# OMEN'S HOME AND MAGAZINE PAG

ST. GEORGE'S GUIDES CARRY OFF HONORS St. Paul's Girl Guides, captained by Miss Gladstone. The First Methodist

Win Both Pennants At 'Teen a smart appearance, with pumpkin-Age Girls Outdoor Rally. groups which participated were: the "Aunt Maria," corrected The Ad"Owls" of Ridout Street Methodist
Vertiser's chronic marketer. groups which participated were: .the St. George's Girl Guides have every Church, fourteen out of a possible "Oh," laughed the woman, who reason to feel uplifted over the honfifteen showing up; Dundas Street stood beside piles of rhubarb, lettuce ors they carried off in the grand out-door rally of 'teen age girls of the Street Methodist "Getyaheas," green dered how you pronounced the other door rally of 'teen age girls of the city, held on Saturday afternoon in the Western University grounds. Two pennants were offered for competition, open to 37 groups, with a total enrollment of 757, represented in the London Girls' Cabinet. St. George's Girl Guides and, looming important, the Banner Company, the for the best showing in the grand St. George's Girl Guides, capitained. for the best showing in the grand St. George's Girl Guides, captained said Aunt Maria, her pencil poised march, the other for the best report by Miss Edith Johnston. submitted of the year's work. "Show-ing" in the grand march involved any college on the continent envious "I never buy anything but

Little Groups Good.

Talbot street group had

names of "runners-up." The activi-

the award was the 90 per cent aver-

"I Serve Club" of Cronyn Me-

The pennants were presented by

Mrs. W. Leslie Armitage, president

The remainder of the afternoon was

spent in sports, including relay games

bat and ball, human croquet, pro-

Among the numbers of grown-ups

who enjoyed the afternoon were:

Mrs. C. H. Hill, London commissioner

of Girl Guides; Mrs. W. H. Auden,

Mrs. Williams, Mrs. G. B. Sage, Miss

English, Principal C. C. Waller and

Mrs. Waller, Canon Gunne, Mrs. Frank Lawson, Mrs. and Miss Pen-

nington, Mrs. C. B. King, Miss Moore

Miss Craig, Rev. H. Bray, Mrs. H. E.

Wheeler, Mrs. McIntyre, Miss Kings-

mill. Dr. Jamieson, Miss Macdonald. Mrs. Mitchell, Miss Stella Macklin,

Mrs. D. C. MacGregor, Mrs. J. D.

Detwiler, Mrs. Morley Adams, Mrs.

F. W. K. Harris, Miss Mosley-Wil-

liams and Professor Frank Anderson,

gressive dodge, etc.

this, presenting a striking picture of vim. alert, intelligent, well-set-up Canaprocession, the majority in middy a long session before they could agree of their group colors, flags and ban- of the companies in excellence.

ners waving. Of course it was a perfect day, ficult to please indeed would the ods, their smartness, snappy marchhave been who could find ing and the sincerity of the sentifault with the university grounds in ment of their song, which was extheir loveliest early summer dress. ceptionally well offered. In addition But, so filled with action and inter- they had copies of the words of their est was the program, there was little time for either the girls or the doz- were notably well officered. The First ens of interested spectators to think Methodist group, it was conceded, had

Judges were stationed on the uni- not up to the mark. versity veranda, the march-past be- scheme was excellent and the marchginning at 3:30 o'clock. Heading the ing good. parade was the C. G. I. T. of Maitland an excellent yell, good costumes. Street Baptist Church, with caps in While the marching was peppy, it fuel. red and white, Miss Helen D'Avignon lacked form. Special mention acting as marshal, ably assisted by made of the little groups, owing to great economy. That reminds of the R. Liddle of the Y. M. C. A., and Rev. the high percentage of representa-W. Leslie Armitage. Next were the tion these, including the Barracks an economy Baptist Church, 24 strong, dis-tinguished by striking purple and Misses Vera Sparling, Viola Macgold caps. The "Ever Ready" group donald and Mrs. J. H. Cook judged fection? of New St. James' Presbyterian the reports, Miss Viola Macdonald Church was a small band, but it made presenting the general report and anits name well known in the course nouncing the name of the pennant of the afternoon

"Clover Leafs" Popular.

Next in line came St. Andrew's ties of St. George's group had covered Pathfinder, Chelsea Green Girl Guides, a wide range of service at home and a young group of much promise; the abroad, to the church, mission work, Girls' Friendly Guides of St. John the a contribution of \$50 to the War Me-Evangelist, smart in appearance and morial Children's Hospital. A point marching, led by Capt. Alma Price; taken into consideration in making St. Paul's Presbyterian "Thistles," with purple and green as their col- age attendance. Honorable mention The Clover Leaf Club of St. was given to the Hill Street Metho-James' Anglican Church were natty dist, King's Daughters, who publish blue caps with four-leaf clovers in a magazine, called "The Challenger"; green, their tiny drum-major, Catharine Armitage, about half as big as morial Church, for social service acanybody else, having an important tivities; the King Street C. G. I. T., part in making this group very pop- the Marion Keith Club of St. Andrew'

Glowing red and gold were the school girl guide in India; the Suncheery colors of the cheery-looking shine Spreaders of Christ Church for Sunshine Spreaders of Christ Church, their splendid program.

W. T. PEMBER

Late of Dorenwend's, will be at

The Belvedere Hotel

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far longer. And no buttons.

economy to summer underwear.

men and boys, and little boys. No

#### who carried a suggestive banner with the face of Old Man Sun wreathed in smiles. Very businesslike were the St. Paul's Girl Guides, captained by With Aunt Maria's Eyes G. I. T., under the leadership of Miss Margaret McCrimmon, presented

"Aunt Marie?" queried a woman, yellow and black as the distinguish-politely, over at the week-end market lotting features of their uniforms. Other Saturday morning.

over the copy paper that sticks to

"I never buy anything but pot roast appearance, marching, drills, songs for their originality and pep, the at twelve and a half cents a pound, songs, while tuneful in the majority said the new acquaintance in busi-Seventeen groups participated in of cases, scarcely measuring up in nesslike fashion. "I get a three or Misses Louie Gahan, Evans, B. pot over the fire with three cups of dian young girlhood, as they stood at attention, or moved forward in the at attention, or moved forward in the A. A. Bice acted as judges, requiring sears it up. The mistake a lot of people make with pot roasts is that costumes with distinguishing marks on a decision, so close were several they pour on cold water to start and that takes out all the juice. After a couple of hours I add the amount of St. George's Guides scored on their salt I think will be needed. I let the genuine "queen's weather," and dif-business-like appearance and meth- roast simmer away down to the fat, and, with turning frequently, get the meat nicely browned all around. If necessary, I add a little more water. I put on the roast at nine when I'm going to have dinner at twelve. One potatoes had taken a further jump. thing to watch is that it doesn't burn. song and yell for the judges. They When it is done just right, the gravy is delicious, made by taking the roast out of the pan, then adding water and the best singing, but the song was thickening. It slices beautifully when it is cold."

What About Fireless Cooker? Cooking three hours on gas in the city might not appeal as a very all the year round. Comrades in Service of Talbot Street Guides, Ridout Street "Owls" and Wouldn't the fireless cooker be ideal for a pot roast, and the very method for cooking the cheaper cuts to per

Judging by the amount of fowl displayed, there must have been a big killing off in the country around winners, the St. George's Guides, and London on Friday and early Satur-

> "How much?" "How much?" was asked of one week-end market? The cut-rate man woman with eight birds piled in who sold his at six for a quarter, front of her at 12 o'clock. "Pick out or three for a quarter, according to what you want and we'll try to make the size (right from the swamp) the price right," she said crisply. There was chicken, much of it, that ing), assured they'd grow anywher was just "chicken," a considerable but on the pavement. amount that was frankly "stewing young woman had a whole load which made the mouth water to and all, five, ten and so on a-piece think what they would taste like according to the size. And nothing after being properly prepared, in the world gives greater satisfac-steamed a little while, perhaps, then tion than ferns in the sunless corners taken out of the oven delicately where flowers refuse to bloom. browned.

There was one duck, a very worth-Church, which is supporting a high while looking duck. In this connec of fixing prices. In answer to the "How much?" of a passer by, the answer came back, "\$2."

"How much does it weigh?" "I don't know how much it weighs but I can assure you that it is young." Spinnach has made a big toboggan. From 40 cents a half peck a week ago, it had come down Saturday morning to 35 or 40 cents a whole peck, or 20 to 25 cents a half peck. apeared of the wilted, imported tions was given.

"How much for asparagus?" was tion ceremony for a quarter, sparrowgrass seems to don: be scarce this morning." It did, in the week-end market, and Aupt Marjory Allison. Maria thanked her stars she had the During the evening Mrs. Macfie.

of 25 cents; radishes, 5 cents. Grow Your Own Cabbage.

Why impoverish yourself buying cabbage and cauliflower to cook when you can grow it so cheaply in your own garden? One dealer in plants was seiling cabbage plants at the rate of twenty-five for 15 cents. Think of it, twenty-five cabbages for the outlay of 15 cents and a bit of

# OF INTEREST

Nurse Recommended Use of Lydia E. Pinkham's Vegetable Compound

Bothwell, Ontario.-"I was weak and run down, had no appetite and was nervous.
The nurse who

took care of me told me to try Lydia E. Pinkham's Vegetable Compound, and now I am get-ting strong. I recommend your nedicine to my friends, and you D. MAXWELL, R. R. No. 2, Bothwell,

The reason why Lydia E. Pinkham's Vegetable Compound is so successful in evercoming woman's ills is because it contains the tonic, strengthening properties of good old-fashioned roots and herbs, which act on the female organism. Women from all parts of the country are continually testifying to its strengthening, beneficial influence, and as it contains no narcotics nor harmful drugs it is a safe medicine for

Vomen. Lydia E. Pinkham's Private Text-

lot! Who would pay aeroplane prices for cabbage in the spring when they can be grown the summer

before for a mere trifle? But that wasn't the best news. Cauliflower, much more aesthetic and socially elect than cabbage at any price, might be purchased at the rate of twenty-five healthy plants

for 25 cents, all well started in life. "grown 'em all himself and guaranteed their quality, "was taking orders for strawberry plants at \$5 a thou sand. Not many city folks will need thousand.

Lively competition was manifested the butter market.

"How much is your butter?" asked ly in front of two bright-looking oung women.

"If you mean her." said the more imble-tongue of the two, indicating her neighbor to the right, "she is asking 37 cents. I'm selling mine for 35." Several other farm homemakers were found who were quite willing to strike bargains ranging from 35 cents to 38 cents a pound. Fewer eggs were in evidence, the prices asked being 28 to 32 cents. Fish Settles Down.

Aunt Maria got such a pleasant surprise in the fish market she for-got all about going to find out if and if as prophesied, they reached \$2.25 or even \$2.50 a bag.

For the first Saturday this sea son, the sign was hung out in the fish market, "Fresh Caught." But it should have been a bigger sign. higher up, right in the middle, so small people would not be obliged One thing, the woman who gave small people would not be obliged the recipe evidently has plenty of their beads hashed with other their heads bashed with other people's elbows, trying to look over shoulders.

Fresh caught whitefish was post ed at 17 cents a pound; fresh caught salmon trout at the same price, and fresh caught herrings two pounds for 25 cents.

With fish showing such sane tendencies another solution is offered for the problem of cutting down the high cost of choicer cuts of meat bills.

By the way, did you notice all ferns which were on sale in the woods, with lots of rich loam cling There were comely birds beautiful maiden-hair ferns,

#### CROWN ALMA GIRL tion a new method was discovered QUEEN OF THE MAY

The May court festival by the stu dents and faculty of Alma College was a brilliant success.

Miss Margaret Macfie of Appir was chosen by the students as the girl who displayed the cardinal vis tues of true womanhood and was crowned Queen of the May

Mrs. Stanley Oliver, vice-president of the Alma Daughters, directed the according to where you made in- coronation ceremony. After the cerequiry. And it was much better spin- mony a program consisting of drills, ach than any that had previously folk-dances, physical culture exhibi-

asked at several market stands. The Miss Aileen Armstrong, Belding, reply in each case was "Two bunches Michigan; Miss Audree Smith, Lonpages, Barbara Hillesheim,

wisdom to buy it in the grocery store, mother of the May Queen, was prewhere she had a wide choice, and got sented with an exquisite bouquet of Memorial Children's Hospital, after three bunches delivered for 25 cents. flowers, Tom Tindal of London mak-Lettuce (straight) was 10 and 15 ing the presentation. The college nts a bunch, two and three bunches grounds were beautifully decorated for the occasion, and a large crowd witnessed the ceremony.

to California, returning by way of the Canadian West.

Miss Alice Kelso was called to Toonto Friday evening, owing to the serious illness of her aunt, Mrs. F. W Merchant, Jarvis street, formerly of this city.

Principal C. C. Waller and Mrs. Waller leave Saturday, June 3, for Muskoka, where they will spend the Lake Joseph.

and on their way home will visit in the London Auxiliary. Miss Warne, the Canadian West.

The postponed meeting of the ex-June, will be held Tuesday evening.

Shutt-Crowe wedding. Major A. G be the guest of Mrs. A. T. Little, Calder and Mrs. Calder, and Mrs. president of the London Grenfell MacDermott and daughter Betty of Mission Auxiliary. London, were guests of Miss Katharine Skinner, aunt of the bride.

Pleasant avenue. Thirty mothers Young Ladies' Builders' Class of the were present, and the time was spent Taibot Street Baptist Church. in sewing little bed jackets to be used

Book upon "Ailments Peculiar to Women" will be sent you free upon request. Write to The Lydia E. Pinkham Medicine Co., Lynn, Mass. Bay, Muskoka, where Prof. Auden program was finished. few days with Mrs. E. C. Bowker An exceptionally good prog "Cloverlea," before leaving for her muisic was rendered, many summer home "Alderdene," Gordon guests lingering for a chat after the

#### Cynthia Grey's Mail-Box

CHILDREN AT CHURCH. Dear Cynthia and Readers,-It is a long time since I have written to the page, but I have not missed many of the letters. I enjoy reading the page very much, and wonder if I have been forgotten? I used to write to

"Mother of Six Boys," but I have had poor health and neglected to I am busy cleaning house, also trying to get my garden in, but believe me it's some job where there are three children. My baby is just three months old and at the age of two months had two teeth cut, cut them so easy I never noticed any difference in her, but guess she has reason to start

early for she weighed 111/2 lbs.

I was wondering if any of the readers have had any of the following experiences, and also ions. We usually go to church each Sunday, and, of course, my little girl must climb over and the seats, if allowed, and when I try to stop her she makes all kinds of noises. Now I have whipped her twice for doing it, but I don't believe it is any use. I have coaxed her with cookies and story books, but she just seems contented when on the move. I inclose mite for S. C. H. and must say we have spent a small fortune on sickness and operations in the past two years. I certainly am in sympathy with those in sickness and trouble. MRS. ALL TRADES.

It is hard to keep a young child uiet during church services, and although it is distracting to the con gregation, one likes going to church, and it is too bad to be kept away by children, so perhaps some of our mother boxites would give you some advice along this line. I am mailing the seeds you asked for and many thanks for the hospital mite

INTERESTED IN KIDDIES. Dear Miss Grey,-Received the violet root from Esme all O. K .. Thank you so much, Cynthia, for your kind help. Esme also put her address on the package, so I have written to her personally to Inclosed is a dime for the kid

dies' fund. Am so pleased to see it growing. You see I have two very lively youngsters, aged 9 and 7 years, so, of course, am always interested in other folks kiddies. Wishing your Mail-Box every success, I remain. DARKIE NO. 1

Esme has been more than gener is with her roots. I also received some of them. Thank you for the larlings, I am sure.

PLEASED TO SEE LETTER. Dear Miss Grey,-I am inclos ng 20 cents for two kinds of flower seeds. I live in North Dorchester, but used to live in South. I saw my last letter in print, and was pleased to see it. How do you like this weather? Wishing you and all the boxites every success.

A BROWN-EYED DAISY.

I am mailing you the seeds you asked for, and many thanks for the hospital mite. This weather is lovely, isn't it, Daisy?

has already arrived. Miss Doris Auden will be the guest of Miss Edith Anderson for a fortnight before going to Muskoka, and Miss Gwynedd Walker, Oriole road, Toronto.

Hale Street Mothers' Club met last week at the home of Mrs. J. Dissing. 348 Hale street, to sew for the War which the executive held a special meeting to make plans for a garden party on June 15 in the Hale Street School grounds. The next sewing tea will take place Thursday, June 1, at the home of Mrs. James Mc-Niven, 1232 York street.

Wednesday, June 7, is the only date that Mrs. Sidney Small has free to come to London in the early part of the summer as the guest of honor leave Tuesday on a six weeks' trip of a luncheon to be given by the Local Council of Women at the Hunt Club to launch the Y. W. C. A. build. ing campaign. The executive of the Local Council meets at the home of the president, Mrs. E. B. Smith, "Tuellyn," Tuesday evening to consider the aNtional Council agenda, and at that time will endeavor to arrange to hold the luncheon the day that suits Mrs. Small's convenience

Miss Annie Warne of Ottawa, gensummer at their cottage at Gregory, eral secretary of the Grenfell Mission is coming to town Wednesday, May 31, and will address a meeting at Mr. and Mrs. James Gray leave 31, and will address a meeting at this week for Los Angeles, California, Church Hall, under the auspices of Church Hall, under British Columbia and other points in it is stated, will have a most interesting story to tell of the work. Following the meeting tea will be ecutive of the Local Council of Wo-served in honor of the visitor, and an ecutive of the Local Council of Women to consider the agenda of the National Council annual meeting in the land who are interested in hearing the date. the story of "The Labrador" to date, and in meeting Miss Warne per-While in Guelph last week for the sonally. While in the city she will

A charming springtime tea and sale of fancy home-made cooking The Wortley Road Mothers' Club was held at the home of Mrs. L. R. held its weekly sewing tea at the home of Mrs. W. T. Ward, Mount afternoon, under the auspices of the

The table was charmingly centered at the War Memorial Hospital. A with shaggy masses of lilacs, surdelightful feature was the piano and mounted with apple blossoms and delightful feature was the plano and violin selection by Misses Guymer, A dainty supper served by the hostess concluded the evening.

Industrial feature was the plano and will be supported by Misses Guymer, and Mrs. A. T. Edwards and Mrs. Will McFadden presided over the teacups, while Mrs. Jones received the many callers who Mrs. H. W. Auden is spending a dropped in during the afternoon. An exceptionally good program of

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COMMON TO MAN AND BEAST, THERE
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