**EPT** secret

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WRIGLEYS

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A goody that is

worthy your lasting

regard because of

its lasting quality.

air-tight package.

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# PAGE OF INTEREST TO WOMEN

### WILL THE HORRID HIGH HEEL **ACTUALLY GO "AT LAST"?**

"Women Can't Compete With Man in High Heels" - This Means in Health as Well as in Business-Warning of the Doctors and the New Crusade.

You will say at once that they have a thousand times threatened to go, and that the chances of their going at last (no pun intended) really is rather meagre. But the world is changing so many of its ideas, and women are doing so many extraordinary things that they really may decide to have honest feet!

Remember that women have ambitions that were never before associated with so many ambitious activities. Remember that women took the places of men in the industry, in the business of a nation while the nation was at warthat women went into the war them-All this has made a difference in are othe woman's way of looking at things—even in her way of looking at wealth hind

'She can't compete with man so That is the declaration of the expert observers. Women have heard that. They know that "compete" means more than an allusion to working in an iron foundry. It means more than merely physical competition. It means mental competition too.

inclination of modern people to walk, and especially the women, with the in-timation that they would probably walk more and receive the benefits of that healthful exercise if they wore more common sense shoes, Dr. Bradord con-tinues:

common sense shoes, Dr. Bradord continues:

"Few people realize the extent of the weakening effect of modern high-heel shoes. It is almost universal among women. It is more than probable that much of the nervous trouble among working women is caused by tight, high-heel shoes. While it is not conceivable or desirable that women should give up the art of adornment, it is of the greatest importance that, as they are emancipating themselves from other restraints, they should free themselves from the impedimenta which hinders them in their work. It seems rational to expect that sensible women who are on their feet during a large part of the day will be willing to wear practical shoes, which will give them health and comfort and ability to command better wages and do better work."

mand better wages and do better work,

They know that "compete" means more than an allusion to working in an front foundry. It means more than merely physical competition. It means mental competition too.

It means that she can't hope to be mentally equal with man until she has feet as free as his.

Some time ago Dr. Edward H. Bradford, dean of the Harvard medical school, and a noted orthopedic, was quoted as saying:

Shoes the Cause.

"Shoes are the cause of more of women's supposed physical inferiority to men than is generally realized. If women were properly dressed they would be able to perform almost any kind of work. Look at women in savage countries; they do practical shoes, which will give them head a do better work. "Fashionable shoes are for the hours of work if women will remember this they will suppose their health, and will help this country to leadership among the nations of the world."

Degenerate to Penguin Wabble.

Mr. P. A. Vaile, who has made an exhaustive study of the feet, says that the stride of women will degenerate into penguin wabble if the present monstrosities in footwear are not discarded. And Jacques Bayer, another authority on the question, is quoted as saying: "Unfortunately the fashion which calls for these (high) heels is as unhygienic as it is unaesthetic. Several years ago Dr. Dagron enumerated the troubles which these wooden stilist inflict upon their wearers. Initial pain develops into slight lameness, which increases until the shortest walk is quite impossible. As a very brief examination will show, this is due to the bad position imposed upon the foot by the unique the feet as long as men. But if they wore proper shoes a great deal of this inferiority would be eliminated. The sewing woman or scrub woman who went to work in an evening gown would be sent to an insane asylum. Why should a shop girl or a woman going out on an all-morning shopping trip crowd her foot into a shoe designed for a show girl?

"Some day we will look at a girl who goes to work wearing French heels as the day and will continue to see it fo

rowd her foot into a shoe designed for a show girl?

"Some day we will look at a girl who goes to work wearing French heels as having as bad taste as a girl who wears a diamond necklace to breakfast."

Disinclination to Walk.

Then after a paragraph on the dis-

walking shoes with flat heels. Why? Because it was, after a careful study of the question, decided that a woman couldn't work, or walk, or have perfect health or a happy, cheerful disposition and wear high heels. And it was not only stipulated that the workers of the organization should wear comported the organization should be well as the workers of the organization should be well as the workers of the organization should be well as the workers of the organization should be well as the workers of the organization should be well as the workers of the organization should be well as the workers of the organization should be well as the workers of the organization should be well as the workers of the organization should be well as the workers of the organization should be well as the workers of the organization should be well as the workers of the organization should be well as the workers of the organization should be well and suede, with or without buckles, and more beautiful than any evening shoe yet designed.

About the middle of April a report came from Vassar that that institution heal; the students themselves so warmly indorsed the change to the common sense idea in footgear that, it is said, any girl appearing in high-heel shoes is to be arrested by a campus policewoman and the shoes taken off her feet.

Appeared Bowlegged.

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Appeared Bowlegged workers of the change to the common sense idea in footgear that, it is said, any girl appearing in high-heel shoes is to be arrested by a campus policewoman and the shoes taken off her feet.

Appeared Bowlegged.

of course manufacturers will make the kind of shoes women want—they are not going to put a lot of money into the making of shoes that women won't have, shoes which won't sell—so women won't have, shoes which is plastic, has a straight inner board and a flat, straight-line heel. And they believe that the country is on the verge of a revolution in shoes.

Get Away From Fads.

Get Away From Fads.

Get Away From Fads.

Can't people get away from following fads and be directed by coommon sense hear the from them should tis of sthey from them should tis of sthey from them should the seems women them and women women in this country whose feet resembled those of the Chinese woman women in this country whose feet resembled those of the Chinese woman which seems women women in this country whose feet resembled those of the Chinese woman which seems women is which had been bound—all the result of high heels and long, pointed to women women who would ordinarily, wear the high-heel shoe were forced to put on the flat heels in going about the duties their war work imposed in the last three work work, hours or the monther of the mother of the foot? Why isn't therefore, why not wear a shoe that first he work work hours or the mother of the foot? Why isn't therefore, why not wear a shoe that first he work work hours or the mother of the foot? Why isn't therefore, why not a common sense walking shoes with street clothes, but not with evening and the store of the women women's cloud a common sense with the flat heels in going about the duties their war work imposed in the last three before, and it isn't likely that many of the foot? Why isn't therefore, why not a common sense the matter of the mother of the foot is the prophesied there will walks of life, and

Advertiser Patterns

A Cool. Practical and Comfortable

Apron. 2623.—This is a good model for ging-ham, chambrey, percale, drill, khaki, lawn, sateen or alpaca. The belt is a good style feature. It has the pocket

The pattern is cut in four sizes:
Small, 32-34; medium, 36-38; large, 4042, and extra large, 44-46 inches bust
measure. Size medium requires 4
yards of 36-inch material.

A pattern of this illustration mailed
to any address on respit of 10 cents. to any address on receipt of 10 cents in silver or stamps.

Province .....

Mrs. Alex Mason, 539 Emery street, and daughter, Miss Rita, are at their summer home on Kincardine Beach. Age (if child's or misses' pattern) .... Mr. and Mrs. Henry Haves, Lorne avenue, have returned from a motor trip, visiting friends in Michigan. They

Caution: Be careful to inclose the above illustration, and send size of pattern wanted. When the pattern is The engagement is announced of Ida Dorothea, only daughter of Mrs. I. Mariatt, Craig street, to Mr. W. B. Butler of Hamilton, the marriage to take place this month.

Mrs. C. E. Wood, accompanied by her children, has returned to her home in Toronto after visiting her mother and sister, Mrs. John Stephenson and Mrs. Ralph McKay, Elmwood avenue.

### TELL IT TO THE SOCIETY EDITOR. Mrs. George Bowman is at Kincardine A man convinced against his Mrs. Ed Wyatt has returned from Is of the same opinion still.

visit relatives in Margaret, near Bran

Master Richard Schreiber, Black-

SOCIAL AND PERSONAL

Mr. and Mrs. J. L. Johnson are at Ipperwash Beach. Miss Mary Meredith is summering t Beaumaris, Muskoka.

Warren, Penn.

Mr. and Mrs. J. B. McKillop are friars street, will spend his school hodilays in Toledo, Ohio. summering at Port Stanley. Mr and Mrs. Russel Winslow have

returned from Muskoka Lakes. Miss Eunice Goldworthy is summer ing at Rondeau Park with her father Mrs. G. W. Echlin leaves shortly to

are now spending a few days in Sarnia. 

# Big Profits in Market Gardening

The French market gardeners about Paris are said to be the most skillful growers in the world, except the Chinese. There are exceptions where the total income from one acre is \$6.600 a year, but \$1.500 is usual, and in some

The French gardener begins with certain advantages. For generations beare 2,000 market gardens, some of them held by the same families for 200 years. The largest is not more than four acres and common gardens not more than two acres. Some only one-quarter of an acre give large profits.

Old gardens dating back to Louis Phillippe's time and before, have hollow brick walls with heated flues to force winter fruit on trees trained against them. A border of 21/2 feet along these walls will yield more fruit of the finest quality than we take from half an acre of orchard. Black Hamburg and other grapes and peaches, weighing ten ounces apiece, are grown in this manner.

The skilled French or Belgian gardener takes from four to seven crops in a season from the same rich soil. In the rich warm soil, with plenty of water, the plants have nothing to do but grow, as fast as possible. Radishes are fit to pull in three weeks, turnips and carrots in five, lettuce in three. In certain parts of Southern Ontario, there is a wide field for endeavor such as is carried on in France and Belgium by market gardeners. The season of growth here is shorter, and consequently so many crops could not be taken off the soil in a season. But there is great room for education along the lines of table, but they also read the same scientific market gardening on small patches of land. It is just this sort of

lieve the high cost of living situation, and which would bring in abundant profits; to go from one to the other.

So if the housemother, be she young the one small farms about the populous sections of Canada and take up truck to those entering into the business. settle on small farms about the populous sections of Canada, and take up truck days into an entirely new environment, farming in a scientific and profitable way. What the French and Belgians could where she sees people different from the do, surely the Canadians can do! First of all there will have to be a psychological change. The people of Canada will have to forget to think entirely in big tracts of land, great prairies and ranches, and turn their thoughts to the reading she can get a new start in life.

concentrated production about the cities and towns of Canada which would re-

# WINIFRED BLACK

Writes About Real Vacations. Copyright, 1919, by Newspaper Feature Service, Inc.



idea of concentrated production in small spaces.

power to "let go all holts" saved his life for a long time.

But at last, when his life conditions became such that he was unable to take long time.

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But at last, when his life conditions line our homes there is a good deal of that they will not stop at a fashionable beautiful young girl—that is her face lege. It has been agreed that they will be an automobile unless some not get into an automobile unless some

I had a dear old friend who had an expression which he has long passed into the he has long passed into the world of light, I would like to preach the gospel of "letting go" to all the weary men and won are oftentimes overdriven even by clumps shoes, and away he would go to the wilderness for two or three weeks clumps shoes, and away he would go to the wilderness for two or three weeks even in her absence. No one in the world make the world noneds a vacation more than the homemaker and housekeeper who forgetfulness of all that the city glare, the city pavements and the city rush meant to him.

I used to envy my old friend what I thought was the ease with which he slipped the rope and left behind him the cares and responsibilities of every-day life, But his family knew that it took a great deal to get him to the point where he could take the step that man to order the point where he could take the step that man to order the point where he could take the step that man to order the point where he could take the step that men the own home, she will ted us in the city.

This wound life tend to visit us like little two into the more of the world not read the men to him. It is never to the print the feet of the containt the city of the trick of the city.

The world of light of the tread life the more of the world not read the print

meant so much to him. For he was a man of tremendous working capacity, and he worked himself to the limit of endurance all the time, so that really his its necessary and observed the terms of the stimulant which comes from change lege. It has been agreed that they will

and then come back ready to take hold

Cynthia Grey's

Mail-Box

Are Fashions Immodest?

Dear Miss Grey,—I am sending you a dipping I cut out of a New York paper. have just returned from New York

"How about the street dress of the

New York girl?" I suggested. "Do you consider that immodest?"
"Of course, it is," she answered de-

cisively. "And by the way, I am talk-ing about New York girls because I know what they wear. Girls in New Jersey or Philadelphia may be subject

to the same criticism—probably are. But I don't see them. "Too short skirts are worn by our

reading, she can get a new start in life, mentally and physically, much more easily than in any other way. I remember a woman who came to visit us in our home in the city when I was a little girl. You see, I believe

**WRIGLEY'S** 

Lasts

ade in Canada

country people will enjoy a vacation in the city once in a while, and under such circumstances it's fine to visit relatives, because there change will show itself every day, even at home. This woman who came to visit us

like Aunt Jane's house and Cousin, of smart life has got upon their nerves, bathing without stockings." Susan's home is very much like Cousin and they want to be away from all the Lois's home. The family connections not only have the same kinds of food—the food, too, if you please—on their fairyland of existence. persons cannot afford to wear stocktable, but they also read the same newspapers, magazines and books, go to the same churches, hear the same lectures—in short, it's very little change clothes will again have a glamor for to go from one to the other.

Ings in the water. And I'd rather see they return to the round of lunches, a bare leg any time than a bare leg any time than a bare back or a bare bosom. As long as a woman afternoon teas and dinner dances. Pretty wears a bathing suit that covers her them, and life will take on new colors and interfere with her for them, and life will take on new colors. and delights, for we all require change, ought to put some clothes on many new surroundings, new ideas.

It's great to "let go" once in a while, elsewhere.

"I am not a prude, and I never was," wound up Deputy Commissioner O'Grady. 'I think there is nothing sweeter, softer, prettier than a young girl in a party dress with a dainty little round or oval neck," and her finger lightly described a semi-circle, its circumference perhaps two inches below the collarbone. "I know that many girjs who dress immodestly are good girls, following the fashion. But what a fashion it is—how silly, ugly. ridiculous. Why should girls and women think they have to follow it?"

Thank You, Extorris. City, so cut it out and took it none, thinking anything so good should be printed in every respectable newspaper in Canada. I never saw anything like and Russell, and kindly incloses the following explanation: Douglas, from the mean dress, even the following explanation: following explanation: Douglas, from the same root as duc (Latin), leader or chieftain; ducem, duke. Russell, from the nickname given to roysterers during

Ans.—The clipping inclosed by a "Grandmother" deals with the old yet ever new topic of women's dress. It is Law Should Interfere.

an account of a newspaper woman's in-terview with Mrs. Ellen O'Grady, a New York woman police commissioner, and "city mother." What do London and "city mother." What do London and "city mother." What do London mothers (or fathers) think about its application to this city? The interview is who prove that they are of low birth, of inferior bringing up, and also so de-ficient in mental calibre, that they find pleasure in participating in or are amused by that old custom of the dark, When law-abiding citizens to whom none can point the finger of reproach are molested and their home is made the target for such a disgraceful uproar, by a class of such degenerates, it is high "Once in a great while a woman may have a really beautiful back. Most backs are anything but artistic. Then time that the law of the land should backs are anything but artistic. Then such are anything but artistic. Then why not cover them up? Last night I zens from such indecent assault. beautiful young girl—that is her face and everything about her was lovely except her back. It spoiled the whole effect. Her gown was cut down to the waist, and you could count the knobs on her spine. As for her shoulders, they looked like the joints from which wings spring, in the pictures of angels. Only she had the joints alone, without the wings."

ance may excuse some, but it is not a strong enough plea to exonerate the thug, whose sole object is plunder and not nearly so base in its motive as that out one, who, because of envy, jeal-ousy or some personal grudge, seeks to insinuate and slander by resorting to the charivari. We do not need to go to Germany to find the spirit of hate.

ONE FOR FAIR PLAY.

Mrs. Sam, Please Note. Dear Miss Grey,-I see where Mrs Sam offers a recitation, "When Pa Hooks Ma's Dress," to anyone who wishes it. I will be glad to receive it. and will she please send her address with it, so that I can forward some comic ones direct to her for the gir?

Thenking you in advance I remain as to the same criticism—probably are.
But I don't see them.
"Too short skirts are worn by our girls. In fact, the general trouble with the street costume is that it is too short at the bottom and too short at the top—it shows too much at both ends.
Things have got to the point where you can't ride on a street car standing up.

Things have got to the point where you can't ride on a street car, standing up, without looking down into somebody's bosom."

"And I understand that you don't approve of the modern bathing suit, particularly the stockingless one," I observed. "That point I want to argue. If you knew how much harder it is to swim in stockings, and how the surf pulls them off!"

"But I do not disapprove of going in of the characteristic point in the first one felt free to escort that the first one felt free to escort the other young laddes, surely entitles you to similar privileges where other gentlemen are concerned. If you like the second one better, by all means be nice to him: the first lad has had his opportunity and lost. H. D. M .- So far as I can judge by





# Good-Looking, Durable Stockings

You can get long-wearing durable stockings for your boy without sacrificing appearance. We knit good looks into Buster Brown Stockings as well as long life. You'll find your boy likes their comfortable feel and neat appearance.

We use extra-long yarn, spun in our own factory. We knit the stockings with a two-ply leg and three-ply heel and toe.

Only employees with long experience knit Buster Brown Stockings. Special training is necessary to knit Buster Brown quality and durability into hosiery.

Buster Brown Stockings are made specially for boys who are extra "hard" on stockings. You'll find they are longer wearing. You'll find they save you a great deal of time formerly spent in mending. You'll find it

Sold everywhere. Ask your dealer for Buster Brown durable hosiery.

costs less to clothe your boy.

The Chipman-Holton Knitting Co., Limited Hamilton, Ont.-Mills also at Welland

BUSTER BROWN'S SISTER'S STOCKING Buster Brown's Sister's Stocking for the girls is a splendid looking stocking at a moderate price. A two-thread English mercerized liele stocking, that is shaped to fit and wears very well indeed.

Colors—Black, Leather Shade Tan, Pink, Blue and White.

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