

NEWS AND VIEWS FOR WOMEN READERS

LIFE'S SOCIAL SIDE

Women Page Editor, Phone 2612.
Private, Phone 657W.

The attendance at the Saturday meeting of the Garrison Badminton Club was not large, many people going over to Grant Hall to hear the lecture on Velasquez, given by Mr. Ralph Cortissov. Among those present were Mrs. T. D. R. Hemming, Col. and Mrs. Brook, Col. and Mrs. E. J. C. Schmiedlin, Col. and Mrs. Alexander, Mrs. James Hamilton, Mrs. W. H. Macnee, Major and Mrs. Lafferty, Prof. and Mrs. W. R. F. Bridger, Major Horace Lawson, Mrs. Travers Hors, Mrs. H. J. Hawson, Miss Hora, Capt. and Mrs. K. N. Holloway, Capt. and Mrs. F. M. Harvey, Mrs. W. P. Elkins (Hall-far), Mr. and Mrs. W. K. Macnee, Capt. and Mrs. S. A. Lee, Prof. and Mrs. Douglas Gemmett, Prof. and Mrs. Keith Hicks, Miss Alleen Roger, Miss Laura Kilborn, Miss Nora Macnee, Miss Alina Rutherford, Miss Nora Bernalingham, Miss Marjorie Bennett, (Port Hope), Miss Mamie Anglin, Miss Bray (New York), Mr. A. N. Lee and Dr. McKee.

Mrs. A. M. Russell, Roxborough street east, Toronto, gave a very enjoyable tea on Friday afternoon for Mrs. Merrill DesBrisay, formerly Miss Kitty Torrance, of Kingston. Mrs. Russell wore a becoming gown of black tulle with grey squirrel. Mrs. Des Brisay was in a smart gown of brown satin trimmed with fox. She carried Columbia roses. Mrs. Larratt Smith and Mrs. Franklin Jones poured tea and coffee. The table was done with Spring flowers and tall silver candelabra. The assistants were the Misses Kerr, Miss Mary Ogilvie, Miss Dorothy Macdon, Miss Stephanie Davidson.

Mrs. Frederick Etherington, University avenue, asked a few people to come in after the lecture in Grant Hall on Saturday afternoon to meet the lecturer and to have a cup of tea in her charming sitting room where a fire of logs burned merrily and the scent of flowering bulbs from the conservatory perfumed the air. Mr. Royal Cortissov was most complimentary about Kingston audiences and said he found he was heard with understanding sympathy.

Mrs. Adam Shortt, Ottawa, was hostess on Saturday at the tea hour. Her guests including a number of the members of parliament and their wives. Mrs. P. A. Acland presided at the tea table attractively arranged with spring flowers. The assistants were Miss Janet Idington, Mrs. Roger Clarke and Mrs. George Shortt.

Miss Freda Gravis, Princess street, who has been visiting her aunt in Hartford, Conn., for the past two months, returned home on Sunday.

Miss Lizzie Brunette, Renfrew, comes to Kingston on Tuesday.

where she will be the guest of her sister, Mrs. Albert Leader.

Mrs. Ronald Fortt, Royal Military College, will entertain on Tuesday afternoon for her mother, Mrs. E. R. Meredith, Quebec, who is her guest.

Mrs. Ernest Harris, "Calderswood," is entertaining at mah jong this afternoon.

Mrs. Victor Anderson, Barrie-field, will be hostess of the Tuesday bridge club this week.

Mrs. George Humphrey, 132 Earl street, leaves on Tuesday for St. John, N.B., where she will take the C.P.O.S. liner "Marburn" for Cherboung. She will be accompanied as far as Montreal by Miss Alice Miller, New York, who has been visiting her. Mrs. Humphrey will spend the summer on the continent.

Mrs. W. R. Morris, Peterboro, spent the week-end with Mr. and Mrs. F. E. Dench, West street.

Mrs. Howard Box and her little daughter Joan, who have been visiting Mr. and Mrs. J. G. Elliott, returned to Arnprior to-day.

Mrs. John Macgillivray, Albert street, who was invited to go to Toronto to address the Toronto Woman's Liberal Association, has returned to town.

Mrs. Calvin Arnold and her daughter, Mrs. William Ramsay, Selby, spent the week-end with Mrs. Robert Irwin, Earl street.

Mr. Royal Cortissov, who was the guest of Dr. and Mrs. Frederick Etherington, University avenue, during his stay in town, returned to New York on Sunday.

Mrs. W. Martin, Selby, spent Sunday in town with Mrs. Fenwick, who is in the General Hospital.

On Sunday five nurses from the House of the Good Samaritan, Watertown, N.Y., left to take a three months course in St. Luke's Hospital, N.Y. Miss Helen Hermliston, Kingston, was among the number.

Mrs. W. P. Elkins, who has been with her aunt Mrs. R. W. Rutherford, King street, left for Montreal to-day to join Col. Elkins and with him to go to East Orange, N.J., to visit his mother, Mrs. Elkins, Sr.

The Editor Hears

That the lectures on art in some of its various phases, given in Grant Hall last week by Mr. Royal Cortissov, New York, under the George Taylor Richardson Bequest, were heard by thousands. The gratitude of those who heard them is due to the gallant Kingston lad, who, leaving to fight the battle of Liberty and Justice in the cause his country had espoused, arranged that in case of his being called to make the supreme sacrifice of his young life, that his fellow citizens and the students

of his Alma Mater should have for all time an opportunity not only to enjoy clean sport, but to develop the love of beauty inherent in most of us. This unselfish love of others was the spirit which underlay much of the voluntary sacrifice made by the youth of our country in the Great World war.

That the spring hats at the millinery openings are fascinating. Colored straw in gay tints is a distinctive note and the little topknot is a spring feature.

That the Y.M.C.A. is doing a good work for the boys of Kingston and should receive the support of the citizens. Healthy bodies generally mean healthy minds, and the greatest asset any city can have is a clean, strong generation coming after to take the place of those who pass on. It is the duty of older people to make as far as possible the way safe for these who will take their places.

That the curlers are rejoicing over the cold snap for now they hope to be able to finish their games.

That Mrs. John Macgillivray, Kingston, giving an address before the Toronto Woman's Liberal Association on "Liberalism from a Woman's Standpoint," said that a child should be given certain opportunities to exercise his or her own power, of choice and initiative even if this did not always meet with parental approval. Her point about the child followed a comparison of Liberal and Conservative teachings. She urged her audience to adopt a plan of strict economy and help to liquidate the enormous debt facing Canada and suggested that the women of the party apply Liberal principles to their everyday life.

AUNT HET



"I'm glad Mary had it bobbed. Pa cut up awful, but now he knows how I felt when our John put on long pants."

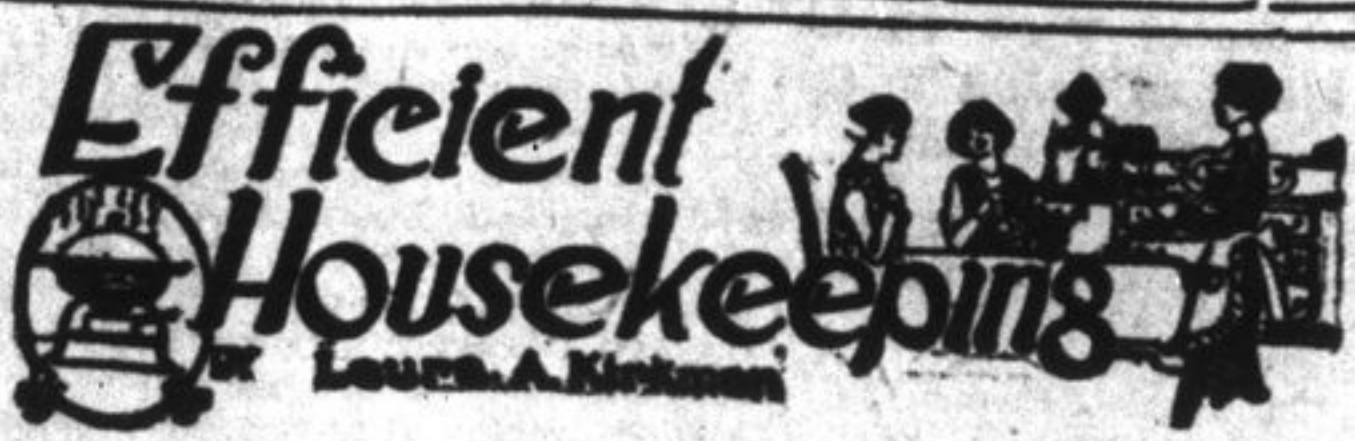
Grandad Tends the Phone. (Listening-in on the Rural.) Ting-a-ling-a-ling-a-ling, Hear the telephone ring. Don't you answer, Bill or Joan, Grandad likes to 'tend the 'phone. "He! He! twan't our ring at all, Lucy's askin' Jones to call. Reckons he can't get away—Bet he's goin' to call on May."

Ting, ting—and one long ring. "That's old Jerry's call, by Jing! Why, the old man's been took sick Doctor's comin' out right quick." Ting-a-ling! "That there Bill Finn Cusses when you listen in. Must be mixed in somethin' low, He's so scared, thet folks'll know."

Ting-a-ling-ling, and one long ring! "That's us—'speet it's Daddy King! 'Bout them oats—Oh! Hi there, Joan Yer town dude is on the 'phone; Won't tel what he's got to say, Ain't no call to blush thet way." Ting-ling-ling! "Thet's Higgins now Shorty's borrowin' his plow."

Ting, one short, one long—"Brown's ring—Someone's askin' Belle to sing. Some folks say the country's slow. Shucks! It shows a lot they know. Never need for company pine When yer on the rural line." Ting-a-ling-a-ling-a-ling! Hear the telephone ring. —M. Eugene Perry.

WINTER SALADS. Rice and Cabbage Salad—Mix one cup cabbage, chopped very fine, one cup cold boiled rice, one hard cooked egg (chopped), one tablespoon scraped onion, two tablespoons chopped pimientos (canned, or use the same amount of cucumber pickles). A small box of sardines boned and separated in flakes adds much to the flavor of this salad. Mix all with one-third of a cup of salad dressing. Arrange in a mound and sprinkle with the yolk of a hard cooked egg forced through a coarse strainer. Mixed Vegetable Salad—Cut three or four cabbage leaves the size of the inside of the salad plate. Lay one on top of the other on the plate, then cut across in both directions to make one-inch squares. In centre make a mound of cooked vegetables such as carrots, beets, and potatoes, cut in small dice. Canned green peas, lima beans and butter beans cut in strips may also be used. Cover with mayonnaise dressing. Apple and Nut Salad—Mix together one cup shredded cabbage, one cup diced apple, one-fourth of a cup of nut meats, or coconut, and salad dressing to moisten. Serve on shredded cabbage or in red ap-



- TOMORROW'S MENU
- Breakfast
 - Stewed Dried Apricots
 - Cereal
 - Scrambled Eggs
 - Coffee
 - Toast
 - Luncheon
 - Baked Rice and Cheese
 - Wholewheat Bread
 - Celery
 - Jelly
 - Tea
 - Dinner
 - Corned Beef
 - Reislin Pie
 - Potatoes
 - Cabbage
 - Lettuce Salad
 - Raisin Pie
 - Coffee

New Dishes This Week. Beef-Bean Casserole: Soak one pint of dried lima beans over night and in the morning drain, cover with fresh boiling water, add a pinch of baking soda, and boil for 15 minutes. Now drain the beans and set them aside to add later to the casserole. Brown one pound of beef (either from the round or chuck) cut in cubes, in two tablespoons of bacon fat or beef drippings with the meat pieces are seared on all sides, and the onions a light brown, begin to fill your casserole as follows: Put in a layer of the meat cubes, then a layer of the parboiled beans, followed by a layer of canned tomatoes; season all generously with salt and pepper and repeat these layers till the meat and beans are used (and about two cups of the more solid parts of the canned tomatoes). Sprinkle two tablespoons of flour over all, and add one cup of

the liquid from the tomato-can. Bake for two and one-half hours in a slow oven, adding a little boiling water from time to time if it becomes very dry. Serve from the same dish. Suet Pudding: Mix together one cup of granulated sugar, one scant cup of finely-chopped suet, and two cups of flour sifted with one teaspoon of soda and one-half teaspoon of salt. Take still another cup of either seeded raisins, or finely-chopped figs, also adding two teaspoons of ground cinnamon, one teaspoon of ground cloves and a pinch of grated nutmeg. Add this floured and spiced fruit to the first mixture, then turn all into a well greased and floured baking powder can, filling the mould only three-fourths full (use two cans if necessary). Put on tightfitting cover and weigh down the can in boiling water which reaches to its lid, letting this water continue to boil around it for three hours. Serve with an ordinary hard sauce. (Note: If you prefer to use one cup of stoned and chopped dates rather than the cupful of raisins or figs, omit the spices, but add one-ounce peel.)

Tomorrow—Answers To Inquiries. 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.

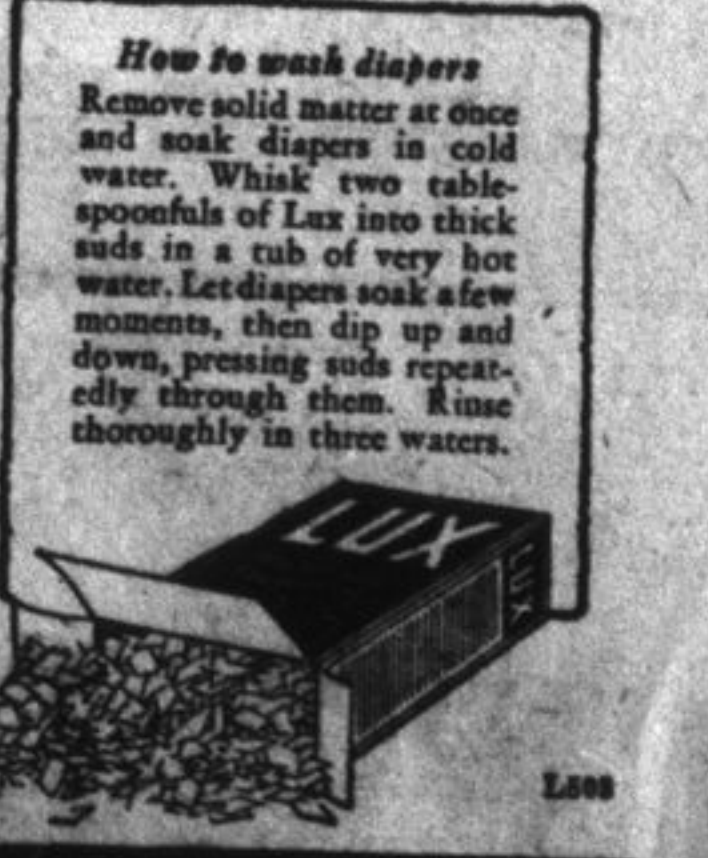
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