

Cynthia Grey and EVERY WOMAN'S Page

FOR THE EASTER BRIDE TO REDUCE THE FIGURE

[By Cynthia Grey.]

So many women are anxious to lose some of their superfluous flesh and will not take exercise, to accomplish their desire that I am going to offer a diet that has been tried and proved to be a success.

Any woman who really wants to lose flesh and still feel well and look lovely may try this treatment.

The whole secret of reducing the figure is in the observance of rules and persistence of purpose. Whether women want to improve their appearance or their education, the principle is the same, and intelligence is necessary.

Some women spend time in writing letters and thinking out what they want to do. Then, when they are told anything to do to improve themselves, which takes a little thought or time, they pass it by as too much trouble.

The diet I am offering my readers today has been tried by beautiful women of my acquaintance, and has been most successful. The diet is so simple that many women will repudiate it for that reason, but it is sure in its effect, nevertheless.

A glass of milk with about one-third vichy water, to be taken three or four times a day. The milk may be either skimmed or not—that makes little difference—but nothing else must be taken as nourishment for a week, no food at all. There is great nourishment in milk, and it may be taken without the vichy if preferred.

The first day you may feel hungry, but after that is past you will not feel hungry or want anything more to nourish you.

If you faithfully adhere to this milk diet, you can lose several pounds a week without the slightest doubt or difficulty.

Your skin will improve so wonderfully that you will be repaid for the self-denial in that way alone. Your stomach muscles will be treated to a rest from hard work, a new coating will form in the stomach, and you will be in better condition in every way physically.

No exercise is necessary, and much rest should be taken. Plenty of fresh air is necessary in all cases.

This milk diet can be continued for three weeks if necessary. Then, if you are careful not to overeat or to eat too many potatoes or too much pastry, you can keep off the fat you have lost.

There are many ways to reduce, but this treatment has great virtue. It teaches one abstinence, patience, and determination, and nothing can be accomplished without all three of these attributes.

Women will say, "O, I must have my meat," or "I must have my coffee." Well, then have it, but also have fat and ugliness. Nothing comes to anyone for the wishing. Gourmandizing has its punishment.

Persistence and work, either with mind or body, can accomplish anything. The principal requisite is brains. The woman who uses enough brains to discover her defects and to write a long letter for advice on the subject of improvement can use the same amount of brains on the improvement and cure of her defects.

The trouble with many women is that they expect a cure to take place from one pill or powder. They expect that fat can disappear by magic, not work, and that beauty can be put on.

There is no counterfeit for beauty—of face or figure. Either you are beautiful in some sense of the word or you are not. And you can make yourself either beautiful or ugly. Beauty comes from within. Just as you live, think and express yourself, so you are and can be. And it is just as much a fault to be too thin as to be too fat.

I use brains to think out and find out helps for my friends. The cure is in your brains. You must do the work yourself. I can do no more than tell you my experiences and those of my friends who are kind enough to tell me theirs.

Remember: Our problems are our own; so are the answers.

WOMANKIND

A big, suffrago parade is to take place in New York on May 24, under the management of the Women's Political Union. A picturesque feature of the march will be a Chinese section, in which some thirty Chinese women, wives of merchants, will figure.

A novel orchestra is being organized in London, England, which is comprised solely of women. Under the title of "Orchestra Femina." It is the first orchestra formed in which women play the cornet, trombone and clarinets.

"We hope we will not come to the militant methods of our sisters in England. But I say that if we are layed with and made fun of we will be driven to it. If it does come, the daughters of old English sires here will be ready to suffer as the women are suffering in England," said Dr. Anna H. Shaw, in an address given recently before the National American Women's Suffrage Association, Philadelphia. In the audience were prominent suffragists from all parts of the country.

By the will of Miss Angeline E. Newman, a wealthy and philanthropic woman, a trust sum of \$64,000 is set aside to establish and maintain a Christian church and training school for children near the city of Jerusalem. A portion of the building was already erected before Miss Newman's death.

Miss Masa Okajima, of Kofu, Japan, has just completed a four-year's course in the University of Syracuse, N. Y., and returns soon to her native country where she has accepted a position as teacher in a private school. Miss Okajima has won many friends in the university, and a farewell evening was given in her honor recently.

Though remote from the great capitals of the world, the women of Iceland are leaders in the movement for complete political equality with men. Not only has the Althing (the governing body), sanctioned this and the eligibility of women to sit in parliament, but complete equality has been achieved in competitive tests outside of politics. Women are free to compete on equal terms with men for scholarships or public offices.

Misplaced Affections. Dear Miss Grey: I am in love with my girl chum's sweetheart. How can I win him away from her?

GIRLIE. A—Do you think that you can do an honorable thing to do? Do you think the man would be worth the winning and keeping if he could be so easily won from your chum? Would you approve of a girl who would try to win a sweetheart from you? Just apply the Golden Rule, and I am sure you will change your mind about wanting the sweetheart of another.

REFLECTIONS OF A BACHELOR

The ways of women are like unto those of an alchemist. They always run contrary to expectations.

If a modern woman hears an unmarried man complain of the hot weather she makes him an ice lemonade, but after she has made him the grumbles for the same cause she will tell him he should be thankful not to have to wear a corset.

No matter whether women meet to sew for the poor, to gossip or to study Browning, one of them is sure to begin a discussion upon "The Meanness of Man," and inside of five minutes they are all at it "too bad," "pulling their own and other men-folks to pieces."

A woman never refuses to lend a helping hand to a man. But the worst of it is she wants the rest of the family to deny themselves too.

A woman never refused to lend a



Miss Jean Carmichael, who appears in the title role of "Mr. Bait" tonight at the Grand Opera House, is well known to Londoners. The other members of the cast are also most talented, and the comedy is sure to meet with the approval of all who see it presented.

The Daily Menu ...

BREAKFAST.
Grape Nuts With Cream.
Tomato Croquettes, Graham Gems.
Coffee.

LUNCHEON.
Peanut and Hickory Nut Sandwiches.
Strawberry Puffs.
Tea.

DINNER.
Carrot Soup, Crisps.
Fish Souffle, Creamed Macaroni.
String Bean Salad.
Striped Bread Sandwiches, Cheese.
Coffee.

Strawberry Puffs.—Have a deep pan with a cover to fit, half filled with boiling water. Half fill as many cups as you have people to serve with canned strawberries, a small piece of butter, sugar to taste, and one tablespoonful of juice of water; put the cups into the boiling water and put on the cover to keep the steam in. While the fruit cooks, prepare a batter thus: Sift together three-quarters of a cup of flour, one tablespoonful of baking powder, one tablespoonful of granulated sugar; rub into this one tablespoonful of butter; rub very

Millinery Parlors. Madame Alenby announces her Spring Millinery Opening at 619 Richmond street. ywt

Those Droll French Women Fan Themselves With Real Flowers



The Fan With and Without Flowers.

The newest fad in France is the flower fan, with loops of thread over its surface, so arranged that they will hold flowers in place. When the fan is folded it looks like a bouquet. The pictures are from Popular Mechanics.

light one egg; add to egg one-half cup of sweet milk; pour it over the dry ingredients, then beat it hard for one minute. Remove the lid of the pan and drop the batter by spoonfuls and cook undisturbed for twenty minutes; it will then be light and fluffy; turn out into individual deep saucers.

Striped Bread Sandwiches.—Make an equal number of white bread and brown bread sandwiches; place sandwiches together in alternating colors. Wrap in damp cheesecloth and press overnight. Cut into thin slices, then in strips.

BEHIND THE SCENES AT PICTURE SHOW

How the Stories of the Films Are Thrown Upon the Screens.

[BY "THE GOSSIP,"]

"Sailing, sailing, over the rolling deep." Breathlessly we watch the gallant crew as they launch the life-saving boat into the angry sea. Huge waves, one after another, sweep upon the little craft, and amid showers of cold, salt, marrow-penetrating spray they slide on out of sight, now up now down to the rescue of the disabled ship. Unconsciously one creeps closer to one's companion. What if they never come back, those brave fellows and their gruff white-haired old captain? Over yonder in the cottage lies his sick wife. The angel of death is hovering near and duty and love had a sharp struggle before the captain left her to command the life-saving crew. Since placed out in the world, is their boy. Where, they know not, and it is that that is sapping away the life of the woman in the cottage. "Sailing, sailing," sigh the violin and piano as the scene changes to the rescue of the true re-eches in one's heart. Down by the water the folks strain anxious eyes to sight the return of the vessel. They are wives, sweethearts and friends, and the rescuing crew. And as we, too, gaze out over the waters, with our less accustomed vision, the cry comes from below, "Thank God, they're safe!" And presently, of their come, and with the weird music still throbbing around us we see the poor, half-drowned fellows reach the sands once more. The music ends with a sharp chord—yes, did you guess it? This all happened at one of the moving picture theatres last week. And happily, for I know you want the rest of the story, one of the derelicts proved to be the captain's lost son, whose rescue and return came just in time to save the sick mother's life. How glad we felt to see them restored to one another again.

Value of the Films.

The moving picture "show" has become an important force in the life of city dwellers, both old and young. No invention of the twentieth century has approached the "movies" for presenting scenes and stories from life. Their value along educational lines cannot be estimated, and their power to entertain and please is evidenced by the crowds that are constantly seeking admittance. Yet how few who pay their dime for a seat in the theatre realize, as they watch the shifting, lifelike figures and the action, what it costs to produce the picture films, and what manipulation is necessary to cast them before an audience.

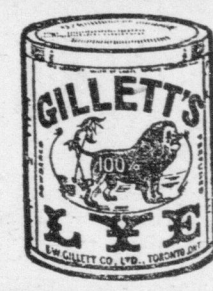
Behind the Scenes.

Through the courtesy of Mr. W. L. Stewart of the Princess Theatre, "The Gossip" has the privilege of seeing how a moving picture machine is operated. Mr. Stewart is making every effort to equip his theatre with one of the most up-to-date apparatus in the country. The picture lamp, with its powerful light, the films and the machinery is all contained in a fireproof room away from the audience, and thus complete protection is insured for the films themselves. It is interesting to the outsider. They are about two inches in width, many feet long, and are wound on flat reels, about two feet in circumference. The way the pictures are originally taken would, of course, form an interesting story in itself. Photographer Stewart explained that to photograph even the simplest movement sixteen pictures had to appear on the film, thus it requires hundreds of them to produce a complete story on the screen. All pictures shown in the Ontario theatres must be approved by the Ontario Board of Censors, and every effort is made by Manager Stewart to secure wholesome, up-to-date scenes.

The possibilities of the moving picture show have hardly been sounded as yet. When we realize that in the twinkling of an eye, as it were, people from across the world, industries at home and abroad, stories alive with human interest thrills can be presented before us, we feel that such an edu-



GILLETT'S PERFUMED LYE



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Canada's finest sugar at its best

Your love of cleanliness and purity will be gratified by this 5-Pound Sealed Package of

Redpath Extra Granulated Sugar

It's Canada's finest sugar, fresh from the Refinery, untouched by human hands. Each Package contains 5 full pounds of sugar. Your Grocer can supply you.

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GUARANTEED TO REDUCE from 1 to 5 inches. ALL DEALERS 33¢ UPWARD. WEINGARTEN BROS. Makers, Broadway 34 ST. N.Y.

HONESTY

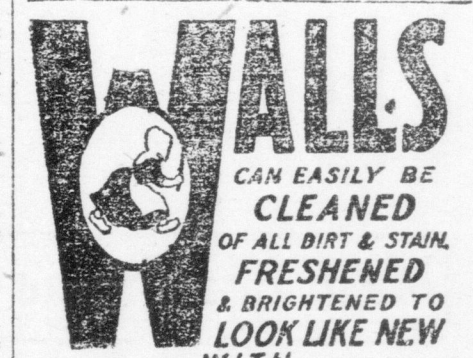
in every detail of their work, is a characteristic of the P. L. and O. Drug Stores.

Not only as "the best policy," but from principle—honest, particular, careful work. You need honest work in filling your prescription.

P PERCIVAL, Richmond Cor. Central, Phone 1261. **L** LISTER, Wootley Road, Cor. Craig, Phone 1920. **O** OMOND, 468 Dundas, Phone 1429.

THE PROGRESSIVE DRUGGISTS.

active factor should continue to receive public encouragement and support.



Old Dutch Cleanser
Full directions and many more on large Sifter—Can 10¢

Shirriff's True Vanilla

Imagine how much more delicious cakes taste when flavored with real vanilla extract. You can make certain of using real extract of finest Vanilla beans by buying Shirriff's True Vanilla.



Mrs. Winslow's Soothing Syrup has been used for over SIXTY YEARS by MILLIONS of MOTHERS for their CHILDREN WHILE TEETHING, with PERFECT SUCCESS. IT SOOTHES THE CHILD, SOFTENS THE GUMS, ALLAYS ALL PAIN, CURES WIND COLIC, and is the best remedy for diarrhoea. Sold all over the world.

RECORD OF A GREAT MEDICINE

Doctors Could Not Help Mrs. Templeton—Regained Health through Lydia E. Pinkham's Compound.

Hooper, Nebraska.—"I am very glad to tell how Lydia E. Pinkham's Vegetable Compound has helped me. For five years I suffered from female troubles so I was scarcely able to do my work. I took doctors' medicines and used local treatments but was not helped. I had such awful bearing down pains and my back was so weak I could hardly walk and could not ride. I often had to sit up nights to sleep and my friends thought I could not live long. At my request my husband got me a bottle of Lydia E. Pinkham's Vegetable Compound and I commenced to take it. By the time I had taken the seventh bottle my health had returned and I began doing my washing and was a well woman. At one time for three weeks I did all the work for eighteen boarders with no signs of my old trouble returning. Many have taken your medicine after seeing what it did for me. I would not take \$1000 and be where I was. You have my permission to use my name if it will aid anyone."—MRS. SUSIE TEMPLETON, Hooper, Nebraska.

The Pinkham record is a proud and peerless one. It is a record of constant victory over the obstinate ills of woman—ills that deal out despair. It is an established fact that Lydia E. Pinkham's Vegetable Compound has restored health to thousands of such suffering women. Why don't you try it if you need such a medicine?



Coronet spray of orange blossoms will be worn by the bride-to-be at the Lenten wedding. This is exactly an innovation as to the style of the wreath, but the old idea of orange blossoms is as popular as ever.

Cynthia Grey's Correspondence

Collegiate Chums.

My Dear Miss Grey: We are chums of fifteen and go to the Collegiate. Please answer these questions as soon as possible. In an interesting column. 1. What colors are popular this spring for young girls' suits? What length should our dresses be? 2. What style and shape of hats will be worn by young girls this spring? 3. Please name some suitable and interesting books for girls of our age? 4. Please suggest some popular colors for school dresses for this summer. Thanking you in advance.

It is not imperative that a gift be given, but if you desire to do so, a tiny bit of jewelry would doubtless be acceptable.

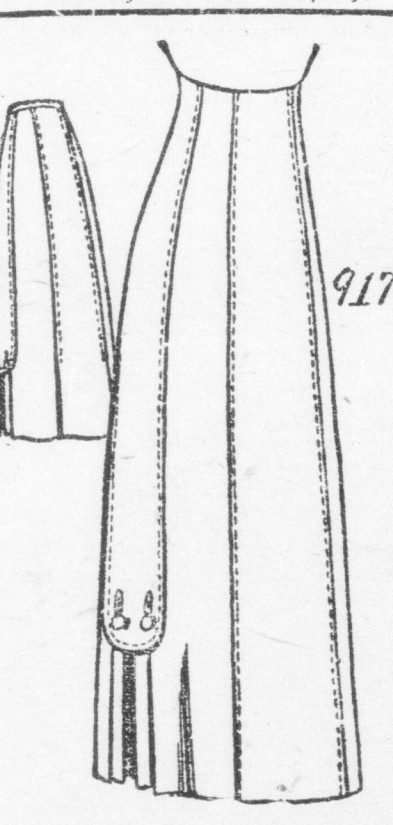
No Men Friends.

Dear Miss Grey: I am eighteen, rather good looking and am told that I have winning ways. I would like to have friends among the men. How shall I go about it?

ALL ALONE.

A—You are only a child—just wait a while—you can afford to do so. Don't be in too big a hurry to be a society girl with beaux galore. You are young so short a time that you'll be glad some day that you waited. The beaux will come soon enough—don't worry. The surest way to win them is just to be a real girlish girl, and not be the sort of a girl who apes the ways of her elders.

Advertiser Patterns Beauty Pattern Company.



9178—A Stylish Skirt Model.

Lady's Eight-Gore Skirt, with Plaited Inserts, in High or Normal Waistline. A skirt with a number of gores is often a convenience, when the material is narrow, and it is, moreover, easier to fit stout figures with skirts of this kind. The model here shown is graceful and becoming with its long tailored lines and plaited inserts at the sides, that give added width to the skirt at the foot. The pattern, suitable for all dress goods, is cut in five sizes, 22, 24, 26, 28 and 30 inches waist measure. It requires 5 yards of 26-inch material for the 24-inch size, of a pattern of this illustration mailed to any address on receipt of 10 cents in silver or stamps.

PATTERN DEPARTMENT OF THE ADVERTISER.

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

Name

Street Address

Town

Province

Measurement—Bust..... Waist.....

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

CAUTION.—Be careful to inclose above illustration, and send size of pattern wanted. When the pattern is bust measure, you need only mark 32, 34, or whatever it may be. When in waist measure, 22, 24, 26 or whatever it may be. If a misses' or child's pattern, write only the figure representing the age. It is not necessary to write "inches" or "years." Patterns cannot reach you in less than one week from the date of order. The price of each pattern is 10 cents in cash or in postage stamps.

Sporting Queries.

Dear Miss Grey: Will you kindly answer the following questions at your earliest convenience. I. Has the London High School a girls' basketball team? 2. What is the standing of the O. H. A.? 3. I am very tall and am seventeen years old, do you think I am too big to ride a motor cycle? 4. Kindly give me the names and publishers of one or two instrumental piano duets. Thanking you in advance.

SPORT.

A—1. Yes, there are several girls' basketball teams at the L. C. I. 2. Your question is a little vague. The O. H. A. is not a league. It is divided into groups of three series. Eatons, of Toronto, are champions of the senior series of 1912; Preston, of the intermediate championship, and Toronto Canoe Club captured the junior honors.

3. You cannot be too tall to ride a motorcycle.

4. Any reliable music store would doubtless be able to give you the information.

Beaux and Hoses.

Dear Miss Grey: 1. Is it all right for a girl to help her beau on with his overcoat? 2. What is your idea on a girl having more than one man friend? 3. What is the best method of washing white silk hose?

TRIPLETS.

A—1. Not strictly conventional, but right is she comes to do so. 2. Girls should have as many man friends as possible in order to be sure when Mr. Right comes along. After a girl is engaged she should, of course, give up the other beaux. 3. Wash with the best white soap in warm water, rinse well, and hang in the dark to dry, then they will not get yellow.

A Graduating Frock.

Dear Miss Grey: A friend who is in training for a nurse expects to graduate this spring and has invited me to attend the graduation exercises. As I have never attended one before, I do not know just the nature of it, and would be very pleased if you would inform me through The Advertiser.

Should I wear an evening dress, and would I be expected to bring a gift for my friend? If gifts are customary on such occasions, will you kindly suggest some?

SUBSCRIBER.

A—I would not advise you to get an elaborate dress for the occasion. If you already have an evening dress, wear it. Otherwise a dainty embroidered muslin, or a cotton voile, with colored floral border would be quite suitable and not prohibitive for price.