

PAGE OF INTEREST TO WOMEN

SOCIAL AND PERSONAL

Mrs. Anna Crawford of Detroit is the guest of her niece, Mrs. Edward White.

Mrs. K. Fisher of Ingersoll spent yesterday with Mrs. Dwyer, Richmond street north.

Mrs. W. A. Reid of Montreal is visiting her mother, Mrs. John Green, Tidout street.

Mrs. Fred Hamlin and daughter Grace are spending the holidays in Georgetown and Lindsay.

Mrs. A. W. Brown of Port Rowan is visiting Mr. and Mrs. V. E. Brown, 48 Tecumseh avenue.

Mr. Earl Fortner, 57 Wharncliffe road, is spending his holiday at the Windermere, Muskoka.

Mrs. T. Cleary and son of New York, formerly of London, are visiting with friends in the city.

Mr. James Sage of Ingersoll was yesterday the guest of his aunt, Mrs. Dwyer, Richmond street north.

Mr. and Mrs. William Forbes and family of London are spending at their cottage at Ipperwash Beach.

Mr. and Mrs. Edward Morley, 163 Tidout street south, are leaving for a two week holiday in Goderich.

Mrs. Clarence James and two sons, Frank and Archie, of Piccadilly street, are spending a month at Grand Bend.

Mr. and Mrs. C. S. Wilson, 122 Windor avenue, left last week by motor for their summer home on Lake Mary, Muskoka.

Miss Helen Winkler of Saginaw, Mich., is spending the summer with her aunt, Mrs. J. F. Cody, 93 Stanley street.

Mr. and Mrs. Earl P. Webber, Alexandra Apartments, are spending the summer months at Inverleith Heights, Port Stanley.

Misses Olive and Pearl Fortner, 57 Wharncliffe road, are spending their holidays with their aunt, Mrs. Charles Reynolds, Bay City, Mich.

Mr. and Mrs. R. G. Perchard of Halifax, N. S., will be the guests of Mr. and Mrs. J. M. Dillon, Marley Place for a few days before leaving for England.

SUTTON-AIRE.

A quiet but very pretty wedding took place on Wednesday, July 21, at the home of Mr. and Mrs. P. W. Sutton, 102 Byron avenue, when Amie Alice, youngest daughter of the late Mr. and Mrs. A. W. Woodgreen, England, was united in marriage to Frank Gordon, eldest son of Mr. and Mrs. E. W. Sutton, the Rev. W. G. Dawson officiating.

The bride was charming in a gown of white crepe de chine and carried a bouquet of roses. She was attended by Miss Irene Sutton, sister of the groom, who wore shell pink crepe de chine with a corsage of sweet peas. The best man was Mr. Bruce Morris, only the immediate relatives of bride and groom were present.

Miss Alice arrived on Monday from England, where she was nurse in Tottenham Hospital. The groom, who has seen four years' war service, met Miss Alice while recovering from wounds at Tottenham Hospital, and the wedding of Wednesday was the culmination of the delightful romance that ensued.

After the wedding breakfast, Mr. and Mrs. Sutton left for Niagara Falls and will reside in London.



TECO
Self-raising
Pancake Flour

should be in
Every Summer Camper's Outfit

It makes wholesome,
satisfying Pancakes—
Delightful Gems, Dainty
Muffins. Easy to make,
Just add water and bake.

The Buttermill
Does it
(IT'S IN THE FLOUR)

Recipes on Every Package. All Grocers
TECO COMPANY, Limited
Belleville, Ontario.

The Mounting Cost

of table and bed linen bids the careful housekeeper look sharply to the laundering. Our laundering of fine linen not only cleanses them perfectly, but appreciably lengthens their lives.

FOREST CITY LAUNDRY
"On your service"
DRY-CLEANERS & DYERS

3381—Phones—3882
White Wagons.

Alma College

ST. THOMAS, ONTARIO
RESIDENTIAL SCHOOL FOR GIRLS
RE-OPENS SEPT. 13th, 1920
Collegiate Courses, Music, Art, Expression, Business, Household Science, Physical Training,
Improved equipment, including Gymnasium, Electric Lights, Larger Grounds.
For Calendar write—
P. S. DOBSON, M.A., Principal
Alma College, St. Thomas
R. L. WARNER, M.A., D.D.,
Principal Emeritus

LONDON GIRLS AT NO. 2 Y.W.C.A. CAMP, PORT BRUCE, ONT.



This camp is in charge of Miss d'Avignon (extreme left, top row), who specializes in 'teen age girls' work. Mrs. (Rev.) Leslie Armitage, camp hostess, is also in the group. Each week the local branch sends a number of girls to the camp. Some of them stay only for the week-end, but they can remain there for a period of two weeks if they so desire. The camp was established on July 1.

HOME ECONOMICS

MRS. ELIZABETH KENT, MACDONALD COLLEGE.

THE NURSING MOTHER.



With all the improvement that has been made by the use of food for infants, with all that we have learned about modifying cow's milk to suit their needs, all physicians remain agreed that for the health of both, a mother should nurse her baby if she can. It is a happiness no true woman will willingly forego.

If a mother has not enough milk for the baby's needs, it is possible and desirable to give him one or more bottles of modified milk, to supplement

it, and in this case weaning is very easy when the time for it comes. A nursing mother must keep herself well. It is a poor kind of selfishness that brings her exhausted, or in poor physical condition to this primary responsibility. Her strength while she is nursing is not hers to give to any other demand whatever—it belongs to the baby. For our failure to protect nursing and pregnant mothers we are insured sadly punished by the kind of health our children show.

But mothers themselves, and fathers, need to understand and obey them in this matter. A healthy baby makes a house happy, and is comparatively little care. He does not keep people awake most of the night.

Rules for a nursing mother are: Eat plain nourishing food. Drink plenty of water, and milk, cocoa, malted milk, beef tea, or whatever form of nourishment you prefer, but no tea, coffee, nor any other alcoholic beverage. Keep your digestion in good order; do not neglect it for a day. Rest a few minutes before each nursing. If you possibly can. Let other things go. Wash the nipples in a solution of boric acid before nursing; do not omit this precaution, no matter how the baby yells. Nurse the baby regularly, twenty minutes at a time; give him a little cooled boiled water between times, but no tea, sugar or anything else. If he is not nursing properly do not nurse him often, irregularly, but consult a physician to see whether he needs a bottle in addition to his nursing. Save your strength for the baby, but take enough exercise and fresh air to keep you fit.

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TALKS ON HEALTH

BY WILLIAM BRADY, M. D., Noted Physician and Author.

How Do You Function?

In our last conference on this subject we played a scurvy trick on the reader. Told him to sit quietly at rest for fifteen minutes, then to take four or five moderately deeper breaths than ordinary, something like sighs rather than hard or heavy breathing, then to hold his breath as long as he could, and then to breathe again. We told him that the normal breathing pattern, when breathing must be resumed, is approximately forty seconds, and that if he couldn't last that long without breathing he was beginning to die. Then,

Advertiser Patterns

Owing to the pattern manufacturers increasing the price of patterns to us, all patterns advertised from this date will be 15 CENTS EACH.



A Popular Style of School or Play Dress.

Pattern 3121 is here portrayed. It is cut in four sizes, 4, 6, 8 and 10 years. Size 8 will require 3 1/2 yards of 36-inch material for the dress, and 1 1/2 yards for the bloomers. This style includes the bloomers illustrated. It is a practical serviceable model, suitable for all wash fabrics, and also for serge, gabardine, plaid or checked suitings, velvet and fur.

A pattern of this illustration mailed to any address on receipt of 15 cents in silver or stamps.

Name

Town

Province

Age (if child's or misses' pattern)

Measurement: Bust..... Waist.....

CAUTION: Be careful to inclose the above illustration, and send size of pattern wanted. When the pattern is sent, you need only mark 38, 44, or whatever it may be. When in waist measure, 32, 34, 36, 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 less than one week from the date of application.

pretty sure they are going to die, then they call in the doctor. If human life had an established value, like real estate, this might be different. A man who owns a house hollers fire and sends for the fire department the instant he smells smoke; but his health and life are not so important, so he gambles with 'em for a long time before he decides to call the doctor.

From 100 per cent health down to zero, which is death, there are all grades of—what? Not health. Can't call anything short of 100 per cent health. There is no other word than death for it. Everybody knows that dying by inches is reality, but what with so much gambling going on, and such dense ignorance of all that pertains to health and hygiene, few know enough to realize when they are dying by inches, until there are only a few inches left.

Did you pass the breaking point in the first test? Fine. Congratulations. Try the second test—it will be given in our next conference.

QUESTIONS AND ANSWERS.

Crying and Rupture.

Is crying likely to cause rupture in a baby? (D. R.)

ANSWER—No. That is a mistaken notion of some old time nurses. If a baby has a hernia it will manifest itself sooner or later, and crying does not cause it. The condition is a mere accident of development.

First, Catch Your Parasite.

What do you recommend for a tapeworm? I have a very hearty appetite, yet I am very thin. (T. H.)

ANSWER—As a general rule persons who really harbor a tapeworm have no hearty appetite than others and are pretty well nourished or overnourished. Before doing anything about tapeworm, it is advisable to make sure you have your tapeworm. It is a strictly a matter for your personal physician. Serious results, such as blindness, sometimes occur from ill-advised self-medication for tapeworm infestation.

Teeth and Foul Breath.

My boy, six years old, has a foul breath. The doctor found no diseased tonsils or adenoids. I am at a loss to know what to do. The teeth are all right, except that two back teeth are a little decayed. (Mrs. R. P. R.) If there are two or three decayed teeth will produce foul breath. Decayed teeth are a frequent cause of foul breath. It is more important that decayed teeth be treated by the dentist when the patient is six, than when the patient is sixteen or twenty-six.

Blood Pressure.

I am a sufferer from what the doctor called blood pressure. Kindly advise me. (O. A. S.)

ANSWER—Everybody has more or less blood pressure, and it couldn't be comfortable without it. If it is too high, the doctor should continue the examination and try to discover the cause. If it is too high pressure, I advise you to write to Dr. William Brady, in care of this newspaper, mentioning your trouble and inclosing a stamped, self-addressed envelope. Dr. Brady will send you a monograph about H. B. P. and if you write briefly and to the point, may be along with it one about C. V. D., which usually accompanies H. B. P.

WHAT'S IN A NAME

MONA. None has the unusual distinction of being a diminutive or a name whose original form is not in usage. It means "little nun" and at first glance it would seem that Monacella, the original form, should be the diminutive rather than Mona herself.

Monacella is a Welsh name, meaning

hay? Well, I will close, hoping I have not taken anyone else's pen-name.

LOVER OF ANIMALS.
Ans.—The bits of information in your letter are interesting. Tell us just what scenery you see on your 24-mile drive daily. Would I couldn't do much with the hay, Lover of Animals.

REQUESTS.

Here I come asking a favor for the first time. I have been an interested reader of your column for some time, and receive some very helpful hints by being so. Very often I find myself searching for a recipe for something, and find that those that appear here always prove to be good. I have been doing a lot of crocheting work lately, and my eyes are very weak when in lamp-light. I come to ask you to send me some good reading for some time, giving some lately, and would like to get some new ones. Please find an addressed envelope for same, will sign myself

Ans.—Have mailed you some old favorites that happened to be on hand in the Mail-Box. Don't overstrain your eyes with fancywork. It isn't by any means worth it.

Seeing in tonight's Advertiser you have some hooked mat patterns, I would like to get one if there is one I can spare. Will return to you in the enjoy reading your page. Inclosed find 25 cents for the hospital fund and 2-cent stamp. Thanking you in anticipation,

MRS. R. S. L.

Ans.—The patterns have just been mailed to you. I shall send you the hooked mat pattern, and if you have any more, I shall be glad to mail them to you.

Pardon my presumption in writing so soon again, but please may I have the crocheted baby bonnet? I will return as quickly as possible. I guess my request for the one Old Cook had been lost or overlooked rather than the pile, but will forgive you if I may have this one.

Say, Miss Grey, would love to have you come for your holidays. I would even let you drive the horses on the hayrack rope.

Ans.—The little bonnet has gone traveling again, but as soon as it is I shall send it to you. I have a pair of your kind invitation, but the Mail-Box never allows such disappointments as a holiday and a load of hay is rather precious for an amateur to be in charge of these days.

Raspberry Jam. Will you please tell Busy to make raspberry jam. Jelly take six pounds of raspberries, boil slowly for 30 minutes, and then add six pounds of sugar, boil for five minutes, then bottle. All scum should be skimmed as it rises, and keep it well stirred to prevent burning.

Would you please send me Mrs. Hopeful's address, as I would like to get a couple of her rose bushes which she so kindly offers to all.

An inclosing your directions for a luncheon set, trimmed with blue and white crocheted cap (wool) ladies' knitted sweater, without a collar, crocheted yoke, crocheted vest or nightgown, and hope they will be useful to some of the many correspondents of your interesting Page 1.

I inclose 10 cents for the C. H. I have the stocking-foot pattern, thank you.

Ans.—Thank you, Heather Bell, for all the contents of your letter and for the time for the hospital fund. Have mailed Mrs. Hopeful's address to you.

Cynthia Grey's Mail-Box

Woman's place is in the home—and woman's place is also the whole range of human endeavor—she has made it so.

VERANDA CHATS.

Would you be so kind as to let me have (to copy) the patterns for hooked mats sent in by Elizabeth Ann in this morning's Advertiser? I will return them by next mail. Also I am glad she likes the patches. If she wants some velvet ones I can send them to her.

If you will give me her address, I will send several things to Humburg, but do not know if she has received them or not.

Tell Elizabeth Ann not to take any or every cure for eczema, but go to a good reliable doctor. E.T.A.K.

Mona.—Have mailed you patterns and Elizabeth Ann's address. Will put balance from inclosed postage in hospital fund. Thank you.

I have been a silent reader of your Page for some time, but at last I have found courage to write. Will I will leave my address with Miss Grey, I drive 24 miles every day and I see lots of nice scenery. I have two pigs and a number of chickens. Well, Miss Grey, how would you like to draw in

the project of building a new community hall in Blenheim as a war memorial was discussed, and it was thought there would be no trouble in raising funds for this if all the organized societies, such as the churches, I. O. O. F., War Veterans, W. L. G., of Blenheim and South Hawick would unite to consider ways and means. It was suggested representatives from each society meet and decide what sort of building would be desired, and for what purposes it should be used.

A report of the district convention was given by the secretary. Solos by Anna Huffman of Black Edge, Miss Anna Huffman and Miss Reta Risborough completed an enjoyable program.

CEGAR SPRINGS W. I.
The Cedar Springs and South Hawick Women's Institute met at the home of Mrs. T. T. Leach on Thursday, July 15. Sixty ladies were present and a most interesting meeting was held. Mrs. M. J. Jones of Blenheim, a splendid address, was our home and country.

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Healthy, Happy,
Romping
Children Love

"Sweetheart" Peanut Butter

"Sweetheart" brand peanut butter—that rich nourishing, tasty, dainty that spreads so evenly on bread or biscuits is a treat for boys and girls alike. Its haunting taste of freshly roasted jumbo nuts with just a dash of salt added will tempt the most lagging appetite.

"Sweetheart" Brand Peanut Butter
"Made from the Sweetheart of the Nuts"

is concentrated goodness. Unlike other peanut butters it is solid and free from superfluous oil. Use it freely, it is much cheaper than butter.

All grocers sell it in airtight jars or in bulk.

TRY SOME TO-DAY FOR A TASTE SURPRISE.

I. X. L. Spice and Coffee Mills
LIMITED
LONDON

LIPTON'S
We grow it—We blend it
We pack it
Your Grocer Sells It

Thomson's
TEA COFFEE AND COCOA PLANTER
CEYLON.

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24 Front St. West, Toronto

ONTARIO LADIES' COLLEGE

WHITBY, ONT.
Begins its 47th Year
Sept. 14, 1920

A SCHOOL OF IDEALS
AND AN IDEAL
SCHOOL FOR GIRLS
AND YOUNG WOMEN.

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Booklet Apply to
REV. F. L. FAREWELL, B.A., PRINCIPAL.

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28 miles from Toronto. A City Country School, Gymnasium, Swimming Pool and Outdoor Play facilities unequalled.

Academic.—Public School to Second Year, University.

Music.—Piano, Singing, Violin.

Domestic Science.—Cooking, Sewing, Commercial, Elocution, Art.

For Calendar and Booklet Apply to
REV. F. L. FAREWELL, B.A., PRINCIPAL.

dogs showed how anxious they were to make friends, the anxious lost their shy-

"I'm sure you must resemble the lost dog," said Roderick D'Ardoe confidentially.

"My father's name was Roderick D'Ardoe," exclaimed Roder