

## Social Notes Of Interest

Mr. and Mrs. Arthur L. Kierstead, of Havana, Cuba, are visiting Mrs. Kierstead's parents, Mr. and Mrs. Richard Heans, Horsfield street, before proceeding to their summer home in Bellisle.

Mrs. James F. Robertson and her sister, Miss Hooper, are in Toronto, and are guests of Mrs. H. A. Holmes.

Mr. and Mrs. Harold L. Nixon arrived from Yarmouth this week. Mrs. Nixon will visit her parents, Mr. and Mrs. W. A. Lordy, Elliot Row. Mr. Nixon returned home yesterday. Mrs. Nixon has come to the city to be present at the wedding of her sister, Miss Jean Lordy, who is to be married on June 7.

Miss Hortense Maher and Miss Dorcen McAvity are enjoying an outing. Mrs. H. B. Robinson, who was operated upon recently at the Royal Victoria Hospital, Montreal, is reported greatly improved.

Word was received this week from Mrs. Alexander L. Fowler that she and Mr. Fowler and family had arrived safely in Los Angeles and had taken a furnished house for the present. They are delighted with their new surroundings.

Mr. and Mrs. J. Lefferts Thorne accompanied their son-in-law, Mr. J. Charlton Berrie, secretary of the New Brunswick Automobile Association, and Mrs. Berrie to Fredericton yesterday, going by automobile. They returned home last evening.

Mrs. R. E. Healy, of Moncton, and her two small sons are guests of Mrs. Healy's mother, Mrs. S. H. Davis, 261

Prince William street. Miss Ellen Davis, who was visiting her sister, Mrs. Healy, in Moncton, returned to her home. Miss Adrienne Davis left yesterday for Kentville and will later go to Wolfville for the closing at the Acadia institutions next week.

Miss Constance Ewing was the occasion for a delightful bridge and kitchen shower, given by Miss Mary Ellis, daughter of Mr. and Mrs. George D. Ellis, Orange street, Wednesday evening at her parents' residence. The prize winners were Miss Frances Jordan and Miss Sybil Barnes. Others present were Mrs. G. E. Chester Gandy, Mrs. Frank G. Wilson, Miss Alex Rogers, Miss George Springer, Miss Louise Alward, Miss Marion Brown, Miss Jean Fenton, Miss Clement Fenton, Miss Frances Ewing, Miss Elsie Henderson, Miss Marion Belyea, Miss Gwendolyn Ewing and Miss Sally Macdonald. Yellow jonquils and tulips were used for decorations.

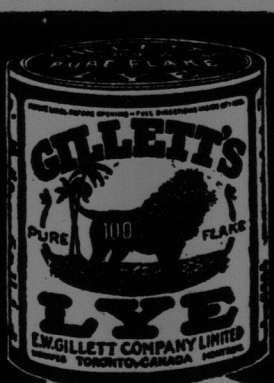
Miss Gertrude Thomas, student at the city this week and will spend the next few weeks with her parents, Rev. H. E. Thomas, D.D., and Mrs. Thomas, before they go to their summer home at Brown's Flat. They will later make their home in Sackville, where Dr. Thomas will be editor of the West-lean.

Miss Evelyn Crockett, a member of the Exmouth street Methodist church, was made the recipient of a shower of novelties at the home of Mr. Ernest Thomas, director of the choir, and Mrs. Thomas, Paddock street, last evening. Misses Greta Love and Marion Cooper made the presentation. They also assisted the hostess at the refreshment period with Mrs. H. E. Thomas and Miss May Rowley.

Miss Gertrude Belyea, 190 Lancaster street, West St. John, was hostess at a farewell party for Miss Arline Miller, who is leaving this evening for Detroit for the summer, where she will visit her brother. Twenty-five of Miss Miller's friends, who included the Carleton Cornet Band Ladies' Auxiliary, her Sunday school class and office friends, were the guests. Realistically made up of many pretty handkerchiefs, an old-fashioned nosegay of a very practical nature was presented her by Miss Frances Lanyon, president of the C.C.B. Auxiliary. Refreshments were served.

LT. COL. SPITTAL IS UNABLE TO GO TO BISLEY RIFLE MEET

Lieutenant-Colonel C. D. Spittal, who has been in and about the city since January, coming from Ottawa, was chosen as a representative of the Bisley team, but was unable to go on account of business interests. Colonel Spittal is well known in St. John, having been in charge of transport and supplies, after coming from overseas where he was early in the war. He was the first Canadian soldier at Salisbury plain, going over from New York on the Lusitania after organizing the Re-



**in the Kitchen**  
Try a small portion of Gillett's Pure Flake Lye in the dishwasher when cleaning greasy pots and pans. It will save you much hard labor.

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mount Depot at Valcartier, which was taken over by Colonel William Hendrie, of Hamilton, Ont.

**WOMEN! DYE IT NEW FOR 15c**

Skirts Kimonos Draperies  
Waists Dresses Gingham  
Coats Sweaters Stockings

**Diamond Dyes**

Don't wonder whether you can dye or tint successfully, because perfect home dyeing is guaranteed with "Diamond Dyes" even if you have never dyed before. Druggists have all colors. Directions in each package.

## SISTER Mary's KITCHEN



Three large sweetened stewed prunes, 1 cup casserole of vegetables, 1/2 one pair sweetbreads in nest of peas, 1/2 head lettuce, 1 cup fresh strawberries, 1 toasted bran roll, 2 whole wheat pop-overs, 1 gluten roll, 1 pint skimmed milk.

Total calories, 1096. Protein 286; fat, 190; carbohydrate, 670. Iron, .0209 gram.

One pair sweetbreads, 1 thin slice bacon, 1 carrot, 1 small onion, 1 teaspoon grated lemon rind, 1 cup white stock, 1 pint peas, 6 mushrooms, salt and pepper.

Parboil sweetbreads and split in halves. Place in a baking dish and pour over stock. Add carrots scraped and cut in thin slices, the onion peeled and sliced and the lemon rind. Bake thirty minutes, basting often. The bacon is cut in narrow strips and laid under and over the sweetbreads before the stock is added.

Cook peas, season with salt and pepper and rub through a colander. Make into small cakes with a depression in the centre. Fill with sweetbreads. Strain stock and add mushrooms cut in small pieces. Reheat and pour one-fourth of the plain stock and mushrooms over the sweetbread and peas intended for the reducing member.

Total calories, 1019. Protein, 826; fat, 408; carbohydrate, 280. Iron, .0116 gram.

Six large sweetened stewed prunes, 1 soft boiled egg, 1 cup boiled rice with 1 tablespoon sugar and 1/4 cup cream, 1 toasted bran roll with 1 tablespoon marmalade, 1 cup noodle soup, 1 cup casserole of vegetables, 1 cup pair sweetbreads in nest of peas, 2 table spoon scalloped potatoes, 1/2 head lettuce with 2 tablespoons Thousand Island dressing, 1 individual strawberry shortcake with 1 tablespoon sugar and 1/4 cup cream, 1-8 rhubarb and raisin pie, 2 whole wheat pop-overs, 2 dinner rolls, 2 tablespoons butter, 1 pint whole milk, 1 tablespoon crab-apple jelly with dinner rolls.

Total calories, 8914. Protein, 421; fat, 1709; carbohydrate, 1784. Iron, .0219 gram.

An equal amount of hot cream is added to the stock after enough is taken out for the reducing diet in the sweetbread diet. This adds many calories of fat undesirable for the too stout person but just the thing for the too thin person.

The marmalade is suggested to give piquancy to an otherwise rather tasteless breakfast. The shortcake planned was made with sponge cake instead of biscuit dough. The cream can be whipped or plain as preferred. Some cake shortcake is considered easier to digest than "old-fashioned" shortcake.



Combines beauty and durability as no other hosiery does.

MADE IN CANADA  
**Holeproof Hosiery**

## TO MEET TO FORM SOCCER LEAGUE

A soccer league is to be organized at a meeting in the Armory Friday evening, May 30, and all interested and any team wishing to join are invited to be present. Preliminaries were discussed at a meeting in the rooms of the R. C. N. V. R. last night when four soccer teams were represented. The teams were the St. Andrews, Trojans, Garrison Old Country Club and the R. C. N. V. R. team. Arrangements were made for two games, the first to be played on May 27 between the St. Andrews and Trojan teams and the second to be played on Friday, May 30, between the Garrison Old Country Club and R. C. N. V. R. teams. Both games are to be played on the Barracks Green and will commence at 7.30. The soccer league organization meeting will be held after the finish of the Friday night game.

## FINED IN LIQUOR CASES.

As the result of three liquor raids on the Loch Lomond Road on Tuesday evening, Samuel Lean and Fred Barker appeared before Magistrate Allingham, of Fairville, Wednesday night. The former was fined \$200 and the latter \$50 with costs. Last night R. Garnett appeared in court and was fined \$50 and costs. It is understood that Barker and Garnett were fined the minimum because it was their first offence, while Lean had been the limit for the first time he had been convicted before.

Many parties are given just to get a gang of autos in front of the house for people to see.

## BABY WHISTLER



Lois Jane Jeckel of Cleveland, just 18 months old, is believed to be the youngest whistler in the country. "Dickybird," her canary, is her playmate and teacher. She sits for an hour at a time listening to him and carrying a tune along with him. And she knows a lot of popular songs, too, picked up from the family phonograph.

## OUT-CASTES OF INDIA.

(Toronto Globe.)

The plight of the Out-castes of India, more particularly of Madras, is described by a special correspondent of the London Times in an article

which has attracted considerable attention in England. There are at least 7,000,000 of these pariahs in that Presidency alone and over 40,000,000 outside of it, or nearly 50,000,000 out of a total population of about 319,000,000 in India. The correspondent says:

Let the reader imagine an England in which pig-keepers, barbers, chair-women, agricultural laborers and most unskilled workmen as well, tanners, publicans, brewers, gypsies and fishermen were not merely forbidden to inter-marry or eat with the rest of the population, but were debased access to all churches, were liable to be attacked if they were caught drawing or drinking water from public taps, were forbidden the use of respectable streets in many towns, and were in some counties prevented by threats of violence from sending their children to board schools, all in the name of a religion which, its expounders maintained, made these disabilities hereditary, then he will have some idea of the situation of the Out-castes in parts of India.

In Madras the Government appointed five years ago a Commission of Labor and Protector of the Oppressed Classes who has done something for the relief of caste disabilities, but popular support of caste prejudice inflicts as much hardship as high-caste pride. The Commissioner reports that the Out-caste laborer or small landowner is "continually a loser in buying the ordinary necessities of life and in disposing of his produce through his inability to enter a shop or even pass through many of the streets where the ordinary shopkeeper lives."

Among numerous letters to the Times on the subject is one from Rev. John A. Sharrock, who worked as a missionary in Madras for 32 years, and who says: "I should be glad if your

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It insures tea that is fresh, fragrant and pure - Try it.

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article could be broadcast over the length and breadth of the land. The real but voiceless people of India look with dread on what the intelligentsia are clamoring for—i.e., the speedy departure of the English and the complete Indianization of the country."

## ENGAGEMENT.

Wm. T. McKnight, of Lower Millstream, says the Kings County Record, Sussex, announces the engagement of his daughter, Emma Olivia, to Edwin L. Ewing, marriage to take place the first part of June.

## Suburban Special Summer Service

of the CITY WET WASH LAUNDRY is now in effect, calling at

ROTHESAY, Fairville and intermediate points on Mondays, returning Tuesdays.

WESTFIELD and intermediate points on Wednesdays, and returning Thursdays.

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## How a lovely SUNSET scarf brightens up a simple suit

A SCARF in harmonious tones, a tiny colored handkerchief, silk stockings in the latest color vogue—how a touch of pleasing color does enliven even the plainest and simplest of costumes!

Smart, up-to-date dress accessories always lend distinction. Even last year's garments often may be made effective again with a blouse or girdle or collar and cuff set, charmingly dyed to an unusual shade with convenient SUNSET.

And with SUNSET, how easy it all is! The most exquisite color-effects are yours as if by magic! By mixing two or more of the 22 beautiful SUNSET colors, you can get any shade, light or dark, soft or brilliant, and the color is fast.

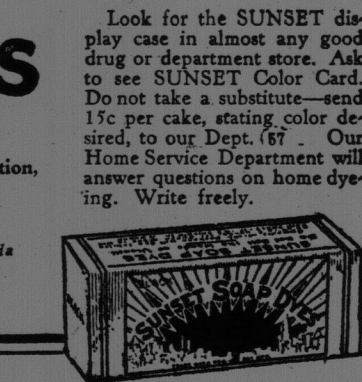
SUNSET dyeing takes only 30 minutes, and its cleanliness amazes every woman who uses SUNSET for the first time. Hands unstained, utensils unsoiled. Wash the pan (as after any cooking) and use it to cook in again. Each cake of SUNSET dyes all fabrics—silk, wool, cotton, mixed goods—the same color at the same time in the same dye-bath.

Let us send you our folder "The Season's Colors" and our direction sheet for tied-and-dyed work—they will tell you the popular shades and how to have them, with SUNSET.

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## Girls' Gingham Frocks!

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**\$1.69**

Sizes 2 to 12 years.

Smartly made of Gingham, in stripes, checks and plaids; collar and cuffs trimmed with plique and contrasting colored chambray; some are embroidery trimmed.

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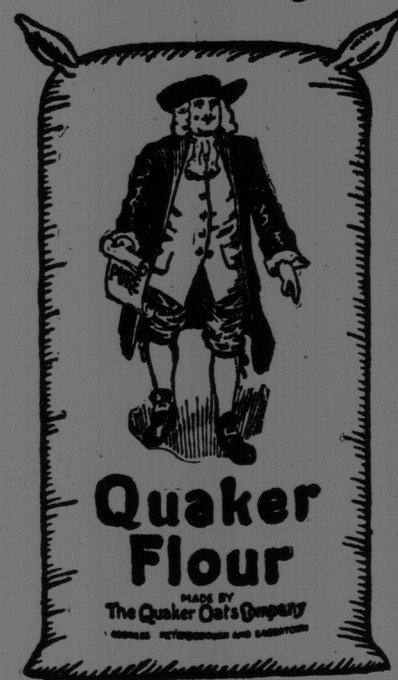
Regular to \$1.25  
Sizes 2 to 8 Years

Ginghams or Percales in an extensive variety of styles and colors, of plaids, stripes and checks.

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Quaker Flour does not vary. It is tested every hour during the milling process. It is always the same—it always bakes the same.

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Every mother should acquaint her daughter with this hygienic method. In scores of schools, teachers are acquainting their girls with Kotex. Its use has become a universal hygienic movement.

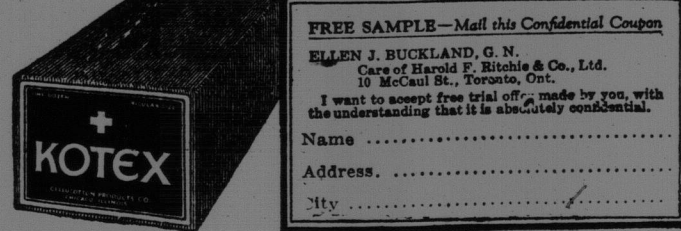
A trial without charge  
Now I have asked the Kotex laboratory to permit me to offer women generally a trial of Kotex—free. And they have consented—for a short while, at least.

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I want to accept free trial offer, made by you, with the understanding that it is absolutely confidential.  
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Evening Times-Star, St. John, N. B. 5-23-1924



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