

**Social Notes
Of Interest**

The March lion, after lying in ambush for nearly two weeks, came forth with a terrible commotion on Wednesday night and threatened to devour the little lamb on Thursday. However, the little fellow escaped and gambled about yesterday, reminding everybody that in March the lion cannot rule for long, for according to the order of things, April must come. Thursday evening some badminton members assembled at the armory, with determination to keep the courts open until the end of the season. There were present Lt.-Col. Herbert C. Spraling, Captain Hugo Poston, Captain Gerald Anglin, Dr. and Mrs. Fred R. Taylor, Mrs. F. W. Daniel, Mrs. A. J. Kerr, of Vancouver, B. C., Mr. and Mrs. Peniston Johnston, Miss Elizabeth Foster, Mr. and Mrs. A. K. Harris, Mr. and Mrs. A. W. Murray, Mrs. H. Russell Sturdee, Mr. Eric H. J. Barber, Mr. Douglas McKean, Captain Bujiila, Dr. and Mrs. L. deV. Chipman, Mrs. Daniel Mullin, Mr. J. Harley, Miss Royce Carter, Mr. Neville Mackenzie, Miss Althea Hazen, Miss Beryl Mullin, Miss Emily Sturdee, Miss Grace Robertson and a few others. Mrs. Percy D. McAvity and Mrs. David Ledingham will preside at the tea hour at badminton this afternoon.

There were several teas, receptions and church functions that were a great success in the early part of the week. Mrs. R. C. Elkin and her daughter, Mrs. J. Harold Wilson, entertained. Mrs. E. B. Nixon was hostess for the Dookeepers' Circle of the Kings' Daughters. A delightful tea was given by the young ladies of Portland Methodist church. The real treat of the week was the evening of readings given by Mrs. May Rance Mackinnon for the Women's Canadian Club at German street Baptist Institute. Two large receptions were given by Mrs. Guy S. Lordly, a young bride, and Mrs. W. A. Fisher, a recent new arrival in St. John. Other hostesses were Mrs. Rupert W. Wigmore, Miss Emma Colwell, Miss Dorothy Emerson, Mrs. G. C. P. McIntyre, for her little daughter, Grace, who had a birthday, and Mrs. Gordon McLeod, whose daughter, Audrey, celebrated a similar event.

Mrs. A. J. Kerr, of Vancouver, B. C., who has been in Quebec with Mr. Kerr, is now visiting her husband's uncle and aunt, Mr. and Mrs. F. W. Daniel. Mrs. Kerr will be here for some time and is being welcomed by many friends. Her son is attending Hothey Collegiate school.

Mr. and Mrs. A. D. McCain, of Florenceville, who were in the city this week, guests at the Victoria Hotel, left for home this morning. Yesterday they were guests of Mr. and Mrs. John C. Earle, 48 Hazen street.

Mr. and Mrs. Joseph McKillop, of Greenwell, are guests of Mr. and Mrs. William Miller, Union street.

The engagement of Miss Faith Dorothea Henderson, B.A., to Mr. James Duncan MacLean, M. A., son of Mr. and Mrs. John M. MacLean, of Campbellton, is announced by her parents.



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Judge and Mrs. George A. Henderson, the marriage to take place in Centenary church the latter part of April.

Mr. and Mrs. S. T. Cougle, of Fairville, this week entertained 20 school mates of their son, Kenneth, when music and games were enjoyed. Miss Muriel Cougle and Miss Margaret Ewart assisted Mrs. Cougle in serving the guests.

Mr. and Mrs. Fred G. Goodspeed, of Manawagonish Road, were the occasion of a cosy farewell dinner, when Mr. and Mrs. Lloyd B. Estey entertained at their residence, 26 Crown street. Covers were laid for eight, the guests being Dr. and Mrs. John Leonard, Mr. and Mrs. H. S. Brennan and Mr. and Mrs. Goodspeed.

Mrs. J. Heaney, of St. Stephen, wife of the former pastor of the Carleton Methodist church, has been the guest of Mrs. I. O. Beattie, Prince street, West St. John, for a week and has greatly enjoyed renewing former

SISTER MARY'S KITCHEN
**EAT AND--
Lose Weight—Gain Weight**

Three large unsweetened stewed prunes, 1 cup shredded cabbage, 3 ounces broiled cold steak, 3-4 cup stewed tomatoes, 6 stalks celery, cherry salad, 1 cinnamon apple, 1 small slice mock angel cake, 2 cups skimmed milk, 2 crisp pieces gluten toast, 2 gluten rolls.
Total calories, 983. Protein, 254; fat, 183; carbohydrate, 546. Iron .0191 gram.

Shredded cabbage is amazingly good simply dressed with lemon juice. Any one would like it.
Cherry Salad (Individual)
Twelve large white cherries, 2 tablespoon cottage cheese, 1 tablespoon shredded almonds, dash nutmeg, salt and paprika, 4 ounces lettuce.
Remove stones from cherries. Mix cottage cheese, nuts, nutmeg and salt. Fill cavities of cherries with mixture and arrange in a nest of lettuce. Sprinkle with paprika and serve.

Cherry salad for this diet is made with cream in the cottage cheese and a rich whipped cream dressing masks the whole.
The cherry salad for this diet is made with cream in the cottage cheese and a rich whipped cream dressing masks the whole.

Six large sweetened stewed prunes, 1-2 cup uncooked cereal, 2 heaping tablespoons cheese fondue, 1 cup shredded cabbage, 1 cup cream of pea soup, 3 ounces broiled cold steak, 3-4 cup stewed tomatoes, 6 stalks celery, cherry salad, 1 cinnamon apple, 1-0 coconut cream pie, 1 piece mock angel cake, 1 tablespoon whipped cream, 4 tablespoons maple syrup, 4 tablespoons table cream, 2 tablespoons creamed potatoes, 3 toasted crackers, 2 slices rye bread, 2 slices whole wheat bread, 3 tablespoons butter, 1 pint whole milk, 1 tablespoon whipped cream dressing.
Total calories, 3122. Protein, 440; fat, 970; carbohydrate, 1712. Iron .0199 gram.

If you find it difficult to drink milk use it in cream sauces for vegetables and in cream soups. Be sure that you get at least one pint of milk daily and more if possible. Cocoa and hot or cold egg-nog are good and make milk easy to drink.
The cherry salad for this diet is made with cream in the cottage cheese and a rich whipped cream dressing masks the whole.

ter months. During the evening dance, Miss Maud Kierstead, of Manawagonish road, has returned home from Fredericton where she has spent the last two months visiting friends. She was accompanied by Mrs. Harold Hawkins, who will be her guest for two weeks, after which Miss Kierstead and Mrs. Hawkins will return to Douglas, York county.

Mr. and Mrs. H. S. Brennan entertained informally this week for Mr. and Mrs. Goodspeed.

ing, games and music were enjoyed and refreshments served.

Mrs. M. A. Thompson entertained informally Wednesday evening in honor of Mrs. J. R. Brander, of Amherst, N. S., who is a guest in the city.

Mrs. J. R. Brander, of Amherst, N. S., is visiting Mrs. A. U. Brander and Mr. Brander, 96 Queen Square.

A few minutes before the Montclair sailed yesterday afternoon Mrs. G. Heber Vroom and Mrs. H. C. Schofield presented to Lady Bagg a corsage bouquet of sweetest roses as a gift from the Municipal Chapter, I. O. D. E.

RAILWAY MAN PROMOTED.
H. J. Humphrey, who was for some years an employe of the I. C. R., has been appointed general superintendent of the Algoma District of the C. P. R. He was born at Berry's Mills, N. B., a son of the late Isaac B. Humphrey, formerly agent of the I. C. R. at Harcourt and Newcastle. Mr. Humphrey was employed as a telegraph operator on the C. P. R. at Calgary.

During the war he was in charge of Brownville Division, as superintendent. This division includes St. John and West St. John terminals.

ROYAL GAZETTE NOTES.
A license to conduct and carry on a moving picture machine after May 1 has been granted to J. F. MacDougall, Richibucto.

Rev. George Larder of Havelock has been registered to solemnize marriage, to commence in April and during the summer.

ENGAGEMENT ANNOUNCED.
Mr. and Mrs. Oran G. Kelly of North Bay, Ont., says the Fredericton Gleason, announce the engagement of their daughter, Thelma Maude, to William Roberts Palmer of Hawkeshaw, N. B., the wedding to take place in the near future.

TIN GOES UP
London—Tin now is more than \$1.000 a ton, against only \$600 a few years ago. In other words, there is a boom in it. An enormous demand is reported to exist for the metal, and it is expected to go higher, as the United States produces none of its own and buys heavily of England.

SLEEPY SICKNESS
London—Sleepy sickness is rapidly increasing here, twice as many cases having occurred last week as the week before. Physicians say it is the sequel to the current epidemic of influenza.

The moon's surface is four times the area of Europe.

TO OBSERVE ANNIVERSARY.
The New Brunswick Historical Society at its meeting last night appointed a committee to make arrangements for the observance of the fiftieth anniversary of the founding of the society this year. J. S. Flagler, the president, was in the chair. The meeting was held in the Natural History Society's rooms with a good attendance. The suggestion that the society place a tablet in Trinity church to commemorate Ven. Archdeacon W. O. Raymond, D. D., was considered and a committee appointed to interview the vestry of Trinity church and to get full particulars as to the cost of tablets and report back at the next meeting. Among those who had consented to read papers before the society in the near future were A. C. Gorham and Timothy O'Brien. The name of Miss Estella Vaughan was proposed for membership.

GIRL GUIDES GIVEN FLAG.
The Knox church company of Girl Guides has been given a company flag and the donor is Mrs. Murray MacLaren, president of the local Girl Guides' Association. The flag is to be dedicated at a service in Knox church Sunday afternoon.

Minard's Liniment for Corns.
INJURED DOG SHOT.
A dog was run over by a truck in Haymarket square yesterday, receiving a broken back and leg. Police Constable Hughes appeared on the scene and shot the animal.

QUITE FRIENDLY
New York—A cat and parrot, owned by a resident of Forest Hills Gardens, eat from the same dish and sleep together.



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By ELLEN J. BUCKLAND
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