

A PAGE OF GENERAL INTERESTS TO WOMEN READERS

"It's Up to Us," Says Red Cross Secretary In Response to Appeal

Soldiers in Hospitals Need Bedroom Slippers—And Socks, Socks, Socks!

The thanks of the Red Cross Society are due for the following donations:

Mrs. J. S. McMorley \$ 3 00
Anonymous 25
London Normal School Literary Society 5 74
D. D. (for chairs) 10 00
The Misses McDonough 10 00
T. F. Kingsmill & Co., percentage on Wednesday's sales 69 84
Hiderton—1 quilt, 1 box handkerchiefs, 2 pairs of slippers, 2 pairs of pillow-slips, 2 sheets, 2 nightshirts, 5 dozen handkerchiefs.
Lambeth—78 towels, 11½ dozen face-cloths.

The thanks of the C. W. C. A. are due for the following donations:

St. Thomas—2 scarfs, 283 sheets, 392 pillow-slips, 32 pillows, 240 handkerchiefs, 6 dish towels, 852 towels, 22 shirts, 60 hospital shirts, 3 suits underwear, 3 quilts, 12 bands, 31 suits pyjamas, 18 dressing gowns, 130 pairs socks, 13 pairs knee-caps, 2 sweaters, 1 pair wristlets, 15 yards gauze, 20 one-pound rolls of absorbent cotton, 4 pounds mouth-wipes, 3 pounds gauze, 12 wash-cloths, 6 rolls bandages, 22 rolls plain gauze, 1 dozen tubes tooth-paste, 1 pair slippers, 1 roll papers, 2 large bales old linen, 15 private parcels, 1 barrel of jam and marmalade, as too Gianwarth—Mrs. Fisher, 3 pairs socks.

Hiderton—4 pairs socks, Yarns Patriotic Society—3 pillows, 4 pairs socks, 2 pairs wristlets, 2 shirts, 1 nightshirt, 24 pillow-slips, 12 sheets, 23 towels, 1 box talcum powder, 1 large roll of bandages, old linen, new cotton, Melrose Ladies Aid—6 hospital shirts, 4 pairs socks, 1 pair knee-caps, Lobo Women's Institute—3 nightshirts, 2 pairs socks, 1 pair knee-caps, Iona Patriotic Club—1 box marmalade, Windsor—The Misses Nesbitt, 3 pairs socks, 1 pair knee-caps, Hyde Park—3 pairs socks, Wilton Grove Ladies Aid, Victoria Methodist Church—3 nightshirts, 22 towels, 2 pairs pyjamas, 12 pillow-slips.

The latest urgent request from Red Cross headquarters is for hospital slippers, e. g., bedroom slippers to be worn by the wounded. Samples of these can be seen at the Red Cross headquarters at 1000 Front Street East, at the Richmond street entrance of J. P. Cook's shoe store.

Patterns for making may also be obtained at either place. We will be very glad of volunteer workers to make these slippers and return them as soon as possible. But besides workers to make them, we want materials to make them—namely—hankies, evening, tweed or heavy flannel—which will be gladly received in large or small lots for this purpose.

Once more we wish to emphasize the urgent and unending need of SOCKS. Many people think that because summer is here, wooden socks have ceased to be a necessity. We would like to earnestly impress on the public that this is not so. The nights in the trenches are long and cold and damp, and the constant first-hand request is ever and always for winter socks. Now that many of our wounded are recovering, and returning either to their homes or again to the front, it can be readily understood that they cannot be discharged from the hospital without adequate clothing. The Red Cross Society is responsible for providing a complete outfit, if necessary (except the uniform, which is supplied by the Government) for each man before he leaves the hospital, and replaces all articles of clothing that had to be destroyed when each wounded man was brought in, as too worn, torn or dirty to be used again.

We therefore ask all our citizens to co-operate with us, that our brave men may be properly outfitted on leaving the hospitals. Somebody has just sent in the following lines, which seem to emphasize the same need:

(From "Somewhere in France.")
The night in the trenches to the Germans cross the way,
"Do you know why General French's men are going to win 'The Day'?"
In our hand-made home-knit socks (We've just got another box, We will stand like solid rocks, Fire away!"

Said a Tommy from the trenches to the nurse beside his bed,
"Will you write and tell the wenchies with the red crosses are daily said For the maple syrup crocks, Cigarettes and towels and 'cheeks.' But—please keep on sending SOCKS Till we're dead."
Well, it's "up to us."

Walking Up Stairs, If Properly Done, Is Good Way of Attaining and Keeping Health



Walk upstairs this way for grace and health. This is the harmful way.

WALKING UPSTAIRS.
The act of walking up or down stairs can be made beautiful or awkward and may be a slight health-giving or health-hurting as you choose. It is an exercise which most people have to indulge in many times during a day and when properly done can be made extremely beneficial, providing a person is in a reasonably healthy condition and is not suffering from organic heart trouble.

In going upstairs as in going down, let the instep bear the weight of the body. The instep is a slight absorber, and as in any construction which is properly planned the arch is the weight bearer. Carry the body well up off the hips, with expanded chest and poles head. Do not by all means walk upstairs with the head drooping down on the chest. Take big deep breaths and then try going upstairs with the body held upright and you will find that that dragging feeling is absent. Housewives who must trudge over the stairs many times a day will find that by putting their mind on it—by remembering to hold the body properly that they will be able to get through with the day's tasks and yet be free of backache and shooting pains or a dull ache in their limbs when evening comes.

For people who find themselves running into flesh stair climbing, properly done, will be found an excellent exercise for the purpose of reducing or of keeping one's weight down. It will also benefit the lungs if deep breathing is combined with it.

Health rules must be observed if people would be healthy, for the human body is not a wooden or iron or steel piece of machinery, but it is nevertheless a machine of flesh and blood and nerves and tissue which must be kept alert, nourished and free from disease, or one would be healthy and live long.

New Summer Millinery Dainty Summer Dresses

Millinery
In our Millinery Department, on the Fourth Floor, you will find whatever's smart and new, including New Dress Hats in tassel, Milan and Panama straws, with mounts of ostrich and marabou; also the new white ornaments and flowers.

Trimmed Hats
18 Trimmed Hats, regular values \$4.00 to \$7.00. Saturday's special bargain... \$1.98

Dainty Summer Dresses
\$1.95 to \$12.50 Each

We have an exceptionally complete stock of Ladies' and Misses' Summer Wash Dresses. These are very exceptional value.

A special sale lot of Summer Dresses in a great variety of styles, materials and colorings. The regular prices of these are from \$3.50 to \$7.50. These include all sizes, 14, 16 and 18, 34 to 46. To clear at... \$1.95

Sample Waists
\$1.19 Each

5 dozen American Sample Waists, no two designs alike. All sizes in the lot. These are all regular \$1.50 to \$2.25. Saturday special at... \$1.19

White Voile Dresses
An exceptional range of White Voile Dresses, in dainty Fine Voiles, trimmed with laces and embroidery. The daintiest of summer frocks at \$7.50, \$8.50, \$10 and \$12.50. We have also a very complete range of Novelty Summer Dresses, selling at \$3.50, \$4.50, \$5, \$5.50 up to \$12.50 each

Wool Challies
Wool Challies for summer wear. Very desirable for house and street dresses. Splendid washing materials, in small floral designs and stripes. 28 inches wide, at... 50c yard

Staple Dept. Saturday Specials

Sheets
Ready-Made Sheets, double bed size, bleached or unbleached, at... 69c each
Finer quality, plain or twilled, at... 75c each

Bed Spreads
30 only Honeycomb Bedspreads. Double bed size, at \$1.19 each
English Dimity Bedspreads, light weight, easily laundered. Just the thing for summer, at... \$1.25 each

Pillow Cases
Plain hemmed, in widths 40, 42 and 44 inches... 2 for 25c

Hemstitched Pillow Cases
In widths 40, 42, 44 and 46 inches, at... 19c each
Scalloped Pillow Cases. Sizes 42 or 45 inches, at... 25c each

Corsets
Summer Batiste Corset, medium bust, long hip, six hose supporters, at... \$1.50 pair
Summer Batiste Corset long hips, four hose supporters, at... 50c pair
"We Carry Only Canadian Made Corsets."

Always the Best of Everything For the Least Money

Gray's Drygoods, Millinery and Ladies' Ready-to-Wear Garments.
Phones 115-116. 140 Dundas St. **Gray's LIMITED.**

Agricultural Work in England Done By Women During the War

LONDON, June 17.—There is a war shortage of 170,000 male agricultural laborers on the farms of England, Scotland and Wales, according to a report from the board of agriculture. During the next two months the board hopes to fill virtually all these vacancies with women.

Already women have come to the assistance of farmers in the counties of Essex, Norfolk and Lincolnshire in planting the potato crop and in truck gardening. Several hundred women are being trained and employed in the place of men laborers on dairy farms in Cheshire, Dorset and Berks, where the wages paid range from \$3.50 to \$5 a week.

In some parts of England women have heretofore been employed on a few farms as haymakers, and the board of agriculture suggests that this be made a general custom at the time of the hay harvest this year. It is suggested, for example, that all the girls from the high schools and colleges be sent out in July to help farmers get in their hay, and it is added that "if a girl were trained to drive a mowing machine, the land to see the women drive the milk to the station or creamery in a donkey cart.

There is one feature of dairy work which the board hopes to see taken over everywhere by women for the duration of the war, and that is the twice daily drive to the station with the milk or the delivery of the milk to the customers. It is a common sight in Ireland to see the women drive the milk to the station or creamery in a donkey cart.

hogany leather, with white felt soles and heels.
Sashes with flower-appliqued ends are among the prettiest novelties.
If you have a row of buttons down the front, your street dress is true in fashion.

Canadian Verse of the Hour

IN THE ORILLIA WOODS.
My footsteps press where, centuries ago,
The Red Men fought and conquer'd;
lost and won.
Whole tribes and races, gone like last year's snow.
Have found the Eternal Hunting-grounds, and run
The fiery gauntlet of their active days,
Till few are left to tell the mournful tale:
And these inspire us with such wild amazement
They seem like spectres passing down a vale
Steep'd in uncertain moonlight, on their way
Towards some bourn where darkness blinds the day.
And night is wrapp'd in mystery profound.
We cannot lift the mantle of the past:
We seem to wander over hallow'd ground:
We scan the trail of Thought, but all is overcast.

Flouncings of lace are important on semi-formal gowns.
The latest bolero sleeve seems to be cut in one with the jacket.
The Eton collar of sheer organdy is a feature of the new blouses.
Hat, brims are of various sizes, but they are increasing in circumference.
Multi-colored picot edges to white ribbons are among the prettiest.
Fardesmenes are embroidering their handkerchiefs with soldier designs.
White crochet ball fringe appears on both hats and summer gowns.
Nothing has ever replaced the knitted coat for golf players.
A new and striking sweater is of white and black stripes, with belt of black satin.
Long transparent sleeves are favored for lingerie frocks.
The latest sports oxford is of maul.

Wedding Flowers—
The bridal bouquet made by us is correct and strikingly artistic. Unexcelled facilities for floral decorations in the church and home.
West Floral Co.
Phone 2187, xxv 249 Dundas St.

CLARK'S CORNED BEEF
Economical and Delicious
All ready to serve
No bone
No gristle
Ask for Clark's

MANY CITIZENS ATTEND PATRIOTIC GARDEN PARTY AT THE WESTERN

Numbers of Ex-Grads. Present at Successful Affair for Soldiers' Comforts—Military Music.

Largely attended was the garden party held yesterday afternoon and evening on the grounds of Western University. Given by the alumnae and students of the institution in aid of soldiers' comforts, the affair was fully worthy the generous patronage accorded it. The grounds were effectively decorated with flower-adorned tables, flags and strings of colored lanterns, which in the evening lent a most festive air. The assembly room in the university was in readiness for dancing, and presented a pretty sight, with festoons of ribbon in the college colors—purple, orange and scarlet.

Refreshments were sold in the afternoon and evening, and the sale of home-made candies also netted a considerable amount. The hand-picked ladies were seldom idle, their quaint costumes and wonderful ability to read between the lines bringing them a steady stream of patronage.

During the afternoon and evening many ex-students of the university and Huron College visited the grounds and renewed old acquaintanceships. The girls-students in their dainty frocks, made most capable waitresses, and a committee of ladies from the Imperial Order, Daughters of the Empire, assisted in serving tea.

Inspiring music was rendered during the afternoon by the members of the 34th Band, and at night by the 7th Regiment Band, all adding much to the enjoyment of the occasion.

A VERY WEALTHY MAN LAY ON HIS DEATHBED WHEN A GREAT MARK OF DISTINCTION AND HONOR WAS BROUGHT TO HIM.

A very wealthy man lay on his deathbed when a great mark of distinction and honor was brought to him. Turning a cold glance on the treasure he would have clutched with an eager grasp, he said with a sigh: "Alas this is a very fine thing in this country; but I am going to a country where it will be of no use to me."

LADIES' KID GLOVES

In black, white and tan; soft pliable skins; two dome fasteners. A regular \$1.00 line, selling now at 76c pair.
ARTHURS
London East Phone 3213.

So Superior are the vacuum processes employed that it has no equal for purity, whiteness and flavor—

Century Salt
"The Salt of the Century."
All grocers can supply you. Century Salt is also made for Farm and Dairy use.
DOMINION SALT CO. LTD.
Sarnia.

ADVERTISER PATTERNS

1300 WAIST
1299 SKIRT

Dear Miss Grey,—Will you kindly tell me the language of stamps as placed on letters and oblige?
Ans.—Here it is, Lizzie: Left corner, top, upside down—I love you. Left corner, crosswise—I love another. Left corner, top, straight—I wish to be rid of you. Right corner, top, straight—Do you love me? Left corner, straight—I wish to have your friendship. Left side, centre, upside down—Yes, I must disagree with you. Right corner, top, straight—Business. Upside down—Friendship. Crosswise—No. Right corner, bottom, upside down—Yes. Right side, centre, straight—Account me as a sweetheart.

More From "Lonely."
Dear Miss Grey,—I must thank you for your answer to my letter in The Advertiser. I would very much like to hear from some of the girl readers, particularly some of the quiet ones. As I can sympathize with those who are because of their quiet disposition are not popular with the young people of either sex.
Do you think, Miss Grey, that we "us quiet ones" should associate with those of the opposite sex, who are very forward? Would it have a tendency to change our disposition, or just the reverse? I must disagree with you, as I have not been fortunate enough yet to know of any so unlucky. Thanking you very much for your answer, I am,
LONELY.

Ans.—Girl readers are invited to write for the benefit of associate with those who have met even one girl of the quiet type. I think, "Lonely," you should have written me with your address, so that I might have sent applicants for your friendship around to call!
As I said before, I see no reason why

Cynthia Grey's Mail-Box

[Correspondents are requested to make their inquiries as brief as possible, and to write on one side of the paper only. In all letters where an answer is in turn. No letter can be answered privately.]

Lady Goes First.
Dear Miss Grey,—Kindly answer the following at your earliest convenience:
1. When being invited to a seat in a church, theatre or public meeting, should a young man follow first behind the usher, or should the lady?
2. Should a gentleman walk with two ladies, or between them?
Thanking you in advance for the help I am sure to receive, I remain,
YOUR OBLIGED CORRESPONDENT,
P. S.—What do you think of my writing? What character does it signify, if any?
Ans.—1. The lady.
2. The outside of the walk is correct, although one sees it frequently the other way.
3. You write a most charming hand, and so neat. As to what it signifies, I am not qualified to say, other than I should judge you to be a person of methodical habits, and perhaps just a bit narrow-minded. Am I right?
Here Once More.
Dear Miss Grey,—I. Here I am again. Could you please tell me the meaning of Olive?
2. What would you advise me to wear for a hat? I am rather tall and have a rather fair complexion. I am 15 years old.
3. What do you think of my writing? Thanking you in advance, I am,
YOUR OBLIGED CORRESPONDENT,
Ans.—1. The name "Olive" signifies peace, or an olive branch.
2. Should think a shade of brown would be a becoming and serviceable hat for you. As to what shape, you can tell this better for yourself when you visit the milliner's.
3. It is quite neat.

Language For Lizzie.
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Come and See the Many Week-End Bargains

H. WOLF & SONS
263-265 DUNDAS STREET.

VEGETABLES TO CONSUMER DIRECT.

NEW CARROTS	5c
HEAD BEETS, bunch	5c
NEW LETTUCE, fancy, crisp	10c
WHITLOEF, large in salads	10c
Asparagus, excellent bunch	10c
Spinach, choice, peck	15c
Green Beans or Wax Beans, lb.	15c
New Cabbage, each	10c
Lettuce, leaf, 5c, 3 for	10c
Tomatoes, fancy	20c
Tomatoes, ordinary	15c
Cucumbers, each	10c, 15c
Rhubarb, Parsley, bunch	5c
Radishes, Mint, Watercress, Cr.	5c
Onions, Herbs, 5c, 3 for	10c

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Telephone 2831. P. O. Box 275.

LUX is the essence of fine, pure soap in flakes and possesses marvelous cleansing and preserving properties. It keeps all loosely woven fabrics from shrinking and thickening in the wash. Have you tried LUX?

LUX breaks into a foamy cream-like lather that cannot injure the finest fabrics or the most delicate hands. It softens the hardest water, thus preserving the original elasticity of fabrics and adding to their life. Try LUX in the bath.

LUX won't shrink Woolens

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means fresh, tender corn at all seasons of the year.

AYLMER BRAND

Ladies' Kid Gloves
In black, white and tan; soft pliable skins; two dome fasteners. A regular \$1.00 line, selling now at 76c pair.
ARTHURS
London East Phone 3213.

Century Salt
"The Salt of the Century."
All grocers can supply you. Century Salt is also made for Farm and Dairy use.
DOMINION SALT CO. LTD.
Sarnia.

SALE NOW ON Special Ladies' Panamas

The real genuine native-made Hat, bought direct from the natives, thus saving all middle profits.

\$2.85, \$3.75 and \$4.75.

Worth \$4.00 On Sale **\$2.85** Worth \$6.00 On Sale **\$3.75** Worth \$8.50 On Sale **\$4.75**

Every Hat up-to-the-minute in style and now on sale. This certainly is your chance to buy a Genuine Panama Hat to the best possible advantage.

Our Millinery is now selling at half-price. Every Trimmed Hat in our store to go at **HALF-PRICE.**

Big Specials in Ostrich Feathers

ROYAL MILLINERY AND FEATHER COMPANY
269 DUNDAS STREET,
COR. WELLINGTON AND DUNDAS STREETS.