# PAGE OF INTEREST TO WOMEN

## When the Noon Lunch Became A Lesson In Domestic Science The School Girl Prospered

Miss Robertson Tells How She Introduced Idea Into East Middlesex Schools-the First Teacher To Do So.

How successful one teacher has been in introducing the hot lunch system into her school is told in the following interesting letter from Miss Maude Robertson, the first teacher in East Midlesex to teach this form of domestic science in a rural school. Her school is in No. 6, Delaware.

Miss Robertson, who maintains that school teaching is not humdrum designed. Somestimes the pupils help themselves cometimes one of the line being served first the next day, so that everyone is satisfied. Somestimes the pupils help themselves cometimes one of the line being served first the next day, so that everyone is satisfied. school teaching is not humdrum, de- themselves, sometimes one of the older

plores the condition of the present day pupils serves them, and sometimes the school system which makes a continually concerned with the n "Can Johnny pass his book?" teacher herself serves. public school system which makes a teacher continually concerned with the question "Can Johnny pass his book?" rather than "Has Johnny shown any special talent or inclination and how can this be most thoroughly developed?" Her letter regarding the hot lunches reads as follows:

How it is Done.

How it is Done.

How for our method of providing for the hot dish at the noon hour. The regulations state that we have to serve it from November 1 to March 31, but we find it easier to begin serving it in

it from November 1 to March 31, but two find it easier to begin serving it in September, when we start school, for then we can make use of the different vegetables that children have planted and taken care of themselves. If we have a surplus of anything in the garden such as onions, carrots, tomatoes, beets or any other vegetables, we sell the vegetables to the parents who sell the vegetables to the parents who are only too glad to buy to encourage the children. With the money thus obtained we buy some of the necessary supplies with which to carry on our teaspoons two largest transfer on the equipment we have for carrying on our work is as follows: One and a half dozen supplies with which to carry on our teaspoons two plates, one and a half dozen transfer on the equipment. soup plates, one and a nair dozen supplies with which to carry on our teaspoons, two large vegetable dishes, work. When the garden supply is extuples the pupils bring supplies from home—such as meal, potatoes, milk, and forks, one toasting fork, four tables are set. With the grant that is all species one large always better the series of the supplies that the supplies the supplies to the supplies that the home—such as meal, potatoes, milk, eggs, etc. With the grant that is allowed by the department we buy the necessary dishes, cooking utensils, oil for cooking, towels for drying the dishes, rice, sugar, beans, pot barley for soup, spices and other things that we can keep without danger of their spoil-

Delight of Pupils.

The pupils seem to take a delight in helping, by bringing whatever we need for our daily lesson and we always have plently of material to work with. The older pupils work in groups of three and the younger ones in groups of four.

Each group has its day for working and you may be sure the children always remember when their day for cooking comes and they will not let

What Use is it?

Some people may still be wondering of what use all this may be to the pupils. Would they not be better off if they spent their time on their books?

The only way such people can be answered is for them to come to the school and see for themselves. Then they will learn several things.

First.—That the pupils eat up their lunches instead of taking a bite out if Each group has its day for working and you may be sure the children always remember when their day for cooking comes and they will not let anyone else work on their day.

The group which works on Monday for example prepares the dish we intend serving on that day, and sees that section and see for themselves. Then they will learn several things.

First.—That the pupils eat up their lunches instead of taking a bite out if a sandwich, a piece of cake or a cookie and throwing the rest away.

Secondly.—They will learn that the pupils keep the yard, schoolroom and

BLOCKS FOR BOYS.

The most precious possesion of a boy I know is a set of two hundred plain hardwood blocks, inherited from a friend years ago, and still in steady use. More than half of them are the one standard size, three and a half inches by one and three-quar-

half inches by one and three-quar-ters, by seven-eights, that is, half as

OUD FYEC or Burn, if Sore, Art

wide as they are long, and half as thick as they are wide. All the others,

with, and have them the right

they seem to take pride in doing so.

Thirdly.—That the pupils can cook nearly as well as their mothers. They are proud to be allowed to do it, and

are proud to be allowed to do it, and they always enjoy giving visitors a liberal helping of whatever happens to be on the menu for the day.

Eager For Lessons.

Fourthly.—When school time comes and the bell rings they are eager to get to heir lessons again and it does one good to sit and watch them as they work. Every eye is trained on their books and the little heads and fingers are busy doing the tasks set for them. It is needless to say that their work is It is needless to say that their work is neater and done quicker and better than before we commenced taking up the subject of household science.

Fifth.—The teacher and pupils seem to have drawn closer together, and

there exists between them nothing but the greatest friendship. Neither would think of doing away with household science. Of course it means quite a bit of extra work and planning for both teacher and pupils, but when such great and good results can be obtained from t can you wonder that they both enjo

## SOCIAL AND **PERSONAL**

ounce the engagement of their daughter, Jean, to Mr. Douglas S. McNabb Minnedosa, Man., the marriage to take

The year of the Grenfel Mission ends in the spring, so the officers would like all promised donations to be forwarded as speedily as possible to them. The latest contributors are as follows: Mrs. J. W. Little, \$5; John S. Meredith, \$5; Miss L. Meredith, \$10; Mrs. Wm. S. Brown, \$2; J. Gillespie, Mrs. Wm. S. Brown \$5; E. C. Yeates, \$5.

Mr and Mrs John Nutkins 722 Files Mr. and Mrs. John Nutkins, 723 Ellas street, city, announce the marriage of their second youngest daughter, Victoria Beatrice (Daisy), to Russell Greyson (Buff) Parker, son of Mr. Courtland Parker and the late Mrs. Parker of Port Stanley by the Rev. Canon C. R. Gunne, Christ Church Rectory, city. Mr. and Mrs. Parker will reside in Port Stanley.

Many are looking forward to the talent tea which will be held in the Sunday school of the First Presbyterian Church on St. Patrick's Day, March 17, under the direction of the Women's Association of the church. Afternoon tea will be served from 3 to 6, and the sale will consist of homemade bread, cakes, etc., a from and small children's agriculture. small children's garments.

DECKER-SIMPSON An interesting marriage took place at St. Andrew's manse Saturday noon, when Miss Lillian M. Simpson of Sarnia was united in marriage to Mr. Ralph Decker of Phoenix, N.Y. The Rev. D. C. MacGregor officiated. Mr. Decker was at one-time circulation manager at The London Advertiser He and the

four, are cut to the same scale, for example, there are eight blocks, seven inches long, by seven inches wide, by seven-sixteenths thick, and there are eight of the same length and width YEATES—WILKINS.

The marriage took place quietly this afternoon at the home of the bride's parents, Mr. and Mrs. W. J. Wilkins, of their only daughter, Nellie Penman, to Dr. Allen M. Yeates of Hamilton. The interesting ceremony was performed by Rev. Geo. A. King of St. Thomas, brother-in-law of the groom. The bride was given away by her.

Now that spring is approaching, also madd worther we are approaching, also madd worther we are approaching, also madd worther we are approached. seven-sixteenths thick, and there are eight of the same length and width, and seven-eighths inch thick, and there are twelve, one and three-quarters inches square, by seven-eighths inch thick, and others in other variations of the standard dimensions, but always in accurate relation. Thus the standard block is halved to squares nas, brother-in-iaw bride was given away by of the standard dimensions, but always in accurate relation. Thus the
standard block is halved to squares
de as they are long, and half as
de as they are long, and half as
groups of four or some multiple of
groups of four or some multiple of

Rests, Refrests, Sorta

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Rests, Refrests, Sorta

they Tire, Smart, Itch
or Burn, if Sore, Art

DUR ETES on and three-quar

of the standard dimensions, but always in accurate relation. Thus the
standard block is halved to squares
or triangles, or quartered into triasples, or cut into eight cubes, and
so on. This adherence to some scale
is the fundamentally important eleing a definite relation of blocks for a
child, because, in playing with these
different shapes and sizes, all bearing a definite relation to one another
he is discovering arithmetic and geometry for himself unconsciously.
Doubles, halves, quarters, eighths, obfather and was unattended. She wor a beautiful wedding gown of silk woolray, hand-embroidered, with white Angora wool and pearls, and wore a tuile veil. She carried a bouquet of pink roses. After the ceremony a dainty buffet lunches he is discovering arithmetic and geometry for himself unconsciously. Doubles, halves, quarters, eighths, oblongs, squares, triangles, prisms and cubes are no strangers to him, but old friends when he meets them later in books.

No other toy gives such scope mathematical mathema

Doubles, halves, quarters, eighths, obmack dusted, use Murine often. Safe for Infant
or Adult. At all Druggists in Canada. Write
for Free Eye Book. Murine L. Chicago, U. La

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in the season's latest styles and shades,
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invited.

Justrite Ladies Wear

254 Dundas Street. zvv Phone 2614.

Doubles, halves, quarters, eighths, obmack and black fox furs.

The wedding is one of the many
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match and happy event of their marriage. The guests present were: The groom's parents, Mr. and Mrs. Wm. Yeates, and Mr. and Mrs. E. G. Yeates of London: Mr. and Mrs. J. M. Yeates and Mr. Howard Yeates of Hamilton, and Mrs. Geo. A. King of St. Thomas. Cablegrams of congratulations from England were received as well as messages from friends in Montreal, the Canadian West and points in the United States.

### Cynthia Grey's Mail-Box

Wants Dialogue.

Dear Miss Grey,—May I peek into your cosy corner for help? Our church always has an entertainment at Easter and each class has its own little bit to contribute. Our class of seven girls never does anything, except with another class, so this year we talked it over and decided to get something if we possibly can. Could you or any of your kind readers help us? Some time ago, I believe I read a piece on your page. It was an old maid in a store. She was talking to the storekeeper and that formed the basis for the whole piece. I thought that maybe we could and that formed the basis for the whole piece. I thought that maybe we could have it with seven people gossiping in the church, having some married and some not. The old maids could always be talking about men, etc. Inclosed find stamped, addressed envelope.

P. S.—We are about 13 years old.

Ans.—Will somebody help Uncertain? Here's wishing you, all success.

To Set Color.

Dear Miss Grey.—Would you kindly tell me if you have any way to harden the rolor in red flannelette? I have a commorter covered with a good piece, and it rubs off on the other bed clothes, and it rubs off on the other bed clothes, which makes it very disagreeable and

3. Which should speak first, the lady or gentleman?
4. Which do you think is the nearest 4. Which do you think is the hearest to grandchildren, the mother's mother or father's mother? I hope to be of some help to the Page

some time. Thanks for your valuable space. NEWCOMER. space. NEWCOMER. Ans.—1. To set the color of red, use one-quarter cup of alum to one gallon of water. I am not sure that this would refer to flannelette, but it would be a good idea to try a sample first. After soaking rinse in clear water before

2. Referred to readers. 3. The lady.
4. As a rule, the mother's mother, as usually they are more devoted one to

CASTORIA In Use For Over 30 Years

## a queen who ruined her king

ine blindness to consequences and German blood that was stronger than wifely love or queenly allegi-ance ruined a king and discredited a nation. [Don't fail to read the thrilling historical account of how a Queen, the blood sister of a ruling enemy monarch, deliberately accom-plished the ruin of the poor panta-loon monarch who lacked the strength to combat her network of intrigue.

With a weakness born of desperation, he fought in vain the power that bound him, and as a result, wanders in exile to-day. A fascinating event of history complete in the March issue of EVERYWOMAN'S WORLD.

the other, but the children should be

Who'll Lend a Hand?

Dear Miss Grey,—This is my first letter I am sending to you. I have been a constant reader for several constant reader for several below. years. I certainly have found much help in the Mail-Box. I have seen where some have been asking for edgings. I

am sending one, and hope it will be of some use. I have noticed where Mahaska was asking for some correspondent likes sewing, crocheting, writing, reading, and likes to go to church. I think its loads of fun getting acquainted. would correspond with her if I can

would correspond with her if I can get her address. I am leaving my address with Miss Grey.

I hope I didn't take up too much space. Would you kindly send me a pattern of a crochet boudoir cap, and also words and music of "The Blue Bird," or "Say, Young Fellow, Where Did You Get That Girl?" Thanking you Miss Grey, for the space and in-Did You Get That Girl?" Thanking you, Miss Grey, for the space and in

noon tea will be served from a content.

Ind the sale will consist of homebread, cakes, etc., a rons and satisfy Brown Eyes' desire, re songs and crochet. Hurry up now and lend

> Here's Our Old Friend Back. Dear Miss Grey.—I wonder if you will pardon my second intrusion, having been here such a short time before

Allow me to express some word of thanks to the Mail-Box readers and yourself, Miss Grey, for the wonderful help I have received from the Mail-Box at many times.

The "book" discussion is most inter-

Trail," also "The Foot of the Rain-bow," by another author? They are splendid books. "When a Man's a sociations. A few devoted admirers Man" is very interesting, but I have forgotten the writer's name.

Now that spring is approaching, also muddy weather, we are anxious of having our grey rubbers look brighter.

When the shine has disappeared, why not apply a little vaseline to the rub-bers? It helps to give them a more respectable appearance. Some evening for supper, when it is hard to know what to serve, just toast some bread, butter it, then place in a hot oven until the butter has melted, then dip in some sweet cream (or milk if cream is scarce), and serve piping hot. It will be found this makes a delicious supper,



and it rubs off on the other bed clothes, which makes it very disagreeable and hard to keep clean. If any of your readers have any help to offer me I would be very thankful.

2. I have a white panama hat with a soft brim on. Could you tell me anything that will stiffen it?

3. Which should speak first the last ways a stream of the strea ure. Size 38 requires 5% yards of 36-inch material. Width at lower edge is about 2¼ yards.

A pattern of this illustration mailed to any address on receipt of 15c in silver

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

Caution: Be careful to inclose the above illustration, and send size of pattern wanted. When the pattern is bust measure, you need only mark 38, 34, or whatever it may be. When in waist measure, 22, 24, 26, or whatever it may be. If a skirt give waist and length measure. When 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.

QUESTIONS AND ANSWERS.
One of Those Movie Bables.

My baby man is 8 months old, and I intend to wean him at 9 months. Would it be all right to give him whole milk it be all right to give him whole milk it be all right to give him? He is taking vegetables and meat broths as you suggested, and doing fine, so I want to be sure about it. MRS. T. E. M.
As a very good skin food to apply at night I would advise two apples a pint of milk, and a slice of graham bread and butter and sugar on, applied internally. Of course, no external application can "feed" or nourish the skin or any other tissue.

tion in the Mail-Box as there was a while ago. "There's so much good in the worst of us, and so much bad in the best of us," I believe it is that way in the Mail-Box, as in all other places. I have some questions to ask and then I really must stop.

1. When a girl is introduced to a boy what would be suitable for a reply?

2. Could someone please supply me with Elizabeth Barrett Browning's "A

2. Could someone please supply me with Elizabeth Barrett Browning's "A Woman's Question"?

3. After a skate with a gentleman,

what is a suitable remark to make?
Where are Original Lonely, Calamity
Anne and Scottie frae Dundee? Speak up, friends. THE INSPIRED DISHWASHER. S.—I wonder if anyone realized "Bubbles" was the music to which

my little poem was set, "I'm forever washing dishes, etc."? Ans.—After this timely hint re rubpers, I hope the Pageites won't forget to give the heel a nice shiny rub, too. Doesn't that cream toast sound good? Re the squabble in the Mail-Box, everything is peaceful and quiet now, and I'll just have to put the first man it who starts the next argument. Listen, Pageltes, don't you think it would be a good idea to buy an elec-tric dishwasher for our poor friend, who

lislikes this task so? 1. "Pleased to meet you."
2. Will somebody send T. I. D. this 3. "Thank you, I enjoyed our skate

About Books. Dear Miss Grey.-Please find inclosed 0 cents for the Children's Hospital. I saw in your column where Fleur-de-lis was asking for the song, "Star of the was asking for the song, "Star of the East," so thought I would copy it for her. I think it is a good idea for the Boxites to write about books. I guess this is because I like reading so well myself. So Nneeda Guess has read E. P. Roe's books. I have never read the one she mentioned, but have read "Nearer to Nature's Heart," "The Face Illumed" and "What Can She Do?" These are all very good books. As my letter is getting long. I will sign myself, GLOSS.

Ans.—Thanks, Gloss. Have sent copy of Star of the East to Fleur-de-lis, and your donation to the C. H. fund is reposing with many other divers which reposing with many other dimes, which are multiplying fast.

#### WHAT'S IN A NAME

By Mildred Marshall. Copyright, 1920, by the Wheeler Syndicate. Inc. IMOGENE.

Not so frequent in usage, but none the less lovely and possessing of a good deal of poetic charm is Imogene. The name has no definite history and etymologists find it difficult to account for it, but the generally accepted theory is that it is another form of the Imagina, which is found in Germany in early times.

There was an Imagina of Limburg in 1400, and various other instances of the use of the name by German wo-men. How England secured the name men. How England secured the name of Imogene is open to speculation. It is probable that Shakespeare's heroine established her vogue there though etymologists contend that it was used by British ladies before the master playwight word his version of the old. playwright wrote his version of the old playwright wrote his version of the old story of the deserted and betrayed wife, which he so strangely placed at the court of the last independent Brit-ish prince.

At any rate Shakespeare called his

heroine Imogene, thus establishing her vogue forever. The name is still a great favorite in England, but has ly), gave the name to girl babies in baptism, probably ignorant of the fact that as Ygnoge, the name was once bestowed on a daughter of Emperor Pandrasus of Greece and the wife of Brutus, according to Geoffry mouth. She was mentioned mouth. She was mentioned in Ann of Brittany's funeral oration in 1514. Imogene's talismanic stone is the jacinth. It is said to protect her from a happy danger, especially from lightning, day is h Worn when traveling, it will insure her number.

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MERCERIZED MULL, with bluebird design.

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GINGHAMS, CHAMBRAYS AND MIDDY CLOTH, lengths 1 to 7 yards, check, stripes, plaids and plain colors, all colors and color combinations; enough in each length for a garment such as apron, waist, skirt, children's dresses and house dresses; hundreds of ends from which to choose. Main Floor.

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Part 10.

Good fortune was certainly with the

They had not gone far when people and houses started to appear, and then Betty knew that all was well. However, a new peril had come. The people could not be expected to breath away when he realized that it was the long lost Betty with her pupples, returned. a new peril had come. The people could not be expected to know that Mr. Bear was a tame and quiet fellow, so after giving one man a good scare and master was to see them, how welcomes

So it was that they traveled by night and slept by day from then on.

At last early one morning, just before it was time to find a place to sleep, Betty caught sight of a familiar object. It was the bridge of the village where her master lived. How happy the sight of it made Betty, for their journey had been long and tiresome, but now the end was in sight.

QUESTIONS AND ANSWERS.

their journey.

Betty's master had, of course, given up all hope of seeing Betty again, for he believed she had been drowned with her pupples in the flood. Imagine his surprise then, when Betty pushed open travelers, for the very first river they came to turned out to be the right one. They had journeyed for a great number of days, but now when Betty led her little family and Mr. Bear along her little family and mr. Bear along the house of the river, she felt that

being chased with a gun by another man. the little party had to go in hiding. At night they started out again. lost their shyness and were receiving he made Betty and how pleased she was to be home once more, they soon So it was that they traveled by night his caresses freely before many minutes

had past. "Where was Mr. Bear?" Tiny was the first to ask this question. In the ex-citement of their return, the faithful old animal had been forgotten. Had harm befallen him? Had the man with the gun caught up to him and done injury to the poor fellow? end was in sight.

"My master lived just a few blocks from here," said Betty, as she surveyed her family, now five handsome

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Dr. Brady will answer all signed letters pertaining to health. Writers' names are never printed. Only inquiries of general interest are answered in this column, but all letters will be answered by mail if written in ink and a stamped, self-addressed envelope is inclosed. Requests for diagnosis or treatment of individual cases cannot be considered. Address Dr. William Brady, in care of this

Something on the Chest.

Something on the Chest.

To make a mustard paste mix a tablespoonful of mustard flour with four tablespoonfuls of wheat flour and enough tepid water to make a sticky paste. Spread this evenly upon a piece of waxed or brown paper perhaps eight inches square. Over it lay a piece of muslin or cheesecloth, folding the edges of the cloth under the paper and stitching in place. Warm the paste comfortably over the fire and apply it with the cloth next the skin.

For young children, instead of mustard as an external application.

Stomach Ulcers.

Can ulcer of the stomach be cured without an operation?—E. P. Ans.—In about half of the recent cases cures may be obtained through a social coursely crumated and a stickly possible to the camphor the warm oil will take up, and always keep the bottle tightly corked when not using it. lest the camphor volatilize away. Either sweet oil (sweet almond oil) or olive oil may be used. Rub this gently on the chest, throat, bridge of nose, night, and morning, for any illness that produces cough. I can assure mothers that it will accomplish all that any socalled croup or cold remedy can accomplish as an external application.

QUESTIONS AND ANSWERS.

Something of the takes it right off the two weeks till he takes it right off the young star, and be sure to send me a bit of the wormpling to the stomach be cured without an operation?—E. P. Can ulcer of the stomach be cured without an operation?—E. P. If your eyes are work-strained or cases cures may be obtained through a stip of the recent cases cures may be obtained through a stip of the recent cases cures may be obtained through a stip of the recent cases cures may be obtained through a stip of the recent cases cures may be obtained through a stip of the recent cases cures may be obtained through a stip of the recent cases cures may be obtained through a stip of the recent cases cures may be obtained through a stip of the recent cases cures may be obtained through a stip of the recent cases cures may be obtained through a stip of the rece

Alcohol. Compound tincture of lavender.



Skin Tortured Babies Sleep Mothers Rest After Cuticura



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HOME ECONOMICS

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