PAGE OF INTEREST TO WOMEN

SOCIAL and PERSONAL

TELL IT TO THE SOCIETY EDITOR.

SIMS-MOSES. A quiet wedding took place at the

MUNN-BILYNER.

Mrs. William Brush spent the weekend in Kerwood.

Mr. and Mrs. D. MacKeller are visiting the latter's parents, Mr. and Mrs. B. Comber, Ottaway avenue.

The many friends of Mrs. Gould of this city will be glad to know that the is recovering after a serious illess.

Peter McArthur, who spoke at medical banquet on Thursday was the guest of Dr. and Mrs. McCallum while in the city.

was the guest of Dr. and Mrs.

McCallum while in the city.

and Mrs. W. H. Stanfield anthoe engagement of their eldest of Nettle K., to Mr. Clayton the marriage to take place the last of October.

The Billie Ferguson, son of Mr. Says Mary McIntosh of Guelph, a guest with Mrs. Gorden Ingram; Miss Margaret Mann of Ottawa, a guest with Miss Helen Reid; Mr. Ralph Wilkins of Toronto, a house guest with Mrs. Robinson, and Mr. Geoffrey Marani, Mr. Gordon McLaren, Mr. Burke Allen and Mr. Warren Irwin, all of Toronto. Mr. and Mrs. W. H. Stanfield anthe engagement of their eldest state. Nettie K., to Mr. Clayton the marriage to take place the part of October.

Dr. A. S. Vogt, musical director of the Toronto Conservatory of Music, in the city during the last two mays, the guest of Mr. and Mrs. A. D. Jordan, "The Grange," South Lon-

Mrs. James Peat of Petrolea nounce the engagement of their lighter, Elizabeth, to Gordon Leigh son, M.D., son of Mr. and Mrs., Jepson, of London, Ont., the marte to take place quietly in October.

T. and Mrs. G. T. George Robinson Memorial Methodist parsonage on Wednesday, September 29, at 4 p.m., when Miss Harriet Matilda Moses became the bride of Mr. John Stewart Sims, both of London. The ceremony was performed by Rev. B. H. Robinson. Mr. and Mrs. Sims will reside at 452 Victoria street.

Chesley, Ont., announce the engagement of their second daughter, Wilmina Pearl, to Mr. Thomas Allan Paterson, youngest son of Mr. John Paterson of Elderslie, the marriage to take place on October 6.

Dr. Marty, the recently appointed woman school inspector in Toronto, will be the guest of honor at a luncheon to be given by the Woman Teachers' Guild on Saturday, October 23. Dr. Marty is the first woman to hold this

Mr. and Mrs. E. V. Buchanan have returned to the city after a delightful automobile tour of the Atlantic Coast. They passed through the Adirondack Mountains, Vermont and the Green Mountains, and returned by way of Maine and New York States.

The Methodist Church, Cayuga, was the scene of a pretty wedding on Monday afternoon, September 27, when the scene of a pretty wedding on Monday afternoon, September 27, when the scene of a pretty wedding on Monday afternoon, September 27, when the scene of a pretty wedding on Monday afternoon, September 27, when the scene of a pretty wedding on Monday afternoon, September 27, when the scene of a pretty wedding on Monday afternoon, September 27, when the scene of a pretty wedding on Monday afternoon, September 27, when the scene of a pretty wedding on Monday afternoon, September 27, when the scene of a pretty wedding on Monday afternoon, September 27, when the scene of a pretty wedding on Monday afternoon, September 27, when the scene of a pretty wedding on Monday afternoon, September 27, when the scene of a pretty wedding on Monday afternoon, September 27, when the scene of a pretty wedding on Monday afternoon, September 27, when the scene of a pretty wedding on Monday afternoon, September 27, when the scene of a pretty wedding on Monday afternoon, September 27, when the scene of a pretty wedding on Monday afternoon, September 27, when the scene of a pretty wedding on Monday afternoon, September 27, when the scene of a pretty wedding on Monday afternoon, September 27, when the scene of a pretty wedding on Monday afternoon, September 27, when the scene of a pretty wedding on Monday afternoon, September 27, when the scene of a pretty wedding on Monday afternoon, September 27, when the scene of a pretty wedding on Monday afternoon, September 27, when the scene of a pretty wedding on Monday afternoon, September 27, when the scene of a pretty wedding on Monday afternoon, September 27, when the scene of a pretty wedding on Monday afternoon, September 27, when the scene of a prett

The engagement is announced of Miss
Lillian E. Whiting, youngest daughter
of the late Mr. and Mrs. W. F. Whiting,
of Sarnia, Ont. to Rev. J. Elmer McCauley son of Mrs. and the late James
McCauley of Tara, Ont., the marriage
to take place quietly early in October.

of the Metho
after which the newly-wedded pair left
honeymoon, and will make

The Rev. W. P. Byers of the Methodist Episcopal Mission of the United States, who was superintendent of a leper asylum in India for over 22 years, will give an address in St. Andrew's Hall next Monday evening at 8 o'clock under the auspices of the local Leper Mission. A feature of the meeting will be Hindu songs by Mr. and Mrs. Byers.

oter, Mrs. Jas. Westland.

Dr. Helen Boyle of London, Eng., who has come to Toronto to study criminology with special relation to juvenile courts, will be the speaker at the first meeting of the Women's Canadian Club, to be held in the Normal School next Wednesday afternoon at 4:15 o'clock, Dr. Boyle is the author of several well-known text books on mental hygiene, and has held many of the most important posts in her at 4:15 o'clock. Dr. Boyle is the author of several well-known text books on mental hygiene, and has held many of the most important posts in her line of work in the hospitals of Great Britain. She has come to Canada in company with Mrs. Barnett, another distinguished English woman, who is here in Canada to study housing problems.

The hall at the Ontario Hospital was the scene of an enjoyable party

Makes a Family Supply of Cough Remedy

Really better than ready-made cough syrups, and saves about \$2. Easily and quickly prepared.

If you combined the curative properties of every known "ready-made" cough remedy, you probably could not get as much real curative power there is in this simple home-made

as there is in this simple home-made cough syrup, which is easily prepared in a few minutes.

Get from any druggist 2½ ounces of Pinex, pour it into a 16-oz. bottle and fill the bottle with syrup, using either plain granulated sugar syrup, clarified molasses, honey, or corn syrup, as desired. The result is 16 ounces of really better cough syrup than you could buy ready-made and saves easily \$2. Tastes pleasant and never spoils.

never spoils.

This Pinex and Syrup preparation gets right at the cause of a cough and gives almost immediate relief. It loosens the phlegm, stops the nasty throat tickle and heals the sore, irri-

throat tickle and heals the sore, irritated membranes so gently and easily that it is really astonishing.

A day's use will usually overcome the ordinary cough and for bronchitis, croup, hoarseness and bronchial asthma, there is nothing better.

Pinex is a most valuable concentrated compound of genuine Norway pine extract, and has been used for generations to break up severe coughs.

To avoid disappointment, ask your druggist for "2½ ounces of Pinex" with full directions, and don't accept anything else. Guaranteed to give abanything else. Guaranteed to give abute satisfaction or money prompt-refunded. The Pinex Co., Toronto,



Gouraud's Oriental Cream

NEW FASHIONS AT WOODBINE RACES



The much-heralded sleeveless dresses, with lower necks, have arrived. These

THE MARRIAGE OF ANNE

(Copyright, 1920, by the McClure Newspaper Syndicate.)

XX.—In the Rain.

Saunders again-or Fred-or Julie.

FRASER—SHANNON.

FRASER—SHANNON.

FRASER—SHANNON.

FRASER—SHANNON.

A wedding of much interest took in the supplex of the local Level being the anappies of the local Level being the supplex of the local Level being the level being at her home on Richmond street north, when she entertained several of her echool of riends. Among the greats present were the level of the rechool of riends. Among the supplex of the rechool of riends. Among the greats present were the level of the rechool of riends. Among the greats present were the level of the rechool of riends. Among the greats present were the level of the rechool of riends. Among the greats present were the level of the rechool of riends. Among the great of Level and the rechool of the rechool of riends. Among the great of Level and the rechol of the rechool of riends. Among the great of Level and the rechol of the rechool of riends. Among the great of Level and the rechol of the rechool of the rechool of the right. The level of the rechool of the right of Level and the rig

ing. "And I don't think young Delaunay

That wasn't pleasant hearing. I made no effort to reply.

My aunt continued:

"But you've good, strong, commonsense, my dear. And so I am not afraid for you."

I drank some coffee, then I said:

"And what do you think of Julie, aunt?"

A pourse

black velvet hat trimmed with ospreys. Her corsage was of Ophelia roses. Miss Ethel Hylton of Toronto, sister of the bride, acted as bridesmaid, wearing a pretty gown of nigger brown satin, overdraped with heavily beaded georgette and a large picture hat. Her flowers were Columbia roses. Mr. W. J. Tune of Ingersoll attended the groom. After the ceremony a reception was held at the home of Mr. and Mrs. George Tune, Queen's avenue. Here the bride's table was prettily decorated with gladioli, and throughout the house white, mauve and pink asters were used in profusion. Out-of-town guests were present from Toronto and Ingersoll.

The groom's gift to the bride was a beautiful cut-glass vase, to the best man a gold cigarette case, and to the bridesmaid a cut-glass spoon tray. Mr. and Mrs. Tune will reside on King street.

And what do you think of Julie, aunt?"

A pause.

My relative gave a short laugh.

"Julie interests me. Yes, and amuses forgive much for their sake."

It was a curious answer, I considered. Evidently my aunt realized that the fair Julie had he faults and failings.

"I don't think I'd trust Julie very far. But then, I've never put her to the test. And she's an agreeable, ornamental visitor. One's men friends like her. She's easy to get along with—"

"Provided she isn't crossed," I supplemented.

My aunt gave me a sharp look.

"So you've been rubbing Julie up the wrong way, have you, little Anne? Poaching on her preserves, or something?"

I shook my head. Indeed the boot was

Two days went by before I saw Neil jon the other foot, had she but known

A pretty but very quiet wedding took has one penny to rub against another. He's lazy. There are far too many young women in the world who spoil his type of man, That breeds the paraplace at the Cronyn Memorial Church That wasn't pleasant hearing.

by Vincent G. Perry

Part Twelve.

BILLIE MOVES ON.

Billie, the goat, did not know what to do. He had stayed in the field all night in the hope that Monty would be able to leave with him in the morning, but now that morning had come to his little friend the dog. He knew, too, that friend the dog. He knew, too, that friend the dog. He knew, too, that from the town, but Billie did not feel safe, nor did he like the thoughts of hving on a farm. What would Monty think if he went off in search of the circus and Mr. Bangs without waiting for him? Billie asked himself.

Ail this time, our friend Monty was sleeping soundly in the world, for him farm house. To see him lying the farm house. To see him lying the farm house, on would not have thought for him? Billie asked himself.

Ail this time, our friend Monty was sleeping soundly in the farm house. To see him lying the farm house, or the farm house of his injured leg; they had made him forget how unhappy he had been.

Teddy, for that's what the little cripple boy had been so kind to him because of his injured leg; they had made him forget how unhappy he had been.

Teddy, for that's what the little cripple boy s name was sot up bright end boy behind the stove to see if the new-boy behin

Owing to the pattern manufac-turers increasing the price of pat-terns to us, all patterns adver-tised from this date will be 15 CENTS EACH.



had 'phoned to tell him that I wasn't coming.

And I bad practically refused to believe a word he'd said.

Of course, he wouldn't forgive me. I had hurt his pride.

Girls—idiotic, careless g'rls like medid that, sort of thing, and then, when it was too late, regretted it.

After I'd dressed and lunched, I took aunt out in the canoe and spent a long, lazy, boring afternoon.

The sight of all the happy, sentimental couples on the river made me feel depressed. It all had cone well. Fred would now be my acknowledged fiance.

The evening was even drearier than the afternoon. I sat desolately at my bedroom window, and stared out at the pretty river-craft that floated up and down before me, listering to the music of various gramophones and the laughter and voices of the merrymakers as they drifted by.

The following morning I awoke to the sound of rain. It was a grey, wet

The following morning I awoke to the sound of rain. It was a grey, wet day. The sun was blotted out.

I resolved to mope no longer. So, immediately after breakfast, I set myself to practice at the piano.

But after an hour, I'd had enough of that, I started writing letters.

Unfortunately, I wasn't in a letterwriting mood. Those who have tried to pen a cheery, sparkling missive when words and phrases wouldn't come, will understand the misery of my efforts.

So I desisted, and took to darning a pile of silk stockings that had run

holes.

That occupied the afternoon. After three hours of it my eyes were aching. My aunt developed a bad headache, and went to bed at 7 o'clock.

And so I dined alone, in solitary state. The rain, falling on the water outside the windows, made a melancholy, hissing sound. And, when I'd finished dinner, I dragged a long chair to the veranda, and prepared to bury my sorrows in a thrilling novel.

But I couldn't concentrate.

At last I put the book down, and—staring out at the dreary, rainsoaked landscape—tears of self-pity welled up in my eyes, and began to trickle down my cheeks. How melancholy life could be!

Oh, I must teach myself to forget the faithless Fred Delaunay, I must— "Anne!" A man's hand stole round my neck and a man's kiss was pressed against my tear-wet cheek.

Monday: Disconcerting Memorles.

HOSPITAL COMMITTEE APPOINTS TRUSTEES TO CONTROL BUILDING

Whether Hospital Will Be Commenced At Once, Rests With This Committee.

At a meeting of the War Memorial Children's Hospital committee held yesterday afternoon in the Western Fair terday afternoon in the Western Fair Board room, the business arrangements for the building of the hospital were put in the charge of a committee of six trustees appointed at that meeting. The trustees. Who are to be convened by Col. Wm. Gartshore, include C. R. Somerville, W. D. Jarvis, Dr. W. J. Tillmann, C. R. Hunt and General Panet. They will have no monetary obligations in connection with the hospital, but will sign the contracts, definitely undertaking only such work as may be cov-"There's some sort of mystery about Julie." My aunt poured herself out a second cup of coffee, and stirred it reflectively. Of course, that's her affair. And really, she makes a quite charming guest."

"When is the coming back?" I queried I hope's to hear that Julie had gone for good.

"Oh, in a day or so, I expect."

It was an unsatisfactory conversation.

"After breakfast I walked down to the village, and made a few purchases. Then I returned to the river for a swim."

"There's some sort of mystery about Julie. "Wy aunt poured herself out a second cup of coffee, and stirred it reflectively. Of course, that's her affair. And really, she makes a quite charming guest."

(t) body belt, (u) overall drawers, W. MRS. T. H. M.

ARS. T. H. M.

Ans.—Thank you, Mrs. T. H. M.

And would on to be a small donation, or mailed seeds to you.

Dear Miss Grey,—Inclosed please find a small donation for your polential trudy as a suite suite substitute of the patterns to be an any longer than possible. The decision as to whether

The will have no monetary obligations in connection with the hospital, but will sign the contracts, definitely undertake to handle the patterns to be seen that the hospital will progress to prove the money actually in the possible and the money is raised. It was felt by the committee of six trustees appointed at that meeting. The will shawl. (w) petticeat.

(t) body belt, (u) overall drawers, MRS. T. H. M.

Ans.—Thank you, Mrs. T. H. M.

Ans.—This will be more satisfactory by a sample of your splends undertake to handle the patterns to form a stiff and provered by the male of six trustees appointed at that meeting. The will shawl be well of a small donation of the end of September. Have male stands for your splends undertake to handle the patte

A Gift for the Hospital.

Dear Miss Grey,—I have been a reader of your corner for a long time, found many valuable recipes in it. Today I am inclosing my bit for the children's fund.

Ans.—Such a lovely big "bit," Jewel! Thank you just ever so much. the trustees.
Committees Formed. Wants To Borrow Book.

Dear Miss Grey,—I have been taking a lot of pleasure from your corner for a long time now and have finally decided to become better acquainted if I may, please. Like so many others, I have a request to make. Last week while out for a beautiful motor ride, I had the misfortune to lose a book. "Under Two Flags," which was borrowed too. I'm pretty sure I lost it

once was left, however, in the hands of the trustees.

Committee to make arrangements to undertake the collection of tickets for the opening night at the Winter Garden was formed, the net proceeds from this night having been given over to the I. O. D. E. for the Children's Hospital. On this committee are Mrs. Hospital. On this committee are Mrs. Arthur Smith, Mrs. E. B. Smith. Mrs. F. J. Greenaway, Mrs. Niven, Mrs. Glennie Wilson, Mrs. E. H. Johnston and Mrs. H. A' McCallum. Four delegates were also appointed to attend the annual convention of the United Hospital Aides of Ontario, which is meeting in St. Thomas on October 13, the delegates being Mrs. Cl. T. Campbell, Mrs. F. J. Greenaway, Mrs. Arthur Smith and Mrs. Young.

Raising of Money.

Plans were discussed for the raising of more money for the hospital. The suggestion was made that the management of the tea dances at the Tecumseh House be approached, the I. O. D. E. offering to act as hostesses on certain days for a certain percentage of the proceeds. Another suggestion was the getting out and selling of Christmas stamps in aid of the hospital, Mrs. A. E. Cooper to be in charge of this scheme. Still another suggestion was a big one-day campaign for funds in every city, town and village in Western Ontario. It was also decided to again approach the county councils for help. Mrs. Arthur Smith, convener of the hospital committee, was in the chair.

rowed, too. I'm pretty sure I lost it on the road near Kintore. Oh, I was so sorry. I was wondering if any of the boxites had a copy they would loan me just till I finished it. I would

loan me just till I finished it. I would certainly see that it was returned promptly. My, but the country is wonderful just now. I really envy women on farms now. I had a year of farm life in the west and liked it fine, but the work was too much for my hubby, who had always been used to a business. I often wish I could go back now, though, just to see all the good friends. Well, I must close now as I am busy at pickling. That is quite a job, too, where there are kiddies. I will inclose one of my favorite recipes, also mite for S. C. H. Sincerely yours, A BUSY MOTHER.

Cherry Cake—2 eggs, ¾ cup white sugar, ½ cup butter, 1 cup preserved cherries, 2 tablespoons juice, ½ teaspoon soda, 2 small cups flour. Bake in layers. This cake keeps beautifully fresh.

fresh.
Soft Ginger Bread—2 eggs, 1 cup of

brown sugar, 1 cup molasses, 1 tea-spoon ginger, ½ cup lard, 1 small tea-spoon soda, 13 tablespoons flour (full), and last of all 1 cup boiling water. This looks pretty thin, but it bakes up

This looks pretty thin, but it bases up like a sponge cake.

Ans.—Very glad to have a visit from you, Busy Mother, with your favorite recipes. I refer your request to readers and thank you for your generous gift to the C. H. F. I think we all love every bit of autumn we get the

opportunity to enjoy.

Cynthia Grey's Mail-Box

Love is not blind, but looks ahead Through other eyes,
And asks not "Must I give," but
"May I sacrifice?"
Love hides its griefs that other
Hearts and lips may sing;
And burdened walks, that other May, buoyant, wing.
—Pauline Francis Camp.

The Hospital Fund.

Dear Cynthia Grey.—I thank you very much for your further contribution of forty dollars (\$40.00), which makes the total receipts of your Mail Box, \$205.10. We are very grateful also, to your correspondents who have sent through the Mail Box such ample assistance to the fund for the War Memorial Children's Hospital. Money comes in slowly but surely and the dimes that come through your hands are very acceptable. May the good work continue and prosper he good work continue and prosper hrough the Mail Box. Sincerely yours. L. K. CAMPBELL,

is interested in Mail Box Cot.

mother. I wonder if there is not a dear old grandmother living somewhere today who knows the secret and will pass the receipt along to our generation. Let us hope so, for which kindly accept cur thanks.

Ans.—Your request is referred to readers (Rosalinda, and let us hope you receive just the recipe you want to make the good old-fashioned preserve. Dear Queen of the Mail-Box Friends,

I am coming to ask you a question.

I think it would be all right but want your opinion about it.

How would it be if each one would send a "little" for the H. F. every time they want patterns, songs, recitations, dialogues, etc., and I have all hinder for the send of the kinds of knitted infants' wear which will copy for anyone wanting them if they will send 10 cents or as much as

Dear Miss Grey.—Here I am again.
Am sending 25 cents for the C. H., F.
I am very fond of flowers and would
like a package of Thistle's cosmos seed
if they are not all gone. I am glad to
hear that you are getting near the
required amount of money by the end
of September, as you wished. Hoping
this will help out some. Am sending
stamped self-addressed envelope.

ISABEL.

Ans.—Thank you very much, Isabel.

will copy for anyone wanting them if they will send 10 cents or as much as they want for each patterns, and I shall send the money on to you, stating who sent it and how much each sent, or should I send the directions to you? Below are the items I have to copy.

Also am sending a mite for H. F., which I think a grand thing will be to have a Mail-Box cot. Wishing everyone success, and especially those working for the C. G. cot.

Infants' Garments.—(a) bonnet, (b) cap, (c) light cap, (d) hood, (e) bon net from a straight piece, (f) bootees, (g) light bootees, (h) gaiters with bootees, (i) gaiters without bootees, (j) blanket, (k) vest double-breasted, (l) drawers, (m) vest single-breasted, (n) raglam coat, (o) shawl, (p) light coat, (q) spencer, (r) mittens without thumbs, (s) mittens with thumbs,

Hicelli FOR all your knitting this fall and winter you need Corticelli Fingering A Ball o'Yarn Yarns—the soft, fluffy yarns made of the purest, long staple, Australian wool. There is a Corticelli Yarn for every purpose all colors including the new fashionable shades. Fast colors. Our new knitting book, "Fall and Winter Sports No. 1," contains directions for making many beautiful garments for men, women and children. Original designs and brand-new stitches. At your dealer's or direct Belding-Corticelli Manufacturers of Corticelli Spool Silks MONTREAL - TORONTO WINNIPEG - VANCOUVER Tingering Yarns

amount by the end of September. Have mailed seeds to you. small donation. Thank you just ever so much. Have mailed the pattern to you. Dear Miss Grey,—Inclosed please find a small donation for your hospital fund, And would you kindly send me that famous stocking-foot pattern; it must Thistle said she would send in. Thank-

be good as so many readers of your page want it. I enjoy your page very much. I remain, yours sincerely.

Ans.—Yours was by no means a limite said she would send send she would send send she would send

TALKS ON HEALTH

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

Burn Up Your Troubles.

If that wonderful remedy, oxygen, No one's education can be considered were commercally exploited and its broad or liberal or complete unless he value for this and that complaint constantly dinned in the public ear and dangled in the public eye, as is the alleged value of hypophosphites, sarsaparilla, blue vitrol, cottage cheese, alcohol, opium, alum and other more or less useless but well-disguised medicinal agents, I dare say natatoriums for swimming as a social pleasure would become as popular as restaurants and social gormandizing now are.

At present the great social pastime is feeding. We eat more than plenty at our regular meals, and then we go out somewhere and eat plenty more for the sake of sociability. Our consumption of superfluous nutriment is something prodigious. The overnourished and under-exercised woman at the matinee feels that she is not enjoying the show unless she has some chocolates or salted almonds or some other highly nutritious delicacy to nibble on. The young lady's escort feels that he is not giving her a really good time unless he buys her a marshmallow is the business of every public school to teach children how to swim before "graduating" them for life. A school without adequate swimming facilities acertainly not a progressive or modern school, no matter what the building may have cost or what other subjects may be taught therein. It is deplorable negligence in child training to permit the child to grow up ignorant of swimming.

Swimming as an exercise puts oxygen at work in the body as no other exercise can. That is why it does so much for health and vigor and physical development. It burns up your troubles while you are enjoying the sport.

QUESTIONS AND ANSWERS.

The Growth of Girls.

I am 15 years old, 58½ inches tall. and weigh 112 pounds. I have not grown before without adequate swimming facilities acertainly not a progressive or modern without adequate swimming facilities acertainly not a progressive or modern without adequate swimming facilities.

Secretainly not a progressive or modern without adequate swimming facilities. value for this and that complaint con- or she has learned how to swim. It is

other highly nutritious delicacy to nibble on. The young lady's escort feels that he is not giving her a really good time unless he buys her a marshmallow chocolate nut sundae, or may be a full fourth meal in a swell eating joint. Someone ought to found the American Amateur Eaters' League, for eating is certainly one of our chief indoor sports, and among us there must be some phenomenals who would quickly win fame.

As a pastime, social accomplishment the sound of the social accomplishment of the social

and among us there must be some phenomenals who would quickly win fame.

As a pastime, social accomplishment and healthful recreation swimming should practically supersede dancing, so far as the interest and enthusiasm of normal-minded young people are concerned. Instead of dance-halls of uncertain status we should have conveniently equipped swimming pools, where people could drop in at any time for a swim, instead of trying to wring doubtful pleasure out of a late supper or a depraved dance.

As an exercise, swimming is perhaps unequalled. As a wholesome, healthful pleasure or recreation it can scarcely be surpassed. We read that the famous Miss Kellerman was a cripple in childhood, and overcame her physical handicap by exercise in the water. Some of our most successful received in the present the surpost of the surpost of the heart-physical handicap by exercise in the water. Some of our most successful received the surpost of the subject if your want it but I promise you it will you an in-

cripple in childhood, and overcame her physical handicap by exercise in the water. Some of our most successful medical experts have found that exercises carried out in the water are immensely superior to ordinary exercises in restoring function to partly paralized or crippled members.

generation, Glad to mail you an interpretation on the subject of you want it, but I promise you it will disappoint you if you seek "the symptoms" whereby to attempt a diagnosis of your own condition, I carefully exclude the symptoms.

HOME ECONOMICS



silkworm and is, therefore, just as truly

makes silk yellow; strong soaps or alkalis not only turn silk yellow, but destroy the gloss. Rubbing silk on a board breaks the delicate fibre and board breaks the delicate fibre and weakens the fabric.

Silk, therefore, like wool, should be washed by squeezing, not by rubbing and wringing, as cotton is. Wash it in a mild soap solution, rinse it in several clean waters, and to the last rinsing, water add some gum arabic. The gum arabic, gives some body to thin silk, and gives it the air of not having been washed, when it is pressed. and gives it the air of not having been washed, when it is pressed.

Silk ribbons are stretched on a clean table or board and scrubbed with a soft brush dipped in a mild soap solution until they are clean. The rinsing is done, as always, through several waters with gum arabic in the last. To dry ribbons stretch them on a flat surface taut, and let them dry without pressing. Narrow lingerie ribbon may be wound flat on a round glass bottle and so dried without pressing.

To prepare gum arabic for washing silk, add a quart of warm water to two teaspoonfuls of powered gum arabic. Stir well, and when the gum is dissolved strain through a cheese cloth into a bottle. Remember, when washing silks to use this as a starch water in the last. rinsing.
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