retained in air-tight tins of

PAGE OF INTEREST TO WOMEN



Mrs. Randle Brown has returned home after a week's visit in Windsor.

Mrs. G. Smith of this city is a much-feted guest in Kingston, where she is visiting Miss Imlach.

Miss Shirley White of this city is the guest of Mr. and Mrs. W. Berminghan of Oterburn, Kingston.

Mrs. McLevy of 13 McKinnon Place is entertaining shortly for her brother, Mr. Maxwell E. Hayman of Buffalo.

Miss Margaret Scatcherd was a recent bridge hostess, the function being given in honor of Mrs. Ripert of Montreal.

Miss Shirley Johnston, Colborne street, has returned home after spending the

C. Allen of Ridout street.

The home of Mrs. H. Ram was en fete last Friday evening, when her daughter Margaret entertained in honor of the bride-elect, Miss Mary Ingram, King street, whose marriage to Mr. R. J. Martyn, Palace street, takes place shortly. As the climax of a very pleasant evening the bride-to-be was delightfully surprised when presented with a box of large proportion, which proved to reveal a shining assortment of aluminum kitchenware.

Sister-in-iaw, Mrs. Enter Press, The Work Province of Ontario," she said. "So you see thine and carried a bouquet of carnations and roses. After the ceremony delightfully surprised when presented when presented when proved to reveal a shining assortment of aluminum kitchenware.

Sister-in-iaw, Mrs. Enter Press, The Work Press, The Work In the Province of Ontario," she said. "So you see what a responsibility faces the provincial council Manitoba comes next, with only 35 companies. "At the present time the Dominion Girl Guide Council receives a grant of \$3,000.

The drawing-room at the Nurses' residence, Victoria Hospital, presented a lovely sight yesterday afternoon on the occasion of the big formal reception to Miss Elizabeth Ross, new lady super-on the farm of the groom near Sarnia.

A PROVINCIAL GIRL **GUIDE COUNCIL IS** OFFICIALLY FORMED

London Is To Be Ontario Headquarters.

Donald Campbell, Richmond street north, and the other at the home of Mrs. W: H. Smith, Waterloo street.

General and Mrs. Panet entertained at a small and informal dinner party on Monday night, in honor of Mrs. Richards of Winnipeg, who has been visiting Mrs. E. B. Smith for the past few days. Before leaving the city, Mrs. W. At 1 o'clock, in the presence of the Richards will be the guest of Mrs. W. At 1 o'clock, in the presence of the Richards will be the guest of Mrs. W. Who were unattended, took their place under an arch of evergreens and flowers, organization in 1912 to its present regis-

cial council Manitoba comes next, with only 35 companies. "At the present time the Dominion Girl

cluding some valuable checks.

Mr. and Mrs. Kerr left on a short was given first in 1916. Previous to that time the entire expenses of the on Council were undertaken by

The speaker referred to the excellent work carried on by the guides in the

Water Drinking.

It is a physiological fact, founded upon careful observations, that when we take a drink of water the water is practically not observed at all in the stomach.

This has led to some wrong deductions, for many individuals think it is unwise to drink water before or at the beginning of a meal, lest the water so dilute the gastric juice as to delay digestion. But wait a minute. Observations have shown that as soon as water taken alone enters the stomach to beginning of special fact, founded the many favor the occurrence of food too hot may favor the occurrence of food too hot may favor the occurrence of food too hot may favor the occurrence of the stomach. Excessively hot or cold things are not natural. Water is essential to every chemical process of the body—absorption, nutrition, secretion, excretion, excretion. Seldom does one drink, too much plain water; a great many persons drink far too little. Two quarts a day—about ten glassfuls. Observations have shown that as soon as water taken alone enters the stomach to begins to pass on into the doudenum (small intestine) in a series of forced spurts. Within a few minutes after a large drink of water has been large affinity of water has been

denum (small intestine) in a series of forced spurts. Within a few minutes after a large drink, of water has been taken practically all of the water has been taken practically all of the water has been taken practically all of the water has passed out of the stomach into the intestine, where as much as the body requires is absorbed into the blood. If there is any superfluity remaining, it will only tend to make easier the work of the intestine. Before stimulating the stomach to contract and drive it on into the intestine, cool water, at any rate, stimulates the secretion of gastric juice. So positive is this effect that some good physicians administer a large drink of cool water in place of a so-called test-meal when seeking to obtain a specimen of gastric juice for analysis.

Therefore if, one is at all thirsty it is perfectly healthful to drink all the cool water desired before or at the beginning of a meal. It is not advisable to use water or any other beverage as a wash to hurry down poorly phasticated morsels of food, and it is not advisable to drink water that is more called treatment water that is not advisable to drink water that is more flat and the days of the cool water desired before or at the beginning of a meal. It is not advisable to use water or any other beverage as a wash to hurry down poorly phasticated morsels of food, and it is not advisable to drink water that is not advisable to the minute of the time the whole of the contrary is guigestion. The contrary is guigestion. The contrary is guide present: Mrs. H. D. Wateren of Toronto, Mrs. C. R. Griegh, Mrs. R. L. Forrest of Toronto, Mrs. B. Be

Part Eleven. So it was that the little lame puppy

was allowed to live and grow up. True.

could on four.

gart, Miss E. Yeates, Mrs. Auden, Miss in May. The chapter has undertaken to cater for the thousand Orangemen. At the close of the meeting tea was served, Mrs. Warner and Mrs. Verschoyle Cronyn presiding at the tea table, assisted by Miss Mary Brown, Miss Honor Cronyn and others.

In May. The chapter has undertaken to cater for the thousand Orangemen for butter than any other vegetable and thus further increase their funds for the Children's Hospital. At the close of the meetings the hostess served table, assisted by Miss Mary Brown, Miss Honor Cronyn and others.

HYATT AVENUE LADIES' AID.

The Ladies' Aid of the Hyatt Avenue Methodist Church are presenting a very fine concert at the church on Thursday and Friday nights of this week. The main feature of the concert will be a humorous play, "Pilgrims and Strangers," written by J. E. Middleton of Toronto, formerly of this city. The play deals with the continual disturbance which is a part of the typical Methodist minister's life, as he panied by his for the concert will be a humorous play, "Pilgrims and Strangers," written by J. E. Middleton of Toronto, formerly of this city. The play deals with the continual disturbance which is a part of the typical Methodist minister's life, as he panied by his formal of the content will be a humorous play. "Pilgrims and Strangers," written by J. E. Middleton of Toronto, formerly of this city. The play deals with the continual disturbance which is a part of the typical Methodist minister's life, as he panied by his formal content will be a humorous play. "Pilgrims and Strangers," written by J. E. Middleton of Toronto, formerly of this city. The home of Mrs. Donaid Campbell, Richmond street moves from charge to cha worting Notices. The function better shows a chieff Notices. The function of the Administry Shoutann, Colorers street, and the street of the s

noon at the home of Mrs. Atkins, was a capacity house, and many who Ridout street, arrangements were made for a sale of home cooking and apron sale at a Dundas street shop on Saturday, April 16. Plans were also made for the holding of a rummage sale early in their work.

WALNUTS

HOME ECONOMICS

er, and of course actually cheaper.

Technically speaking, the humble

as one of the nitrogenous vegetables.

Peanuts contain more fat than peas

contain, also, 30 per cent of protein and are thus of very great nutritive value, a reasonable substitute for meat especially for children, always provided,

that the peanuts are clean, well chewed

Peanuts are, like the other legumes, rather slow of digestion, and should not be given to delicate children, or sick ones, but for average healthy children there is nothing better. Pea-nut butter containing its vitamines, or growth-producing substance, and



Dear Miss Grey and Boxites,—This is my first visit to your cosy corner, but I have been an interested reader for some time. I think that the discussion of books in the Mail-Box is fine. I am a book-worm myself, so I will tell you some of my favorites. I think that the "Lamplighter" and "Queechy" are expeanut is not a nut, but a legume, to be classed with peas, beans and lentils, of books in

Coffee

All the delicious aroma and flavor are

Rideau Hall

NOTHING ADDED NOTHING TAKEN AWAY SOLD IN TINS ONLY-BY ALL GOOD GROCERS cellent books. "Anne of Green Gables" | raisins rolled in 2 tabl

and the ones belonging to that series,
"Freckles," "Girl of the Limberlost,"
"Michael O'Halloran," "Pollyanna" and Orchard Glen. Will you please send me the stocking-foot pattern and please put my name down for a sachet bag. I am inclosing mite for C. H. F. and a I am inclosing mite for C. H. r. and a bother you. I enjoy reading so stamped, addressed envelope. I will and am an inveterate bookworm. I close, wishing success to the Mail-Box. enjoy E. Phillips Oppenheim's books so ATER SEWAH. Ans .- Am mailing you pattern and much, particularly "The New Te have put your name down for a sachet. and

Many thanks for hospital mite. Attention, Orange Lily! again to let you know I received pat- George Bell Wright are the

terns and seeds quite safely. Please thank Orange Lily for me. Maybe I will be able to help her some day. Will

Dear Miss Grey and Boxites,—This is a first visit to your cosy corner, but have been an interested reader for second find the first visit to your cosy corner, but have been an interested reader for second find mite for S. C. H. Haven't any more change, but will send more next time I come if I may. Crumb Cake—Two cups of flour, 1 is it not? Inclosed please find with the liquid.

Ans.—Thank you for recipe and mit keeping your name.

Dear Miss Grey,-Here I am again to bother you. I enjoy reading so r which Anne and Anita mentioned. Have any other of the Boxites read these books? Our librarian here says that E. Dear Miss Grey,-I am writing once Phillipps Oppenheim, Zane Grey and which everyone wants.

ser, two of water, a teaspoonful of salt, two teaspoonfuls of vanilla, a quarter of a cupful of shelled peanuts broken and a cupful of shelled peanuts broken in halves. Boil the first five ingredients until the candy is brittle when tested in cold water, add peanuts, remove from fire, add vanilla and turn into a buttered, shallow tin. Cool and break into regular pieces.

Cynthia Grey's Mail-Box

Cynthia Grey's Mail-Box

Make me over, Mother April, when the sap begins to stiff, when the flowery band delivers all the mountain prisoned rivers, and ty great heart beats and quivers, and ty great heart beats and quivers, and the mountain prisoned rivers, and ty great heart beats and quivers, and every the days that were.

I wish to thank the Boxites who were so thoughtful in sending little Easter to feelicious maple sugar, which I enjoyed very much, it being the first in had tasted this season.

I wish to thank the Boxites who were so thoughtful in sending little Easter sreetings; also Clematis, for the cake of delicious maple sugar, which I enjoyed very much, it being the first in had tasted this season.

Southern Rose—Kindly send in your name and address, as it has been asked to the help her some day. Will be able to help her I am sure that Helen was very sorry

CYNTHIA GREY.

Southern Rose—Kindly send in your name and address, as it has been asked for.

Chestnut—Many thanks for inclosures. I do not envy your undertaking.

I and most men don't hope out. Well, Miss Grey, how do you like this rain? It's made the grass look green anyway. I see where my penname has been taken again, so I'll have to take another one, which I hope nobody will take, as I would like to be

A DEVONSHIRE DUMPLING.

A DEVONSHIRE DUMPLING.

I Here are a few neiphul mind.

I To prevent cheese getting moldy. Wrap it in a cloth that has been dipped in vinegar and wrung as dry as possible. Keep in a dry place.

2 If you heat a knife slightly you have to boil quickly as good as mouthly as gold anything you wish to boil quickly in anything you wish to boil quickly as good anything you wish to boil quickly as gold anything you wish to boil quickly in the property in the property in anything you wish to boil quickly in the property in t

Personal Health Service

not advisable to drink water that is excessively cold (ice water) at any time. Ice water is a shock to the stomach and sometimes to the solar plexus, in hot weather particularly. Nor is it a wholesome practice to drink very hot water or other beverages. So good an observer as Dr. Mayo believes





forced spurts. Within a few minutes kidneys eliminate it without difficulty, suggestion.

Magnesium oxide (màgnesia) 60 parts Borax powder 30 parts Pulverized soap 10 parts Mix thoroughly in a 200-mesh sieve This powder contains no chalk, which some dentists believe scratches the enamel. It may be flavored to taste with a drop or two of wintergreen if desired. Personally I prefer plain soap as a dentifrice, with a scrubbing with powdered willow charcoal occasionally or a drop or two of peroxide on the wet brush if the teeth are discolored.

Reduction.

You have printed a good many answers for people who wished to reduce their weight. I think many of your readtheir weight. I think many of your readwas allowed to live and grow as fast as his brothers,
your advice about gaining weight. I
am sure the skinny ones worry more
about their shortcomings than the fat
ones do. I am twenty-four, 64 inches ones do. I am twenty-four, 64 inches tall, and sigh 107 pounds. I should like to gain about twenty pounds. (B. M. S.)
ANSWER-Up to thirty the skinny nes should worry more than the fat ones. After thirty the skinny ones may well stop worrying and let the fat ones get in more worrying, for then it is overweight that menaces life. As a matter of fact, I find, at least as far as mean name, don't you think?

mean name, don't you think?

mean name, don't you think?

"It's because you walk on three 'egs his breakfast, but he's very have to wait until midnight. In the stand of on four," the mother dog explained.

"But one of my legs won't well."

"Can't we go, too?" asked

Imperial Council in England, with Lady Baden-Powell at its head, and how through this council an interchange of correspondence between Guides the

Empire over had been brought about. portion to their nutritive value, not

"But who is to take my puppy there?

Advertiser Patterns Owing to the pattern manufacturers increasing the price of patterns to us, all patterns advertised from this date will be 15 CCNTS EACH.



Why can't my master learn of this sur-

could on four.

"He's a beautiful little dog if he wasn't lame," the old mother dog had heard so many people say, and she was quite proud of her lame puppy.

"Why must I always be lame?" the puppy asked his mother. "And why do they call me limpy?"

You see, Limpy was the name they called the little lame puppy—rather a mean name, don't you think?

"It's because you walk on three 'egs plained.
"But one of my legs won't walk. I've tried and tried to make it walk but

who actually wish to decrease that with the artists who draw the fashion caricatures have presuaded the more credulous sex that the ideal to strive after is the rag and bone and hank of hair. Now, then skinny folks, I'll gladly give you all the suggestions I can crowd into a left to the will have to find out from Pinkey who the surgeon is.

(Copyright National Newspaper Service.)

(Copyright National Newspaper Service.)

(Distance. "But one of my legs won't walk. I've walk. I've walk. I've walk. I've walk. I've walk. I've self."

(Caution: Be careful to inclose the sabve dilustration, and send size of the lame puppy and his mother go that high with Pinkey to visit the wise old owl. How excited little Limpy was, for the felt that a great adventure was soon to be in store for him. And so it was.

(To Be Continued.)

("Puppy Stories" copyrighted and controlled by British and Colonial Press, little white rat had never once deserted."

("Puppy Stories" copyrighted and controlled by British and Colonial Press, little white rat had never once deserted."

("But one of my legs won't walk. I've walk, but it won't," the puppy replied, his eyes almost filling up with tears.

It was planned right there that the above illustration, and send size of the wanted. When the pattern is mouth on the pattern is night with Pinkey to visit the wise old owl. How excited little Limpy was, for the felt that a great adventure was soon to be in store for him. And so it was the felt that a great adventure was soon to be in store for him. And so it was planned right there that the above illustration, and send size of the wanted. When the pattern is night with Pinkey to visit the wise old owl. How excited little Limpy was, for the felt that a great adventure was soon to be in store for him. And so it was planned."

("To Be Continued.)

("Puppy Stories" copyrighted and controlled by British and Colonial Press, little white rat had never once userted."

the mother dog and the lame puppy. of 36-inch material for the dress, and She called to see them every day.
"A famous surgeon?—come let me think," said Pinkey when the yestion 1% yards.

As here portrayed, handkerchief linen

What Neal's Wrapper Stands For

Neal's wrapper isn't alone the sign of a loaf scientifically put up.

The wrapper on a Neal's loaf signifies that the loaf is the best bread Neals can produce. It's a richer loaf, more costly to make, and as a result a little higher in price.

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Good White Bread

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