

NEWS AND VIEWS FOR WOMEN READERS

LIFE'S SOCIAL SIDE

Woman's Page Editor Phone 2618. Private Phone 6577.

The Whig will be glad to have the names of visitors in town and accounts of various social events for the social column. Write or telephone to the Editor of the Woman's Page, No. 2613.

Red, blue and yellow on the walls and the tables and in long streamers at the end of the hall of Queen's gymnasium met the eye of the visitors who entered the building on Saturday afternoon when the girls of the Students' Christian Association gave their annual tea and sale. At the door Mrs. J. F. McFadyen, Miss Laird and Miss Jean Wilton, the president of the S.C.A., received and after a word with them, the visitors, amongst whom were many of the professors and their wives, passed on to buy the attractive wares displayed for sale and finally to have a cup of tea, seated comfortably at the small tables provided for them. Sweets in pretty red, blue and yellow boxes were sold by girls, with Miss Stella Massey as convener, and the snapshots of Queen's buildings were in charge of Miss Trilzie Rose. Home cooking of a kind to convince all buyers that college girls can cook as well as take scholarships and medals, was at a well-laden table presided over by Miss May Sharpe. All sorts of pretty novelties were at another booth, and were in charge of Miss Ruby Garbutt. In a cosy corner where a shaded light shed a soft glow were soft cushions in Queen's colors sold by Miss Margaret Light, and pennants that will adorn the walls of Ban Righ and many of the city boarding houses were sold by Miss Mary Rowland. Original chrysanthemum peeping through the oval, were in charge of Miss Doris Williams. At the fishpond, Miss Olive Zeron gave forth mysterious and valuable packages and between streamers of the tricolor that formed a curtain, gaily attired gypsies could be seen reading the palms of those who wished to peer into the future. Miss Jean Patterly was the gypsy queen and she and her assistants were kept busy during the afternoon. Tea was poured at a table centred with yellow chrysanthemums flanked by yellow candles, in silver candlesticks by Mrs. John Matheson. Mrs. J. F. McFadyen, Mrs. W. R. Leadbeater and Miss Annie Fowler. Miss Kay Gillan was convener of the tea committee and Miss Bessie Simmons convener of the effectively arranged tables.

The executive of the National Council of Women will meet in Kingston from Nov. 18th to Nov. 21st and will be the guests of the Local Council who have through the hospitality of Kingston hostesses arranged for their billeting. Luncheon will be provided for the delegates each day at the Grand Cafe. The president, Mrs. Frederick Etherington, will entertain at her home on University avenue on Wednesday evening in their honor, on Thursday, through the kindness of the Kiwanis and Rotary Clubs a motor drive has been arranged to take the visitors, amongst whom are some of Canada's outstanding women, to see the beauties and places of historic interest in Kingston, and on Friday evening in Convocation Hall an open meeting

will be held, at which the speakers will be the president, Miss Carmichael, Halifax, who will give an account of the International Council of Women held at Washington, Miss Brown, who will speak of the nurses' convention at Helsingfors, Finland, and Mrs. Parsons, who will give an address she gave at Wembley on "Industrial Problems of the Women of Canada."

The courts were filled when the Kingston Garrison Badminton Club met at the Armories on Saturday and several members came in for tea. Amongst those present were Col. and Mrs. W. P. Elkins, Col. and Mrs. C. F. Constantine, Col. and Mrs. Brook, Dr. and Mrs. P. G. C. Campbell, Mrs. Norman Leslie, Prof. and Mrs. Bridger, Mrs. Macdougall (North Bay), Prof. and Mrs. T. B. Callander, Col. Ritchie, Miss Ritchie, Col. and Mrs. R. O. Alexander, Col. and Mrs. A. E. Harris, Major and Mrs. Sheffield Bacon, Major and Mrs. Victor Williams, Major and Mrs. Phillip Earnshaw, Major and Mrs. Lachlan Hughes, Mrs. James Hamilton, Mrs. W. H. Macnee, Mrs. W. P. Wilgar, Prof. and Mrs. Jemmett, Prof. and Mrs. Keith Hicks, Capt. and Mrs. F. M. Harvey, Capt. and Mrs. Westmorland, Mr. and Mrs. W. R. Macnee, Mrs. C. S. Kirkpatrick, Mrs. H. J. Dawson, Mrs. James Hamilton, Miss Hora, Miss F. Cunningham, Miss Gildersleeve, Miss Going, Miss Doris McKay, Miss Eleanor Phelan, Miss Aileen Rogers, Miss Cecily Rutherford, Miss Loyola Hill, Miss Laura Kilborn, Miss Gwendolyn Dawson, Miss Gwendolyn Carr-Harris. The election of new members takes place on Wednesday next.

A miscellaneous shower was held at the home of the bride's parents Mr. and Mrs. F. Burnett, in honor of Mr. and Mrs. Frederick Mouldy, the Misses Helen and Mae Truedell being the hostesses. About seventy guests assembled to wish the happy couple a long and prosperous future. A enjoyable evening was spent in games and dancing. Many beautiful presents were received by the bride and groom.

Mrs. R. R. F. Harvey and his sister-in-law, Mrs. C. B. S. Harvey, will give a musicale at the former's home on Lower Union street on Friday evening when their guests will include the members of the Church Women's Aid of the cathedral and the entertainment will be one of the many given in connection with St. George's cathedral's chain of festivities.

Miss Rayson, Clergy street, was the hostess of a pleasant tea on Saturday afternoon. Golden chrysanthemums were about the rooms and on the table where Miss Muckleston poured tea, assisted by Miss Janet Porteous.

In connection with St. George's chain Miss Bates, "Batescourt," entertained on Saturday evening. Her guests were children who each contributed to the fund and who spent a delightful evening playing games, acting charades, etc.

Dr. Bliss Carman was the guest of Dr. Clarke, Wellington street, at tea and at dinner on Friday.

Mrs. W. B. Carey, Albert street, is

entertaining on Tuesday afternoon, for Mrs. Travers, who has recently come to town with her husband, Mr. Travers, manager of the Royal Bank.

The Kingston Junior Farmer's Association and the Junior Women's Institute will give a dance in the Eastern Dairy school on Wednesday evening.

Mrs. Alexander Macphail, Clergy street, is a bridge club hostess this afternoon.

Miss Helen Strange, Sydenham street, is entertaining the Junior Monday Bridge Club this afternoon.

Mrs. W. B. Carey, Albert street, is entertaining this afternoon for St. George's chain.

Mrs. Sherman Hill, Barrie street, is entertaining her bridge club this afternoon.

Dr. Margaret Patterson, Toronto, one of the members of the executive of the National Council of Women, will be the guest of Mrs. R. Ramsay Duff, Princess street, while in town this week.

Miss Anne Langwith, Rochester, N.Y., has returned to town, and is with her parents, Mr. and Mrs. G. Langwith, Albert street.

Mrs. Smythe, Toronto, will be the guest of Mrs. R. O. Jolliffe, Frontenac street, while in town for the executive meeting of the National Council.

Miss Mabel Hickey, Rochester, N.Y., is with her father, Mrs. O. J. Hickey, College street.

Mrs. Charles Thorburn, Ottawa, will be with Mrs. Frederick Etherington, University avenue, this week.

Mrs. Buddy, Toronto, who will arrive in town on Wednesday to attend the meeting of the executive of the National Council of Women will be the guest of Mrs. H. W. Davis, King street.

Mrs. Stafford, Kirkpatrick, Ottawa, spent the week-end with Mrs. R. W. Garrett, Johnson street. Mrs. Harry Carpenter, Hamilton, a member of the executive of the National Council of Women, will be the guest of Mrs. J. M. Campbell, "Glen Lyon."

Mrs. S. Wade, Renfrew, will be the guest of Mrs. W. Rupert Davies, Albert street, while in town for the executive meeting of the National Council of Women.

Mrs. W. T. Minnes, "Hillcroft," will entertain Mrs. W. Dennis, Halifax, for the meeting of the executive of the National Council.

Miss Aileen and Miss Olive Day, who were the guests of their brother, Dr. Rupert Day and Mrs. Day, Frontenac street, have returned to Ottawa.

Dr. Margaret Johnston, Toronto, will be in town for the meeting of the National Council of Women and will be the guest of Mrs. James Miller, Albert street.

Mrs. Goodwin, Welland, will be with Mrs. J. F. McFadyen for the executive meeting of the National Council.

Mrs. B. C. Thompson, Edmonton, Alta., will be with Mrs. T. A. Kidd, Stuart street, for the National Council meeting.

Mrs. Wilkinson, Ottawa, will be the guest of Miss Lettice, Tandy, King street, for the meeting of the National Council executive.

Mrs. S. Tweed, Waterloo, will be entertained by Mrs. J. L. Whitting, Clergy street, while in town for the executive meeting of the National Council.

Mrs. H. A. Lavell, who spent the week-end in Grand Mere, Que., with her daughter, Mrs. G. S. Sutherland, will go to Ottawa today and will speak at a meeting to be held in St. James' United Church on Tuesday on "Some Missionary Problems, Old and New."

Mrs. Twidale, Niagara Falls, will be the guest of Mrs. R. J. Gardiner, "The Chestnuts," while in town for the meeting of the National Executive.

Mrs. Dugman, Toronto, will be Mrs. A. F. Knight's guest at her home on Alice street, for the meeting of the executive of the National Council of Women.

Mrs. Walter Lyman, Montreal, who will arrive in town on Wednesday for the meeting of the National

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 especial 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, whose eyes, flaxin 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.



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Council executive, will be the guest of Mrs. Bruce Hopkins, King street.

Dr. Stowe Gallen, Toronto, will be in town, on Wednesday, for the meeting of the executive of the National Council of Women.

Mrs. J. B. Lappen, Mack street, has returned from Montreal where she spent a few days with Mr. Lappen.

Miss Aline Rutherford, King street, returned from Ottawa on Saturday.

Major and Mrs. Victor Tremaine, Royal Military College, spent the week-end in Ottawa.

Miss Joan Arnold, Toronto, will represent the National I.O.D.E. at the executive of the National Council of Women, to be held in Convocation Hall, Queen's University, this week, and will be with Mrs. C. F. Constantine at the Commandant's Quarters, R.M.C.

Mrs. Sanford, Hamilton, for some time president of the National Council of Women, will come to Kingston, on Wednesday, to represent Mrs. Willoughby Cummings, who will not be able to be present, at the meeting of the executive.

Miss Olga Kirkpatrick, Edmonton, who has been visiting Mrs. R. W. Garrett, Johnson street, is at present in Ottawa with her aunt, Mrs. Bowden.

Mrs. Lionel Smith and her mother, Mrs. John McKay, Sr., have returned to Montreal from a visit with Mr. and Mrs. John McKay, "Argyle House."

Prof. Carrie Derrick, Montreal, will be with Mrs. Francis King, St. Lawrence avenue, for the executive meeting of the National Council.

Mrs. H. A. Tofield, Mrs. Tofield, St. and Miss Helen Tofield motored from Belleville on Saturday.

Mrs. Nintan C. Smilie, Ottawa, will be with Mrs. W. T. G. Browne, "The Parsonage," William street, during her stay in town for the executive meeting of the National Council of Women.

Miss Daisy Chown, University avenue, went to Toronto on Saturday to meet her sister, Mrs. H. F. Woodsworth, and her children, who are returning from Kobe, Japan, to visit Mr. and Mrs. A. F. Chown. Mrs. Woodsworth and Miss Chown will arrive in town on Wednesday, stopping at Port Hope to see Albert Chown, their nephew, who is at Trinity College School.

Dr. Ritchie England, Montreal, will be the guest of Dr. and Mrs. W. Morgan, Barrie street, while in town for the executive meeting of the National Council.

Miss Anna and Miss Gertrude Mahood, University avenue, have left for Ottawa to visit their uncle, Dr. A. E. Mahood and Mrs. Mahood.

Mrs. Ira Mackay, Montreal, will be with Miss Gordon, University avenue, while in town for the executive meeting of the National Council.

Mrs. George Webster, who has been visiting Mrs. George Mahood, University avenue, will return to Montreal on Tuesday.

Miss Smilie, chief superintendent of the V.O.N. who represents her society on the National Council of Women, will be with her sister, Mrs. Phillipae Maedonnell, Edgemoor avenue while in town this week.

The Editor Hears

That the present price of potatoes makes the careful housewife count the number she puts in the pot. Potatoes are good for most people, although those inclined to be stout should avoid them. But there are few households in which this article of daily food is not wasted. More potatoes than people want are served to them and left on their plates and in this way the vegetable, that just

now happens to be scarce, is wasted. There is an old saying that comes to us from our grandmothers: "Take care of the pennies and the pounds will take care of themselves." In this land of plenty there is much unnecessary waste.

That we have received word from the members of the Kingston Teachers' Association that there is an active Junior Audubon Association in Louise school with more than thirty members, who are already feeding the birds and have attracted several varieties to the feeding places. This is certainly a step in the right direction, and we hope the older boys and girls, and men and women too, will follow the example of the younger citizens and feed the birds. We will be glad if from time to time the members of the Junior Audubon Society will send us the name of some of the birds they have seen. We wonder if any of them noticed a big lake gull flying over the city on Saturday morning, evidently driven in from the lake by the storm.

That we are glad to hear from Westbrook Women's Institute again and also that they are doing good work and are going to bring some of their real country cooking to Kingston, to sell it to the townfolk. We are also interested in "Grandmothers' Day" and wonder if some of the members who have articles of interest belonging to their grandmothers for which they want a home, will consider sending them to the Kingston and Frontenac Historical Society for safe keeping in Murney Tower.

Try using a gravy boat to fill the jars and tumblers with jelly and preserves. It can be readily dipped into the hot liquid by means of the handle and the long spout will fit into almost any size jelly tumbler and thus prevent waste by spilling. Save the old broomsticks for heavy-growing plants and vegetables.

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