

Cynthia Grey and EVERY WOMAN'S Page

Billie Burke

YOU CAN IMPROVE ON NATURE

(BY BILLIE BURKE.)
THE FIRST WORD—You are not the child of nature.

Many women will remark with much complacency, "I am as nature made me," not realizing that they are NOT in any way as nature made them; their physical characteristics, their mental bent, their moral bias, being always the effect of heredity and environment and the care and thought they give themselves.

One might as well say she would never try to improve her mind because she was born with a mind, as to be perfectly satisfied with her physical attributes as nature gave them.

YOU CAN IMPROVE UPON NATURE. Dentists have demonstrated that it is not necessary to be without teeth, even if the victim has through neglect lost those useful parts of the human body.

THERE IS NO REASON WHY ONE SHOULD NOT ALWAYS BE GOOD TO LOOK AT FROM THE CRADLE TO THE GRAVE, IF ONE TAKES THE PROPER CARE OF ONESELF.

The most of us are very apt to neglect our bodies as they are such wonderful machines that the mind cannot conceive of their supreme power and beauty. We clothe them up with waste fuel, we run them without lubrication, and then wonder why our machine looks ugly and stops before the allotted three score years and ten.

WOMEN MUST REALIZE THAT BEAUTY MEANS PERFECT HEALTH AND STRIVE FIRST TO ATTAIN IT. Without a basis of health, no woman can be beautiful, no matter how absolutely classical, consequently she must first learn how to acquire health and having acquired it, how to retain it. There are also many little individual details to which one must give a great deal of attention if one would be fair to look upon.

Never be satisfied to remain as nature made you, but go on improving yourself physically, mentally and morally as long as you live.

Just one last word—YOU CAN IMPROVE UPON NATURE.

Billie Burke

The Flat-Chested Girl

(By Margaret H. Ayer.)

(Copyright, 1912.) All you pretty girls know that beauty is founded on good health, and if there's one special thing that good health depends on it is a good pair of lungs.

Girls who stoop over their books soon acquire flat shoulders and the chest gets no chance to develop properly. More and more school teachers are paying attention to this question of the proper height of the child's desk, and when there is much studying to be done at home the parents ought to see to it that the desk or table at which the work is done is of the correct height, so the child doesn't have to bend over.

The bent little pupil develops into a girl with a weak chest, and she is the one who is constantly writing me about pale cheeks, hollows under her eyes, hollow cheeks, and other so-called complexion ills which have really nothing to do with the complexion at all, but are caused by improper lung development.

Fortunately, it is never too late to learn to breathe right. Whether you are seven or seventy this is your opportunity. I know several dear old ladies who practice their daily breathing exercises as religiously as they say their prayers, and who have only learned to do so in the last few years, with great benefit to their health. The simplest breathing exercise is simply to stand erect, preferably with the back to the open window, with arms extended in front and hands clasped; loosen the hands, separate and sweep the arms backward, while inhaling a very deep breath. Now throw the arms backward as far as possible, holding the breath, swing the arms forward and exhale. Keep this up for five minutes.

Systematic Exercise. A pair of light dumbbells will help the girl with the weak chest, providing she practices with them regularly. But that is the whole trouble. If you start out to develop your lungs, you cannot make a violent effort one day and then rest for a week or two. Patient, systematic work is necessary, and it should really be continued in moderation for the rest of one's natural life, if one wishes to keep in trim.

Never do your exercises in tight clothes, and in using the dumbbells stand very straight—the chest out, shoulders back, raise the arms above the head, lower them to the shoulders, extend the arms out level with the shoulders, and swing the arms and dumbbells backward, sideways and forward. All movements of the arms with the dumbbells are good for the girl with the delicate chest, and they are

The Birthday Calendar



IF THIS IS YOUR BIRTHDAY, take special care of your health, remembering that the stomach is the way to the heart, even for disease. It will pay you to become familiar with the simple rules of diet. A quiet year is indicated, successful toward the end. Those born today will have attractive personalities and are capable of occupying position high in the estimation of many people.

DON'T BE AFRAID OF SUNLIGHT

BY A PHYSICIAN.

Sunlight is one of the best family physicians. There should be sunshine sometime in the day in every room in the house.

It is health to the mind and health to the body. It is one of the chief ingredients in the make-up of a robust child. Its cheery face and warm rays cut off the lengthening shadows of the old.

Sunlight is the best cleanser the housewife can employ. And summer is the time of all times to open wide the doors and let the sunshine in.

If you will notice the ceiling in your kitchen you will see shaggy bits of soot collected here and there. For the most part, this is grease evaporated on the stove and condensed on the wall.

With it there is some other organic matter; some harmless dirt and some bacteria. One day's accumulation is too little to be seen. But the mass increases day by day.

The cleanest of kitchen—have some whisks. The same process, in less amount, is taking place on every wall.

The condensed matter hasn't so much grease on it and so does not show plainly. But whether in kitchen or parlor,

wall dust is organic matter—capable of decaying—and germs, making it capable of decay. Lack of sunshine—cleanliness produces house odors, which though not always harmful are not pleasant.

The quick remedy for these is a good sunning. Washing can only be done at intervals. Sunning is an easy daily process.

Sunlight is the best means of keeping bedding sweet. It will take the moth out of clothes that have been stored away.

It will freshen books which have been packed away in damp places. It will make the mop stick and the dish cloth sanitary. It's one of nature's chief aids to health.

There are many ways to secure sunshine in the house. One of the best is to build the house so that the sun may shine onto and into it. Do not place the house in the center of high trees where it will be shadowed all day. Do not plant trees near the windows.

Face the house in a direction that will expose every room to some sunlight. It will be pretty safe to face it east, west or north.

If there must be dark rooms, see that the kitchen and the bedrooms are not among them.

The one is the center of the household's food supply. The other should keep fresh in spite of all the impurities given off by the body while sleeping.

The Man Who "Dangles"

(By Beatrice Fairfax.)

(Copyright, 1912.) It sometimes happens that a girl accepts a man when he proposes with the undefined and unexpressed determination not to marry him.

She wants the joy of an engagement. She wants to be adored, to be entertained, to be loved. She likes no one better than this man, but doesn't like him as much as she likes the freedom of girlhood.

Then again it happens that a girl refuses a man, but does it in such a way that he has hopes of eventually winning her.

Perhaps she intends to accept him eventually. Perhaps she thinks to keep a hold on him till she finds a man who suits her better.

Not a kind thing to say of a girl, but admitting all their sweetness and attractiveness, there are girls of whom the truth is not kind.

One can only turn to his own knowledge of women and guess.

"I have been keeping company for some time with a girl I dearly love, but she tells me she doesn't want to think of marriage. She keeps corresponding with me in the most friendly terms, and the last time I was invited to call on her I again expressed my love, but she again said she would not think of such a thing, but wanted me for a good friend."

"For some time I have persistently pushed my case, thinking that eventually I would succeed, but I am now losing hopes of winning her. I earn \$35 per week and have real estate and a house. I have no bad habits and am considered quite a looker. The house was bought from my own savings and without any outside help. The girl knows all this."

"What I don't understand is that she writes such nice letters to me professing friendship. If she really doesn't care for me at all I think it would be better to let me alone entirely."

And that is what she should do. He would then stand a better chance of forgetting her and could no longer be classed among those unhappy, tormented men who are known as "Dangles."

"Despondent" should make the girl one more refusal, and tell her when he makes it that it will be the last. If she refuses, I hope he will be a man of his word and see that it is the last. A rejection should end their acquaintance, for so long as she dangles around her, though merely as a friend, so long will that most persistent and most tenacious of all growths of love, HOPE, continue to plague him.

Under a promise of marriage means the beginning of a new life with her, let it mark the end of the old one.

Beau Brummel Up-to-Date

The Marquis of Anglesey, who is engaged to Lady Marjory Manners, is accounted the best-dressed man in England. His passion for clothes and accessories of the toilet is without limit. He has more suits than any man in London, and he is rarely seen in the same thing more than three times.

His shirts are legion and he has a perfect mania for collecting unique studs, cuff buttons and links.

This sartorial mania is a heritage from his grandfather, the Duke of Devonshire, who almost equalled Queen Elizabeth in the magnitude of his wardrobe. He had hundreds of scarves and handkerchiefs, bought fifty at a time.

The present marquis has long been the hero of a romance. He and the Princess Patricia were supposed to cherish an undying affection for each other, and to that is attributed the Princess's refusal to listen to any marriage propositions.

Under a promise of marriage means the beginning of a new life with her, let it mark the end of the old one.

There is only a few dollars difference between ennui and laziness.

Women think men have no right to have the blues; they regard elegance as strictly feminine.

The best fashion is the one which becomes a woman best.

Housefly Modern Scourge

Reasons Why We Should Swat It.

Not a terribly dangerous looking fellow, is he?—and yet, every day new reasons are advanced for waging war against the housefly. The spread of consumption, typhoid, diphtheria, infantile paralysis and other fatal diseases has in many cases been proven against this insect pest, and it is being taken by the National Council of Women and the local Board of Health to exterminate the fly in London is a wise one, and most timely. The inauguration of the campaign here, it may be mentioned, is entirely due to the efforts of that public-spirited lady, Mrs. H. A. Boomer, whose name is synonymous with all manner of good works.

A "MODERN ATILLA." The common housefly has been termed by medical scientists as "the modern Attila." Attila, the terrible King of the Huns, who reigned about 440 A.D., was, so the historians tell us, known as the scourge of God, because of his cruelties and merciless treatment of his foes, and when one reads of the destructive powers of the housefly, the appellation seems quite applicable.

Do not have any doubt about destroying every fly that crosses your path, for "on one fly as many as 6,600,000 disease-causing bacteria have been found, and in a recent experiment the average number of germs found on the bodies of each of 414 flies was 1,250,000. Every female fly that is allowed to live usually becomes, in the course of the summer, the progenitor of 8,000,000 descendants that actually survive as carriers of disease!" writes a medical man. These are unquestionable facts, and must be considered very seriously.

A FIVE MONTHS' CRUSADE. Down in Washington, D.C., this is the second year for an anti-fly campaign, which is to continue from May to October. Last year a two weeks' "swat-the-fly" contest there resulted in millions of insects being exterminated, and with its five months' crusade, Washington should be more ideal than to be entirely rid of this "scourge." The American Civic Association have secured moving pictures which are shown at picture theatres as amusements, and accompanied by short lectures on the dangers of the housefly. In some schools lantern slides are being shown, and lectures given before mothers' clubs and other bodies of a sanitary reform nature.

"DELENTA EST CARTHAGO!" We must remember that defense by fly-screens is not sufficient. The enemy must be met upon his own ground—must be sought out and destroyed. "Delemta Est Carthago," said Cato. Carthage was a menace to Rome, but it was not enough to kill a few hundred Carthaginians. They must be exterminated, wiped off the map! Cato did it. And so it is in the war against flies. We must watch the garbage can, which is one of the best breeding places. It should be provided with a perfectly close-fitting lid, and its contents removed at least twice a week. Moreover, don't be sparing with the use of disinfectant.

The offering of prizes for the person "swatting" the most flies during the ensuing month should lend a stimulus to the crusade, and it is believed that with this inroad on the fly population of London, the health of the city will be largely benefited.

Simple and Artistic



Soft charmeuse in medium gray was used in the costume shown above. The Paquin sleeves are edged with lace frills and trimmed with tiny covered buttons. A richly embroidered, showing gold and brilliant colors, hangs from the girdle and partially conceals the row of tiny covered buttons which trim the skirt.

A yoke of plain net has a frill of lace around the neck, with a lace bow at the throat. This is ornamented with tiny pearls.

Problems of the Fair Sex Solved by Cynthia Grey

(Contributors are requested to make their inquiries as brief as possible, and to write on one side of paper only. It is impossible to give replies within a stated time, as all letters have to be answered in turn as they are received.)

The G. T. Depot Again.

Cynthia Grey: To settle a dispute between two Montreux, former Londoners, who take The Advertiser, would you kindly tell us which is the front of the G. T. R. station in London?

A.—The front of the G. T. R. station in this city faces on York street.

Doesn't Lift His Hat.

Dear Miss Grey: Could you please answer the following questions for me? 1. What are the words of the refrain, "I Love to Live in Love-land With a Girl Like You," and why?

2. I have to wash my hair nearly every week on account of its being so oily. Can you tell me of anything to put in the water to help keep it soft and fluffy?

3. What do you think of my handwriting?

4. How can I tell a boy that he should lift his hat when meeting a girl without offending him?

Hoping to see these answered soon, Yours truly, XENIA.

A.—1. Space does not permit printing the verses you ask for here. You can get these songs, I am sure, at any of the local music stores.

2. This shampoo lotion gives excellent results when used for oily hair. Combine, ¼ ounce; tincture of green soap, ½ ounce; borax, ¼ ounce; alcohol, 2 ounces. Apply the mixture with a small brush to the roots of the hair, then shampoo with fingers thoroughly. Rinse well in several waters, commencing with warm, and tempering it down to almost cold.

3. It is fairly neat, but I hope, Xenia, that you don't make a habit of writing your letters with a lead-pencil.

4. The next time the omission occurs, begin talking to him about the peculiarities of his hat when you are together, and as an instance, mention the custom of a man raising his hat when meeting his woman acquaintances. If he is observant at all, he will surely take the hint.

A "Sunshine" Letter. Dear Miss Grey: Having found good suggestions in your column in the past, I now approach you with some queries which, if you can find time to answer, will be more than appreciated.

1. What would you suggest as a present for a year-old baby? The child really needs nothing, but being especially fond of the child, I like to remember him with something on his first birthday.

2. Also what would you advise me to get for a dress to wear as bridesmaid? Would cream or white and would you advise some other color to trim it or have it all white?

3. I have black hair and brown eyes. What a trouble they are any boys! What a trouble they are any boys! What a trouble they are any boys!

4. And now for those tiresome boys! What a trouble they are any boys! What a trouble they are any boys!

5. What would you like to open a bank account for the youngsters, depositing say one dollar and sending the bankbook to his parents? This gift is rather unique and would doubtless be appreciated. Or there are always new ideas in baby spoons, mugs, or fancy pins, any of which would be suitable.

6. Marquise is extremely pretty and girlish, and would look very nice. I am sure. If the bride is to be dressed in pure white, I should advise you to have a little color, say pink, since you have dark hair, for the trimming.

7. There are no printed rules regarding the frequency of a maid's visits, but the custom seems to call for two nights a week, and he really should not stay later than 10 or 10:30.

Jelly-Making

Fruit for jelly should be selected carefully, being not over-ripe, so that the pectin is at its best. It should be freshly picked and free as possible from defects. Any defective part should be removed. All acid fruit is usually preferable for jelly. Some acid fruits, however, are deficient in pectin, and thus difficult to make into jelly. This trouble may be overcome by adding fruit juice containing a large amount of pectin. The flavor will be modified, but in many cases the result is a very good jelly. Juicy fruits, such as currants, raspberries, should not be gathered after a rain on account of the large amount of moisture they have absorbed. They should, for the same reason, be washed as quickly as possible.

They may be put in the preserving kettle after washing, crushed slightly with a wooden spoon and heated slowly, while they are stirred at frequent intervals. When the fruit is hot it should be crushed thoroughly with a wooden vegetable masher. It should then be strained through a double thickness of cheesecloth placed over a wire strainer, which is over a large bowl. It should drain as long as the juice will drip and pressure should not be used. The clear juice may be used at once or may be strained through a flannel bag before using.

When the juice has been measured into a clean preserving kettle, a pint of granulated sugar should be added for every pint of juice and stirred until dissolved. When it has been put on the fire and brought to a boil, it should be drawn back and skimmed. This should be repeated twice before pouring the liquid into hot, sterilized jelly glasses. These should be put near a sunny window in a room free from dust. The glasses should be covered with cheesecloth until the jelly has set.

Large fruits, such as the apple, must be boiled in water until soft, and the liquid strained from the pulp before making the jelly. The heating of the fruit juice and sugar to the boiling point serves three purposes: to sterilize the material completely; to concentrate it to the proper consistency, and to invert, by the combined action of temperature and free acids, a large quantity of cane sugar, preventing the jelly from granulating.

Precautions to be observed in jelly making are: Do not use iron or tin utensils; the fruit acids attack these metals and give to the jelly a disagreeable product, and affect the taste; the kettle should be porcelain lined, enameled, or of aluminum. Do not cook the fruit juice and sugar too long or the pectin will lose its gelling power. Do not add too great a proportion of sugar or the jelly will crystallize. Hard boiling may also cause crystallization.

Quaint Trimmings

A feature of the newest summer frocks is the old-fashioned trimmings that recall those quaint pictures published in the "fashion plates" of nearly half a century ago.

Our mothers and grandmothers took particular delight in putting all sorts of curious stitchery on their "best dresses." Housekeeping was laid aside when the dressmaker made her semi-annual visit to their homes, for the amount of work required on a single costume occupied the time for an entire week. Although women of today have less time to spend on needlework, there are many dainty trimmings that can easily be made at home and are fascinating pick-ups—or porch work. Frills, ruffles, and quiltings require handwork.

For the popular scalloped ruffles, cut the silk on the bias, the desired width, lay it flat on the table, and having previously cut a pattern of the scallop from stiff cardboard on which a saucer or small plate has been laid to mark the curved edge, then cut scallops evenly on the taffeta.

Turn the edge back one inch and stitch on the machine, or finish with a narrow cord on the edge.

Run two draw threads through the top of the ruffle, one-half inch apart, and one inch from the edge. This is a decorative trimming.

"Rose" quilting is made of strips of silk cut on the straight of the material and having each edge planked. Double box-pleats are then laid close together, having the edge of each top pleat tucked together in the center.

"Shell" trimming is made of two-inch wide ribbon, or silk strips having hemmed edges.

Run a dark thread the length of the ribbon, forming a series of V's on the true bias. When this is drawn up two-thirds its length an attractive fluted trimming is obtained.

Striped material is trimmed effectively with cross lines of soutache braided sewed on by hand and having a series of embroidered dots between the lines of braid.

The simplest trimming for small checked or cross-bar material is a small conventional design worked out in cross stitch done in a contrasting color of silk thread. Narrow ruffles are easily made and are easily applied. Puffs are made by running a drawstring in both edges of a ruffle; a double puff has a central drawstring or a narrow cording run through the centre over which the material is drawn up one-third its length.

These are the simplest handmade trimmings for this summer gown; all are dainty, effective, and decidedly in mode.

ICED BEEF-EXTRACT. Where beef-tea is required on a hot summer day it is sometimes more acceptable to the invalid if prepared in, and in condensed form. Prepared as follows, it is quite palatable. Cut up a pound of lean, juicy sirloin steak into pieces of about two inches square. Grease a clean pan with butter and put

the steak in it and brown on both sides. Then add a little water and cook for ten minutes. Strain the liquid through a fine cloth and add a little salt and pepper. This is a most delicious and nourishing food.

Old Dutch Cleanser

Full directions and many uses on Large Sifter-Can 10

FRY'S COCOA

Its Flavor Is Delicious. Buy It.

Rubber Goods For Baby

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THE PROGRESSIVE DRUGGISTS. We close Wednesday afternoons during July and August.

Kingsmill's

You Should Attend These Sales This Week

Great Silk Sale

50c Foulard Silk ... \$1.00
50c Tamaline Silk39c
50c Louise Silk39c
75c Foulard Silk69c
\$1.40 Foulard Silk75c
\$1.40 Foulard Silk99c
\$1.25 Silk Voiles49c

Half-Price Ribbon Sale

All our Fancy Ribbons, striped, checked and fancy patterns, also some Moltre Ribbons, and Plain Ribbons.
\$1.50 yard Ribbons75c
\$1.00 yard Ribbons50c
75c yard Ribbons39c
60c yard Ribbons30c
35c yard Ribbons17½c
25c yard Ribbons15c
25c yard Ribbons10c

Wash Goods Sale

12½c yard Apron Gingham9c
12½c yard Shirtings11c
25c yard Gingham15c

Umbrella and Parasol Specials

Men's and Women's Umbrellas \$1.00
Women's Umbrellas, silver mounted ... \$2.25
All Parasols75c and \$1.67

Millinery Sale

Ladies' Hats, regular \$2.00 to \$4.00 to clear50
Children's \$1.25 Hats to clear35
Store Closes at 5 p.m. except Saturday.

Kingsmill's

DRYGOODS. CARPETS. it on a fire of red-hot coals, and as soon as ever the pan is hot toss pieces of steak in it, turning them rapidly this way and that way with a fork until seared on every side.

See that not a drop of juice is in the pan, and in a pan filled with cracked ice. The coldness of the beef essence—which you serve in a tumbler, having added the necessary salt, and with a tiny triangle of toast—does not affect its quality.

Take the pieces now, one by one, and squeeze through a wooden lemon squeezer which has been standing in boiling water into a cold bowl. Extract all the juice from the piece, and you will have the finest beef essence. Set the bowl in a pan filled with cracked ice. The coldness of the beef essence—which you serve in a tumbler, having added the necessary salt, and with a tiny triangle of toast—does not affect its quality.

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