PAGE OF INTEREST TO WOMEN

SOCIAL and PERSONAL

TELL IT TO THE SOCIETY EDITOR.

TALKS ON HEALTH

are never printed. Only inquiries of general interest are answered in this column, but all letters will be answered by mail if written in ink and a stamped,

self-addressed envelope is inclosed. Requests for diagnosis or treatment of indi-

vidual cases cannot be considered. Address Dr. William Brady, in care of this

When Should the Old Man Retire?

Dr. Brady will answer all signed letters pertaining to health. Writers' names

business.

If you know how to live, overwork need never worry you. But you must know how to play, as well as you work. There's where a lot of old geezers fall down badly. They get married to their work, and after they've. lived with it a few years they find it has them tethered.

Cultivate an avocation which will usurp more and more of your inter-

cickening abruptness upon him

want all the facts, with no reservations

Eggs and Meat.

TRY THIS PERFECT

Brings Trial Package of

Miss Edith Brooks of Port Arthur and Miss Dorothy Flower of Montreal, are guests with Miss Alberta Heritage, burwell street.

The Aberdeen Mothers' Club will elect officers on Thursday evening. A specific or and a specific or and while the control of the case of the cas

The monthly meeting of St. James' Women's Auxiliary was held on Tuesday afternoon. Mrs. Anderson, returned missionary, gave an interesting talk on her work in India. Tea was served at the close of the business meeting.

Mrs. W. A. Davis was hostess of a shower at her home on Hyatt avenue this week in honor of the approaching marriage of her sister, Miss Alberta Heritage. A profusion of lovely and practical presents were given the bride-elect.

London.

MANZER—CUCKSEY.

INGERSOLL, May 12.—The home of Mrs. James Manzer, King street east, was the scene of a very pretty wedding, when their second daughter, Ruby Marguerite, became the bride of Archie Cucksey, son of Mr. and Mrs. Cucksey of Brownsville. The bride, who was becomingly gowned, was given away by her father, and Lohengrin's Wedding March was played by her sister-in-law, Mrs. Gorden Manzer. Rev. E. Sheppard of the Methodist Church officiated in the presence of about forty guests. Mr. and Mrs. Cucksey will right for such chill-dren?—West Eleventh. Ans.—In my opinion there is no subtitute for fresh milk and butter in the diet of persons under 25 years of age. The diet you mention is all right, care that butter in the diet of persons under 25 years of age. The diet you mention is all who was becomingly gowned, was given away by her father, and Lohengrin's wedding March was played by her sister-in-law, Mrs. Gorden Manzer. Rev. E. Sheppard of the Methodist Church officiated in the presence of about forty guests. Mr. and Mrs. Cucksey will right for such chill-dren?—West Eleventh. Ans.—In my opinion there is no subtitute for fresh milk and butter in the diet of persons under 25 years of age. The diet you mention is all right, are brided to fresh milk and butter in the diet of persons under 25 years of age. The diet you mention is all right, and butter in the diet of persons under 25 years of age. The diet you mention is all right, and brided to fresh milk and butter in the diet of persons under 25 years of age. The diet you mention is all right, and the present a

a popular notion that if a fractured member is not restored to its pristine beauty and usefulness the doctor must have malreated the case. Eliminate these suits, and fake actions brought by people who simply hope to evade paying the physician's bill, and the courts would enjoy a deserved rest.

For Chapping and Irritation. What do you recommend for chapping and redness or irritation of the skin?—D.

Ans.—Boric acid, 4 drams; glycerin,

Burwell street.

The Aberdeen Mothers' Club will elect officers on Thursday evening. A special collection for the Children's Memorial Hospital fund will be taken up.

Mr. and Mrs. Thomas Terry of 348
Burwell street announce the engagement of their eldest daughter, Edna Alma, to Wilferd H. Hulbert of this city. The marriage takes place the second week in June.

The monthly meeting of St. James'

Women's Auxiliary was held on Tuesday afternoon. Mrs. Anderson, returned missionary, gave an interesting talk.

MANZER—CUCKSEY.

Ingay with flowers, and a happy eventing away to delightful music. Miss K. Allen and W. Letch-ford gave vocal selections.

HARDIMAN—SCATTERGOOD.

The wedding was solemnized at the Wellington Street Methodist parsonage on Tuesday by Rev. W. J. Ashton of Miss Clara Ann Hardiman of Dorchester and Frank Scattergood of Lord-don.

No Substitute for Milk.

Is there any substitute for milk and outter in the diet of a boy 14 and a girl livers of breakfast, fresh vegetables daily, be all right for such children's Message and a happy eventing was danced away to delightful nusic. Miss K. Allen and W. Letch-ford gave vocal selections.

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WHAT'S IN A NAME

names. Its earliest form, Meriel, is still n common usage abroad. It signifies one of the gifts brought by the Wise "From the Grateful Patients at the one of the gifts brought by the Wise Men to the new-born babe in the man-ger at Bethlehem.

Nearly everyone who has the habit of taking a long vacation once a year knows from experience that it is a bad habit. Doctors find an unseemly lot of work to do right after the annual vacation orgy. The recuperation appears to be too strenuous. The dose is too large. It is better to divide it into twelve or fifty-two small doses. If you work hard when you work. Sail in and make the dust fly. Even if you are working for someone else there is an extraordinary amount of satisfaction for yourself, and you never can tell when it may even be noticed by the boss, if you work hard. Loafing on the job up all the time. Work hard when you work. Don't be afraid of that bogey of "overwork." "Oversinaterals are better for the health.

By the time a fellow is 40 he should be fairly decided as to his voca-Seldom in the history of etymology

Advertiser Patterns Owing to the pattern manufacturers increasing the price of patterns to

us, all patterns advertised from this date will be 15 CENTS EACH.



times important to know whether a thoughtless correspondent whose name is merely O. G. Whizz. Everyone is either Miss, Mr. or Mrs. O. G. Whizz, and it is useless to try to be neutral. restorers" and harmful "dyes."

Brownatone is sold and recommended a London by Standard Drug Company, imited, Cairneross & Lawrence, Tay-

lor Drug Company, and other leading dealers.

Two colors: "Light to Medium Brown" and "Dark Brown to Black."

Two sizes, 50c and \$1.50. Refuse all substitutes. Used and indorsed by thousands of women in society and the business world.

Ans.—Not to the blood particularly, Eggs are meat, to all practical purposes, and three times a day is three to any address on receipt of 15c in silver or or 1c and 2c stamps.

Mans.—Not to the blood particularly, Eggs are meat, to all practical purposes, and three times a day is three to any address on receipt of 15c in silver or or 1c and 2c stamps.

Mans.—Not to the blood particularly, A pattern of this illustration mailed to any address on receipt of 15c in silver or or 1c and 2c stamps.

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Name.—Not to the blood particularly.

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Name.—Town

On Going to Court.

It may interest you to know that certain articles you have recently printed staved off a bitter lawsuit. The writer had fully determined to bring an action for malpractice against two leading surgeons and an internist with a wide reputation. It was all a misunderstanding, and your explanations made it perfectly clear. You have a knack which one could wish more of your profession might acquire, of explaining things in words a mere layman can understand.—P.

Ans.—Probably fourafifths of all such lawsuits are founded on false premises, either misunderstanding or willful desire to have a fancied revenge. The majority of all malpractice suits are brought for fracture cases—there being

MRS. D. MAGARTHUR PRESENTED WITH A SILVER TEA SERVICE

Appreciation of the Military Patients At Byron.

lovely silver afternoon tea service and a silver cake plate from the military patients at the Byron Sanatorium. Mrs. Macarthur before her marriage was in charge of Red Cross work at the Byron Sanatorium, and during her work there she became much interested in helping and entertaining the military men at a constant of the state of the constant of the co and entertaining the military men at the sanatorium.

Accompanying the tea service and cake plate was an address in which the men thanked Mrs. Macarthur for her work among them. The address read "To Mrs. Macarthur:
"The military patients at the Byron

Sanatorium cannot allow this happy occasion to pass without expressing to you their sincere wishes that your fu-ture may be one of good luck, prosper-ity and happiness, and as a slight token of our appreciation of your valuable and MURIEL.

The quaintly demure Muriel is one of the oldest and most beloved of English allowed to contribute, for all of them fully recognize your good work in con-nection with those, who through broken health, have been laid aside. We trust nyrrh," the precious perfume of early this offering of our appreciation will blical days and a special reverence remind you of those to whom you were

Cynthia Grey's Mail-Box

The lower world is that of questions, the upper world is that of answers .- Holmes.

Here I am again coming for help.
Would like very much if you or some of the readers could get a picture for me. It is called a yard of kittens, and used to be given as a premium from the Comfort Soap Company. It has an old cat and her seven kittens, and is so cute. Would be willing to pay 25 cents for fit (without frame). Will leave address with Miss Grey.

MAE.

Yankee Cake—Beat to a cream 6 dunces butter, 34 lb, sugar, 3 eggs, 1 lb, sifted flour, ½ pint cold water, 1 teaspoon baking powder, flavor to taste. Bake for two hours in a moderate oven. Makes two cakes.

BUTTERCUP.

Pork Cake—One pound salt pork, 1 pint strong coffee, 4 cups brown

I have long wanted to join your starch the circle, but felt that I should not take up such valuable space. If anyone wishes patterns for tatted edgings I could send a few; also some tatted medallion directions, and in return would very much appreciate a tatted woke pattern.

Ey putt starch the bestiffer. Shabby enamelled the room allied the room the starch the starch the room the room the starch the star

Pete Meets With Bad Luck.

It seems that chickens were always getting Pete into trouble. Let us hear how he had bad luck through them this time.

Pete had traveled for nearly a day and a half when he arrived in a village, where Bixo, a bad-natured dog, lived. Now, Pete did not know that Bixo lived in this village, and in fact he did not know that such a dog as Bixo lived anywhere. But Pete did know that dogs should not chase chickens, for was that not what he he had been separated from his mother through.

Bixo, of course, was not a puppy, and knew that he should not chase chickens, but that only made him chase them the more, for he was a bad dog that liked to do bad things. So this day when

cup sweet milk, 2 eggs, 1 teaspoon vanilla, 2 ounces grated chocolate, 1½ teaspoons cream tartar, I teaspoon soda (dissolved). Just before adding the soda add to ingredients ¾ cup boiling water. Bake in 2 layers.

DEAR LITTLE SHAMROCK.

Here is a favorite recipe which is not hard to prepare: Stuffed Onions—Select about 8 large onions (quantity may be varied), boil in salty water till nearly tender. Drain, scoop out centres of each to leave a cup. Mix—One cup chopped meat, ham is preferable, 1 cup fine bread crumbs. Melt 2 tablespoons butter, ½ teaspoon salt, and onions butter, ½ teaspoon salt, and onions that were removed. Refill onion cups Mrs. Duncan Macarthur (formerly Miss Floy Lawson), was pleasantly surprised on Tuesday when she received a levely of the property of the street of the stree

Marmalade-Wipe 1 large grape fruit, 1 orange, lemons; take seeds out, and put peel and pulp through mincer. Put in preserving pan and add 9 cups of water; let stand all night; in the morning boil slowly for 3 hours. Then add sugar, 9 cups or 4½ pounds. Let stand again over night. Then heat slowly (taking care not to burn). Cook about 1 hour, or until it will set when tried in a saucer. This quantity will make eight pounds. MOTHER OF THREE. MOTHER OF THREE. Soft Gingerbread-Two eggs, 1 cup

brown sugar, ½ cup butter or part lard, ½ cup molasses, 2 cups flour, 1 teaspoon each of cinnamon and cloves, 2 teaspoons ginger, 1 teaspoon soda teaspoons ginger, 1 teaspoon soda dissolved in 1 cup boiling water, put in Gingerbread—One-half cup butter, % cup brown sugar, 2 eggs, ½ cup molasses, 1 teaspoon soda, 1 teaspoon baking powder, 1 teaspoon ginger,

cups flour. Mix altogether, then add a cup of hot water.

This is a good cake recipe: "Something Good"—Three-quarters cup sugar, % cup butter, 2 eggs. 1 cup raisins, 1-3 cup molasses. % cup sour milk, 1 tea-spoon soda, 2 cups flour; seasoning to taste. BETTY PRINGLE.

Date Bars—Half cup granulated sugar, ½ cup butter, ½ cup oatmeal, ½ cup sour milk, 1 teaspoon soda, flour enough to make stiff. Filling—One box dates, I cup granulated sugar, boil, roll batter, then put dates on one half, turn other half over, and when cool cut in saw Gloma's request in Mail-Box, so I squares. EASTER LILY,

address with Miss Grey. MAE.

I see that so many write to your page for help, I decided today that I would write, too. Could you or any of your readers tell me where I could get some patterns for hooked rag mats? Would like awfully well to find out, as I would like awfully well to find out, as I would like to make some after the spring housecleaning is done.

BUTTERCUP.

Pork Cake—One pound salt pork, 1 pint strong coffee, 4 cups brown sugar, 1 lb. raisins, 1 lb. currants, 5c orange peel, 5c lemon peel, 1 teaspoon nutmeg, 1 cup molasses, 9 cups flour. Pork is to be chopped fine and pour boiling coffee over it.

HELPFUL HINTS

By putting a little borax in your starch the clothes will iron easier and

Shabby curtain rods and rings if enamelled to mutch the woodwork of the room look as good as new.—

I want a favor, so I'm coming, as usual, to the Mail-Box full of willing helpers. It's just a crochet pattern I want, of a triangular medallion, and it's on the cover of Old and New Designs by Sophie T. La Croix, Book No. 2. I've tried several times to get the book, but could not, so if any of the readers have it and would sell it, I'd be willing to pay the 25 cents for it, or if anyone would send me the written direction.

Housecleaning and gardening is the order of the day on the farm. This is a good hint to take old wall paper off:

Put on a boiler of water on the stove, and leave the I'd off, and boil for a couple of hours. The steam dampens the paper, and it comes off easily. I also read in a book not so long ago that paper stick. I am going to try it in my it and would sell it, I'd be willing to would send me the written discover.

Comic's Method of The Court of the day on the farm. This is a good hint to take old wall paper off:

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Comes of the day on the farm. This is a good hint to take old wall paper off:

Put on a boiler of water on the stove, and leave the I'd o

O. K.

To make brown bread I take out 3 cups of flour and put in 3 cups of bran. Bran or Graham Biscuits.—Two cups of flour, 1 teaspoon salt, ½ inch slice of butter or other shortening. Mix coarsely. Add 1 cup of brown sugar. I cup of bran or graham flour, or half of each, 2 full teaspoons of baking powder, enough milk (any kind), or even water to make a stiff dough. Roll out, cut any shape, and bake 15 minout, cut any shape, and bake 15 min utes in hot oven. Biscuits always ris utes in hot oven. Biscuits always rise best. I think, when the powder or soda

We never tire of those biscuits.

Cosy Corner Chats.
I am taking the pleasure in writing to YOUR OLD CARPETS Made into new, beautiful, fluffy, reversible rugs. CANADA RUG COMPANY

48 Carling Street. Send for Leaflet.

Exceptional Bargain Sale of Dresses

Instead of carrying over any Tricotine or Wool Jersey Dresses, we have decided to clear them out immediately. Sales will be run every day this week until every dress disappears. They will be priced regardless of cost, All dresses selling at certain figures will be grouped together and then priced at a figure that will compel sales.

Tomorrow Every Dress Priced at \$39.50, \$42.50, \$45.00 Will Be Sold At

\$29.50

Not an old style in the lot. Many arrived too late for early spring trade or they would have been sold now. There are dozens of styles to choose from, straight line-basque and coat effects-some come with separate skirts. The majority of these Dresses are navy blue, other shades being seal, taupe, kangaroo, sand, grey

aroo, sand, grey.

Every Dress priced at \$47.50, \$49.50, \$52.50, \$55.00, \$35.00 will be sold at ...,

There Are All Sizes, 16 to 40.

If you have any intention of getting a dress-if you need one for street wear, business wear, the country or seaside wear-don't miss these sales.

SEE WINDOW DISPLAY.

EIGHTEEN STORES IN CANADA.

2121/2 DUNDAS STREET

am sending a letter, hoping you will forward it to her. I will try and be some help next time. Excuse writing. Miss Grey, as I am so busy, because take a hired man's place on a farm.
Thanking you very much for your A BUSY BEE. Ans.—Letter forwarded to Gloma.

Don't work too hard, Busy Bee. Try
and have a little play. Folks like you

deserve recreation. I've long been a reader of your Page, and once before got help. Never was the Page better than this year in my estimation. Is it really possible that there may be a Page cot in the new hospital? I'm inclosing 10 cents for S. F. pattern, also little girl's apron pattern for Ever Ready Helper, and a boy's Oliver Twist suit pattern for someone else who asked for it. Would like a few velvet or plush patches to finish a lounge cover it someone has same.

Ans.—Encouraged by the amounts al-ready contributed through the Mail-Box, we are beginning to dream of a cot named for us in the Children's Hos-pital. Thank you for your apprecia-tion and patterns which have been forwarded.



Peewee! Peewee!
This is my second letter to your Mail-Box and since I wrote nearly all my feather companions are here. How are all the other birds of the Mail-Box?

Shaker. Maybe Musical Harry would Here is my grandmother's method: It because the cider is very strong and bitter add you introduce yourself, Musical Harry?

Please forward the inclosed to Ima warm enough to ferment freely and add warm enough to ferment freely and add. feather companions are here. How are all the other birds of the Mail-Box? Please forward the inclosed to Ima Won't we all make a great overture now Won't we all make a great overture now wee kiddles.

You introduce yourself, allowed to Ima cent. Place the barrel where it will be warm enough to ferment freely and add a quart or so of good yeast. Then wait the first work is a factor of good yeast. Then wait is "charn." If A Handy that the fine weather is here! Let us all fly to Little Cripple's dooryard and sing some of our choicest songs to cheer her lonely hours. No doubt, as she lies on her couch by the open window sters. I hope Ima Tease won't come near to frighten us away with her sait

Tease, and accept ten cents for the dear warm enough to ferment a quart or so of good, year patiently until it is "sharp are for a barrel of cider she has in her cellar. I do not wonder, for who wants to risk being found with a barrel of hard cider in their cellar these days? wonths' copies of Even World, 1920, for anyone who would MARY ELIZ



There's a Treat in Store for You!

waiting right at your nearest grocery store. It's also a great reducer of the high cost of living, and one of the tastiest table delicacies your tongue ever touched. Best of all. it's a dandy substitute for butter, and costs less than half as much. It's

"Sweetheart" Brand Peanut Butter

Made From the Sweet Heart of the Nuts.

Sweetheart Brand Peanut Butter is different, because it is made from the rich, nutritious meat of No. 1 Spanish and No. 1 Virginia nuts and scientifically ground by us in our sanitary, sunlit factory, located in the residential district of East Lendon.

BETTER TRY A LITTLE TODAY

Your grocer has it in bulk or airtight glass jars. Ask him about it.

IXL Spice and Coffee Mills, Limited



Absolutely Harmiess. Greaseless, odorless, easy to apply a comb or brush is all you need. In-

stant in results and guaranteed to con-

tain no lead, sulphur, silver, zinc, mercury, aniline, coal tar products, or anything to injure the hair or the most tender scalp. Far superior to so-called "restorers" and harmful "dyes."

Special Free Trial Offer. Send only lic with this coupon for Free trial package and helpful booklet on the care of the hair.

Mall This Coupon Now. The Kenton Pharmacal Co., 503 Coppin Bldg., Covington, Ky

Inclosed find 11 cents (to cover to the cove

Mark with X shade wanted and

.Dark Brown to Black.

Special Sale Friday and Saturday Only

At 1-3 Less Their Original Price These Hats are really remarkable value. You won't

Smith & Hessey

find it hard to choose one from this collection.

188 DUNDAS STREET.

Entrance Through Brick & Dundas'.