

BEAUTY CHATS

BY EDNA KENT FORBES.

Springtime Beauty Foods

Have you ever thought how Nature provides the daily means of keeping her people beautiful, by the foods she grows? In winter, when the body needs fats and starches to produce heat in order to resist the climate, meats and potatoes and cabbages, and such, are staple diet; in summer, there are abundant foods to cool and thin the blood, greens—whose salts regulate the body, and mild acids from fruits—which are tonics.

Just now, the question is rather important. You must get the system in shape for summer—give it a spring housecleaning, so to speak. Here are some hints.

Spinach, kale, beet tops, dandelions, are tonics, and should be eaten daily in the spring. They do away with biliousness and the accompanying languor and lassitude many complain of at this season.

Tomatoes, grapes, peaches, plums and apples have a wonderfully beautifying effect on the complexion. Pine-apple (fortunately, a year round fruit) is a delicious food, not least appreciated its antiseptic properties are useful; it cuts thru what are called the morbid secretions of the mucous membrane; is wonderful for throat trouble; cures many forms of dyspepsia; clears out impurities; and, consequently, makes the complexion better. Used externally on the face, it is said to cure moth patches.

Figs should be eaten the year round, especially by people who work indoors and do not get much exercise—this applies to school children. Real molasses and maple syrup are somewhat laxative; children should have quantities of both.

Questions and Answers.
Q. K.—Exercise to develop the leg.

Dancing, either ballroom or fancy dancing, gym work, swimming, walking—these forms of exercise are all good. Plain white vaseline will make the eyebrows thicker, but will not darken them.

Troubled X.—Try massaging the skin with cucumber milk, which is a bleach, or sour milk (also a bleach). Now and then a little cold cream may be used, just to make the skin fine and soft. Powder will tone down the red look; you can use pure white powder, if you have so much color.

Anxious M.—Wash the arm pits with borax acid solution twice a day, or so. Wear thin waists with loose armholes and not tight bands on the clothing. Use talcum powder, as well.

Margory.—The names you mentioned are two ready made brands of henna. Plain Egyptian henna is sold loose, or in packages costing around a quarter an ounce. It makes the hair Auburn, and is quite harmless.

TEA ROOM PATRONESSES.

The patronesses of the tea room at the Arena today and tomorrow, which is in charge of the Canadian Army Aid Club, are: Mrs. C. W. Beatty, Mrs. W. Hamilton Merritt, Mrs. Stuart Strathby, Mrs. Henry Sprout, Mrs. William Ince, Mrs. Tom Pepler, Mrs. T. D. Delamere, Mrs. A. D. Langmuir, Mrs. J. G. Watkins, Mrs. E. G. Gooderham, Mrs. Richard Southam, Mrs. Doolittle, Mrs. Horace Eaton, Mrs. J. Harry Peterson, Mrs. Graham Joy and Mrs. Johnstone.

IN CHARGE THIS WEEK.

Mr. and Mrs. W. B. Donkin will be in charge of the work done by pupils of the Ontario School for the Blind shown at the Toronto Arena this week.

The Safest Matches in the World

Also the Cheapest are

EDDY'S "SILENT 500'S"

SAFEST because they are impregnated with a chemical solution which renders the stick "dead" immediately the match is extinguished.

CHEAPEST because there are more perfect matches to the single box than in any other box on the market.

War time economy and your own good sense will urge the necessity of buying none but **EDDY'S MATCHES.**

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SOCIETY

CONDUCTED BY MRS. EDMUND PHILLIPS

The home exhibition was opened last night at the Arena by His Worship the Mayor, who was introduced by Col. Dinckel. His Worship and Miss Church (the latter accompanied by Miss Crookery) were met on arrival by a deputation of women from some of the booths, which included Mrs. W. S. Dinckel, Mrs. William Southby, Mrs. W. H. B. Atkins, Mrs. Williams Beardmore, Mrs. Trumbull Warren, Miss Hendrie, Mrs. Arthur Pepler, Mrs. John A. Walker, Mrs. Fletcher, Mrs. W. H. Cawthra, Mrs. Ambrose Small, Mrs. Kavanagh, Mrs. Leach, Mrs. Lionel Clarke, Mrs. W. A. H. Kerr, Mrs. Norman Allen, Mrs. D. Bruce Macdonald, Mrs. James Somers. Miss Church was presented with a bouquet of Richmond roses tied with crimson ribbon by the management of the exhibition, and after a tour of the building said she was coming back again another day, it having been a long time since she had seen so many interesting things. The booth of the exhibiting beautiful and wonderful things made by the blind; the infant Home women have a most attractive stall, with a lucky candle, stocks and Mrs. John A. Walker's tea room was well patronized. The Women's Work Depository also had a most attractive show of pretty things. The exhibition will be open all week.

Lord Richard Nevill has left Ottawa for Washington, where he will spend several weeks at the British embassy, the guest of His Excellency the British Ambassador, Lord Reading, and Lady Reading.

The chief justice of Nova Scotia is at the Queen's from Halifax.

His Honor the Lieutenant-Governor of Manitoba is in town from Winnipeg for a few days.

Mrs. A. H. Stratton and Mr. J. R. Stratton, Lieutenant C. E. F., spent the week-end in Toronto, the guests of Mr. and Mrs. R. C. Matthews.

Mr. Hartley Dewar is spending a few days in Ottawa at the Chateau Laurier.

Mr. H. K. Gooderham has brought back several trophies which he won in a four-day tournament during his stay at Laurel-in-the-Pines, Lakewood, N.J.

Mrs. E. W. Parsons has given up her flat in Jarvis street and has left for Grimsby, where she has taken a fruit farm for the summer.

Mrs. Charlie Pettit and her two little boys have left for Beamsville, where Mrs. Pettit will open a tea-room.

Mrs. C. W. Bunting, who is expected in town on Thursday from Chicago, will spend a few days with her sister, Mrs. J. A. Proctor, Madison avenue.

Mrs. A. C. Proctor has issued invitations to a recital on Monday evening, the 22nd inst., in the lower hall of the Toronto Conservatory of Music, when she will be assisted by Mr. Frank Blufford and Mr. Harvey Robb.

Miss Austin and Miss Adele Austin have been at the Hotel McAlpin, New York.

Mrs. Wallace Helliwell, who has been staying with her mother, Mrs. Edgar Jarvis, has returned to Montreal.

Lieut.-Colonel Jack Sharples has been recently promoted, and is now assistant adjutant-general of demobilization, with headquarters at Ottawa.

Miss Catherine Welland Merritt has returned to Ottawa from Vancouver.

Mr. and Mrs. Arthur Anglin, who have been visiting Justice and Mrs. Frank Anglin in Ottawa, have returned home.

Mrs. J. H. Cosgrave, who has been in Ottawa at the Chateau Laurier for the last week, has returned to Toronto.

Mr. Stuart Curry, Halifax, is in town for a few weeks' visit.

The Nightingale Club gave a card party of 40 tables on Friday night in the Euclid Hall, and sale of home-made cooking and flowers, kindly given by Lady Feilist.

Miss Edith Morrison is the guest of her sister, Mrs. E. A. Sique and Prof. Stone, Union street, Kingston.

The Conservatory School of Expression Almas gave a test yesterday afternoon at the Conservatory of Music. Dr. F. H. Kirkpatrick talked on present day poets. (See Rev. Dr. Boland's "Maelin Mountain" from his own book of poems. The Barre Organ, by Alfred Moyes, Mr. Vuchell Lindsay's "The Congo," The Admirer's Ghost, The Flirt, by Ballyclara, Everlasting Mercy and Three Verbs. Miss Edith Lee sang and Miss Vesta Duggan played. Mrs. Spicer received the guests and Miss Louise Kennedy was tea hostess.

Mr. W. E. McTaggart has arrived in Vancouver and will spend a short time at the coast.

Miss Eldred Lane, Kingston, is spending a month in Toronto with her grandmother, Mrs. Boyd and will also visit her mother, Mrs. J. H. Boyd.

Mr. and Mrs. H. C. Upton have returned to town from their wedding trip and a visit to Mr. and Mrs. F. J. Hogg in Kingston.

The honorary treasurer of the University Hospital Supply Association, Mrs. F. N. G. Starr, acknowledged the receipt of \$62.50 since the last statement published on March 6. Mrs. F. B. Kenrick, convener of the packing committee, reports a total of 55 cases, containing 14,714 articles shipped during the same period. Among the articles packed were 300 pillow cases, 1,926 towels, 1,848 washcloths, 648 suits pyjamas, 10 dressing gowns, 64 pair bed sheets, 42 bed jackets, 126 day shirts, 138 abdominal binders, 240 amputation bandages, 348 stretchers caps, 5,159 bandkerchiefs, 74 soldiers' caps, 96 surgical aprons, 666 many-tailed bandages, 492 head bandages, 60 split sleeve coats, 75 miscellaneous articles. There were also 1,260 pair socks of which 700 pairs were sent to the C. R. C. S. and 762 pair to the Soldiers' Comforts for use in the trenches.

SOLDIERS' COMFORTS REPORT FOR WEEK

Mrs. Arthur VanKoughnet convener Soldiers' Comforts of the Women's Patriotic League, reports the following shipments forwarded to the Canadian Field Comforts Commission, the Queen Mary's Needlework Guild, and donations to the returned men in the Military Hospitals in Canada:

1,062 pairs socks; 95 suits pyjamas; 84 service shirts; 60 handkerchiefs; 16 wash cloths; 12 amputation caps; 6 neckties; 12 quantity of wristlets; knee caps, sweaters, towels, neckties from home, and individual parcels for soldiers.

North Toronto Orthopaedic and Spinal Military Hospitals gifts of engraved plate for Victoria; 10 surgical gowns; 24 woollen and kid gloves; 56 sun caps; 100 pairs of socks; 66 pairs of socks for the Imperial War Fund and the Imperial Good Cheer Club of Toronto.

GERMAN NAVAL LEAGUE EXAMPLE TO CANADIANS

The Navy League of Canada has adopted four planks for its platform. They are: To conduct a thorough and gained educational campaign in matters pertaining to the navy and the mercantile marine; to give lectures, to circulate literature and to place readers in the public schools on naval subjects; to raise funds for the relief of British and Canadian sailors and their dependents and for sailors' homes and hospitals; to encourage boys' volunteer brigades, where young men can receive practical instruction in seamanship.

In a circular outlining the needs for such work, the league points out that the position Australia occupies in the naval world is due entirely to the effect of the Australian Naval League, that Germany's position relative to naval power was the direct outcome of the work of the German Naval League," says the statement.

GIVE MINSTREL SHOW.

St. Francis L. and A. A. minstrels gave the initial presentation of a three night performance at the Parish Hall, Grace street, last night, under the most interesting and amusing program was given. The program was under the direction of Gerrard Kelly.

SUNLIGHT SOAP

Sunlight Soap is made for the housewife's profit, for only thereby can the makers hope to profit. Sunlight Soap makes your work lighter, your clothes whiter, your home brighter. It is mild and pure and does not harm either hands or fabric.

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Soldiers-Sailors

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THE DIARY for recording individual war experiences is the most serviceable book in existence and always will be a most cherished possession.

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Rates—By mail, one year, \$4.00; 6 mo., \$2.00; 3 mo., \$1.00; one mo., 40c. Carrier delivery maintained in Toronto, Hamilton and Brantford.

YOUTHFUL ORATORS DO SURPRISINGLY WELL

What can be done in the way of public speaking by children in the primary schools, was given fine demonstration at the Brown school yesterday afternoon, when an oratorical contest, under the auspices of the Home and School Club, was given. Twenty contestants took part, and so primed were the pupils with knowledge on the various subjects, that a time limit of five minutes had to be called after one or two of the first speakers had occupied 10 or 15 minutes in presenting their addresses.

The candidates were from several classes and the subjects chosen included "Fairy the Potter," "Queen Victoria," "Joan of Arc," "Butterflies and Moths," "Aeroplane," "A Voyage to Algiers" and many others. "Fairy the Potter," "Queen Victoria," "Joan of Arc," "Butterflies and Moths," "Aeroplane," "A Voyage to Algiers" and many others. "Fairy the Potter," "Queen Victoria," "Joan of Arc," "Butterflies and Moths," "Aeroplane," "A Voyage to Algiers" and many others.

The prizes were awarded to: Senior fourth—First, Winifred Rose, subject, "Ancient Methods in Medicine"; second, Nora Higgins, subject, "A Ghost House"; Junior fourth—First, Donald MacGregor, subject, "American Indians"; second, Crockett Lamont, subject, "Bannockburn"; Junior third—First, Dermot Thompson, subject, "The Walnut Tree"; second, Archie Wood, subject, "Drake." The judges were Mrs. H. S. Strathby, Professor Greaves and Professor Michael of Victoria College. Two books were given each of the winners by the Home and School Club. The president, Mrs. Winyard, was in the chair.

There are two kinds of tea: ordinary tea and Salada. Salada is more economical since it takes so much less to make a satisfying infusion.

Announcements

Notices of any character relating to the raising of money, are inserted in advertising columns at 25c per line.

Announcements for churches, societies or other organizations of public events, where the purpose is not the raising of money, may be inserted in the column at two cents a word, with a minimum of fifty cents for each insertion.

THE CANADIAN BUSINESS WOMEN'S CLUB MEETS TONIGHT AT 8 O'CLOCK IN THE CLUB ROOMS, 39 YONGE STREET.

Miss E. Steacy will speak on "The Short Story." Members please attend.

THE NAVY LEAGUE OF CANADA—The Commodore Jarvis branch of the N. L. C. are holding a dance on Friday evening, April 19, at 8 p.m., in the Massey Hall, Davenport road and Yonge, to celebrate the opening of their headquarters which they invite and solicit the support of the general public. Tickets can be obtained of honorary secretary, 50A, Elmer avenue, and the head office, 34 King street west.

ANYONE wishing a good, well-earned luncheon at moderate price today and tomorrow will find it at the Club Royal, 14 King street east, giving to the auspices Soldiers' Comforts, St. Augustine's. Proceeds for men overseas.

LARGE BRIDGE AND EUCHE

One of the biggest euchre and bridge parties of the season was held at the Club Royal last evening in aid of the Club Children's Aid, of which W. W. Buchanan is president. The large hall was commotioned the euchre players and the lower was filled with the devotees of bridge, while the upper story was given over to dancing.

Sore Eyes

Gravely Ejected. Eyes inflamed by exposure to Sun, Dust and Wind quickly relieved by **Merrett's Eye Remedy**. No Smarting. Just Eye Comfort.

Druggists or by mail 50c per Bottle. **Merrett's Eye Salve in Tubes 25c.** For Book of the Eye FREE ask **Merrett's Eye Remedy Co., Chicago**



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A little tap and a twist of the finger takes the place of the coal scuttle, the wood box, the long wait, the dirt, the ashes—and sometimes the smoke too.

Get a McClary gas range and cut your kitchen work in two.

Sanitary, with black enamel finish and enameled tile or splash back.

Conveniently high oven, glass door and thermometer—everything that a modern gas range ought to have.

"Satisfaction," a booklet that describes every kind of gas appliance from a "hot" plate to hotel kitchen range will be sent to anyone writing for it.

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BELGIAN RELIEF FUND REPORT FOR THE WEEK

The Ontario branch of the Belgian Relief Fund, 80 West King street, reports receipts for the week ending April 12: \$456.72. Total to date, \$138,529.88.

Many enquiries have been received regarding the adoption of Belgian orphans. Certificates containing name, age and address can be sent to anyone guaranteeing \$2.70 a month for the support of these destitute little ones.

The support of 3 orphans each has been undertaken by the Thamesford War Relief, Stroud W. I. and the I. O. D. E., Port Hope. The Girl Guides of Hopewell, N.S., have also adopted an orphan.

The Deloro Patriotic Society sent \$100; Dunganon W. I. \$25; Woodstock 6000 Club \$25; Mr. Joseph Henderson \$18; Miss Flora McMaster \$15; contents of 8 mite boxes \$23.91. Another \$5 was received from Miss Bartlett of the Robins Players. Excellent quilts and clothing came from Clairville Loyal Girl Patriotic Circle, Mount Albert and Pentanguishene. A shipment of clothing was sent to the central executive, Montreal, to be forwarded on the first available Belgian Relief steamer.

Polly and Her Pals

I HATE T' THINK OF PORE DELICIA WORKIN' WAY OVER IN JERSEY IN THAT AWFUL MUNITION FACTORY!

AN' THE BLOOMIN' OUTHIT LIABLE TO BLOW UP ANY MINUTE!

BOOM!

HA! HA! I ALLUS I WAS LUCKY!

TO BE BLOWED HOME BY A MUNITION FACTORY EXPLOSION, WHADYE MEAN LUCKY?

By Sterrett

WHY, FERINSTANCE, 'SPOBUN' IDA' BEEN BLOWED T' BOSTON AN' HADDA WALK BACK?

VERY TRUE!