

## Correspondence Column Helps for Home-Keepers Recipes and Style Notes

# A PAGE FOR WOMEN

Bright Articles Daily on  
Women's Interests and  
Activities Here and There



Walking is the commonest and most healthful of exercises, and few people realize that upon its proper execution depend not only the development and grace of the individual, but also the comfort and health of the feet, says Belle Burke.

Walking is the barometer which records one's physical and mental condition. The next time you indulge in a long stroll take particular notice of this fact. Today, in this glorious spring weather, when you, with Nature, are just bubbling over with the joy of living, you must have a definite purpose in view, you must be sure of yourself and your steps must be fearless, alert and possess the spring which betokens accord with yourself and the world at large.

No longer the black butterflies hover about; instead, you glory in the glad warm sunshine and as you fairly drink in the fragrance of the myriad-colored flowers wafted by the gentle embracing winds. Look up at the clear blue sky instead of keeping your gaze upon the ground. Of course the grass and the flowers hold a great attraction for you, but today is spring-time and your spirit soars to the heights and you feel just like "hitching your wagon to the stars" and riding

ing speedily to the fairyland of your dreams.

After an hour's tramp in this mood there will be roses in your cheeks and the tired lines will have disappeared. And as for the little troubles which had vexed you before you had started out, they will seem to have slunk away stealthily, like cowards, as if ashamed again to show their faces in the glad sunlight.

We are all prone to borrow trouble. There is a little verse which I have given conspicuous place on my desk which tells the story in a nutshell:

"The burdens that make us groan and sweat,  
The troubles which make us fume and fret,  
Are the things that haven't happened yet."

We can walk away from many of these imaginary tribulations, and lighten somewhat the real trials of life if we but forget them and ourselves long enough to bring ourselves to an appreciation of the blessings which have been bestowed so bountifully.

We can also walk away from all such vexations which would not tend to elevate the soul nor expand the mind, for if our souls nor our minds

are not growing our friends soon see the lack of it in our faces.

It is said that men grow old from the inside out and women from the outside in—or, in other words, that men feel older than they look and women look older than they feel. Hence the first bylaw of our being should be, "Keep young."

You ask, "How?"  
Keep your mind occupied and keep your heart young. Let me remind you again of the little woman in gray who literally lifted herself from invalidism by her boot-straps to a varied and useful life—a sharp contrast to a teacher friend who, at forty, gave up her work as well as beauty and whatever retains leads also to high morals as well as happiness and success. "Reverence for the work of God as illustrated in our bodies makes us less ready to delude and abuse it."

Love of the beautiful should be encouraged and cultivated, for it ever leads to health and cheer. It also to high morals as well as happiness and success. "Reverence for the work of God as illustrated in our bodies makes us less ready to delude and abuse it."

Walk out in the glorious springtime and remember that when this spring is gone there will be other springs of sugar. Add a cup and a half of milk. Turn over bread and dot the top with bits of butter and bake forty minutes. Serve with mock whipped cream.

Mock Whipped Cream.  
Peel and grate one large sour apple, mix at once with one cup of powdered sugar and the white of one egg. Beat all together until thick. Add half a teaspoonful of vanilla. Just try it.

Apple Bread Pudding.  
Butter five slices of bread, spread with apple sauce. Put these in a pie-dish. Make custard of two eggs and one-quarter cup of sugar. Add a cup and a half of milk. Turn over bread and dot the top with bits of butter and bake forty minutes. Serve with mock whipped cream.

Walk out in the glorious springtime and remember that when this spring is gone there will be other springs of sugar. Add a cup and a half of milk. Turn over bread and dot the top with bits of butter and bake forty minutes. Serve with mock whipped cream.

## SODA-SYPHONS AND PROPOSALS SHOULD NOT BE MIXED

Or If You Do Mix Them, Be Sure You Know Your Syphon Well First.  
[BY "OLIVE"]

Emma Jane always blamed the soda-syphon for the abrupt termination of her matrimonial prospects, and for the speedy end of day dreams of a snug little four-roomed house, just outside the city.

To begin with, Emma Jane was Mrs. Brown's housemaid. Furthermore, Emma Jane was pretty. One did not have to take a second peep at her saucy, piquant face to decide that—at least such was the conclusion Henry (Hunt, the butcher boy, reached, when he called for the first time with a choice sirloin steak. Henry afterwards confided to his bosom friend, that he was absolutely smitten at first sight.

Henry called steadily for at least four months, a rather long period, considering the strong attachment that existed, before popping the momentous question into Emma Jane's pink ear. Then one evening, dressed in his new suit, and nervously shifting from one foot to the other, he knickered timidly at the Brown's kitchen door.

All went well, even the kettle on the gas range caught the spirit of the occasion, and sang cheerfully, as Henry, in a tragic attitude, poured forth his heart to Emma Jane. In an effort to improve the time while she said: "Oh! This is so sudden," Henry espied the syphon reposing on the table, and as

his oration had been forcible, he attempted to quench his thirst.

Then came a hissing sound, and a fine spray of soda-water, which increased in velocity every second, issued from the syphon. In vain Henry tried to stop it. Becoming excited in his efforts, he turned it on the object of his affection, while another stream played on the floor.

Emma Jane, her white apron drenched with soda-water, made several futile efforts to unlock the big back door, evidently seeking a way of escape. Just then a bright idea flashed across Henry's usually torpid brain. There was not much liquid left in the syphon, so why not insert the tube into their mouths, turn about, and thus prevent any further damage to the furniture and floor? No sooner was the idea conceived than the pair acted upon it.

But suddenly the door opened, and Mrs. Brown stood on the threshold. She took in the situation at a glance. "So this is the way you use my kitchen, is it?" she coldly asked, looking at the small culprit, standing with wet, bedraggled hair, and still wetter garments; then at the man, who dripped of water dripping from various parts of his attire.

Henry took one terrified look around, then, apparently thinking that his dampened spirits needed the invigorating effect of the evening breeze, he fled, leaving Emma Jane to shoulder the brunt of Mrs. Brown's wrath.

Emma Jane is now filling another position in a distant part of the city. While Henry still peddles sirloin steak. From last reports he has had another affair of the heart, for Mrs. Brown has the happy faculty of procuring pretty housemaids. But Emma Jane hates the very thought of soda-water so much that she walks a block out of her way rather than pass any place where it is sold!

## WITH THE POETS

FIRE FLOWERS.

And only where the forest fires have sped,  
Scorching relentlessly the cool north lands,

A sweet wild flower lifts its purple head,  
And, like some gentle spirit sor-

row-fed,  
It hides the scars with almost human hands.

And only to the heart that knows of  
Of desolating fire, of human pain,

There comes some purifying sweet belief  
Some fellow-feeling beautiful, if

And life revives, and blossoms once again.

—E. Pauline Johnson.

The world is full of willing people;  
Some willing to work, and the rest

willing to let them!

## APPLE BREAD PUDDING

By Caroline Coe.

Butter five slices of bread, spread with apple sauce. Put these in a pie-dish. Make custard of two eggs and one-quarter cup of sugar. Add a cup and a half of milk. Turn over bread and dot the top with bits of butter and bake forty minutes. Serve with mock whipped cream.

Mock Whipped Cream.

Peel and grate one large sour apple, mix at once with one cup of powdered sugar and the white of one egg. Beat all together until thick. Add half a teaspoonful of vanilla. Just try it.

## Mrs. Harrison Named W. C. T. U. Worker

Widow of Late Rev. T. E. Harrison To Labor Among Women and Girls of London.

Mrs. Ida J. Harrison, widow of the late Rev. T. E. Harrison, of 357 Waterloo street, was appointed by the W. C. T. U. at a meeting on Tuesday afternoon, as a worker amongst women and girls of this city, especially in the poorer homes. Mrs. Harrison has for years been interested in helping young women, and her kindly manner and lovable nature render her entirely qualified for the position. Mrs. Harrison will assume her new duties shortly.

An interesting Bible reading was given by Mrs. (Rev.) Manning, who spoke of the influence the Bible has had in elevating the position of women. She pointed out that the Word of God is the only source of true wisdom, a guide when doubtful, and gave hope of a life after death. The wonderful work of the Bible Society in distributing seven and half millions of bibles within the past year, and these printed in some 400 different languages, was emphasized by Mrs. Manning.

A number of reports were presented at the meeting. Mrs. Ashplant, president of W. C. T. U. read a statement of the finances, showing a balance in the bank of almost \$300. The minutes of the sub-executive meeting were also read. These contained a recommendation that Mrs. Harrison be appointed, and also stated that the two branches of the Union, the Women's and the Girls' would meet the salary of Mrs. Harrison. The report also recommended that Mrs. Dent be named corresponding secretary. This was carried.

Mrs. Decker, reported for the Sailors' department, stating that comfort bags, Testaments, literature, and clothing were sent to Sailors' Institutes, lumber camps, etc., by the Union. A number of ladies present intimated their willingness to make "comfort bags" and to write a personal letter for each.

A hearty resolution of thanks was passed to Mrs. Hubert Ashplant, the president, for her untiring efforts to further the work of temperance in London.

At the close of the business meeting, a song was sung, and the meeting adjourned.

## PROBLEMS OF THE FAIR SEX SOLVED BY CYNTHIA GREY

[Correspondents are requested to make their inquiries as brief as possible, and to write on one side of the paper only. It is impossible to give replies within a stated time, as all letters have to be answered in turn as they are received. No letters can be answered privately.]

### From a Busy Mother.

Dear Miss Grey: Could I get a copy of the paper, I wonder, on washing blankets? I saw the article, and my husband put the paper up, but it got burned. Was sorry, as it told me just the information I needed. Please excuse my writing, as I have my little baby boy on one arm. I have had to learn all such things out of books and papers, so you see my disappointment. I don't know if I know the date. It had some little girls' bonnets at the bottom, on your page, one day last week. A MOTHER.

### O Dreadful Accusation!

Dear Miss Grey—Here I come to bother you again, but first of all, I will tell you something, hoping you won't be offended, for I would be more than sorry if I thought I did. A few Sundays ago, a gentleman from London came to spend the day with me, and in our conversation mentioned you, and he said: "Do you know who you are writing to?" He said: "Cynthia Grey is a man." Or I wonder how it would do to go about it, bearing a sign across my shoulders, "I'm a woman!" Even then, some doubting Thomases would probably assert that I was a man clad in feminine apparel.

Rest assured, Doubtful, I am a woman. How on earth do you think a man would manage to answer all the feminine questions that appear in this column? I think some of my answers are the very things they don't realize it.

P. S.—No, not a bit.

### Has a Serious Fault.

Dear Miss Grey—I am writing from a long way—Regina, Sask.—and I am just going to ask you one question, which you couldn't tell how pleased I'd be if you tell me. It's a birthday calendar. I have one since I've been a little girl, which I've tried to cure, but failed several times, and I've wondered if it was in my birthday calendar. If I publish it for me, you can't tell how pleased I'd be. What is the birthday calendar for May 27? Thanking you very dearly, I am yours,

A. S.—So you have a "serious fault," have you? I wonder if it is a tendency to steal lemon tarts from the pantry, or to bite your fingernails? In either case, I honestly don't think the birthday calendar has anything whatever to do with it. Keep hammering away, dear child, at your particular stumbling-block. Don't be discouraged with a few failures, and presently, I am sure, a few conquerings will result, and finally complete mastery.

I must confess that I haven't much faith in these birthday calendars, but as you ask for it so pathetically, I break my rule, and print it for you. "You should be careful and as sure as possible of your ground before advancing. Any undertaking should be carefully prepared for, and the advice of some friend may be of assistance. "Those born today will find trouble upon themselves, but they will be of a high order of intelligence which profits by such experience."

An Imp's Troubles.

Dear Miss Grey—I have never written to you before, I hope you will be kind enough to answer a few questions for me.

1. What will stop the hands from pipsing?

2. Is it necessary for a little girl of 10 years of age to go in mourning for a brother?

3. What would be a suitable way to make a black dress for summer wear? Also some nice goods of which to make it?

4. What will keep the teeth white without injuring them?

5. Can you tell me what will stop my hair from splitting at the ends? I got my mother to clip the ends about three weeks ago. But it is as bad as ever now. I always brush it before going to bed.

Now, Dear Miss Grey, I hope I have not tired you with all these questions. Thanking you in advance, yours truly, AN IMP.

A.—1. One part pulverized alum to six of alcohol. Mix together, and bathe the hands with this lotion frequently during the day.

2. I think not. In summer she might wear all white, or black and white mixtures, with black or white hair-ribbons. Personally, I do not believe in clothing children in mourning attire.

3. I am sure you will find not one, but many, nice suggestions in the fashion books, and would refer you to one of the many published. Seasonable goods would be voile, eolienne, and crepe de chine.

4. Use a good tooth paste daily, and a little peroxide of hydrogen in the rinsing water about once a week.

5. There must be something wrong with your scalp or hair, or it would not split. I should advise you to purchase a good hair tonic at a drug store, persist in brushing, massaging, and combing the scalp, and in a few months you should have a more satisfactory head of hair.

Study Features  
Then Choose Style

It is something you owe yourself to study your features in the glass and find out how to wear your hair, what style suits you best and other such details.

After you have satisfied yourself on these points try to follow them out rather than try to adapt yourself to the latest mode whether it suits you or not.

But first be sure that you know what is artistic. Artists, that is painters and so forth, are apt to be very negligent about draping their own persons artistically, probably because they are so busy trying to portray all the beautiful things in nature that they lose sight of themselves as part of the universal harmony.

Still that is no reason why anyone should disdain to study herself, provided that it does not interfere with serious business.

Find out what colors suit your complexion, and keep to those colors for dress, and start the color of your favorite shade which is unsuited to yourself.

ten to you before, I hope you will be kind enough to answer a few questions for me.

1. What will stop the hands from pipsing?

2. Is it necessary for a little girl of 10 years of age to go in mourning for a brother?

3. What would be a suitable way to make a black dress for summer wear? Also some nice goods of which to make it?

4. What will keep the teeth white without injuring them?

5. Can you tell me what will stop my hair from splitting at the ends? I got my mother to clip the ends about three weeks ago. But it is as bad as ever now. I always brush it before going to bed.

Now, Dear Miss Grey, I hope I have not tired you with all these questions. Thanking you in advance, yours truly, AN IMP.

A.—1. One part pulverized alum to six of alcohol. Mix together, and bathe the hands with this lotion frequently during the day.

2. I think not. In summer she might wear all white, or black and white mixtures, with black or white hair-ribbons. Personally, I do not believe in clothing children in mourning attire.

3. I am sure you will find not one, but many, nice suggestions in the fashion books, and would refer you to one of the many published. Seasonable goods would be voile, eolienne, and crepe de chine.

4. Use a good tooth paste daily, and a little peroxide of hydrogen in the rinsing water about once a week.

5. There must be something wrong with your scalp or hair, or it would not split. I should advise you to purchase a good hair tonic at a drug store, persist in brushing, massaging, and combing the scalp, and in a few months you should have a more satisfactory head of hair.

Study Features  
Then Choose Style

It is something you owe yourself to study your features in the glass and find out how to wear your hair, what style suits you best and other such details.

After you have satisfied yourself on these points try to follow them out rather than try to adapt yourself to the latest mode whether it suits you or not.

But first be sure that you know what is artistic. Artists, that is painters and so forth, are apt to be very negligent about draping their own persons artistically, probably because they are so busy trying to portray all the beautiful things in nature that they lose sight of themselves as part of the universal harmony.

Still that is no reason why anyone should disdain to study herself, provided that it does not interfere with serious business.

Find out what colors suit your complexion, and keep to those colors for dress, and start the color of your favorite shade which is unsuited to yourself.

It is necessary to remember that it is not always the cost of a gown which causes its success.

Find out what colors suit your complexion, and keep to those colors for dress, and start the color of your favorite shade which is unsuited to yourself.

It is necessary to remember that it is not always the cost of a gown which causes its success.

Find out what colors suit your complexion, and keep to those colors for dress, and start the color of your favorite shade which is unsuited to yourself.

It is necessary to remember that it is not always the cost of a gown which causes its success.

Find out what colors suit your complexion, and keep to those colors for dress, and start the color of your favorite shade which is unsuited to yourself.

It is necessary to remember that it is not always the cost of a gown which causes its success.

Find out what colors suit your complexion, and keep to those colors for dress, and start the color of your favorite shade which is unsuited to yourself.

It is necessary to remember that it is not always the cost of a gown which causes its success.

Find out what colors suit your complexion, and keep to those colors for dress, and start the color of your favorite shade which is unsuited to yourself.

It is necessary to remember that it is not always the cost of a gown which causes its success.

Find out what colors suit your complexion, and keep to those colors for dress, and start the color of your favorite shade which is unsuited to yourself.

It is necessary to remember that it is not always the cost of a gown which causes its success.

Find out what colors suit your complexion, and keep to those colors for dress, and start the color of your favorite shade which is unsuited to yourself.

It is necessary to remember that it is not always the cost of a gown which causes its success.

Find out what colors suit your complexion, and keep to those colors for dress, and start the color of your favorite shade which is unsuited to yourself.

It is necessary to remember that it is not always the cost of a gown which causes its success.

Find out what colors suit your complexion, and keep to those colors for dress, and start the color of your favorite shade which is unsuited to yourself.

It is necessary to remember that it is not always the cost of a gown which causes its success.

Find out what colors suit your complexion, and keep to those colors for dress, and start the color of your favorite shade which is unsuited to yourself.

It is necessary to remember that it is not always the cost of a gown which causes its success.

Find out what colors suit your complexion, and keep to those colors for dress, and start the color of your favorite shade which is unsuited to yourself.

## THIS IS BARGAIN WEEK

THIS week will be a week of savings for you at this store. Pay us a visit. You will find many lines of wanted goods marked at special prices. Many of these are values such as you have seldom seen before. For instance we have a line of Gingham, bought from a manufacturer of ladies' and children's colored dresses, who was going out of business. Particulars of these were given in Monday's ad. There is a large quantity of these, worth to 25c a yard, and we are clearing all of these this week, at yard. ....10c

## Underwear

THE sale of manufacturer's samples of Ladies' Summer Underwear continues until Saturday. There is only a small quantity of these, and the prices are very low.

Ladies' Vests, regular 15c, 20c and 25c lines, for each ..... 12½c

Ladies' Vests and Children's Waists—Regular prices are 25c and 35c, for garment ..... 19c

## Hosiery

THE values in this manufacturer's samples of Summer Hosiery are very high, and the prices correspondingly low, and the assortment is exceptionally large. This is a chance to procure these much-wanted goods at big savings for you.

Ladies' Hosiery, tan and black only, at pair. 12½c

Ladies' Hosiery, tan, black, white and colors. Regular 25c and 35c, for pair. 19c

Ladies' Hosiery, regular prices 35c and 50c pair, for ..... 29c

Ladies' Hosiery, finest qualities, worth to 75c pair, for pair ..... 39c

## Printed Petticoats 49c

5 dozen Women's Printed Petticoats, made of good quality percale cloth, in neat stripes of gray and white, pleated flounce, all sizes. Special sale price, each. ....49c

## Lingerie Shirtwaists 69c

One table of Pretty Lingerie Shirtwaists, daintily trimmed with lace and lace insertion. In this lot are many pretty Waists in high and square necks, short and long sleeves. They are slightly counter-soiled, and must go. Sizes range from 34 to 40. Regular prices \$1.00, \$1.25 and \$1.50. To clear. .69c

## Silk Waists \$1.98

Table of Ladies' Shirtwaists of splendid quality taffeta and messaline silk, prettily designed and well-tailored. This lot comprises many different silks, and are principally in black, with a few browns, in sizes 34, 36 and 38. Black are in sizes 36 to 42. Broken lines and odd sizes, clearing at. ....\$1.98

## Lace Curtains 89c

About 30 pairs of Lace Curtains, regular \$1.00 value, clearing Thursday morning, at pair. ....89c

Drygoods, Millinery, Ladies' Ready-to-Wear Garments,

# GRAY'S

PHONE 1182. 150 DUNDAS STREET.

## Telephone Courtesy

In a very interesting article on "Telephone Courtesy," in the Woman's Home Companion, the author says in part:

"No well-bred man or woman would drop into a man's parlor before he starts for business in the morning and engage him in a long-winded discussion. Yet I have known women interested in charities or civic movements to call up a businessman at his home by telephone during the breakfast hour and start the conversation by stating that they had chosen the hour, knowing that he would surely be 'at leisure.' They have ignored the crispness if not the bitterness of his replies, and continued to talk while his breakfast cooled or his affairs at the office demanded his presence. And finally they have wondered why their mission failed!"

"Would any woman making any pretence to good breeding enter your home at dinner time and engage you in conversation, knowing that your dinner and family awaited you in the dining-room? Yet how often have you been greeted at the telephone with this remark:

"Oh, you were at dinner? Then I won't keep you a minute."

"But the minute runs into five or ten, the talker holding you grimly to the topic nearest her heart, while your dinner turns cold."

"Is it any wonder that business-men protect themselves by sending clerks to answer the telephone? Or that in many households servants are who is calling and what is wanted before summoning members of the family? How can one protect himself from telephone bores and the abuse of feminine courtesy?"

Vogue For Buttons

Apparently buttons are to be employed in unstated quantities. Blouses, dresses, jackets, coats and skirts are trimmed with them in every conceivable style.

The small buttons in curious shapes and very bright colors will be the most popular.

Ball and semi-ball shapes are still popular, but what is called the floral crystal button is the newest. A clear cup-shaped crystal button, with white porcelain centre, decorated with tiny

floral patterns, is a novelty. Pear-shaped colored crystals and round crystals, small shaped, with a rose design in centre, are also new styles. Bulgarian effects still continue among the fads of the hour. These are to be seen in crystal and in crocheted. Another result of the Bulgarian craze is the revival of flat metal buttons decorated in conventional Bulgarian designs. These were very popular some years ago.

They love best who remember most! whose forgetfulness of self makes room for the constant and absorbing thought of another.—Hamilton Wright Mabie.

## The Birthday Calendar



IF THIS IS YOUR BIRTHDAY

A journey or change resulting favorably for you is foretold, but troubles also threaten you and you are warned against risking your money on hopes of large returns. Careful consideration will solve your