

Page of Interesting News for Women

When Mother Puts Up Your School Lunch

ASK HER TO READ THIS HOMEY TALK.
By Cynthia Grey.

"Mercy, I haven't anything in the house for John's lunch!" says John's mother. "I'll just boil him an egg, and butter some of those biscuits we had last night, and give him some pennies for ice cream cones."

Johnnie goes off not very happy, because his lunch is awkward to put in his pocket. Mother has forgotten to buy him a box; poor child, he does not realize that it will be harder to carry it home in his little "tummy" after he has eaten it.

There should be always something for the school lunch in the house as long as there are children going to school from it. To leave this important matter until school time may make all the difference between a fine, healthy child and a nervous dyspeptic. Many children are today unable to concentrate their minds after eating their lunches because the badly balanced and badly arranged food does not agree with them.

A great statesman as well as a great gourmet said: "Food must appeal to three of the senses—seeing, smelling and tasting." There is nothing pleasing to the eye in four biscuits, not to carefully spread with butter,

and certainly the odor of hard-boiled eggs is not pleasant. A torn paper that lets the salt drift all over everything does not conduce to making a lunch more palatable.

Where there are short session schools, children do not need big lunches; three or four sandwiches, a relish and a sweet is all that is necessary. Do not make them monotonous. Try and have a little surprise every day. You know how much children like surprises.

Have plenty of oiled paper and white tissue paper napkins in the house. They are very inexpensive, and very necessary to a successful school lunch, which, to be altogether successful, must give the child a feeling of pride as well as satisfaction when he opens it.

Mother should pay a great deal of attention to these school lunches, as they will often make a great difference in the child's standing in his high school studies.

It is a good idea to have more than one kind of sandwich in the lunch box, when using peanut butter, cheese, or beans as filling do not add meat sandwiches, as there are enough carbonates in the cheese, beans and nuts without this addition.

Above all, see that the luncheon is put up daintily without any "messy



bits of food" about it. If you have tellies that must be eaten with salt and pepper, put these condiments in different colored tissue paper, and if you have pickles be sure that they are wrapped up securely in oiled paper so that they will not spoil other food near which they are placed.

A tin lunch box should be provided, as it is not only more convenient, but the mere fact of having to remember to take it to and from school teaches responsibility.

The lunch box should contain a relish, a heavy sandwich, a sweet of some kind, and fruit if possible. This will not be expensive if a mother puts her mind to it. The expenditure of mind is always greater than that of money in the making of a successful home keeper.

Ladies' Work at the Western Fair Is Bewilderingly Beautiful

MANY LINES OF HANDICRAFT WELL DISPLAYED.

A bewildering display of handicraft meets the eye in the upstairs section of the Main Building, where the ladies' work is on exhibition. The average man balks when it comes to a close inspection of this department of the Fair, and tries to think up excuses which will take him elsewhere. His better-half, however, delights to wander back and forth gazing at the many lines of fancy work, and perhaps, envying in her inmost heart the fortunate possessor of such beauties.

Variety and Excellence. In describing the display, it is difficult to know where to begin, there is such variety and excellence in every line. In crocheted and knitted work there are babies' kimono and jackets, fascinators and hats, and even heavy and fine wools. Wool is also used to make some very pretty tea-cosies in various colors. One showcase contains an assortment of aprons, waists upon which may be seen handiwork that would stir the heart of a connoisseur. Elaborate designs in punched work, eyelet and solid embroidery and drawn-work are shown.

Gain Ideas For Gifts. The entire exhibit is an excellent place at which to gain ideas for birthday and Christmas gifts, and many dainty knick-knacks such as aprons, guest towels, pin cushions and handbags of many sorts may be studied there and copied later in colors to suit one's fancy. Irish crochet bags, and bags of tapestry, seadom dictatorial. They have the great charm of unconsciously doing the correct thing at all times.

The Cushions. The cushion section is well-filled.

Charm of Culture

Culture does not mean merely a knowledge of books, as some people suppose, nor the veneration of much travel and experience. Culture is the refinement of knowledge, demonstrated.

How that knowledge is acquired may be through different ways. It is innate where people have had the advantage of being born of refined and cultivated parents, who have watched their growth and development, allowing them to know, only the best of life. Such people are generally modest and considerate of others, never ostentatious, and seldom dictatorial. They have the great charm of unconsciously doing the correct thing at all times.

There are many people who acquire their culture from experience and travel. Such people are charming as a rule—that is, when they have the faculty of being able to impart their knowledge for the entertainment of friends who are interested to learn.

Unfortunately there are many people who have the advantage of travel and study who never store up any information nor are they able to relate where they have been or what they have seen. Those people are too

selfish to give out anything. Thus their brains are warped by neglect. There is another class of persons—the superficial class—that has just a fair knowledge of books and things, but an enormous appreciation of self. The person who assumes that he knows it all, and who passes every instructive or interesting statement by with the interruption of some egotistical personal remark.

Such people are not charming. They are supercilious. Perhaps the most charming person is the one who wants to learn, who has the consideration to listen and wait. No one can give a charming, intelligent answer to any question or statement when only half heard.

One of the greatest proofs of culture is to be able to listen. Another is to be brief. Another is human kindness. There is no charm in resentment or revenge. There is charm in consideration and respect.

Remember: You will always charm when you give as much consideration as you demand.

Beauty Odds and Ends

There are several important things for a woman to consider if she is desirous of making the most of her looks, writes, Nancy Hollis Gardner. To illustrate:

Why does milladi use a staring white powder when her skin is a pretty olive shade? It simply calls attention to the fact that she powders heavily, whereas she had the wisdom to use a powder of a flesh or brunette tint, it, being only a shade or two lighter than the skin, would have the effect of making it look fairer, without loudly advertising the fact that the powder was used.

The same does not apply to the fair-skinned maiden with eyes as blue as summer skies, and with ruddy, glistening tresses. White powder is the thing for her.

If there is a maiden among my readers who has flaming crimson cheeks, and likes them not, let me suggest that she powder them heavily with a delicate pink powder, as this will tone down the redness of the cheeks. Does not the same apply to a "jolly red nose"? queries a feminine voice. It does, which piece of news should make your heart throb with joy.

If one has a dark skin, it is a good idea to dress the neck carefully. A great many women of brunette coloring make the mistake of wearing a dead white collar, thereby causing the skin to look several shades darker than it really is, which is generally the reverse of becoming. What they should do is to wear collars of cream white, as this color blends nicely with an olive skin.

Recipes

Caramel Custard.

For caramel custard, melt $\frac{1}{2}$ a cup of sugar in an omelet pan, letting it cook until of a delicate brown color. Have ready 3 cups of scalded milk, add the caramel to it, then, when the sugar is dissolved, pour the mixture over 3 well beaten eggs. Flavor to taste and strain into a buttered dish. Bake until set in a moderate oven, having the dish containing the custard set into another one of hot water. Serve hot or cold.

Date Muffins.

For date muffins use a cup of chopped dates, 2 cups of flour, a pinch of salt, 1-3 cup of butter, 1 egg and 1-3 cups of milk and 2 teaspoonsful of baking powder. Stone and chop the dates, sift the salt, flour and baking powder; rub the butter into the flour, mix in the dates and form to a stiff batter with the egg and milk. Bake about 20 minutes in a moderately hot oven.

Corn Chowder.

For the corn chowder fry out a small slice of fat salt pork and cook in it one sliced onion; then strain the fat into a saucepan. Add three or four potatoes which have been cut into cubes and parboiled, together with 2 cups of boiling water. Cook until the potatoes are tender, then add a cup of corn pulp and 3 cups of scalded milk. Season to taste, and at the last moment add a few crackers, which may be moistened in milk before adding them to the chowder. A little butter should also be added to the chowder just before serving.

BLACK VELVET COAT DRESS.

The Normal



Here rich materials are used in simple lines and left almost without trimming.

Hat, dress and shoes are of black velvet, with ostrich tips trimming the former and cut steel embroidery being used sparingly on the dress. An effective combination for one of brilliant coloring.

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THE PROGRESSIVE DRUGGISTS.

The Pretty Girl's Hands

[Copyright: 1912.]

Several pretty girls and some who want to be pretty have asked me the best way to care for the hands, and I am going to answer them all at once today.

Bessie, who is just fourteen, assures me dolefully that her hands are ruined forever because she has always bitten her nails, and still continues to bite them. Of course, if she goes on in this pessimistic frame of mind her hands will not improve. In the meantime, my dear Bessie, don't you think you could make an effort and control yourself, and stop biting your nails without having to resort to the treatment given children, which consists in rubbing a little extract of quassia on the fingernails and the tips of the fingers each time after washing them. The taste of this extract is very bitter, and it will remind you that you are doing a foolish thing and spoiling the looks of your hands, which poets call the "second face," and which should receive all the care and attention you can give them.

Isn't difficult to have soft and pretty hands, and I have known lots of girls who did housework whose hands were better looking than others who never washed a dish and never came in contact with a smoky and greasy pot or pan.

First of all, you must take pains to make the skin of your hands soft and white. A good cold cream or camphor cream should be used for this. As almost all of the articles used for the hands can be bought cheaper than they can be made, it is better to go to a reliable place and buy such things rather than to experiment with formulas.

No matter how good the formula, unless you happen to have the knack of making it properly, it will cost you more than the article manufactured by the wholesale, and consequently sold at a moderate price.

WHAT TO USE.

Keep a small jar of cold cream near your washstand, and if you have kitchen towels to do, have it near the sink. It will pay you to make some small hand towels for your own particular use in the kitchen, and every time you wash your hands before drying them, apply a little bit of cream or grease, and then dry off thoroughly in your own towel.

There should also be a piece of pumice stone and a fresh cut lemon to remove stains or callous spots from the hands.

If your hands are always very rough, take a little good oatmeal, boil it in water sufficient to make a thin gruel, strain it through cheesecloth and add a little more water; use this liquid instead of fresh water for washing the hands. This is also good for washing the face, especially for girls whose skin chaps easily.

Few girls are willing to wear gloves at night, and think it is more or less torture even if the gloves are two or three sizes too big. But the same results can be obtained; that is, nice soft, white hands, if cold cream is used frequently and a good massage or cleansing cream is thoroughly rubbed into the hands every night.

This treatment will sometimes fatten the hands, but ordinarily the hand does not get plump until the rest of the body fattens up, and very nervous people are not likely to have plump hands until their nerves are cured or conquered.

Red and swollen hands are usually caused by tight lacing, or stricture somewhere on the body; tight garters will show in this way, and so will tight armholes, and very red hands after eating are sometimes the effect of indigestion.

If you have much housework or kitchen work to do, keep all your old gloves to wear at this time. Rubbing gloves are excellent for dishwashing, and for some rough work with a scrubbing brush. If you don't want your rubber gloves to crack or rot be sure and clean them very thoroughly before drying.

HOW TO MANICURE.

Now as to the care of the nails. You only need a very few simple implements and if you take twenty minutes once a week, and two or three minutes every day, you ought to be able to keep your hands in good condition. The instruments you will need are an orange-wood stick, a nail file, some emery boards, a nail clipper, a nail polisher or piece of chamomile, nail paste and polish. Instead of liquid bleach use lemon juice on a little piece of cotton, rolled round the point of your orange stick, for bleaching discolorations under the nail. First of all clip your nails in the shape desired. Don't cut them too long or too pointed. File the edges and finish off with the emery until the edge is perfectly soft and smooth. Wash the hands thoroughly and soak the nails in water; now press the skin or orange stick and a little bit of powdered pumice. See that the edges of the nail are cleaned of this white skin. You should press the selva down every evening before going to bed, as that will make the operation very much simpler, and will keep the nails in good condition especially if you dip your fingers in oil. Always keep the cuticle soft by generous application of cold cream, or olive oil.

Wash the hands once again, apply a little bit of rose paste and then polish with the buffer and nail polish. Ridges on the nails are due to uric acid and they cannot be scraped or polished off, but when this condition of the blood is rectified, the nails will grow smooth again.

If you've gotten your hands very dirty, instead of washing them at once in water, clean them off first with cold cream, vaseline, or olive oil. Then wash them with pure soap and lukewarm water.

DRY THOROUGHLY.

Unless you dry your hands very thoroughly, you needn't expect to have them soft. Girls are very careless about drying their hands, and women who are no longer in their youth will find that the skin of the hands begins to wrinkle and grow dry unless a good deal of attention is paid them. The older woman needs plenty of oil for her hands, either in the form of cold cream or pure olive oil, or some good skin food.

She should rub them every night and she will be repaid for a little extra attention every day. The hand is a dead giveaway of a woman's age. I have seen lots of women whose faces have been skinned and operated on until they looked thirty years younger than they really were, but the hands have been forgotten, and proclaimed the exact age which they were trying to hide.

Problems of the Fair Sex Solved by Cynthia Grey

Has Literary Tastes.

Dear Miss Grey: Will you please answer me the following questions?

1. Could you tell me the value in Canadian money of a Columbian half-dollar, dated 1892?

2. How old should a girl be before she does her hair up without a bow?

3. What colors are nice for a young girl's room to be done in?

4. What was the last book Mary Jane Holmes wrote? Is she still alive? Was she married?

5. What are the latest books in fiction?

I hope I have not written too long a letter.

JAY.
A.—1. If it is a half-dollar issued during the Columbian Exposition at Chicago which you refer to, from an ordinary standpoint it carries but face value. A coin collector, however, might put a much higher value upon it. I cannot say.

2. The method of wearing the hair often depends upon how a girl is situated. If she works in a store or office it is often necessary to adopt grown-up styles earlier than if she is an idle girl at home. I like to see ribbons worn until a girl is at least 18.

3. Pink, blue, or French gray, with white woodwork.
4. Mary Jane Holmes (her maiden name was Hawes) was born in Brookfield, Mass., and died in 1907. She married Daniel Holmes, a lawyer, of Brickport, N. Y. Mrs. Holmes commenced writing when only 15 years old and over two million copies of her books have been sold. "Tempest and Sunshine," published in 1854, was her first novel, and "Paul Rolston" her last. In company with her husband she travelled a great deal both in America and Europe.

5. I can enumerate but a few which are considered very interesting, but all of which I cannot vouch for, not having read them personally. "Between Two Thieves," "Riders of the Purple Sage," "The Sign at Six," "The Mountain Girl," and "The Street Called Straight," are among the latest publications.

A Legal Matter.

Dear Miss Grey: Having received so much valuable advice through your section of the paper, I would be glad if you would give me a little information regarding the following: On the school grounds adjoining our property is a large maple tree, which is directly before my kitchen window. It darkens the rooms, has rotted the roof so it leaks badly, and ruined the paper in several rooms both on first and second floors. The roof is green with moss; the leaves fill the eaves-trough and makes things disagreeable. Wish to have this tree removed, but the school board are not in favor of it. What can I do? Yours,

BOTHERED.

A.—The overhanging three shedding leaves upon the roof of your house and causing it to rot is a nuisance and good cause for an injunction and damages against the school board. The interference with the light in your kitchen is not actionable, and you have no redress for the darkness. A letter from your lawyer to the board requesting removal of the tree before issue of a writ is suggested.

Cold Cream for Rob.

Dear Miss Grey: Kindly print in your columns recipe for "Orange Flower Cold Cream," and oblige, ROB.

A.—Here is the formulae. I hope you will like it. Rob: Oil of sweet almond, 4 ounces; white wax, 6 drams; Spermaceti, 6 drams; borax, 2 drams; glycerin, 1½ ounces; Orange flower water, 2 ounces; oil of neroli, 15 drops; oil of bergamot (orange skin), 15 drops; oil of petit-grain, 15 drops.

Put the fats and the oils into a double-boiler and place over a low flame until ingredients mingle smoothly. Next add the glycerin to the orange flower water and dissolve the borax in the mixture, then pour it slowly into the creamed fats, stirring constantly. At the last, just before the cream firms, add the perfumed oils.

Thanks, Margaret!

Dear Miss Grey: As I was looking through your column I noticed J. M. wants to know the recipe for milk chocolates. I thought I would write for the first time and tell her.

Milk Chocolate—Two cups of sugar, four teaspoons of cocoa, three-quarters

cup of milk, boiled and stirred; put in a pan and mark off in squares. I will close, hoping that J. M. will see this in print. Yours truly,

MARGARET.
A.—We are very much obliged for the courtesy of this reader in sending along the recipe. I, too, hope it will meet the eye of J. M. and that she will like it.

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The Birthday Calendar



IF THIS IS YOUR BIRTHDAY.

You may expect a successful year if you refrain from quarrels and have due regard for the rights of others. Some agreement will be made by you with a person of the opposite sex.

Those born today will have so many good qualities that their faults will seem insignificant. The worst of these will be a tendency to speak ill of others. In business, social affairs or in marriage, they will be successful.