Katherine Leslie's Chat Up-to-Date Fashion Hints Helpful Recipe Column.

# DATE OF THE WAR WAS THE WAS TH A PAGE FOR WOMEN

HOME BUSICHAT

THE ROOM, ITS HANGINGS AND CURTAINS.

This is a very good time to buy the furniture all white enamelled

curtain material, cretonnes, chintzes wood. The low, wide window was and nets. They are all selling at ridiculously low figures and the wise woman who is shopping takes a mowing more than the low, wide window was framed by a short lambrequin of Turkey red cotton, and by two straight widths hanging to the sill on each side; and cheesecloth—soft white—

ment to run through this department was hemmed and run on rods across

in the big shops. The other day I the glass. Some cushions of the Turcame across some really beautiful key red adorned the white chairs, and cretonnes selling at 14 cents which I noticed that the girl who invented

The Poet's Corner

ROCKED IN THE CRADLE OF THE

DEEP.

For thou dost mark the sparrow's fall;

In ocean's caves still safe with thee,

CHRIST IN THE UNIVERSE.

[By Alice Weyrell.]

the fact that her name was persist-

ently mentioned some months ago in

With the ambiguous earth

erucified.

But not a star of all

trusted word.

perilous-

and bliss,

Nor in our little day,

guessed.

the Bear.

Oh, be prepared, my soul!

When in our turn we show to them-

The unimaginable stars has heard

Of those earth-visiting feet

whispered, sweet,

No planet knows that this,

Our planet, carrying land and wave,

Love and life multiplied, and pain

May his devices with the heavens be

Our race have kept their Lord's en-

-Emma Willard.

And calm and peaceful is my sleep,

mine.

Rocked in the cradle of the deep,

I lay me down in peace to sleep; Secure I rest upon the wave, For thou, O Lord, hast power to save.

Cynthia Grey's Answers. Variety of Home Topics for All Feminine Readers.

"We Want Better Things Than We Used to Have," Declares Billie Burke, "Because We Have Gained in Knowledge"



[By Billie Burke.]

mothers have become necessities to we now do not dream.

A man has written me a letter ask- measuring dipper, and, last of all, the Rocked in the cradle of the deep.

wandering beyond the proper lim- same improved condition of living ob- And calm and peaceful is my sleep, its," and right here is all the trouble; tains. Not only do we all want hywer do not know where to fix the gienic food, but we want the best And calm and peaceful is my sleep.

—Emma Willard "limits." Good. We all want the best literature;
We are gaining a knowledge of what the best art; we all want the best real living means faster than we homes and clothes of which we have acquire the reality. We are not sat-knowledge. We are setting this stanisfied with the simple necessities of dard higher and higher simply belife; indeed, things which were cause each year we are learning that thought luxurious by our fathers and there are higher standards of which

The man who longs for something the past ten years and try to think of of Dr. Brydges: Outside the limits of his daily life and one thing you had then that would proceeds to get it is extravagant. He satisfy you now—certainly not the was satisfied with what he had until simple food, nor the simple clothes,

## Half an Hour

With the Cook

Readers of this page are requested to contribute recipes or neipful hints along culinary lines for publication in this ally appreciated.

For those that dine at noon nothing is more tempting for the evening meal that her lover was to marry somether the dahlia is the ease with which than a piping hot cheese dish, provid-ed, of course, one likes cheese. A cold died from the shock, the lover shot fully prepared soil or a selected sunni salad is all very well during the warm himself. His mother, too, died of spot. Anyone with a back yard may grow shorter and blinds are drawn and a maniac. hts turned on when the family draw ound the table for the supper or ea," appetites demand a savory hot Scroggs, of Los Angeles, Cal., has just

ways favorites: Cheese Souffle.

Melt three level tablespoonfuls outter, add six level tablespoonfuls of lour, and stir together until smooth. Add one and one-third cupfuls of milk cold, and stir over the fire until the half tablespoonful of salt, one-eighth writer of the following poem from teaspoonful paprika and one and one-If cupful of cheese, grated or cut ine. Continue stirring until the cheese connection with the vacant poet-laureateship, previous to the appointment His dealings have been told us; these fully the stiffly beaten whites, and The lesson and the Young Man thirty-five minutes. Serve the instant it is done, or it will fall.

Cheese Bisquit. There is one home in London where

How he administered this terrestrial This is the way they are made: None knows the secret, cherished, the one thickly with grated cheese, lay the other on top, cut into small blocks, decay the soft parts immediately cut the fingers and when the combination of the com terrible, shame-fast, frightened, prinkle lightly with cheese and bake out. n a quick oven about twenty minutes. Heart-shattering secret of his way

These should be eaten hot. Cheese Pudding. Line an earthen baking dish with hin slices of stale rye bread which has been well-buttered. Fill the dish with two cupfuls of grated cheese, two supfuls of milk, one egg and one-half level teaspoonful of salt, all of which have been mixed together, and cover the top with more bread, keeping the buttered side on top. Let stand for ten minutes and then bake in a moderate His pilgrimage to thread the Milky oven for about twenty minutes, or unti

#### TIT-BITS

The prettier the stenographer the sooner she throws up her job to get married.

"Sophie, the Scrubwoman," a New York evangelist, came to America 40 6. How long should I wear my around the base of the nail, taking resses?

The million forms of God those stars years ago to be a missionary. As she care not to break the skin, or "hang-" unroll, was poor, she scrubbed for a living, saved her earnings, then sent speakers about the country. She is still, at



"Pooh, pooh," said the daddy snail, Pair and said: with a shake of his shell.

swered the old snail. "Well, I guess "Better luck I cannot wish you, my dear children, for that is the most With that brief announcement, the wonderful honor I know for a snail to affair was settled for all time!

of wedding sermon! Fireflies added their brilliance to ever. the scene. The gnats were dressed in What did the young snails do?

everyone had gone home the old daddy

things of the burdock grove assem- snails went back into their shells and Their adopted son was provided for.

and their best. It certainly was a gala No one knows. But everybody be-

## Needy Ones Looked After By Y. W. C. T. U. Worker

Will Form Clubs For Self-Help-Visits to Shut-Ins Also Part of Mrs. Harrison's Labor of Love.

the Advertiser scribe yesterday mornng (the front stairs were wet with fresh paint) and counted herself exceedingly fortunate in having a chat help the woman make up the garwith Mrs. Harrison, the recently appointed worker of the Y. W. C. T. U., regarding her duties and plans for the oming months. The engaging of Mrs. Harrison in

society in this city, but already won-selves, and children, and incidentally derful possibilities are opening up. a couple of weeks, one may say," Mrs. the prospects and possibilities of her Harrison told the scribe, tapping a work.

had been 40 cents! Of course, these were last year's patterns, but a good design and color in these materials is always a wise purchase. There are white writing desk. She told me that also many thin materials such as the whole hangings and cushions had cheesecloth in colors for the woman cost a little over \$2! I complimented ittle note-book which she held in her who has to pinch and save, and it is her upon her restraint in using the remarkable what can be done with Turkey red, for the white prevailed a very little money in this line. Yel-low cheesecloth back curtains are most to take away the chill of an all-white prevailed in London than some of us can credit, to take away the chill of an all-white prevailed in London than some of us can credit, to take away the chill of an all-white prevailed in London than some of us can credit, the control of the co Self-Help Clubs. effective, and simply hanging from top room. A pretty red paper shade in

"Our idea in starting this work is to sill upon a brass rod, after being form of a poppy shaded the electric hemmed with a wide hem, they are bulb and gave a glow to the room at not so much to actually contribute quite charming with the light sifting night. A note of black in the frames money or clothing, although we desire through, giving a sunny effect to the of a few little etchings with wide to do that, too, when necessary, but to girls are interested in. There are many room. Of course, yellow curtains may white mats was charming. I could not help others to help themselves. We tot be used in a red or pink room, help thinking how very effectively wish to form small clubs for mothers, It is well always to remember the some women work with so little money coloring and general atmosphere of a while others who have much at their can deposit five cents or ten cents a coloring and general atmosphere of a while others who have much at their can deposit five cents or ten cents a room when buying hangings for windows or doors. I saw recently a pretty
dertake any such work as arranging
and white room when buying hangings for windows or doors. I saw recently a pretty
dertake any such work as arranging
and deposit five cents of the summer months toweek during the summer months towards the purchase of winter garwards the purchase of winter garments and bed-clothing. For it is only
fering. too true that the cold weather comes fering. to nothing. The walls were washed seen to be appreciated for its real o some of the families that I visit, to and them totally unprepared. Many a dollars from the family income, for Londoners in general, to get onto our this purpose, could manage it nicely feet before long. There are many op

naps a couple of tons of coal, and then necessities of life.

very week.

column, the desire being to make it one of mutual benefit. Original recipes, or any found to be tried and true, will be especially appreciated.

the age of 60, an enthusiastic evange- ing morsels for the rodents.

The dahila fully deserves popularity, for it is one of Four deaths and a case of insanity resulted from idle gossip in

Caring For a

weather, but when the days in autumn grief, while his father has become produce a wealth of blooms to beauti Although 86 years of age Mrs. Mary

successfully completed a round-the-Here are three or four that are al- world trip, which required five months Somebody is watching you. It is,

#### a soft brush which is kept especially not the reverse. for the purpose. At first the baby' How To Store head is washed every day, and even with an older child frequent washing is necessary to keep the scalp clean Dahlia Bulbs and free from dandruff. A little child'

Though winter seems a long way off healthy; if they seem otherwise it is fine. Continue stirring until the cheese it will not come amiss to say some-health, which should receive attention move from the fire and when cool add thing about storing the dahlias until Sometimes, however, a tendency to unthe yolks of four eggs, unbeaten, and planting time comes next year. The due dryness or oiliness is inherited and roots will not live if left in the ground constitutional. A little pure vaseline all winter, though they need not be disturbed until the frosts have killed the foliage. The roots must be lifted ness, which is sure to leave the hair carefully on a warm sunny day and thin. Apply at night, on the scalp, no allowed to dry on the ground until on the hair, put on a thin muslin cap evening, when they should either be moved into a sheltered place or well with warm water and pure castile soap There is one home in London where covered with an old blanket. Uncover in the morning. There must never cheese biscuits are so well liked the children are always begging for them. placed in the cellar in boxes, and put ness and careful brushing will be all Use the recipe for a good baking in a place where the temperature is that is required. Many small girls bowder biscuit. Divide the dough into moderately even. It should never be are sensitive about the scalp, and the wo parts. Roll it into sheets about lower than forty degrees nor rise brushing process morning and evening one-fourth inch in thickness. Cover above fifty. The roots must be watch- should be carried out with a steady They should also be guarded is used on long hair, run it through against rats as they are very tempt- the ends first, gradually extending th

## Comfort for the Automobile



A dainty little shawl of this sort, many women are carrying, an addition to the auto trip for the summer and fall evenings out of doors. Over lieves they lived happy ever after un- the head and about the shoulder it is most graceful and protects the neck where the coat or veil would not,

to buy a quarter of a ton, it would cost bought a ton at a time.

"For the clothing club we would do the same. Buy a bolt of flannelette, and

"We feel that in doing this there will be splendid opportunities for helping some of these poor souls, whose live are very gray and commonplace, this work is a new departure of the deed, to learn a little more about the Y. W. C. T. U., a comparatively young right care of the house and of them make them happier and brighter." And "I have only been at my work for Mrs. Harrison's face fairly glowed at

Would Help Girls, Too. "And does your help extend to girls

oo?" asked the scribe. "Oh, yes. I want to get acquainted with the girls who work in factorie and other places, and perhaps we can millinery, or music, or anything that

instinctively, just the one to bear th cheery word to the shut-in, and to lend

woman who cannot take three or four of friends and kindness on the part of if she would set aside a little sum portunities on all sides, and it makes the heart ache when one realizes that "Then we also have to have coal right in our midst sick ones are going dubs. Our plan would be to buy per- without almost what we consider the

Come in and let us explain to you The dahila fully deserves its long

Child's Hair

Baby's hair should be brushed with

hair and scalp should be perfectly

stroke until the whole length is

straightened out. If the hair is thick,

separately. Plait loosely in two braids

to rinse every particle of soap out of

the hair. Drying children's hair will

not take half as long if the towels are

heated. With a radiator at hand it is

simple matter to keep several tow

els warm, and by using them in rota

tion it is surprising how fast the hair

may be dried. Do not have them too

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In beautiful designs, is made

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pieces if they are

In washing the child's hair, be sure

for the night.

y the last of the summer days.

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YEAST CAKES SHOULD BE

SUFFICIENT INCENTIVE TO

THE CAREFUL HOUSEWIFE

TO GIVE THIS IMPORTANT

PLY THE NECESSARY NOUR-

E. W. GILLETT CO. LTD.

TORONTO, ONT.

ISHMENT TO THE BODY.

rections on Large Sifter-



# Don't Rely on Medicines; Don't Go Op

Freak Diet: Common Sense and An Antacid Usually All That

PHYSICIAN GIVES GOOD ADVICE.

"If you have dyspepsia, indigestion, sour omach, belching, distress after eating. neartburn or any other stomach trouble due to hyperacidity (the usual cause of stomach troubles), you should take no medicine to act upon the stomach itself. That is positively not the way to cure the trouble. Again, you should not half starve yourself by going without the nutritious food that you need to rebuild waste tissues. Some foods are not good for people even when in perfect health—very rich, sweet, highly-seasoned dishes. Avoid these, but eat fairly substantial meals of plain foods. Eat slowly. Even if you drink nothing but water, you should not drink with meals. Drink befere and after eating. Do not take pepsin or other artificial digestants. If you follow the foregoing simple instructions it is probable that you will not need any medicine at all, except, if you want to call it medicine, a little antacid after meals. The best antacid is ordinary bisurated magnesia, which can be purchased at any drug store. This is not to act upon the stomach, but on the contents of the stomach. The antacid, as you can learn by consulting your dictionary or encyclopaedia, is merely to neutralize or counteract the excess acid so the stomach can digest the food normally. Take a teaspoonful of bisurated magnesia in a little cold or hot water after each meal. You should get immediate relief, even if your case is severe. Careful, moderate eating and the use of bisurated magnesia should put your stomach in normal continuation. That is positively not the way to cure the

> COMFORT SOAP Too Well Known To Need Comment

FRY'S Nut Milk Chocolate

We are the most extravagant peo- had to go before the general knowl- Though stormy winds swept o'er the We are the most extravagant peo- had to so their menace, to be replaced brine, ple who ever have lived upon this by the most sanitary equipment. Of Or though the tempest's fiery breath earth, and the age we are living in course, this is as it should be, but it Roused me from sleep to wreck and represents the apex of expenditure, in necessarily adds to the cost of the brains, in time, in energy, in money milk; someone must pay for the time and trouble.

Look back over your lives during

nor the simple friends. You will find abide;

It has been said that the laborer you have retained only the friends The signal to a maid, the human earthen baking or souffle dish. Bake

wants the best cuts of beef; he wants who have grown with you: others his children to wear good clothes, have been left behind—they bore you. This is natural. He has gained knowl- , Because there is no limit to knowl edge—he knows what these things edge, there will be no limit to desire mean. He knows they are good. In the human heart; consequently, we insist upon having our milk extravagance is bound to grow more brought to us in bottles that are and more with the whole people, and hygienically treated and sealed be- the only disadvantage in this is when cause we have learned that death desire for the trivial outweighs the

## lurks in the filth which was accumu- power and desire to produce the real-PROBLEMS OF THE FAIR SEX SOLVED BY CYNTHIA GREY

[Currespondents are requested to make their inquiries as brief as possible, and to write on one side of the paper only. It is impossible to give replies within a stated time, as all letters have to be answered in turn. No letters can be answered privately.]

She Wears No. 13's. Dear Miss Grey: I have read your nettes for whom I can say the same. It Interesting column ever since I was just depends on the person, I think, knee-high to a grasshopper, and hope

to see my first letter to you in print 1. Do you think 4 feet 10 inches is publish directions for the manicuring very tall for a girl of 13? All my friends of the nails, and your opinion of my Or his bestowals there be manifest. 2. Is 2 pounds a gool weight for me? Writing? I am 15 years old. Yours

2. Is 2 pounds a gool weight for me:

2. Is 2 pounds a gool weight for me:

3. I have blue eyes and brown hair, very truly,

3. I have blue eyes and brown hair, very truly,

4.—1. First of all, scrub the nails hear

A million alien gospels, in what guise thoroughly with a nail-brush, using a thoroughly with a nail-brush was a small nose a little on a tilt.

school, being in the senior fourth towel, and with an orangewood stick

taking up so much of your valuable space. I remain, yours sincerely, have grown up considerably, and, if space, I remain, yours sincerely

height for you.

2. Rather light, isn't it? 2. Rather light, isn't it?

3. My dear, if you told me that your house was painted green, and that you liked porridge for breakfast, I'd have been able to judge just about as this, the back of an old suede glove this, the back of an old suede glove clearly as from your description of or a piece of chamois. A little pink yourself. Next time send me a photo- nail powder rubbed in with the buffer, graph. Then I'll pass my opinion.

5. Fairly well. Try, though to pass elaborate process, but after the nails 6. Three or four inches below the long in food shape it does not take the entrance before you are fifteen.

Kissing the Bride. Dear Miss Grey: 1. At a wedding is It customary for all the guests to kiss

the bride? 2. Do you think a blonde has a worse temper than a brunette? I hope I have not bothered you too much. I am just 10, and I am writ-

ing for my big brother. close relatives should do so; remaining

Bears as chief treasure one forsaken | sweet-temperad, and also some bru-

Rules for Manicuring. Dear Miss Grey: Will you please

I have a very large foot?

5. Am I far enough advanced in have become well softened, dry on a press back gently the scarf-skin To read the inconceivable, to scan care not to break the skin, or "hang-Thanking you in advance for my nails' will result. If you have been ne-SNOOKIE OOKUMS. so, do not try to get it back into proper place at one treatment. Rub in a little cold cream and defer further a little cold cream and defer further pressure until the following day, Now trim the nails with the manicure scis-4. Why no, you take a very small below to give you use as a polisher helps to give a dainty lustre to the nails. This may sound like a very

> long, in fact, only a few minutes each 2. Your writing is very good, indeed. It is graceful, neat and easily read.

Doctors in Paris have begun rusade against wearing veils, which you may marry our son then." they declare are perilous to health and mere receptacles for microbes.

In England, women are empowered by law to fill the positions of bled under the big leaf where the hap- never came out again. "OLD DUTCH."

A.1. Goodness, no! At least, I hope land, commissioner of sewers, a ernor of the workhouse, keeper queen, marshal, champion of Eng- py snail family lived. land commissioner of sewers, govthe prison gate, house of the dean Ruests must content themselves with and chapter of Westminster, sexton, returning officer, constable, and their learning officer, constable, and churchwarden of the poor. No woest difference, childie. I know some man, however, can be solicitor nor people who are exceedingly hold any other court position.

snail went up to the newly wedded

"Now, children, if you live peace-"Hush, my dear," continued the mo- ably with each other and are always ther snail. "A gooseberry bush is not happy I promise you that some day so bad, and I must remind you that you shall be given the chance to be everyone cannot live in a burdock leaf carried up to the old mansion, cooked in the big kitchen, put on a silver plat-"That is right. That is right," an- ter and eaten by some great nobility.

experience." A few days later all the small living After that little speech the two old

The parson frog arrived to read the There was nothing more for them to made either of soft silk or of Shetworry about. So they just slept for- land wool, is just the sort of thing that

After the ceremony was over and der the burdock leaves! [THE END.]