# PAGE OF INTEREST TO WOMEN

# SOCIAL and PERSONAL

TELL IT TO THE SOCIETY EDITOR

A very enjoyable time was spent on Wednesday evening at the home of Mr. tea room were Miss Myrtle Justin, Miss and Mrs. Hobbs, 142 Briscoe street, Maude Norris and Miss Maude McFarlane honor of Miss Ethel Thompson of this city. The evening was spent in cards, games and music, after which refreshments were served and good wishes showered upon the young bride-to-be.

A very enjoyable time was spent on Mrs. Wm. Copp, and assisting in the week Miss Maude McFarlane. Little Miss Jean Todd made a charming door attendant.

In future Mrs. Hunt will receive on the second Thursday in the month.

The Senator Coffey Chapter, I. O. D. The Senator Coffey Chapter, I. O. D. II., were the hostesses of a very joily party given last night in St. Peter's Parish Hall, when the guests were the men from Tecumseh and Wolseley Barracks. Miss Caesar and Mrs. Leech, both Red Cross Hospital visitors, were in charge of the arrangements for the contextalnment which consisted of cards and games. The men left after spending a most delightful evening.

The girls of the Central Y. W. C. A. had a most delightful toboggan party at the Country Club slides on Wednes-day evening, about forty of them setting day evening, about forty of them setting off early in the evening with seven huge toboggans. Miss Helen d'Avignon, girls' work secretary, who had arranged for the party, accompanied them and after an evening's merry sport, the whole party returned to the King street residence, where Miss McDonald and Mrs. Davidson were waiting to serve wieners, hot rolls, coffee and cake to the hungry throng.

Last night the Y. M. C. A. dining-room was filled with two hundred girls of the Y. W. C. A. Extension Clubs in the city when they were banquetted there are conventor to every horse John of the Y. W. C. A. Extension Clubs in the city when they were banquetted there at a quarter to seven. Mrs. John Crawford, the Y. W. C. A. extension secretary had arranged for the banks accretary had arranged for the banks of the colles were prettly decorated for the colles were prettly post-nuptial reception that attracted many callers was that of Mrs. A. M. Hunt, where the colles were prettly post-nuptial reception that attracted many callers was that of Mrs. A. M. Hunt, who called the prettle for points east, but will said the prettle for the prettle for the prettle for the prettle for the pre

Good soap is essential for cleaning purposes. Soap is made of fat in combination with a strong alkall. In the great war there was need for enormous quantities of glycerine for shells, and as glycerine is obtained from fats there was

London & Port

Stanley Kallway

Time rable Effective September 5.

To St. Thomas—†5:00, †\*6:20, 7:20, \*5:20, 9:20, \*10:20, 11:40 a.m., \*12:20, \*1:20, 2:20, \*3:20, 4:20, \*5:20, 6:20, \*7:20, 6:20, \*0:20, \*1:20, p.m.

To Port Stanley—†\*6:20, \*8:20, \*10:20, \*1:20, \*3:20, \*5:20, \*7:20, \*10:20, p.m., †Dally except Sunday.
\*Limited train, London to St. Thomas

Cut Flowers, Ferns.

Plants, Etc.

Specialty.

West Floral Co.

West and the same of the same

An Opportunity that

Should Not Be Missed

Tailored Blouses of checked muslin.

Just the thing for a practical

cold weather Blouse

Specially Priced for Tomorrow at

WO tailored styles in check muslins, each with convertible collar. The collars are of different styles, one fitting closer together in front than the other. Both collars edged with fine lace which in one model extends down the front. A variety of dainty pearl

buttons is used to fasten the fronts and cuffs. These Blouses are ideal for laundrying and will be found most

practical. Specially priced for \$2.49 Note we have all sizes in the above Blouses from 34 to 48.

Funeral Designs Our

MacVICAR-ARMSTRONG. their youngest daughter, Lyla Kathleen, was united in marriage to Russell Mac-Vicar of Regina, Sask. The bride was given in marriage by her father, and was attended by two little flower giris. Mary and Kathleen Armstrong; a ringbearer, Miss Helen Armstrong; and trainbearer, Miss Charlotte Armstrong, all nieces of the bride. The Wedding March was played by Miss Cora Capes, and Miss Kerr of Courtright was sole-bride.

borax

HOME ECONOMICS MRS. ELIZABETH KENT, MacDONALD COLLEGE.

a scarcity of fats, which greatly increased the cost both of fats and soaps. When soap is bought the housewife pays, not only for the materials used, but for the manufacture and the sale. She pays the manufacturer, the advertiser, the wholesaler and the retailer, and each party who handles the product must take pay for transfers. It must appear then to everyone that a housewife saves money by making her own laundry soap. The process is simple and every woman can learn how it is done in a very short time. done in a very short time.

On farms there is much waste fat called cracklings when the lard is tried out, and this makes excellent soap. We women will

women will need to learn every thrift recipe known, and exercise wise econo-my while we are paying off our enor-mous war debts. I give below a good recipe for cleansing purposes: Laundry Soap. 1/2 lb. resin
1/2 lb. resin
1/2 lb. resin
1/2 lt. soft water.
Put all together in a large enamelied reserving kettle and boil one hour. Pour nto pans and cut into cakes when

This is also a dandy recipe. Don't the Red Cross funds to the aid of these know what the name of it is. It's good though: Two cups flour, 2 cups bran, 1 cup brown sugar, 1 cup raisins, 1 teaspoon soda, or 1 teaspoon baking powder, 1 teaspoon cream tartar. Mix with buttermilk to batter. Bake in long pan.

JEANETTE.

The Red Cross funds to the aid of these unfortunates, as soon as permission could be received from headquarters to make the gift.

KERWOOD W. I.

The Woman's Institute held a very successful meeting at the parsonage. Note—A large iron pot, if it can be secured, is the best receptacle to use for this kind of soap.

by this time you have had a letter from him and "all is revelry and joy."

readers their views of same, FAIR 17.

Am a new member as my brother is taking The Advertiser. I turn to your page, it is so interesting, I think it is the best part of the paper, so many good recipes.

WILD ROSE.

I am greatly interested in your Mail-Box letters, and I find it a very good help in various ways.

MOTHER OF FOUR.

May I come in and spin a web, right in your worner, too, as I am a new member and am a little shy. I love to read the letters on farm and city

**GOT RID OF** THE COUGH

-stick right to you in spite of all you

We know of no remedy that will

# Cynthia Grey's Mail-Box

Admire the great, reverence the good, and be joyous with the genial.

—Charlotte Bronte.

84 Years Young. Dear Miss Grey,-I have been FARMER—WILKINSON.

A very quiet but beautiful wedding was solemnized at "Shady Side," by Jolly 19 Joll 'enjoy it very much. I have many

'sunbeams." One is three years old. The home of Mr. and Mrs. John Arm strong, Brigden, was the scene of a very pretty event on Thursday evening, when their youngest daughter, Lyla Kathleen, lambys, do they kye-kye?" lambys, do they kye-kye?"

I do not need the stocking-foot pattern, it seems to be helping quite a few.

I wonder if any of your readers every try to thicken stews with flue sago or tapica in place of flour, it makes a nice change.

Ans.—Thanks so much for the contribution from the little folks. Glad to send the pattern and have your useful hint.

fire and stir to a smooth paste; when cool add 3 unbeaten eggs, stirring for 5 minutes. Drop in a buttered pan with small tablespoon, and bake 25 minutes; when cold cut open with a sharp knife and fill with whipped cream, or the following: One cup milk. ½ cup sugar, 1 egg, 3 tablespoons flour, cook and flavor, let cool and fill puffs. Tart Filling—One cup currants, 1 cup brown sugar, ½ cup butter, 2 eggs, a little lemon peel. Beat all together, fill tart crusts and bake. From JULY. Here is a recipe for War Cake, which is economical for After War: One cup raisins, 1 cup water, 1 tablespoon lard or butter; boil together 5 minutes; let cool, then add 1 teaspoon soda, salt, 1 teaspoon baking powder, 1 teaspoon nutmeg and 1 teaspoon pastry spice, 1½ cups flour. Bake for 45 minutes in moderate oven in one loaf. PEGGY.

moderate oven in one loaf. PEGGY. Johnny Cake.—One cup milk, 1 cup flour, 1 cup cornmeal, 1 egg, ½ cup sugar, 2 level teaspoons baking powder, a little salt, piece of butter the flour, 1 cup cornmeal, 1 egg, ½ cup sugar, 2 level teaspoons baking powder, a little salt, piece of butter the size of a large egg. Cream together, butter and sugar, add egg, then milk, lastly all dry ingredients. JULY.

Ginger Drop Cakes.—One cup granulated sugar, ½ cup butter and lard, 1 egg, ½ cup molasses, 2 teaspoonfuls ground ginger, 2 teaspoons cinnamon, ½ teaspoon salt, 1 teaspoons cinnamon, ½ teaspoon salt, 1 teaspoonful baking soda, 1-4 cup hot water, 2½ cups flour.

Mæke 24.

GWENDOLYN.

Johnnie Cake—Two cups flour.

Johnnie Cake—Two cups flour, 1 cup

At the last meeting of the troop at St. Paul's Cathedral, two interesting talks were given the girls, Miss Mathews speaking on "Guide Loyalty and Prayer" and Mrs. Westland on "Guide Activities."

I have the offer of entering movies in Toronto, but so many of friends think it is a low position, would like to hear from some of readers their views of same. FAIR I have the offer of entering the

A supper meeting of the Girl Guide captains of the city was held on Wednesday night at the Central Y. W. C. A. building, when the badge work was discussed and plans laid for a big guide rally in the city about May 28.

"Molly Bon" was asking how to take an inkstain out of red tapestry table-cloth.

Soak inkstains in sour milk. If a dark stain remains, rinse in a weak solution of chloride of lime.

MARGARET.

I have never written to your page, but have enjoyed the letters very much. I have tried quite a number of the recipes and found them good. ANOTHER GRANDMOTHER.

# work is. I am only seventeen, and have been turning the grindstone all my life. I have hoed corn and picked toma-toes and blocked beets and did all kinds

Dear Miss Grey,—I have been a to work outdoors.

constant reader of the Mail-Box, and to work outdoors.

GIRL WITH THE APRON. of work on the farm. But really I love Am I too late to walk in and wish you and all the Boxites a Happy New Year? I hope not. We have codles of snow now and a nice ride behind lingle bells can hardly be nicer. The other evening we were prancing along nicely on the way to a friend's, when all of a sudden we found ourselves in the snow the cutter thread ourselves in the snow that the snow the cutter thread ourselves in the snow that the snow the snow the snow that the snow that the snow that the snow that the

all of a sudden we found ourselves in the snow, the cutter tipped over neatly and our old pony looking back wonderingly at us. Oh. it was all so funee!" Well, we got started again and we looked like snow men after such a spill. We were simply wranged up in it.

PUSSY 1ST. Two Dewdrops—Send your name and address on a stamped envelope, mentioning what your request was.

This is my first visit to the Mail-Box, and I hope I may be a welcome stranger, for such I am in this section of the country.

of the country.

I would appreciate getting a recipe for orange marmalade, and I hope I may be able to be of some service to some one else in the near future. AN ADMIRER. An ADMIRER.

Ans.—In reply to your inquiry, would suggest that you submit your verses to the editor, as there is no available space in the Mail-Box.

If you put a small piece of butter in starch while it is still hot your irons will never stick. Rub your hands with vinegar before you hang out your clothes and you will find that your hands don't need gloves. IDA. Received your stocking-foot pattern and think it fine. I am saving all the letters in your page and making a scrap book of them. MRS. A. J.

Western Ontario

#### Women's Activities Address News For This Column to the Editor of Woman's Page.

THAMESFORD GIRLS' CLUB.

soda, 1-4 cup hot water, 2½ cups flour. Make 24.

Johnnie Cake—Two cups flour, 1 cup cornmeal, 2 tablespoons shortening, 1 egg, 1 cup sugar, 1 teaspoon soda, 1 teaspoon cream tartar, 1 cup sour milk.

This is also a dandy recipe. Don't the Red Cross funds to the ald of these tunfortunates. as soon as permission

Advertiser Patterns

Owing to the pattern manufac-turers increasing the price of pat-terns to us, all patterns advertised from this date will be 15 CENTS EACH.



do to get rid of them.

Those are the kind of coughs that are dangerous—that weaken the inngs so that the germs of consumption find a ready foothold.

William Girl's Biouse Dress.

2957—As here shown, checked brown and white suiting and white gabardine is combined. The style is good for serge, also for combinations of satin and serge, gabardine and crepe. Wash materials such as gingham, linen and serge also desirable

seersucker are also desirable.

SHIRTINGS AND GALATEAS, plain and striped, 1 to 8 yard lengths. Values up to 45c. Sale price, a yard ..... Values up to 65c. Sale price, a yard ..... DENIMS, in plain colors of black and blue. Tweed and Striped Cottonades. One to seven yard lengths.

Mill-End Sale

STRIPED FLANNELETTE, in blues, pinks and greys, 1 to 7 yard lengths. Excellent for gowns, quilt coverings, etc. Wide widths. Values up to 50c. Sale price, a yard .....

KHAKI DENIMS AND DRILLS, 1 to 5 yard lengths, Values to 75c. Sale price, a yard .....

Staple Department-Main Floor.

# SATURDAY SPECIALS IN THE LADIES' READY-TO-WEAR DEPARTMENT---Third Floor

GRAY'S, Limited

Interesting Items For

Saturday Buyers

Store Hours 9 a.m. to 6 p.m., Saturdays Included

#### **Blouses**

Last offer of the season, at

Hirashike Silk, \$1.19

A novelty silk of white Hirashike (raw silk), with neat

colored spots, heavy quality. Ideal fabric for your

summer waists and frocks. The present value of these silks in plain white is \$3.00 and \$3.50 a yard. \$1.19 Surely this offer is a bargain at, a yard ....

Second Floor.

Two Specials In Black Silk

BLACK MESSALINE SILK, rich, lustrous finish, width 36

Second Floor.

HEAVY WINTER COATINGS.

Second Floor.

inches. Specially priced for Saturday only at, a yard .....

BLACK TAFFETA SILK, heavy quality. On

sale Saturday only. Priced at, a yard ......

a yard .....

CREPE DE CHINE BLOUSES, in maize and white; extra heavy, pintucked fronts and hemstitching, sailor collar. Regular \$7.50. Sale price .....

NAVY SILK BLOUSES, fine tucked front, high collar, open cuffs, with buttons. Regular \$5.00. Sale price .....

VOILE BLOUSES, shawl or sailor collar, embroidered front, square or V neck, hemstitched cuff. \$1.00 Special at .....

VOILE BLOUSES, V or square necks, sailor or small collars, tucked or embroidered fronts. Specially priced at

\$1.50 and \$1.75

VOILE BLOUSES, V or square necks, also convertible collars, hemstitched, tucked or fancy embroidered fronts; odd sizes. Marked to clear at ......

## **Middies**

LADIES' WHITE MIDDIES, braidtrimmed, double fancy yoke, Dutch collar, set-in pockets and buttoned cuffs. Price .... \$2.50

LADIES' WHITE MIDDIES, braidtrimmed, with pockets and buttoned cuffs. Prices. ... \$2.00 and \$2.50

CHILDREN'S WHITE MIDDIES with scalloped edge of green or \$2.00 Pink. Price

A New Line of **HOUSE DRESSES** HOUSE DRESSES, "Martha Washing-

ton" style, in striped and checked gingham. All sizes \$3.75 HOUSE DRESSES, two-piece style. with belt, in blue chambray. \$3.75

#### Babies' Bibs

COTTON BIBS, lace or embroidery trimmed, small size, 3 for 25c. Large Bibs of silk and organdy. Prices ...

..... 40c to 75c

## Knitwear Specials

BOYS' SWEATERS, heavy, in navy and brown, buttoned on shoulder, sizes 22, 24, 26 and 28. Special, \$1.95 CHILDREN'S WHITE WOOL PULL OVERS, colored, trimmed, small roll collar. Sizes 4, 6, 8 and 10. \$4.50 BRUSHED WOOL CAP AND SCARF SETS, in white or colors. Saturday. to clear at special price ..... BRUSHED WOOL SCARFS, small

#### NOW ON SALE The Delineator FEBRUARY, 1920

sizes, Saturday, to clear at ......

...... 35c each or 3 for \$1.00

THE DELINEATOR, the fashion authority of the world. Special articles this month: "The Truth About Russian Women," by Natalie Wintsch Maleefe, M.D., and "Voices From Beyond," by Canon McComb.

Special Offer - The Delineator, \$1.20 per year, Postage 50c extra.

# GRAY'S, Limited

140 Dundas Street

Agents for the Butterick Patterns, the Delineator and the Butterick Quarterly.

### GRAY'S, Limited Phones 115-116

#### BY WILLIAM BRADY, M.D. (Noted Physician and Author:)

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 mall 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

Salt

So far as remedial effects are concerned nothing in the line of salts has ever been discovered which is preferable to common Epsom salts. There are steenteen varieties, and brands of saline physics exploited anew each year, but ordinary Epsom salts will accomplish all that any other saline cathartic or laxative can accomplish.

The effect of any and all of these saline physics is the same in quality, though different salts vary in the dosage required to physic. That is the whole a.o.y-asige and the bancompe

age required to physic. That is the whole and shade and the buncombe dispensed with the package.

The action of saline cathartics is hygroscopic—that is, they all have an at the buncombe dispensed with the package.

The action of saline cathartics is hygroscopic—that is, they all have an at the buncombe dispensed with the package.

The action of saline cathartics is hygroscopic—that is, irritation and the irritation excites peristaltic movement, and so the evacuation is produced.

It is all right to take a dose of salts once in an eon or so, for some particular illness; or sometimes it may be necessary to continue taking salts, if the doctor so directs, in a serious illness. But it is a sad mistake to take salts frequently or habitually merely to move the bowels, and only a veritable old woman would ascribe to salts any "purifying" influence on the blood—an old woman or a keen gentleman with some fancy salts to market.

Rochelle salts produces a more noticeable diverses than does Ersem salts; that is, increases the excretion of uring.

QUESTIONS AND ANSWERS Cocoa, Stimulant.

Our children attend a country dis-Our children attend a country district school, carrying their lunches. At moon the teacher prepares cocoa and she ridicules the children for not taking the cocoa. I have objected to their drinking it, under the impression that it contains caffiene. Am I right, or is cocoa a wholesome, nutritious beverage for young children? The teacher tells me she is willing to accept your opinion. (Mrs. W. I.)

ANSWER—(ocoa i self (without added milk or sugar) is more nutritious than either tea or coffee without these additions. A pound of cocoa as purchased contains somewhat less nourishment than a pound of peanut meats or a pound of potato chips cooked. The salts and other medicines—they are so suggestive of "worm medicine." Liquor Magnesium Citratis (solution ment than a pound of peanut meats or a pound of potato chips cooked. The stimulant in cocoa is theobromine (closely resembling caffiene of coffee Liquor Magnesium Citratis (solution of magnesium citrate) is provided by the United States Pharmacopoeia for finical people; it is a pleasant way to take a saline cathartic. One bottle is a fair dose—twelve ounces—though it may be taken in several divided doses. This is best prepared when needed. It tastes like lemon fizz.

Here is the way the druggist makes it:

LIMPY DICK.

It was so long ago Limpy Dick had his leg hurt; he had almost forgotten how it happened. He was a funny-looking little dog anyway, and you can be sure he was much funnier-looking when he ran on three legs. Now, if Limpy Dick had wanted to, he could have run on all four legs like any other dog, for he had not been badly hurt at all, and was just lame, because people sympathized with him, and he "Why would you believe it, my"

And then a big mud-colored objet sprang out at them.

"Run for your life," Buster crie and Limpy Dick did run as fast as he could. But, my, how soon his leg ha got better! In his fright he had for gotten to "play" lame.

"Ha, ha, ha!" laughed the other dogs, as Dick ran into them down, the street. Where is the lame leg now! How ashamed Dick was, for he rea bit dog-like and the other little dogs of the neighborhood held a meeting to see what could be done about it.

"He's getting altogether too proud how changed he was. The old dog has rolled in the mud to make himself too like a boar, and his trick had worked he spaniel.

"Much too proud!" agreed Darkey, the Spaniel.

"Why would you believe it, my"

"Why would you believe it, my"

#### Official Reduction On All Suits

in all the season's snades. Regulari from \$35 to \$65. Sale price \$27.50 to \$5! Justrite Ladies' Wear 254 Dundas Street.

mistress called him a poor little dear the other day just because of tha fake lame foot." Petry, the Pomerania spoke-up. Petry was a pampere dogry and resented his mistress pit for the other dog.
"What will we do about it?" aske
Skinny, the wolf-hound. "I am sur
he is a deceitful little dog."
"We will talk it over with Bruno, th of magnesium citrate) is provided by the United States Pharmacopoeia for finical people; it is a pleasant way to take a saline cathartic. One bottle is a fair dose—twelve ounces—though it may be taken in several divided doses. This is best prepared when needed. It tastes like lemon fizz.

Here is the way the druggist makes it:

Dissolve one onuce of citric acid in four ounces of water. Add half an ounce of magnesium carbonate and stir till all dissolved, adding about four ounces of water, then filter and set aside Place in a strong, thick citrate bottle tvo ounces is syrup of citric acid. Pour carefully down the sides, without disturbing the heavy syrup, the solution set aside. Drop in 29 grains of potassium carbonate crystals. Quickly cork, and tie cork in filt the bill much better.

a pound of potato chips cooked. The stimulating caffiene of coffee and theobromine (closely resembling caffiene of coffee and the neffect on the nervous system). Theobromine acts as a stimulant, effect on the heart and least upon the kidneys, nod-the brain, caffiene acts as a stimulant, effect on the heart and least upon the brain, moderately upon the kidneys, on the heart, and least upon the kidneys, on the said at last, and the gathered the other dogs around his is not a suitable beverage for children, wholesome beverag thought of seeing a strange sight terested him. and then a big mud-colored objesprang out at them.

#### We know of no remedy that will cure stubborn coughs—coughs that won't let go—like Dr. Wood's Norway Pine Syrup. Secretariar are also destrable. The Pattern is cut in 4 sizes: 8, 10, 12 and 14 years, Size 12 will require 4 yards of 40-inch material. A pattern of this illustration mailed to any address on receive of the in city. We have some beautiful Crepe de Chine and Georgette Blouses, which have been specially priced at \$8.50. These include some of our best Biouses and to any address on receipt of 15c in silver or 1c and 2c stamps. must be sold before our new stock arrives. You can-It allays the inflammation, soothes not buy the material for what we ask for these Crepe the irritation, and heals the diseased mucous lining of the lungs and bron-Mrs. Leo. Allen, Petite de Grat Bridge, N.S., writes: "Last winter I Mrs. Leo. Allen, Petite de Grat Bridge, N.S., writes: "Last winter I had an awful cough that kept me in the house for over two months. I tried several cough remedies, but got no relief. I was almost discouraged when a grocer here offered me a bottle of Dr. Wood's Norway Pine Syrup, After taking that one my coughing began to cease. I took two more, and they Get the genuine Dr. Wood's Norway Pine Syrup; put up in a yellow wrapper; 3 pine trees the trade mark; price 25c. and 50c.; manufactured only by the T. Milburn Co., Limited, Toronto, Ont. Masurement: Bust..... Waist.... 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, 25, or whatever it may be. If a skirt, give waist and length measure. When imsees' or child's or misses' pattern)... Masurement: Bust..... Waist.... 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, 25, or whatever it may be. If a skirt, give waist and length measure. When imsees' or child's pattern write only the figure representing the age. It is not necessary to write "inches" or "vears." Patterns cannot recach you in less than ten day from the date of application, and hence we have an antipathy to that is, increases the excretion of SEVENTEEN STORES IN CANADA 2121/2 DUNDAS STREET