



Page of Interesting News for Women

The National Council Programme

WEDNESDAY, MAY 29TH.
VISIT OF H. R. H. THE DUCHESS OF CONNAUGHT, HON. PRESIDENT.
9:30 am.—Devotional Meeting.
MORNING SESSION, 10 O'CLOCK.

Silent prayer. Roll call. Minutes.
Report of the Committee on Education.
Report of the Committee on Public Health.
Report of the Committee on Employment of Women.
AFTERNOON.—A drive given by the Western Ontario Motor League.
EVENING.—Reception given at Western University by the Alumnae Association.

CYNTHIA GREY'S CORRESPONDENCE

They Say Mean Things.
Dear Miss Grey: Would you kindly answer as soon as possible? Thanking you in advance.
I am a girl of 19, and deeply in love with a young man of 24. He has told me often that he loves me, and recently asked for my hand in marriage. My relatives consented, but since that time insist on saying mean things to me about him, which they know hurts my feelings badly. Do you think it right that they should act this way with me? They treat him fair enough. What is your idea of it? 2. Would a white embroidery dress be suitable to be married in, as it is to be a very quiet affair? 3. Could you kindly state the birthday calendar dates for February 24 and December 1, such as are published on the woman's page?
WORRIED ONE.
A.—1. I don't like to think that relatives, near ones at least, would deliberately try to wound your feelings. If your parents approve of your betrothed and you yourself trust and love him, do not take their remarks too much to heart. Perhaps they are only teasing you thoughtlessly. If they didn't really approve of him they would not doubt show it in their behavior towards him. 2. Quite appropriate. 3. I regret very much that I cannot furnish you the calendar for the dates you request.

Wedding Pointers.

Dear Miss Grey: 1. What is the correct method of seating the parents of the bride and groom at the table, since we can seat only 14 relatives? 2. Would it be proper for the bride's parents to wait for the second table? 3. When should the wedding cake be cut, and by whom? 4. I am to be married at noon and leave at 4 o'clock for the train. How long should I keep on my white dress?
A READER.
A.—1. The bride's mother sits at the other side of the bridegroom, and his father on her other side. On your other side your father sits, and the bridegroom's mother, unless you expect to sit at one end of the table, and your husband at the other. In that case, the bride's father and his sister sit on either side, and your mother and his at the bridegroom's side. That can be arranged to suit yourselves, but in any case your parents should sit at the table with you. 2. The bride cuts the cake after the other refreshments have been served. 4. Until it is time to dress for the train.

Graceful Draping of Material



The soft finished voile used for this dress is well adapted to the design. The embroidery is worked in an ethereal linen floss and the silk underskirt is of the same color.
The waist is partially lined with the silk and a pointed bodice extends upward from the girdle, as shown by the lines. The girdle is made of bias strips of the voile and silk, and the sleeves are decorated in harmony with the girdle.
Crocheted lace is used for the narrow yoke and the overskirt is edged with crocheted ornaments.

A NOTABLE WOMAN WORKER

Among the notable women workers gathered at the Normal School this week is Mrs. Gurnett, of Toronto, president of the Dominion Economic Association and secretary of the Toronto branch of the National Council of Women. Mrs. Gurnett was foremost in the work of establishing milk depots for the benefit of Toronto babies and these depots are doing much to reduce the infant mortality in Ontario's metropolis. "In the three years during which the milk depots have been established," said Mrs. Gurnett, "the infant mortality of Toronto, during the hot months, has been reduced from one in every five to one in every seven. The depots have done immeasurable good in checking the ravages of intestinal disease among infants, as it is known that impure milk is responsible for this dreaded affliction among young children."
"In order to arouse public interest in the movement, we first sent out a great number of letters setting forth the need for such institutions. We collected much money from private sources, and with the aid of a fund started by a newspaper, we interested the churches, and they co-operated with us to a large extent. The result is that the babies of Toronto can now obtain sterile, clean, certified milk at the same prices which are charged for the ordinary commercial article. We are only able to operate the depots during the hottest months of the year, as that is the time when milk is most liable to contamination from the multiplication of bacteria."
"Having made this excellent start with the aid of private philanthropy we are now hoping that the city will see fit to take up the work and continue it along even more efficient lines."
Mrs. Gurnett will visit the local health officers while in London, and gather information concerning the provision for pure milk in this city.

THE DAILY MENU

BREAKFAST.
Stewed Rhubarb with Shredded Wheat Biscuit.
Rice Griddle Cakes.
Coffee.
LUNCHEON.
Asparagus Curried. Bread and Butter.
Baked Bananas.
Tea.
DINNER.
Potage Longchamps.
Tomato Loaf with Sauce.
Baked Potatoes. Carrot Croquettes.
Dandelion Salad.
Cocoanut Tapioca. Coffee.

Potage Longchamps—Drain one can of peas and rinse. Put in a saucepan and add two slices of onion, one and a half teaspoonsful of sugar and three cupsful of chicken stock. Bring to the boiling point, let simmer twenty minutes and rub through a sieve. Melt one and one-half tablespoonsful of butter in a pan, add two tablespoonsful of flour and stir until well blended. Then pour on gradually, while stirring, the contents of the hot stock. Bring to the boiling point and add one cupful of rich milk, and, while the soup is reheating, allow a few sprigs of fresh mint to remain in it until the flavor is imparted. Season with salt and pepper and add one-third cupful of cooked vermicelli or macaroni cut in rings.
Tomato Loaf—Put through the meat grinder two pounds round steak and one pound of smoked ham, mix with one egg, one cup of bread crumbs, one-half cup milk, and one-half cup hot water in which has been simmered one teaspoonful of beef extract, one bay leaf, one teaspoonful of onion juice, dash of red pepper. Make into a loaf and pour over it a sauce made of one-half cup of tomatoes, one tablespoonful butter browned with flour, and one cup of water with one-fourth teaspoonful of beef extract. Bake in a moderate oven.

DO YOU KNOW?

That if light colored or white kid gloves are rubbed gently with bread-crumbs after each wearing they will keep clean a long time.
That a most effectual trap for roaches is a basin with a little molasses in it. They easily fall into the pan, but cannot get out.
That old-fashioned mutton tallow (which can be perfumed with a few drops of essence of rose) is very healing for chapped hands or lips or rough skin.
That the cover of a lard pail is very convenient to place over the burner of a gas stove when heating something in a small dish or a cup.
That when you clean spiral bed springs it may be easily accomplished if you use a dish-mop, and keep one just for that purpose. Get the rust out of the springs first with the dry mop, then dampen the mop and go over the metal a second time.
That threads and hairs on a carpet may be swept up, if the broom is brushed lightly round and round, instead of straight along, for the threads will be formed into a ball and may easily be picked off the broom.
That the window in the bathroom should always be open at top and bottom, so that a free current of fresh air may be continually coursing through the room.
That if rubber boots wear out at the feet they may still be made quite useful by slipping a pair of snug-fitting rubber shoes over them.
It is to give twice poultry in the same menu.
The ingredients of the dishes, too, must be "in season." There is no merit in obtaining "forced" material, expensive "exotics" in the way of food, when each season of the year in turn provides its own delicacies. The lightest and daintiest of dishes now figure in the "sweets" course.
The soufflé is a general favorite, and almost decadent in its refinement, now that it is frequently served with powdered and crystallized flower petals, and sent to table on a bed of the fresh flowers from which it takes its special name. Another favorite idea is to spray water over it after sweet is made with a large "brilliance." The interior is scooped out and filled with stewed fruits of every description, served hot and covered with syrup of apricots. How to keep her cut flowers fresh is a matter that perplexes many hostesses.
Arrange only a small number of cut flowers in each vase, so that they may have plenty of water. Choose vases that can hold a large quantity of water, not those which run away to a point.
For short stalked or heavy headed flowers use flat dishes filled with wet sand. For maiden-hair fern a good idea is to spray water over it after it is arranged among the flowers. There is so much air among the water when it is sprayed on that it does not run off and leave the fronds dry, as it does when they are dipped in water.
If flowers are faded from being packed, a little ammonia put into the water in which the flowers are placed will revive them. Flowers that are intended to stand a good while after being cut should be gathered early in the morning and put into water as soon as cut. Always use a sharp knife.

The Birthday Calendar



IF THIS IS YOUR BIRTHDAY.
You will have some experiences in the following year, which will cause changes in your ideas. Be ready to distinguish between the good and evil as it presents itself.
Those born today will have generous impulses, which will sometimes be in the wrong direction, and the results will not always be pleasing. In intellect they will be brilliant, and will do well in literary pursuits.

EVERY WOMAN of the National Council and Every Other Woman is Welcome to Kingsmill's

Come, make this grand new daylight store your shopping home. Here you will find the newest of Summer Drygoods and Millinery. Our Mammoth Carpet Store on Carling Street (the largest in all Canada) is filled with the best of House Furnishings.

Display of Ostrich Boas, Scarfs and Neckwear

Lace Coat Collar, imitation Irish crochet, white or cream: **\$1.00**
Lace Coat Collar, in guipure, white, cream or ecru. At **\$1, \$1.50, \$2, \$2.50, and \$2.75.**
Embroidery Coat Collar, in neat designs: **75c and \$1.00**
Collar and Cuff Set, Irish Crochet, in white or cream, Special: **\$1**
Side Jabots, fine Swiss embroidery: **40c and 50c**
Motor Veils, marquisette, 2½ yards, hemstitched ends, all colors, very special: **75c**
Beautiful Scarfs, in silk, crepe de chine and fancy materials; a very wide assortment: **75c to \$3.50**
Ostrich Boas and Scarfs, at: **\$5.00 to \$15.00**

Chic Summer Millinery

Exclusiveness and beauty in Summer Hats, together with the quality and reasonableness of prices, makes **KINGSMILL'S MILLINERY** always popular.

Our Showing at \$5.00

Is far ahead of the Millinery you usually see at this price.
Second Floor.

Ask to See Our DOLLAR CORSETS

Short, medium and long length. Special values at **\$1.00**. Satisfaction guaranteed.

Gloves, Hosiery and Corsets From This Store Famous for Quality

Elbow-length Chamoisette Gloves, in white, natural and black. At **65c**
Ladies' Frame-Made Lisle Gloves, with lace arms, elbow length, white only. Special, pair **65c**
Elbow-Length Lisle Silk-Finished Gloves, grays, tans, champagne, navy, white and black. Per pair **50c**
Ladies' Long Silk Gloves, 24-inch, double tips, white, grays, cream, champagne, white and black. Pair **\$1.00**
Kaysers Silk Gloves, double tips, come over elbow, white, champagne and black. Per pair **\$1.25**
Ladies' Black Silk Hose, lisle knee and sole, pair: **\$1.10**
Ladies' Sheer Silk Lisle Hose, double knee and foot, in black, tan, white and other popular colors. Special **50c**
Ladies' Lisle Hose, lace ankle. Special: **50c**

Charming New Silk Dress Fabrics for Particular Women

Women who know quality and study style are the ones who appreciate the Dress Goods and Silks sold by this, "The Quality Store."
Satin Majestic, 42-inch, in navy, brown, rose, reseda, etc. One of fashion's favorites. Yard: **\$1.50**
Foulards, 42-inch, in all colors, including tans, Copenhagen, navy, grays, rose, white and black, also black and white: **\$1.25 and \$1.50**
Other Foulards, from **50c a yard up**
Silk and Wool Checked Voile, 42-inch, rose, reseda, tans, grays, etc. A fine, even finish. Yard: **\$1.25**
Mohair Coating for Motor Coats, tans, gray, tan gray and stripe, etc., 54-inch. Yard: **\$1.25**
Novelty Stripe Suitings, one suit of a pattern, tan and cream, black and white, white and gray, 54-inch. Per yard **\$2.50**

Ladies' Tailoring and Dressmaking Departments Now Open

Light Weight Broadcloth, 54 inches wide, all colors, including black, white, rose, tan, navy, reseda, champagne, Copenhagen, myrtle, etc. Yard: **\$1.25 and \$1.50**

Splendid Values in Blouses and Knitted Coats, Special at \$1.00

Tailored Shirtwaists, in striped zephyrs and vestings: **\$1.00**
White Lawn Embroidery Front, lace yoke, low neck, short sleeves: **\$1.00**
Embroidered Waists, high neck, long sleeves: **\$1.00**
Fine Lawn Waists, set-in sleeves, embroidery front, several styles, tucks and lace insertion, very stylish. Special: **\$1.50**
Brussels Net Blouse, black net over silk and trimmed with fancy tinsel banding. Special: **\$6.00**
Ladies' Knitted Coats with sailor collar, in navy and white and cardinal, fawn and khaki. Special: **\$2.75**
Three-quarter Coats in extra heavy weave, in all colors. Special at: **\$4.50**

Elegant Parasols

Embroidered Parasols with directoire handle; will wash perfectly: **\$1.00 and \$2.00**
Canopy Parasols—This stylish new shape in all colors; covers of best mercerized and silk; some pretty raw silk with fancy borders: **\$2, \$3, \$4 and \$5**
Raw Silk Parasols, borders of velvet and fancy striped silk, new canopy shape. Special: **\$3.75**
New Covermore Shape Parasols, in almost all colors, directoire or crook handles. Priced from **\$2.00 up**
Children's Wash and Silk Parasols, all colors, three sizes, 45c, 75c and \$1.00. Special at **45c**

Travelling and Steamer Rugs at Special Prices

You save \$1.00 to \$3.00 here. Our special values at: **\$3.00, \$4.00 and \$5.00**

Canada's Largest Carpet Store

Offers this week unusual values in the highest grade of home furnishings. Our immense capacity and purchasing power make Kingsmill prices always the lowest. These specials are well worth your investigation. For the prices shout "Save! Save! Save!"

The Perfect Carpet, our price \$1.75 Beautiful English Axminsters

Yes, this value will demonstrate to you Kingsmill's values. Some stores right here in London are asking \$2.00 and even \$2.50 for ordinary Axminsters, but we offer you the very best English Axminsters, in nearly 200 patterns. Many with border, hall and stair carpets to match, and our price for the carpet, made and laid on your floor is only, per yard: **\$1.75**

Sale of Nottingham Lace Curtains to clear, \$1.35 pair

72 pairs in eight beautiful patterns, Imported Nottingham Lace Curtains. These are a splendid wearing curtain. If you want several pairs you'll be lucky if you get these. The quantity is limited. Only 72 pairs. To clear at, pair: **\$1.35**

\$1.40 Brussels Carpets on Sale This Week \$1.19 yard

Kingsmill's Drygoods and Carpets Dundas and Carling Streets

Kingsmill's IF IT'S HERE IT'S NEW.

Advertiser Patterns Beauty Pattern Company.



No. 9230—A "Chic" Coat Model—Ladies' Coat.

This attractive design is suitable for cloth, velvet, satin, silk, cotton, corduroy, linen, and other wash fabrics used for coats and wraps. The fronts are crossed in a unique closing, and the neck is made with added side sections. The pattern is cut in five sizes: 34, 36, 38, 40 and 42 inches, bust measure. It requires 3½ yards of 4-inch material for the 38-inch size. 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 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 from the date of order. The price of each pattern is 10 cents in cash or in postage stamps.

MILLINERY PARLORS.
Latest creations in Spring Styles now on view at Madame Allen's Millinery, 619 Richmond Street, W.Y.T.

HOUSEHOLD HINTS

Bleach Potatoes.
To keep old potatoes from turning black when putting them on to boil, add one-half teaspoonful of sweet milk to the water in which they boil.
Soak Bacon.
If bacon is soaked in water for three or four minutes before frying the fat will be prevented from running out and the bacon will go farther.
Use Old Spreads.
An old white bedspread makes up to its last inch into the softest towels, wash rags, bibs for the baby or nice cloths to use in case of sores, either on animals or humans.
Grate Scorched Bread.
Instead of a knife use a grater to remove scorch from bread.
Patch New Clothes.
If you patch a boy's clothing while yet new, in the places where they are most likely to wear out, they will wear twice as long.
East Frosting.
Before breaking eggs for frosting, let them stand for a short time in water until they are cooled through. The frosting will be much stiffer and not take so long to beat.
Heat Flour First.
Heat the flour before mixing with bread sponge or dissolved yeast, when making bread.
A Hose Wrinkle.
Cut a round piece from an old stocking and sew neatly on wrong side of hose. The hose will be held in place by the support catches. This will prevent the finest stockings from being torn.
NEW COLLARS.
Collars in various aspects are creating quite a little commotion in modiste centres. In addition to the Apache, there are the Robespierre and the Medici, together with a straight upright affair that terminates abruptly either side of the front, leaving the throat exposed. Allied with this usually is a little net, and lace guimpe, the lace of the very finest character, a softening line of which is carried up to temper the abrupt termination of this unique neck finish. The contrast is marked indeed between such an arrangement and the extremely décolleté cut now adopted.

LEARN NOT TO WORRY.
If you want to keep your youth and health learn not to worry, not to be depressed. Contentment will help everyone to be better in health, therefore, to be better looking.
Of course this is a rule which one finds most difficult to follow, for few people in this world are without worries and anxieties of some kind. But the thing to remember is that we must not brood over our troubles. Worry sucks the vitality from not only the one who gives into it, but from all who are near.
Learn, therefore, to face life bravely, and above all don't make trouble out of small or imaginary ills. Let each day take care of itself, if possible be optimistic and cheerful, and you will keep young in looks and in spirits.

High CHARACTER Drugs

CHARACTER—and every letter in capitals—sums up in one word the reason for the success of the P. L. and O. Stores. Come into one of the stores any time—listen to the enthusiastic comments of our customers—make ever so small a purchase—and you'll join in the chorus of praise for our goods, our service, our prices.

P PERCIVAL, Richmond Cor. Central Phone 1261
L LISTER, Wortley Road, Cor. Craig Phone 1920
O OMOND, 468 Dundas Phone 1425

THE PROGRESSIVE DRUGGISTS.

For the Hostess to Remember

The dinners today are not composed of many dishes, but each must be different in composition and mode of cooking, and with a special touch of elegance in the way it is presented. Color is also studied, and it is considered a great fault to serve two dishes containing food of the same color, as

