PAGE OF INTEREST TO WOMEN

HOME ECONOMICS

MRS. ELIZABETH KENT, MacDONALD COLLEGE.

COALPORT CHINA.

Every woman who possesses even one piece of pottery with the willow pattern will be interested in the history of its manufacture.

The history of Coalport takes us back to Shropshire upon the banks

of the Severn, where the pottery was established about 1754 and where it still exists. The white clay of these banks which is used in this pottery was used by the Romans to make their pottery. The earliest works were built at Caughley and the patterns were blue flowers upon a white ground, samples of which possess great excellence. The celebrated willow pattern was produced in 1870, and was very soon copied by other manufactories. It was taken from a Chinese model and is still one of their stock patterns. The Blue Dragon was also a favorite pattern.

The secret of the manufacture was in the possession of Thomas Turner and his sister, and it seems a fine thing that the early manufacture of this beautiful ware was partly in the hands of a woman. When Turner withdrew, John Rose, who had learned the art of pottery from him and who had himself formed a manufacturing company established his works at Coalport. In 1820 Rose received the gold medal of the Society of Arts for his "Feldspar" porcelain and from this date Coalport ranks with other great chinas.

The earliest mark was a half moon but not all specimens were marked. The half moon later became a "C" which stood for Caughley. Other markings were the words "Salopian Coalport" in a scroll, or simply the name Turner. About the year 1800 the word "Coalport" appears and much later to meet the requirements of the American Tariff Act, the word "England" was added.

Among its beautiful patterns are to be found the "Chantilly Sprig," the "Worm Sprig" and the "Broseley Dragon." The reproductions of the Mazarine Blue are equal to the Derby in tone, and the copies of the Turquoise Blue and the Rose-du-Barri ground colors of the old Sevres China are excellent.

SOCIAL AND PERSONAL

Mrs. E. L. Saunders and little daughter Pauline, of St. Thomas, are visiting Mrs. Joseph Fox, King street.

Lloyd Rice, who is a student at the R. C. D. S., Toronto, came up for last week-end and was a guest of his father, John Rice, Adelaide street.

Messrs. Davis and Walker, who are members of the Victoria College Glee Club, were most enjoyable guests, while in the city, of Mr. and Mrs. John Rice.

The engagement is announced of Winnifred E., eldest daughter of Mr. and Mrs. P. K. Griffith of this city to Mr. E. J. Walton of Detroit. Wedding announcement later.

Mr. and Mrs. Walton of Charles street, announce the engagement of their eldest daughter, Florence, to Mr. Harry Conley of Detroit; the wedding to take place early in April.

A quiet wedding was solemnized at St. Mary's Church on Monday, February 16, when Elizabeth Foss became the bride of Joseph Leo Kavanagh. They were attended by Miss Kathleen McAvoy and Mr. Bryan Mee. The ceremony was performed by the Rev. Father Dignan.

The happy couple left on the 8:50 train for an extended visit east.

Cynthia Grey's Mail-Box

Let not the business of the day crowd out kindness; there is time for tact.

A good cure for chilblains is bathe the feet in hot water with salt and a little soda. Do you know of anything that will make finger nails grow up strong and quickly? Will watch for the answer in your column. K. A. S.

1. To claim God as the reality of realities.
2. To practice persistently companionship with Christ
3. To pray daily in simplicity and earnestness.
4. To frequently read the Holy Scriptures through devout spectacles.
5. To never lose an opportunity for thinking kindly of and acting magnanimously towards the other fellow.
6. To keep up the struggle for noble thinking.
7. To watch unceasingly for the best in others.
8. To cultivate the sense of humor.
9. To eliminate from our nature all mean streaks.
10. To make the House of God our spiritual conservatory.
11. To mingle with and love children.
12. To make our dollars mighty in doing good.
13. To ever keep young in spirit.

—Contributed by HAPPY.

Could you tell me what will take stains out of a polished table?

I am sending you 10 cents for the children's hospital, which I think is a splendid idea. — HONEYSUCKLE.

Cosy Corner Chats.

Excellent flavoring for custards and sweet puddings can be made at home with very little trouble and expense. Before cutting a lemon or an orange wash and wipe it dry. Then grate off the yellow skin, being careful not to get any of the white part, as that spoils the flavor. Put the grated peel into a wide-mouthed bottle, cover thickly with granulated sugar. Keep the bottle tightly corked. The sugar becomes saturated with the volatile oil of the peel, and when used in the place of extract will be found to give a most delicious flavor.

It may be new to some readers that a mustard plaster made with the white of an egg, instead of water, will never blister, or mixed with flour and soda, about 3 teaspoons mustard and 3 teaspoons flour, pinch of soda, and mixed to a paste thin enough to spread.

The white of egg beaten up with loaf sugar, with a little lemon juice or glycerine added will quickly relieve hoarseness.

The white skin that lines an egg shell is a useful application to a boil or felon.

Ink stains on white material may be effectually removed by washing first in a strong brine and then wetting the spot in lemon juice. This is harmless and sure. SYBIL WOOD

Inclosed please find ten cents for the Children's Hospital Fund. I am sure if your readers could only see how the suffering children are made well again through the help of doctors and nurses they would surely feel they must help all they can, if only a "Widow's Mite." I have been through the children's hospital in England, and have seen the good which is done, and little hearts made glad. ENGLISH-CANADIAN.

I have enjoyed reading your page for some time. Inclosed find stamped envelope for the wonderful stocking-foot pattern, also a dime for the Children's Hospital. Can you tell me what day December 23, 1904, fell on? KAY.

Ans.—Friday.

Have just finished reading the second part of the new story. I think it will be very interesting when we get farther into it. I wonder if any one has "Daddy Long Legs," by Jean Webster.

So Ura Kidd's got an unknown Pal has she? I hope they don't break the springs of that touring car. I see where you have the address of a lady that tells your character by your hand writing. Would you mind sending the address in the inclosed envelope? NONA.

Ans.—Read "Dear Enemy" now, Nona, by the same author as "Daddy Long Legs," and leave Mary J. Holmes and Bertha M. Clay on an obscure shelf. There are so many splendid Canadian books by Canadian writers to occupy your leisure moments. Have you read Marian Keith's books (London is very proud of Marian Keith), also Nellie McClung's, Ralph Connor's, L. M. Montgomery and a host of others?

Believes Friends Make Happiness.

Accept my thanks for patterns. Naomi, I extend to you my right hand, it is not the one nearest my heart, yet it is the one I use when shaking hands, and the suggestion you made lies very near to my heart. Sincerely trust that many of our readers will try it—not "tomorrow," but "today." As I have said before, it is our friends that make our lives happy or otherwise. I thought your definition of forgiveness, Miss Grey, was grand, and trust that our readers will learn to forgive, so that others may be made happy, and we may enjoy the fragrance of that beautiful flower, forgiveness. After all it is not hard to forgive, but oh, the sorrow when we realize that some dear friend has by an unkind word or thoughtless deed robbed us of our confidence. We cannot be too careful. Have been wondering what kind of a person Irish, Too, considers a "highly educated" person? She refers to "a farmer, a laborer or a highly educated person." I know of farmers with a college education, farmers' wives with university education. Some people labor with the hands, some with the brain. Whether physical or mental, is it not all labor? Will someone please inform us what an educated person really is? MARGARET LINDLEY.

Ans.—Your little sentence, "We cannot be too careful," brought to my mind what Jean Blewett says: "The friend I trusted failed me. This was bad, but not so bad as though I had failed my friend." I'd rather trust people too much than too little, wouldn't you?

Disappointing Friends.

After reading the last letter from Ura Kidd's Pal, I really couldn't be very angry any more. At first I thought I'd forgive her right, then and there, but when she said she'd take me for a little jazz in her car, thought I'd just take her up on that! Guess I can ride as fast as that Franklin car can run.

Seriously, I'd like someone to answer a question. How is it that boys who pretended to be our best friend before they went overseas can look about six inches above our head since they have returned?

They went away, telling us "Good-bye" and asking us to pray for them, and won't even say, "Hello," when they come back. Or, some pretend to be tickled to death to see you, and stop to talk every time they see you, and then at a dance, where there's plenty of other girls—better than you (?)—they don't even see you! They tell you they think it's perfectly all right for you to work in the fields, and they think a lot more of you for it; then at a dance or party they can't notice anyone but a few empty-headed dolls, who never did one thing to help win the war, excepting make eyes at every uniform that came along. Oh, I know what I'm talking about (by experience)! And I've heard different girls say the same thing. Now, I'd like to know the reason, if anyone can tell me?

Hazel-Nut, I really think we should be friends. My nose turns up, too, and I just love to wade snowdrifts. Send your address or a letter through Miss Grey.

I'd often like to help in some way, but never seem to have the chance, so am sending a bit for the fund. YANKEE FARMERETTE.

Ans.—Many thanks for your donation. I'm sorry you've been disappointed in some of your returned friends—but it is one of life's revelations—some so-called friends do change, but they were not worth our while, perhaps, after all. Anyway, why worry about those who do not seek to remain friends when the world is full of lovely people we don't yet know? Don't show your hurt—go on serene in the belief "that what is yours shall know your face," and as the Cheerful Cherub says:

"You never know what's waiting
Just around the bend;
You'll maybe find a dollar
Or a brand new friend!"

A Small Stranger.

Have you room for another small stranger in your corner? If so, may I come in? Someone was asking how to set the color in print aprons before washing. My mother always soaks prints or any wash goods in salt and water for a couple of hours before washing. Inclosed find a stamped addressed envelope and 10 cents for pattern. I am 11 years old, my birthday is on Halloween, so will sign myself, HALLOWEEN.

Ans.—I am quite sure, Halloween, that you are one of our future helpers of the Mail-Box, and we are very glad to have you join the circle.

Requests.

Wonder if Elderly Lady will write and tell us how she packs her butter. Twenty-five cents for the hospital fund, which I think is a splendid idea. What day did May 26, 1891, fall on. WOODCHUCK.

Ans.—On Tuesday.

Here I am again to bother you a little. How I would love to drop in and help you sometimes.

Wonder if any Boxites have had any trouble knitting pullover sweaters. I have just finished one, but didn't have any directions. Here is a good hint: After getting correct number of stitches lay your work on a dress pattern which is plenty large enough for you and make the same size. Be very careful not to stretch the stitches any. Mine looks very good, and fits smoothly, but not tight, as they soon lose their shape.

Wonder if anyone has ever read any of E. P. Roe's books, "Barriers Burned Away" is splendid.

Would you please send me a dialogue which is quite comical? UNEEDA GUESS.

Official Reduction On All Suits

Made of the best materials obtainable in all the season's shades. Regularly from $35 to $65. Sale price $27.50 to $55.

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Nature's simple saline remedy which causes the body organs to act properly and regularly

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ONE of the best things any mother can do, is to give her children Cocoa every day.

Children as well as their elders need something hot to drink, and Cocoa is the only thing adapted to their youth which at the same time they enjoy. It is not a stimulant, as are other beverages, but is nourishing and invigorating. It strengthens their power of resistance against cold and illness.

Cocoa is recognized by doctors and dietitians as one of the standard foods, and is particularly recommended for growing children. Taken in the form of a beverage at breakfast or lunch, or after school in the afternoon, it is easily digested and the children love it.

Give your children Cowan's Cocoa every day, and it will help them to develop sturdy constitutions which will be the foundation for good health all through life.

Follow the directions on the tin in preparing Cocoa.

FREE—*A Booklet of Cocoa Recipes sent upon request.*

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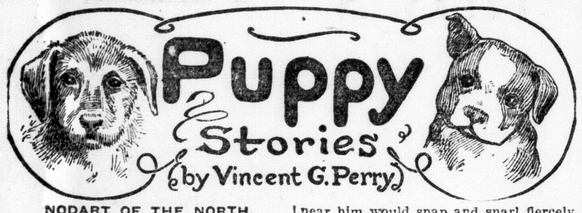

NODART OF THE NORTH.

(Part II.)

"Goodness me!" exclaimed Bingo's mistress when she discovered the strange dog that had come home with Bingo in his hamper. "What are we going to do with this funny, woolly little dog?"

"It must be Nodart," said Bingo's master. "He and Bingo were great chums up north, and so the little beggar has climbed into the hamper when no one was looking and travelled all this way. He is a lovely little fellow."

Nodart didn't know whether to be glad or sorry. Already he was beginning to miss his mother and the other dogs of the north. "I wish I hadn't come," he whispered to Bingo.

"Don't be silly," the bullterrier snapped angrily, for to tell the truth Bingo did not like to hear his master and mistress say nice things about the dog from the north. He was naturally a jealous dog.

"I believe I like his looks better than Bingo's," said the bullterrier's mistress, for she had guessed that Bingo was jealous, and delighted in teasing the old dog.

But if she had known how nasty Bingo could be, she would not have said that, for from that very minute the old dog led the pup from the north an awful life. He would not play with Nodart, and whenever the puppy came near him would snap and snarl fiercely.

Poor little Nodart! How he wished he had not left his home. How he longed for the nice crisp cold weather of the North. It was damp and dreary in the south country outside, and inside the steampipes made it much too warm for Nodart's comfort—for he had been born with a heavy north country coat.

And then there were so many things Nodart did that displeased his new guardian. Of course, because his coat was long, he brought in a great deal of mud and rain on it. And then, too, his feet were big and padlike, and he tramped in mud and dirt on his mistress' carpets and clean floors. Bingo was a short-coated dog, and his feet were small, so he made little mess. What scoldings poor Nodart got from Bingo's mistress and how uncomfortable she made him feel.

"If I was you I would start back for the north country," Bingo said one day. It was the first civil thing the bullterrier had said for many a day.

At last, Nodart could stand it no longer. He waited his chance and ran away toward the North. Poor Nodart! Many hundreds of miles lay between him and his beloved homeland.

(Nodart meets with some real adventure in tomorrow's story.)

(To Be Continued.)

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READER BLAMES VOTE OF PEOPLE FOR WET ONTARIO

Dear Friends,—In answer to Elspeth Wilson's letter in The Advertiser of February 11, as I am a temperance man myself, I must say I am sorry the way the vote went. Question one said: "Are you in favor of the repeal of the Ontario temperance act?" and the most of the people voted "No," which was quite reasonable; questions two and three were: "Do you want stronger beer?" and, of course, we voted "No"; question four was: "Do you want malted liquors sold through Government agents?" and most of the people voted "No." These questions might not be worded exactly correct, as I just wrote them from memory. We got just what the majority voted for, as there was no dry on the ballot. If the people had voted "Yes" on question four, the Government could have issued individual licenses with coupons attached and allowed a quart bottle for each coupon, if they thought four bottles a year was enough for medical purposes. They would allow four coupons to a license, to be gotten quarterly, and no one could be a very big drunkard on four quarts a year, and rich and poor could get the same, while under the Ontario temperance act which the people voted for, a person can buy a barrel of whiskey, if he can pay for it, and take it home, and the authorities cannot do anything, as the Ontario people voted their authority away from them, and the Government is in the same boat, and are not to blame. We reasonably expect the Government to give the people what they vote for or why have a vote at all. These are my personal opinions to the way I understood the ballot from careful investigation.

W. A. CRUICKSHANK,
Thamesville.

CATARRHAL DEAFNESS MAY BE OVERCOME

If you have Catarrhal Deafness or head and ear noises or are growing hard of hearing go to your druggist and get 1 ounce of Parmint (double strength), and add to it ¼ pint of hot water and a little granulated sugar. Take 1 tablespoonful four times a day.

This will often bring quick relief from the distressing head noises. Clogged nostrils should open, breathing become easy and the mucus stop dropping into the throat. It is easy to prepare, costs little and is pleasant to take. Anyone who has Catarrhal Deafness or head noises should give this prescription a trial.

THE BETTER WAY TO TAKE CARE OF FLOORS

AN O-Cedar Polish Mop will free you from the hardest of all house-work—the dusting, cleaning and polishing of floors. With this Mop you dust, clean and polish, all at one operation. The O-Cedar Polish Mop collects all the dust—and at the same time gives the floor a high, dry, lasting polish.

The O-Cedar Polish Mop makes it easy to clean those "hard-to-get-at" places. No more moving heavy furniture—no more climbing to dust the tops of doors—the O-Cedar Polish Mop relieves you of all this back-breaking work. The satisfaction it gives, is due to the O-Cedar Polish with which it is treated—a Polish unequalled for cleaning and beautifying all furniture and wood-work.

O-Cedar Polish Mop—round or triangle—price $1.50. The handle—54 inches long—is 25c. extra. O-Cedar Polish, 25c. to $3.00 sizes. Both at your Hardware or Grocery Shop.

CHANNELL CHEMICAL COMPANY, LIMITED, TORONTO

TALKS ON HEALTH

BY WILLIAM BRADY, M.D.
(Noted Physician and Author.)

Dr. Brady will answer all signed letters pertaining to health. Writers' names are never printed. Only inquiries of general interest are answered in this column, but all letters will be answered by mail if written in ink and a stamped, self-addressed envelope is inclosed. Requests for diagnosis or treatment of individual cases cannot be considered. Address Dr. William Brady, in care of this paper.

YE OLDE WARM AIR FURNACE.

As we grow ever softer and more effeminate softening luxuries hold for us a stronger appeal. Statistics of morbidity and mortality rates in ye oden recollection of grandpa about such matters is notoriously romantic, yet there is no reason to believe that respiratory troubles were more common, if they were as common, in 1820 than they are in 1920.

A dwelling heated with an ordinary wood or coal stove is as hygienically heated as an apartment equipped with a hot water or steam radiator. The principle of the heating is the same in either case. The stove has one important advantage over the radiator; it must be connected with a flue and the draft produces some ventilation of the room if the room is not hermetically sealed.

Steam or hot water radiators, unfortunately, do warm the air of apartments even if ventilation is inadequate. Hot air furnaces do not work satisfactorily unless ventilation is fairly efficient.

The air inlet of the hot air furnace should be from the outside, never from the cellar or, worse still, from a room of the house. The largest possible volume of outside air should be admitted through the air inlet, consistent with comfort. An air outlet should be provided near the roof. A hot air furnace register which belches forth a scorching blast is wholly unhygienic; it means that insufficient cold air is being admitted through the air inlet.

The registers should give forth warm air, not hot air. The temperature of the room thus warmed should be temperate, not torrid. From 60 to 67 degrees Fahrenheit may be considered a hygienic temperature in a furnace-heated apartment; a higher temperature than that is depressing and unwholesome. Elderly and enfeebled individuals imagine they need more heat; they do, but not from the atmosphere they breathe. Their body warmth should be maintained by additional clothing, though it is well to remember that the less clothing one wears at any time, consistent with physical comfort, the better for health.

The hot air furnace does dry out the air, but not more than the radiator does. If the apartment is constantly overheated, it is practically impossible to maintain anything like normal humidity in the air by any apparatus available for the private dwelling. But if the temperature is kept below 68 degrees Fahrenheit, a fair approach to proper moisture in the air may be maintained if the water pots of the furnace are large and well filled. It requires something like 75 gallons of water daily, evaporated in the air, to maintain fair humidity in an artificially heated dwelling of average size in cold winter weather. The evaporation of a few gallons of water daily would therefore make little impression on atmospheric aridity.

As a matter of economy, efficiency and hygiene, let the householder rest assured that the hot air furnace is thoroughly correct. Hot water or steam heating may be necessary for large buildings or rambling dwellings which cannot be economically warmed with the hot air furnace.

QUESTIONS AND ANSWERS.

Gasoline Fumes.

Do you think that inhaling the evaporation or vapor of gasoline causes throat irritation? (C. E. H.)

Ans.—Yes, many workers in industries where they are much exposed to gasoline vapor (not the gases formed in the combustion of gasoline) suffer from throat irritation and bronchitis causing cough.

Pass the Pork.

Kindly inform me whether eating pork is dangerous to the health. (Miss D. M.)

Ans.—Pork properly cooked—I mean thoroughly cooked—is a wholesome and very nutritious food. The only real objection to pork in the diet is the risk of tapeworm infection from measly meat, but thorough cooking prevents that, even though the meat be measly. By "measly meat" is meant flesh in which the larval form of tapeworm is present.

When Scarlet Fever Is Contagious.

When is scarlet fever most contagious, when it is just developing, or when the patient is getting over it? (Miss M. D.)

Ans.—When it is developing. Measles and scarlet fever are both most catching in the stage just before the rash appears. Another good reason for promptly isolating every individual who is developing an alleged "cold."

I have a baby boy six months old; he weighs 21 pounds. Is he overweight for his age? He has never been sick a day yet. Do you believe in baby's own tablets? Some say they are not good for a small child. When should I start feeding him? I nurse him every four hours, and that's all he gets. What is good to give a baby in case he gets a bad cold or the flu? EXCITEMENT.

Ans.—1. The normal average weight of a six-months-old baby is sixteen pounds.

2. I do not know what the tablets contain, or what they are for.

3. Begin to feed the baby, that is, wean the baby, some time between his eighth and twelfth month. Send a stamped addressed envelope for advice about weaning and feeding. WM. BRADY, M.D.

Chapped and Cracked Knuckles.

My knuckles get chapped and bleed during the cold weather. Can you suggest a remedy? (A. T.)

ASWER—It is an extraordinary case. If the knuckles chap and bleed in the course of the cold weather I should suggest this:

Boric acid	3 drams
Glycerine	1 ounce
Tragacanth	1 dram
Water	12 ounces

Boil slowly and stir constantly till dissolved. Apply three or four times a day immediately after washing. At night gently rub into the skin of the hands any clean fresh oil or grease, such as petrolatum liquid, lanolin, lard, butter or freshly made cold cream.

Aluminum Safe.

Do you consider aluminum cooking utensils safe to cook with? Have heard that coffee cooked in aluminum is injurious to the kidneys. (Mrs. B. F. M.)

ANSWER—Absolutely safe for cooking anything that should be cooked, but coffee is one thing that should never be cooked—if it really isn't poisonous it is unfit to drink when cooked.

The Craving For Guessing.

When a man 55 years old is suffering from myocarditis and at times has severe pains under the right shoulder blades and his veins sometimes look empty and again appear swollen, are these indications that he has hardening of the arteries and angina pectoris as complementary complications? (E. S.)

ANSWER—No. By the way, the appearance of the veins gives no clue whatever to the condition of the arteries, contrary to a popular fancy.

QUALITY Rolled Oats

Big Luscious Flakes!

YOUR first taste of porridge made from QUALITY Rolled Oats will give you a new idea of how good, how appetizing, how delicious porridge can be.

For it comes in big, luscious flakes—full-flavored, wholesome.

Extra thin—quickly cooked.

And it is *always* fresh.

Made by the "pan-dried" process in the famous Tillsonburg Mill—shipped fresh—never stored—never made up ahead of demand.

An old friend—now sealed in an air-tight package that you may recognize everywhere. Your grocer has it.