

THE EVENING TIMES-STAR, ST. JOHN, N. B., THURSDAY, MARCH 20, 1924

Social Notes Of Interest

About forty of the girl friends of Miss Katherine E. Murdoch tendered a novelty shower at the home of Miss Margaret Bolton, Peters street, Tuesday evening in honor of her approaching marriage. The bride-to-be

received many gifts and the evening was pleasantly spent with music. The supper tables were attractively decorated in a color scheme of mauve and yellow.

Mrs. Arthur N. Carter, 29 Mecklenburg street, was a charming hostess yesterday afternoon in honor of Miss Gwendolyn Warren, who is here from Halifax, a guest of Mrs. Hugh McLean and Mr. McLean, Jr. There were three tables of bridge. The prizes were won by Mrs. Fred P. Taylor, Mrs. Thomas A. McAvity and Miss Warren. Spring

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

Juice 1 lemon in 2 cups hot water, 2 poached eggs, 4 ounces broiled halibut steak, ½ cup canned string beans, 4 tablespoons ten-minute cabbage, asparagus salad (12 stalks), cucumber salad, jellyed prunes, (2 tablespoons), 4 thin slices crisp gluten toast, 2 gluten rolls, 1 pint skimmed milk, 1 large tablespoon whipped cream, ½ head lettuce. Total calories, 897. Protein, 80g; fat, 297; carbohydrate, 831. Iron, .0176 gram.

Ten-Minute Cabbage.

One head (about 2 pounds) cabbage, 2 tablespoons lemon juice, 1 tablespoon butter, salt and pepper. Shred cabbage very fine. Plunge into a large kettle of rapidly boiling water and boil 10 minutes. Drain and season with salt and pepper, butter and lemon juice. Total calories, 854. Protein, 54; fat, 20; carbohydrate, 280. Iron, .0084 gram.

flowers were prettily arranged for the party which was very informal. Those who enjoyed the pleasant afternoon were Mrs. Taylor, Mrs. McAvity, Miss Warren, Mrs. McLean, Mrs. Cecil E. West, Mrs. T. Moffat Bell, Mrs. Percy D. McAvity, Mrs. Daryl G. Peters, Miss Doris DeVeber, Miss Edith Cudlip, of Montreal, Miss Edith Schofield and Miss Audrey McLeod. Mrs. F. W. Daniel presided at the tea table and

Juice 1 lemon, 2 poached eggs, 2 slices bacon, 1 cup cream of potato soup, 4 ounces broiled halibut steak, 2 tablespoons lemon butter, 1 large twice-baked potato, ½ cup canned string beans, 4 tablespoons ten-minute cabbage, asparagus salad (12 stalks), ½ head lettuce, cucumber salad, 2 tablespoons mayonnaise, 2 tablespoons jellyed prunes, 2 tablespoons whipped cream, 4 thin crisp pieces toast, 2 half-inch pieces raising bread, 2 two-inch squares corn bread, 8 tablespoons butter, 1 pint whole milk, 1 baked apple, 4 tablespoons cream, 2 teaspoons sugar. Total calories, 832. Protein, 46g; fat, 178; carbohydrate, 1082. Iron, .012 gram.

The beans should be well seasoned with butter and cream, the cabbage have an extra amount of butter and cheese. Butter and cream are easily digested and most friendly to the too-thin person. Marmalade, jelly might be a welcome addition to the luncheon or breakfast and one tablespoonful will add approximately 100 calories.

was assisted by Mrs. McLean and Mrs. George E. Carter. Miss Isobel Jack and Miss Barbara Jack came in for the tea hour.

On the advice of his physician, Hon. Dr. William Pugsley did not remain over for the funeral of Mrs. D. A. Pugsley today but proceeded east evening to Atlantic City, accompanied by Mrs. Pugsley. The cold weather made it impracticable for Dr. Pugsley to remain after his recent severe illness, his son, Mr. W. G. Pugsley, reported last evening. Mr. Pugsley leaves for Ottawa tonight.

Mrs. Hedley Cooper, who has been a guest here at the Sign of the Lantern and with friends left for St. Stephen on Tuesday to visit before returning home. She will shortly return to her home in Boston.

Mrs. Tennyson Curry and Mrs. Andrew Campbell, of Fairville, went to St. Stephen Tuesday, returning home that evening. They were accompanied by Mrs. Bert Kirkpatrick, of the city, who returned with them.

Mrs. Francis Lewis is returning to her home at Queenstown after spending the winter with her sister, Mrs. R. D. Christie, 78 Sydney street.

Mrs. William S. Carter, of Fredericton, left for Montreal on Monday evening to be the guest of Mrs. R. G. Murray, formerly of St. John.

Mrs. H. V. McDaid, 128 Wright street, entertained at a jolly party for her little son, Master Murray McDaid, who was seven years old on Tuesday. Spring flowers and shamrocks made a pretty decoration for the little folk who had the best time ever. A big cake all iced in pretty colors and surmounted with seven twinkling candles, made a wonderful centre decoration for the nicely appointed tea table. The little host received many pretty gifts. Those present were Edith Olive, Stanley Olive, Gertrude Chopin, John Robinson, Kenneth Northrup Kenneth Carmichael, Billy Bishop, Elizabeth Sinclair, Frank Wansmaker, Billy Nase and Betty Nase.

The many friends of Mrs. Foss, of the Lancaster Military Hospital, regret to hear that she has been obliged to go to the General Public Hospital on account of severe illness. Her speedy recovery is hoped for.

Miss Alicia Heale, Miss Ella Law, Mrs. Herman Campbell, Miss Aileen Morrison and Miss Carolyn Bustin are the members of the First Aid and Home Nursing class of the St. John Ambulance Association who have made such splendid marks in their training. Miss Irene Barber, secretary, was also one of those who were classed only 80 points below the winners in Ottawa, who were all V. A. D.'s in the overseas corps during the war. Many congratulations have been extended to Miss Barber and the other young ladies.

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Oxo and Cheese Toast

1 Oxo Cube
Pepper and salt
Crumbs of bread
A little butter
3 tablespoons grated cheese

Dissolve the Oxo in a little hot water. Put the butter and grated cheese into a small steppan, and pepper and salt. When dissolved, add enough crumbs of bread to form the mixture into a cream. Serve on hot buttered toast.

SPKAS ON RELIEF WORK.

Rev. A. K. Kochaly gave his illustrated talk on Armenia, with pictures of "Alice in Hungerland," in the hall of the Church of the Good Shepherd.

herd, Manewagonish Road, Tuesday evening, before a large audience. Rev. W. P. Dunham, rector, offered the opening prayer. Many expressed a desire to help with the fund to aid the poor children.



DON'T DENY HIM

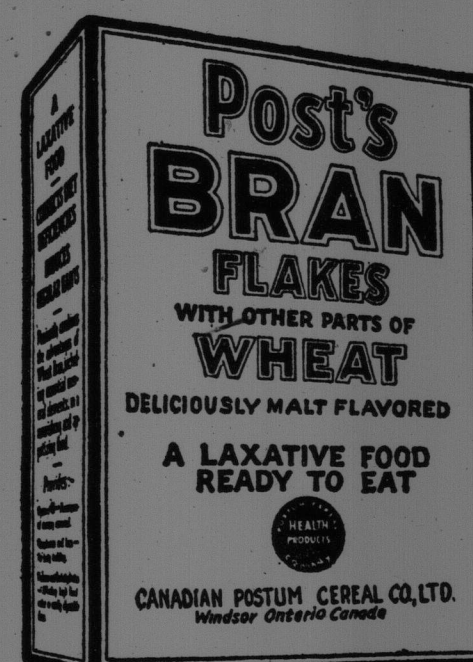
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