A PAGE OF INTEREST TO WOMEN

THE FASHIONS

[By Eleanor Gunn.]
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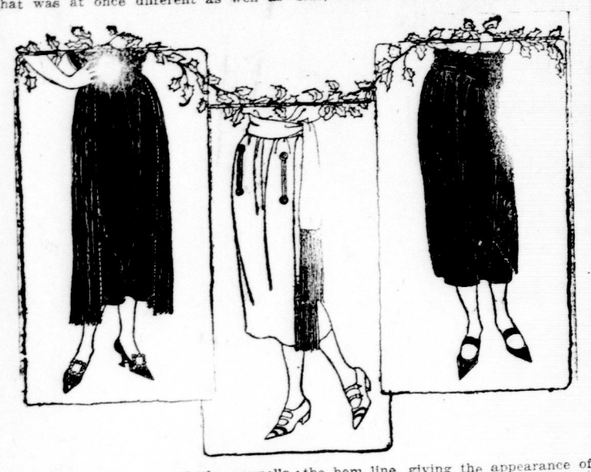
THE INDISPENSABLE SEPARATE SKIRT.

Perhaps the most interesting feature concerning the separate skirt this season is the material. It would seem that designers have exerted themselves to the nth defree to produce fabrics that would lend themselves admirably to the fashioning of a separate skirt that was at once different as well as



unusually attractive, and the prunella weaves, with their navy, tan, brown and black stripes, in combination with white, check, Roman colorings and broken stripes, have given the creators of separate skirt fashions an opportunity to make a garment of distinction and charm.

All during the spring and summer the sports type of skirt was practically the rage, and permitted such a diversion of costumes by combining the skirt with the various colored sweaters, that its popularity refuses to wane with the summer season.

Pleats that found favor for the silken weaves of summer, and carried over by acclamation for the fall garments, are having their triumph in the fabrics designed for fall. The stripes give play to all sorts and combinations of pleatings, and the choice of styles one may select from is legion.

Not being satisfied with evolving a perfect garment of the sports type, the designers of skirts have been far sighted enough to determine that the separate skirt would be in high favor all during the fall and winter season, and have employed the dressier weaves that on the more formal occasions could be worn in combination with a blouse, either in the same material, which would give the appearance of a dress, or the crepe and georgette blouses in the lighter color tones that are suitable for afternoon or informal evening wear.

One of these garments recently seen is worth description. Made from black canton crepe, it had the flowing panels of pleated black georgette at either side, which hung an inch or two below the hem line, giving the appearance of the longer skirt. With this garment was worn a black canton crepe blouse, having the georgette sleeves, the combination resulting in a dinner gown that could be worn on the most auspicious occasion.

A black charmeuse, having a shaped girdle, which terminates sash fashion at the left side, trimmed with a rosette of the material, and long knotted fringe, is another of the recent models designed especially for wear with fancy blouses, while a navy Cambridge crepe, having inset pockets outlined with self material, belted with a fringe-trimmed "in-between" occasions, when the sports clash, was planned to be worn on the garment is not "dressy" enough, and the charmeuse and canton types too "dressy."

Personal Health Service

(By WILLIAM BRADY, M.D., Noted Physician and Author.)

Getting One's Gall.

There are still plenty of dyspeptics who are diffident about taking this or that article of food, averse to this or that article of food, to which they ascribe their trouble, but not at all averse to swallowing anything the nostrum exploiter offers. It is vaudeville to anyone who understands to observe these victims of the "gas," "acidity" and "indigestion" obsessions painstakingly avoiding wholesome articles of diet and at the same time pouring into their raging alimentary tracts divers and doubtful dopes. One favorite is a huge dose of some such stuff as cottonseed oil flavored and tinted to be chased, if held, a little later by a large or hospital size powder which is practically a seidlitz powder.

This purports to be a remedy for gall stones, liver trouble, stomach trouble, or anything else the sufferer thinks he has. The mixture of oil and an alkali in the alimentary tract really produces some lumps of soap. But many a victim has convinced himself that these soapy concretions were gall stones.

Epsom salts, that old established domestic physic, has more effects than the old doctors ever dreamed of. Only in recent years have we learned that it possesses remarkable powers of depressing the nervous system, which may account for some of the alarming results occasionally experienced by those who imagine a dose of salts is always right in any kind of illness.

Dr. S. J. Meltzer of Rockefeller Institute, who has pointed out some of these heretofore unknown effects of magnesium sulphate (Epsome salts) observed in 1917 that a solution of magnesium sulphate when introduced into the duodenum (by means of a duodenal feeding tube) without coming in contact with the lining of the stomach, brought about relaxation of the muscular wall of the duodenum and relaxation of the opening through which the bile enters the duodenum, together with contraction of the muscular wall of the gall-sac, which meant the drainage of the gall or bile through the natural channels. This valuable discovery has been used with chemical and microscopical examinations to great advantage in the diagnosis of conditions involving the bile-apparatus. Now Dr. Frank Smithies of Chicago, employs the same principle not only in diagnosis, but also as an aid in treatment of such cases, and he terms it "non-surgical drainage of the biliary tract." Of course, the use of the duodenal tube demands the skill of the physician, but the method is practicable in hospital, the patient's home, or the physician's office. The drainage is practical daily or on alternate days.

This diagnostic and remedial procedure is, of course, not effective in the treatment of gallstone diseases. Nothing under the sun can or will remove or "dissolve" gallstones save the surgeon's skill. The method is employed rather in the diagnosis and treatment of those low grade and chronic infections of gall-sac or gall-ducts which verge upon but perhaps do not definitely enter the domain of surgery.

QUESTIONS AND ANSWERS.

Nothing In It.

What is there in this notion about cats sucking the breath of babies?—N. L. J.

Answer—Nothing but tales. Of course, a cat may lie upon a helpless infant's face and smother the infant, just as a careless mother does, and therefore cats and mothers should not sleep with babies.

The Human Young.

1. Should a breast-fed baby be given orange juice? If so, at what age, how much, how often, clear or diluted? 2. Do you advise an olive oil rub at night and witch hazel rub after the morning bath? Does this strengthen the back? 3. What should be done to clean a baby's scalp when it becomes scaly? 4. Are all babies born with blue eyes? At what age do the eyes darken?—B. L. G.

Answer—1. Begin at six months, a teaspoonful clear or diluted with a few spoonfuls of water, once a day, apart from feedings, and fresh or canned tomato juice will suffice if oranges are not available. Bottle babies may have this from the third or fourth month. More may be given after the first week or two.

2. No. Moderate rubbing of the back with the hand, after the skin is dried and freely powdered, following the bath, is preferable. Don't imagine any external application can strengthen any internal organ or muscle.

3. Apply fresh olive oil or vaseline for a day or two, then gently shampoo.

4. All human beings have brown eyes; when the brown pigment is very scanty people say the eyes are "blue"; when there is a little more pigment the eyes are called "grey"; when still more, "brown"; and the most highly pigmented irises are called "black"—but they are all varying degrees of brown. Infants' eyes appear to become more pigmented some months after birth.

Wheat Bran.

Will wheat bran eaten as a laxative make one stout? MRS. G. R.

Ans.—No.

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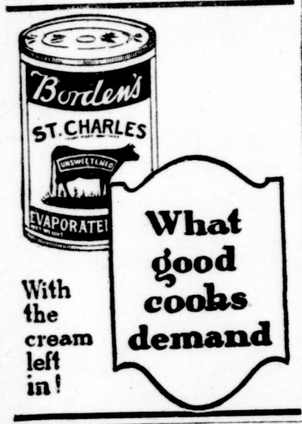

What good cooks demand

With the cream left in!

PRESIDENT.

F. LINFORTH WILLGOOSE

MUSICAL DIRECTOR.

HARRY T. DICKINSON

The London Conservatory of Music has been entirely reorganized and fitted for its great work of 1921-2.

Its staff of teachers is unique, each one having peculiar and special qualifications for the particular grade they specialize in.

The equipment has been brought up to date to meet all demands made of it, and is one of the finest in Canada.

The directorate realizing that scholarships are frequently won by people well able to afford to pay for their tuition, have decided to replace these by several courses of FREE TUITION to such musically endowed people as may be, by existing circumstances, unable to equip themselves for a professional musical career. Information will be gladly received of any people so situated.

Special residence has been reserved and a matron's care provided for pupils from distant points.

Annex, Woodman Building, Richmond St.

Interviews can be arranged with Mr. Dickinson at any time by ringing up phone 1101. 271

WINNIPEG NURSE TO COME TO LONDON AS NEW V. O. N. HEAD

Appointments Made Yesterday in Conference With the Dominion Superintendent.

Some interesting changes have been made in the local staff of the Victorian Order of Nurses during the visit to London of the Dominion superintendent, Mrs. Hannington of Ottawa. As a result of this visit, Miss Symonds, who has been assistant superintendent in the Winnipeg district, has been appointed to the position of head nurse in London, Miss Wilson, the former head nurse having signified her intention of taking the newly-instituted university course in public health nursing. This position now carries with it a great responsibility, as the teaching and demonstrating of the practical work in connection with the Western University course in public health nursing, will fall on the head nurse of the staff of the local V. O. N. Association. In return for these services, the V. O. N. Association will receive the help of the student nurses taking this course, as they are given practical bedside instruction.

Splendid Organizer.

Miss Symonds is a splendid organizer, and has had large experience in the handling of a staff of nurses. She will be assisted by Miss McKenna and Miss Pickering, two V. O. N. who have had some experience in field demonstrtion work. Mrs. Hart, who has been on the local staff for some time past, will be transferred to another branch of the order.

The above appointments were made only after due consideration at conferences held yestrday afternoon and Monday evening between the Dominion superintendent and Miss A. A. Harris, the local president, and her executive. And the changes made are largely due to the introduction of the new system, under which the V. O. N. training centers have been abolished for public health nursing courses at the different Canadian universities.

Scholarships.

To help the nurses to qualify under the new regulations the Dominion board of governors of the V. O. N. is granting scholarships to a limited number. And a certain proportion of these scholarships are awarded to nurses of the Victorian Order who wish to take executive positions. In addition to Miss Wilson of ths city, Miss McRoberts, head nurse at Edmonton, Miss Campbell, assistant superintendent at Montreal, and Miss McNair, head nurse at Victoria, B. C., are going to Toronto to take a course to qualify for executive positions.

While in the city Mrs. Hannington referred to the splendid work being done in this district, and complimented Western University as being one out of but five universities in the Dominion which were undertaking the V. O. N. scholarship work at the present time. And while in London she conferred with the Western University authorities as to the arrangements and line of study for the new scholarship work.

EDUCATIONAL SURVEY OF INDUSTRIAL GIRLS TO BE MADE BY "Y"

Western University Will Co-operate With Y. W. C. A. In Helping Educate Girls.

The Y. W. C. A. Industrial Department has secured the co-operation of the Western University in its program for the coming season, as announced at yesterday's meeting of the industrial committee. This means that the "Y" extension courses will include such interesting lines of study as social economics, social ethics, the history and evolution of industry, world fellowship, etc., in addition to the regular extension classes which have been carried on in connection with the "Y" industrial department during the past year, and in co-operation with the Technical School. It is understood that Col. Walter Brown will give the university lectures. While as yet no arrangements have been made for these lectures to lead to any special certificate, it is possible that they may be preliminary to a regular university short course for industrial girls of the city, such as is now given in many of the universities of the United States during the summer, with such studies undertaken as the history of industry, social ethics, English literature, home economics, etc.

Another interesting undertaking of this department of the Y. W. C. A. is an educational survey of the industrial girls of the city, to be taken under the direction of Mrs. John Crawford, the "Y" industrial and extension secretary, with the assistance of Blue Triangle Committees in each of the local industrial houses. Mrs. Harmon Westland presided over the meeting of the Y. W. C. A. industrial committee held yesterday.

MISSISSIAUGA LADIES WON.

Brantford, Sept. 13.—A team of lady golfers from the Mississiauga Golf Club, Toronto, played the ladies' team of the Brantford Golf and Country Club here this afternoon, and were two up on the day's play. A social hour was afterwards spent.

Telephone Chat With Noted British Golfer Reveals a Very Charming Personality

Miss Leitch Says That She and Her Sister Are Playing Very Badly in Canada On Account of the Clear Air, Which Makes Things Seem Much Nearer—They Enter Canadian Tournament Next Week.

A little telephone talk with Miss Edith Leitch, the distinguished British golfer and sister of Miss Cecile Leitch, the world's golf champion, yesterday, proved decidedly interesting. Miss Leitch is a guest at the home of Mrs. John Stubbs of Mount Elgin, who is an old friend, and learned to play golf on the Cumberland links, England, where the distinguished visiting golfers also had their first lessons. The accommodating wires brought to London, a voice which was decidedly charming, and hinted of an attractive personality behind it. Although Miss Edith Leitch is a very notable golfer herself and plays in the first English team, she turns all the compliments to her sister, who has been the world's champion since 1914. Besides holding the world's championship for 1914, 1919, 1920, this premier golfer holds the English Prince's Championship and the French Championship for the last four times. She now comes to Canada for the first time to play in the Canadian Championship Tournament on the Ottawa links next week.

Easy To Win?

"I suppose it will be very easy to win here?" was a question put to Miss Leitch over the wires.

"Not at all," was the immediate response. "There are some very fine golfers in Canada, and then there is Miss Stirling, the noted American champion, who is also entering the open tournament at Ottawa." And then she confessed:

"We haven't been playing at all well since we came to Canada. Your air is so much clearer here, that everything looks much nearer and it is hard for us to calculate distances properly. Your Canadian golfers and the American golfers find similar difficulty when they visit British links."

Miss Edith Leitch leaves today for Ottawa, where she will join her sister, Miss Cecile Leitch, who comes from Montreal, and has recovered sufficiently from her recent illness to be able to try over the Ottawa links before the tournament which commences on Monday.

AT CUPID'S CALL

BY MAY CHRISTIE.

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LXXVIII.—"I Love You."

Throughout the evening Dick Calardin had no opportunity afforded him to speak to Mary Drew.

Every time he tried to engineer a meeting something came between. The large form of Carrington Bellairs, for instance—planted by Mary's side at the piano, and turning over the pages of her music like a faithful satelite.

Or Eve Rochester, very sweet and pretty, insisting on instructing him in the very latest dance.

Or, again, Eve would introduce him to some girl or other—friends of her own from Winston Towers. He couldn't be uncivil. . .

But, as the hours went by, and Mary seemed the more remote, hedged in behind the form of Carrington Bellairs, or talking to some other person between the intervals of music, Dick's heart sank. She was showing him—deliberately—that she didn't care for him.

Bellairs' whole attitude, too, was so possessive. To reach that stage Miss Drew must assuredly have encouraged the man.

Mary, meantime, had made up her mind that Dick no longer wished to speak to her. Eve Rochester seemed to fill his whole horizon. That young woman buzzed about him constantly, like some pretty, pink-winged butterfly.

"He likes her—he must like her—or he'd hate the way she sticks to him," Mary told herself. Her reflections ran along the same channels of reasoning as did Dick's own—resulting, too, in the same acute misery.

Twice today she had found him revealing an attitude of intense interest in Eve. That old song in the library—their intimate little tea this afternoon at the Barley Mow—yes, he was attracted to Eve, without a doubt.

Oh, if this long-drawn evening would only come to a finish!

Peace—and silence—how she longed for them!

She'd resign her job tomorrow and get away from memories. Memories were painful, poignant things. This house—this countryside—was full of them. How happy and light-hearted all the dancers looked! Those pretty care-free girls—the visitors from Winston Towers—they didn't know what real life meant!

Tomorrow lonely, unfortunate Mary Drew would have to face the world again, without money, lover, or position. Life was very difficult.

At half-past ten the dancers trooped into the dining-room for ices. Mary saw Dick disappear in the wake of the alluring Eve. . . .

Now was her chance to slip away for a moment's respite. At one side of the library was a tiny conservatory, and through it she could pass down a corridor and thence escape. . .

She got up hurriedly and crossed the floor. No one was in sight. . . .

It was quiet and dark in the conservatory—damp with the scent of dewy flowers.

Mary paused for a moment to inhale their fragrance.

Oh, the rest and peace of this retreat!

Dick hadn't made the slightest effort to come near her all this evening—so she told herself. Oh, he'd been cruel—utterly cruel—he had never truly cared for her!

She leaned her throbbing head against a tall fronded plant. The scent of lilies filled the air. They made her think of marriages—or funerals.

She would never marry now. Of course not! She would never trust another man again.

They were all the same, these here-today and gone-tomorrow creatures! Julian Vandaveer was only rivalled by the faithless Dick! Men pleased themselves—pursued each new fancy till it palled!

Great tears welled up in Mary's pretty eyes. Her head sank lower on the fronded plant. Life could be very hard when one was young, emotional and inexperienced. . . .

"Mary! Oh, Mary! I've been longing for this moment!" Dick's tall figure stood beside her, and Dick's arms clasped her in a tight embrace. "Mary, dearest! Say it isn't true! I love you, Mary—" And Dick's warm young lips were pressed against her tear-stained face.

Tomorrow—"I Haven't Changed."

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PERSONALS

Miss Orma MacDonald is visiting friends in Toronto.

Miss Connie Masuret is in Toronto visiting Mrs. Henry Gooderham.

Miss Mary Meredith has returned home after an enjoyable holiday at Beaumaris, Muskoka.

Mr. Ward Buchanan of Brussels is a guest at the home of Mr. and Mrs. Rowell, Waterloo street.

Dr. Hubert H. Casselman has recently come from Ottawa to assist Dr. George A. Routledge at Lambeth.

Mr. and Mrs. W. J. Parry and small daughter have returned home after visiting Mrs. E. A. Parry of this city.

Mrs. Andrew Durand and family, Ridout street, have recently returned to the city after spending the summer at Corunna.

Mrs. Hannington, Dominion superintendent of the Victorian Order Nurses, Ottawa, was the guest with Mrs. Harry Blackburn while in the city.

Mrs. Samuel Taylor of Dundas street left on Monday last for Detroit, where she will be the guest at the home of Dr. and Mrs. J. H. Dempster.

Miss Hazel M. Haskett, a graduate nurse of Victoria Hospital, has left for Whitby, where she will be resident nurse at the Ontario Ladies' College.

Mr. and Mrs. James L. Laymon wish to announce the engagement of their daughter Lula Leonice, to Mr Robert Durst, the marriage to take place early in October.

Mr. and Mrs. McPhail, Mull, Ontario, announce the engagement of their eldest daughter, Mabel Charlotte, to Mr. John M. Dark of Bothwell, the marriage to take place in October.

Mr. Frank Steers, Mr. Reginald Steers and Mr. Charles O'Hearn are among the members of the surveying party which returns to Ottawa today, after spending the summer at work in London.

Mrs. E. L. Geoghegan, William street, was the hostess of a delightful little linen shower given on Monday evening in honor of Miss Tannie McCormick, a bride of this week. About thirty guests were present.

Miss Sallie Muir of this city has gone to Detroit to enter Grace Hospital there as a probationer. She was accompanied by her mother, both being the guests of Mr. and Mrs. Ralph Shenefelt for a few days.

Mr. and Mrs. Frank Mulligan and family have left for their home in San Bernardino, Cal., after a delightful visit at the home of Mr. W. H. Mulligan, Dundas street, and with Mr. C. J. Mulligan, St. Thomas.

Mr. and Mrs. Thomas Branton of Riverview Farm, Hamilton road, announce the engagement of their daughter, Velma C. G., to Mr. Frederick George Norton of London Ont., the marriage to take place on September 28.

Mrs. Nelson Emigh announces the engagement of her daughter, Mrs. Winifred Evans, widow of the late Mr. Walter Evans, to Mr. W. H. Gill of Trenton, the marriage to take place quietly at the end of this month.

Miss Miriam Eckert left yesterday for the Ontario Ladies' College, Whitby, where she will take a course in the department of expression. Others going to Whitby College this week are Miss Marjorie Reynolds, Miss Lorna Rumball and Miss Helen Hughes.

Miss Sullivan of Kingston, daughter of the late Senator Sullivan, is a guest with Gen. and Mrs. H. A. Panet, Wolesley Barracks. Today Mrs. Fritz Beck is entertaining for her informally at the tea hour, and yesterday afternoon Mrs. E. C. Bowker was her hostess. Mrs. Sullivan leaves for her home in Kingston on Thursday.

The second round for the Smart cup finished at the Hunt Club links yesterday afternoon, leaves Miss Jo Belton, Mrs. Sterling, Mrs. Allan McLean, Mrs. Nelles, Mrs. Warner, Mrs. Ernest Williams, Mrs. Frank Spry and Mrs. Ronald Harhis in the running, Miss Jo Belton winning from Mrs. Webster, Mrs. Sterling from Mrs. E. B. Smith (by default), Mrs. Allan McLean from Mrs. Eric Reid, Mrs. Nelles from Mrs. Robinson (by default), Mrs. Warner from Mrs. Wright, Mrs. Williams from Mrs. Scarff of St. Thomas, Mrs. Spry from Mrs. Wishart, and Mrs. Harris from Mrs. Howard Higgins.

Cynthia Grey's Mail-Box

Oh, but to quaff, where the spray
vell drifteth
O'er taintless fountains, the dear
cool stream;
Oh, to lie in the mead, where the
soft wind lifteth
Its tresses—'mid poplars to lie and
dream.

Euripedes.

For the Little "Beloveds."

Dear Miss Grey,—I was obliged to spend an afternoon in dad's office today, so I thought I would typewrite a few songs for the Mail-Box. There are "Hortense," "Do You Ever Think of Me?" "I Never Knew," "Margie" and "I Know What it Means to be Lonesome." The latter song was asked for the other day by one of the girls, so would you please forward it to her, Miss Grey?

I am really quite proud of that typewriting. It took me a long time to do it, and I had to start over again several times. But now that it is finished I think it looks all right, don't you?

Could I have some hollyhock seeds, please? What is it that the poet says about the "tall, stately hollyhock," Miss Grey? Or perhaps March Wind or Rose of Sharon could tell us?

Before I say good-by, Miss Grey, I want to tell you that I appreciate very much the quotations which head the Mail-Box column every day. Please don't ever leave them out, will you?

The other day I finished reading "Just David" by Eleanor Porter. It is a lovely story, at least I think so. Perhaps I could tell you about it some day.

Well, Miss Grey, I will say good-by for this time. Inclosed you will find a shin-plaster for the little beloveds. Good-by, NE'ER-DO-WELL.

Ans.—You have every reason to be proud of your typewriting, Ne'er-Do-Well, as it is excellent for an amateur. We will have to call on March Wind or Rose of Sharon for the quotation. I know one referring to "silken imperial hollyhocks." Thanks for the mite, the seeds are on their way to you.

Grandma's Girl.

Dear Miss Grey,—I am a little school girl, 9 years old. I have written once before. I am writing to ask for the recitation sent in by December Bride, "Papa's Letter." If anybody gets it ahead of me please copy it and send one to me, as I do some reciting, also please send me any good recitations suitable for a young girl. Must get ready for school now. Am sending some red hollyhock seeds, also mite.

GRANDMA'S GIRL.

Ans.—Am mailing you "Papa's Leter," also a few recitations which I think you will like. Thank you for sending us the hollyhock seeds and hospital mite.

The Last Block.

Dear Miss Grey, — Have started a block for hospital quilt this morning. Should have done it sooner, but have been away.

Please send me address of Tip in inclosed envelope.

Did I not see some mention of a guessing contest of names on quilt? Please say in paper.

Dime inclosed for fund, also recipe for Scripture Cake, an extremely good cake to make. Sincerely,

HEARTEASE.

Wants Songs.

Dear Miss Grey,—We have been taking The Advertiser for about four months, and find it vtry interesting, especially the Mail-Box letters. This is my first letter, so hope to see it in print. Could any of the Boxites send me the following songs: My address will be with Miss Grey: "Silver Threads Among the Gold," "All the Nice Girls Love a Sailor." Will send mite next time. With love to the Boxites and Miss Grey. LONESOME WIFE.

P. S.—What do you think of my writing?

Ans.—If songs are sent in I shall forward them to you, Lonesome Wife. Your writing is rather careless. Try writing slowly and carefully.

Attention, Apple Face.

Dear Miss Grey,—I noticed some time ago where a Boxite wished to know how to prevent pie shells from puffing up. If she will perforate the pie shell three or four times with a fork, before putting into the oven, she will not need to fill the shell with beans as she states she has been in the habit of doing. This also applies to tart shells.

I wonder how many Boxites know that they can preserve beets for winter use without canning. This is my method, and they keep beautifully until spring and taste like fresh beets: After pulling the beets, spread out for a few hours until any sand on them is dry, cut off the leaves and pack in keg or barrel alternately, a layer of beets, then a layer of leaves which have fallen from maple or other trees, first being sure that leaves are perfectly dry. Put a good layer of leaves on top and use as needed. The leaves may be gathered after a good dry spell and kept until needed. Beets may be preserved in this manner in the late fall, when leaves are plentiful and the rush of summer work and canning and pickling season is over.

Miss Grey, will you kindly have the inclosed stamped parcel forwarded to the lady who has sent in an appeal for baby's first clothes.

If Apple Face will state the ages of her children and whether boys or girls, the Boxites may be able to help her also.

With best wishes to all the Boxites.

ELDERBERRY.

Ans.—Thank you, Elderberry, for bringing so much help on your first visit. Let us know the ages of your children, Apple Face.

CLUB NEWS

PRINCESS PATRICIA CHAPTER.

The members of the Princess Patricia Chapter, I. O. D. E., are planning a big bazaar to be held some time in December in aid of the Children's Hospital. All sorts of novelties for the Christmas season will be on sale, and a special effort is being made to have a large quantity of attractive children's clothes. The chapter, under the regency of Miss Eula White, is now busily engaged selling baby pictures at the Western Fair, where, in addition to their sales, they are harvesting a big crop of donations for the hospital.

HOME ECONOMICS

MRS. ELIZABETH KENT, MacDONALD COLLEGE.

SUMMER SQUASH.

Squash has much the same general composition and food value as eggplant, carrots, or beets, although it belongs to a different family of plants. Its dry matter is composed largely of starch and sugar. A cupful of cooked squash contains a hundred calories. And it must be remembered that the starch and sugar of these vegetables, if they are rightly cooked, are presented to the body in their most digestible and directly valuable form. Summer squash properly cooked is one of the most delicately flavored and delicious of vegetables. A lunch of baked squash and boiled sweet corn, with whole wheat bread and good butter, is better than most meat meals.

To boil squash, wash and cut it into thick slices or quarters. Boil it in salted water twenty minutes or until soft. Turn it into a cheesecloth over a colander, drain and wring it in the cloth, then mash, and season with salt, pepper and butter.

To bake a squash, choose a small one of the white scalloped variety and wash it well. Put it into a covered baker in a moderate oven and bake it until a knife will pierce the rind easily. Then split it, remove seeds and stringy portion, sprinkle with salt and pepper, spread with butter and serve on the shell. If preferred, split the squash with a very sharp knife before cooking, remove the seeds and stringy part, spread a tablespoonful of butter and one of molasses on each half, sprinkle with salt and pepper, and cook the halves on the shell in the baker, keeping the baker covered for half an hour, afterwards allowing the squash to brown a little.

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GIRLS! LEMON JUICE BLEACHES FRECKLES

Squeeze the juice of two lemons into a bottle containing three ounces of Orchard White, which any drug store will supply for a few cents, shake well, and you have a quarter pint of the best freckle and tan lotion, and complexion whitener.

Massage this sweetly fragrant lemon lotion into the face, neck, arms and hands each day and see how freckles and blemishes bleach out and how clear, soft and rosy-white the skin becomes.

EXHIBITION VISITORS WILL FIND IT TIME WELL SPENT TO VISIT

WILLOW HALL

440 CLARENCE STREET.

where they will see an attractive display of Oriental Wares, English China and Pottery, Old Pottery and Brass, Art Novelties, etc.

Visitors Always Welcome.

Otway F. Hayden

FALL DRESSES AND GOODS OF SEASONABLE STYLES

Satin Dresses, in Misses' and Women sizes, with new shawl collar, trimmed with cording and shirring, long tunic overskirt with string sash, sleeves lace trimmed. Colors of navy blue, dark brown, mid-blue, taupe and black. Special at only **$25.00**

New Serge Dresses, Fine All-Wool Botany Serges, long tunic overskirt, with sash, fronts and skirt beautifully embroidered in floss and beads. Colors of navy blue, brown and black. Sizes 16 to 20. Only **$18.50**

New fall coats, fine Imported Velour, made with convertible collars, loose and belted styles, with fancy silk stitching on back, pockets and cuffs finished with large fancy buttons. Colors of dark brown, navy blue, taupe, grey and black. Specially priced at **$25.00** and **$28.50**

Silk dresses, in fine French Crepe Meteor, embroidered in silk floss. Skirts with rows of one-inch tucks, waist in overblouse style, with ribbon sash, neck and sleeves lace trimmed. Navy, dark brown and black. At only **$37.50**

Misses' Suits, in All-Wool Gabardine Cloth, full satin lined, trimmed with military braid, collars can be buttoned high, narrow string belt. Colors of dark brown, navy blue, taupe and black. Sizes 16 to 20. At only **$38.50**

Special sale of Georgette Crepe Waists, fronts embroidered in silk and beads, overblouse and regular long sleeve styles, with collars and round necks. Colors of flesh, rose, maize, apricot, sand, coral, navy, white and black. Worth $7.50 to $8.50. Special at **$4.95**

Serges, all-wool quality, fine weave, heavy weight; makes a rich dress or separate skirt, 42 inches wide. Shades of black, navy, brown, green. Regular $1.50. Special **$1.00**

Tricotine, all-wool, heavy weight, for ladies' suits or dresses, nice soft finish and close twill, 56 inches wide. Navy blue only. Regular $3.50. Special.... **$2.00**

300 yards Paillette Silks, good weight, that will not cut or crush, and will make a rich dress, full 36 inches wide. Shades of black, navy, copen, brown, grey, rose. Special **$1.50**

Charmeuse Satins, bright finish, heavy weight, that will give satisfaction in wear, full 40 inches wide. Shades of navy, black, brown, grey, green, capri. Special **$3.00**

ALL-WOOL MIDDY FLANNEL, 27 INCHES, IN NAVY, SAXE, SCARLET, CARDINAL AND NATURAL, SPECIALLY PRICED.

Ladies' Fall Underwear, fine quality, high neck, long sleeves, V-neck, elbow sleeve. Drawers to match **75c**

Ladies' Natural Wool Vests and Drawers, heavy weight. Special each **$1.00**

Ladies' Jersey Bloomers for fall **$1.39**

Ladies' Pink Silk Mercerized Jersey Bloomers. Each **$1.98**

White Crochet Spreads, handsome designs, large size. Special.... **$2.75**

25 White Crochet Spreads, extra large, new designs, Special.... **$3.98**

25 White Spreads, Marseilles designs, extra large size. $7.50, for **$5.00**

White Saxony Flannelette, 27-inch. Per yard **20c**

40-Inch Grey Cotton. 5 yards for **$1.00**

R. J. YOUNG & CO.

THE WOLF DOG.

Part Four.

You will remember we left the mother collie dog caught in the cruel teeth of a trap away off in the woods.

The agony of the poor beast all that night is too terrible to tell about, and it is quite a wonder that she lived until morning—but she did live, and she did fight hard to get from the trap, so that she could go to her puppy once more.

"A wolf in the trap, a wolf in the trap," cried the voice of a trapper close by, and he shouldered his gun to fire.

"Bow, wow, ooooh!" cried the collie dog as loud as she could, which wasn't very loud, for she was quite weak with suffering.

The trapper looked quite surprised, took a step forward, then cried out in dismay: "Why it's a dog—a thin, old collie."

Quickly he loosened the teeth from the front paws of the old dog, as the kind beast licked his fingers in gratitude.

As the old collie tried to put her front paws down to walk, she cried out in great pain. She could never walk on those paws like that.

"Poor old beast," said the trapper, who was a kindly man, "I'll take you to my cabin, and see what we can do to those paws. But I am afraid I will have to shoot you," and he gathered the old dog up in his arms and started off for his home in the woods.

Just about this time, the old mother wolf was wondering what to do with the collie puppy. She could not remain in the bear-cave with it, for she must rejoin her pack. But she could not leave the puppy there to starve, she thought. She waited until the puppy was sound asleep, then picked it up in her teeth and started off at full speed to the north, where her own cave was.

Poor mother collie, even if she had been able to walk, she wouldn't have found her puppy waiting for her when she returned.

TO BE CONTINUED.

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