

Every Reader Will Find
Cynthia Grey's Column
An Interesting Miscellany

THE STORY OF THE BEAR AND HIS SHADOW

Two Interesting Legends as to Why Bruin Retreats If the Sun Shines On February the Second.

A reader has asked the editor of this page for an account of the origin of the "Bear and Shadow" legend of Candlemas Day. The following, clipped from a special article found in the Family Herald of this week, makes very interesting reading:

Mary the Blessed, so runs the tale, had come to the time when according to the old Mosaic law she was allowed to be seen out of her home among men. On that day she was to offer herself in the temple for a declaration from the priest that the time of her purification had come. Being desirous of showing her child to the shepherds who had been her friends and providers since the Christmas angels had sung to them, she had early in the morning gone to the field where King David used to tend sheep.

Mary the Blessed and the Bear. There she did not find the simple men she looked for, but by a fateful suggestion sat down in a little cave to rest and wait for them. A bear was sleeping in the darkness of the cave all unknown to her. To him came the enemy of mankind with the hint that there was an easy capture and good meal that a deer and fawn were within reach. For he understood the minstrel shepherd David had exalted a life and death promise from all the bears of the district that never more would they molest anything which belonged to men.

The bear cautiously crawled to where sat the Virgin and the Child, and silently rose upon his haunches behind them to crush both at once in his claws, when the Child quickly opened his eyes upon him. Instantly the cave was in a blaze of light a hundred times brighter than the sun, and the bear, recognizing his Creator, felt blinking and more than half blinded to the earth at his feet. There it humbly asked what penance it might perform to be clear of the sin it had meditated.

Then Mary pronounced this punishment upon him for his greed, which caused him to be tempted to break his oath and to attempt to attack his Lord.

Bruin's Punishment. "Half your days shall you wake and half your days shall you sleep; half your walking days shall you walk, and half your time shall you creep on all fours; half your days shall you feast, and half your days shall you fast, until this day shall arise black and sunless and day shall be night, and men shall need candles to light them at noon. Not till then will you lie upright, walk upright, and feast always by day and by night continually, for only then shall your sin be purged away, so that you shall be forgiven."

Ever since that time does the bear peer out eagerly at the Purification time to see if the days of his purgatory are over, and to rejoice if dull weather gives promise of darkness. And sadly does he long to his den if he sees the light which reminds him of the detecting glare in the cave of Bethlehem, and of his unexpiated sin.

Another Legend. Once on a time there was a great medicine maker who had the power of working wonderful miracles and even of changing men into animals, and of versa. He had a great fear, however, of the sun. He had a great fear, however, of the sun. He had a great fear, however, of the sun.

At last he heard that next day Mary and Joseph would present the Child to the world in the temple at Jerusalem. To prevent this he called in a young hunter of his acquaintance and made him to get a glimpse of Mary as she stood at her window. The beauty of the Virgin quickly inflamed the heart of the young man, who longed to possess her for himself.

"You shall be," said the magician, "yours she already wants to be for the old man you saw with her is all

unworthy of such a pearl, but he is a wizard and has sworn to prevent it, wishing to retain her for himself. He explained that Joseph had bewitched Mary into believing that the child she was nursing was her own, whereas it was only a lamb he had made to assume that appearance. A plan was then disclosed to the young man, whereby he was to assume the form of a bear, and creep into the house just before daylight when sleep was heavy upon the aged carpenter and the nurse, kill Joseph and then carry off the Child.

Maidens in White Robes. Outside, the medicine man would be waiting to receive the little one, and to restore the hunter to his own form when he should run back into the house to comfort Mary, help her in a pretended search for the bear and Child, and then win her for himself.

But as the changed man was creeping up to the door of the little home as a bear, a bright company of maidens in white robes with torches in their hands appeared in procession going into the door. As they passed they called him by his own name, "Ephraim, Ephraim, you are up too early, go back and stay in your bed."

Frightened to death, the bear man slunk away, and though he has hunted incessantly, has never been able to find the old medicine worker since. From that hour he has been compelled to remain in the cave of Bethlehem, and ever on Presentation Day, he walks out to seek the medicine which will make him a man again. Sometimes the light of the sun shows him his ugly shadow, and then he remembers and despairs, and creeps back in shame to his bed.

Then the winds howl in decision and the snows come, and he dare not turn out again, because he is afraid of losing himself if the drifting snow should hide his tracks.

gloves. It is, perhaps, better to have the ring finger of the glove cut so that it can be slipped off readily at the right moment. But, of course, this spoils the gloves for any future wear.

6. The bride and groom precede the others, then the bridesmaids and the gentlemen who are to act as their escorts (usually the best man and ushers); then the clergyman and his wife, and finally the remaining guests.

Caramel Pudding. Dear Miss Grey—I am a reader of your column, and have come to you for help, and will you kindly answer my questions as soon as possible?

1. Will girdles be worn this summer?

2. Will gasoline and flour, mixed in a paste, clean white fur, or will it hurt them?

3. Could you please publish the song of J. R. Birchwell?

4. Could you please publish the recipe for caramel pudding?

5. And also the recipe for fudge and butterscotch?

6. What will keep oily hair fluffy? GLADIOLUS.

A—1. Yes.

2. I think you will have better success if you leave the flour dry. Warm it a little and mix with a quantity of salt; then rub into the fur with the hands.

3. Caramel Pudding—Place a saucepan over the fire; when it gets quite hot, put into it four tablespoons of white sugar, and one tablespoonful of water. Stir it continually for three or four minutes, until the water evaporates; then watch it carefully until it becomes a delicate brown color. Have ready this mixture: one pint milk, one tablespoonful of cornstarch, two eggs, and one cup sugar, mix all thoroughly, and add to the caramel in the saucepan; let boil eight or ten minutes; remove from the fire and turn into a glass dish; serve when cold, with cream.

4. Fudge—Two cups granulated sugar, two-thirds cup sweet milk, lump of butter, tablespoonful of cocoa powder. Place over the fire in a granite saucepan; bring slowly to a boil, stirring often; boil very fast, and when a little dropped in cold water will harden quickly, remove the candy from the fire, add a little vanilla flavor, oring, beat for a few minutes, and pour into a buttered pan to cool.

5. Butterscotch—Half cup butter, half cup boiling water, two teaspoons of vinegar, 2 cups brown sugar. Let butter melt, add sugar and water, and beat till almost scorched, but not as little as possible. Pour into buttered pan.

6. Use borax in the rinsing water when washing the hair, and massage scalp often with it.

"The increased sales of 'SALADA' Tea in the month of January, over the corresponding month of last year, amounted to 73,907 pounds and this after the enormously increased sales of 1913 over 1912. These increases, year after year prove better than anything else could, the delicious flavor and regular quality that 'SALADA' offers the public."

MERCENARY. [Baltimore American.] "Don't take that job that's offered you, my girl. Take a good man's love instead."

"What does the job pay?" "Sixty dollars a day."

"What does the good man make?" "Forty dollars."

"I'll take the job."

Rich Red Blood

Is yours if you take HOOD'S BARSAPARILLA, which makes the blood normal in red and white corpuscles; relieves pimples, boils, scrofula, salt rheum or eczema, catarrh, rheumatism, dyspepsia, nervousness, that tired feeling.

"Cut glass looks so cloudy," sighed Mrs. Newlywed. "It takes away all the pleasure of using any."

"You can clear it up if you will wash it in tepid water, and then scrub it with a dry bristle brush," said Mrs. Newlywed.

10c, 20c, 35c, and \$1.00 the tin.

VELVET FOR THE DRESSY SUIT.



Velvet is surely having its day once more, for there is no fabric more in favor for the winter—both in plain, pressed and draped styles. The simple yet stylish lines of this design are especially adapted to the season's velvets, even to the draped girdle that falls low over the hips. The neck frill and the lace are inevitable style features, giving the desired softness and dressiness.

THE HOROSCOPE

TUESDAY, FEBRUARY 17, 1914.

"Neath frowns of Venus and the Sun ill faces work that's well begun."

Both the Sun and Venus are in malefic aspect today and astrologers find the influences unfavorable for many important activities. Transactions with persons high in authority are especially ill-omened.

This sign applies to matters of importance until a more auspicious time.

Persons who follow artistic professions are under a discouraging sign. They should defer matters of importance until a more auspicious time.

Merchants who deal in silks and linens, and all who sell articles for the adornment of women, are likely to find the configuration an unlucky one.

Those who handle precious stones, the month to come may be unremunerative to milliners, modistes and clothiers carried with retail sales.

Soldiers and civil officers have the prognostication of trouble. In an eastern city reform measures will cause many changes in municipal government and scandals will be uncovered, which will be more astonishing than those which have been published this winter, if the seers read aright.

Women engaged in literary work will have unusual obstacles in the way of success in the next few weeks, it is foretold. Editors and journalists will meet with disappointments.

Prophecies of dissension among women suffragists are again repeated. Newspaper notoriety and gossip are presaged by this day's stars.

Warlike movements of United States troops are indicated. These will be shadowed.

Persons whose birthdate it is may have a year of anxiety. Special care of business interests is enjoined. Those who receive salaries should be unusually industrious.

Children on this day have capricious stars to guide them. They may be too fond of pleasure and inclined to neglect duty. Boys should be severely trained for practical vocations. As subjects of Aquarius, influenced by Pisces, they may be variable, restless and dual natured.

(Copyright, 1914, by the McClure Newspaper Syndicate.)

WOES OF MRS. NEWLYWED

"Cut glass looks so cloudy," sighed Mrs. Newlywed. "It takes away all the pleasure of using any."

"You can clear it up if you will wash it in tepid water, and then scrub it with a dry bristle brush," said Mrs. Newlywed.

10c, 20c, 35c, and \$1.00 the tin.

10c, 20c, 35c, and \$1.00 the tin.

10c, 20c, 35c, and \$1.00 the tin.

10c, 20c, 35c, and \$1.00 the tin.

10c, 20c, 35c, and \$1.00 the tin.

10c, 20c, 35c, and \$1.00 the tin.

10c, 20c, 35c, and \$1.00 the tin.

10c, 20c, 35c, and \$1.00 the tin.

10c, 20c, 35c, and \$1.00 the tin.

10c, 20c, 35c, and \$1.00 the tin.

10c, 20c, 35c, and \$1.00 the tin.

10c, 20c, 35c, and \$1.00 the tin.

10c, 20c, 35c, and \$1.00 the tin.

10c, 20c, 35c, and \$1.00 the tin.

10c, 20c, 35c, and \$1.00 the tin.

10c, 20c, 35c, and \$1.00 the tin.

10c, 20c, 35c, and \$1.00 the tin.

10c, 20c, 35c, and \$1.00 the tin.

10c, 20c, 35c, and \$1.00 the tin.

10c, 20c, 35c, and \$1.00 the tin.

10c, 20c, 35c, and \$1.00 the tin.

10c, 20c, 35c, and \$1.00 the tin.

10c, 20c, 35c, and \$1.00 the tin.

10c, 20c, 35c, and \$1.00 the tin.

10c, 20c, 35c, and \$1.00 the tin.

10c, 20c, 35c, and \$1.00 the tin.

10c, 20c, 35c, and \$1.00 the tin.

10c, 20c, 35c, and \$1.00 the tin.

10c, 20c, 35c, and \$1.00 the tin.

10c, 20c, 35c, and \$1.00 the tin.

10c, 20c, 35c, and \$1.00 the tin.

"MOTHER USED TO SING IT THIRTY YEARS AGO."

Subscriber Sends Plea for Song Deemed Almost Too Long to Print.

All sorts of nice things are being said about this column, and we are glad, indeed, to give our readers pleasure by publishing some of the pieces "that mother used to sing." The following letter is an example of the communications we are receiving daily:

"I am a subscriber of the London Advertiser, and being such, I noticed in the columns of old-time songs, in which I have been delighted, someone has asked for the song of the 'Charming Young Widow I Met on the Train.' It is printed, as it is too long. This is I noticed later that this song will not be more than thirty years ago; you will do me a great favor, and I will be more than obliged to you if you will send me this song. I can only remember a few words of it now. I have often thought about that song, and have asked different parties if they knew it, but I was in all cases disappointed. So trusting you will favor me, and thanking you in advance,

T. H. WHEELER.

We might say that we have decided to publish these verses, after all, although the piece is somewhat lengthy. It will appear shortly.

Today's verses are published by request:

The Two Orphans. Two little children, a boy and a girl. Sat by an old church door;

The girl's little feet were as brown as the curl

That fell on the dress that she wore. The boy's coat was faded and hatless

his head. And a tear shone in each little eye.

"Why don't you run home to your mamma," they said,

And this was the maiden's reply: "Mamma's in heaven; they took her away."

Left Jim and I here alone. We came here to sleep at the close of the day.

For we have no mamma or home. We can't earn our bread—we're too little," she said.

"Jim's five and I'm only seven. We have no one to love us since Papa is dead."

And my darling Mamma's in heaven."

"Papa was lost at sea, long ago. We waited all night on the shore. For he was a life-saving captain, you know."

But he never came back any more; Then Mamma got sick, angels took her away.

She said to a home warm and bright. They'll come for my darlings some day, so she said.

Perhaps they are coming tonight. Maybe tonight there is no room in heaven.

For two little ones to keep." So placing her arm under Jim's little head,

She kissed him, and both fell asleep. The sexton came early to ring the church bell

And found them beneath the snow white. The angels made room for the orphans

to dwell. In heaven with Mamma that night.

WEDDINGS

SCOTT-BOYCE. A quiet but very pretty wedding took place at the Croydon Memorial Church yesterday afternoon at 3 o'clock, when Rev. Mr. Heakes united in the holy bonds of matrimony Miss Mabel Boyce, eldest daughter of Mr. and Mrs. T. A. Boyce, 309 Pall Mall street, to Mr. Harry Hope Scott, of Bradford.

The bride entered the church leaning on the arm of her father, and looked very charming in her wedding gown of white silk, draped with silk crepe de chine, trimmed with seed pearls; she also wore the conventional bridal veil with orange blossoms.

Mrs. Ed. Campbell, of Bradford, sister of the bride, acted as matron of honor, wearing a pink silk with overdress of white embroidered silk, with hat to match.

The groom was assisted by Mr. Ed. Campbell, of Bradford.

After a dainty wedding breakfast, the happy couple left on the evening train for the east, the bride's going-away suit being blue diagonal cloth with hat to match.

Mr. and Mrs. Scott will reside on Ada avenue, Bradford.

STROUD-PLUMB. A quiet wedding took place last Saturday evening at the home of Mr. and Mrs. Plumb, 1265 Francis street, East London, when Mrs. Chas. Stroud was united in marriage to Lilian Plumb, by Rev. W. C. Riddi-

ford, of Egerton Street Baptist Church, East London.

Mr. and Mrs. Stroud will reside in East London.

COLLISTER-DUFFY. The marriage took place on Saturday at 13 Hyatt avenue, London, of Miss Elizabeth Duffy to Mr. D. A. Collister. The ceremony was performed by Rev. Dr. McCrae, and the young couple were attended by the bride's sister, Miss Kathleen Duffy, and Mr. Alex. Menzies. They will reside at 639 Dundas street.

FRY'S COCOA

The Best Cough Syrup is Easily Made at Home

Costs Little and Acts Quickly. Money Refunded If It Fails.

This recipe makes 16 ounces of cough syrup, and saves you about \$2.00 as compared with ordinary cough remedies. It stops obstinate coughs—even whooping cough—in a hurry, and is splendid for colds, influenza, croup, hoarseness and other throat troubles.

Mix two cups of granulated sugar with one cup of warm water, and stir for two minutes. Put 2½ ounces of Pinex (fifty cents' worth) in a 16-ounce bottle, and add the Sugar Syrup. Shake a teaspoonful every one, two or three hours. Tastes good.

This takes right hold of a cough and gives almost instant relief. It stimulates the appetite, and is slightly laxative—both excellent features.

Pinex, as perhaps you know, is the most valuable concentrated compound of Norway white pine extract, rich in gualacins and the other natural healing pine elements.

No other preparation will do the work of Pinex in this recipe, although strained honey can be used instead of the sugar syrup, if desired.

Thousands of housewives in the United States and Canada now use this Pinex and Sugar Syrup recipe. This plan has often been imitated, but the old success-ful formula has never been equaled. Its full formula has never been equaled. Its full formula has never been equaled.

A guaranty of absolute satisfaction, or money promptly refunded, goes with this recipe. Your druggist has Pinex, or will get it for you. If not, send to The Pinex Co., Toronto, Ont.

10c, 20c, 35c, and \$1.00 the tin.

10c, 20c, 35c, and \$1.00 the tin.

10c, 20c, 35c, and \$1.00 the tin.

10c, 20c, 35c, and \$1.00 the tin.

10c, 20c, 35c, and \$1.00 the tin.

10c, 20c, 35c, and \$1.00 the tin.

10c, 20c, 35c, and \$1.00 the tin.

10c, 20c, 35c, and \$1.00 the tin.

10c, 20c, 35c, and \$1.00 the tin.

10c, 20c, 35c, and \$1.00 the tin.

10c, 20c, 35c, and \$1.00 the tin.

10c, 20c, 35c, and \$1.00 the tin.

10c, 20c, 35c, and \$1.00 the tin.

10c, 20c, 35c, and \$1.00 the tin.

10c, 20c, 35c, and \$1.00 the tin.

10c, 20c, 35c, and \$1.00 the tin.

10c, 20c, 35c, and \$1.00 the tin.

Follow the Horoscope.
Daily Pattern Service.
Women at Work and Play.

Kingsmill's HOSIERY SALE ALL THIS WEEK

Reductions in our standard lines for one week only. It will pay you to stock up in Stockings.

Our Standard 60¢ pair Hose, 49c

Morley's best black cashmere, all-wool (unshrinkable) fast dye. We've 75 dozen of these for this week's selling.

The best 60¢ Stockings in Canada. Sale... 49c

Our Standard 40¢ pair Hose, 3 pairs for \$1.00

Many of our customers always buy these stockings. They are the best 40¢ black cashmere Stockings made. All sizes, this week at

35c or 3 pair for \$1

SEE WINDOWS.

Kingsmill's

Ladies' Attention

"The Christian Ladies' Tailoring Company have opened a new store. Their current years in the best shops of Paris. Why don't you try them?"

Corner Ridout and King. Phone 4605.

F. FURMAN, PROPRIETOR.

H. Wolf & Sons

Greatest Midwinter Furniture Sale

Everything is going at from 20 per cent to 40 per cent off and going quickly.

See the big specials in wool and all-felt mattresses.

H. Wolf & Sons

263-265 Dundas St., near Wellington.

PANSHINE

KITCHEN MAGIC

CLEANER 10c

Large Efficient To The

SPECIAL IMPORTATIONS in Dress Lengths only of exclusive materials,

beautifully designed and draped, give our dresses that distinctive appearance.

GOWNS

440 PARK AVENUE

M.L.E. WIGHTMAN and M.L.E. VON SCHILDROTH