



Page of Interesting News for Women

EVERYBODY HATES A WEEPY WOMAN
SAYS BILLIE BURKE



THE FIRST WORD—Whatever else you do, do not cry—at least, don't let anyone see you do so.

My friends think I weep only on the stage, and I intend they shall continue to think so.

A watery-eyed woman is about as dismal an object as can be imagined, weeping may sometimes be interesting as a novelty. I have read of husbands who idolized their wives when they found them in tears, and considered it delightful to kiss back the smiles; but I am not sure that this happens in real life. I am pretty certain you won't find many men who will make a practice of kissing back the smiles after the fifth year of hard work at it, however. They are more likely to go out and slam the door behind them, and really their indignation does honor to their good sense. The average weeping woman is an insult to the Creator; I mean the woman who weeps spasmodically and easily.

TEARS VS. DEEP BREATHING.

When very nervous and inclined to be morbid and irritable, I prescribe a dose of tears as the quickest remedy I know. But first, I look at the clock to see if there will be time to get over it before any one sees me, for I know just how I'll look—red, watery eyes, red, swollen nose with the snuffles, with a horribly stuffy head and a mean, ringing noise in the ears. I look a fright, but I feel fine when it is over. It is like an electrical storm on a sultry summer day—really worth going through for the sake of the clearing up. But what's to be done when the clock says there isn't time? Some other means must be taken to get rid of the pent-up electrical force that is likely to make every one uncomfortable. My method is to go out of doors and fill my lungs so full of pure air that I tingle all over. I breathe deeply and exhale slowly, until ten deep breaths are taken. This is a sure antidote to tears, and will leave one in excellent condition.

Never cry over your mistakes. We all make mistakes, but there is no reason why we should carry them along with us. A blunder should be forgotten just as soon as it has served its purpose of pointing out the better way. It is a part of the past—leave it behind. You can't do anything by worrying over it, and you lose much for you cannot do anything else while you keep thinking about it. Besides, people who are forever blaming themselves for their blunders wrinkle very soon. Look at your reflection in the mirror some day when you are gritting your teeth and clenching your fists over the recollection of an awkward error or an ignorant speech. You won't like that expression.

Just think what it would mean if it should become permanent.

JUST ONE LAST WORD—Mistakes are of the dead past; let them bury themselves—and don't you be one of the mourners.

Billie Burke

A FIVE DOLLAR THANKSGIVING DINNER FOR SIX PEOPLE

To be typical of the first Thanksgiving, the dinner should be composed of harvest foods as largely as possible. The decoration of the table can be made delightfully suggestive by the use of vegetables, fruit, ferns and autumn leaves. A golden "horn of plenty" may be formed from a large crook-neck squash by cutting off the end at the widest part. Scoop out the inside, leaving the shell, and fill this with grapes and small, easy apples until it overflows. Or in place of the squash, a mound may be made of greenery and a hollowed pumpkin placed on top. Fill the latter with grapes, apples and nuts. Any one who can spend half a day out of doors on Saturday or Sunday will have no difficulty in finding plenty of pretty autumn-like decorations, even at this late date.

A menu for a dinner that should cover all requirements and not entail much work upon the cook is the following:

Pickles. Sautéed Nuts. Celery.
Roast Turkey. Cranberry Sauce.
Chestnut Balls or Stuffed Onions.
Mashed White Potatoes. Waldorf Salad.
Pumpkin Pie. Coffee.
Nuts. Fruit.

This menu, it is estimated, can be prepared for eight people at a cost of not

more than \$5.00. In some households, when vegetables are grown in the family garden, the cost will not reach that figure. An eight-pound turkey is considered sufficient for six adults. Probably for old-time housekeepers, the following recipes may not be new, but in case less experienced cooks may appreciate them, they are offered in good faith:

Mock Bisque Soup. 1/2 can tomatoes, 1 quart sweet milk, 1 tablespoonful butter, 1 tablespoonful flour, 2 tablespoonfuls of chopped celery, half an onion sliced, salt and pepper to taste; soda and sugar.

Cook the tomatoes, onion, celery and half a day out of doors on Saturday or Sunday will have no difficulty in finding plenty of pretty autumn-like decorations, even at this late date.

Stuffed Onions. Cream and butter, 6 onions, 1/2 cupful milk, 1 egg yolk, 1 cupful cooked ham. Boil the onions in salted water until tender, but not broken; then drain. When cold, remove the centres, chop four of these and mix with a heaping cupful of cooked ham. Season to taste and moisten with cream. Add the beaten yolk, fill the onion cups with the mixture and set in a baking dish. Put a piece of butter on top of each onion and pour half a cupful of milk into the dish; cover and bake 20 minutes; uncover and sprinkle with buttered crumbs; then bake for about ten minutes until brown.

Waldorf Salad. 1 cupful of English walnuts, 1 cupful of tart apples, diced; 1 cupful crisp celery; mayonnaise dressing; shredded coconut.

Shell the walnuts and break or chop them into small pieces; peel and cut up the apples and cut the celery into small pieces; mix the ingredients together and sprinkle with shredded coconut. Then mix thoroughly with mayonnaise dressing. It may be served in apple shells placed on small lettuce leaves, or on lettuce leaves alone.

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About half price for these fashionable suit belts. Your choice of wide or narrow belts, suitable for children's Buster suits, Norfolk suits and ladies' shirtwaist suits. Colors are white, black, red, green, navy, sky, brown and tan. Week-end special, each 12c

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You'd pay as much for the pretty buckles. They are good quality buckles; fine elastic, good strong new web. Colors are navy, greens, browns, mode, gray, white and black. Special 25c

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Our fall shipment just arrived. Many very pretty styles for baby and old children to 5 years. Colors are red, black, fawn, brown and a great many white. Prices run from \$2.00 to \$8.00

BEARCLOTH BONNETS to match the coats. See our big assortment of cute styles at 35c, 50c, 75c, \$1

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Plain Tailored Shirtwaists, very stunning style. Made of fine linen, with stiff cuffs and linen collar; all sizes.

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Millinery!

We've Prepared a Big Showing for This Week-End

You'll have to have your new hat by Thanksgiving. You'll buy it here when you see the scores of pretty styles and note the exclusiveness of each. Then, too, our hats are marked so that you will buy them quickly, for comparison proves that our prices are very low. Come in and see the newest styles.

If It's Here, It's New

Kingsmills

If It's New, It's Here

Problems of the Fair Sex Solved by Cynthia Grey

[Correspondents are requested to make their inquiries as brief as possible, and to write on one side of the paper only. It is impossible to give replies within a stated time, as all letters have to be answered in turn as they are received.]

More Help for Blue Bill.

Dear Miss Grey: Here is assistance for Blue Bill:

The kind of a boy that most girls like is one who has a mind of his own and is not led around by everyone, never being afraid of being called a coward when he is doing what he knows is right; is always kind, brave, true and generous, but not extravagant; not too easily offended; is sober and has a good character; is interested in Christian work.

A—Thank you Rose for adding your views to those published on Monday. I cheerfully pass your letter on to Blue Bill.

Wants Baseball Book.

Dear Miss Grey: Would you please answer following questions? 1. Where could one write to to get a book explaining baseball?

2. How long should a girl of fifteen wear her dresses? She is short and rather stout. Should she wear high heels? 3. Also, how can one curl one's hair in the back without harming it?

INTERESTED READER.

A—1. Ask any dealer in sporting goods for "Spalding's Baseball Guide." I think it covers the subject completely.

2. 7 or 8 inches from the floor. High heels are considered by many hygienists to be detrimental to health. If you examine the newest style of shoes you will observe that this season the heels are at

least an inch lower than they have been for several years.

B—1. Suppose you mean a big curl at the bottom of your braids? I do not know how you can acquire this if your hair is not naturally inclined to curl, unless you can persuade it to keep curled by constant twisting around your finger several times daily. It should gradually grow into a curl.

Beulah Sends Recipe.

Dear Miss Grey: Would you kindly answer the following questions, thanking you in advance?

1. Do you know any simple home remedy for cold sores? I am troubled a great deal with them.

2. Do you know any good recipe for uncooked cake icing, and also one for a good plain cake?

Here is one good icing: Melt together two teaspoonfuls butter, two teaspoonfuls cocoa over the fire; have ready one cup of icing sugar mixed to a stiff paste with milk; add the melted mixture and spread on the cake.

A—1. Moisten a bit of cotton with sweet spirits of nitre and dab on the sore. It should soon disappear.

2. Orange icing: Squeeze the juice of an orange over the grated rind and let it stand an hour; then strain the juice; add the yolk of an egg; then beat until stiff enough to spread on the cake.

Raisin frosting: Allow a cup of pulverized sugar (scent measure) to the white of one egg, stirring it instead of beating the egg; mix well with halves of raisins. Or this is very nice if sections of dates are substituted for the raisins.

A standard recipe for layer cake is made thus: 1/2 cup butter, 1 cup sugar, 1/2 cup milk, 2 eggs, 1 pint flour, 1 level teaspoon baking powder, 1 teaspoon lemon extract. This cake is nice with any of the icings above mentioned.

Many thanks for contributing your recipe for icing. It sounds excellent, and no doubt many housewives who read this

column will decide to try it for their next cake.

LUCAN WOMEN'S INSTITUTE PLAN THE YEAR'S WORK

Demonstration Course in Domestic Science Provided By Dept. of Agriculture.

A member of the Women's Institute at Lucan has sent to this department an interesting account of the work undertaken in that town by the local branch, and an outline of the programme for the ensuing year. She writes as follows:

"At Lucan the Women's Institute is in good condition, and we are certainly doing work which is a benefit to the community. The papers on various subjects which are prepared and read by the members are excellent, showing both time and study in their preparation. We have an attractive year's programme arranged, one of which I enclose.

The department of agriculture has offered to three counties in Ontario an experimental demonstration lecture course, North Middlesex being one of them, and including the branches of Porrett, Parkhill, Altona, Lucan and Birt.

The department has sent as teacher, Miss Chapman, a graduate of Macdonald College, Guelph, with full equipment for demonstration course in cooking, and it pays all expenses.

The institutes concerned provide a lecture room stove, chairs, table and supplies for lessons. Must also secure 12 before lectures are held. The course consists of 12 lessons, one each week, at \$1.00 for the full course, or single lessons 10 cents. The institutes concerned each have from 25 to 70 members taking the

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THE PROGRESSIVE DRUGGISTS.

Baths and Bathing

course, proving it to be a decided success.

When a ladies' class has been formed, the department also gives the privilege of holding an extra class for high school girls free of charge, and thus enables them to have the course which would be required of them at school of faculty. At four of the centres large evening classes are held.

These lessons are for the purpose of showing the best food combinations to use to produce healthy bodies and how to cook the every-day foods to provide the most nutritious and palatable meals.

The printed programme, which this member kindly inclosed, covers a wide range of topics, touching not only on household and family matters, but also includes literary and musical discussions and papers. It is, indeed, a credit to the programme committee of the Lucan Institute.

Local branches of Women's Institutes are cordially invited to send in accounts of meetings, and any special lines of work which they may undertake, these to be published upon this page. Simply address Woman's Department, The Advertiser.

When cold baths are preferred, the morning is the only time to take them, and the temperature of the water should bear a relation to the time of year and to the temperature of the weather, as well as to the strength of the person using it.

In any case the body should be rubbed vigorously with a rough towel after a cold bath until a healthy glow is produced. There are many kinds of baths and varieties of bathing, but they may conveniently be arranged in three classes: First, the air and vapor bath; second, warm and hot baths; third, cold and shower baths.

Of these the first deserves the greatest consideration as a means of personal cleanliness. The second and third are simply aids to soap and water.

Water by itself, warm or cold, is imperfectly cleansing. The vapor bath combines the full effects of transpiration and complete opening of the pores with ample involution afterwards.