[Copyright: 1912.]

Do more in any direction of merit than you talk or write about it. There are many physicians who are talking and writing about health; they are rich with information, but they are forever ailing, and they in no way express

health and virility in their appearance. There are beauty specialists who carry sallow complexions, dry, lustreless hair and uncared for teeth as sign boards of their own inefficiency in the line of work

they represent. There are manicures whose nails offend the sight there are teachers of metaphysical thought who write and lecture on the power of the mind to accomplish all things, yet who are constantly complaining of their own lack of supply, and blaming fate and circumstance therefor, and asking aid of others to establish themselves. A woman who gave lectures to classes of interest-

ed men and women on the art of making a beautiful home on a small amount of meney lived in the most haphazard manner; her house was a pandemonium of disorder, and ugliness and discomfort started from every corner.

Another who wrote on interior decorations, in skilled and scientific manner, allowed her home to not only offend the eye, but it gave forth the evil odors of unaired and unswept and uncleaned rooms. A whole bevy of women artists, copying pictures sublime with beauty, in an old world gallery, looked like scullion maids out of work; so unkempt, uncombed, and untidy was their appearance.

There can be no great and lasting success for anyone who does not make an effort to demonstrate the truths they preach, by pen or word, in their own lives, homes and personality, A woman was urging her friends to believe in the principles of New

"You do not need medicine, or rest cures, or fasts, or diets," she said, "to be strong, beautiful and ever young.

'It is only a matter of continual right thinking. "Affirm the Truth every day and you will soon see results." Yet this woman was not beautiful; she did not look health, opulence,

She looked aenemic; her complexion was sallow, and no one could see her without thinking that she needed a rest cure, a better diet and a general

She was no authority for her words. Be sparing of your words on any subject or theory until you have something in your own life to make a solid, dignified back-ground for your state-

A man assured the writer recently that he should be alive in two hundred was easy to make the statement.

But it would be more sensible for him to show, day by day, that he is When I asked her to be my sweetliving an absolutely healthful, useful, normal and beautiful life; that he is heart a short time ago, she said she using all his vital forces constructively and wasting nothing in destructive

Then, after a decade, if he remains young and strong, and has demonstrated all his ideals, he can safely talk his theories.

BE and DO, before you talk too much.

Summer Fruits for Winter Use

Wipe eight pounds of pears with a piece of cheese cloth wrung out of cold cut in small pieces of uniform size. Put in a graniteware kettle, add four pounds fourth teaspoonful of cayenne, and one of granulated sugar and one-fourth pound teaspoonful of turmeric. Pour over one of granulated sugar and one-fourth pound of Canton ginger cut in small pieces. Cover and let stand over night. In the morning add four lemons which have been wiped, sliced and cut in small pieces, removing all seeds. Bring to the boiling point, and let simmer two and one-half

Gooseberry Catsup.

vinegar, one and one-half tablespoonfuls of cloves and allspice. Bring to the boiling point and let simmer two hours. Fill

Gooseberry Relish. of gooseberries. Add one and one-third to overflow jars.

cupfuls of raisins from which seeds have don't-bless 'em. been removed, and one onion, peeled and sliced. Chop, or force through a meatchopper, put in a kettle and add one cupwater, remove stems, quarter, core and ful of brown sugar, three tablespoonfuls each of mustard, ginger and salt, onequart of vinegar, bring slowly to the boiling point, and let simmer 45 minutes. Strain through a coarse sieve, fill bottles with mixture, seal.

Pickled Watermelon Rind.

leces of uniform size about two by one any of gooseberries. Put in a kettle and add and one-half inches. Put in a kettle, four pounds of sugar, two cupfuls of cider cover with boiling water, and cook until soft; then drain. Put three and one-half of cinnamen, and one tablespoonful each pounds of the rind in a preserving kettle, and add one and one-half pounds of brown sugar, one-half ounce of stick cinnamon broken in pieces, and one-fourth ounce of whole cloves. Bring slowly to the boiling point and let simmer two and one-half Pick over, wash and drain five cupfuls hours. Pack in pint jars and add syrup

Take Care of Your Feet

themselves begin with their complexion. They they get busy with their hair and after that they are ready for the dressmaker and the milliner. I think one ought to begin with one's feet.

No girl ever feels that she is well dress. ed until she is well shod.

or your gown is not in style, you can make up for these shortcomings by your ansolute genius to distract people's attention from downtrodden shoes or badlyblacked pumps) and a hole in one's stocking would upset even the president nicely polished, while lots of women over of the United Women's Clubs of the

Besides the looks of one's feet, there i the one more important question of the feeling of them.

People who can be amiable when their feet are tired and uncomfortable deserve hales. Probably, if we knew it, most of the bad temper that shows itself, especially in crowds at the ferries and stations and at theatres, is due to people having to hurry along on aching feet.

If you want to preserve your beauty, your looks and your disposition, keep your feet comfortable. White Stockings.

The white stocking craze has done lot to ease aching feet, and there's nothing so comfortable as a nice, clean pair of white stockings and a fresh pair of shoes and slippers. Stockings ought really to be changed twice a day, and the girl who hates to darn will find that this saves her a great deal of work. Changing stockings, like changing your shoes, brings the wear and the rub on another part of

The Birthday Calendar



IF THIS IS YOUR BIRTHDAY It is a favorable day, and general good fortune will follow you through the year. A letter will cause you some annovance, and you should take espe-

cial care of your health. Those born today will be generous brilliant qualities which make for Their drawback will be lack of the plodding earnestness necessary to bring out their best.

Most women who start out to beautify | the foot, and consequently saves the stockings

My hobby is shoes and stockings, and as long as my feet look all right I feel that I can face the world with calmness. If you want to know how sensitive people are about the way they are shod, sit in a street car and gaze fixedly at the feet of the woman opposite. She will get so uncomfortable that ten to one you can make her get up and leave the car, because she is quite sure she has a hole in her stocking or something is the matter with her shoes. The same applies to men, though, on the whole, men are more par ticular about their shoes than women are and ou seldom see a man in very moderate circumstances whose shoes aren' look this part of their toilet.

. If you are a dancer or have to stand on your feet for a long time every day, you must realize how important it is to keep them in good condition. They ought to be bathed every day, and if you come home tired and want to freshen up quickly, a foot bath in warm water with a the stocking is put on while the foot is pepper and about half a cupful of still damp, it is likely to make the feet milk; to make a stiff batter. Put all very tender, and unless one takes the this in a dish and bake three-quarters trouble to dry the toes separately, the of an hour. best thing to do is to dust the foot with foot powder or talcum powder.

A Popular Complaint. Many of the girls in companies in which have played have complained so of bread. Mash this mixture until smooth atigue from standing and walking, especially during rehearsals, and very often this was entirely due to flattening of the is cold, one half cupful of white sugar, arch of the foot. If you have pains in a little nutmeg, on teaspoonful the calf of the leg, or get very tired from vanilla, and one cupful of mixed citron, standing and feel as it your feet were seeded raisins and currants. Bake or made of lead, you are probably flattening boil about three-quarters of an hour. the arch, and if you cannot get shoes Serve hot, with or without hard sauce. made so that they will hold the arch up, wear the soles which come on the inside of the shoes and which are made to cor-

rect this trouble. When your feet are very tired and the skin aches, as it often seems to, rub the oles of your feet with vinegar or with emon juice after bathing. I know of one beauty shop where the customers' feet are massaged before face massage is given, and it's an awfully good idea, not only because it promotes circulation and beauty doctor said that more wrinkles come from foot troubles than from financial worries, and I guess she must be right, for if you ever had seen the painedooking faces of the girls with the aching feet you could be sure they are making real wringles in their faces, lines that

von't come out on salary days. Lots of girls get stockings that are too short or too narrow, on the pleasing theory that they make their feet smaller, but they only curl the toes over, cramp the toints and push the toes together. If you get a foot encased in a small stocking and then put it in a shee one size too narrow or too short, you have a fine idea and good-hearted, and will have the of what slow torture is. My shoemaker tells me that women's ankles are growing bigger because they are wearing pumps. Pumps throw the foot out of gear somehow, and the weight is badly balanced and them in the kettle.

high heel (I'm one of the people who do) be sure and get your shoes wide enough at the toes. Of course no shoe should be more than an inch and a half in the heel, but a great many people don't find ser sible flat shoes at all comfortable.

A Great Trouble. Girls have had so much trouble keeping their pumps on for the last couple of years since pumps have been so fashionable, that the whole way they walk is changed. Girls have to waddle a little to keep the pumps from falling off-that is the trouble with their walk. You can't walk well or look well if your shoes hurt you or if you have to make an effort to keep them on.

Cramping the toes to keep one's pumps on also makes the feet ache; that causes vrinkles and ugly looks. So if you want to be pretty get good understandings.

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.]

Removing Moles.

Dear Miss Grey: Will the removal of moles by electricity leave a scar?

-Moles, when removed by the electric needle, leave such slight scars that one has to look closely to see If you secure the services of a skillful operator there is no danger of your face being permanently scarred.

Answers For Lavro. Dear Miss Grey: I am a constant reader of your column and through it wish to ask some questions.

1. I am 20 years old and in love with a girl with whom I have kept up a riendly correspondence for a year

didn't know about that as she liked a variety of fellows. Did she mean this. and what shall I do? 2. What is the average salary of an electrical engineer, or where could get this information?

3. What do you think of my writing. Thanking you in advance. A.—Not knowing the lady, I cannot tell whether she meant it or not Sometimes they do and then again they

to \$50 a week. Inquire at any elec trical company, 3. Your writing, while not graceful, possesses the estimable quality of

2. They range all the way from \$15

Ask Mother.

Dear Miss Grey: I am sixteen and in love with a young man who seems to care considerable for me, but is always talking about girls in St. Thomas or other places. Do you think he real-Remove a thick paring (about one-third ly cares for me, and is only kidding inch) from the rind of watermelon, and me, or do you think he just goes with eut out all the pink part, then cut in any girl? I have never seen him with ny others. IN HASTE. A.—Ask mother about it.

> Some of Cynthia Grev's Recipes.

> > Soup With Noodles.

Vegetable or meat soup with noodles is relished occasionally. For noodles, beat one egg, and add a pinch of salt and flour enough to make a stiff dough. Roll out in a thin sheet, dredge with flour to keep from sticking. Next, roll it is only the lower classes that dance. up this thin sheet as you would a jelly cake and slice very fine. One half play and sing it, but, of course, Japan hour before the soup is served add the lis not ready to receive ragtime dance. It has been a general belief that the

Canned Rhubarb. Rhubarb may be canned in cold water. Fit freshly cut stalks into a lean jar. Let the water run full force into the jar for fifteen minutes till air is excluded. Screw on the top while the jar is still under water. Be sure that it is perfectly air-tight. The contents should keep and be just like

Stuffed Potatoes. Bake the potatoes. When they are done, take out of the oven, cut in halves and scoop out of their jackets. Mash with butter until they are smooth; pepper and salt. Put them back again into their jackets. them into the oven for a few minutes to heat and brown on the top.

Baked Hominy. Mash enough left-over hominy fill an ordinary baking dash, after all handful of salt in it will do you more good lumps are eliminated. Add two eggs, than a nap. Many people's feet hurt them one tablespoonful of flour, with one because they are never properly dried. If teaspoonful of baking powder, salt,

> Bread Pudding. Pour two cupfuls of boiling over half an ordinary loaf of stale and add one tablespoonful of butter. Add three well-heaten eggs, when this

CANNING AIDS

Rhubarb, huckleberries, goosever water without sugar will keep any her majesty walked to one of the batteries length of time, and when opened will be just as good as when first picked. all that, but because it is so restful. This The rhubarb should be cut in small pieces as for ples. Half fill the jars with very cold water, then put in the fruit, packing so that the jar will be solid full. Be sure the water overflowers when putting on the covers.

Peaches are preserved by first washing the firm fruit in cold water. Have the kettle about half full of cold water in which put the whole peaches, then bring the water to the boil, when the loosened skins can easily be removed from the fruit with a silver fork. Measure the fruit and and for every pint allow cupful of granulated sugar. Put all over the fire again, bring to the boil and simmer for 15 minutes; can while hot. Or if one prefers halved peaches, pare halve and stone before putting

With Pleats and Draping



A Dutch blue cashmere was made up as shown here. The waist is absolutely plain with seven-eighths length tillerymen, noting the wet and muddy sleeves, gathered to a cuff, which is ground, hastened to fetch boards, which covered with dotted net and allover they placed on the ground to form a path-The lace and net is used in a way for the Queen. As there were not wide gathered yoke effect, which covers the waist front and back.

The girdle is of silk, a little lighter han the dress, and a seal brown velvet bow, finished with a rhinestone endant, completes the trimming. The losing is at the shoulder side.

Some Women of Note

Miss Sutton, the celebrated tennis player, who is now 24 years of age, is English by birth, but accompanied her parents to the United States, where they took up their residence when she was 6

She competed for her first championship in Southern California when only 12 years old, and since then has added year-

ly to her laurels. A Japanese Diva. The first woman of her race to master the Occidental system of song, Miss Masa Okajima, a dainty little Japanese, returned to Japan lately to teach countrywomen what she has learned in "four-years' course in vocal instruction at the University of Syracuse. She has, through diligent study, prepared herself or a life work, and is of rare technique and the possessor of

weet lyric soprano voice. "In my country," Miss Okajima said pefore she sailed, "the burden of entertaining falls wholly on the women. want to show them how they can better win the love and devotion of their husoands by singing the songs of the Europeans and Americans. No, there are no All the women suffragettes in Japan. want is a good home. Their whole desire is to have the love of their husbands and raise their children well.

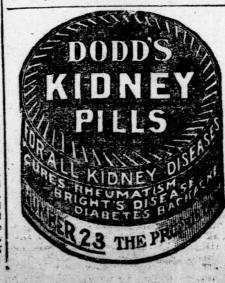
"Women are kept in seclusion and but I like your ragtime music. Japanese have no voices for song. That is a mistake. It is true that the Japanhave no national music, so called Everything runs on a monotone, and there is little or no melody. But experience has shown that when developed the women of Japan have excellent voices, particularly high toned sopranos.

"I intend to begin first in the schools, not the imperial schools, for they are still pagan, and would not understand hymns I wish to teach the young. I will visit the different missions and have the children sing 'Nearer, My God, to Thee, 'Lead, Kindly Light,' 'Annie Laurier' and Home, Sweet Home,' and such songs until they are ready to receive instruction in musical composition.

Pollsh Woman Barrister. Mlle. Miropolsky is the best known of the women barristers of France. She is of Polish origin, but was born in Paris She took her degree of philosophy at the age of 16, was admitted to the bar five years ago, and won her first case before she was 21. Children's courts and the divorce court she considers are suitable fields for the woman advocate, and she has specialized in cases affecting wo-

Directors Children's Museum. Miss Sarah L. Arnold, Dean of Simmons College, Boston, and Miss Mary C. Mellyn, supervisor of substitutes of the ublic schools of Boston, have been elect ed members of the board of directors for the new Children's Museum of Boston This museum will be built and conducted along the lines of the children's museum in Brooklyn. The latter institution has an annual income of \$12,000 from the apof propriation made by the city to the Brooklyn Institute Museum. Departments relating to botany, art, geography, geology, zoology, history and physics will "years." be arranged for the especial benefit of children in the Boston-Museum. They will the price of each pattern is 10 cents in cash or in postage stamps. make a specialty of the work of wireless

Queen Wilhelmina. Quite a Walter Raleigh and Queer Elizabeth incident occurred at a military camp lately with Wilhelmina as Elizabeth ries and cranberries put up in cold The Queen was visiting the camp to see a review in her honor. Despite the rain



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-and if it is you ought to buy them-at least you ought to know. IT'S EASY TO FIND OUT.

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Special price Size 6 feet 9 inches by 9 feet......\$9.25 Size 9 by 9 feet\$12.25 Size 9 by 12 feet......\$16.25 Size 11 feet 3 inches by 12 feet.... \$21.50 DRYGOODS, MILLINERY,

READY-TO-WEARS.

enough for a complete path, the men

picked up the boards behind her as she

advanced and set them again in front. At

the end of the walk her majesty held out

her hand to the man who had placed the

last board, whereupon, having removed

his cap, he bent down and kissed the

Advertiser Patterns

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Shirtwalst. Striped wash silk, in tan and white

was used for this attractive design. It is equally suitable for satin, messaline, albatross, voile, cotton corduroy, madras,

linen or lawn. The shaped front closing s exteremly chic. The pattern is cut in six sizes—32, 34, 36, 38, 40 and 42 nche, bust measure. It requires three

yards of 27-luch material for the 36-inch

A pattern of this illustration mailed to

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Please send above-mentioned pattern,

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Name

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CAUTION .- Be careful to inclose above

illustration, and send size of pattern wanted. "When the pattern is bust meas-ure, you need only mark 32, 34, or what-eyer it may be. When in waist measure,

ever it may be. When in waist measure, 22, 24, 26 or whatever it may be. If a skirt, give waist and length measure. When misses or child's pattern, write

only the figure representing the age. It is not necessary to write "inches" or "years." Patterns cannot reach you in

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"Mr. Graham Moffat, the author of

narriage papers—an irregular marri-

play ready for the Comedy Theatre

on Sept. 4," says the Pall Mall, "called

"The title refers to documents," Mr.

Moffat explained. "There are certain

age—and the old woman says to her

husband, You men folk think far too

much of bits of paper and scrapes of

in. Her point is that it is the facts

It is totally different from "Bunty,"

but deals with farm life and country

Woman's Rights and Bad Bread.

her husband heavy, sour, pasty bread

when she can avoid it by using White

No woman has any right to offer

marriage papers—an irregular mrri-

'A Scrape of the Pen.'"

people.

s per directions given below, to

silver or stamps.

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The largest assortment we ever had. The

biggest values we ever offered. Save, Save, Save! That's the moral of such prices on these best of all rugs. Special price

Size 7 feet 6 inches by 9 feet......\$13.25 Size 9 by 9 feet.....\$16.25 Size 9 feet by 10 feet 6 inches.....\$21.50 Size 9 by 12 feet.....\$22,50 Size 10 feet 6 inches by 12 feet \$27.50 Size 11 ft. 3 in. by 13 ft. 6 in......\$31.00

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She was about to return when the ar-

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ROUGH TWEEDS, WHIPCORDS and UTILITY COAT-INGS are the proper thing this fall. We have them in profusion, also the new style book of illustrations.

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bring your friends. FINCH-FASHENS 286 Dundas Street

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THE PROGRESSIVE DRUGGISTS.

HOME-MADE SHOE TREES.

Take a pair of thick stockings or socks that fit the feet, fill with saw- son's fashions. Combination of mathe pen.' That is where the title comes dust, and sew up the top so that the sawdust does not come out. When you dresses. take off your shoes put them on these feets, such as black and blue, black shoe trees. The sawdust will absorb and white, tan and brown, or purple and wistaria, are made up with silk the perspiration and keep the shoes in charmeuse or chiffon in plain color perfect shape. The sawdust can be and usually in the lighter shade, changed when necessary.

EFFECTIVE VELVET DRESSES.

for a free sample to the White Swan Spices and Cereals. Limited, Torogto, the market, says the Dry Goods Torogto.

ticularly smart, inasmuch as the new corduray has a very soft finish, which lends itself favorably to the new seaterials is seen in many of these Corduroys in two-toned ef-

Mrs. Winslow's Soothing Syrup has been used for over SIXTY YEARS by MILLIONS OF MOTHERS for their by MILLIONS OF MOTHERS for CHILDREN WHILE TEETHING, PERFECT SUCCESS. IT SOOT THE CHILD, SOFTENS THE G ALLAYS ALL PAIN, CURES V SOFTENS THE GUMS, the market, says the Dry Goods Econ-COLIC, and is the best remedy for diaromist. These new dresses are par- rhoea. Sold all over the world.