AILY MAGAZINE PAGE FOR EVERYBODY

WHY DAUGHTER SHOULD BE TAUGHT BEAUTY CULTURE

By LUCREZIA BORI

ioned mother believed that was her religious iuty to teach her mall daughter that t was sinful pride care anything about her personal appearance. Books, such as "Vain Henrietta," were placed in her hand so

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that she could learn of the un-happiness that in-variably came to

her heart. If Mary, Ellen, Jane or Su-san happened to realize that she was "fair to see," and was found admiring her golden curls, violet eyes or rose-bud lips in the mirror she was doomed

every growing thing should reach as great perfection as conditions warrant. Therefore she encourages her small daughters to take an interest in their they grow lovelier with each advanc-ing year so that they will suffer no handicap from lack of beauty when they reach young womanhood.

body so that it will attain a healthy and brilliant. growth that will insure strength, vitality and beauty.

The time between the ages of 14 and 21 is the most important formative period in the growth of the body, and exercise will do a great deal to-

ward bringing about perfection. If you cannot interest your daughter enough in physical culture to have her devote a certain portion of each

Dancing is a pleasant exercise every growing girl should enjoy. Besides the advantage of muscular development it imparts a grace and ease of carriage that will be an invaluable asset when she grows older. In fact, every child should be sent to dancing school at the

Impress upon the mind of the growing girl how absolutely necessary it is to bathe frequently. To insure a beautiful complexion the pores of the skin must be kept free from dust and grime. Teach her the value of a nightly application of skin food so that the growing tissues of the face will be nourished and the skin kept pliable and soft.

If your daughter happens to have luxuriant hair it will require little more besides a semi-monthly shampoo and the daily brushing and airing. to a bread-and-milk supper for a week or to memorizing psalms.

The mother of today is a more sensible being, who realizes beauty is a liable hair tonic so that its growth and blessing, and the Creator meant that health will be improved.

Provide the growing girl with manicure set and a bottle of hand cream so that she can keep her hands ghters to take an interest in their and nails in a perfect condition. Her sonal appearance. She desires that dressing table should be supplied with a small camel's hair brush so that she can shape her eyebrows. The eyes themselves should be bathed three hey reach young womanhood.

times a week with a solution of salt
the growing girl should be taught water or boracic acid. This will exercise and to care for her strengthen the eyes, making them clear

Carefully instruct the growing girl in the care of her teeth so that she will escape many painful hours at the dentist's. Have a dentist recommend the tooth-paste and mouth wash that she should use, for what is good for one person might prove harmful to tooth structure of another.

If you go about teaching your young day to the exercising of her body send her to a gymnasium. Here beneath the guidance of a physical instructor she will grow as she should.



THERE are several methods of sprouting oats. One of the least difficult is this: Fill or partly fill a pail, tub, box or half barrel, according to the amount of green feed likely to be needed, with well-selected oats.

The oats in the trays or boxes should be stirred twice daily, either with the hands or with a wooden-toothed rake. Months. A sufficient space should be

ly to be needed, with well-selected oats.

Outs should be placed in the trays about two inches deep. After twelve hours the oats must be watered will rise in the container and float on morning and evening. The water used top of the water. To settle the oats at the bottom mix them well with the hands and press down. The oats should grees, Watering should be continued be left to soak for not less than twelve until the sprouted oats are ready for hours. When thoroly soaked they should be lifted out with the hands or a dipper and spread evenly over the trays. Freshly filled trays should always be placed at the top of the tray holder. The temperature of the tray holder. The temperature of the room should be about sixty degrees the oats from heating and quickening the content of the cont their growth.

THE PHANTOM LOVE

By Will Nies



THERE is love—REAL love, and there's love the phantom—the UNREAL. Between them lies the abyss that divides the false from the true. To know the difference one has but to heed the heart, to question the voice that never deceives. About real love there is NO doubt. Heedless as Youth, thoughtless as

given space on the ground should

be soaked, as in winter. The oats should be spread out over the ground

Some are able to sprout oats fit for

feeding in five days: others require

Folly, strive those who pursue the phantom. Like those who chase the will o' the wisp they strain to seize it, but empty is their grasp. And borne along with them go those who see not, neither do they hear, nor care—until they awaken from their dream. For with the awakening they KNOW—the phantom has gone in the light of clear seeing, and they find themselves alone.

with wire cloth; a covering of the same should be used to make a safe in-ADVICE TO GIRLS closure to keep out birds, fowls and animals that will disturb the growth. A sufficient amount of oats to cover

By Annie Laurie

To All My Readers: There have been so nany requests for information regarding the correspondent who signed himself "A Lonely Soldier" that it is necessary for

me to inform you all that it is impossible to disclose the identity or to give the address of anyone who writes me. This rule can never be violated. My correspondents write to me in confidence and I respect their confidence.

If all those who are particularly interested in "A Lonely Soldier" will go to someone of the headquarters of the organizations working in the interests of the soldiers, they will have ample opportunity to aid not only this one particular lonely soldier but many who have not written and who are just as worthy.
Annie Laurie.

DEAR ANNIE LAURIE:

I am a lonesome little girl, and in doubt. I am seventeen years old; I love a boy very much who is two years my senior. I meet him pretty often. I am sure he returns my affection. I never seem to make much of his acquaintances. Would you kindly tell me how I could let him know that I do care for him without being forward? I am with his cousin very much, and as they are very good friends. I sometimes think that is why he never comes to my place. Do you think I should write to him, as I shortly will be away?

Troubled Dark Eyes.

ROUBLED DARK EYES: If I were you I do not think I would write

you I do not think I would write of love to this young man, or to any other young man who had never spoken to me of love. You are only seventeen, all your life is before you, and some day there will come to you the man whom you can love with all your heart, and who will ask you to become his wife. Then, I am sure, you will be glad that you have never written another man offering a love for which he had not asked.

Annie Laurie.

DEAR ANNIE LAURIE: DEAR ANNIE LAURIE:

We are two strange boys, and there are two girls we would like to go with. They do not mind it, but they like very much to go with the other fellows also. Every time we go to see them they say they like us best, but we have our doubts. Now would you please tell us what to do?

Two Heart-Broken Billies.

VO HEART-BROKEN BILLIES:

When you have asked these young girls to marry you, and when they have engaged themselves to you, it will be plenty of time for you to insist upon their having you two only as friends. In the meantime, why should they not have

For

Making

Money

other men friends, and why should you not have other girl friends, too? Annie Laurie.

DEAR ANNIE LAURIE: DEAR ANNIE LAURIE:

I am eighteen, and I belong to a certain club. Besides our regular meetings we have dances every two weeks. There is one boy who takes me around quite a lot, but at the dances he wants to fill my card with his initials. The other boys want dances, too. Now, is it correct for me to let him have all the dances when the others want them, too?

OSE: If I were you I would ber

OSE: If I were you I would permit the young man to have his choice of three or four dances, perhaps, then I certainly would permit the other young men to dance with me. Annie Laurie.

DEAR ANNIE LAURIE:

I am eighteen; I have blue eyes and dark hair, and my home is in the country, but I live with my married sister. I have a friend who comes up once a week. Do you think he cares for me when he only comes up once a week to see me? I do not know many people here, but I go to dances. Do you think it would be wrong to meet some one at a dance on a short acquaintance? Please do tell me?

Dollie Dimple.

DOLLIE DIMPLE: The young man must like you or he would to see you at all. But there is a big to see you at all. But there is a big difference between "liking" and "love." Were I you, I do not think that I would make the acquaintance of any young man save thru a formal introduction given by someone who can youch for him. If you are properly introduced to a young man, it does not matter whether you meet him at the home of a friend or in a public dance hall. The point of the whole matter is that you, of course, want to know just what sort of young man it is who makes your acquaintance.

DEAR ANNIE LAURIE: We are two girl friends and would like your advice in the following mat-We have known two very nice boys for about 18 months. We used to go

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with them occasionally last year. But since they have enlisted we go with them more regularly. They are very nice young men and know their manners. They also go to the same church we do.

Now, Annie Laurie, the only thing we have against them is that they want to kiss us when leaving them, which we will not do, and, for the minute, they feel angry at us.

Please advise us, as we are troubled to know what to do.

Loving Chums. OVING CHUMS: The only thing you

can do, my dears, is to do precise-ly what you have been doing. Altho they may seem disappointed when you refuse to kiss them good night, nevertheless you may be very sure that deep down in their hearts they are not disappointed in you. Just explain to them that you like them very much, but that you can never permit any man to kiss you until the right man comes along.

that you like them very much, but that you can never permit any man to kiss you until the right man comes along.

Luncheon cases to hang on the rail are made of enamelled duck and are shaped a little like a Gladstone bag. The sandwich bog is in the centre, with the flat fittings in the opposite cover.

strongest plant left to grow until it Is time to plant out of doors.

"The purple perfume of petunias" may be remembered now in your plans—and the asters; but more about them later.

Nemesia and torenia are two dainly flowers not often seen in gardens, but delightful, as is also the little blue lobelia, the crystal palace compacta.

GARDENS **BIG and LITTLE**

Where white are the birches

And kindred snow, And a soft blue smoke Diffuses the glow Of the winter sun In its slantwise trail Thru the blue-gray sky, Like a golden snail, So cold,—

Stands a mountain lone With a sky-worn crest, Surrounded by hills With abundance blest Of evergreen trees Of velvet green-blues, And bare-branched trees

Of countless hues Less bold. Such is the state of the garden of nature, while the pans are being made ready for the seeds of the summer flowers for the gardens of men. We cannot see nature at work, the presently we will know that she must have been working with constant diligence, and if we would have natural and healthy results we must seek to follow. her rules and instructions in all that

we do, indoors and out. Now, while the seeds are germinata ng and the plants are very small, they must be handled with the utmost care and precaution, for, tiny and insignificant as the young seedling may appear, it is extremely sensitive to changes in temperature, too much or too little moisture, gas in the room, disease and all the things which sometimes even larger plants have not the strength to resist, and the little plants nave less resistance.

With a background of winter gray one can imagine all the bright flower colors and green plant forms of our summer gardens—the mistakes as well as the splendid perfections, and the faults that might be found in midsum-mer can be anticipated and corrected

There are a few flowers that should be started in the seed pans; but I hesitate to name them, being not sure hesitate to name them, being not sure of where they would go in the garden. One is salvia, or scarlet sage. It is such a daring color that it must be planted with exceedingly good judgment—not prominently, for it will make itself seen in whatever distance or concealment it is placed—and not close to the porch of a red brick house, a mistake which is so frequently made, but it should be near blending or well-contrasting colors. Salvia is one of the trasting colors. Salvia is one of the last flowers to bloom in the fall, but it is slow growing, and the seed must be started at once

be started at once.

Verbenas are free-blooming and generally satisfactory, but they must be chosen carefully with regard to colors. Avoid the scarlet and other shades of red and purple, unless you know exactly where they are to be put, and are sure that they will not clash with other things. The white is lovely in a small graden where these lovely in a small garden where there are already flowers of many colors.

It will please you later if you sow one pan of salpiglosis and any of the

varieties with gold. The flowers are so beautifully veined they should be antirrhinum in the soft rose shades or yellows. Snap-dragon seedlings must

yellows. Snap-dragon seedlings must be transplanted into another pan as soon as they can be handled, and watered cautiously, as they have a fatal habit of "damping off"—that is, the stem rots close to the ground.

A few seeds of cabaea scandens, the cup-and-saucer vine, may be started in a three or four-inch pot, and the strongest plant left to grow until it is time to plant out of doors.

The Amateur Gardener

MISCELLANEOUS SUGGESTIONS REGARDING GARDEN WORK.

O NOT put any seed into the ground until it is warm, and you are reasonably sure that all danger from frost is over. Seed sown in a cold, wet soil often fails to germinate. Even if it grows, you will get no earlier results from your seedlings than you will from later sowing, as tender plants cannot be expected to make healthy development under such discouraging

"Haste makes waste," is an old saying that has a good deal of truth in it, and seed that is sown in a desire to get the start of your neighbors with early plants often disappoints the sower and makes it necessary to buy a new supply of seed. Therefore, don't

a tool that will cost you only 10 or 15 cents, and which you will find one of the most labor saving utensils ever made for use in the garden. With its little claw-shaped fingers more weeds can be torn up in an hour than you could pull by hand in a day.

It leaves the ground about the plants in fine condition, thus making the use or the hoe unnecessary at weeding time. If I could have but one tool for garden use, it should be a weed hook. You will find use for it every day during the entire season ing the entire season.

Begin weeding as soon as it is possible to tell the difference between weeds and the plants you have attempted to grow. Be thoro in this phase of garden work. Root up every weed before it has a chance to make use of the plant food, which should be held in reserve for your vegetables. If you are wise, you will not allow a single weed to ripon seed, for one plant will fur-

Provide yourself with some good garden tools. You should have a hoe—a V-shaped one, if you can get it—and a spade, an iron-toothed rake, and a wheelbarrow. Also a weeding hook—

RECIPES FOR THE CARD INDEX COOK BOOK

London Pudding

INGREDIENTS 4 ounces lady fingers.

2 eggs. 1/2 -pint milk. l ounce butter. 1 ounce flour.
Grated rind of 1 lemon.
A little strawberry jam.
1 teaspoonful powdered

sugar. tablespoonful granulated

METHOD Arrange the lady fingers in a well-greased

dish, putting dabs of jam between. Melt the butter and flour and blend well over the fire; add the milk very slowly, stirring all the time. Keep stirring until it boils and then add the lemon rind and sugar. Remove from the fire and stir in the yolks of the eggs, then pour over the lady fingers. Leave one-half hour to soak, then put in a moderate oven to bake for 10 minutes. Whip the whites of the eggs quite stiff and add one-half of the powdered sugar; pile roughly on top of the pudding; dust with the rest of the sugar and put in the oven to color a delicate

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