### "The Slovenly Girl Has a Slovenly Cynthia Grev's Mail-Box Mind"

Says Beautiful Beverly Bayne, Movie Star.

[By Idah McGlone Gibson.]

Don't cultivate a slovenly mind as it surely will show itself in a slovenly body.

In many years of observance of beautiful women and constantly looking for those things which make for feminine beauty. I have learned one thing thoroughly, and that is the interdependence of body, mind and spirit in the sum of

You cannot neglect your physical self and expect your mind to remain clean and wholesome. Right here someone will probably inquire "how do you class George Sand, that woman who attracted many lovers and who was not only but very slovenly?"

though her genius and eccentricities attracted to her the curiosity of many men, yet she could not hold any one

On the other hand, Madame Recamier, dainty, if mediocre in intellect, by her exquisite manner of thought and physical care retained regard of the men she attracted as long as she lived. That much-quoted epigram about cleanliness living very close to the highest ideal of human imagination is not only true but one can go further and say without cleanliness of body and mind there can be no godliness. Miss Bayne has obscured some of her radiant loveliness by the negligence of her hair in the picture she has posed for this article. "I always feel when

my hair needs washing," she said, "that there are cobwebs in my brain.' There is a wild and careless beauty in youth that makes one overlook some physical slovenliness, but after a roman is 25, there is no excuse for uncared-for face or hands.

I have seen girls open their mouths in a wide smile and disclose discolored of neglected baths. draw attention to the uncared-for for a remedy for pimpled faces when natural oil that has been washed away, hands and nails that they adorned. No amount of cream, powder and per- was a good course in daily soap and personality is a clean body and a clean Kindly answer these questions: fume can cover up the slovenly habit hot water all over their bodies.

WOMEN'S INSTITUTES.

The Komoka Women's Institute will hold its regular monthly meeting at the home of Mrs. George Pritchard, on Tuesday, Oct. 6, at 2 o'clock.

### KITCHEN KINKS

Te relieve toothache, rub baking soda around the tooth and rinse the mouth with hot water. Varnished paper on walls should be cleaned with a flannel dipped in weak man stated that few Canadians realized tea and polished with a dry cloth.

### WINTER FLOWERS.

Make a beginning of Christmas preparations now by starting some bulbs they were treated too often with confor gifts. Narcissus and hyacinths tempt and ridicule, and in not a few started at this time should be ready to observation, the native-born Canadian bloom by Christmas. Paper-white took financial advantage of the fornarcissus, Roman hyacinths and Chi-eigner. nese lilies take even less time—four or Temperance Union is successful because Temperance Union is successful because five weeks is quite enough.

The fibre which one can get at the our efforts for them are done for love. seed stores is the easiest and cleanest not for pay, and it is regrettable to say way to grow bulbs and is very success- ting 'some thing for nothing' in Can-It is not necessary to put the ada," said Miss Forman, "and they are bulbs in the dark, as when they are met. They appreciate any little thing grown in earth. No drainage is re- one does." quired, so the bulbs may be put in any

ans, Austrians, Syrians and Greeks. pottery in a beautiful shade of green These, the speaker stated, were not all dirty, nor ignorant. In many cases A small bowl with six Ro- the women kept their houses clean, allike old copper which is charming for though there were, of course, exceptions. Moisten the fibre thoroughly and Most of the men and women can read man hyacinths in it becomes a joy. pack lightly into the bowl. Place the and write in their own language, com-

bulbs so that the tips are within half an inch of the rim and pack the fibre between them to hold them in position.

The W. C. T. U. was laying the foundation of its between them to hold them in position. Water very little until the shoots are teaching English to the older people at well started.



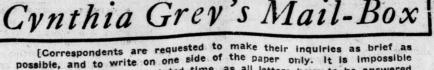
# Stoves!

Come and see the famous lines of EMPIRE Stoves, Ranges and Heaters, also PEERLESS PENIN-SULAR RANGES. Now on display in our stove department.

A small deposit will hold any stove for you, and delivered when

Arthur's special hair nets, made with elastic; extra large size; We fill phone orders for

ARTHUR'S LONDON EAST. ZXT PHONE 3213.



Dear Miss Grey,-I have never written you before, but enjoy reading the

1. What will take tea stains out of a cream serge dress?

think it is harmful? 4. Would you please put in the paper a skirt pattern with a long tunic? What will clean white kid gloves 6. Could you give me a good recipe

are tasteless after canning? 7. A recipe for cucumber relish? LAFALOT. I remain, Ans.-1. Sponge with equal parts of ammonia and alcohol, then with tepid

2. When washing the hair, add the juice of a lemon and a teaspoon of salts of tartar to the rinsing water.

4. Doubtless you would notice the design that appeared in the issue of Friday, September 25.

half full of gasoline of a good grade. return to jar and shake again. When taken from jar smooth out fing.

clean as if sent to cleaner. Allow gasoline to settle, and drain off clear part to be used again. 6. I think you will like this recipe: Take pears not very ripe, pare and core ming; the waist could have a cream lace them and cut into long, thin strips, to 8 pounds fruit add 6 pounds sugar, the

7. Peel and chop finely 2 dozen small cucumbers (they must be small or the seeds are too large; 4 medium-sized onions, and 1 green pepper, add a handful of mixed pickling spices, scalded in a cup of vinegar; pour the latter over

Slap Yourself.

in nine cases out of ten all they needed but the first requisite to a beautiful 2. What will cure pimples on your

Ans .- 1. Exercise your will power;

taste should soon remind you.

Though friendless and sadly I roam. sary. For an outward application try cult material to clean, as it must not

and wipe dry with a piece of soft old

For the Wedding Feast. Dear Miss Grey,-1. I am 19, have





kitchen garden classes where the little cannot readily deal with butcher's meat, chambrey, or percale are fine for these setting, table-manners, bed making, etc. The rapidity with which any kind of pretty patien of crepe, or embroidery meat dissolves in the stomach depends in batiste or hwn (flouncing or border-That temperance work is difficult was largely on the fineness of its fibres. ed goods) would be pretty, or, the dress is a common drink in most of the ton, because the fibres are longer and terial for waist and checked or plaid or homes, and the foreigners can scarcely harder, and again mutton is less striped goods for the skirt. The fulcredit the fact that it could be harm- digestible than the breast of fowl. In ness of the waist is drawn up to the

silver or stamps.

ADVERTISER. Please send above-mentioned pattern, as per directions given below, to

Age (if child's or misses' patterns)....

Measurement-Bust...... Wais:.....

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. No letters can be answered privately.]

Lafalot Writes. 2. Could you please print a recipe for answers and questions of others, and I a wedding cake? am going to trouble you with a few 3. A menu for a wedding supper for

2. I have fair hair, but it is getting darker. What will bleach it? 3. Do you believe in dancing? Do you

how to can pears to give them a flavor? What do you put in them, because they

water, and press dry.

3. No. I do not think dancing in mod-

5. Place them in glass fruit jar-fill Shake gloves until gloves look clean; if there are any spots that fall to yield, remove gloves from gasoline and rub these spots with any good white soap;

ers and thumbs and keep rubbing gently

luice of 3 lemons and the rinds cut in pipings of the green. Have a wide girdle strips, 2 cups of water, and 2 tablespoons of blue with a green piping top and bot. of ginger; boil all until the fruit is trans-

the vegetables while hot; seal into bot-Face cream is quite necessary to you Many young women have written me -after the bath, to restore some of the

Dear Miss Grey,-I read your page. 1. What will cure one from biting

3. What will clean rose beads?

slap yourself (or have someone else do it for you) whenever you find yourself

tincture of camphor, 1 dram; rosewater, 4 ounces.

3. Apply a little sweet oil to each bead



1030-A Cool summer Frock for the Little Miss. Gris' Two Piece Dress. Waist to be Slipped Over the Head, and

the Waist Under the Belt. This style would make such a comfortable play cress to be worn with bloomers. Cod linen, lawn, gingham, little dresses. For more dressy wear, a pretty patien of crepe, or embrouery in batiste or law (flouncing or bordered goods) would be pretty, or, the dress could be a combination of plain material for waist and checked or plaid or striped goods for the skirt. The fulness of the waist is drawn up to the neck over a stay, or by means of ribboned beading, or tape run through a boned beading, or tape run through a sizes: 4, 6, 8 and 10 years. It requires sizes: 4, 6, 8 and 10 years. It requires mediately after the meal. speedy digestion. Of course, fish differ 2 5-8 yards of 36-inch material for an

PATTERN DEPARTMENT OF THE

"Mr. Chumpley." he presently said, "what is a popinjay?"
Sister's beau wrinkled his forehead. "Wh-why, a popinjay is a-a vain bird."
"Are you a bird, Mr. Chumpley?"
"Certainly not."
"That's funny. Ma said you was a popinjay, and pa said there was no doubt about you being a jay, an' sister said there was small hopes of your poppin, an' now you say you ain't a bird at all."

Measurement—Bust...... Wais'......

CAUTIC —Be careful to inclose the ation, and send size of patabove illus when the pattern is bust ern wanter measure you may be. When in waist whatever it may masure, 22, 24, 26, or whatever it may masure, 22, 24, 26, or whatever it may measure. When misses' or child's pattern, write only the figure representing tern, write only or order. The price of each you in less than one week 179. Feach you i

4. What would be a nice way to make a dark blue silk dress, to be trimmed Thanking you very much, BROWN EYES.

Ans.-1. The becomingness of colors depend largely upon one's complexion, whether fair or dark, pale or rosy. Probably brown shades, pink, navy, and black and white will look well on you. 2. Here is a recipe I am sure you will find reliable: 2 pounds raisins, seeded and cut in half: 2 pounds currants. pound dates, stoned and chopped; pound chopped almonds, 1 pound mixed peel, cut fine, 12 eggs, 1 pound butter, 3 cups brown sugar, coffee cup molasses, one-half cup lemon juice, one-half cup ground mixed spices, five cups flour, good teaspoon soda dissolved first in a little hot water, then stir into the molasses. Stir all together thoroughly, and bake in loaves in a moderate oven.

Chicken Broth in Cups, Olives. Cold Roast Fowl, Potato Rissoles. Tomato Jelly. Creamed Asparagus, Lemon Jelly With Nuts, Neapolitan Ice Cream, Angel Cake,

Coffee. Bride's Cake. Potato Rissoles-Season a quart of hot mashed potatoes to taste with salt, pepper, butter and a little hot milk. Add two well-beaten eggs to each quart of potato. Form into balls, roll in egg and sifted bread crumbs, and fry in deep

4. Make the skirt with a tunic, pipe this around the bottom with green, and use green-covered buttons for trimvest, collar and undersleeves, trimmed with tiny, green buttons, and narrow tom, and a broad green silk buckle.

Music and Children Dear Miss Grey,-I see you are good

at answering questions, so I would like you to answer a few questions for me 1. How would you clean a child's dark blue velvet dress?

2. What is a good cure for sciatica? 3. In sending out wedding announcements. Is it proper to send the groom's sister any, they not being invited to the wedding?

. How far on at school should a child be before she is capable of taking music lessons? Do you think the younger a clild starts to take music lessons the petter, seeing she is fond of music? 5. What do you think of my writing

for an old woman Hoping to see this in print before long, WHISTLING KATE. The following song sent by B. D. V. at it; dip the fingertips in alum and Ans.—1. You might be able to clean it was asked for by a reader some time water or quinine and water; the bitter with gasoline and flour, I am not sure. Mix the liquid with enough flour to make 2. Getting your system in good shape it "crumbly," rub well into the dress ing plain food, keeping the digestive with the hand, and leave for a day or organs working properly, frequent bath two; then beat out all the dust, hanging ing and regular exercise, are all neces- the dress on the line. Velvet is a diffithis, applying it two or three times a be wet. The flour on the dark blue will day: Precipitate of sulphur, 1 dram; be hard to get out, but should improve the appearance of the dress when it does come.

character like me, nohow," remarked Brick, as he set the wagon-tongue and long boards on end to be drawn up through the crevice. "Cold weather will be coming on in due through the crevice." be coming on in due time—say three or four months—and what's that to me? A mere handful of time! Well, I don't never expect to make a fire in my cave; I'll set my smoke out in the open, where it can be traced without danger to my pantry shelves."

He was even slower about building the dugout than he had been in arranging objects in the cavern on top of the mountain. Transporting the timbers across a mile of rioges and granite troughs was no light work; and when his tools and material were in the cove, the digging of the dugout was protract-2. Consult a doctor. 3. Send an announcement, anyway. 4. I do not think any child under ten years of age should be burdened with practicing in addition to school work. I have heard some teachers urge that children should start music lessons at eight latter say they believe the pupil grasps this tools and material were in the cove, the digging of the dugout was protracted because of the closeness of water to the surface. At last he succeeded in excavating the cellar at a spot within a few yards of the mountain, without penetrating moistened sand. He levelled down the walls till he had a chamber about twelve feet square. Over this he placed the wagon-tongue, converting it into a ridge-pole, which he set upon forks cut from the nearby cedars. Having trimmed branches of the trees in the grove, he laid them as close together as possible, slanting from the the theory of music much quicker then. If a child is anxious to begin, however, that is different. No doubt many of my mother-readers have to fairly drive the kiddies to the plano-one who is eager to start, seems unusual. 5. It does not look old,

Helpful Stunts.

Dear Miss Grey,-I have received many helpful stunts from you, and for the first time I would be pleased if you'd answer me these questions: 1. What day was January 28, 1893,

2. Do you know of a nice recipe for apple fritters? 3. Could you get the song. "The Holy City," or "Jerusalem." and "Three Leaves of Shamrock?" Will send "Please Leave the Gate Ajar" in exchange. out over winter, or will I have to take seeds?

Yours sincerely,

SUNSHINE.

rude frame, then a door to stand in it, fitted into grooves that it might be pushed and held in place without crevice, he went on to the outer northinges. "Of course, I got to take down hinges."

Yours sincerely, SUNSHINE. 4. Do verbenas grow again if they stay Yours sincerely,

Ans .- 1. Saturday. 2. First, make a batter of one-half cup milk, saltspoon salt, tablespoon sugar, one egg, and enough flour to make nicely stiff. Peel the apples, remove the cores, and cut apple in slices crosswise, makring. Sprinkle each liberally with sugar, dip in the batter and fry until

day of housewithing, but that he sugar, dip in the batter and fry until a delicate brown color. Eat hot with powdered sugar, jelly, honey, syrup or cream.

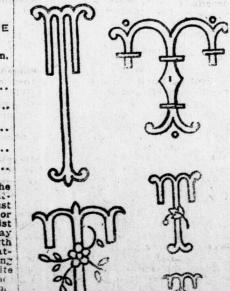
3. The first song you ask for may be bought at any music store. The "Three Leaves of Shamrock" has already appeared in our song column.

4. You will have to save the seed; verbenas do not stand the winter out-of-doors in this climate.

When ironing between kuttons on a shirtwaist place the buttons down on a since the document of the weather had grown soid, but that he might celebrate.

"This here," he said, "is to be a redletter day, a day plumb up in X, Y and Z. I got to take my gun and forage for some game; then I'll dress my fresh meat and have a cooking. I'll bring over some grub to keep it company. Let's see—this is plum-day, anin't it?" He stood meditating, stroking his wild winskers with a grimy hand. Oh, yes, I believe it is plum-day! Well, they ain't notking the way you would have and the were Indians, painted and adorned for the might celebrate.

"This here," he said, "is to be a redletter day, a day plumb up in X, Y and Z. I got to take my gun and forage for some game; then I'll dress my fresh meat and have a cooking. I'll bring over some grub to keep it company. Let's see—this is plum-day, anin't it?" He stood meditating, stroking his wild who stood at the heap of stood at th





### Now at the Rear of the Second Floor---140 Dundas Street All your plans for preparing your fall and winter costumes should by now be well under way. Our Dress-Making and Tailoring Department, with a larger staff, under Miss Hagan, is well equipped to give you the best possible satisfaction in every way. You should place your orders and choose your materials at once. "First come,

Miss Hagan is at present in Chicago, where she is gathering style ideas in order that her department may be better able to serve the women of London and district. She will be back in her department on Thursday.

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On this Second Floor everything in dress materials, linings, trimmings, and findings are here, all grouped away from the busy hum and distraction of the ground floor. We invite your inspection. We have the best qualities, the largest assortments, and

ALWAYS THE BEST OF EVERYTHING FOR THE LEAST MONEY.

A SPLENDID STORY OF WESTERN LIFE

By JOHN BRECKENRIDGE ELLIS

"Two homes ain't too many for a descended the dirt steps and set

a cheerful beauty it had not before worn to his homesick heart. He trudged up to the narrow door of his ingout, which was closed, just as he d left it and having carried a noble haunch of venison to the pool to be washed, he (To Be Continued.)

When baking small cakes of the cakes will not stick to and will bake quite as well.

When baking small cakes or burs flour the tins instead of greasing them The cakes will not stick to the un

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THE AUTHOR OF FRAN

be coming on in due time—say three or Of course, as soon as his eyes could

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CAULIFLOWERS, fancy, each, 10c. Lettuce, head, each Lettuce, leaf, each Celery, "Hearts," six in a bunch Tomatoes, selected 12-lb, basket Tomatoes, selected, per lb. ..... Tomatoes, green, bushel ...... omatoes, green, peck ......egetable Marrows, each .. 5c and upbard Squash, each ... Essey Hybrid Squash each itrons, each . abbage, large, 7c; small ... 

Onions, yellow picklers, quart .... Beets, pickling, peck ..... Beets, pickling, peer. Hot Peppers, dozen ..... Red Cabbage, each ..... Main & Collyer Orders received from 7 a.m. to no delivered same afternoon; noon to

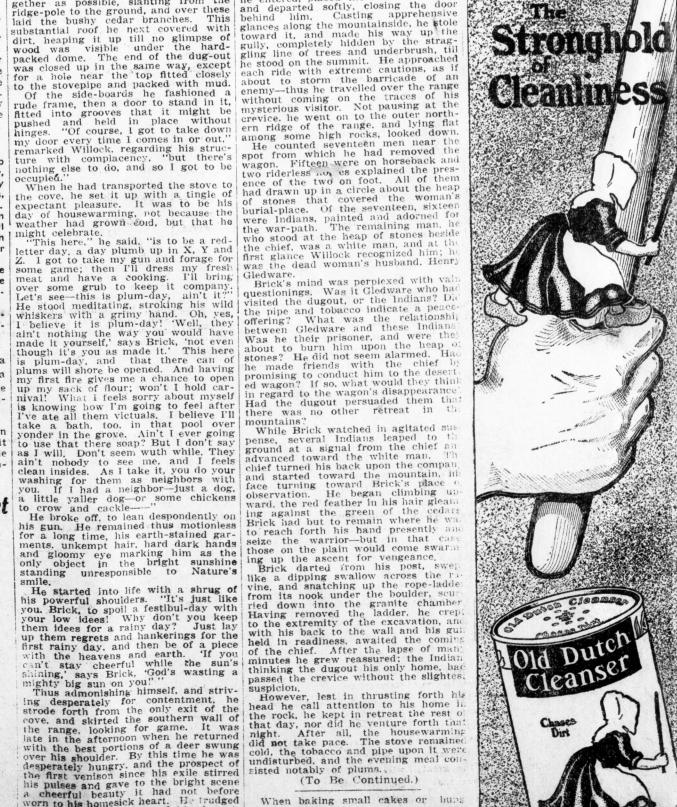
p.m., following morning.

Minimum charge 25c. Mail orde

onions, silver-skin picklers, quart

WATCH OUR WINDOW FOR Choicest Cut Flowers and

Plants ED. WEST FLORAL C



# gether as possible, slanting from the ridge-pole to the ground, and over these ridge-pole to the ground, hand over these

# Stoves!

When plates and dishes have to be food than meat, which is a matter of warmed in the oven, if a newspaper is importance in these days of heavy nerplaced underneath, it will break the vous tension. heat and prevent the plates from crack-

without breaking, hold it before a ibility and nutritive value of fish largely strong light and look directly through depends on the cooking of it. the shell. If the yolk appears round, and the white surrounding it clear, the chances are that the egg is fresh. Or drop it into water; if the egg sinks quickly and remains at the bottom it ter's beau. is in all probability fresh, but if it stands on end it is doubtful, and quite bad if it floats. The shell of a fresh egg looks dull, while that of a stale

Teaching Temperance.

Mrs. Gordon Wright, Dominion presi-

H. Ashplant presided.

## OLD SONGS

Beverly

Bayne

Unkempt and untidy hair is never picturesque nor beautiful.

N. W. MISSIONARY

TELLS OF WORK

Describes Efforts For Uplift of

Immigrant.

her work as organizing missionary of

the Women's Christian Temparance

"The work of the Women's Christian

we take an interest in these people;

Night School. Her work largely lay amongst Galici-

The Old Tramp. I've no place to call my own, No one to pity me, no one to cneer me, An exceedingly bright description of

Chorus.

Union in the Canadian west was given Then tramp, tramp, tramp, tramp, by Miss Forman yesterday afternoon in Only a poor old wanderer; I've no one to pity me, no one to cheer the hall at 432 Park avenue. Miss Fortheir responsibility towards the non-Though friendless and sadly I roam. English-speaking immigrant. The Gov How I wish for a place by the fireside,

ernment made special efforts to induce them to emigrate from their native For the night is so cold and dark, land, yet when they reached Canada Vacant places I see, but there's no room for me For I'm only a poor old tramp. long ago I was peaceful and happy, With dear loving friends ever near;

all alone

With no one my pathway to cheer.

But now they are gone, and I am left

Fish as Food [Issued by the department of naval service, Ottawa, 1914.] In these days when the cost of living has become such an important factor, it is necessary for the average housewife to give careful thought to providing for her table. The articles procured must not only be reasonably cheap, but they must be palatable and nourishing. As fish meets these requirements, attention is called to it as one of the articles that should daily have an im-

portant place on each bill of fare. Not only from an economic, but from a health, standpoint is it desirable that fish should be much more freely used. missionary endeavor among them by Sir James Crichton-Browne, M. D., D.Sc., iord chancellor's visitor, etc., in ized schools and other classes in Portage an article on the value of fish as food, night schools. Miss Forman has organ-La Prairie, Brandon, Regina, Moose states that it cannot be too strongly Weyburn, Estevan, Yorkton, Mel- insisted on that for working people of ville, Indian Head, Medicine Hat and all classes—those who work with their Lethbridge, and hopes to extend her heads as well as those who work with work into British Columbia this year. their hands — fish is an economical In these cities and towns, members of source of energy necessary to enable the W. C. T. U. and other Christian them to carry on their work, and that workers carry on the work once it is for children and young persons it fur-

organized. Miss Forman tole of the nishes the very materials that are neednothers' meetings attended by the for- ed to enable them to grow healthy and eign women, and which they enjoyed strong. The same authority states that very greatly, also of organizing girls' clubs, where young women were taught other very important reason why fish darning, plain sewing, and participated should be generally used is its easy diin calithsenics and games, and the gestibility. Even feeble stomachs, that ones were instructed in the art of table- find little difficulty in assimilating fish. emphasized by the missionary. Beer Thus beef is less digestible than mutful, or that there were total abstainers fish the muscle fibres are very short Miss Forman brightly interspersed her and are arranged in flaky masses, which talk with a number of incidents illustra- are easily separated from one another. tive of the difficulties and joys of her Hence fish lends itself to comparatively greatly in degistibility, the lean kinds dent of the W. C. T. U., also addressed being more readily disposed of than the the gathering briefly, telling of the be- fat, and salt fish, owing to the hardening of the fibre during salting, lingers ginning of the work two years ago. Mrs longer in the stomach than fresh fish. Moreover, fish is less stimulating as a

In this connection, however, an important feature must not be overlooked, To ascertain the freshness of an egg viz., that, as in other foods, the digest-

> DECEIVED. [Montreal News.] Little Willie was left alone with sis-

the Two Piece Skirt to be buttoned to

A pattern of this illustration mailed For the Sewing Basket 8 year size. to any address on receipt of 10c in