J. McKay, Dr. W. T. Connell, Mr. Earl Parkin, Prof. Arley, Mr. Reginald Crawford, Mr. and Mrs. Halloway Waddell.

Mrs. B. K. Sandwell, Bagot street, will entertain at the tea hour on Tuesday in honor of her mother, Mrs. A. W. Street, who has come from California to spend the winter with her.

The Christmas dance at the Royal Military College will be held on Monday, Dec. 22nd.

Mrs. Ada Lingham Wagner, Toronto, spent the week-end in town with her daughter, Miss Esther Wagner, Queen's University.

Miss Beth Hiltz and Miss Morna Cotton, Toronto, were the guests of Rev. Dr. and Mrs. R. H. Bell, Sydenham Street Methodist parsonage, for the week-end.

Mr. and Mrs. Halloway Waddell, Union street, spent the week-end in Toronto.

Prof. and Mrs. Manley Baker, William street, have returned from Toronto.

Mrs. W. H. McCree, Lynn, spent the week-end with Dr. and Mrs. E. L. Bruce, Bagot street.

Messrs. Wallace and Melville Reid, Queen's University, were in Toronto for the Queen's-Tiger game.

Miss Norma McFedrige and Miss Gladys Green spent a few days in Toronto at the King Edward.

Mrs. Ross Livingston and Betty left yesterday for Newark, N.J., to spend a couple of weeks with her parents. Mr. Ross Livingston went as far as Montreal with them.

Mrs. Travers Hora, Wellington street, spent the week-end in Toronto.

Col. and Mrs. G. Hunter Ogilvie leave for Toronto this week and will, with Miss Mary Ogilvie, shortly take up residence in the sergeant-at-arms quarters in the parliament buildings.

No one should miss the wonderful opportunity of hearing the famous Hart House String Quartette, who are to give a concert in Grant Hall Tuesday December 2nd. By a special concession the tickets are being sold to the public at 50c., that everyone will be able to hear this famous Hart House String Quartette.

The Editor hears

That there is shortly to be a drive for contributions for the Canadian National Institute for the Blind and as advertised in the "Coming Events" column on the Woman's Page in Saturday's Whig, Capt. Baker, M.C., Croix de Guerre, will speak tonight in Memorial Hall on the subject. Sight is one of the blessings for which few people are grateful and yet how helpless most of us are in the dark and how eager we are to get a light. Thousands of young people have to face the fact that for all their lives they will never see the sunshine, never see the grass grow green in the springtime nor the faces of the ones they hold most dear. We cannot give them these lost joys but we can help them to be useful citizens. To read and write and to learn how to use a typewriter and many other things which allow them once more to take up life. For some months, Miss Edith Loop of the National Institute for the Blind, has been in Kingston and has done splendid work with the sightless or nearly sightless people here. Only those who have seen what some of them can do can realize the Godsend she has been and the great work the National Institute for the Blind is doing.

That the marvellous variety and the quantities of beautiful work done by Kingston women in aid of church or charitable organizations fills the onlooker with amazement. Every year thousands of dollars worth of work of all kinds is sold in Kingston at Christmas sales and sometimes the merchants say this thriving trade interferes with their own Christmas trade. But after all the materials are bought in the city and some of the money thus earned is expended here. And where would the funds of the church and charities be but for the women who spend many an hour toiling for the good of others? Would a drive among the business men bring in as many dollars?

That the slogan "Shop Early" cannot be repeated too often. Don't make Christmas a misery to yourselves and others by leaving everything to the last minute.

That it is good news that a branch of the Junior Red Cross will be established in Kingston. We hope for a healthier and happier Canada and there is no way that this much desired state of affairs can be brought about so well as through such an organization.

That older people wonder why pretty young girls who surely have natural roses in their cheeks should disguise themselves with rouge and lipstick until they present a revolting sight. A touch of color at night may be permissible if nature's roses are disappearing with declining years, but to see girls in the early twenties or even younger rouged to their eyes, their lips hard lines of carmine from the cheapest lipstick, walking on the street in the full light of the afternoon sun is a shocking sight, and one that no citizen of good old Kingston wishes to see. No one wants to employ girls who make such rights of themselves, and many people give them credit for being something worse than merely silly.

CHRISTMAS PRESENTS



FOR BABY.

Home-made booties for the baby are acceptable and quite inexpensive. Canton flannel may be used for the soles, with bands of one-inch brocade ribbon, stitched to the soles for sides. Satin ribbon arranged in a turnover effect is good lining. Ribbon can be worked into many original designs for decoration with

SWING ARMS IN PUBLIC



In crossing a ballroom floor you should never swing your arms, or walk with your arms around a chum's waist while in public.

Dark fur is very much liked on white and delicate pink satin evening gowns.



TOMORROW'S MENU
Breakfast
Stewed Dried Apricots
Cereal
Poached Eggs Toast
Coffee
Luncheon
Baked Macaroni and Cheese
Wholewheat Bread
Lettuce French Dressing Tea
Dinner
Corned Beef
Boiled Potatoes Beets
Celery-Cabbage Salad
Indian Meal Pudding
Hard Sauce Coffee

When You Buy One Pound of Meat At A Time.

Not long ago a young married friend complained to me that she "just couldn't make her food budget for the week stretch seven days." I love to have young housekeepers bring me their troubles; it's such fun to sit down with them and say: "Let's see where the leaks are in your housekeeping."

And there were such big leaks in this little bride's housekeeping: As we went over her grocery's and butcher's paid order slips, I found that she was buying too many big pieces of meat. "Why don't you sometimes buy a pound of this or a pound of that — instead of roast after roast?" I asked.

She sat rocking with a worried frown. "I didn't think it would be right," she replied. "John eats so much meat. I don't think a mere pound of any kind of meat, done in any way, would satisfy him. Actually, he can eat half a roast at a sitting."

I pointed out to her that of course he could—but that he didn't always need all the meat he ate. I advised her to have a generous-sized roast every Sunday and let him eat it to his heart's content, but on most of the other days of the week to buy one pound of meat or fish at a time and make it go for one meal. Then I gave her a sheet of recipes which call for no more than a pound and a half of fish or meat, and sent her home to put my advice to the test.

A week later—telephoned to ask how her budget was holding out—and found that she had managed to save 40 cents out of it in the past seven days, instead of far exceeding

it, and that her husband felt as well nourished as ever. I believe that many women are making the same mistake that this girl made. For this reason I am printing the following recipes:

Mock Sweetbreads: Put one pound of lean veal and 2 ounces of salt pork through the food chopper and mix until well blended. Then add 2-3 of a cup of soft bread-crumbs, 2 eggs slightly beaten, 1-2 cup of milk mixed with 1-3 cup of flour, 1-2 teaspoon of salt and 1-8 teaspoon of white pepper. Form this mixture into eight flat pieces in the shape of sweetbreads, put these pieces in a baking dish and dot over with 1-2 tablespoons of butter. Pour 3-4 of a cup of seasoned soup-stock into the pan and "baste" the "sweetbreads" with this liquor every ten minutes. Bake for one hour in a medium oven.

The following dish might be substituted for sweetbreads if desired: Fish Souffle: Boil 1-2 pounds of cod or haddock in salted water with a few teaspoons of vinegar and 1-2 an onion stuck with a few cloves. When done through, let cool, then pick into small flakes. Now cook 1-2 cup of bread crumbe in 1-2 cup of milk for 5 minutes, add the fish to this, then add one scant teaspoon of salt, a pinch of paprika, 2 tablespoons of lemon juice, one tablespoon chopped parsley (this may be omitted) and the well-beaten yolks of 2 eggs. Cook over hot water for a couple of minutes, remove from fire, let cool slightly, then fold in the stiffly-beaten whites of 2 eggs. Turn the mixture into a buttered baking dish (the dish should be only half full), set the dish in a pan of hot water and bake in a moderate oven until well risen and browned.

Tomorrow: Answered Letters.

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.

buttered pan to become firm. Cut in squares.

The candy is "done" when a few drops from the tip of the spoon dropped into a saucer of cold water hold their shape and can be picked up by the fingers.

The cooked sirup must not be disturbed while cooling if a smooth creamy fudge is desired. The candy should be stirred until it looks dull. One-fourth cake of chocolate equals two ounces.

AUNT HET



"It's funny they don't have alienists examine women that marries men expectin' to reform 'em."

PRINCESS PAT IN BERMUDA.

The presence of the Princess Patricia Lady Ramsay promises to add tremendously to the social life of Bermuda this winter. "Soney," the palatial Pembroke Parish estate of Mr. and Mrs. George Plimpton of New York City, which Captain and Lady Ramsay have leased for the winter season, is one of Bermuda's show places. Bermuda's famous Easter lily industry is largely due to the efforts of the General Russell Hastings, father of Mrs. Plimpton, and for many years no visit to these islands was complete which did not include a glimpse of the glorious lily fields of "Soney," his Fairyland estate where, in season, over 100,000 blossoms might be seen, stretching away like a blanket of purest snow over the broad acres of the delightful place, the atmosphere about redolent with the perfume of the rare blooms. Capt. Ramsay, who was recently appointed Chief of Staff to Vice-Admiral Sir James A. Ferguson, K.C.M.G., C.B., Naval Commander in Chief of the British North Atlantic and West Indies Station, with headquarters at Hamilton, has presided. Lady Ramsay to Bermuda and is delighted with "Soney" where they will be much entertained during the coming season. There is a strong probability that H. R. H. the Duke of Connaught may come as the guest of his daughter and her husband for a portion of the winter.

How to Make Fudge.

Two cups granulated sugar, 3-4 cup milk, 1-4 cake bitter chocolate, 1 tablespoon butter, 1 cup hickory nut meats, 1-2 teaspoon vanilla. Put sugar into a smooth saucepan. Add milk and let stand a few minutes. Put over a low fire until sugar is melted. Increase heat and bring to the boiling point. Add chocolate and stir until done. Add butter when chocolate is melted. Remove from the fire and let cool. When cold add vanilla and stir until creamy. Add nuts and turn into a

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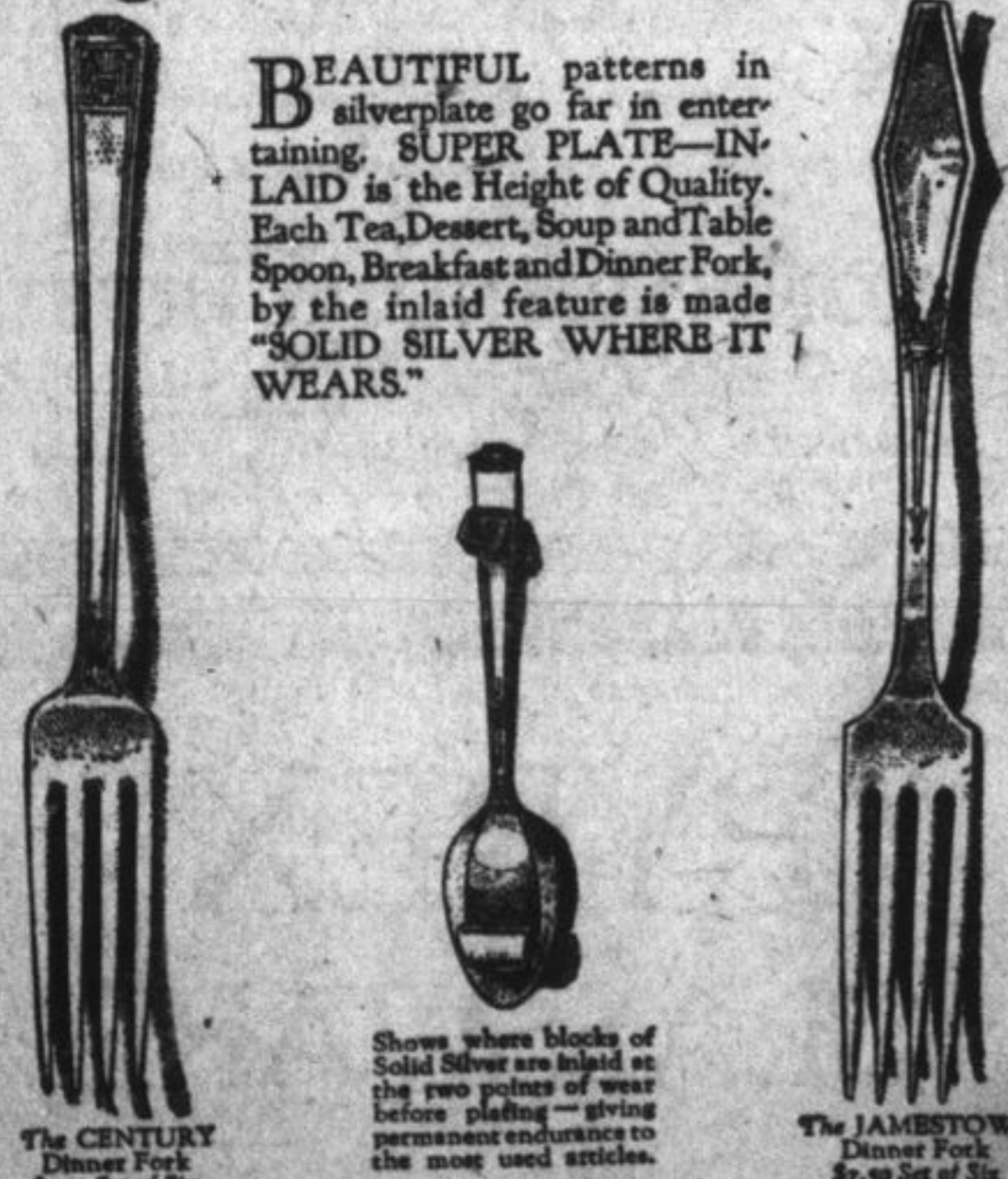
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The Hum of 1924 Christmas Gift Buying is Already Heard

We have a large number of table utilities in Silver and Silver Plate at prices from 25c. to \$5.00. Also Holmes & Edwards Silver Co's product. Our \$10.00 Bracelet Watch is good value. Shop Early W. McCandless 318 Princess St.

Vaseline advertisement: Prevents Chapped Hands & Cracked Knuckles. Has 'Vaseline' Petroleum Jelly on your hands before working in the cold or wet and you'll avoid chapped hands and cracked knuckles. For cuticles, chaps, burns and sores of this trouble, apply 'Vaseline' Jelly liberally. Always keep your hands and feet healthy.

City Dairy Products advertisement: USE City Dairy Products KINGSTON. IT'S A GOOD GOOD-NIGHT DRINK. Morning, Noon and Night drink City Dairy Pasteurized Milk. In the morning it fortifies you for the day; it's the beverage-food for your luncheon. At night it will make your sleep sweeter. City Dairy Products KINGSTON PHONE 267-3 362 PRINCESS STREET