A Page of Interesting News for Women

How Mrs. Woodrow Wilson Looks and Dresses

WRITTEN FOR THE ADVERTISER BY IDAH McGLONE GIBSON.

As I climbed into the surrey at Princeton, N. J., and told the driver wanted to see Mrs. Wilson he volunteered this information: "She's a mighty fine woman and none of the family puts on any lugs. Me and my eight brothers are going to vote for the governor."

"Cheering information to impart to the governor's wife," I thought as I alighted at the door of the home of the Democratic candidate for president. "Mrs. Wilson will see you immediately," and hardly had the maid finished speaking when a woman at the zenith of her matronly beauty entered the room and graciously greeted me. Her brown eyes had golden glints in them. Her hair, a bronze brown, was rolled back from her face and confined in a becoming Juliette cap made of bronze braid and tiny pearl beads. Her com-

plexion had lost some of the freshness of youth, but still retained its color in

cheeks and lips. Her gown was of lavender charmeuse, made somewhat full-

er than is the fashion of today. Bits of lace were placed upon the gown as garniture and softly fell away from the slightly low neck and elbow sleeves. Mrs. Wilson seemed to me to be the type of the woman one sees in the towns from 15,000 to 100,000 inhabitants who has had leisure for culture and travel and has used it to good fashion. It was easy to see that she cares little for fashion, except where she considers it artistic and suitable for herself, and I gathered, as much from her manner and dress as from her conver-

sation, that she cares little for the society which is only bent upon amusing

"The thought of living in the constrained social conventions that must surround the White House is rather appalling," she said when I asked her if she liked the idea of being the wife of a President. "I care very little for the formal society function. In fact, I have never learned to play bridge, because I realized if I did not know how to play it I would not be invited to those afternoon affairs which only bore me.

"I am never bored with real things, and I never get tired of talking with any man or woman upon any real work which is being done in the world, even if it and its methods are of the simplest description. The every-day people and the common duties of every-day life hold my interest always While Mrs. Wilson is not at all conventional in her ideas of social life, she shows a conservatism, perhaps inherited from three generations of Presbyterian ministers, in being a little reluctant to take on all the ideas of the "new woman." I asked her if she believed in "votes for women." She hesitated a little and then said: "My daughter, who is interested in settlement work, believes in giving the electoral franchise to women," and then she added, with

a little twinkle in her brown eyes: "I guess I'm on the fence."

Mrs. Wilson is very fond of her daughters, another of whom is a fine musician and a third who has inherited her mother's talent for painting. She speaks with pride and a little awe of her second daughter's ability to make a speech, and says that the first time she was present when her daughter spoke in furtherance of philanthropic work she was much more nervous than

the speaker seemed to be.
I gathered from Mrs. Wilson's conversation, her manner and whole attitude that she would much prefer her avocation of landscape painting and her vocation of making a home for her husband and daughters to taking on the social duties of the wife of a President. Naturally she is ambitious for her husband, although she put it a little differently, as she says: "My husband's election will mean the triumph of great reform measures.

Sore Throats and Tight Collars

people with "delicate throats" have an of giving up the habit of muffling the opportunity of airing their grievances. throat, would prevent a large number of Autumn and early winter comprise the season for "throats" when the temper- headaches, depression, and even stupidity ature is variable and the atmosphere is There are people who suffer

to the fact of possessing a delicate throat. striction is removed from the neck. The height of folly consists in wrapping up and cuddling the throat and living in tion. The cierical throat, the hoarseness perpetual fear of cold air and wet which afflicts speakers, teachers, politi-weather. Sore throats, and many other clans and those who use their voices a atlments as well, can often be traced to good deal, is caused, not by inherent deliconstriction of the neck. best hygienic reforms that could be the voice. It may be habit, perhaps it is brought about would be to abolish high, lack of vitality which causes people to tight neckbands once and for all. Head- speak back in their throats, when the aches, neuralgia, depression of spirits, voice should be thrown forwards to the and even irritability of temper are due hard palate, and the lips used for clear oftener than people realize to constriction

of the important neck structures. Red noses and an absolutely impossible from the simple use of the voice as nature complexion can be made to disappear like magic by simply freeing the neck and allowing the lungs their due allowances of fresh air and oxygen. The large blood vessels to the brain, the important nerves, the wind pipe and organ of voice, cannot be pressed upon day after day without drug is used, irritation results, and the affecting their vitality. And in winter, state of the throat is worse than its first when furs or mufflers are added to the Sensible measures directed towards maktight neckband, the wonder is not that ing the throat and general health strongsore throats are so prevalent, but that so er are quite a different matter. They many of us escape. The simple expedient comprise common sense prevention.

sore throats, apart from the effect upon

The throat, also, can be strengthened or hardened by cold water bathing night periodically from sore throat from Sep- and morning, and by head and neck extember to March, and cannot even hope ercises. So many people breathe imto escape it in summer in these days of properly that some attention should be notor dust.

It is always a mistake to resign oneself and this will become easier when con-

> enunciation. At any rate, if the throat is delicate, immediate relief will be found intends in this way.

Give up perpetual amateur doctoring of the throat with gargles and paints, lozenges and sprays. That is the doctor's business, and more harm than good is done in most cases, because the wrong

Cleaning Hints

Stretch the velvet tautly, pile side upwards over a basin of boiling water. As the steam rises through the velvet get a second person to brush up the pile briskly with a stiff whisk. If the material is really dirty and not merely crushed and flattened, sponge it lightly with benzine taking care that there is no artificial light or fire in the room in which the operation is performed, and also that there is no draught leading to an apartment containing heat or light of any kind. Do not use more benzine than necessary, and press well with soft, dry cloths in order to remove the loosened dirt. The velvet should afterwards be hung up in the open air, in order to remove the odor.

To clean Irish crochet or any delicate fabric which will not stand rubbing, put into a fruit jar (or any jar that can be cover the article, seal the jar and shake about three minutes. Let stand fifteen minutes or more and shake again, open the jar, take out the article being treated and let drain a moment; if the dirt is not all removed rub lightly with gasoline, replace and shake again; when dry the article will look like new. This method saves not only the article, but the gasoline, which will not evaporate or ex-plode while sealed. It also saves the hands from becoming roughened and sore. Do not use gasoline near stove or lighted

The Birthday Calendar



IF THIS IS YOUR BIRTHDAY Good fortune and social success await you. Avoid prejudice and favoritism and season with bits of butter, salt and pep keep friendly with all, if possible. Be especially careful in writing.

Those born today will have sensitive nerves and should not be allowed too much noise and excitement when very young. Periods of complete rest and quiet will strengthen them. Their lives will be eventful and happy.

Leaves From

Escalloped Salmon,

Remove the bones and pieces of skir from a can of salmon and break the fish into small pieces. Put alternate layers of fish and bread crumbs into a buttered baking dish, having top layer of crumbs. Dot top with pieces of butter and pour in milk until it can be seen around edges Bake about half an hour.

Delicious Pan Stew.

Use for cold beefsteak: Take pieces of cold beefsteak and cut them up small alcohol, ½ drachm chloroform, ½ drachm flat pocketbook? Of course, they don't; Put in bottom of pan, dredge with flour, sulphuric ether, 1 pint deodorized benthey only think what a little goose such Put in bottom of pan, dredge with flour, pepper and salt and one onion. Slice cold potatoes on the meat, then add a few tomatoes cut up or half a can of tomatoes. Cover with water and cook tightly sealed), with enough gasoline to half an hour, and you will have a delicious hand brush; then rinse with clear water.

Tomato Soup.

One quart tomatoes (I use canned), 1/2 pint cold water, pinch soda, 1 tablespoon sugar, pinch of salt, 4 cloves, 1 tablespoon chopped onlon, 1 of parsley. Cook all together 10 minutes. Heat 1 cup milk and make a cream sauce of 1 heaping tablespoon butter melted and 1 of flour. Stir into soup and cook 10 minutes more. Strain and serve at once.

Make a wall one and one-half inch high and three-quarters wide of one quart nice. y-mashed and seasoned potatoes; just inside raised edge of platter; glaze it by covering with beaten egg and placing in oven for a few minutes. Place the liquor from one quart of oysters in porcelain kettle; let boil, skim well; then add oysters seasoned with salt; boil up once skim out oysters (milk or water can be added to the liquor, then seasoned with butter and pepper, and served as soup), and add them to a creamed dressing made by putting a teacup of rich cream, butter size of half an egg and a little pepper and teaspoon sait in double boiler. When hot add two ounces of flour mixed smooth in some cream or milk and let it cook until thickened, then place oysters and dressing within the potato and serve immediately.

Oyster Ple. Line a deep pie dish with puff paste; dredge with flour, pour in one pint oysters, per, and sprinkle flour over; pour on some of the oyster liquor and cover with a crust, having an opening in the centre to allow the steam to escape.

For All Occasions Phone 838 for your outfit, drives, weddings, funerals. New Palace Livery, 619 Dundas street.



Problems of the Fair Sex Solved by Cynthia Grey

their Inquiries as brief as possible, and to write on one side of the paper only. It is impossible to give replies within a stated gloves? time, as all letters have to be answered In turn as they are received. No letters can be answered privately.]

Dear Miss Grey: Would you kindly answer a few questions for me as vo

1. What is the prettiest 2. I have a fawn dress. Could you suggest the best way to color it? Thanking you, Miss Grey, in anticipation of an early reply, I remain,

WILD ROSE. A .- 1. Parted in the centre and coiled behind in two or three rolls. 2. It will be necessary to purchase packet of dye from a drug store. The directions should accompany the package. Would suggest a warm, dark red, brown

Her First Question.

Dear Miss Grey. I am a reader of The Advertiser and is the first question I have asked. Kindly publish the calendar for A CONSTANT READER. A -"Spend your spare moments out of loors or your health will suffer, and avoid disagreements, or you will be a loser. If in employment, strive to improve your

Mother's Cook Book | Those born today will be imaginative, but too sensitive for proper advancement. These faults can be over-Those born today will be brilliant and

Writes for Help.

Dear Miss Grev: I am very much in terested in your column, and am going to write to you for help. Would you kindly Hoping to see this in print soon, and

thanking you very much, yours truly, BLUE EYES. A .- Have a druggist make up this clean-

ing compound for you and keep it on hand for removing grease spots: 1 drachm zine; mix and add a little cologne. No doubt he would mix a smaller quantity for you in the same proportion as above Give your collar and cuffs a thorough scrubbing with this, using a clean, stiff

Requires Patience. Dear Miss Grey: Please tell me how to cure blackheads, and oblige.

MRS. H. L. A .- First try to find out the cause of the trouble. The blemishes may be due simply to lack of care in washing, sometimes to a sluggish liver, or digestive allment. Eat a simple diet and drink her own lack of interest and poor taste plenty of water, and if the trouble is And it is on these two last-name deep seated, a tonic should be taken. For external treatment, wash the face every night with moderately hot water and a pure soap. Scrub freely with a rough cloth, then rinse the skin several times, and rub with a little cold cream. To continue this treatment nightly several weeks should result in a much of life. cleaner skin-but remember. "Rome was not built in a day," and it will require patience to get entirely rid of the blackheads.

A Disagreeable Incident.

Dear Miss Grev: I am an interested reader of your column and at present in great trouble. This is entirely out of your line of questions, but thought probably you could help me.

I have small children attending school and in some way they have got their heads alive with insects. It is just a week ago I discovered the pests. They are not very bad, but it just worries me terribly. I washed their heads with car-

are still a few. Could you give me any wash that would entirely rid me of them? and oblige, EDITH. A .- You poor, dear mother! No wonder you are worried. I sympathize with you very much. I think that eternal vigilance for a short time, combined with the treatment you have already given, is the best possible remedy. Some one recom-mends dropping a little coal off in the washing water and also says that sulphur dissolved in warm water is excellent. But the carbolic soap should be quite as ef-

colle soan and used fine combs. but there

Much Obliged! Dear Miss Grey: I have been a silent

eader of your page and I must say that sincerely wish it every success. May trouble you to answer the following

1. What will take coffee stains out of maroon colored cashmere skirt? 2. How can I clean a pair of white kid 3. Are bangs fashionable for girls of

4. What do you think of my writing? 5. Could you publish the names of two

or three interesting books for girls?

A TROUBLESOME GIRLIE.

A.—Mix ½ oz. glycerine with 5 ozs. water and ¼ oz. aqua ammonia. Apply repeatedly, press between a cloth, and rub with a clean rag. Steam a little on the wrong side of the goods if needed.

2. Put a pint of glycerine in a basin and after drawing the gloves on your hands proceed to wash them in the glycerine scrub the most soiled parts thoroughly then leave the gloves on the hands to dry. During the process stand in a room without a lamp or any fire.

4. It is very neat. 5. I published a list in this column on Wednesday last, Oct. 30. Please refer to

Do Not Dress **Beyond Income**

The woman with a small income, often tries to copy the gowns and hats of her wealthy friends, and worries and worries ecause she cannot dress as they do. She longs, too, for the expensive materials and costly furs which she sees on every side of her in the various exclusive shops, and department stores, and sometimes she more than longs, she actually buys one or more of these fascinating things, when all the time her conscience is whis-

pering, "Thou shalt not." But she does, however, and what are the results? Is such a woman happy who thus lives beyond her means, and do the friends whose gowns she is trying to copy love her any more for buying the things she knows do not belong to her with her they only think what a little goose such a woman is who lives so far beyond her ncome and instead of admiring the gown r hat she has bought against her weak will, these "friends" only begin to talk her behind her back and comment on

er foolishness. The wise woman, on the other hand. earns how to dress, and to dress well within her income, and this is not as im ossible a task as many women make themselves believe. Correct dressing does not necessarily mean expensive gowns, cloaks and hats, though, of course, the well dressed, and there is no real reason why she should not be unless it is from And it is on these two last-named hings, interest and good taste, that the well-gowned woman, be her income small or large, relies on to give her her smart look. But above all things, remember that woman is never well dressed in any way who wears clothes which are not appropriate to her surroundings and mode

Before the Mirror

Don't use alcohol on the face unless the skin is oily.

If the finger nails are too brittle rut hem with vaseline at night. For local eczema a simple ointment of zine oxide or boracle acid is good.

Yellow dock, root or leaves, steened in vinegar will cure the worst case of ring-

vith a little powdered borax or a handful of oatmeal. A red nose may be helped by applying

Don't bathe in hard water. Soften it

at night a cloth saturated in diluted spirits of camphor. Don't use a file or emery paper on the flat surface of the nall, but only on

the edge to level it. When the nose is oily or shiny bathe with borax water and wash with almond meal instead of soap

LADIES' GRAY AND WHITE VESTS AND KIDS' WOOLLEN HOSE-A good stocking DRAWERS, values up to \$1.25, selling at, for school wear, all sizes; pair.....25¢

Staple Department. Mill-End Sale Bargains

at away below regular prices. It will be easier to shop

Thursday than Saturday, so come Thursday. Below are a

Women's Winter Underwear

A big collection of Mill-Ends and Remnants of Table Linen, Shaker Flannels, Towellings, Cottons, Prints, Wrapperettes, "Seconds" in Table Cloths, etc., all at bargain prices. Here are a few new items:

25 Dozen Linen Towels 25c Pair

few of the special lines on sale:

LADIES' GRAY AND WHITE VESTS

AND DRAWERS, regular 25c value. Mill-

End Sale price, garment......19¢

DRAWERS, regular 50c value, winter

weight. Mill-End Sale price, garment.39¢

LADIES' GRAY AND WHITE VESTS AND

LADIES' GRAY AND WHITE VESTS, reg-

ular 75c value, good winter weight, for, a

Fringed or hemmed ends, all white or with Nainsook 10c Yard

A 36-inch nainsook. Special, yard.....10¢

Comforters

The Biggest Bargains

WOMEN'S COMBINATION SUITS-One of

the biggest bargains of all. Mill-End Sale

price, suit\$1.49

pair 59¢ and 79¢

LADIES' ALL-WOOL HOSE, regular 50c

value. Special Mill-End sale price.....

..... three pairs for \$1.00

WOMEN'S BLACK TIGHTS, special at, a

we ever offered are being bought up faster

than ever before. Just at the time when you

need them most we are offering you the big-

gest bargains of the year. Seasonable goods

3 big specials in Cotton-Filled Comforters. Prices\$1.19, \$1.69, \$2.00

Sheeting 25c Yard
72-inch Bleached Sheeting, in plain or twill.

Dress Goods Department Specials

Bearcloth for Children's Coats WHITE BEARCLOTH, with fancy curl, 52

inches wide at yard\$2.00 WHITE BEARCLOTH-A heavy quality, plain finish, 52 inches wide, yard. \$2.75 FAWN BEARCLOTH—A good, serviceable color, fancy curl finish, 52 inches wide, at

yard \$2.25 Black Caraculs

A good material for comfortable winter coats. We have this in fancy weaves. Splendid values, at......\$2.75, \$3.50, \$4.00

Sealettes

Very dark brown Sealettes, so dark as to be almost black. A very popular cloth for coats and stoles. Per yard..... \$5.00 and \$6.00

A Silk Dress Length for \$2.50

Here is an extraordinary silk bargain. We are clearing out the balance of our 36-inch Chiffon Taffeta. We have not all colors, but while they last they will be offered at

Note the width: 36 inches.

75c and \$1.00 Tweeds for 59c Yard

A splendid range of Tweed Suitings, good design, the very latest weaves and colorings, good weight; regular 75c and \$1.00

Clearance of Dress Goods

25 pieces of Dress Goods, including some choice materials in a splendid range of colorings. These materials are worth from 50c to \$1.25 a yard. We wish to clear these out at once, and are offering them till they go, at yard......39¢ BIG BARGAINS IN ALL DEPARTMENTS.

AGENTS FOR LADIES' HOME JOURNAL PATTERNS

Drygoods Millinery Ladies' Ready-to-Wear

HAZOMA CREAM For Those Chapped Hands

PERCIVAL. Richmond Cor. Central Phone 1261. Phone 1920.

THE PROGRESSIVE DRUGGISTS.

[BY A PHYSICIAN.]

ection of the vital forces. It accelerates the blood circulation. It stimulates the digestive system. It augments the action of the stomach, liver and bowels.

It increases the respiratory action, more thoroughly oxygenating the blood through a greater lung expansion. It regulates appetite by stimulating

blood goes to the nerve centres; and old age. the entire muscular, digestive and circulatory system gets out of order. If you have any difficulty in believing this try staying in bed for a couple of days, and then see how well you can stand up. Your legs totter, refusing to carry the weight of your body. Sit in your chair all day bent over

desk or your sewing and you will find by nightfall that your body is cramped and painful when you try to move. Standing still, sitting still or lying still for a great length of time is deteriorating to the whole body. In this day when economic condi-tions are drifting us further and fur-

ther from the natural conditions, when

If there be economic conditions why drick, Manager.

OMOND. 468 Dundas St

Wortley Road, cor. Craig Phone 1429

MOTION MAKES HEALTH.

a man or woman should follow a se-ACTIVITY is necessary to the perdentary occupation then it behooves that person to bring into his or her life some sort of regular, forced activity which will give the necessary stimulation to every part of the body.

Beware of lazy idleness. It will have its effect on your whole system. It brings on degeneration of the muscles and the internal organs; sometimes resulting in an unhealthy accumulation of fat and sometimes in interthe gastric and salivic secretions. If nal adhesions. In some constitutions there is not enough activity too much it results in shrinkage and premature

The human machine will only run certain length of time without rejuvenation Activity-motion which beings ternal organs is the natural REJUVE-NATOR.

Piano Tuning a Specialty The Williams Piano Company, Limited, 194 Dundas Street, London.

All work guaranteed. Estimates given for all kinds of Repairing, Tun-

ing, Regulating, Voicing, Re-Stringing, manual labor was a part of almost Polishing, etc. All of our Tuners carevery person's life, it is essential that this matter of activity be made a sub-ASK TO SEE IT. The Williams (Dante Gabriel Rossettl.)

have been here before, But when or how I cannot tell; know the grass beyond the door. The singing sound, the lights around the

You have been mine before-How long ago I may not know; But just when at that swallow's soar Your neck turned so,
Some veil did fall—I knew it all of

Has this been thus before? And shall not thus time's eddying

Still with our lives our love restore In death's despite. And day and night yield one delight once

BE SURE.

Sometimes it's really a dreary day, and then again, sometimes you just think it is, because your windows are so clouded with dust and soot that you can't see the sunshine.

Be sure it's not just the windows of your soul before you complain.

Oh the comfort-the inexpressible comfort of feeling safe with a person-having neither to weigh thoughts nor measure words, but pouring them all right out just as they are, chaff and grain together, cerall the muscles into play, accelerates tain that a faithful hand will take and the circulation and shakes up the in- sift them, keep what is worth keeping and with a breath of kindness blow the rest away. -Dinah Mulock.

> Courage is just strength of heart, and the strong heart makes itself felt everywhere, and lifts up the whole of life and ennobles it, and makes it move directly to its chosen aim

-Rev. Henry Van Dyke, D. D.

It is a good and safe rule to sojourn in every place as if you meant to spend your life there, never omitting an opportunity of doing a kindness or speaking a Company, Limited. M. Shel- true word, or making a friend.