

Social Notes Of Interest

Miss Elizabeth Foster, daughter of Hon. Dr. and Mrs. W. E. Foster, has returned from a pleasant visit to Quebec and Montreal. While in Quebec, Miss Foster was the guest of Miss Roma Chateaufort and Miss Jean Baneroff. She was entertained at delightful skating, snowshoeing and other outdoor sports, as well as at the more formal teas and functions.

Mrs. J. B. M. Baxter, who accompanied her husband, Hon. Dr. J. B. M. Baxter, K. C., M. P., to Ottawa, was the occasion for a charmingly arranged tea over the week end, the hostess being Mrs. Walter Armstrong. Several of the guests were ladies from the Maritimes. Mrs. F. B. Curvell, Mrs. T. M. Fraser and Mrs. D. C. Forrester presided over the artistically decorated tea table.

Mr. and Mrs. Paul Kuhring, who had been the guests of Mr. Kuhring's brother and sister-in-law, Mr. and Mrs. G. F. Kuhring, in the Laurentian Hills have returned to their home in Ottawa.

Miss Ethel Hasen Jarvis, who was on her way to Toronto to the Canadian Red Cross annual conference, spent Sunday in Montreal, the guest of Mrs. William Robinson, Davar Avenue.

Mrs. Harold O. Clark entertained very informally at the tea hour on Monday for Mrs. Roy Fash, of Halifax. Friends of Mrs. Fash and a few members of Mrs. Clark's family were invited to meet Mrs. Fash, who is the guest of her sister, Mrs. John MacKinnon and Mr. MacKinnon, Duke street. Mr. Fash has been here for a few days in his official capacity as inspector of banks.

Mr. and Mrs. T. E. G. Armstrong and their son, Fenwick returned from Boston on Monday, after a ten days' trip.

Mr. and Mrs. G. Wilford Campbell entertained very informally on Monday evening at their home for Mr. and Mrs. Fash, who were given the opportunity to meet several of the many

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Special Purchase Sale New Flannel Frocks!

Straight line Frocks of the sport type, so popular for Spring. Fashioned of pure wool, striped effect flannel, in colors Navy Blue, Fawn and Brown. Sizes 16 to 20 \$5.95

New Spring Skirts, \$3.95

Choose one to wear with a Sweater or Blouse. The very latest Box Pleated Skirts of Wool Flannel and Navy Blue Serge. Camisoles attached. Flannel Skirt in four colors. Grey, Fawn, Radio Blue and Brick. Worth \$5.95. On sale Today \$3.95

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Analysis shows that Fish contains as much body-building food as beefsteak—is more readily digested than meats—and you can replace all other meat with Fish every day in the year, with good results.

Eat more fish

SISTER MARY'S KITCHEN A Daily Menu For The Stout and Thin EAT AND— Lose Weight—Gain Weight

Six sweetened stewed prunes, ¼ cup cooked oat cereal, 1 soft boiled egg, 2 slices broiled bacon, 1 cup cream of corn soup, ¼ cup spinach, 2 tablespoons butter, 1 lemon, 4 tablespoons creamed potatoes, 4 ounces broiled calves' brains, 1 cup creamed celery, ½ head lettuce, pear salad, 4 tablespoons coconut cream custard, 1 "ten cent" serving chocolate ice cream, 1 slice mock angel cake, 1 tablespoon maitre d'hotel butter, 4 tablespoons cream, 3 teaspoons sugar, 2 pieces buttered toast, 2 crackers, 2 slices nut bread, 2 dinner rolls, 2 tablespoons butter, 1 pint whole milk.

Total calories, 9835. Protein, 342; fat, 1708; carbohydrate, 1290. Iron, 0.184 gram.

Pear Salad (Individual).

One whole canned pear, ¼ Neufchâtel cheese, 1 teaspoon peanut butter, 2 tablespoons mayonnaise, 1 tablespoon cream, ¼ teaspoon salt, paprika.

Combine cheese and peanut butter and mix smooth with cream. Fill center of pears with mixture, sprinkle with paprika and arrange on a bed of lettuce. Add salt to the cheese if necessary.

Total calories (exclusive of lettuce), 277. Protein, 80; fat, 144; carbohydrate, 103. Iron, .0004 gram.

Three large or four small unsweetened stewed prunes, 1 soft boiled egg, ¼ cup spinach, 1 lemon, 4 ounces calves' brains, 1 cup stewed celery, ½ head lettuce, 1 whole canned pear, 2 tablespoons cottage cheese, 2 thin pieces crisp gluten toast, 1 gluten roll, 2 slices rye bread, 1 pint whole milk.

Total calories, 1019. Protein, 236; fat, 289; carbohydrate, 949. Iron, .0269 gram.

If the eggs is not wanted for breakfast it can be "hard-boiled" and used with the spinach.

The celery is of course stewed in water to cover and seasoned with salt and pepper and a very little butter, not more than half a teaspoon, and no cream or white sauce.

Broiled Calves' Brains.

One pound calves' brains, 1 tablespoon vinegar, 1 teaspoon salt, 1 tablespoon butter, pepper.

Let brains stand in cold water to cover for one hour. Plunge into boiling water, to which the salt and vinegar have been added and parboil 20 minutes. Drain and put into cold water to blanch and harden. When cold remove membrane and cut in pieces to serve. Sprinkle with salt and pepper and broil ten minutes. Brush over with melted butter and serve at once. Maitre d'hotel butter can be served to the rest of the family.

Total calories, 652. Protein, 100; fat, 492.

GIVEN NOVELTY SHOWER.

About 63 of the friends of Miss Ida Outhouse assembled last night at the residence of Mrs. Charles Thompson, Summer street, to tender Miss Outhouse a novelty shower in honor of her approaching marriage. She received handsome gifts which were brought into the drawing room by Master Arthur and little Miss Burrell, dressed as baby bride and groom. The small attendants carried the gifts in a daintily trimmed box with ribbons to

hold it by. The evening was pleasantly spent and refreshments were served.

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W. A. ELECTS OFFICERS.

That successful work was accomplished by the senior girls' branch of the W. A. of St. Jude's church last year was shown in the reports of the officers at the annual meeting last night. Mrs. J. H. A. Holmes, the president, was in the chair. Rev. Mr. Holmes, the rector, led the devotion. All pledges had been met and a donation made to the general fund. The Dorcas secretary reported that this year's bazaar, the fifth, was nearly completed. Mrs. Jennie Burke, for three years the efficient Dorcas secretary, was unable to carry on this part of the work, to the general regret. The election of officers resulted as follows: President, Mrs. J. H. A. Holmes; vice-presidents, first, Mrs. J. Burke; second, Miss Ursula Ellis; treasurer, Miss Una Wilson; Dorcas secretary, Miss Muriel Ellis; assistant Dorcas secretary, Mrs. G. V. Shonaman; recording secretary, Miss Emma Wilson; corresponding secretary, Miss Mary Mahony; E. C. D. treasurer, Mrs. Pentland; Living Message secretary, Mrs. G. V. Shonaman; mite box treasurer, Mrs. Albert Carleton; delegates to the diocesan annual meeting, Mrs. Holmes and Mrs. Carleton; substitutes, Mrs. Shonaman and Mrs. Pentland.

RED COATS GOING TO FAIR.

Ten members of the Royal Canadian Mounted Police arrived in the city last night from Ottawa, on the belated No. 89, en route to London where they will patrol the Canadian building at the British Empire Exhibition. They will sail on the Melita today.

For Refreshment

when fatigued, try a cup of

"SALADA" TEA

Always so pure, fresh and delicious.

NO EVENING BLACK

Black, for evening wear, has passed almost entirely from the picture. But for afternoon it is very smart.

SUMMER BROCADES

Brocade for the summer season are much finer, suppler and lighter in effect than they have ever been before.

A Cheese Every Taste

How often have you felt you would care to have a taste of

Your Favorite Cheese

And much to your disappointment it could not be purchased in St. John.

That day has passed and we have the pleasure of offering the following list of Cheese for your discriminating taste:

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(Made by Trappist Fathers, D'Oka, Que.) | EDAMS—PART SKIN |
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How contagions spread

IN the world of school and play all children are equal. Youngsters from homes less clean than yours come into intimate contact with your children.

To guard against contagion, make sure that your children are completely cleaned and purified whenever they come in from play.

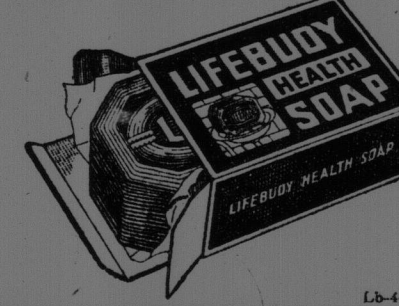
Your great ally is Lifebuoy Health Soap. The safe antiseptic ingredient of Lifebuoy penetrates each dirt-laden pore. Rich, creamy lather carries it into every cranny of the skin. The healthful odour vanishes a few seconds after use, but the protection remains.

LIFEBUOY HEALTH SOAP

More than Soap—a Health Habit

Keep your children safe with Lifebuoy. Teach them to use it often.

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Bought for Cash at about half their regular value. They are:

Box Pleated Skirts.
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All Wool
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Fancy Crepes.

We will sell them at these

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These are Skirts that are worth from \$5.75 to \$9.50.

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GIRLS' SKIRTS

In Box and Knife Pleated, to fit from 6 to 14 years, at Special Prices from \$1.69 to \$2.75.

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Ready made or made to order, from \$25.00 to \$45.00.

Less 10 p. c. for 10 days.

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50 SAMPLES OF LADIES' DRESSES (Just arrived)

To sell from \$6.98 to \$22.00.

Worth \$9.98 to \$32.00.

LADIES' WINTER COATS

Worth \$20.00 to \$58.00

To clear from \$9.98 to \$33.00

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