

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. Two of the most extravagantly attired women in England are amongst her majesty's ladies-in-waiting, though they are not frequently at court. On the other hand the lady of the dyed gowns just mentioned, and one or two others, are amazingly economical in the matter of dress. During the reign of King Edward \$2,500 per annum was considered a fair and reasonable sum for a lady at court to dress upon, and the salaries of the ladies were fixed at that sum in order to cover their dress. Queen Mary, however, does not expect her ladies-in-waiting to be as brilliantly and as modishly attired as did Queen Alexandra. A lady-in-waiting at the English court today, if she were not constantly in attendance, could probably dress on \$1,000 a year, and a few do it on less. The fact is that a lady in the very best English society today—I quote the English correspondent—need not spend large sums upon her dress. She can dress as well as ladies of the highest rank on \$1,500 a year. The Duchess of Sutherland of whom we hear so much, although she dresses gorgeously at times, does not disdain on out of the way furs 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 smaller than thee?  
Thou and the worm are brother-kind,  
As low, as earthly, and as blind.

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

Thy narrow pride, thy fancied green  
(For vanity's in 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. In fabrics, of course, a stain on table linen may usually be removed by pouring boiling water through it, and if the water is poured from a height, the additional force of the falling water is an aid in the cleaning process.

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

### A Fiji Home

The ordinary Fiji home looks like a great oblong haystack standing on a mound raised a few feet above the surrounding level, with a long ridgepole extending beyond the roof at either gable end, and sometimes ornamented with shells. The haystack is a doorway or two, with a mat suspended in it. Houses with greater pretensions, however, have the walls prettily latticed with reeds, and are distinct from the roof, which is elaborately thatched, with great projecting eaves. Inside, immense pestles, usually of 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 pillars 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 *robba*, which comprises their fishing gear, huge rolled-up mats, 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.

**Tomato Puff.**—Scald and remove skins from eight ripe tomatoes. Cut up fine and add one clove of garlic and cook slowly one and one-half hours. Cool and press all through a sieve. To every cup of tomato pulp allow two egg yolks beaten to a light yellow froth. Add cup of cream and season with salt and one tablespoon of granulated sugar. Beat the left-over whites to stiff dry froth and fold into tomato mixture. Put into pudding dish. Set in pan of hot water and bake in slow oven, allowing ten minutes' time for each egg used. Serve immediately.

**Omelet For One.**—Toast to a golden brown a slice of bread, butter it and lay an individual omelet on it, which is prepared as follows: Beat one egg with a tablespoonful of milk and a bit of salt, put a tin in a frying pan with a small piece of butter and pour into the ring the egg mixture. Cook on one side for five minutes, then turn over and cook on the other side for five minutes. It will slip from the ring very easily and looks as good as it tastes.

Oregon gives special school credits to children who come to school clean.



## 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. "I hear," 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 seashore 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

and saw the old Crab, "Mab! Mab!" he cried. "Run, run! Here's an old Crab coming to bite us." And off the children ran, while the old Crab crawled away as fast as ever he could, saying to himself as he went: "Dear, dear! What a fright I have had. I never did like children. And when Mab and Bertie came timidly back at last, they said: 'Dear, dear! What a fright we have had. We never did like Crabs, did we?'"

### TWO CAT STORIES.

Two stories of the intelligence and sympathy of our feline friends were told me during one of my numerous visits to the Tower of London, while I was living in England, writes T. H. Nickerson, in Our Dumb Animals. Southampton was a prisoner in the Tower with the Earl of Essex during Elizabeth's reign. In some strange way, or by some unrecognized faculty, a favorite cat of his found his abode and suddenly appeared to him, having made an entrance down the chimney. After his release by James I., Southampton had his picture painted with his faithful friend at his side. This portrait, I believe, can today be seen at Wilbeck Abbey.

The other tale is of Sir Henry Wyatt, who was committed to the Tower during the reign of Richard III. and suffered much from want of clothing and food. He would have perished if a cat had not come down into his room and warmed him by lying on his breast, and saved him from starvation by bringing him an occasional pigeon caught on the leads. Although the keeper was under orders not to improve his food, he agreed to cook anything which Sir Henry provided, and the pigeons which the cat brought saved his life. He also had a picture painted, showing the cat offering a pigeon through the bars of the cell.

## 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—what they are, how they are used, and how to make 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. The movement of hand muscles is in two kinds, closing and opening the fist. The movement of the forearm muscles consists of bending the hand backward and forward, bending it to the thumb side and in the opposite direction.

Besides this, the hand can be turned so that the palm faces up and then down.

### Six Exercises.

These groups of muscles may be built up by 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 down, using the same method of resistance.

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

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

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

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

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

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

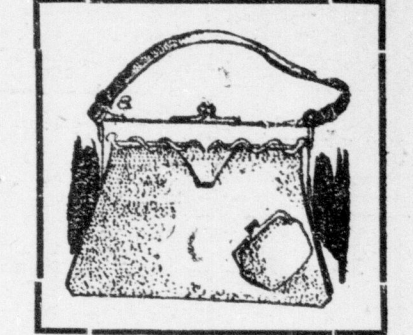
22. Bend the palm down, using the same method of resistance.

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

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

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

### The Quality Store



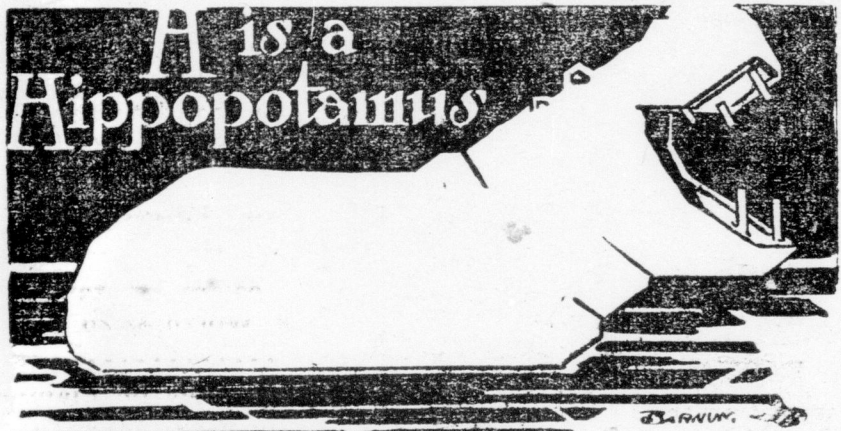
\$3.00 Handbags  
\$1.89

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

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Ringsmills



### It is a Hippopotamus

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 Barrie 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 stout neck.

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

## 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. No letters can be answered privately.]

### "He's Honest and Sincere."

Dear Miss Grey—I have a girl friend who goes with a young man. I know this young man is honest and sincere. As I don't go with anyone, he told me when he came up again he was going to bring one of his friends along and wanted me to meet him from the way of talking, this friend of his is well liked where he lives. Now if this friend comes up and I like his appearance after meeting him, do you think it would be proper to accept his company while here and afterwards?

A.—If the young man is desirable and asks for your company, there is no reason why you should not accept his attentions.

### 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?

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 help me in obtaining magazine articles, newspaper clippings, or books containing information concerning Mme. Bernhardt?

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.

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

There are 4,100,000 women workers in France.

## 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 old man 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.

The East Wind took him across the bridge. Right away the air grew sweet with the perfume of flowers; the grass shone with diamondlike dew. Birds sang, and the whole flock of peacocks, with their beautiful tails spread, welcomed them.

And now at last they came to the Fairy of Paradise.

Her garment shone like the sun. She was very young and very beautiful. She took the Prince by the hand and led him all around the beautiful garden. She showed him a wonderful tree

### 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.

### The Toothsome Sandwich.

The basis of every picnic lunch is the sandwich. There are numberless 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. Then there are the heavier peanut butter, egg, 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 butter rolls are very good cold. Butter to spread these may be made 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 passed chicken, beef or veal loaf. Meat and fish salads are relished. If salad is taken the celery or lettuce should be wrapped tightly in a wooden trap 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 Are Favorites.

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

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