

NEWS AND VIEWS FOR WOMEN READERS

LIFE'S SOCIAL SIDE

Woman's Page Editor Phone 2615. Private Phone 8377.

A jolly sleighing party went out to Mr. and Mrs. A. H. Fair's house at Hemlock Park Farm on Saturday evening and spent several hours dancing in the big rooms. A fire was burning cheerily in the grate fireplace in the sitting room, and the evening was altogether a most delightful one. Among those present were Capt. and Mrs. R. H. Davidson, Major and Mrs. Frederick Alderson, Mr. and Mrs. Jack Hickey, Mr. and Mrs. John Birmingham, Capt. and Mrs. Patrick Coffey, Mr. and Mrs. Arthur Blain Gash, Miss Katie Birmingham, Miss Virginia Fair, Capt. Broadbent, Capt. Stevenson, Mr. J. Flow, and Mr. Guy Simmons.

The Whig will be glad to have the

**SALE**  
20% DISCOUNT  
Off the beautiful, hand-made Linens, Brasces, etc., from our Missions. Mah Jongg, Cloths and heavy Linen Cloth.  
**1/2 Price**  
From  
HWAJING SHOPS, LTD.  
66A Bank St., Ottawa  
FEBRUARY 2, 4, 5, at the RANDOLPH HOTEL

THIS WOMAN NOW WELL

Her Suffering Relieved and Health Restored by Lydia E. Pinkham's Vegetable Compound

Toronto, Ontario.—“I am certainly very grateful for the benefit I have received from Lydia E. Pinkham's Vegetable Compound, also the Sanative Wash and the Liver Pills. In the early spring I was suffering so much from loss of blood that I thought I would never be any better as doctor's medicine relieved me only for the time being. I saw the Vegetable Compound advertised in the Toronto Star, and I find the Vegetable Compound Tablets the best for me. I have been taking them since Spring, and I intend keeping them by me all the time. After reading your Private Text-Book I saw it was necessary to use Lydia E. Pinkham's Sanative Wash, and I can safely say I feel a different woman. My friends remark how well I look. I am a very busy woman, but I am ready at all times to boost your medicines.”  
Mrs. CHARLES GIFFIN, 949 Lansdowne Avenue, Toronto, Ontario.  
You may be having an experience similar to Mrs. Giffin's and will be interested to know what she did. Every sick woman can feel confident that Lydia E. Pinkham's Vegetable Compound will help her, since we are told that it does help 98 out of every 100 women who take it.  
Sold by druggists everywhere. ©

The Editor Hears

That The Anchor Inn is being largely patronized by the men for whom it was opened and so great is the demand for beds that the manager cannot find bedding enough. The committee would be grateful for bedding, sheets, pillow cases, etc., which may be sent to The Anchor Inn, Brock street.

That the controversy on the subject of the exterminating of the crows goes merrily on between Jack Miner and the friends of the crows, and Toronto bird lovers are greatly exercised in the matter. Whether to let the crows live and to lose the other birds, or to reduce the offender's number, is a burning question.

That the women of Kingston are this week, as advertised on the Woman's Page, having an opportunity to aid missions and also procure, at very much reduced price, the beautiful work of the women of the east. Exquisite embroideries done on cobweb linen, as well as mah jongg cloths and tea cloths in heavier linen, will be found at the Randolph Hotel, where Mrs. A. L. Scott, Ottawa, who lived in the east, has a three days sale of these attractive articles. In China, Japan, India and Korea, the missionaries can find material and work for the hundreds who need it if a market can be found in England and Canada for the output. As well as the linens, there are wonderful trays of Indian brass, sold at little more than half price. To see this work in an education in this line of art, and those who bought similar embroideries at the sale at Chalmers Hall will want to have another look at the pretty things.

FAMILY MENUS

Breakfast—Sliced canned pineapple, cereal, thin cream, whole wheat toast, creamed smoked haddock on toast, bran muffins, milk, coffee.

Luncheon—Vegetable chowder, toasted crackers, stuffed prune salad, cabinet pudding, milk, tea.

Dinner—Split pea soup, broiled lamb chops, carrot straws, head lettuce salad, chocolate souffle, whole wheat bread, milk, coffee.

The breakfast planned takes care of young children as well as adults. Pineapple juice, cereal and toast should comprise the meal for children under school age, while older persons will find the sliced fruit, fish and muffins quite to their liking.



Easy to make good bread with **ROYAL YEAST CAKES**  
FULL DIRECTIONS ON EVERY PACKAGE  
E. W. GILLETT CO. LTD. TORONTO, CAN.

Chocolate Souffle.  
Two tablespoons butter, 2-3 tablespoons flour, 1 cup milk, 3 squares bitter chocolate, 1-2 cup sugar, 2 tablespoons hot water, 3 eggs, 1-teaspoon vanilla, few grains salt.

Melt butter and stir in flour. When perfectly blended slowly add milk, stirring constantly. Bring to the boiling point. Melt chocolate over hot water, add hot water and sugar and stir until smooth. Combine mixtures and add yolks of eggs beaten until thick and lemon colored. Let stand until cool. Beat whites of eggs until stiff and dry on a platter, using a wire whisk. Beat in salt and vanilla and fold into cooled mixture. Turn into a buttered baking dish and bake twenty-five minutes in a moderate oven. Serve with whipped cream.

This is an excellent "fish" food for cold weather but should follow a light meat course as in this instance.



SPIFFY, EH, WOT, IS PARASOL HAT?  
The parasol hat with from five to ten-inch brims may jam Fifth avenue on Easter Sunday. Designers offer it as their latest.



Princess Hermine, the wife of Wilhelm Hohenzollern, former kaiser of Germany.

WHEN THE CUPBOARD IS BARE

Even the best regulated household sometimes come to grief, when it comes to keeping all the supplies up to the mark—we mean more in quantity than quality—the latter goes without saying—for quality must be first class in order to make quantity—diminish. Sometimes one is unable during the canning and pickling season, to can or pickle as much as will be needed. Then we occasionally find some who, with malice aforethought decide to take a trip just at that time, or may be the weather was too hot or unexpected visitors announce they are coming to spend a fortnight. Then the size of one's family in itself is enough to make these precious stores melt away. Granted then, that any or all of these things may happen and you find the "cupboard is bare," it need not remain that way, and the family will not be wholly deprived of these little realishes and other accessories that add so much to the enjoyment and attractiveness of what might otherwise be an ordinary meal.

A platter of cold meat or plain hash that is universally detested may become entirely another matter if served with a border of hot boiled rice or well mashed potatoes and a useful, tangy sauce. The weekly rice pudding or other simple wholesome, milk pudding becomes a real company dessert if trimmed up with a bit of colorful, tasty jelly or jam.

There are a number of things one can make with winter vegetables and fruits, besides all kinds of canned vegetables to buy. We can bring a little bit of July in January, sealed in cans, with all the flavor and color preserved in these fruits and vegetables. So when our regular supplies give out their places may be filled by concocting what we most need or want from stores we may have on hand or that may be conveniently purchased at any season.



For Deep Chest Colds

All colds should be treated with vapors, for vapors alone can carry the medication DIRECTLY to the air passages and lungs. Vicks is a "vapor" treatment in its very form. For deep-chest colds you first apply hot wet towels over throat and chest to open the pores, then massage briskly with Vicks for 5 minutes, spread on thickly and cover with a flannel cloth. Vicks not only penetrates like a poultice or plaster, but the ingredients, vaporized by the body heat, are inhaled all night long. This double action usually checks the most stubborn cold overnight.

**VICKS VAPORUB**  
Over 21 Million Jars Used Yearly

**GALLAGHER'S TAXI SERVICE**  
PHONE 960  
25c ANYWHERE IN CITY  
DAY OR NIGHT  
ALL 7 PASSENGER SEDANS



Excess Fat is not in fashion

Every idea of style and beauty calls for normal figures now. So do health and fitness. You can see the result in every circle. Excess fat is not one-tenth so common as it was. Countless people have learned that overweight is unnecessary. They have found an easy, pleasant and scientific way to reduce. That way is Marmola Prescription Tablets. Simply take four a day. No alcohol, no exercise or diet is required. The reduction is gradual—rarely more than a pound a day. So the body adjusts itself to the new conditions. Wrinkles do not bother. Marmola has been used for 14 years. Delighted users have told others about it, so the fame has spread. Now people are taking over a million boxes yearly. You see the result in this era of slenderness. The reduction comes in so secret way. One loathes every irregularity in Marmola, and tells you the scientific reason for the good effects. Your own druggist signs our guarantee that you will be delighted. Investigate Marmola in fairness to yourself. Learn why it reached the place it holds. Find out why so many happy people recommend it. Marmola Prescription Tablets are sold by all druggists at 25¢ per box. Send this coupon for our guarantee. Clip it now.

The Pleasant Way to Reduce  
**MARMOLA**  
2-225 General Motors Bldg. DETROIT, MICH. **Free**

CAN YOU SLEEP ALL NIGHT?

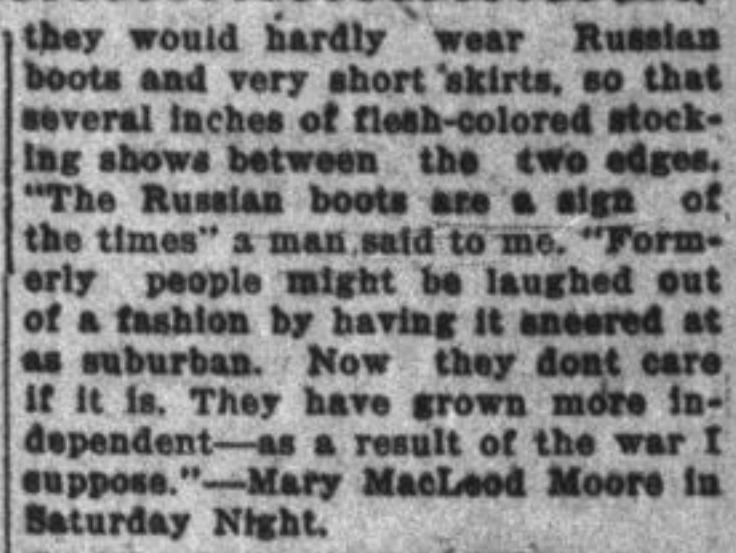
Or Must You Get Up Frequently on Account of Weakness and Irritation of the Bladder?

I have been sending out a free trial of a treatment for this trouble that has brought a wonderful response. Hundreds have written of the amazing results. Scores who thought they were in one stage. A host of men in middle life suffering with severe prostate trouble found their first relief from this wonderful treatment. I send it free. All you need do is send me your name and address. If you have pain in the back, or night if you think your kidneys are weak or if the irritation of the bladder keeps you awake half the night and you are all worn out in the morning, this free trial treatment you will be delighted beyond words. Remember I ask no money, nothing but your name and address as I want every man who suffers to benefit from this wonderful medicine. Write me to-day. Don't wait.

MAIL COUPON TO-DAY  
F. L. McWeathy,  
1607 Main St., Marshall, Mich.  
Send me free your Trial Treatment for Weakness and Irritation of the Bladder due to Enlarged Prostate and other such troubles.  
Name.....  
St. Address.....  
or R.F.D. ....  
City..... State.....

"Minnie Mene" in The Ontario Farmer

**RUSSIAN BOOTS.**  
The Russian boots which are now being worn this winter are the subject of much comment, and many good humored jokes. Some years ago Mrs. Aquith and a few other fashionable women wore Russian boots but there was no question of their being taken up by the crowd. This winter, with great suddenness they became the fashion of the less fashionable, and are seen on every railway platform, and in every street. The shop girls, typists and other workers who have to be out in all weathers, walk unscathed through the rain and snow in their high boots which are sensible, comfortable and reasonable, though not pretty. They have the merit too of being very reasonable in price, and they have also helped the boot manufacturers to tide over a bad time and to keep some of their workers in employment. But many of the girls and women who wear them seem to lack full length mirrors. Otherwise they would hardly wear Russian boots and very short skirts, so that several inches of flesh-colored stocking shows between the two edges. "The Russian boots are a sign of the times" a man said to me. "Formerly people might be laughed out of a fashion by having it asserted as suburban. Now they don't care if it is. They have grown more independent—as a result of the war I suppose."—Mary MacLeod Moore in Saturday Night.



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"All in vanity"  
Gives expert attention to all lines of Beauty Culture.  
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A Special Event in Bed Spreads

Bought by the case right at the mill, these represent a saving of 25% over regular prices.

- White Honeycomb Spreads that will give satisfactory wear, free from dressing.  
Sizes 66 x 80, for ..... \$2.25 each  
72 x 84, for ..... \$2.75 each
- Institute Spreads made extra heavy, for hard wear, 62 x 86, for ..... \$3.00 each.
- Krinkle Spreads that require no ironing.  
63 x 90, \$2.50 each. 72 x 90, \$2.75 each.  
80 x 90, \$3.25 each.
- Krinkled Spreads with fancy stripes.  
Sizes 84 x 90, for ..... \$3.95 each  
72 x 100, for ..... \$6.00 each  
Silk Spreads at \$9.00 and \$10.00 each.

**W. N. Linton & Co.**  
Phone 191. The Waldron Store

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By building up health and resistance, "Ovaltine" will guard you against attacks of coughs, colds and influenza.  
It is super-abundantly rich in the health-giving qualities of ripe barley malt, creamy milk, fresh eggs and cocoa. The vital food elements are highly concentrated, correctly balanced, and rendered easy of digestion by an exclusive scientific process.  
"Ovaltine" tones and restores the worn cells of brain, nerves and body, in a natural, healthful way. One cup of this delicious beverage contains more nourishment than 12 cups of beef tea, or 3 eggs.  
Make "Ovaltine" your daily beverage—it enriches the blood, improves the circulation, nourishes the system, and thus safeguards your health.  
At all druggists  
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TONIC FOOD BEVERAGE  
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EASY TERMS from \$10 cash and \$6 monthly.

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