

A Page

Cynthia Grey's Daily Mail Box.
Talks on Styles We'll Be Wearing.
Recipes by Advertiser Readers.

For

Series on Backyard Gardening.
Activities of London Women.
Items of General Interest.

Women

MADE IN CANADA

GILLET'S LYE

EATS DIRT.
KEEPS A HOME
CLEAN AND HEALTHY.

LIGHTENS THE HOUSEKEEPERS BURDENS. REFUSE SUBSTITUTES

THE FIRST STEP.

[Judge] "Pa," plaintively coaxed Mrs. Nookayne, "I want to get in society."

"All right," resignedly assented Mr. Nookayne, "I s'pose we kin hire a reporter to write somethin' scandalous about us."

AYLMER BRAND

TOMATOES AS YOU LIKE THEM

Only ripe, firm tomatoes of a clear red color go into cans bearing The Aylmer Label

In season the tomatoes are picked during the early morning hours, which is known to be the best time of the day, and they are canned ready for use while fresh and before they have had time to lose their natural delicious flavor.

Every Can is Guaranteed

Seventy-five per cent. of all canned fruit and vegetables sold in Ontario are "Aylmer" brand.

Sold by all good retailers.

COOK IN A COOL KITCHEN

DON'T sweeter over a hot range this summer. The NEW PERFECTION Oil Cookstove keeps your kitchen cool and clean and does away with all the ash-pan, coal-hod drudgery of the coal range.

THE NEW PERFECTION lights like gas, regulates like gas, and cooks like gas. It is gas stove comfort with kerosene oil NEW PERFECTIONS are sold in 1, 2, 3 and 4 burner sizes by dealers everywhere. If your dealer cannot supply you, write us direct.

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NEW PERFECTION OIL COOKSTOVES

"NOW SERVING 100,000 HOMES"

THE IMPERIAL OIL COMPANY Limited

BRANCHES IN ALL CITIES

Made in Canada

Reviving Narrower Skirts

There has been so much bickering about the wide skirt that it seemed necessary to see what Mme. Cherit was doing in the matter. writes a Paris correspondent, who says she always leads in such things, and we could be quite sure that if she approved the wide skirt, the wide skirt would be worn. As a matter of fact, she is making only a moderately wide skirt, which is only moderately short. As usual, I found her styles becoming, very French in the best sense of the word, and absolutely free from anything fantastic or ridiculous. Beautiful materials, lovely colors, fine lines, and a general sense of ease in the fit, without any unbecoming slackness, were the main features I noticed.

Still another fashion authority declares: "We may safely rely upon the assurance that the extremely wide skirts have reached the zenith, and that their star is paling. Such a brief little shine they've had, too, and we may almost pity them as we see their little twin-

kle go out or be eclipsed by an unexpected thing as pronounced public opinion.

"Skirts on newest models are undeniably narrower and a revelation to the straight line is again noticeable. There's still a flare and we may never see the extremely narrow skirt again, let us hope, but the day of the extremely short, full model seems doomed also.

"Whether this change is due to the stubborn resistance of at least one Parisian designer, or whether women themselves, after taking a long, ob-servant look at the skirts in the mirror found the result displeasing, we may never know.

"But skirts are narrower. One looks now upon one's last year gown with more tolerance, and it may be we shall derive some good from them yet, ere the season is over. Coats, extremely short ones, seem, also, to have had their day, and the newer models show longer lines, some of them a good 38 inches in length."

Superstitions Beset Path to the Altar

There is no step along the rosestrewn path that leads to the altar that is not haunted by its own pet superstition, and the nearer to the lovers' goal the more thickly these superstitions cluster. And herein lies much of the charm of wooing and being wooed, for not a step forward can be taken without a delightful trepidation as to whether it will be lucky or the reverse, wise or foolish. It is such pleasing fears, such delicious doubting that feed the flame of love and add a greater brightness to its halo of romance.

Every maid, for instance, knows that "if she marry in the month of May she will surely rue the day," but what of all the other months of the glad year of wedding?

Which will bring her happiness and which must she shun? Happily she is not left to her own resources in deciding this crucial question, for love's calendar has all been landmarked for her guidance. She is told, on unmistakable authority: "When February birds do mate, You may wed, nor dread your fate. If you wed when March winds blow, Joy and sorrow both you'll know. Marry in April when you can, Joy for maiden and for man, Marry when June roses blow, Over land and sea you'll go. Those who in July do wed Must labor always for their bread. And so on, until December snow fall fast.

Marry, and true love will last."

A Healing and Antiseptic Soap.

LIFEBUOY

Steps In the Newest Dances

Portuguese "Half Cortes" In the "Lulu Fado"



J. Hervey Hume & Helen Whifford

[BY J. HERVEY HUME.]

The Lulu Fado is derived from the Portuguese folk dance of the same name.

The opening steps are rather difficult, being danced half time to every other two bars of music and are followed by the "cortes"—a very beautiful figure when executed correctly. The next variation is the "flirtation step," being nothing more or less than the old Spanish Pandango done in open position. This concludes half the dance. The latter half is danced exactly the same with the exception that the positions of the lady and gentleman are reversed.

Something About Women

That ambition is the dreamer; courage is the producer.

That embroidery has returned and it is much used on both afternoon and evening dresses.

That long hair doesn't make an artist, a long purse a good fellow, nor long earnings a siren.

That a man who visited a New York restaurant fox trot declares they remind him of a box of sardines gone crazy.

That there are handbags for the sports hats of knitted elastic, that stretch while slipping and tighten up when in place.

That if you are going to the mountains or to the beach this summer, your wardrobe will not be complete without a fur collar or scarf of some sort.

That a large London dairy company is employing girls to deliver milk and they wear straw hats and white linen overalls with scarlet belts and cuffs.

That Baroness de la Roche, the first woman to fly alone in the aeroplane, now heads a French automobile service corps made up of expert women drivers who assist the army drivers.

Nature's Menu Is the Best

"Blessed are the poor," says the Good Book, and I certainly believe this is especially applicable in the matter of eating. Of course, I do not mean the poor who are unable to procure sufficient food to nourish their bodies, but I have reference to the many people who feel they can only afford to eat vegetables, fruit, etc., in season. Pity the poor rich who have so many luxuries on their tables that their appetites become so satisfied they cannot find a delicacy.

It is when fruits and vegetables are in season that they are cheapest and best. That is when ordinary folk eat and enjoy them. If you have strawberries on your breakfast table throughout the winter, the berry season will not bring you much joy, and the delicious fruit will fall to tiddle the palate. It is when you have the fruit only in season, when it is naturally and most cheaply produced, that you really appreciate its full value. And so it is with all fruit and vegetables. Their seasons come and go. Some are of short duration. Enjoy them while they are plentiful. Nature is especially kind in providing a variety of food. Follow the menu she spreads before you. You will feel better on such a diet than if you forced her to change her program.

Meats are nourishing and strengthening, and if they are necessary they are needed by those whose work and

ENRICH THE BLOOD

Hood's Sarsaparilla a Spring Tonic. Medicine, is Necessary.

Everybody is troubled at this season with loss of vitality, failure of appetite, tired feeling, or with biliousness, dull headaches, indigestion and other stomach troubles, or with pimples and other eruptions on the face and body. The reason is that the blood is impure and impoverished.

Hood's Sarsaparilla relieves all these ailments. It is the old reliable medicine that has stood the test of forty years—that makes pure, rich, red blood—that strengthens every organ and builds up the whole system. It is the all-the-year-round blood-purifier and health-giver. Nothing else acts like it. There is no real substitute; so be sure to get Hood's. Ask your druggist for it today, and begin taking it at once.

Know Your Soil If You Want Better Than Half Crop In Backyard.

MAKING GARDEN PRODUCTIVE. (By Prof. Spade.)

The backyard gardener must be reminded that unless his soil is taken care of, not more than half to two-thirds the utmost crop is to be realized.

Thap lot should be well drained and well open to the sun. Drainage takes away surface water, and keeps the soil water from the surface, so that the roots can grow deep, and then enter the soil and aid in decomposing it. All soil is composed of a mineral, rocky body, usually clay or sand, and a varying amount of organic matter—decomposing plant and animal remains.

The growing plant lives principally on oxygen taken from the air, and a nitrogen, phosphorus and potash, which are taken from the soil. The nitrogen is produced from the organic matter in the soil and is liberated by the action of the bacteria, which rot this organic matter.

These bacteria cannot work unless they get air. Therefore, drainage is necessary. The necessary phosphorus and potash are derived from the mineral elements of the soil, and all three of these soil goods are sucked up into the plants through the roots with the water. This water, is evaporated through the plants' leaves and the plant foods are retained and digested in the leaves and stems.

The digestive process is carried on in little green cells which give color to the leaves.

The reason soils seem to wear out and fail to produce the usual crop after some years is usually because the elements and the bacteria cannot decompose the soil fast enough to get the plant foods into such shape that the plants can use them. It is also common that continuous growing of the same crop will poison the soil so far as that crop is concerned.

The nitrogen gives out first, as a rule, and it is most easily renewed by using stable manure. This will also help by releasing other elements, and is all most gardens ever need. The need is shown by the low growth and pale color of the plants.

The manure helps to loosen the heavy soil, giving light soil body and water-holding capacity, prevents surface washing and introduces vast quantities of beneficial bacteria.

Phosphorus is obtained in the form of bonemeal or mineral phosphate, and potash comes in various commercial fertilizers.

Dream Figures and Nightmares

If the average man dreams of "that old sweetheart of mine," I cannot imagine him picturing her in a soiled kimono, her hair unkempt, pouring coffee at the breakfast table. Nor will there appear in his day dreams an untidy and slovenly figure extending him a spiritless greeting as he enters his home in the evening. Even those men who lack aesthetic natures attempt to forget such sights.

When the husband leaves a frowny figure loitering over her coffee at the breakfast table he does not take a pretty picture away with him to his work. And when he anticipates a greeting from the same sort of woman upon his return, the home soon has little magnetic influence over him.

There is such a striking contrast between these two classes of women that it is hard to understand how any remain in the group of women who are so lacking in interest or respect for themselves, or who place such a low value upon the affection of those closest to them, that they reserve all their charms for strangers.

It is not necessary to wear a costly gown to make a presentable appearance at the breakfast table. Nor is it requisite to beauty to draw upon an expensive wardrobe to look pretty in the evening. But it is necessary to be neat and tidy to look your best, and that ought to be your aim always, no matter who may be around.

Remember, if you neglect your appearance and figure in anybody's dream, they will not enjoy the "nightmare."

KITCHEN KINKS

When storing silver for the summer, wrap each piece separately in sheet of waxed paper, and when it is unrolled for use again in the fall it will be found as bright and clean as when wrapped.

Before using a new broom, tie strands closely together and put it into a pail of boiling water, letting it soak a couple of hours. Dry it well before using it.

Keep butter in stone or glass jars with tight-fitting covers.

Bread will keep better in a wooden box than in tin.

In buying brooms do not select those of a green color, for they do not wear as long as those of a natural shade.

Cleaning with mustard, is said to remove the smell of fish from pots.

If a knife is placed under a tumbler or glass dish, boiling milk or water can be put in without breaking the glass.

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Spinach, choice, peck... 20c
Celery, large, select... 15c
Green Beans, lb. 15c, two for 25c
New Cabbage, each... 10c, 15c
Head Lettuce, each... 20c
Lettuce, leaf... 5c
Whitloof, or Imperial Chicory... 10c
Tomatoes, fancy... 15c
do, ordinary... 10c
Cucumbers, each... 15c
Rhubarb, Radishes... 15c
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