NEWS AND VIEWS FOR WOMEN READERS

LIFE'S SOCIAL SIDE

Private Phone 857w.

The Regiopolis Club held their first social evening of the season at the Roman Catholic Assembly Hall on Tuesday evening and it was most successful, more than fifty couples enjoying dancing to the music rendered by Sid Fox's seven piece orchestra. The hall was beautifully decorated for the evening, Regiopolis colors being very prominent. The club will hold another social evening in about a month. The committee was composed of Messrs. W. B. Kehoe, W. J. McCarthy, E. Briceland, R. J. Boyce, M. L. Lynch, J. B. McCarthy and E. R. Milne.

Mr. and Mrs. R. G. Betts, Alfred

Famous Old Recipe for Cough Syrup

Easily and cheaply made at home, but it bests them all for

Thousands of housewives have found that they can save two-thirds of the money usually spent for cough prepara-tions, by using this well-known old reci-pe for making cough syrup at home. It is simple and cheap but it has no equal for prompt results. It takes right hold f a cough and gives immediate relief, sually stopping an ordinary cough in 4 hours or less.

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tastes good, keeps perfectly, and lasts St. George's chain. It's truly astonishing how quickly it acts, penetrating through every air masage of the throat and lungs-loosns and raises the phlegm, soothes and seals the membranes, and gradually but dreaded cough disappear entirely. Nothing better for bronchitis, spasmodic-Pinex is a special and highly concenrated compound of genuine Norway

e extract, known the world over for ta healing effect on the membranes. Avoid disappointment by asking your ruggist for "21/2 ounces of Pinex" with full directions and don't accept anything se Guaranteed to give absolute satis-The Pinex Co., Toronto, Ont. for the week-end and will be the

Woman's Page Editor Phone 2613. street, gave a jolly party on Tues day evening in honor of the latter's brother, Mr. James Devlin, Winni peg. Decorations that spoke of the nearness of Hallowe'en were about bridge were in play. After the per-

the rooms where four tables formance at the Grand Opera House some more guests arrived, among them three of the men who had been amusing a large Kingston audience with their clever nonsense. Dancing went on for some time and supper was served at midnight.

Mr. and Mrs. Thomas Morris, Al thorpe, announce the engagement of their daughter, Blanche Marguerite, to Mr. Harold Dowdell, Boling- without these there can be no perbroke, son of Mr. Samuel Dowdell, Bolingbroke, the marriage to take place shortly.

A rehearsal of "Leo the Royal Cadet" was given for the benefit of the sisters of the Notre Dame Convent on Tuesday evening.

Mrs. Philip Gilbert, Toronto, entertained at luncheon for her sisters, Mrs. May, New York, and Mrs. D. G. McPhail, Kingston.

Mrs. Hugh Ryan, House." gave a small mah jongg party on Monday for her sister, Mrs. Everett Birdsall.

Mrs. William Harty, "Roselawn," Club yesterday.

Miss Nora Macnee, Union street, guest of Mrs. Edwin Miller, Napentertained on Tuesday evening for anee

Rev. W. McCree and Mrs. McCree. meetings of Queen's Alumni, is with Prof. and Mrs. McFadyen, Alice street.

Mr. and Mrs. Fraser Armstrong, George street, will go to Toronto for the Queen's-Varsity game.

Rev. D. W. Best, Bowmanville, is Albert street. with Dr. and Mrs. W. Morgan, Barrie street, while in town for the on Tuesday from St. Agathe, and St. Hilda's College, Toronto, was a meeting of Queen's Alumni. Col. and Mrs. Reginald Brook, month.

College street, will go to Toronto

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KINGSTON MUSIC STUDIOS

Violin, Ukelele, Piano Mignon Telgmann, Res. Phone 1206-w. Vocal Sight Singing Harry Hill TUBERCULOSIS RAPIDLY DECLINING.

Vital statistics prove it. Tubersolutely fatal disease it was 25 years Toronto. ago, if it is taken in hand early. The modern treatment is not drug treatment, but dietetic, sanitary and hygienic. If proper foods, cleanliness fresh air and sunshine can cure tuberculosis they surely can prevent its onset. And if these can prevent the onset of such a terrible disease they surely can also prevent the onset of most other diseases. And, since food is that out of which bodies, good or bad, are made, food must surely be the most important. And Food Science agrees that the most essential foods are the unchanged foodstuffs of nature Science lays a large share of the blame for so much disease upon the extensive use of white flour and refined "ghost cereals" from which the mineral salts, fats and vitamins have been foolishly refined away, and

manent health. Dr. Jackson's Roman Meal is a natural, unrefined whole grain product, made from whole wheat, whole rye, flaxin and bran. It compensates the deficiencies of white flour, "ghost cereals," etc., and reinforces your health. Its growth-promoting properties make it especially valuable for nursing and expectant mothers and children from the 10th month. prevents indigestion and positively relieves constipation. At grocers.

"Somersby wright.

Mrs. Charles Grant, Halifax, is visiting her mother, Mrs. Thomas Ritchie, "Elmhurst."

Mrs. Edmonton and Master Billy, ntertained the Tuesday Mah Jongg Kingston, are guests of Mr. and Mrs. W. V. Webster, Napanee. Miss Baker, Kingston, is the

> Mrs. James Mounsey and Mrs. Earl McBride will motor to King-

ston from Toronto to spend the Mr. James Devlin, who has been visiting Mr. and Mrs. Peter Devlin.

William street, will return to Winnipeg on Friday. Miss Abbie Judson, Napanee, is visiting Dr. and Mrs. C. C. Nash,

Montreal, where she has spent a feature of the semi-annual meeting

Sydenham, has returned home, after on behalf of the alumnae. Principal risiting Mrs. Donald Gordon, Finch, Hutton of University College delightand Miss Annie Graham, B.A., Arn- ed the graduates with an address,

visiting her mother, Mrs. H. A. Cartwright is a cousin of the Misses Cooper, Bagot street. Mrs. William Nicholls, Clarence Kingston.

street, has returned after spending a few days with her brother and sister at Port Perry.

Col. and Mrs. Everett Birdsall and their children, who were with Mr. flowers, there is a joy in growing R. E. Kent, "Somersby House," motored back to Birdsall on Tuesday. Miss Georgina Ettinger, Y.W.C.A., left for Toronto to-day.

"Roselawn," will go to Toronto on life revealing itself is an unfailing Friday for the Queen's-Varsity rugby interest to lovers of flowers. But

visiting her sister, Mrs. Rupert Mil- died the question and, therefore, lan, and Dr. Millan, William street, papers written on this subject and

will return to her home on Wolfe Island this week. Col .and Mrs. W. P. Wilgar, Mack

culosis is not now considered the ab- street, will spend the week-end in

Mr. and Mrs. T. A. Davidson, Mich., and Windsor and Toronto. dent of nurses at the Kingston Gen- come; the older men and women to eral Hospital, is in Philadelphia, whom rosy promises of industries to

will return from Toronto on Thurs- dren who have to be fed and clothed.

American College of Surgeons.

Miss Nora Macnee will motor to and they say: "We will let well Toronto on Friday for the Queen's- enough alone. How do we know that

The Editor Hears

That the slogan of the women of Kingston tomorrow will be: "Vote early and vote for a moderate tariff.' To keep down the housekeeping expenses is the task of the mother in the home. She is the one who knows what clothes, boots and shoes and food stuffs cost, and she will not vote for any policy that will increase their present price.

That the Woman's Aid of the Kingston General Jospital has done valiant work in the past, and the new executive will, no doubt, follow in the steps of the former one. The fine clinic building with its facilities for every kind of work for the benefit of the sick, will have a bright sewing room for the Aid members, where they can make the articles required for the equipment of the hospital which they provide. Hospital Aid has been invaluable to the hospital since its inception.

That the presenting of the academic cap and gown of a Doctor of Miss Betts, "Kewaydin," returned Law to Miss Cartwright, principal of of St. Hilda's Alumnae Association held in the college on Saturday. Miss Phyllis Bradshaw, B.A., Miss Laing making the presentation and at the conclusion of the meeting Mrs. F. C. Hamilton, Orillia, is the undergraduates served tea. Miss Cartwright and Dr. R. C. Cartwright,

That at a recent meeting of the Battersea Institute a member read a paper on "Bulbs." Now this is decidedly a step in the right direction. To people who are really fond of them apart from the pleasure of looking at the perfect blossoms. To watch the first pale green leaf breaking through the earth and to see, Mr. and Mrs. William Harty, day by day, the miracle of plant just how to get the best results is Miss Edna McLaren, who has been known only to those who have sturead to women who cannot go down to the florist or to the market to buy flowering bulbs, are most valuable to those who care enough for the bright spring blossoms to raise them at home. To get good results the bulbs should be good; they should be planted early, and placed in a dark place and kept damp. The earth should not come much if at all above the top of the bulb.

> That the amalgamation of the W. M.S. of the three Christian bodies that have entered the United Church will no doubt do much to simulate the work in the home and foreign mission fields, and the Christian world will look for great things as the result of the union.

> That silk stockings are worn by thousands of Canadian women, not only because fashion demands it, but because a good pair of silk stockings out-wears three pair of liste ones. If the Conservatives have their way, the price of silk of all kinds will go up by leaps and bounds and for the Canadian girl on an average salary or for the married woman whose husband is making his way in the world, a pair of silk stockings or silk lingerie will be a luxury beyoud their means.

"Leo, the Royal Cadet." "Leo, the Royal Cadet" was played again to a large and delighted audience at Russell Theatre. The opera is of a high lyric order and the comedy parts are of a much more refined nature than is to be found in the average opera that visits Ottawa. The opera is bright and tuneful and in fact has much to commend it .- 'Free Press.' Ottawa.

Has a Broken Hip. Mrs. T. S. Henry, Napanee, had the misfortune to fall over a case while on the train going to Toronto one day last week, and is in a hospital in Toronto suffering with

Vote for Campbell and

a broken hip.

Cake or Powder whichever you prefer

Women Should Vote for Mr. John M. Campbell

There are some people in King-Pembroke street, have returned from ston, as elsewhere in Canada, who trip to Bay City, and Detroit, will not vote for a party that cries for a higher taxation. These are Miss Annie Baillie, superinten- the women on a fixed and limited in-Pa., attending the convention of the be started or made prosperous by a higher duty make no appeal; the Mrs. H. A. Lavell, Earl street, mother in the home with little chil-They see that the country is gradu-Mr. and Mrs. W. K. Macnee and ally recovering from the terrible war, all these wonderful things promised Mr. Fraser Armstrong, superin- to us would come true? But we do tendent of the Kingston General know that if the tariff was raised we Hospital, is attending the big medi- would have to pay more for many cal convention in Philadelphia, Pa. household articles, for wearing apparel and coal and that already there is sufficient tariff to protect our industries that are surely if slowly recovering from the after-the-war depression." There are few women that the increase in the cost of living would not hit and hit hard, and be their family traditions Liberal or Conservative, they will vote on Thursday for Mr. J. M. Campbell.

AUNT HET



Mary was here. It was two years ago last June, because that's when I bought my new corset."

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