

Social Notes of Interest

Miss Bertha Love, Rotheray avenue, who is to become a bride this week, was tendered a linen shower on Friday evening at the home of Mrs. William Whitaker, 88 Adelaide street. Miss Myrtle Whitaker acted as hostess and the large number of friends of the approaching bride present made the occasion a delightful event.

Mr. and Mrs. G. B. Taylor, of 226 Douglas avenue, have returned from an extended trip to Boston and New York.

Mrs. T. N. Vincent, 5 Garden street, has gone to Chatham to visit her sister, Mrs. F. E. Jordan, for a short time.

Ronald A. McAvity, who went to Montreal to visit his wife who is ill in that city at the Ross Pavillion, returned home yesterday. He took his little daughter, Jean, with him. She has remained with her mother.

Mrs. David MacCallum, of Elmville, N. B., announces the engagement of her daughter, Vida MacCallum, to Rev. R. H. Baxter, B. A., son of Mr. and Mrs. James Baxter, Westfield, the wedding to take place in the near future.

Mrs. Lena Wallace, of Boston, who has been visiting Mr. and Mrs. Alexander McInnes, 118 St. James street, left Saturday for home.

Mr. and Mrs. E. B. Sprague, of 44 Paradise Row, announce the engagement of their daughter, Freda Gladys Sprague, to Mr. William Murray Essington, son of Mrs. W. A. Fraser and the late Mr. W. A. Fraser of this city. The wedding will take place in July.

Kiddies Grow Plump and Rosy

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Will Have School For Church Workers

New York, June 17.—(United Press)—At Wellesley College, June 23 to July 3 will be celebrated the 25th anniversary of the Episcopal Conference for Church Workers, as well as the 10th anniversary of the Summer School for Church Music, at both of which many of the outstanding leaders of the Episcopal communion will conduct round table discussions on church methods.

YOUNGEST PORTIA



Edith Judith Freeman, 18, youngest woman ever graduated from a law school in the U. S. It is said. She won second highest honors at St. Lawrence University, Brooklyn, N. Y.

DOCTORS PLAN REUNION.

The class of 1904 medical students of McGill University is to hold a reunion in Ottawa during the meeting of the Canadian Medical Association meeting when the visiting members will be the guests of the Ottawa members. The class has not held a reunion since 1921 when the McGill centennial was held. The two St. John members are unable to attend. They are Dr. William Warwick and Dr. J. S. Bentley. Other members of the class now in New Brunswick are Dr. N. P. Grant, of Woodstock; Dr. A. J. Loefer, of Chatham, and Dr. C. G. Folkins, of Stanley.



Home-made Bread for the Kiddies!

Nothing in the world is more wholesome for children than fresh, home-made bread, with the light, snowy-white "crumb" and the tasty, golden-brown crust.



ROYAL YEAST CAKES

CHAMPION MAIL BAG SEWER



Every 25th person in the United States could have a mail bag if those sewed by Mrs. Carrie Hurley, Washington, D. C., had been equally distributed. She has been "sewing a mean seam" for 25 years and those interested in statistics figure she has stitched 4,650,000 separate bags.

OBJECT LESSONS IN MUSEUM WINDOW

Three Interesting Exhibits Made at Natural History Society Building.

The window exhibits at the Natural History Society's museum in Union street are exceptionally interesting and curious this week. Objects shown are a sounding box of the natives of Africa, presented to the society by Senator A. H. MacDonnell, former D. C. Military District No. 7; a duck-billed platyfish, which is one of the world's strangest animals; and a horn-bill, one of the most curious of birds.

The sounding box is a very fine piece of native workmanship. The wood carving and iron are all of native work. It has by way of ornament a meerkat, a small African animal of the squirrel type, and on the meerkat's back are a row of parrots. The carvings probably have some proper significance. The box itself was used to send messages and when hit with the accompanying stick it has a peculiar resonance which can throw sound for a very great distance.

It was a long time a source of wonder to Europeans to discover how the natives of Africa received word of events long before it was possible for the news to have been conveyed by messenger, however fleet his rate of travel. The discovery of these sound boxes solved the puzzle as it was understood that with a series of sound boxes news could be relayed with well nigh incredible speed.

The duck-billed platyfish might well be classed with the creatures of which it is said "There ain't no such animal." The creature is 20 inches in length and is an Australian mammal which has many of the special features of a bird. Its young are produced as eggs and the adults have a flat, beetle-like mouth. The eggs are a row of parrots. The carvings probably have some proper significance. The box itself was used to send messages and when hit with the accompanying stick it has a peculiar resonance which can throw sound for a very great distance.

Lenny spur on the hind foot which is capable of inflicting a poisonous wound. For its food the platyfish eats simple organisms which it filters from the mud.

The ground horn-bill has a most amazing beak. It is a tropical bird found in Africa, Indo-Malayan regions and in the Solomon Islands. Its flight is as noisy as an express train, the noise being caused by the air passing through the open bases of its quills. The horn-bill lays its eggs in the hollow of a tree and has a very strange procedure when the eggs are being hatched. The male closes up the entrance to the nest with a hard clay-like substance and leaves only a tiny opening through which the female can push

her beak. The male comes regularly to feed the female, bringing forth chiefly. Should the male be killed other males are said to take over his task of feeding the sitting bird. The sealed enclosure is resorted to as a protection against monkeys and other enemies. When the young are fully fledged the covering is broken down and the female and her brood emerge. The female has moulted and acquired new plumage during her imprisonment.

FIRST AID HELPS HIM.

One of the workmen who are building the concrete structure for Joseph O'Brien's new residence, Manawagonish road, was struck on the side yesterday by a large stone and might have suffered seriously had it not been for the first aid applied by the workmen, who have all passed in this course. The workman was able to resume work after being treated and bandaged comfortably.

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For Salads, Frying and Shortening MAZOLA

EAT AND-- Lose Weight--Gain Weight

LOSE WEIGHT

One cup clam broth, 4 tablespoons creamed spinach on toast with 1 poached egg, 4 button radishes, 6 ounces of fish in piquant sauce, 4 tablespoons beet greens, 1/2 cup shredded cabbage, 2 tablespoons pineapple ice, 2 macaroons, 1 pint skimmed milk, 8 toasted bread sticks, 1 whole wheat roll, 2 crisp pieces gluten toast. Total calories, 1,082. Protein, 281; fat, 322; carbohydrate, 629. Iron, .02 gram.

The breakfast planned for this day is a hot skimmed milk and toast breakfast. If your calorie allowance is less than 1,100 it's much better to begin your day with even as light a breakfast as this than to go foodless until noon.

Fish in Piquant Sauce

Three pounds firm large fish, 8-4 cup vinegar, 1 tablespoon minced onion, 2 tablespoons minced green pepper, 4 whole cloves, 1/4 teaspoon peppercorns, 1-8 teaspoon celery seed, 1-8 teaspoon whole mustard seed, 2 tablespoons brown sugar, 1 teaspoon salt.

Choose any sort of large firm-fleshed fish. Cut in "chunky" pieces and drop in boiling salted water. Reduce heat and let simmer until the flesh flakes away from the bone about 10 minutes. Drain and remove bone and skin. The cloves, celery seed, mustard seed and peppercorns in a small cheesecloth bag. Add onion, pepper, sugar and spices to vinegar and bring to the boiling point. Cover and let stand without boiling for 10 minutes. Put pieces of fish in a casserole and pour over vinegar with spices removed. Cover casserole and put in a hot oven for 20 minutes. Serve from casserole.

Total calories, 1,941. Protein, 1,073; fat, 63; carbohydrate, 106. Iron, .0048 gram.

GAIN WEIGHT.

Six ounces orange juice, 1 cup boiled rice with 8 steamed and chopped figs, 1 teaspoon sugar, 1/2 cup cream, 8 slices French toast, 1 tablespoon butter, 8 tablespoons maple syrup, 1 cup clam broth, 4 tablespoons creamed spinach on toast with 1 poached egg, 4 button radishes, 2 peanut butter sandwiches, 6 ounces fish in piquant sauce, 2 heaping tablespoons mashed potatoes, 4 tablespoons beet greens with 1 tablespoon orange butter, 1/2 cup shredded cabbage with 2 tablespoons cream dressing, 2 cheese dreams, 4 tablespoons pineapple ice

with 2 tablespoons whipped cream, 4 macaroons, 1 toasted bran muffin, 8 toasted and buttered bread sticks, 1 whole wheat roll, 2 2-inch squares Johnny cake, 3 tablespoons butter, 1 pint whole milk. Total calories, 4,136. Protein, 468; fat, 1,801; carbohydrate, 1,842. Iron, .0221 gram. Plenty of eggs should be used for the batter of the French toast. Season the mashed potatoes with cream instead of milk and lots of butter for the gaining diet. You will like the "cheese dreams" with the cabbage salad. They are nothing but cheese sandwiches toasted in a very hot oven. The toasted bran muffin is suggested for breakfast. It is the only food served requiring much effort to eat. One food needing real "chewing" should be included in every meal. The figs can be well washed and cooked with the rice or steamed separately and added when the rice is half cooked. The cream sauce for the spinach for this diet should be made of cream or rich milk with plenty of butter. (Copyright, 1924, NEA Service, Inc.)



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