

Cynthia Grey's Answers
Helps for Every Woman
Follow the Bill-o'-Fare

A PAGE FOR WOMEN

Daily Hints on Styles
Women at Work and Play
Stories for Children

KATHERINE LESLIE'S HOME CHAT

SOME COURT GOSSIP ON GOWNS AND EXPENDITURE AT COURT.

It is always Queen Mary's court differ greatly. Pleasant to learn that women of wealth and social distinction do not spend all their substance in riotous garments, with which to astonish the world they move in. We are assured by an English authority that today a woman's dress bills are no guide to her social rank or position. Although some of the English peeresses spend from \$750 to \$1,500 a year for their gowns and general outfit, there are many women whose husbands are in the House of Lords who have to practice the most rigid economy in their dress expenditures. One lady of the royal household has her gowns dyed at least once, and often twice, and has them frequently altered before she puts them out of her wardrobe to be sold. This lady acknowledges that she is obliged to limit her expenditure on dress to \$100 a year and as she has to be six months in attendance at court, during which time she must always be well attired, one cannot think that this is out of the way figure for one who is obliged to dress whether she will or not. The dress bills of the ladies at

The Poets' Corner

THE DYING MAN IN HIS GARDEN.

Why, Damon, with the forward day,
Dost thou thy little spot survey,
From tree to tree, with doubtful cheer,
Pursue the progress of the year,
What winds arise, what rains descend,
When thou before that year shall end?

What do thy noontide walks avail,
To clear the leaf, and pick the snail,
Then wantonly to death decree
An insect stranger than thee?
Thou and the worm are brother-kind,
As low, as earthly, and as blind.

Vain wretch! canst thou expect to see
The downy peach make court to thee?
Or that thy sense shall ever meet
The bean-flower's deep-embossed sweet,
Exhaling with an evening blast?
Thy evenings will then all be past!

Thy narrow pride, thy fancied green
(For vanity's little seen),
All must be left when Death appears,
In spite of wishes, groans and tears;
Nor one of all thy plants that grow
But Rosemary will with thee go.

—G. Sewell.

Home Helps

There are two kinds of aluminum ware, the "spun" and the "cast." The spun is much lighter, and should be chosen for lightweight utensils and not for fryingpans or serviceable kettles. Never use any alkali in water in which aluminum is washed. It will cause the outer surface to become dark. Polish nice ware weekly with a good whiting or silver cream and the ware retains its lustre longer.

Often a straw hat that has grown dingy with dust and dirt may be considerably freshened. First brush it vigorously to dislodge as much dust as possible, and then with a fresh brush scrub it well with denatured alcohol or gasoline. If it is a white straw, remove any yellow spots with oxalic acid and then scrub it with a pure white soap lather. Do any work with gasoline away from fire. Oxalic acid is a poison.

A fruit stain, as a rule, may be quickly removed by sponging it with alcohol. An advantage of alcohol over water treatment is that the alcohol does not injure the color or texture of the fabric. Fabrics, of course, stain on table linens, may usually be removed by pouring boiling water through it, and if the water is poured from a height, the additional force in the cleaning process.

The way one woman cleans her white buckskin shoes is so simple that others may care to follow her example. She makes a rich lather of some good scouring soap, such as use in the kitchen or bathroom, and with a small brush she rubs the lather well into the shoes. When the shoes are dry, she brushes them out again. The effect is almost magical. Of course, before applying the lather, she brushes the shoes to remove any surface dust or dirt.

A Fiji Home

The ordinary Fijian home looks like a great oblong thatched building on a mound raised a few feet above the surrounding level, with a long ridgepole extending beyond the roof at either gable, and ends sometimes ornamented with shells. The thatched roof is made of two, with a mat suspended in it. Houses with greater pretensions, however, have the walls prettily latticed with reeds, and distinct from the roof, which is elaborately thatched, with great projecting eaves. Inside, immense posts, usually of veal wood, and a very ingenious framework support the roof. The interior decorations of sinnet (cocoanut fibre), always in rectangular patterns, sometimes very pretty. The black, squared limbs of the doors are the stems of tree ferns. On a great shelf overhead is stored the family law, a word equivalent to the Italian word, *capriccio*, which comprises their fishing gear, huge rolls of tapa, or native cloth, mats, immense pottery vessels, and so forth.

Daily Menu

FRIDAY, AUG. 22.
BREAKFAST.
Shredded Wheat, Thimbleberries, Fried Herrings, Coffee, Muffins.

DINNER.
Baked Whitefish, Escalloped Potatoes, Sliced Tomatoes, Blueberry Pudding.

SUPPER.
Potato Salad, Pickled Beets, Chocolate Cake, Pineapple, Tea.

TIT-BITS
Jennie Pickles, a shrewd little 8-year-old girl in Philadelphia, foiled the plans of a robber to carry away a large amount of valuable silver plate from a house adjoining. Jennie told her suspicions to a policeman, and he did the rest.

A woman may not know just what she wants, but she usually gets it.

It's well to be up-to-date, but it's foolish to borrow trouble in advance.

A girl who is pretty, and knows it, is apt to consider herself the whole peach crop.

Woman in Watertown who married an injured man in a hospital 75 hours before his death has obtained a \$7,000 verdict for his injuries.

Mrs. Sadie Haverkoss, of New York, a diminutive woman weighing not more than 85 pounds, held two men in her apartment at the point of a hatpin until her husband and his brother-in-law turned the men over to the police.

There are 4,150,000 women workers in France.



THE CROSS OLD CRAB.

By C. BEACH

There was once an old Crab who lived by the sea shore, and one day he met a Lobster while crawling along the sand. "Dear me!" said the Lobster, "that the girls and boys are coming, and a nice time we shall have while they are here." "A nice time, indeed," said the old Crab. "I shall take care to keep out of their way. I don't like children." A little while after this the children

came—crowds and crowds of them running down to the beach with their spades and pails to build castles in the sand. "Dear me!" said the old Crab, as he peeped out of his hiding place, "I think, after all, I will walk along the beach just to see what this merry laughter is about. He had not gone far when he came to where Bertie and Mabel were out of their way. I don't like children." A little while after this the children

came—crowds and crowds of them running down to the beach with their spades and pails to build castles in the sand. "Dear me!" said the old Crab, as he peeped out of his hiding place, "I think, after all, I will walk along the beach just to see what this merry laughter is about. He had not gone far when he came to where Bertie and Mabel were out of their way. I don't like children." A little while after this the children

When the Prodigal Returned

[BY OLIVE.]
In the first place Miss Martha Brooks was organically nervous. Secondly, she was horribly frightened of burglars and tramps. Her life was spent in trepidation. To be sure no one had ever bothered, or was likely to bother, about her unpretentious village-home, but she remained unconvinced but that some bold highwayman or robber with brandishing sword and pistol would yet molest her. On this particular morning she was preparing for an unexpected event—the visit of her brother Tom, whom she had not seen for seven long years. It was at the impromptu time of baking (brother Tom did love apple pie), that someone knocked quietly, yet persistently, at the back door.

Enter the Book Agent.
Miss Martha Brooks' peeped from behind the kitchen window. Rumors of a book agent making his rounds, and generally disturbing the peace, living villagers had reached her ears. Standing on the doorstep was a man with regulation grip, supposedly filled with literature. She advanced cautiously to the door and opened it a crack. Into this she thrust an eye, and in a loud voice bade the man be gone. "Is this Miss Martha Brooks?" quietly asked the color of her face. "Yes," she replied. "Brother Tom's heart, as she afterwards confided to Mrs. Muggins, her neighbor, jumped into her mouth, but at the time did not have any effect on her vocabulary.

"You can clear right out. I take enough magazines and books, and don't need any more," she cried, and she prepared to close the door. But the man, with a smile, said: "Well, Marry in Lent and you will live to Marry in May and you will rue the day."

May and February were held by the ancient Romans to be the two months in the year which were certain to bring ill luck, while even the church before the time of the Reformation placed a ban upon all marriages contracted at such times.

There are superstitious folk who will observe. One of these is that May 14 brings ill luck for all the rest of the year. A wedding on the last day of the year is also said to be productive of great misfortunes.

THE AUTUMN COATS.
Coats that are not altogether new are to feature the autumn styles. The backs of the coats have just a suspicion of pannier-like puffiness controlled into a base that clings closely about the figure. A broad coat of this ilk is the last word in modish elegance, and she who encounters such a coat on sale terms will do well to make it her own. So far it is only in fur that this design has been noticed, but it may be made to work out in velvets before the season is over.

In such a case the upper part of the coat would be of brocade and the lower part plain. Metal brocade or moire, with plain charmeuse, might be a good scheme. Dull moire is considered very good with winter furs. That beautiful but not very popular fur, lynx, is worn on a long wrap-round coat of black moire, with an unmistakably elegant result.

WHEN DARNING.
When darning stockings have two darning balls in your darning basket—one black and one white. By using the black ball under white or light hose and the white one under dark hose, the stitches of contrasting color are more plainly seen, and darning is made much easier. If you cannot readily find a white darning ball in the stores, a white china nest egg answers the purpose admirably. These may be found at the large department stores.

Garden of Paradise

AS TOLD BY AUNT GERTIE.

Chapter IV.
They went into the cave and the poor young Prince nearly fell at first! Gradually it grew warm, as they walked through the winding passages.

"Surely we must be going over the path of Death to the Garden of Paradise," said the Prince.

But the Prince did not say a word. Instead, he pointed to a wonderful blue light, which seemed to beckon to them.

After a while they came to a wonderful river in which golden fish were swimming. There was a bridge made of marble, which the Prince discovered led to the land of Bliss.

Exercise Ten Minutes a Day To Strengthen Legs and Arms

BY A PHYSICIAN.
Exercise of the muscles gives the brain increased control over them. This brief talk on exercise is confined to the leg and arm muscles, which are, and a few simple ways of making them stronger and more pliable.

The fingers, hands and wrists are moved by the muscles below the elbow in the arm and in the hand. These groups of muscles may be built up by six exercises.

1. Close the fist by pulling hard with the palm muscles, pulling against these with the muscles of the back of the hand and arm.

2. Open the fist antagonizing the same group.

3. Move the hand toward the thumb, pulling all the time on the opposing muscles.

4. Reverse, by moving the hand toward the little finger in the same way.

5. Bend the palm up while pulling hard on the muscles which bend it down.

6. Bend the palm down, using the same method of resistance.

These are two groups of muscles which bend the elbow. The first crook and are situated on the front of the arm. The second straighten it and are situated on the back of the arm.

The shoulder is lifted up by the neck muscles. It is pulled down, forward and backward by the chest muscles. This exercise should be taken regularly by forcing the one set of muscles to outpull the other.

The leg muscles, including those of feet and toes, should be just as carefully exercised and in the same general way.

Ten minutes a day is sufficient to keep these muscles in excellent condition.

For the Midsummer Picnic
Do not make the picnic hard work either for the one who provides the lunch or for those who must carry it and help serve it. If one's idea of a picnic is a course luncheon, served with the usual china, silver, glass and linen the porch should be the limit of distance. If you have the true picnic spirit you will make the luncheon as simple and easy to carry and serve as you possibly can and still have it attractive.

The Toothsome Sandwich.
The basis of every picnic lunch is the sandwich. There are countless kinds of sandwiches, but a few continue to hold their places as favorites. Most women like salad sandwiches; that is sandwiches filled with lettuce, water cress, romaine, celery, tomatoes, olives or some form of pickle or any green dressing. Children like jelly sandwiches. There are the heavier peanut butter, meat, cheese and meat combinations. The best meats for sandwiches are ham, chicken, tongue and game. Some persons like sardines as a filling, and almost every one likes brown bread with cream cheese and English walnuts. It is well to make some plain bread and butter sandwiches to eat with the meats and jellies.

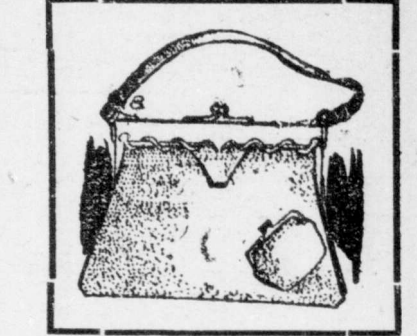
But it is not necessary to be confined to sandwiches. Tea biscuits and other rolls are very good cold. Butter to spread these may be taken in a paper cup. An especially nice addition to the picnic lunch is made by scooping out the centre of finger rolls and filling with minced chicken moistened with stock or cream. It should be well seasoned. The chicken may be mixed with mushrooms or hard-boiled eggs or celery or chopped olives and moistened with salad dressing.

As picnics are remarkable for the appetites they develop there should be at least one substantial dish. Cold meats are the easiest to manage, boiled tongue, fried or broiled chicken, beef or veal loaf. Meat and fish salads are relished. If salad is taken the celery or lettuce should be wrapped in a damp cloth, the meat packed tightly in a wooden tray and the dressing carried in a glass jar. The ingredients can then be mixed when needed and be fresh and delicious. Fruit, potato or cabbage salad can be managed in that way.

Eggs, either devilled or stuffed, may be substituted for the cold meat, here



The Quality Store



\$3.00 Handbags

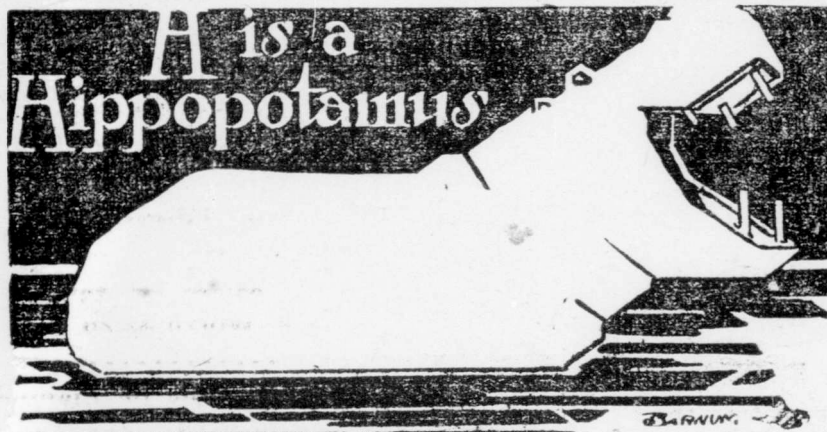
\$1.89

Another 12 dozen the same as we sold last week. If you were too late to get one then, here's another 12 dozen of the same kind. Seven styles. All black leather with German silver or gilt frames; good strong clasp. Each with a pocket and coin purse. A genuine \$3 Handbag. On sale

\$1.89

MAIL ORDERS FILLED.

Kingsmills



BY AUNT GERTIE.

The strangest, ugliest, biggest-looking creature in the Zoo is a hippopotamus. The meaning of this queer name, which seems to have been picked out on purpose for this remarkable animal, is RIVER HORSE!

It lives more in the water than on land. And it has all sorts of wonderful oddities about it which Artist Barnie and I discovered while we watched it floundering around in its great lake-like basin of water in the Zoo grounds.

The first thing we learned was that the "hippo" has a huge mouth, which it can open about FOUR FEET!

Its spongy, rough, warty skin is two inches thick in some places and is covered all over with a network of fine wrinkles!

This old river horse looks as if it weighed about four tons and was at least 12 feet long.

The body is barrel-shaped. The head is swollen-looking and very ugly; apparently too heavy for the short neck.

Did you ever see a hippopotamus? If not, you may not have heard that

its skin is quite naked, except for a few bristles on its broad, rounded muzzle, and a few tufts of hair on sides of head, neck, ears and tail.

This great water-loving animal has quantities of a strange, oily substance in its skin which always comes out, more or less. And when the "hippo" gets excited it comes out very fast. With it comes blood, which produces the bloody sweat for which this animal is famous.

Suddenly, while we were watching it, the creature disappeared under the water.

What do you think, boys and girls? Why, this animal has a way of closing its ears and nose so that it can stay under water for quite a time.

It swims well and can dive very quickly. That seems strange when it is such a clumsy-looking thing.

At night, it is said the hippopotamus, when living in its own haunts, wanders on the land, eating plants that grow along the river's edge.

There's something else you would like to know. When baby hippopotamus is very, very small, it cannot swim, so mother "hippo" puts it on her neck and carries it around in the water till it learns how!

And lay in kerosene for ten minutes, then wring the dusters until no oil drips from them, and dry in the shade. Thus treated they absorb the dust without scattering it. The process should be repeated whenever the cloths become stiffened by dirt.

An Eye Lotion.
Dear Miss Grey: Kindly give me the recipe for a harmless lotion to be used in weak eyes. VIOLA.

A—A very harmless lotion which you may use is made of: Boric acid 1 ounce, boiling water 1 pint, Put boric acid in a basin. Pour water in and allow the boric acid to dissolve before bottling. Use with an eye cup.

Sticky Table Top.
Dear Miss Grey—I have an old mahogany table I have repainted mahogany color. It looks all right except the top, and that just sticks to everything. Can someone tell me what to do with it? PERPLEXED.

A—If the table be real mahogany it is a pity it was painted at all. It would have been far handsomer had it been cleaned and "restored" by competent hands. Were it mine I should have the paint scraped off, the surface rubbed smooth and varnished. But I submit the tale of your perplexity to wiser readers. What can be done with the heirloom?

Items Referring to Bernhardt.
Dear Miss Grey: May I ask you to aid me in obtaining magazine articles, newspaper clippings, or books containing information concerning Mme. Bernhardt? HELEN C.

A—I do not know whether or not any biography of the famous actress has ever been published in book form. You may ascertain this by inquiry at the public library. It is possible that some reader can supply you with cuttings of the kind desired. I cannot think it probable.

Dustless Mops and Dusters.
Dear Miss Grey—Can you tell me how to make dustless mops and dustless dusters? I hope to see a recipe soon. MRS. H. F.

Wash the dusters well in soft water and soap, rinse three times, dry.

One-Third Off
On All Iron Beds

\$2.25 EACH UP.

Come in and look them over.

H. Wolf & Sons

263-265 Dundas Street, Near Wellington Street.