## NEWS AND VIEWS FOR WOMEN READERS

## LIFE'S SOCIAL SIDE

Private Phone 857w.

. . . Miss Lee, Toronto, is spending some time at the Y.W.C.A.

. . . Miss Gwen Bearder, Ban Righ Hall, has returned to Ottawa,

Miss Doreen Montgomery, Queen's North Bay to-day. University, has returned to Smith's

Col. and Mrs. Norman Leslie, Emily street, have returned from St. John,

Mrs. H. J. Dawson, Barriefield, was the hostess of a mah jongg party on Friday.



wives know the value of H.P. It makes the plainest meal delicious.

## OVER BODY

Two More Cases of Feminine Illness Relieved by Lydia E. Pinkham's Vegetable Compound

Barrington, N. S. - 'I had terrible elings, headaches, back and side es and pains all over my body. rould have to go to bed every month and nothing would do me good. My asband and my father did my work for me as I have two children and we have quite a big place. I read in the paper about Lydia E. Pinkham's Vegetable Compound, and then got a little book about it through the mail, and my husband sent to Eaton's and ot me a bottle, and then we g nore from the store. I am feeling ne now and do all my work and am hie to go out around more. I tell my riends it is Lydia E. Pinkham's Vegtable Compound that makes me feel well."—Mrs. VICTOR RICHARDSON, arrington, Nova Scotia.

**Dull Pains in Back** 

St. Thomas, Ont. — "I took four bottles of Lydia E. Pinkham's Vegetable Compound and found great relief from the dull, heavy pains in the small of my back and the weakness from which I suffered for five years after my boy was born. After taking the Vegetable Compound and using Lydia E. Pinkham's Sanative Wash I am feeling better than I have for the past seven years, and advise my friends to take it."—Mrs. F. Johnson. 9 Moore Street, St. Thomas, Ont. C

At "rising time" comes the test as

to whether your night's sleep has given

you the renewed vigor and vitality so

necessary to the busy activities of this

If certain muscles of the body re-

main tense for lack of resting support

no amount of sleep will renew their

energy. For instance—if the muscles

enclosing the vital abdominal organs

are allowed to sag and assume unnat-

ural positions due to improper mattress

support, they are under a strain, and

cannot relax. Sleep therefore, doesn't

rest this part of the body as well or

healthfully as it would if proper support

relieved the strain and allowed the

tense muscles to relax.

1 10W DIICES.

elephone 1446.

modern age.

Woman's Page Editor Phone 2612 | Salle Chapter LO.D.E., has returned from Hamilton.

> Miss Kathleen Daly, Albert street has returned from the I.O.D.E. meeting in Hamilton.

Miss Amey Lee, Queen's Univercity, will return to her home in

Miss North McCarthy, Queen's present. University, will return to her home in Ottawa shortly.

Miss Marion Macfarlane, Queen's University, left to-day for her home in Cannington, Ont.

. . . Mrs. Hugh Osler, Winnipeg, who evening service. has been in Toronto, is now with her Mrs. J. E. Singleton, regent of La father, Hon. William Harty, Bagot

> spent the winter in the south, has Such communications should be freshments was Mrs. H. Forest, Mrs. returned to town and is in her house signed and the address of the sender M. Buhun, Mrs. W. James, Mrs. W. on Alfred street.

Miss Hazel Frink, Sydenham | phone No. 2613. street, will spend the week-end with her parents, Mr. and Mrs. John Frink, Sydenham.

Miss Marjorie Rutherford and Miss Elizabeth Sise will come from Montreal next week for the Taylor-Windeyer wedding. Miss Ruth Nash, Albert street, is

spending the week-end with Miss Mildred Sheridan who is visiting at her home in Brockville. A jolly farewell dance was given

in Grant Hall on Friday evening, for

which the Melody Kings' orchestra providing an inspiring programme. Miss Frances Thomson, Montreal will be an our of town guest at the wedding of Miss Lois Taylor to Mr.

Walter Windeyer which takes place

on May 1st. Mrs. Fred B. Pense and her daugh ter Margaret Grace, Albert street, who have been visiting in Toronto for three weeks will return to the city on Sunday.

Mrs. Fred Colson, Ottawa, who was in Hamilton for the I.O.D.E. meeting, has gone to London. Ont. to visit her brother, Mr. R. T. Brymner and Mrs. Brymner.

Mrs. Charles Constantine, "Bolton Royd," who was elected one of the provincial councillors of the LO. D.E. at a recent meeting in Hamilton, has returned to town,

Mr. Joseph Fox and Mr. Thomas Donoghue, Kingston, were guests at a dinner and dance given recently by the Painter's Auto Club, at the Hote! Tullen, Detroit, Mich.

Miss Alma Robertson returned to her home in Ottawa yesterday from the summer months with her par- mixed goods.

Complete muscular relaxation

essential for healthful sleep-

ents, Hon. G. D. Robertson and Mrs.

The final tea of the season will be given at the mid-week meeting of the Kingston Garrison Badminton Club on Wednesday. April 28th, when Mrs. J. H. Elmsley will present the cups and prizes won during the

The two hundred delegates to the Provincial I. O. D. E. meeting in Hamilton were entertained at theatre party when the picture of H. R.H. the Prince of Wales tour was shown. Several Kingston ladies were

Mrs. W. Rupert Davies and Mr Arthur Davies, Lower Albert street, are in Renfrew over the week-end

counts of various social events for the tea dance this afternoon. Mrs. T. M. Asselstine, who has publication in the social column. given. Write or telephone to the J. Logue and Mrs. McKegney, Mrs. Editor of the Woman's Page, Tele- C. J. Corrigan took the entrance fee.

> town. was hostess, Wednesday eve- for Miss Bessie Wells, when those tario, said in answer to the question ning of a farewell party at her home present included Misses Inez in honor of the Misses Effo, Nina Tucker, Lola Le Blanc, Carrie and Catharine Haddigan who are Hutchins, Clara Sears, Nellie Colleaving in a few days with their loghy, Hazel Frink, Patricia Hutchparents to reside in Kingston, ins, Gladys Jones, Beatrice Penfold Twelve little girls were present and Reta Newman, Rose Bongard, Lilthe evening was spent in games and lian Mulholland, Edith McGill, contests after which Miss Margaret Emma Wells, Isabel McKane and Purvis read a nicely worded letter Carrie Barr, Messrs. Geoffrey Richof regret and at the proper time ardson, Howard Davidson, George Miss Beatrice Fodey presented them Montmorency, Stuart Leman, Warwith a box of stationery, after which ren Colloghy, T. F. Fletcher, Donald the little hostess served dainty re- McCrimmon, S. Mulholland, Burt

sembly Hall on Wellington street, Joe Croman. this week draws many visitors to the pretty rooms. On Friday afternoon, Mrs. J. F. Sowards, Mrs. Peter says he always visits the Victorian Devlin, Mrs. J. Hughes and Mrs. D.

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antly working springs, fits the natural contour

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GUARANTEED FOR FIVE YEARS

This kind of body support ensures

259-265 Princess St.

stockings, Hunter and Miss Connors. sweaters, draperies, coverings, hangings

Buy Diamond Dyes-no other kind Queen's University, and will spend silk, or whether it is linen, cotton or mission 10c.

COMING EVENTS

The Mothers Council of the Y.M.C.A. will pack a box of magazines and papers on Thursday. April 29th. Will contributors, leave papers at the Y.M.C.A. before that date.

ADVY. HATES, WOMAN'S PAGE:
Coming events, not intended to
raise money, 2c. a word; minimum
50c. If held to raise money, 4c. a
word; minimum \$1. Receptions, engagements, marriage announcements, personal no-tices, 25 words or less, \$1.00 per

Entertainments, concerts, meetings, etc. 15c. per line for readers; 10c. per line for display advts. Minimum charge \$1.00.

J. Millan were in charge of the tea ing to the excellent music of the they wish to sell. The Whig will be glad to have the Melody Kings Orchestra was much hames of visitors in town and ac- enjoyed. The fair concludes with

The committe in charge of the re-

Miss Florence McDonald, Mallory- Kavaner gave a jolly surprise party term as privincial president for On-Hart, Clifford Jackson, Fred Cobbett, Leo McGinnis Dick Tucker, "The Spring Fair" given by the Harry Field, Jack Lawrence, Herbert C.W.L. in the Roman Catholic As- Teeple, George Bell, Eddle Milo and

> Judge Harkness, Winnipeg, who Order in every city because he is in such sympathy with their work, arrived at the Welfare Station on Barrie street on Friday afternoon when the well baby clinic was in swing. Outside the door were baby carriages by the score, pretty, daintily kept carriages, showing that not only the poorer mothers brought their babies here, but many young women who wanted the help of the nurses to keep their babies in good health. The judge had a splendid time, and enjoyed a cup of tea served Each 15-cent pack- by the ladies of Sydenham Street age contains direc- Church, whose turn it was to serve tions so simple any the fortnightly tea to the mothers. delicate shades or The attendance of babies was the dye rich, permanent largest yet, showing that the work colors in lingerie, is growing. The ladies in charge of silks, ribbons, sgirts the tea were Mrs. C. S. Anglin, Mrs. waists, dresses J. B. Phillips, Mrs. Davy, Miss Mabel

tea and homemade sale, Friday after- only about 1 per cent. of her exnoon, April 30th, at the Avonmore ports. —and tell your druggist whether the moon, April 30th, at the Avonmore material you wish to color is wool or Apartments, 207 William street. Ad-

THE CHILDREN'S SONG.

Land of our Birth, we pledge to thee Our love and toil in the years to be; When we are grown and take our

As men and women with our race. Father in Heaven who lovest all, Oh help Thy children when they

That they may build from age to

An undefiled heritage. Teach us to bear the yoke in youth, With steadfastness and careful

That, in our time, Thy Grace may The Truth whereby the Nations live.

Teach us to rule ourselves alway. Controlled and cleanly night and

That we may bring, if need arise, No maimed or worthless sacrifice.

Land of our Birth, our faith, our For whose dear sake our fathers

Oh Motherland, we pledge to thee, Head, heart, and hand through the --- Rudyard Kipling.

AUNT HET



had to give her dried apple ple four days hand-runnin' before she took

China has more than 200 kinds are accepted in only a few.

The Editor Hears

That from many parts of Canada comes the call to buy Canadian goods. We have heard only this week that the Women's Institutes ask their sisters in the cities to buy, as far as possible, home-grown vegetables and fruits. Surely this is no hardship. Canada produces splendid apples, excellent small fruits in season, the best of peaches and pears and vegetables of all kinds. Loyalty to our country calls us to respond to this movement similar to the "Within the Empire" movement started recently in England. But we should not on any occasion have to pay more for a Canadian-grown artand their assistants were Miss icle than for an imported one of the attending the dedicationy services of Yvette Lanos, Miss E. Yellowly and same quality. The Canadians who the new Presbyterian church there. Miss Norine Corrigan. In the even- have produce to sell should make Mr. Arthur Davies will sing at the ing a dance and euchre was held sure what the imported goods are Mrs. Woods winning the prize. Danc- sold at before they price the articles

> That the smart cape coats are very becoming to slim figures. A girl with a tweed cape coat, a short skirt and a small gay hat was an attractive figure on one of our streets on Friday afternoon.

That Mrs. Harry Burkholder, On Friday evening, Miss Gladys Hamilton, re-elected for her seventh asked at the provincial meeting held in Hamilton this week as to whether the provincial officers received remuneration for their services: "No. not a single half-cent. But I am glad the question has been asked, for I understand rumors to that effect have been heard. "All the work is voluntary," concluded Mrs. Burkholder.

> That many of us will disagree with the "Daughter" who thought busy-bodies were usually active workers. Most of us can call to mind busy-bodies who are never active about anything except spreading gossip. Women actively engaged in helping the world along seldom have time for interfering in other people's business.

That to see Lake Ontario freed from its icy fetters sparkling the sunshine is "a sight sor e eyes," certainly for eyes longing for spring and all that it means after a long winter. The last few days of warm weather have brought up the perennials and bulbs in the gardens the dead leaves should be raked up as soon as possible so that the shoots, will not be damaged. Everyone with even a boulevard to care for should put it in order at once so that at the first warm rain the grass we long to see may appear to make a green carpet.

A loud speaker has been ordered for the Brooklyn supreme court so that the jury and stenographers can be sure of hearing all the evidence. Tea, which most people regard as St. Andrew's W.H.A. will hold a one of Japan's chief products, forms

> CONSTANT CURLING AND WAVING

> > RUINS HAIR



Girls just must curl and wave bobbed hair to appear their prettiest.
But constant curling and waving
burn and dry the luster, vitality and very life from the hair.

To offset these bad effects, just get a 35-cent bottle of delightful, refreshing "Danderine" at any drug store or toilet counter and just see for yourself how quickly it revives

dry, brittle, lifeless and fading hair.
"Danderine" is a dependable tonic and will do wonders for any girl's hair. It nourishes, stimulates and strengthens each single hair, brings ing back that youthful gleam, glint and vigorous luxurisace. Falling hair stops and dandruff disappears.

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etc., clean and sanitary. For every cleaning job, it is the safe and economical cleanser. It will no injure or mar the finest ename surface because the soft, flaky particles erase all the dirt without scratching. There is nothing else like Old Dutch Cleanser. Goes further - lasts longer.

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## TO-NIGHT

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Lisle Stockings in the new light shades. Extra fine make, for 50c. a pair.

Chamoisette Gloves, French make. New colors, for 50c. a pair.

Gingham House Dresses-just the thing for housecleaning time, for \$1.00 each.

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