

## WOMEN'S HOME AND MAGAZINE PAGE

CAN TIE UP WOUNDS  
OR NURSE THE SICKLarge Classes Receive St.  
John Ambulance Certificate.

Forty-nine certificates, medals and labels will be presented to members of classes conducted by Lord Kitchener Division, No. 25, by Dr. C. J. Copp, commissioner for Ontario of St. John Ambulance Brigade overseas, when he comes to town Wednesday evening for inspection of the division and to participate in the presentation exercises.

Those receiving certificates are: First Aid—Mrs. Ida Mills, Miss Margaret Hill, Miss Carrie Leader, Mrs. Mary Ansell Hoffman.

Nursing—Mrs. Emma Goodie, Mrs. Ella Wray, Miss Florence Purdy, Miss Mabel Chrysler (Oxendon).

Maternity Nursing—Mrs. Mary Astle, Miss Ella Davis, Miss Georgia Hoffman, Miss Margaret Hill, Miss Eleanor Scott, Mrs. Mary Routledge.

Labels—Mrs. Stepping Collier, Mrs. Ed. Pelow, Mrs. Stepping Collier, Mrs. Ida Mills, Mrs. Griffin, Mrs. Elizabeth Martin, Mrs. Steln, Mrs. Watson, Mrs. Butterworth, Mrs. Leader, Mrs. Parfhar, Mrs. Harworth, Mrs. Grace Mason, Mrs. Annie Nichol, Mrs. Theresa Smallman, Mrs. Ella Wray, Mrs. Emma Goodie, Mrs. Mary Ansell, Miss Florence Purdy, Miss Grace Essery and Mrs. Vanetter.

Medallions—Mrs. Theresa Smallman, Mrs. George Ellis, Mrs. Ada Mason, Miss Clara Allen, Miss Georgia Hoffman, Miss Eleanor Scott, Mrs. Mary Routledge.

The exercises will be held in the headquarters of the division, at the corner of Dundas and Talbot streets, at 7 p.m. W. J. Brown presiding, a demonstration of first aid and home nursing to be a feature of the program.

Miss Ella Davis, lady divisional superintendent is explaining first aid and home nursing and directing the inspection drill, while Miss Hoffman will be in charge of the band drill, Mrs. J. B. McKillop, lady superintendent for No. 1 Military District, will be present.

Previous to the inspection and presentation in which Lord Kitchener Division, No. 25, will be inspected, will also be made of No. 1 Men's Brigade.

The winter months are coming. Why not get in touch with the La Salle Extension University

and cash in on your spare time? IMPERIAL BANK CHAMBERS.

Proven best for 63 yrs.

Easily digested—baby's best food

THE health of your skin is too important for you to be careless about the best soap you use. Keep the skin clear and smooth and prevent skin troubles by using

LIFEBUOY HEALTH SOAP

It is the best of all soaps—yet it is more than a cleanser, it disinfects too.

The scientific value of Lifebuoy is a sign of its protective qualities—making it the best soap for use.

Lever Brothers Limited, Toronto

GOOD to the last ounce. Try it.

Silverwood's Carbonated Butter

has caused deterioration removed. Keeps its freshness of flavor to the last ounce. It's guaranteed. Phone your grocer.

Silverwood's Limited, London, Canada

Makers of Silverwood's Carbonated Ice Cream, famous for delicious quality and flavor.

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SISTER MARY'S KITCHEN.  
CHEESE ADDS FLAVOR

SE cheese to give your vegetables a richness not to be gained except by a most extravagant use of butter and cream.

Save every scrap of cheese and put it through the food chopper. And the next time you make scalloped potatoes sprinkle

grated cheese through the layers. Less butter will be required. A little grated cheese added to scrambled eggs is an improvement. Almost any vegetable salad gains much if grated cheese is sprinkled over it. And remember that just a small amount should be used, not enough to give a real cheese taste, but just enough to give a richness.

White Sauce for Vegetables. One tablespoon butter, 2 tablespoons flour, 1½ cups milk, 2 teaspoons grated cheese, ½ teaspoon salt, 1-8 teaspoon pepper.

Melt the butter, stir in the flour and mix smoothly. Add milk slowly, stir-

ring constantly and letting the mixture thicken each time before milk is added. When all the milk is in add the cheese, salt and pepper. Cook five minutes and pour over vegetable. There is not enough cheese put into this sauce to detect it, but the sauce has a flavor that tones up any vegetable.

The Italians serve grated cheese with a delicious vegetable soup, each person putting in much or little. As this takes a lot of cheese the Canadian cook uses a scrap of cheese to give her cream soups a delightful tang by stirring 2 tablespoons of cheese into a quart of soup just before serving.

Sprinkle grated cheese over an apple pie just when it comes out of the oven. The cheese won't melt and then "cake" over the crust, but just soften and stick.

A very little grated cheese added to any sandwich filling makes it possible to use the minimum amount of butter on the bread.

And any vegetable that is served plain with butter and salt and pepper can be made more appetizing if grated cheese is sprinkled over the dish just before sending to the table.

Butte of Walkerton was groomsmen. The wedding party sat down to a very elaborate wedding breakfast at the home of Mr. John Erwin at Port Hope, following which they left on a trip to Woodstock and other points. They will reside on the groom's farm near Midway.

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St. John's Bazaar  
Is Bright Event

Christmas Decorations, Colorful Booths, Pretty Wares Prove Irresistible Attractions.

Colorful surroundings and splendid patronage made the bazaar held at the Church of St. John the Evangelist on Tuesday one of the brightest events of the week. The Sunday school room was thronged with patrons during both the afternoon and evening, and the bazaar will be continued Wednesday.

Gay Christmas decorations and various colored flowers were used effectively to decorate the various booths, which displayed pretty wares. Mrs. A. R. Boug, general convener, welcomed the shoppers, many of whom stayed to enjoy a cup of tea.

The tea-room was in charge of Mrs. E. Jeeves, with Mrs. Gates and Mrs. Ray Lawson pouring at a table decked with bright colored flowers.

Members of the choir presided over the White Elephant Booth, where useful Christmas gifts could be purchased. Mrs. Frank Lawson was convener of the home-cooking still, laden with a tempting array of cookies, cakes and buns, besides a collection of lovely house plants.

The dolls, some of which, it was whispered, came from New York, were in charge of Mrs. A. L. G. Clark. Here were baby dolls and rag dolls and even dolls dressed as brides. A splendid collection of groceries was to be found in the Country Store, which was in charge of Mrs. C. R. Bartram.

Mrs. Oliver Ellwood was the convener of the fancy work booth, where were exhibited the daintiest of articles, all hand made. A table of aprons, all of which were disposed of from tiny tea aprons to gingham ones, that could be worn as house dresses.

During the evening excellent music was provided by the Sunday School Orchestra.

Cynthia Grey's Mail-Box

SENDS LARGE MITE. Dear Cynthia—Have been a silent reader of your corner for some time, but thought I would like to send my mite for S. C. H. fund. In wishing your Mail-Box every success, I am, yours truly, JOHANN.

He forwarded the pattern you requested, Johann. Thank you for such a generous mite.

Dear Miss Grey—I wonder if any of the Boxites could help me select a name for a summer cottage? Does anyone know a good cup of pearl barley? Now, I hope I am not asking too many questions.

"OTHERS." The following cures for warts have been sent in by readers: Wind piece of white cloth, tie it twice tightly by the ends, and tie it to the wart. In a few days the wart will drop off and the scar will wear away in time. (2) Scrap from a penny, then rub the wart with it four times a day or until it feels better. (3) Take a piece of washing soda, and after scrubbing the hands are washed, rub damp, rub soda on wart and let dry. If done regularly the wart will soon disappear. I am referring your other queries to the mail-box readers. I received your mite, and what will brighten up dull pearl barley? Now, I hope I am not asking too many questions.

ATTENTION, ELGORA. Dear Cynthia and Mail-Box Friends—I am writing this letter to ask if any of our Mail-Box friends will help me, as I have six children practically without clothes and shoes. Would anyone having anything to spare that would fit a boy of 9 years or a girl of 8, boy of 5 and 4 and 2 years old, send them to me? If anyone has a pair of pants, would be glad to get them.

"A MOTHER IN DISTRESS." P. S.—Waist measure 30 inches, skirt measure 36 inches.

If anyone wishes to help a Mother in Distress they may have her address from the Mail-Box. Please do not send parcels to the Mail-Box to be forwarded.

RETURNS PATTERN. Dear Miss Grey—I am returning baby bonnet pattern, and thank you very much. I will send some crochet edgings for Mail Box use. When I have a little spare time, will also send mite in next letter and names of seeds I wish to get.

SUNNY SALLY. I am quite pleased to have the bonnet pattern, once more in the Mail-Box, Sally. I thought it had been mislaid.

ADVENTURES OF THE TWINS. "LAND OF UNDERNEATH" [By Olive Roberts Barton.]

"It looked like Fairyland, as indeed it was, or part of it."

The Land of Underneath, where Pim Pim Reigned, and where Nancy and Nick were starting for new adventures, was a most remarkable place. True, it was under the earth, with the entrance by the dog-wood tree (where human eyes could not see it—unless, like the Twins, they were enchanted Shoes), but that was no reason why it should be ugly or unattractive. To judge the Land of Underneath by the ground we dig down in to plant potatoes, would be like judging a beautiful palace by the ugly, grey stones of the roof.

Under the earth, with the entrance by the dog-wood tree (where human eyes could not see it—unless, like the Twins, they were enchanted Shoes), but that was no reason why it should be ugly or unattractive. To judge the Land of Underneath by the ground we dig down in to plant potatoes, would be like judging a beautiful palace by the ugly, grey stones of the roof.

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## Military Effect in Serge

NEW YORK, Nov. 29.—The high military collar, with buttons reaching from beneath the ears in diverging lines to the under-sleeve line, adds an original touch to a Paul Poiret day costume of blue serge.

A basque effect is accentuated by rows of loose leather fringe, the same trimming finishing the unique sleeves, which start from the collar and end in the bell-shaped cuff.

The skirt is full and round. With this costume Poiret has designed a novel hat of steel velvet embroidered in silver nailheads. The hat is rather larger than the usual run of chapeaux on which nailheads are used and the effect is somewhat like an impracticable fortress door.

However, the steel tints are most artistic and becoming to a youthful countenance.

WILL CELEBRATE RIGHT TO VOTE

Whether their favorite candidate is elected or not on December 6th, Y. W. C. A. girls are going to celebrate on general principles. They are going to celebrate emancipation from the inequalities experienced by their mothers and older sisters, and do honor to the enfranchisement of Canadian womanhood and the occasion of casting their own first ballots in a federal election.

To have a time in this plan, the association is keeping open house at "Lenore," the King street residence, on election night, with whispers of open fires and other conditions favorable to comfort and merrymaking.

There the girls may go with their escorts when they find they are getting too chilly watching the returns in front of newspaper offices.

DON'T MELT IT. Don't melt the butter you intend using for cake. Melted butter does not make good cake.

CLEANING A TOASTER. A small soft paint brush is just the thing for cleaning an electric toaster.

ADD CHEESE. Add a bit of cheese to the stuffed tomato. It gives body and adds a lusciousness to the taste.

ADVERTISER PATTERNS

Dolly's New Dress. 3797—Here is just the right style for Dolly's best frock, and one that the little mother can readily fashion in silk, batiste, dotted Swiss, as well as in calico or gingham, if she wants it for a play dress.

As here illustrated, embroidered voile was used. The model is also nice, in crepe, with rick-rack braid for trimming. The pattern is cut in five sizes: For dolls 16, 18, 20, 22 and 24 inches in length, and will require ¾ yard of 24-inch material for an 18-inch size. To any address on receipt of 15 cents in silver or stamps. Address all pattern orders to Pattern Department.

CAUTION: Be careful to inclose the above illustration, and send size of pattern wanted. When the pattern is sent measure, you need only mark 38, 44, 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 out 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 application.

Need Good Roads To Go To School

New President Ontario Women's Institute Talks of Federation's Problems, Plans.

"The big thought in the minds of Women's Institute workers all over the province is to get their war memorials completed as speedily as possible," said the newly-appointed president of the Ontario Federation, Mrs. George Edwards, Komoka, to The Advertiser on Tuesday, on the occasion of her first visit to London since the provincial convention in Toronto, at which the honor was bestowed upon her.

"How does it feel to be chief officer of an organization representing hundreds of branches and thousands of women?"

"Like a very grave responsibility," said Mrs. Edwards. "I thoroughly realize, I can assure you, that it is going to involve a great deal of hard work and hard thinking to keep the federation in the position it has held in the past, and insure its progress to keep pace with the problems and responsibilities of the time."

"Closely allied with the war memorial idea is that of conserving the young life of our country to grow up for strong citizenship, hence the extent to which we are emphasizing health and child welfare. To this end, I feel we can do work to the best possible advantage with the Junior Red Cross, in getting the children to take an intelligent interest in keeping themselves well and strong. It is an added inducement for a boy to get enough sleep, eat the right food, keep his teeth clean and obey other health rules when he knows that he will be all the more fitted for football and other games by doing so. Personally, I like the international aspect of the Junior Red Cross. When a girl knows that some other little girl in a far away European country is keeping her window open at night to be healthy, it gives the small Canadian a sense of partnership and world citizenship."

"Our federation stands for better education, for better schools, for more enlightened and broader visioned trustees. Of course, we are working to have the idea of consolidated schools, in order that the children of rural districts may enjoy the advantages of city children. But, all districts are not ready for this yet, because of bad roads. We can't pick the children up in a township and take them to a central school unless we have good roads to lead to the school. You see how important a factor physical conditions can be in standing in the way of the intellectual advancement of the community."

WOMEN'S CLUBS

ELECT OFFICERS. On Sunday the promoters of the League of the Sacred Heart held their election of officers in St. Peter's Hall.

Mrs. M. Kiley was chosen president, Mrs. W. McPhillips, vice-president; Miss Ellen Cote, treasurer, and Miss Frances McCarty, secretary.

McALL AUXILIARY AIDS ORPHANS. An encouraging feature of the quarterly meeting of the London McAll Auxiliary, held Monday afternoon at the home of Mrs. James Brown, 55 Ridout street, South London, was the welcoming of new members who have been interested in the work.

Communications from the workers in France told of the success of a summer home to give war orphans an outing, established by the mission, and of the work of rehabilitation in progress at Fides-Lille, where Mons. Nick has rendered valuable service.

Mrs. J. H. McMechan presided, Mrs. John Cottam giving an inspiring Bible reading. A collection for the support of a war orphan amounted to \$40. Emphasis was laid on the fact that the work of the McAll Mission is undenominational. Tea was served by the hostesses after the business and program.

ARE FORMING MOTHERS' UNITS. Mrs. Wm. McPhillips is to be appointed president of the executive formed from the union of the Mothers' Units, which are being organized in the local separate schools by the Catholic Women's League. Three of the schools have already appointed their officers, namely, St. Martin's, St. Mary's and the Sacred Heart. The distribution of milk in the separate schools has already begun, under the direction of these units. The officers appointed are: In St. Mary's school, president, Mrs. M. Carney; first vice-president, Mrs. Wm. Hay; sec-treas., Mrs. Conroy; program convener, Mrs. John Haines; refreshment convener, Mrs. Joseph Larkin; press secretary, Mrs. C. Kelleher. In the Sacred Heart school: President, J. P. Nolan; first vice-president, Mrs. P. J. Morgan; sec-treas., Mrs. Donohue; refreshment convener, Mrs. E. Fortin; program convener, Mrs. Chas. Finney; press secretary, Mrs. Fred Coles. In St. Martin's school: President, Mrs. Blundell; first vice-president, Mrs. Ashwell; refreshment convener, Mrs. Lethbridge; program convener, Mrs. McHale; press secretary, Mrs. Coveart.

Invitations have been issued for a rough day, to be held on Friday evening, Dec. 9th, in the Winter Gardens, under the auspices of the West-ern University Athletic Association.

All the delicious aroma and flavor are retained in air-tight tins of

Rideau Hall Coffee

NOTHING ADDED NOTHING TAKEN AWAY

SOLD IN TINS ONLY—BY ALL GOOD GROCERS

For twenty years

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