

# WOMEN'S HOME AND MAGAZINE PAGE

## CLUB NEWS

What Women Are Accomplishing in London.

### RYERSON SCHOOL M. C.

Mr. Carr of Ryerson School is addressing the opening meeting of the Ryerson Mothers' Club, being held Tuesday evening. The subject of his address will be "The Value of Music in the Home."

### W. M. S. DISTRICT CONVENTION.

Mrs. H. W. Paddell gave a splendid outline of the new study book at the meeting of the Robinson Memorial Auxiliary, held last week. The address was very interesting and instructive. Committees were formed, and arrangements were made for the district convention of the W. M. S. being held at Robinson Memorial Methodist Church Oct. 26. The meeting was presided over by Mrs. W. F. Marshall.

### PRINCESS PATRICIA CHAPTER I. O. D. E.

Meeting at the home of the regent, Miss Eula White, the Princess Patricia Chapter, I. O. D. E. members made plans for the winter activities. The chapter has decided to give a dance in conjunction with the Campbell Becher Chapter, the date of which has not been decided upon. A bazaar, to be held the first Saturday in December, was also arranged with the following committee in charge: Mesdames Charlie Ivey, Humphries, Jack Pope, Edwards, Sylvester, Eric Reid and Gordon Hunt and Miss Eula White.

The chapter decided to give \$10 towards the milk fund in charge of the Child Welfare Association and \$15 to the Navy League. At the close of the meeting tea was served, Mrs. Redmond Meredith pouring.

### PROVINCIAL I. O. D. E. TO MEET.

The meeting of the Provincial Chapter, I. O. D. E., will be held in Kingston, Oct. 12 and 13, in Convocation Hall, Queen's University, when a conference of regents, organizing secretaries, educational secretaries and echoes secretaries will take place.

## CHILDREN'S WORK BOARD PLANS OPENING MEETING

Plans for Winter Work Will Be Made at the First Meeting of Season.

An enthusiastic meeting of the children's work board will be held Wednesday, at which plans for the winter will be made, also the choice of a delegate to be sent to Toronto to attend the 57th annual convention of the Ontario Religious Educational Council, being held Oct. 23 to 28.

The children's work board, which has charge of the junior members of the Sunday school, is doing all in its power to encourage the interest of the mothers in this work. It is quite necessary for the Sunday schools to have the co-operation of the homes, as was shown by the following statistics at a recent convention: That in homes where both mother and father were church members 66 per cent of the children attended Sunday school; where only one parent attended church, 33 per cent of the children were Sunday school members, and where neither parent attended church, only 10 per cent of the children were Sunday school scholars.

The executive of the children's work board includes the president, Miss Alice Wright; Miss Margaret McIntosh, vice-president, and Miss M. Young, secretary-treasurer. Besides this there are eight secretaries representing the local districts.

The children take care of by this board include the grade roll, beginning with children from 4 to 12 years of age; primary class, from 9 to 12 years, and the junior class. The outstanding speakers at the convention of the Religious Educational Council will be Miss Margaret McIntosh, Dr. T. G. Soars, professor of religious education of the University of Chicago, and Prof. Augustine Smith.

## WITH THE BRIDES

CASSELLMAN-WARNECKE.

The marriage of Miss Marjorie, only daughter of Mr. and Mrs. J. L. Warnecke, to Dr. Hubert Haldane Casselman, son of Mr. and Mrs. C. L. Casselman of Winchester, Ont., took place Saturday at 6:30 at St. Martin's Church, Montreal, Rev. Canon Howard officiating. The church was decorated for the occasion with yellow and white chrysanthemums, palms and ferns. The bride, who was given away by her father, was gowned in an oyster chiffon velvet, lined with overskirt of chamois, with a train of tulle. Her court train of velvet, lined with orchid georgette and caught at the shoulders with silver roses, was embroidered with silver and pearls, in basket design. Her veil, worn by her aunt, Mrs. Irwin Harris, on her wedding day, was of Brussels net arranged in the Dutch bandeau style, mounted with pearls and orange blossoms. The bride carried a shower bouquet of Ophelia and Sweetheart roses and lilies of the valley. The matron of honor, Mrs. Harold Wilton, and two bridesmaids, the Misses Rena and Gene Ostrander, were gowned alike in rainbow colors; the matron of honor in blue, and the bridesmaids in yellow and mauve respectively. Their gowns were of pleated georgette and radium lace, and were in long waisted effect with a panel forming a train, which was trimmed with French flowers, matching their girdles. They wore in their hair a twisted bandeau of georgette, finished at the sides with clusters of silver leaves, and carried bouquets of General Joffre single asters tied with silverine to match their gowns. Little Miss Jean Harman, the flower girl, wearing a French dress of pale pink, with rosebuds in her hair, carried a basket of General Joffre asters in pastel shades. Dr. J. H. Cully of Pembroke, acted as best man, and the ushers were: Mr. Hal C. Warnecke, brother of the bride, Mr. Harold Wilton, Mr. Gordon Scott and Mr. Mackie Garden. During the signing of the register, Miss Ivy Skroder, cousin of the bride, sang "Because," with Mr. Herbert at the organ. Following the ceremony a reception was held at the home of the bride's parents, 207 Harvard avenue, where the decorations were carried out in chrysanthemums and autumn leaves. The bride's traveling costume was of navy velveteen, with imported hat of navy and gray with straight ostrich mount, and squirrel fur, the gift of the groom. Mrs. Warnecke, mother of the bride, was gowned in black satin baronette, and silver brocade, with a large hat, and a corsage bouquet of orchids. The groom's mother, Mrs. C. L. Casselman, wore a sapphire blue chiffon velvet with corsage bouquet of sunset roses, and a large black hat. The out-of-town guests included: Mr. and Mrs. Hal Warnecke, Toronto; Mr. and Mrs. C. L. Casselman, Winchester; Mr. and Mrs. West Casselman, and Miss Jean Casselman of Chesterville; Mr. Gordon Scott, Ottawa; Mrs. James A. Arnold and the Misses Arnold, Dundee, Ont. Dr. and Mrs. Casselman will reside in Lambeth, Ontario.

## ONTARIO HOSPITAL AIDES WILL MEET AT GUELPH

Twenty-Three Cities and Towns Will Send Representatives.

The Ontario United Hospital Aides' Convention is being held Monday, October 9, at Guelph, with Mrs. Arthur Smith and Mrs. F. J. Greenaway of London, as president and secretary-treasurer. The convention was held in London last fall, and accordingly the constitution of the city or town where the convention is held, automatically become the president and secretary of the convention the following year.

The meeting is to be held in the Sun Room of the Guelph General Hospital, and luncheon will be held in honor of the delegates at Wyndham Inn. Mrs. Lucy is president of the Guelph branch, and Miss Kate Till secretary. Representatives will be sent from the following places: Brantford, Chatham, Elmira, Galt, Guelph, Hespeeler, Hamilton, Ingersoll, Kincardine, Kitchener, London, Niagara Falls, Owen Sound, Paris, Petrolia, (representatives from both the guild and auxiliary), St. Thomas, Stratford, (junior and senior guild), St. Catharines, Walkerton, Waterloo, Welland, Woodstock and Wingham.

## Personals

Mrs. G. Grant McKeough of Chatham was a visitor in London last week.

Miss Maude Bland has left on a visit to New York, Syracuse and Montreal.

Miss Doris Massey left Monday for Fredericton, N.B., where she will spend two months.

Mr. and Mrs. W. M. B. Boyd of London are visiting Mrs. Boyd's mother, Mrs. Bligh, in Sarnia.

Mr. and Mrs. Shaw and daughters, Colborne street, have returned from the Atkinson-Hames wedding, Aurora.

Mr. and Mrs. Leonard Townsend have returned home after spending several weeks at Lake of Bays, Muskoka.

Miss Helen Carrothers, B.A., Ontario street, left on Saturday for Toronto to take a year's course at the Ontario College of Education.

Mrs. Anne Smith of Detroit, who has been visiting friends in London, has gone to Stratford, where she will visit her niece, Mrs. William Ball.

Mr. and Mrs. Ray Morath, nee Grace Price, of Chicago, spent Sunday in London, guests with their aunt, Mrs. C. Malloch, Colborne street.

Chancellor F. P. Betts is entertaining the bishops, deans and chancellors, who are attending the provincial synod, at a luncheon at the Kennels Wednesday.

Mrs. Harry Mitchell of Alvinston, who has been visiting Mrs. L. Smith, Maitland street, has gone on to Dresden, where she will visit her cousin, Mrs. Charles Cummings.

Mr. Bernard McDougall of Detroit, son of Mr. and Mrs. J. S. McDougall, Princess avenue, is receiving congratulations on passing the Michigan State Board examinations with honors.

Mr. William Blinn of Wainwright, Sask., formerly of London, is visiting his brother, Mr. Robert Blinn, Brick street. Mr. Blinn left London ten years ago and is being welcomed by his many old friends.

Mrs. George Brown is giving a bridge Tuesday at her home in Talbot street in honor of the two popular brides-elect, Miss Honor Cronyn and Miss Enid Fisher, and on Wednesday Mrs. Russell Beattie will be the hostess of a luncheon in their honor.

A bridge party was given at the Kennels, Monday afternoon, in honor of Miss Honor Cronyn and Miss Enid Fisher by Mrs. E. H. Cronyn. Six tables were in play and among the out-of-town guests were: Mrs. David Bentliffe of London, Eng., Mrs. Patrick Hare, Miss Grace Parrott, Hamilton, N.Y., and Mrs. O. V. Riepert, Montreal.

Miss Harris was the hostess of a charming luncheon given at "Eldon House," Monday, in honor of Miss Honor Cronyn and Miss Enid Fisher. The guests included: Miss Katharine Cronyn, Mrs. Wolfe, Miss Havelock, Mrs. David Bentliffe, (London, England), Mrs. Patrick Hare, (Nassau, Bahamas), Miss Helen Parker, Miss Ruth Robinson and Miss Marion Beck.

## "Y" PHYSICAL CLASSES TO HOLD RALLY IN GYM

Y. W. C. A. physical classes, former class members and interested newcomers are holding a rally Monday evening, October 2, at the Western University gymnasium, Oxford street. Games and sports are on the program, which will be concluded with a social hour.

Keen interest is being shown in the finals of the Y. W. C. A. baseball league. The final game with Smallman & Ingram's Thistles against the Shamrocks, is being played off in the Armories, and Frank White, M. P., has offered a trophy cup for the winning side. It is expected that the cup will be presented at a banquet for all the girls in the league, which will close the baseball season.

## HEMORRHOIDS

Do not suffer another day with itching, bleeding, or protruding Piles or Hemorrhoids. No surgical operation required. Dr. Chase's Ointment will relieve you at once and afford lasting benefit. 60c a box; all dealers or Edmondson, Bates & Co., Limited, Toronto. Sample box free.

## Western Ontario Women's Activities

Address News For This Column to The Editor of Woman's Page.

### BRICK STREET W. M. S.

Meeting at the home of Mrs. Alan Norton, Brick street, the members of the W. M. S. of Brick Street Methodist Church made arrangements for the annual harvest home supper, being held the third Monday in October. At the close of the meeting, which was well attended, a dainty supper was served by the hostess.

### HARRISTVILLE W. I.

True hospitality was the subject of a splendid address given by Mrs. A. J. McCallum at the monthly meeting of the Harriestville Women's Institute, held at the home of Mrs. J. Smith. In the competition for house dresses the judges differed in the material suitable for house dresses, and in consequence the dresses were divided into two classes, afternoon and house dresses. The prizes were awarded to the following: For house dresses, first, Mrs. D. Ferguson; second, Mrs. E. Marsh; third, Mrs. L. Shackleton. In the afternoon dress class the prizes went to the following: First, Mrs. Wilkie; second, Mrs. A. E. Noyes. Following the contest a dainty supper was served by the losing side. The next meeting will be held at the home of Mrs. D. McVicar, October 12, the chief feature of which will be the baby show.

## CYNTHIA GREY'S MAIL-BOX

SENDS FIVE TO SCHOOL.

Dear Miss Grey—This is my first letter to the Mail-Box. I have enjoyed reading the letters each day. I think it is splendid of those who are helping out the needy, and mothers that are handy can do wonders in remodeling. I am a mother of eight, the oldest fifteen years, the youngest nearly eighteen months. We live on a farm. I do all the sewing, cooking and baking, and have my garden and help outside at what I am needed, so you see I am not idle. Have five going to school. What a scurry to get off this morning, the first day after the holidays. I see where Anchor is offering two coats for girls, 14 and 16. I would be glad to have them if I am the fortunate one, as I have three girls, the oldest of the family, and five boys, the youngest. They have nearly two miles to go to school. Could make use of sock legs, too. I have gotten much help from the page, and hope I may help in some way some time. I will pay postage if the coats come my way, or send it to help the S. C. H. fund, which is growing so nicely. Inclosed find mite for same. MICKY.

I am mailing you Anchor's address, and you can write to her direct for the clothing she is offering. It would be quite a task getting five children dressed and off to school. Thank you for the inclosed hospital mite, which will help us reach our objective. I am placing you on the family tree, and will be looking for a letter soon again.

## Fashion's Forecast



1560

## WOMEN'S INSTITUTE WILL DONATE PRIZES AT FAIR

Children To Benefit By Appropriation at Annual Fall Exhibition.

Special to London Advertiser.

FLORENCE, Sept. 25.—The Women's Institute met at the home of Miss Drew, with a good attendance. Mrs. MacRobert presided over the meeting. There was much important business laid on the table for the members' decision.

The Institute decided to give again, prizes to the amount of \$10, to the boys and girls at the fall fair, also the W. I. would have an exhibit of work.

The October meeting will be held at the home of Miss Unsworth on Monday, October 2. The committee

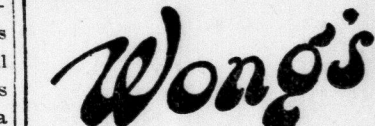
## W. M. S. AUXILIARY ENTERTAIN VISITORS

FLORENCE, Sept. 25.—The auxiliary of the Florence W. M. S. entertained the members of the Huff's Auxiliary this afternoon. A special program of readings and music was given by both branches, including a report of the convention at Windsor, which was given by Mrs. Congdon. Mrs. Button gave the address of welcome. Rev. Mr. Button was the chairman and also gave a short address. At the close a banquet was held in the supper room, and a social hour was spent. Votes of thanks were exchanged and a pleasant afternoon enjoyed.

tee in charge of the exhibit will be there to receive any article for the exhibit.

## Music With Meals

For lunch, dinner and special hours, McCauley-Russo Orchestra in attendance.



484 Richmond Street, "Where Appetite Meets Satisfaction." jw

## DON'T THROW YOUR OLD CARPETS AWAY!

They Make New REVERSIBLE VELVETEX RUGS Send for Velvetex Leaflet.

Canada Rug Co., London, Ont. jw

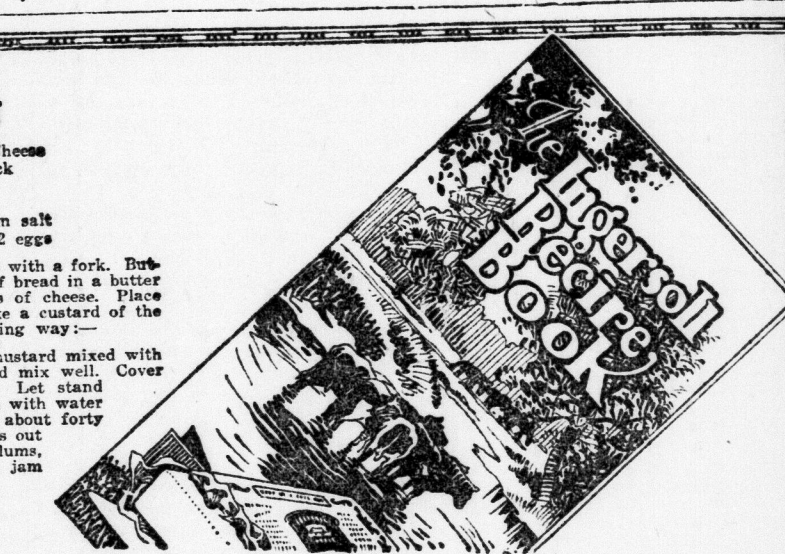
## Cheese Pudding

1 pk. Ingersoll Cream Cheese  
2 slices bread 1/2-inch thick  
Speck cayenne pepper  
Speck ground mustard  
Butter  
2 cups milk  
1/4 teaspoon salt  
2 eggs

Break cheese into small pieces with a fork. Butter the bread. Place one slice of bread in a buttered baking dish. Cover with pieces of cheese. Place the second slice over this. Make a custard of the other ingredients in the following way:—

Beat eggs slightly, and add mustard mixed with salt and cayenne, add milk and mix well. Cover bread with custard mixture. Let stand twenty minutes. Surround dish with water and bake in a moderate oven about forty minutes, or until a straw comes out clean. Serve at once. Spiced plums, black or red currant, jelly or jam are good accompaniments.

—Miss Edna Hartley, in the Ingersoll Recipe Book.



## Scores of Cheese Dainties

The recipe reproduced above is only one of scores selected from hundreds received in the recent Ingersoll Cream Cheese competition. The Ingersoll recipe book containing the best Ingersoll Cream Cheese recipes by Domestic Science Graduates is ready and we will gladly send you a copy. Send your name and address to The Ingersoll Packing Company, Limited, Ingersoll, Canada.

# Ingersoll Cream Cheese

"Spreads Like Butter"

## Economical

Costs less than butter or jam—no waste—why not use it regularly.



## Shirriff's MARMALADE

Always preferred for its better quality and flavor.

## WE DYE TO LIVE

Mrs. Jones wanted to change the color scheme of her drawing-room from red to blue. She consulted our experts and we dyed the portieres, rug and the tapestry on her furniture, even to the braids. She was delighted, told her friends, and we did the same for many more. So the endless chain goes on, enabling us to satisfy thousands of customers in our dyeing department each year.

Phone 568 today. An expert will visit your home if you wish. A bundle from every home. A laundry plan for each pocketbook. SOME WAY AND SOME HOW.

## The Parisian Laundry

Laundries, Dry Cleaners, Dyers and Rug Cleaners.

## Buy Your Flannelettes Now

Our stock of White and Colored Flannelettes is large and well assorted, and we are keeping up our old-time reputation for BEST VALUES.

White Flannelette, soft and downy finish, for nightgowns and children's wear. 20c AND 25c Per yard

White Flannelette, Saxony finish, in 30 and 35 inch width; our two leaders are extra special value at, per yard 29c AND 39c

Fine English White Flannelettes, with velvet finish; 35 inches wide. Per yard 45c

## Colored Flannelettes

This week we show three specials in Canadian and English cloths, in choice designs and 25c, 29c, 39c coloring. Wide width. Per yard

## Sweaters For the Cool Days

There never was a time when Sweaters and Pullovers were so popular for feminine wear as the present. For street wear, for sports and motoring, and for use about the house on cool days and evenings, the Sweater has become an almost indispensable article of attire. You will find our stock complete with the newest styles. Reasonable prices combined with old-time qualities, make choice easy here.

Sweater Coats in wool from \$2.98 to \$7.98

Pullovers, from \$2.98 to \$10.00

Children's Pullovers and Sweaters from \$1.48 to \$3.98

Brushed Wool Scarfs in a host of beautiful designs, colorings \$1.50 to \$4.95

## R. J. YOUNG & CO.

## For the Home Hotpoint

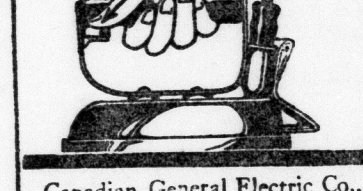
A New Angle In ELECTRIC IRONING

IT RESTS THE WRIST

When you take hold of a Hotpoint Electric Iron, and place your thumb on the special rest, the pressure you use goes directly to the clothes you are ironing.

This feature reduces ironing to a matter of guiding rather than of heavy exertion.

Sold by all Electrical Dealers



Canadian General Electric Co., Limited

Head Office: Toronto

Sales Branches in all Large Cities

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## The Hydro Shop

WILLOW HALL

440 CLARENCE ST.

New Hammered Copper Bowls, Trays, etc., from the Vetrac Shops at moderate prices.

"Say It With Flowers"

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WEST Floral Co.

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## 60,000 YOUNG AMERICANS DIE

Each Year—From Old Age Diseases—Due Largely to Faulty Food

PROFESSOR McCOLLUM, of Johns Hopkins University, says these old age deaths, from diseases of the heart, blood vessels, kidneys, brain, digestive organs etc., have doubled in thirty years, and that younger persons are every year being attacked. McCollum also says 10% of all deaths are due to tuberculosis, and "this condition is largely due to faulty food."

Conditions are identical in Canada and all civilized countries where the same foolish food habits prevail.

The food mistakes of civilization and therefore of us Canadians—of me and mine—of you and yours—are too much "denatured," "deficiency," "excess acid," white flour, refined cereals, meats, and sweets; too little whole grain cereals, milk, eggs, leafy vegetables and fruits, the immemorial natural food of the human race.

McCollum has demonstrated that a combination of whole grains is even superior to one whole grain—because better balanced.

Roman Meal is the only combination of whole grains cereal known. It supplies the deficiencies of white flour, other cereals, meats and sweets. It was designed by a food scientist for that purpose. For this reason it nourishes better than meat, relieves most forms of indigestion and positively relieves all forms of constipation.

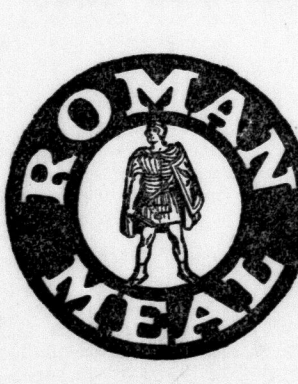
Because of its Flaxin, Roman Meal contains more bone making salts and protein than even milk, thus it is the best possible food for your child and for the nursing mother.

Buy Roman Meal at Grocers and try this Delightful Recipe to-day

## ROMAN MEAL BROSE-O

Icy-Cold! Steaming Hot! Stir 1 rounded cup Roman Meal into 4 cups boiling, salted water. Boil slowly for 10 minutes. Set in a cool place to jelly, or in ice chest. Serve cold with milk or cream and sugar, honey, preserves or jelly or bananas or berries, etc. (If hot foods are preferred, reheat in double boiler after it has jellied by standing over night.)

## Add ROMAN MEAL to Your Daily Diet.



ROMAN MEAL is the only balanced combination of whole grains—wheat, rye, Flaxin, and comminuted bran. It is a delicious family food, to be used as porridge, or baked into anything half and half with flour. By using Roman Meal in some way every day, with plenty of milk and some leafy vegetables (preferably uncooked) you provide your body—and the bodies of your children—with every element necessary to sturdy health and long life, and correct the "deficiencies" of modern "excess acid" and "deficiency" foods. Roman Meal aids digestion, positively relieves constipation.

With one exception the most economical cereal sold.

ROMAN MEAL COMPANY, TORONTO.