

Social Notes Of Interest

Mrs. J. W. Brittain entertained at an enjoyable tea at her residence, 200 Germain street, yesterday afternoon for the benefit of the Ketepe-Morna Association clubhouse fund. A large number of her friends attended. She was assisted by Mrs. R. U. Brittain, in receiving the guests. Beautiful flowers were tastefully arranged about the rooms. In the drawing room there was snuggly in profusion, and in the dining room daffodils and narcissi graced the tea table. Yellow candles were prettily placed among the spring flowers in the dining room. Mrs. Allan Lingley and Mrs. Milton Smith presided at the tea table. Mrs. Walter Miller replenished and the waitresses were Mrs. Percy Steel, Miss Helen Miller and Miss Evelyn Brittain. Little Miss Jean Brittain opened the door for the guests and Mrs. Fred Miller and Mrs. Harry Jackson ushered. Those who assisted the hostesses were Mrs. E. A. Mason, Mrs. Sydney Kerr and Mrs. Harry Macdonald. Noted among the guests was Mrs. Strohmayr, of Toronto, who is visiting in the city. In the evening Mr. and Mrs. Brittain were hosts at a delightful bridge, when the ladies who assisted at the afternoon tea and their husbands were entertained.

Mrs. W. F. Lewis entertained delightfully at her residence in British street yesterday afternoon at a chain tea for the Willing Workers of the Germain street Baptist church. The proceeds are for the funds of the society.

Miss Jane Creighton has returned home after a pleasant visit in Lindsay, Ont., with Miss Arvilla McBride.

Let Kellogg's Bran free your children from that dangerous disease—constipation

Children are subject to constipation. In the excitement of play, they neglect themselves and foster this dread disease. More than forty other diseases can be traced to constipation. Don't delay. Begin at once to cleanse their systems of the dangerous poisons.

Kellogg's Bran sweeps the intestine clean—and purifies it. It drives out the poisons which undermine your children's health. It makes the bowels function regularly and naturally.

Kellogg's Bran, cooked and krumbled, is guaranteed to bring results if eaten regularly, or your grocer will return your money. It is guaranteed because it is ALL bran! nothing but ALL bran can be 100 per cent effective. Kellogg's Bran is recommended by doctors everywhere—they know from experience that it brings results.

of Montreal, whom she accompanied from Lindsay. She was afterwards her guest in Montreal en route to St. John.

Mrs. Alexander Murray, of 48 Elm street, left for Halifax Tuesday afternoon, where she will spend a few months before going to California to visit her daughter.

Miss Marie Gagnon, daughter of Chief Game Warden and Mrs. Gagnon, and Miss Evelyn Murphy, daughter of Mrs. E. A. Murphy, Fredericton, leave the last of March for Brooklyn, N. Y., where they will enter St. Mary's Hospital to train for nurses.

Mrs. Kenneth L. Golding, King street east, left last evening for Chatham, to visit her parents, Mr. and Mrs. George S. Fisher. Mrs. Golding will return at the end of the week.

Miss Barbara Clark, who left here last week, is enjoying a visit with Mrs. Stanley S. Mason, Sherbrooke street, Montreal.

Mrs. Edward Mackay and her family will sail for Europe in May from Montreal, and will spend the summer on the continent. Mr. Mackay will join them in July. Mrs. Mackay and her children have been guests for some time of Mrs. Mackay's mother, Mrs. G. T. Ross, Montreal. Mrs. Mackay is a sister of Mrs. W. G. Pugsley, of Ottawa.

Mr. and Mrs. Percy A. Wilson, 64 Wright street, entertained last evening at a mixed bridge of three tables. The guests greatly enjoyed the evening.

Mrs. J. C. Rusk, 38 Wright street, was a charming hostess Wednesday afternoon at five tables of bridge. Prizes were won by Mrs. LeRoy H. Sandall, Mrs. Walter S. Barnes and Mrs. S. W. Henderson. Spring flowers made a pretty decoration in the cosy rooms and on the tea table. Those assisting at the tea hour were Mrs. J.

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is not so much what you pay for an article as what you get in return.

"SALADA" TEA

is incomparable in value. Try it today.

SISTER MARY'S KITCHEN

A Daily Menu For The Stout and Thin

EAT AND--

Lose Weight—Gain Weight

One orange, 1 cup tomato bouillon, 1-2 head lettuce, 8 button radishes, 2 broiled fillets of haddock, 1 lemon, 2 cheese sandwiches, 4 tablespoons brussels sprouts, 2 tablespoons pineapple ice, 1-2 cup black coffee without sugar, 1 pint skimmed milk, 4 pieces crisp unbuttered toast.

Total calories, 1180. Protein, 269; fat, 402; carbohydrate, 459. Iron, .0192 gram.

A whole orange, rather than juice, will be found to give bulk and tend to satisfy hunger. The cheese sandwiches are suggested as an accompaniment for the salad. They should be made of unbuttered whole wheat or gluten bread and toasted in a hot oven.

If the radishes are thinly sliced over the lettuce and one-half teaspoon grated onion sprinkled over the whole with a dash of lemon juice and a brightening of paprika a very acceptable salad is the result. Just plain head lettuce, well chilled and crisped, is delicious whether one is "plump" or thin.

A. Davidson, Mrs. G. W. Foster and Miss M. I. Long.

Mrs. Kenneth L. Golding was hostess for a cosy bridge in honor of Miss Gretchen Smith on Wednesday afternoon at her residence, King street east. Miss Smith won the first prize and Mrs. D. W. Ledingham the second.

Miss Gretchen Smith, daughter of Mr. and Mrs. B. Harry Smith, of Woodstock, N. B., is the guest of Mr. P. W. MacLean and Mrs. MacLean, Paddock street. Mrs. MacLean entertained several young people on Tuesday evening for Miss Smith, who won a pretty guest prize. Mrs. Thomas Guy won the bridge prize. Miss Smith will be the occasion for several enjoyable functions while here for another week.

One orange, 4 corn meal pancakes, 4 tablespoons cream dried beef on toast, 1 cup tomato bouillon, 2 slices fried vegetable roast, 1-2 cup creamed peas, 1-2 head lettuce, 8 button radishes, 2 tablespoons scalloped potatoes, 2 broiled fillets of haddock, 2 tablespoons brussels sprouts, fig custard (3 tablespoons), 2 tablespoons pineapple ice, 1 slice sponge cake, 2 tablespoons French dressing, 1 pint whole milk, 3 tablespoons butter, 2 pieces rye bread, 2 dinner rolls.

Total calories, 3670. Protein, 428; fat, 1678; carbohydrate, 1572. Iron, .0172 gram.

The vegetable roast used the day before is very good sliced and fried. Serve with creamed peas.

The same salad is planned for this menu with the exception of the dressing. The brussels sprouts are well seasoned with butter. The fish gains many calories by the lemon butter used in this menu. The pancakes should be made rich in protein by the use of eggs. These sandwiches are made with butter and white bread can be used.

Miss Arvilla McBride, Murray avenue, has returned from Lindsay, Ont., where she has spent several weeks with Mrs. Sutcliffe. Miss Jane Creighton, who accompanied her, spent a short time in town en route to her home in St. John N. B.—Montreal Gazette.

100 AT BANQUET FOR MOTHERS AND GIRLS

The annual mother and daughter banquet was given last night in Germain street Baptist church by the Canadian Girls in Training. There were about 100 girls and mothers present. The additional guests were Rev. Dr. S. S. and Mrs. Poole, Mr. and Mrs. L. W. Simms, Miss Helen Vaughan, Miss Dorothy Oatey (Miss St. John), and Miss Marjorie Trotter, Maritime girls' work secretary.

The tables were decorated in blue and white and blue candles. After supper, served by the young ladies of the church, the following toasts were drunk: "The King," proposed by Ruth Davidson, toastmistress, and responded to by the National Anthem; "Our Mothers," proposed by Martha Spragg, responded to by Mrs. William C. Brown; "Our Sunday School," proposed by Grace Marshall, responded to by L. W. Simms, superintendent of the Sunday school; "Our Church," proposed by Hazel Metcalf, responded to by Dr. Poole. After the toasts and the singing of the C. G. I. T. camp song, the following programme was carried out: Solo, Hazel Fisher; tableaux, Mothers in Art, History and Verse (a) Raphael.

Madonna, (b) Rembrandt's mother, (c) Carmela, mother of the Gracchi, solo, Phyllis Dyckman, (d) Life of a mother as shown in Jean Ingelow's "Songs of Seven," scenes 1, young mother, 11, giving in marriage; 111, Song of a Nest; pianist, Winnifred Robertson, and reader, Dorothy Parker. Miss Trotter gave an address and the C. G. I. T. "taps" closed a successful evening.

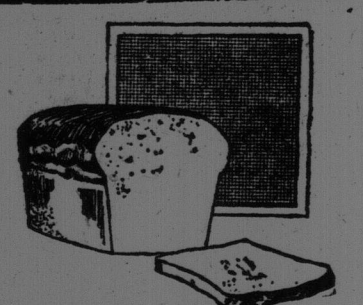
JUSTICE MCKEOWN TO BE HOME SOON

Ottawa, March 20.—Chief Justice McKeown, Royal Commissioner, investigating the Home Bank, who is now in Ottawa, arranging for the opening of hearings next month, will return to St. John in a few days. The opening hearings of the commission will be held in Ottawa. Yesterday Judge McKeown called on the premier. The appointment of a secretary to the commission will be made shortly.

Bovril
the mighty energiser

be held in Ottawa. Yesterday Judge McKeown called on the premier. The appointment of a secretary to the commission will be made shortly.

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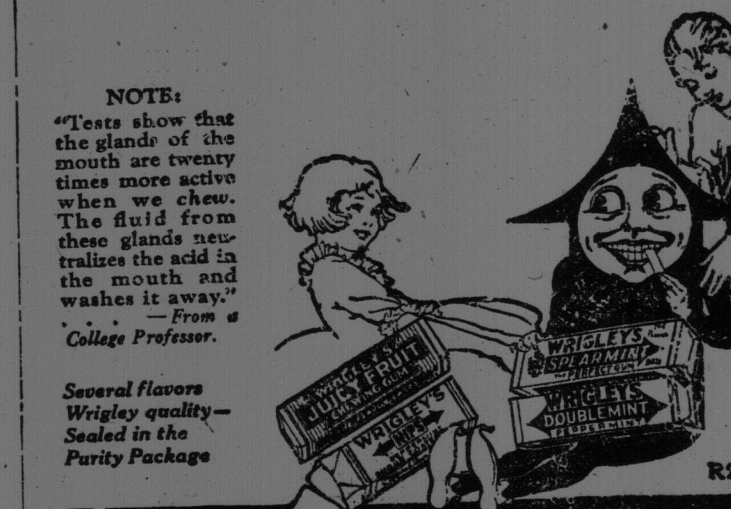
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By letting WRIGLEY'S give you relief, lasting joy and benefit. It removes the food particles that lodge in the teeth and cause fermentation and decay. It WASHES the mouth and teeth, counteracting the acidity that does so much damage.

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after every meal

is prescribed by dentists and doctors. Says one dentist: "If chewing gum is used regularly it will result in a noticeable benefit to the teeth." Get your WRIGLEY benefit today.



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Several flavors Wrigley quality—Sealed in the Purity Package

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Satin Dresses \$11.95

Fashionable Spring Styles in Navy Blue, Brown and Black. Sizes 16 to 20 years.

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Silk Specials

36 inch Excellent Quality BLACK DUCHESS SATIN—Regular \$2.95—Saturday only \$2.35

36 inch PALETTE SILK—\$1.49 A value that is "Special" Regular \$2.25 BLACK ONLY

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55-59 CHARLOTTE STREET.

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The quality of Quaker Flour is a by-word. Its uniformity in baking is assured by hourly tests during the milling process. Thousands of home bakers know that Quaker Flour is best for all baking purposes.

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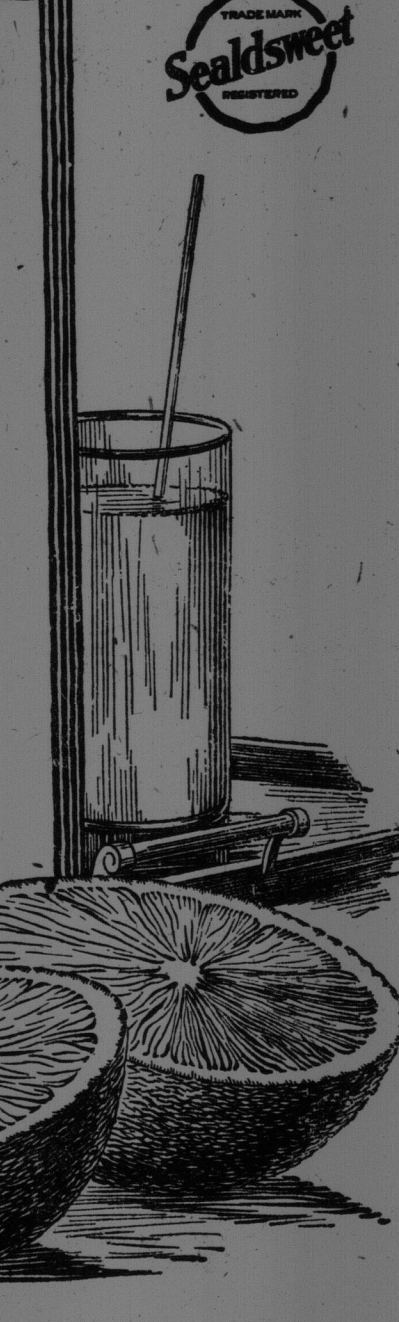
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Good all the way through, whether bright, golden or russet in color, Sealdsweet Florida oranges satisfy because of their juiciness, flavor and sweetness.

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Ask your fruit dealer for Sealdsweet oranges and grapefruit and insist on having them in the sanitary tissue-paper wrappers in which they are shipped.

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