

NEWS AND VIEWS FOR WOMEN READERS

LIFE'S SOCIAL SIDE

Women Page Editor, Phone 2818. Private, Phone 857W.

There was a large representation of members of the Garrison Bedminster Club and a few visitors at the Saturday meeting. Bridge and mah jong were played, and several people came in for tea.

quartette tables and the end of the dance, which ceased before midnight.

On account of the mild weather, the bonspiel, which was to have been held at the Kingston Curling Club, and in which the Toronto, Peterboro and Kingston women curlers were to take part on Tuesday and Wednesday, has been postponed until a cold snap puts the ice in proper condition.

Major and Mrs. W. J. McManis had a visit from a friend during the week-end, in the person of Col. J. W. Warden, D.S.O. Col. Warden was in command of one of the British Columbia regiments in France. He stayed off in Kingston while on his way back to Chicago.

Mrs. J. C. Macphail, Ottawa, was hostess at a reception and tea Friday afternoon in honor of her brother-in-law, Col. Alexander Macphail, Kingston, who was in Ottawa for the Drawing-Room.

Mrs. W. H. Macnee, Union street, is giving a small bridge this afternoon for Mrs. E. A. Wisner, Barrie, who is spending the week with her daughter, Mrs. Horace Lawson.

Mrs. T. A. McGinnis, King street west, gave a sleighing party on Saturday evening for the friends of Miss Nora and Master David McGinnis.

Mrs. Herman MacDonald, Earl street, will entertain at bridge on Wednesday and on Thursday of this week.

Mrs. Wendling Anglin, "The Windsor," entertained at bridge on Saturday evening.

Mrs. E. L. Bruce, Bagot street, was the hostess of a pleasant bridge on Saturday evening.

Miss Mary Ogilvie, who has been the guest of General and Mrs. F. W.

3811, Gore street, returned to Toronto to be present at the opening of the provincial parliament on Tuesday. (Continued on Page 12.)

POLICY OF MODERATE IMMIGRATION BEST

Miss Charlotte Whitton Speaks Before the Queen's Alumnae Association Here.

In the Red Room of Queen's University on Saturday evening, Miss Charlotte Whitton, Ottawa, set forth to her listeners of Queen's Alumnae Association her reasons for a belief in a policy of moderate immigration based on scientific and economic principles. Miss Whitton, who was one of the two Canadian women chosen to speak on Dominion Day at the British Empire Exhibition, has had an opportunity to become fully acquainted with the various phases of the important question of immigration and with the clarity born of knowledge and the God-given eloquence which is hers, she set the matter before her hearers in what was a new light to many of them.

In the re-adjustment after the world's war, old hatreds were, the speaker said, a greater influence than economic questions, and the influence of such a re-adjustment was far-reaching. A manufacturer in a small town in the United States had told her his factories were closed because his country had insisted on Great Britain's payment of her debt. To pay that debt her goods had to be placed on the markets of her debtor, and so the dinner table of a mechanic in a New Jersey town was empty. The depression in currency was a strong factor in curbing immigration from Central Europe, and indeed had sent many of the better and more prosperous Ukrainian settlers back to their country to take home to their people the bread of vision they had caught in the wide spaces of our land. The land value in Europe had so depreciated that they could buy homes at a small price. Italian labor was used largely in the reconstruction work of France whose people, still staggering from the war, had less need of the more artistic group, the makers of luxuries, who found a market for their services in Italy. Treaties covering their return to their country or their absorption into the country of their temporary adoption were made between the European countries.

But from the Nordic races we look for our best immigrants. From Sweden and from England with her 1,570,000 unemployed. Only newcomers who can be absorbed into the life of the country are desirable and our ability to absorb industrial workers depends upon our ability to keep and to increase our foreign markets. Canada's population has not greatly differed in the last ten years; therefore the home markets have not greatly increased. During the years between 1900 and 1914 the population of Canada increased by 3,700,000. During the last few years before the war immigrants were coming into Canada at the rate of 1,000 a day. We were building our railroads, our great power plants, hospitals, schools and colleges. The war came and all this ceased. We have millions of acres of land still for agricultural purposes, but it has to be made possible for the immigrant to develop that land.

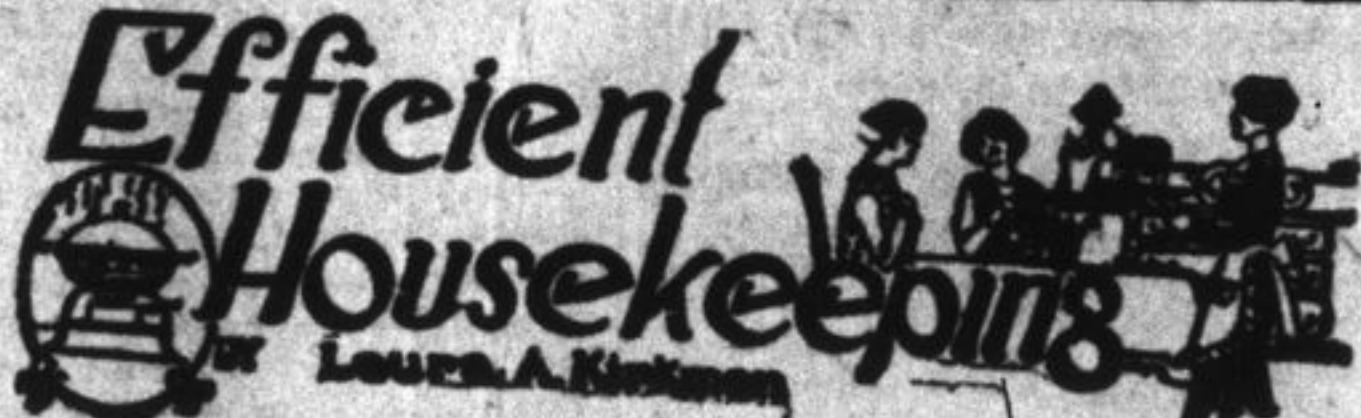
The speaker referred to the care taken of the investor in railways to secure him a certain percentage of interest, and suggested that the same provision be made for the man who brings his family—for it is family immigration which is most desirable—to assist us in the development of our country. She also spoke of the vast districts of Northern Ontario and Quebec, splendid land, still unbroken. It was the carrying of freight across this long unproductive country that kept up the rates of the railways.

Miss Whitton was most optimistic as to Canada's power to keep the world market for hard Northern wheat which even our neighbors to the south have to buy in spite of their self-imposed tariff. Even when Russia and Rumania recover, the races of the Orient, who are using wheat now in place of rice, will provide an ever-increasing market.

In closing, Miss Whitton made a strong appeal for sympathy with the newcomer and for care in the selection of the people we absorb into the life of our country. "Don't look at the man himself," she said. "Look behind him at his race and his traditions. Don't tell him he has to forget them but remind him that the great heroes of his country and the men whose names we revere were inspired by the same ideals."

And the women! The women who go into the lonely spaces of the west and north surely they need all the sympathy and help from their fellow women. But above all let no false representations be made. Let the men and women who come to us come understanding conditions and when they have so come give them the assistance in our power that they, with us, shall build a greater Canada.

At the conclusion of Miss Whitton's address, her friends had the opportunity of a chat with her over a cup of coffee.



TO-MORROW'S MENU.

- Breakfast: Apple Sauce, Griddlecakes, Toast, Omelet, Jam, Ramp Roast of Beef, Potatoes, Taploca Pudding.

NEW DISHES THIS WEEK.

Liver Terrapin: Wednesday's breakfast menu calls for fried liver and bacon. Double the quantity of liver so that you will have two cups of cooked, chopped liver left over for this dish to serve at luncheon on Thursday. Begin by rubbing one mashed cooked egg-yolk into two tablespoons of butter; add one tablespoon of flour, a tiny pinch of mustard, a little salt, pepper and lemon juice. Now thin the mixture by adding one cupful of clear canned soup (or any soup stock), let it boil up once or twice, and add the finely-diced liver. Also add three-fourths of a cup of chopped olives (either stuffed or plain without stones) and turn the mixture into small buttered ramekins, or any individual baking dishes. Cover with buttered crumbs and bake in a hot oven till brown—about 12 minutes. Serve hot, garnished with the hard-cooked egg-whites cut in rings.

Prune Bread: Mix together one cup of yellow cornmeal, one-fourth teaspoon of soda, two cups of graham meal, two teaspoons of baking powder, one-third teaspoon of salt and three-fourths of a cup of uncooked, stoned and chopped prunes. Also mix together one-half cup of molasses and one cup of sweet milk, then stir

this liquid mixture into the dry mixture. Beat well before pouring it into well-greased baking powder cans (or any empty can which has a tight-fitting cover.) Put on cover, tie string around to keep it on, then weight down the cans almost to their tops in boiling water. Let water continue to boil around them for one and one-half hours.

Cream of Pea Soup: Open a can of peas and drain off their liquid, discarding it. Now put the drained peas into a saucepan, add two and one-half teaspoons of sugar and two cups of cold water, and cook slowly for 40 minutes. Rub through a sieve, reheat, and thicken with two tablespoons of flour which have been rubbed to a paste with two tablespoons of butter. In the meantime scald two cups of sweet milk and season with one teaspoon of salt, a pinch of pepper and a few drops of onion juice. Add this to the other mixture, let boil up a moment, and serve.

Answer to "Anxious": You should have written me well in advance of your planned party so that I would have had more time to send you hints. There were so many dozens of other letters before yours which had to be answered first. Next time write very early.

To-morrow: 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 name of your city and state.

The Editor Hears

That it is not only the optimists who are persuaded that all the signs point to an early spring for Ontario. Wild geese, which have evidently changed their minds, are flying north, and green frogs are making their appearance. In Kingston, robins have already been seen by several readers of the Whig who have sent us the good news. No doubt we will have cold and stormy days for some weeks yet, but the feeling of spring is in the air. Perhaps, as Miss Carman says, we have an instinct as well as the beasts and birds.

That dreamers of dreams and seers of visions should be very certain that their visions are inspired by a more spiritual force than a too hearty supper. There are a number of excitable and credulous people in every vicinity who are easily influenced by anything in the nature of the supernatural and on the look out as they were in the old days "for some new thing." The working of their minds is difficult to follow but it frequently results as it did last week in murder and suicide.

That the gowns worn at the drawing-room held in Ottawa last week were triumphs of skillful costumers. Green was the most popular shade but flames and purples ran to a close second. The straight line gown was much in evidence, and gold and silver cloth cascades of priceless lace and the gleaming gems of the women were only second in gorgeousness to the stately uniform of the officials and the military uniform of the officers.

That at the opening of parliament Miss Agnes McPhail, who wore a simple black crepe frock with pearls, appeared with her fellow members before the bar of the Senate, she did not return to her seat in the Commons when they began the session's programme there, though the galleries were full of gaily dressed women from the Senate's floor. Feminine visitors did not thus have the opportunity of seeing Canada's only woman member at work.

WOMAN'S INSTITUTE.

Crosby. The regular monthly meeting of the Woman's Institute was held on Feb. 4th at the home of Mrs. Frank S. Stanton. The meeting was opened by singing of "The Maple Leaf." It was decided to send five dollars to the Sick Children's Hospital in Toronto. Also to hold a Valentine social in the hall at Crosby. Miss McQuiggan the district president, could not attend this meeting owing to bad roads. After the business part of the meeting a programme consisting of a vocal duet by Mrs. K. Brown and Miss W. Mustard. A piano and violin duet by Mrs. Gray and Mrs. Stanton; a reading entitled "The Face on the Floor," by Miss W. Mustard; a vocal duet by Mrs. Burt and Mrs. Stanton, which were much enjoyed. Refreshments were served by the hostess and directors.

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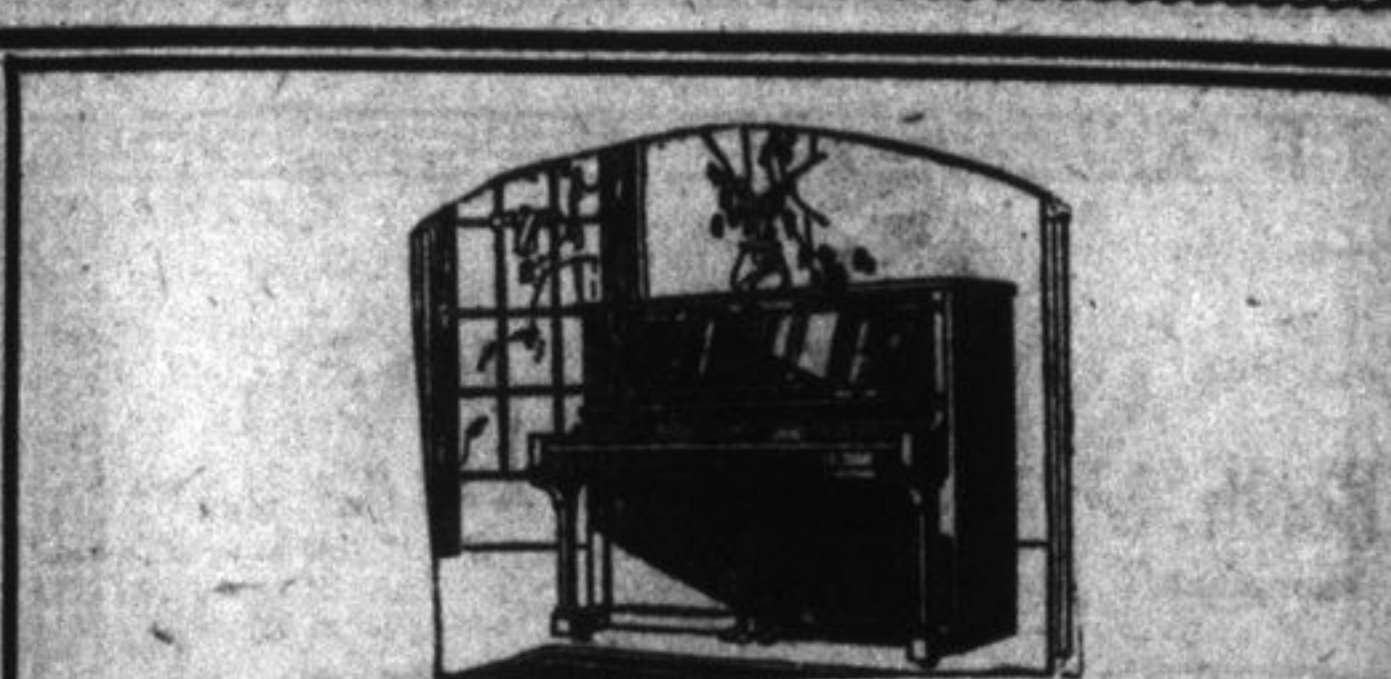
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Crossword puzzle grid with numbers 1-15.

- HORIZONTAL: 2—A Celestial Body, 6—Likewise, 7—Causing a desire to scratch the part affected, 8—The best application for the relief of No. 7, 13—The result of touching a hot stove, 14—What baby gets when he falls, 15—Short and thick.
- VERTICAL: 1—Entire, 2—A stoppage of the nose which Mentholatum relieves, 3—A well-known ointment, 4—Prong of a fork, 5—The best card to hold, 9—Part of the arm, 10—A young child, 11—A wound, 12—An Australian Bird.

Don't Put Off—Send Your Answer in NOW! The above puzzle WILL NOT be published in this paper again. PUZZLE DEPARTMENT, THE MENTHOLATUM CO. BRIDGEBURG, ONT.

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