Cynthia Grey's Answers Helps for Every Woman Follow the Bill-o'-Fare

## O CHECK CONTRACTION OF THE CONTR A PAGE FOR WOMEN

Daily Hints on Styles Women at Work and Play Stories for Children

#### In Her Convalescent Chair at Carlsbad, Billie Burke Writes Some First Hand Experience of Physical Pain.

THE ACTRESS-WRITER WILL SOON BE ABLE TO "GLOBE-TROT" TO OTHER AND GAYER PORTIONS OF THE WORLD.

Hotel Alte Wiese, Carlsbad, Aug. 16. -Contrary to the teaching of a famous beauty who advocates "mind" for every beauty ill from a corn on the little toe to jaundice, I believe that the condition of the body has a greater effect upon the mind than mind has

upon the body. We cannot separate the mind from body, and of the action of mind apart from the body we have no direct experience and absolutely no knowledge. Consequently all mental facts are first

I have had a good illustration of this in my recent illness. Pain—physical pain-is a purely animal sensation, and yet it can blot out every thought of anything but the terror of it, and the agonizing effort to allay it in some way. You cannot think when you are in pain. You can only feel. I know now that one might be over-

come with deepest grief while following the person one loves most to his eternal rest, and if one should crush one's fingers in the motor door in the descent from the vehicle at the grove every thought of grief would be swallowed up in the sensation of physical

Some people say that pain sweetens one's character, but I have the same opinion of the idea that I have of the old cry that poverty is a great character builder.

These "axioms" roll glibly off one's tongue if one has never suffered grinding, galling poverty nor agonizing

I know that pain leaves its imprint on the face. There is a little muscle that goes from the side of the mouth to the chin that physical pain draws down until one looks ten years older. This will go away in time if one tries immediately to laugh and be happy after the pain has gone.

Sir Charles Bell says of laughter: "It signifies in all points the accession of vital force. Laughter builds up." This, too, you see is a physical act, and the mere act of smiling and laughwill help one on to pleasant thoughts.

From what I have written you can see that I do not believe with Whittier that "Hearts, like apples, are dry and sour till crushed by pain's re-



"Laugh and Be Happy After the Pain Is Gone."

# AS TOLD BY AUNT GERTIE.

neighbor.

O CONTRACTO O CONT

[Correspondents are requested to make their inquiries as brief

as possible, and to write on one side of the paper only. It is impos-

sible to give replies within a stated time, as all letters have to be

Dear Miss Grey—I have read your that might are in, but there, Old Age,

Bulgarian blouses, and many are worn ments, but very seldom do I enjoy my-

on the streets, particularly at summer self. At present I do not claim a sweet-

resorts that are anything but pleasing heart and, in fact, I do not know of any to the eye. Mere man is at a loss to girl that I could ever love. When I am

know just exactly what it is. Why not wear a simple wash dress, or reguladetest conceit. I think the great ma-

tion skirt and waist? Bulgarian jority of people practice hypocrisy. blouses are more adapted to young Why is all this? I am afraid to get

answered in turn. No letters can be answered privately.]

SOLVED BY CYNTHIA GREY

PROBLEMS OF THE FAIR SEX

"Now, don't let anything so simple

"Who would have thought such

rollicking good times. Ball games are

Would suggest fishless sand

riches, if you are intending to fish.

Cucumber, ham and lettuce are de-

licious in sandwiches, tomatoes, pickles

When Introduced.

Dear Miss Grey-When you are in

Thinks Others Hypocrites.

Dear Miss Grey-I am in a deplorable

state. I usually attend social gather-

ings and take part in social entertain-

very intimate with any person lest they

should prove bad characters, and thus

wrong with the man himself who can

see in others only hypocrisy and de-

destroy my character. Am I too seri-

ous? How can I change?

or olives, cake and fruit in season.

your twenty-three years.

the introduction?

he could hardly speak aloud.

they were some sort of strange peo-Chapter III.

"City of Chicago. The residents are ple! fighting with each other! They must as that mislead you again, will you? have gone on strike! I wish we could do something to make peace. They will certainly kill each other if we don't act quickly!"

"Ho, Ho, Ho, Ha, Ha," laughed the old man long and loudly. You are certainly easily fooled. You are entirely wrong. Why, you are so wrong I don't see how you can ever

get right again. Now listen to me and I will explain this very simple matter to you. That instrument is a microscope. 'When you look through it things

are magnified (enlarged), oh, ever so many times! "Well, now, I put just one little drop of water under the microscope. Then I adjusted the lens to my eyes as you

do opera glasses, you know. 'Yes, I understand that," said the neighbor. "But what has that to do thiengs possible?" with the people I saw fighting?" "Why, don't you understand yet?" answered C. C .

'A drop of water has hundreds of microbes in it. What you saw through and I thought it was a WHOLE the microscepe were these microbes CITY! enlarged so greatly that you thought

A Bulgarian Blouse

helpful column so long, and place so

1, I am 23 years old, and have been

invited to a picnic. Do you think a

Bulgarian blouse, white, trimmed with

What would make a nice picnic

3. How should a woman of my years

anxious for a home, act toward men

who pay me attention? Should I be

4. Can you mention a few quiet

Trusting I have not overtaxed you

A .- 1. Personally I do not admire

2. Peanut straw seems to find favor

3. As there is no regular or set con-

versation, I do not think it is neces-

of washable cloth hats that are

for picnic headgear. There is also a

OLD AGE CHESS.

with questions and assuring you of my

heartfelt gratitude for your answers,

green, would be suitable for me to

wear, or is it too young?

cool or act sisterly to them?

fishing-party?

quite popular.

am sincerely yours,

much reliance in your answers, that

now I am coming to you for advice.

fails because there is something wrong with his own character. You had better try to cultivate a little faith in your

Apple Sauce Cake. Dear Miss Grey: I would be gratified

if you would publish a recipe for apple sauce cake. BESSIE C. R. A.-One cup sugar, one and threequarter cups flour, one teaspoon salt one and a half teaspoons cinnamon one-half teaspoon cloves, one-half teaspoon nutmeg, one cup chopped raisins. Dissolve one teaspoon soda in warm water. To one cup sour apple sauce add the above ingredients, and then add one cup melted shortening.

For Vivian.

Vivian.-By green vegetables are meant spinach, tomatoes, green peas, beans, corn, squash, egg plant, rhubarb, cucumbers, watercress, lettuce, cauliflower, cabbage, asparagus and celery. The greatest care should be taken to secure these vegetables perfectly ripe and fresh.

What Should She Say? Dear Miss Grey: This is the first time I have written to you, and I wondered if you could help me with a few questions.

the 1. If a young gentleman asks to go home with you, if you wish his com-He was so surprised and mortifled pany, what should you say, and if you do not, what should you say? "Only a DROP of DITCH WATER, 2. Are the blue fox and blue wolf furs going to be worn the coming winter? Are the muffs going to be large?

1. Naturally, if the young man's company is acceptable, you would say "Yes," otherwise "No." 2. The blue fox and blue wolf will be

worn next winter. The size in muffs has not decreased and fashion points to the large muff again this year.

Wants To Be Thinner. Dear Miss Grey: Will you kindly ansewer the following questions for me? What diet should one take to get

2. I am 16 and weigh 130 pounds. Can you recommend anything to reduce my weight? 3. What would be nice to give a boy

friend for a birthday present? Hoping you will reply as soon as possible and thanking you in advance, am, yours sincerely, RUTH. 1. Would not advise patent medi-

ines. Nine times out of ten they are

injurious. 2. Perhaps you are tall for your age, therefore your weight should be in accordance. Avoid starchy foods and do troduced at the home of a friend to

someone with whom you are on unall the walking possible. friendly terms, what is the proper mode 3. If he is fond of reading why not f procedure? Should you acknowledge give him something in the latest fic-A .- Simply bow and say "How do you

places, suitable for picnics, where there do," just as though you had never met Her First Letter. s good fishing and a nice lunch for a before, and you need have no further Dear Miss Grey: This is the first time I have written to you, but as you communication with the undesirable

can help me.

1. I am 18 years old, 5 feet 4 inches how long should I wear my dresses? 2. What are the leading colors this What are the best toilet soaps to

which will not harm the skin in any way? 4. What do you think of my writing? Hoping to see this in print soon, SCOTCH.

1. According to your height should weigh about 125 pounds. Your skirts should be ankle-length. 2. Navy and brown, also gray in dark and light tones will be popu-

A .- There is something radically lar. 3. I would not recommend any particular brand of toilet soap. Would adsary to be either the extreme of cool, ceit. It certainly is a deplorable state vise you to try different samples till or sisterly. Try to be sociable and lady- for a fellow to allow himself to get into. you procure one that possesses like, and you are certain to be liked. There are any number of excellent peo- soothing quality for your skin.

4. As picnics are informal affairs, ple to be met with in everyday life, And there are all sorts of possibilities for the man who fails to find these people writing. Your letter is neat, 4. You show freedom of movement in

#### TO A DESCRIPTION OF THE PROPERTY OF THE PROPER THE TRUTH ABOUT THAT GROUCH YOU CARRY

WHY IT IS POISON TO YOUR BODY AND HOW IT WILL KILL YOU IF YOU KEEP THE GROUCH ACTIVELY AT WORK.

BY ALBERT FORD FERGUSON. How many times do you poison yourself with a grouch?

Don't laugh and try to pass it off as a joke. We are not using "poison' a figure of speech. We're using it to mean just what the dictionary says: Any substance which introduced into the living organism directly tends to destroy the life or impair the health of that organism.'

And the grouch is a far more popular form of poison for suicide than bichloride of mercury or arsenic or laudanum. Most of the people who take it don't know they are committing suicide. They think they are exercising the God-given right of Canadian citizens to conduct themselves as they please. BUT GROUCHES KILL JUST AS SURELY THOUGH NOT QUITE SO QUICKLY AS ANY OF THOSE VIOLENT POISONS THAT HAVE BEEN

Did you ever hear of the pneumogastric nerve?

You probably have, but haven't bothered yourself to distinguish it from a new brand of soap or a breach of the mental healing industry. It isn't either and it has some of the properties usually assigned to both. It has a cleansing power, in a sense, and it is one of the more or less slender threads with which al! the mental healers hitch their extravagant claims to imperishable fact. In a word, it is the means of furnishing nervous energy to the lungs, the heart and the stomach.

The pneumogastric nerve furnishes the stomach with whatever sense of action it possesses. It isn't necessary for anyone to tell you that when you are eating-when you are filling the stomach with food-the stomach should have every opportunity in the world to do its work properly. There should be nothing that would interrupt its functions or reduce its power to digest food. Now when you try to entertain food and a grouch in the same system you do about the same thing that railroad dispatchers, in moments of forgetfulness try to do when they start two trains going in opposite directions on the same track. There is going to be a collision. You can't carry two loads along the main line of the nervous system any more than you can on a railroad track Something has got to give way.

To properly digest food it is necessary that each factor of digestion should work to its maximum efficiency. In other words, every section of the factory into which you turn your raw materials for strength and energy, must contribute its proper and exact power. Nature isn't extravagant in providing materials with which to work. She gives just ENOUGH AND NO MORE. Now, our next incarnation we may be al- chard and birds and quiet waters, but, when that pneumogastric nerve of yours is engaged in distributing your grouch lowed to be king-birds, or even pirate for me the mountains in all their over its department of the nervous system it cannot give the attention its job

at the stomach demands. You probably know that in chemistry there are lots of perfectly harmless clutions or combinations that include a lot of poisons. It is the combination f several of them that makes them non-pisonous. It is more or less the same way with the organic functions of the human body, especially the functions of the stomach and digestive organs. They are secreting or expelling chemicals all the time. If a lot of these chemicals got loose in the system by themselves they would play hob. They are supposed to circulate together or with something else in just the right proportion—that is, they do when all of the

organic functions are working. But-When you have been making a monkey out of your pneumogastric nerve with a grouch, those bodily functions can't all work together and some of those poisons do get loose in the system and they do play hob. They don't kill you at once. Far from it. They provide you with a nice, long, lingering, painful death.

You start in with what you call nervous dyspepsla, and then you develop neuro-gastritis and then probably gastric fever and not infrequently apoplexy You'll find a lot of high sounding, high-priced, aristocratic names for them in the dictionary. But the right name is-

Cut out the grouch and you'll put 5 to 20 years' usefulness onto the end of your life. BECAUSE CUTTING OUT THE GROUCH MEANS CUTTING OUT THE DOSE OF POISON YOU TAKE EVERY TIME YOU HAVE ONE.

### The Ever-Useful Banana

Comes in Handy for Desserts When Other Fruits Fail.

once in a while, the housewife may fall back on bananas. A tempting banana dessert for a warm day is the following stir the mixture over the fire for a few moments. Let it cool and when it is

Dissolve two heaping tablespoonfuls of gelatine in cold water and add it to a pint of grape juice. Set the dish containing this mixture in Ice water and stir until it begins to thicken, Add a pint of

emove it from the ice water. Cover the bottom of a mould with thin slies of banana and pour in a thin layer of gelatine mixture. Chill it quickly by plunging the mold in ice water or standing it on the ice. Then add another layer of the banana and another of the gelatine Chill again. Repeat this process until the mould is full. Chill it on the ce for several hours. Turn from the and serve with whipped cream

and sliced bananas. Another good warm weather banana essert is a salad made in this way: Peel four ripe, firm bananas and cut hem in thin slices. Chop walnuts to fill cup, season with salt, pepper and the alce of half a lemon and mix with the panana slices. Serve on a bed of water-

pulp. Add four ounces of sugar, the juice dissolved in threee cupfuls of water, and nearly set add the whites of two eggs beaten stiff. Pour in a mould. Serve with whipped or unwhipped cream.

A simple banana dish easily prepared is compote made of banana peeled and sliced lengthwise into six strips, each cut in two and covered with boiling water t stiffly beaten cream when the grape juice and gelatine are as thick as custard and Drain them, arrange them in a dish and cover them with syrup made of a cup-ful of orange juice and pulp, a cupful of father was telling about a row which sugar and the juice of half a lemon boiled or six minutes. Garnish the dish with hopped almonds.

A Vegetable Substitute. Bananas make a good substitute for regetables. They should, howeveer, be served in place of potatoes or some other starchy vegetable, and should be ac-companied by or followed by a green vegetable or salad. One way to cook them when they are

to take the place of vegetables is to bake them. In some of the banana-growing ountries they are baked in the ashes in their own skins until they burst open. A better way in our climate is to re ress with French dressing move one section of the peel, free the Still another banana dish is this pulp from the rest of the skin and return it whole, cover it with the section peeled

vided attention to the fast diminishing

you made her tired the way you shook

contempt, in which interval record time

"Guess Della must be fussin' up con-

siderable tonight," though Uriah, as

he pulled the sofa cushions into a com-

fortable support for his back, and

she would hurry, so that I could get it

Footsteps sounded in the hall; surely

none but Della walked so lightly. Uriah

sat up, but the words he was about to

form died on his lips, for in walked

easually remarked between bites. "It is

Uriah rose to his feet. "Isn't Della

Mr. Perkins tonight.

Johnny Davis, a slice in each hand.

"Awful glad you came, Uriah,"

over with. This suspense is awful!"

# Entertaining Sister's Beau

Johnny Does Not Make an Ideal Cupid, But He Did the Best He Could.

By "Olive."

When Urlah Simpson had courted Della Davis for three years, he began to think it was just about time a proposal was due, but how to go about it, and just what to say, Uriah was in a quandary to know. First of all, he was so bashful, that even a word of endearment had scarcely passed his lips, and to all appearances never would.

Uriah decided that he could pour forth the love in his heart better and with more effect if sent through the mail, but after many attempts to dewas made in the finishing of the last clare his deep affection, he decided that bite, and a hurried exit for another he would nerve up, and in the usual slice. manner of lovelorn swains, beg of her on his bended knees to become Mrs.

Goes a Courting.

moistened his parched lips. "I do wish Accordingly, next evening, dressed in his best, he walked gingerly up the path leading to Della's home. He knocked timidly; in fact, he was timhelped so many others, I know you orous about everything. Johnny Davis, radiant with a huge slice of bread and molasses, a generous supply of which tall. How much should I weigh, and was smeared on his face, in eager accents and a display of considerable hospitality, led the way to the parlor. Uriah, meanwhile, was vainly endeavoring to remember a speech to address to the girl of his dreams.

Johnny, still munching at the bread, "I forgot to tell you: sister went drivand incidentally bestowing a liberal quantity of crumbs on the parlor rug, seated himself comfortably on the sofa beside Uriah, and proceeded to entertain sister's beau with bits of family

Tales Out of School. "Guess you won't be coming here very much more," the small boy remarked, taking a huge bite of crust and wiping

his mouth with his sleeve. Uriah straightened his collar with a nervous "Why not?" he managed to ask, "Oh, because," was all the small boy

volunteered, and again gave his undi- farm.

Sh'thought she was awful smart, nasty old thing, wouldn't let me go with them. I don't care much, though, 'cause Mr. Perkins he gave me ten Uriah had a strong impulse to handle one small boy roughly, but thought

kinder lonesome here alone.

in?" he questioned.

better of it, and, picking up his hat, hurried out. No, he hasn't popped the question vet, but Mr. Perkins has made splendid progress in that line. As for Mr.

Uriah Perkins, he has decided to leave

sentimentality alone, and stick to the

KATHERINE HOLIDAYS AND THE SEASON. Those who in that fashion to a lover of the counare off to the try whom fate keeps in town at the country, who very noon of summer? But every dog are resting by has his day! My time, my special and the woods and heavenly time for holidaying is by

the water, do choice in October, that divinest of all not forget the the months. October with its first hint poor dweller in cities-the one who re- of coolness-its tang of frost that remains at home till a more convenient creates one-when all the mountains season. But they remember us in a take in the glory of autumn, when the fashion to make us envious. This to white birches wrap themselves in a fashion to make us envious. This is yellow mantle, yellow like sunlight, what Jane writes from the North while and the pines are odorous and aromatic I mop my face to keep my glasses from in the noontide blaze; when the field "I wish you spiders spread their flat tents liding down my nose: nature's chorus coming shimmering gossamer in the fields and through the window as I write, the re-iterated note of a song-thrush—with a break in his song as though he had lars are pure gold against the blue of forgotten a part—a pathetic little tune; the mountains; and the mountains the warble of a singer whose name I themselves wrapped in a translucent cannot pronounce because I don't know blue haze such as pen may not de-it—and from the wood—half a mile scribe nor can brush paint so inde-away, the call of the pirate crows, scribably lovely it is. Autumn in the doubtless bent on dark councils! Near mountains — the whole season from at hand a kingbird sits on the very the middle of September till well into top of the highest twig of an apple November—that is the ideal time for tree, alert and watchful, once in a while rest and refreshment and for forgetfulspringing to catch a passing fly then ness of the city and all its dust and din quickly back to his post. Perhaps in and "implous uproar." To Jane her orcrows!" Is it not cruel of Jane to write glorious autumnal splendor!

off, and bake in the oven until the skim is charred and the pulp is soft all the

way through.

The pulp should then be carefully removed from the skin to a hot dish and served with butter and salt and pepper, with an unsweetened sauce—for instance drawn butter with a little lemon juice added just before it is poured over the

#### The Poets' Corner

THE MARINER'S SONG.

A wet sheet and a flowing sea, A wind that follows fast, And fills the white and rustling sail, And bends the gallant mast; And bends the gallant mast, my boys, While, like the eagle free. way the good ship flies, and leaves Old England on the lee.

O for a soft and gentle wind, I heard a fair one cry; But give to me the snoring breeze, And white waves heaving high; And white waves heaving high, my lads,

The good ship tight and free-The world of waters is our home, And merry men are we.

There's a tempest in you horned moon, And lightning in yon cloud; But, hark, the music, mariners! The wind is piping loud.

The wind is piping loud, my boys, The lightning flashes free— While the hollow oak our palace is, Our heritage the sea.

—A. Cunningham.

HARD ON FATHER.

Supper was in progress, and the took place in front of his store that morning. "The first thing I saw was one man deal the other a sounding blow, and then a crowd gathered. The man who was struck ran and grabbed a large shovel he had been using on the street, and rushed back, his eyes blazing fiercely. I thought he'd surely knock the other man's brains out and I stepped right in between them."

The young son of the family had become so hugely interested in the narrative as it proceeded that he stopped eating his pudding. So proud was he of his father's valor his eyes fairly shone, and he cried:

"He couldn't knock any brains out of you, could he, father?" Father looked at him long and earnestly, but the lad's countenance was frank and open. Father gasped slightly and resumed

his supper.-Lippincott's.

TO CATCH FLIES.

People using fly paper will find more effective if, instead of laying slice: "She said last night to Pa that flat, they place it over a piece of cardboard folded to stand like an "A" tent hands with her every time you came, The cardboard holders, which come in and taking up all her time." Johnny the boxes of fly paper, will serve the again paused long enough to apply his purpose of support. Turn up about one-half inch of the lower edge of the Uriah meditated in silence. Surely cardboard to catch any of the sticky Della would soon appear on the scene matter which may drip off the paper I do not know why this should catch and put an end to this childish prattle, more flies than the other way, but so he decided to treat John with cold certainly does.

## Daily Menu

BREAKFAST. Cooked Cereal. Poached Eggs on Toast. Muffins. Marmalade, DINNER.

Veal Pie With Potatoes. Creamed Cauliflower, Sliced Cucumbers, Peach Snow.

SUPPER. Peaches and Cream. Cheese. Rock Cake. Tea.

MONDAY.

BREAKFAST. Cooked Cereal. Cream. Wheat Cakes. Coffee.

DINNER. Hamburg Steak. es. Euttered Beels. Apple Pie. SUPPER. Sliced Tomatoes. Mayonnaise Dressing.

Boston Brown Bread.

# Household Hints

All summer dresses should either be roned till dry, or throughly aired after roning, if you would avoid creases. An excellant, simple dessert is gelaine, prepared af if for coffee jelly, but with cherry juice instead of the coffee. A cooling lotion for sunburn and freekles is made with six ounces rosewater and two drachms of tincture of

Tomato shells filled with minced apnaise make good hot weather substig tutes for salad.

Net collars and colored embroidery, should be washed in soapy water and rinsed first in warm water, then in cold. The latter should have a little salt and vinegar added to set the color.

Russian salad in aspic can be made of almost any kind of left-over vegetables, chopped and arranged in layers in the aspic. Of course, it should be chilled and served with mayonnaise. Pure chloroform will remove paint; rrease and other stains from colored garments. Put clean blotting paper under the spot and pour the chloroform

—a few drops—on it, in the open air.

A good summer dessert is made by lining a pudding dish with sponge cake and filling the dish with stewed fruit. Put more sponge on the top, press till cold and coat the whole with boiled cus.

To make gum arabic water, so often used in starching, take two ounces of white gum arabic crystals and dissolve in half-pint of water. Strain through muslin, then bottle and cork.

HINTS FOR REMOVING STAINS Grass stains-Soak in alcohol. Egg stains-Soak in cold water. Gum stains—Sponge with gasoline. Fly paper stains-Sponge with ben

Machine grease stains-Wash with old water, ammonia and soap. Indigo or bluing stains—Wash oiling water, or boil for a few mod nents.

Ice cream soda stains-Sponge with gasoline or chloroform with a piece of clean white blotting paper under the pot; when dry, sponge with tepid vater and rub dry (gently) with flannel.—Brooklyn Eagle.

If you have a mind to adorn your ity by consecrated monuments, onsecrate in yourself the most beautiul monument of gentleness and judg tice and benevolence.- Epictetus.



STORES OF STORES OF STORES



"We put our Maurice on Neave's Food when he was one week old, and he never tasted anything else until his first birthday. Hundreds of people have stopped me on

the streets and in the stores to ask how old he was and what he was fed on. He has never had a day's illness and is one of the bonniest boys I have ever seen". Mrs. J. W. PATEMAN, 34 Harriet St., Toronto.

Neave's Food is sold in 1 lb. airtight tins by all druggists in Canada. FREE TO MOTHERS-Write today for free tin of Neave's Food and copy of our book "Hints About Baby", to the Canadian Agent — EDWIN UTLEY, 14 Front Street East, - TORONTO. (Mention this paper.) 39A Mfrs. J. R. NEAVE & CO., England A REPORT OF THE PARTY OF THE PA

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