

Social Notes Of Interest

Miss Ethel Hazen Jarvis, Red Cross Provincial Secretary, left on Saturday for Toronto to attend the annual meeting of the Red Cross this week. Mr. C. B. Allan, treasurer, also went as a delegate on Saturday.

Miss Margaret McBratney left on Saturday for New York to be present at the graduating exercises of St. Mary's Hospital School of Nursing in Brooklyn, where her sister, Miss Nan McBratney, is a member of the graduating class.

Mrs. Jack Sanderson, who was formerly Miss Gertrude Wilson and who during the influenza epidemic had charge of the Parks Convalescent Home here, is leaving tonight for her home in Port Albert after having spent some time in the city visiting relatives. Mrs. Sanderson will take with her on her trip west little Miss McLean, the four-year-old orphan daughter of Mrs. Joyce Thomson McLean whose death occurred a few days ago. The child is going to the home of her aunt, Mrs. Flora McLean, in Saskatoon.

Bedminster was as popular as ever on Saturday at the army. Mrs. Frank Fairweather and Mrs. H. B. Robinson presided at the tea hour.

Miss Marguerite Barrett, daughter of Mr. and Mrs. George J. Barrett, 174 Prince street, West St. John, entertained at the home of her parents on Friday evening in honor of Miss Katherine Barrett of New Hampshire. Daffodils were used for floral decoration. Mrs. Barrett and her daughter received the guests, who were Miss Eleanor Bupland and Miss Lillian Cruikshank, who assisted in serving; Miss Edna and Miss Grace Brown, Miss Hattie and Miss Vera Wright, Miss Bertha Estabrook, Miss Hazel Myles, Miss Mary Bell Owen, Miss Leah Bissett, Miss Eva and Miss Margaret Newcomb and Miss Alice Northrup. A social time was enjoyed and delicious refreshments served.

MONS STAR FOUND.

Frank Garnett, of the local prohibition enforcement force, has a Mont star which was found by a boy and handed to him. It bears the name of

RICH IN VITAMINES



MAKE PERFECT BREAD

C. L. Mafford. The owner can get it from Mr. Garnett.

PRESENTED GIFTS AT WEST SIDE PARTY

Mr. and Mrs. W. R. Sanderson, 228 King street, West St. John, entertained about 40 friends from the Ludlow street Baptist Sunday school at their home Saturday evening. The company included the pastor, officers, teachers and some of the pupils. The party was held in honor of R. H. Parsons, superintendent for 18 years, who by his untiring efforts has been largely responsible for the success of the school.

JUNIOR W. A. MEETS.

The junior branch of the W. A. of St. George's church held its annual meeting Saturday afternoon with Mrs. Willis Waring, the superintendent, presiding and 35 members present. Nellie McIntyre, secretary, reported a membership of 46 with an average attendance of 21. Irma Hatfield, treasurer, reported the branch to be in good financial standing, having increased its general pledge and united thank offering and met all other appeals. Silver badges were presented to Audrey Pitt, Margaret Rawlings, Irene Weaver and Marjorie Ketchum for perfect attendance during the year. A short programme was carried out by the children and addresses given by Rev. W. H. Sampson, the pastor, and Mrs. M. Hay. Afternoon tea was served by the children.

Time Woman Was Thanked For Household Reforms

By MARIAN HALE.

Brooklyn, N. Y., March 17—Man has blamed woman for supporting delatessen shops, going into business, producing a race of flappers and what not, but so far no one has thanked her for putting an end to that semi-annual reign of terror—housecleaning.

This spring and fall upheaval is as unnecessary as a double chin or a run-down head, according to Elizabeth Condit, supervisor of the homemaking courses at Pratt Institute.

"Women have changed their attitude toward housework in the last few years," she says. "They have simplified it. They clean as they go. They keep things aired, cleaned, scoured and renovated week by week, so their homes never need that complete overhauling that used to make life so hard for them and so unbearable for others."

"Today even cheap, soft-wood floors are painted or oiled so they are as easy to keep clean as hardwood floors, and are equipped with rugs that may be cleaned weekly."

"Many women find it advisable to have two sets of scrub or paint net curtains for each window. While one pair is visiting the laundry the other may be doing service and keeping the windows from looking bare."

"With a vacuum cleaner it is possible to clean mattresses, rugs, draperies, bedding and upholstered furniture without removing them from their positions."

"The really modern woman is learning the value of time and money. She knows how much she has to spend and what she has to do with it."



ELIZABETH CONDIT. knows how much she has to spend and what she has to do with it. "She has learned to combat drudgery with her head instead of her hands."

TEAS AND SALES HELD SATURDAY

In His Name Circle held a successful shamrock tea and sale at the King's Daughters' Guild rooms Saturday. The decorations were carried out in green and white, with shamrocks and green candles in silver candlesticks. The table was centered with a reflector and beautiful silver candelabra with green candles. Mrs. Herbert Crockett and Mrs. R. C. Thomas presided at the table. The laurel wreath for the signal success of the tea was accorded the general convener, Mrs. Bliss Smith. She was ably assisted by Mrs. E. E. Thomas. Mrs. Frank McArthur was convener of the reception committee. Miss Maud Stillwell of the apron table, Miss L. Johnson of the candy table, and Mrs. J. Needham, tickets. Mrs. R. C. Thomas was convener of the decorating committee and Mrs. Guy Smith, usher. Mrs. Frank Wry, Mrs. H. J. Macdonald, Mrs. T. B. Mullin, Mrs. Elmer Alexander and Miss Mary Thorne were the serving committee. Mrs. George Dewart, Mrs. C. J. Stammers and Mrs. Arthur Stillwell were refreshers. The residents of the Guild were invited guests of the Circle. The proceeds are to reimburse the funds of the Circle to carry out their work for the needy.

Some of the newest fox scarfs have two heads and no tail and are worn wrapped twice about the neck.



Established owned & made in Canada for over 30 years by Nonsuch Mfg. Co. Limited Toronto

TEAS AND SALES HELD SATURDAY

In His Name Circle held a successful shamrock tea and sale at the King's Daughters' Guild rooms Saturday. The decorations were carried out in green and white, with shamrocks and green candles in silver candlesticks. The table was centered with a reflector and beautiful silver candelabra with green candles. Mrs. Herbert Crockett and Mrs. R. C. Thomas presided at the table. The laurel wreath for the signal success of the tea was accorded the general convener, Mrs. Bliss Smith. She was ably assisted by Mrs. E. E. Thomas. Mrs. Frank McArthur was convener of the reception committee. Miss Maud Stillwell of the apron table, Miss L. Johnson of the candy table, and Mrs. J. Needham, tickets. Mrs. R. C. Thomas was convener of the decorating committee and Mrs. Guy Smith, usher. Mrs. Frank Wry, Mrs. H. J. Macdonald, Mrs. T. B. Mullin, Mrs. Elmer Alexander and Miss Mary Thorne were the serving committee. Mrs. George Dewart, Mrs. C. J. Stammers and Mrs. Arthur Stillwell were refreshers. The residents of the Guild were invited guests of the Circle. The proceeds are to reimburse the funds of the Circle to carry out their work for the needy.

St. Andrew's Sale

A novelty in sales was held Saturday afternoon in St. Andrew's church hall by the ladies of the congregation in aid of the redecoration fund for the Sunday school. It was a sale of home cooking and of articles useful to housewives at this season of spring cleaning. A satisfactory sum was realized. Mrs. R. H. Anderson was the general convener. The home cooking table was in charge of Mrs. Allan Rankine, Miss Marion Knox, Mrs. A. J. Simon, Mrs. James Christie and Mrs. S. E. Melick. The apron table was looked after by Mrs. R. S. Sime, Mrs. George Bishop and Mrs. R. A. Watson. Those in charge of the table of household articles were Mrs. John Murphy, Mrs. McAl-



Brain Bread

Cut out the heavy noon-day meal, take a glass of milk and a slice or two of Robinson's Whole Wheat Bread.

The Bread for a clean body and a clear mind. The Bread of fullest energy and food strength.

Flavor. The entire wheat. All its minerals, its bran, its kernel of nerve fuel. Its vitamins. Its natural nut flavor. Saves you from pill-slavery. Honey baked. But make them give you what you want.

Robinson's Whole Wheat

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

One-half grapefruit, 1 cup navy bean soup, combination cabbage salad (1 cup), 1 broiled lamb chop, 2 tablespoons diced carrots, 2 tablespoons canned strawberries, 2 small nut cookies, 1 pint buttermilk, 4 thin pieces gluten toast, 1 gluten roll, 1 scant tablespoon butter.

Total calories, 1049. Protein, 206; fat, 306; carbohydrate, 537. Iron, .0212 gram.

Diet Bean Soup.

When the beans are thoroughly cooked and tender rub through a puree strainer.

To three-quarters cup bean puree add one-quarter cup boiling water and one teaspoon freshly tried-out bacon fat. Bring to the boiling point and add one teaspoon chili sauce or catsup. Stir well and serve very hot.

As the beans themselves are lacking in fat they will absorb the bacon fat and you need not worry about its adding many ounces to your weight.

The cabbage salad is seasoned with lemon juice and no oil.

The butter is planned for the carrots and the roll.

One-half grapefruit, 2 slices broiled bacon, 1 fried egg, 1 cup navy bean cream soup, 4 tablespoons creamed salmon on toast, 1 cup combination cabbage cutlet, 2 tablespoons creamed potatoes, 2 tablespoons dried buttered carrots, 1-6 lemon meringue pie, 1 tablespoon grape preserves, 2 toasted corn muffins, 2 slices brown bread, 3 tablespoons butter, 1 tablespoon sugar, 4 tablespoons cream dressing for cabbage, 2 Parker House rolls, 1 pint whole milk, 2 tablespoons canned strawberries, 4 small nut cookies.

Total calories, 3521. Protein, 418; fat, 1514; carbohydrate, 1589. Iron, .0183 gram.

Since lamb is usually higher in price than veal, if economy is any object it's well worth while serving the family with the cheaper meat which is considered a "fat producing" viand.

If the egg is carefully fried it is not as indigestible as we have learned to believe it. When the fat is hot carefully slip the egg into the spider, reduce the heat and cover. The steam helps cook the egg and makes it the delectable pink over the yolk.

The sugar is planned for the grapefruit and the preserves to accompany the toasted muffins.

Community Plan All Off

Community housekeeping may be all right when tried out with a group of chorines, but it's absolutely "no go" at all when there are a couple of husbands around to complicate matters. That's revealed by the discovery of Mrs. Edwin T. Hall and Mrs. Lowell Almy, the two Follies girls who married two young Boston business men. Two months ago the bridal couples settled in a three-room apartment where they were going to live together

"on a community plan and with a budget system."

But it took only six weeks for the quartette to learn that a kitchenette is rather forward when presided over by two brides. So now the "community house" is no more.

Out at 1788 Beacon street, on the third floor of the apartment house, Mrs. Hall was found, presiding solo mistress over a much larger suite. She and Helen are still good friends, but, well, one mistress for each household is sufficient.

C. G. I. T. GROUPS GIVE SUPPER PARTY

An enjoyable supper party and musical entertainment was given Saturday evening by the C. G. I. T. groups of the Carmarthen street Methodist church. Miss Gladys Brindle, who acted as chairman, welcomed the guests and gave a short talk on what the C. G. I. T. groups were doing. At the close of the programme jellies and cake were served.

The programme was as follows: Tableau, O Canada, by the groups; reading, Miss Hazel Bate; instrumental duet, Messrs. Henderson and G. C. Lawrence; piano solo, Miss Dorothy Young; The Quest, Eleanor McKib; pageant, "A School Girl's Choice," by groups; solo, Miss Marion Sherry; reading, Miss Pearl Wayne; instrumental duet, Messrs. Henderson and Reid; solo, Mrs. Glen Seely; camp-fire demonstration.

THEY ALSO ASSISTED.

At the Prentice Boys reception on Friday evening the guests were received by the worshipful master, W. H. Price and Mrs. Price and deputy master, E. C. Clark and Mrs. Clark. One of the special numbers on the programme was a Spanish dance by little Miss Ellis.

The national income has increased since 1923 from 34 to 60 billion dollars annually.

ELDERS INDUCTED IN FAIRVILLE CHURCH

Three new elders were inducted in St. Columba's Presbyterian church, Fairville, Sunday morning. They were appointed to fill vacancies caused by death or sickness. They were Thomas Snodgrass, Thomas Kilpatrick and G. C. Lawrence. To complete the quorum of elders, Dr. G. G. Corbett acted as assessor. Rev. W. M. Townsend, minister, stated that eldership could be traced back as far as the Exodus, Moses having elected 70 men to help him direct the affairs of Israel. He fully explained the duties of elders to rule, administer the sacraments and serve. At the close of the service the candidates for eldership came forward and, after Mr. Townsend had read the appointed order, he extended the right hand of fellowship and offered the dedicatory prayer, and the ordinary ceremony was complete. Charles Spence sang the solo "Face to Face" before the benediction.

VISITING OFFICER HEARD

The public meeting on the Citadel, Charlotte street, was largely attended yesterday afternoon to hear Colonel Albert Powell and his review of the world wide activities of the Salvation Army was listened to with great interest. Rev. Canon Armstrong was chairman and the thanks of the meeting was extended to the speaker on motion of Commissioner Bullock.

Because it is Best "SALADA" TEA

has the largest sale of any packet tea in North America—Try it.

GIVEN SURPRISE PARTY.

Mrs. Samuel Shanks, 480 Douglas avenue, was pleasantly surprised Saturday evening to find her home invaded by about 30 friends who had assembled to extend birthday greetings to her. They presented her a beautifully iced birthday cake and a lovely bouquet. The evening was pleasantly spent with games and music. Mrs. J. Cheeseman cut and served the cake. Mrs. Sydney Wakeham and Mrs. Francis Noon served dainty refreshments.

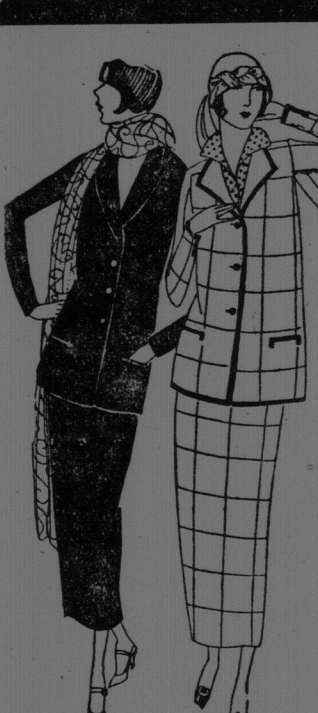
Parcell, Mrs. H. Blagden, Mrs. Harry McLaughlin, Mrs. A. Sweet, Mrs. J. Calvin, Mrs. O. Stinson and Mrs. J. Cheeseman.

SPECIAL MUSIC AT SERVICES.

In the Central Baptist church last night the music was exceptionally appealing. Wilfred Virgo, tenor soloist, and Walter Nunn, cellist, of the London Concert Eight that appeared in the Imperial Theatre last week, assisted in the musical numbers. Mr. Nunn played the cello in cello and organ numbers with Miss Beryl Blanche at the organ. These two gifted players were heard in Saint Sacs "The Swin" as arelude to the service and in De Maire's "Andantino" during the offertory. Mr. Virgo sang as a solo "If With All Your Hearts," from the oratorio "Elijah." Richard Alexander, baritone of the concert company, was the special soloist at the German street Baptist church in the evening.

SEWING CIRCLE MEETS.

The sewing circle of Baxter Lodge, L. O. B. A., met at the home of Mrs. Wellington Lester, Prospect street, Friday evening. Plans were made for an apron and fancy sale. Refreshments were served by the hostess assisted by Mrs. Arthur Sweet, Miss Edrys Cheeseman and Miss Margaret Lester. Those present were Mrs. Edward Duff, Mrs. Harper Henderson, Mrs. Robert Thorne, Mrs. William



Tailored for \$30

A season of triumph for the tailored suit.

A triumphant opening of a veteran tailor with made-to-measure guaranteed fit for \$30. Choice of Serge, Tricotine or Poirret Twill.

Complete choice of cloths, colors, styles.

Your own materials made up. Order early from a tailor out to make a mark.

Royal Ladies Tailoring
10 WATERLOO—Near Union



"Oh!! Goody!!"

Serve them to the little ones with Butter, Milk or Jam



MCCORMICK'S JERSEY CREAM BISCUITS

Now people can afford to be extravagantly fresh in their linen—saving good money and spending the little it does take to far better advantage.

By New System Wet Wash.

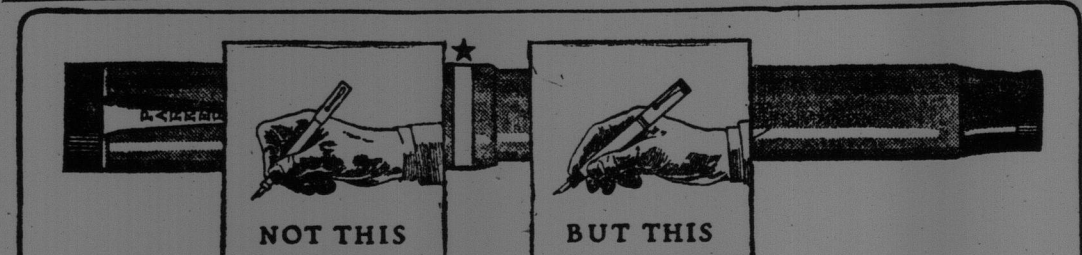
Wet and Dry Wash—Dyers, Cleaners.

Phone Main 1707

New System Laundry

Wet and Dry Wash—Dyers, Cleaners.

Phone Main 1707



Duofold's Over-size barrel ends Writer's Cramp

Big and Easy to hold, with fingers and mind relaxed

Its super-smooth tip costs us \$2340 a pound—Guaranteed for 25 years' wear

START the New Year with this fine tool of hand and brain and do bigger things with less exertion. For the Duofold's Over-size Barrel not only holds an extra large supply of ink—it relaxes the mind and the fingers because it's so big and balanced that the hand can hold it without fiercely gripping the shaft, as you would to keep a small light pen from wobbling.

Its Chinese lacquer-red color, with smart black tips, flashes your eye a reminder not to forget your pen when you lay it down.

All this in a pen so smooth you can tell the Parker Duofold point from

others with your eyes shut! Make this test today at the nearest pen counter—you'll be surprised.

This famous point is guaranteed 25 years for mechanical perfection and wear. It needs no "breaking in"—no style of writing can distort it—hence a pen you can lend, not with fear, but pride!

Strong ★Gold Girdle—was \$1 extra—now free, due to large production. (Considerably more than a million Parkers were bought last year in Canada and the States.) Any good pen counter will sell you this classic on 30 days' approval—the same in all cities and towns.

Made in Canada—Same Price as in the States
THE PARKER FOUNTAIN PEN CO., Limited
Toronto, Ontario
Ask also for Parker "Lucky Look" Pencils

Parker Duofold's
With The 25 Year Point