PAGE OF INTEREST TO WOMEN

PAY VISIT TO PORT BRUCE AND LOCATE GIRLS' SUMMER CAMP

Will Open Last Saturday in June and Continue Eight Weeks.

Mrs. F. P. Betts, local girl guide commissioner, Miss Helen d'Avignon, Y. W. C. A. girls' work secretary, and Miss McCaamus, went to Port Bruce for the week-end to make arrangements for the Y. W. C. A. summer girls' camp there. They found a delightful spot right on the cliffs with a wide stretch of beech below. A fascinating little cottage, which might be rented for a central dining-room and kitchen, and surrounded with tents for sleeping quarters, was right on the spot. If everything turns out as expected, the camp will be opened the last Saturday in June and will continue in operation for six or eight weeks, according to the registration for attendance. A regular daily camp program will be carried out so that the girls will get a great amount of benefit and fun from their time there.

DON'T GET THE WRONG DESSERT

Many housewives who want Jiffy-Jell get the wrong dessert.

They expect a real-fruit flavor—a condensed fruit juice. They look for a bottle in the package and they fail to find it.

Be careful of the name. There are names which sound like Jiffy-Jell, but the products are not like it.

Jiffy-Jell is the only dessert with these fruit-juice essences in vials. The fruit is crushed then the juice is condensed and sealed in glass vials.

You get real fruit in Jiffy-Jell and the flavor is abundant. You get the delights and the healthfulness of fruit. And fruit is needed daily.

But you will not get these bottled flavors if you don't get Jiffy-Jell. Be careful.

Newest Arrivals

OF SUITS, COATS AND DRESSES, in the season's latest styles and shades, at reasonable prices. Your inspection is invited.

Justrite Ladies' Wear

254 Dundas Street. zxv Phone 2614.

Just Oranges and Pure Granulated Sugar

UPTON'S ORANGE MARMALADE

Get a Jar From Your Grocer Today.

Preserved by T. UPTON CO., LIMITED.

HOME ECONOMICS

MRS. ELIZABETH KENT, MacDONALD COLLEGE.

THE SHIRTWAIST PATTERN.

A young girl often begins her own sewing by making for herself a shirtwaist. It looks easy, but it needs study and care, to insure good fit and right lines. A girl who has found a good waist pattern for herself has a good foundation for more elaborate sewing.

I see a commercial pattern of good make and simple style, and go slowly. Study each piece of the pattern, front, back, sleeves, cuffs, neck band, and placket facing. See whether the pattern coincides in every respect with your own measurements. If not, alter it. The length of the back should be measured from the bottom of the neck-band (from the bone) to the waist. The front measure is from the hollow of the neck in front to the waistband. The under-arm measure is from the hollow of the arm to the waistband. Pin a tape around your waist, not tight, but just firm, to use as the standard for these lengths. The bust measure should be taken by another person. She should stand behind you and put the tape around the fullest part of the bust just half way between the bone at the back of the neck and the waist, keeping the tape straight across the back. This measurement is important, as it affects the fit around the shoulders. The neck measurement should be easy enough for comfort in breathing and movement. The back width is measured between the shoulders, one-quarter of the distance from the neck bone to the waist. The front width is taken two inches below the hollow of the neck. The armhole measure is taken around the arm over the bone of the shoulder. The secret of good tailoring is accuracy in measurement and cutting.

Lay your pattern down and test all these measurements. If alterations must be made pin them carefully in, and test again.

Lay your pattern down and test all your material before you cut any. Consider carefully how the stripes, or the figures run, and do not cut both sleeves for one arm, if there is a right and wrong side to your material. These are the first few steps to be kept in mind in cutting out a first shirt waist.

SOCIAL and PERSONAL

TELL IT TO THE SOCIETY EDITOR.

Mrs. (Rev.) R. J. McCormick and daughter, Miss Miriam, are the guests of Mrs. (Rev.) Godwin, 623 Maitland street.

Last night saw the initiation of several girls at the St. James' Anglican Church into a Canadian Girls in Training group and the installation of officers.

The Canadian Girls in Training group at the First Presbyterian Church are rehearsing for a play entitled "Her First-Assignment," which they intend to give on May 22.

The members of the Lord Elgin and Campbell Becher Chapters, I. O. D. E., have been spending the last few days busily decorating the Winter Garden for the big Charity Ball to be held there on Friday evening next. These decorations are exceedingly fine and the other arrangements are in accord with them, all of which, together with the fact that this will be the last big dance of the season, promises to bring out a large number of people for the event.

One of the prettiest floats of the Made-in-Canada parade yesterday afternoon was that of the Imperial Order of the Daughters of the Empire, where the order's war memorial scheme was represented by a uniformed nurse in the person of Mrs. A. C. Joseph, sitting at the bedside of a sick child, while all about her was the London Juvenile Kilty Band. The order's aspiration towards the erection of a great building, in which the sick children of the community may be cared for, was excellently carried out in this float.

A very delightful little supper party was tendered the choir of St. Andrew's Church after their service of praise on Monday night by the managers and ladies of the church. Tiny tables, prettily decorated with carnations and marguerites, had been arranged in the parlor of the church, at which the members of the choir sat down to a most dainty repast. Speeches were the order of the evening, J. S. Brown acting in the capacity of chairman, and the following men giving short addresses: J. H. Laughton, George MacDonald, A. E. Silverwood, Chas. E. Wheeler, Ed. Webster and R. H. Morrison. The guests of honor were Miss Millicent Maginley and Mr. Gladstone Brown, the artists of the evening, who added to the enjoyableness of the supper party by vocal numbers.

A pretty feature of the occasion was the presentation to Miss Esther Adams, one of the choir members, of a gold wrist watch. Miss Adams is leaving shortly for Toronto.

Their new rooms above the Grand Opera House will be the scene of a very interesting little banquet at 6:30 on Thursday night, when the members of the Lord Kitchener Nursing Division, No. 28, will meet there for reports of the year's work.

A meeting has been called at the Western University of all the university women in the city, with the purpose of organizing a University Women's Club in this city. This meeting will be held on Thursday night.

GODWIN—MAIRS.

The marriage of Dr. Douglas Godwin was solemnized in New York on April 15 to Miss Ethyl Mairs, daughter of Mr. and Mrs. James Mairs of that city. Dr. Godwin is well known in this city. He is the son of Mrs. (Rev.) Godwin, 623 Maitland street, and is a graduate of Ann Arbor Dental College. Dr. Godwin served overseas with the American expeditionary force. Mrs. Godwin went to New York for her son's wedding.

EMERY—SIMPSON.

A quiet wedding was solemnized at the home of Mr. and Mrs. John Simpson, Listowel, on April 14, when their daughter Ethel was united in marriage to Sidney M. Emery, son of Mr. and Mrs. John D. Emery of Parkhill, the ceremony being performed by the Rev. J. M. Nichol. The groom's gift to the bride was a handsome wrist watch. The happy couple left on the 2:30 train, C. P. R., for Toronto and other points, the bride travelling in navy blue suit with hat to match. On their return they will reside on the groom's farm, McGillivray Township.

Cynthia Grey's Mail-Box

Eddie Crowds In.

Dear Miss Grey,—I am a newcomer, trying to crowd in your circle, so hope I won't be in the way. I saw in the paper where Butterfly would like to correspond with someone, aged 15. Well here I am, if she will write first. I will leave my address with Miss Grey. I am sending a mite for C. H. In return I would like S. F. P. for my mother. I am willing also to correspond with any other person of my own age. Well, I will close, thanking you in advance. EDDIE.

P.S.—I am sending stamped envelope for S. F. P. Also hope I may escape the W. P. B.

Ans.—There's lots of room, Eddie. Crowd in. Thanks.

Her Second Call.

Dear Miss Grey,—This is the second time I have written to your Mail-Box. As I didn't see my other letter in print thought I would write again. I have been a silent reader of your paper for some time, and enjoy it so much that I wish to join and help make it a success. Inclosed you will find a stamped envelope, in which please send me the rules for telling fortunes on cards.

What is good for skin that chaps from the wind? Waiting a chance to help the Mail-Box, I remain, yours truly, COMICAL JAY.

Ans.—Soap is often to blame for chapped skin. Use it sparingly and apply a good face cream at night. Am forwarding information re cards.

A Matter of Choice.

Dear Miss Grey,—Is the prefix right or have I made a mistake like some more? Would you kindly answer the following questions in the Mail-Box: On which finger should a young girl, not engaged, wear her rings?

On which finger should a young man wear a ring that is a keepsake from his grandmother?

Inclosed please find a stamped letter envelope for E. M. T. Will you please address it and forward it to her. I remain. R. J. McD.

Ans.—As far as I know there are no rules and regulations, it being a matter of one's own choice. The engagement and wedding ring, however, are worn on the third finger of the left hand. Letter forwarded to E. M. T.

Didn't See Letters in Print.

Dear Miss Grey,—How do you like this nice weather? Isn't it lovely? I didn't see my last two letters in print. I was just wondering if they were eaten up by the W. P. B.? There was a stamped envelope in each, also ten cents for the S. F. P. I will correspond with Mahaska. My address is with Miss Grey, Mahaska, so you can write just as soon as you like.

Thanks, Florence, for those patterns. I am awfully sorry, but I haven't one single yoke pattern. If I ever get hold of any I will send them to you. If any Boxites have any crochet edgings I would like a few very much. If any come for me, Miss Grey, you can just slip them in one of those stamped envelopes. Be sure and write, Mahaska. Well, I guess I will get out before I am put out. Hoping this is not devoured by the W. P. B., I am, JAKALOO.

Ans.—Isn't this weather great? Listen, Jakaloo, the chances are those letters of yours are somewhere in the big pile on poor Cynthia's desk. Fact is, you can't see her for mail. However, I'm mailing pattern to you, and will forward any edgings or mail to you. Thanks.

Likes Cosy Page.

Dear Miss Grey,—I thought I would drop you a line. I never wrote to you before. I like your cosy page very much, especially the cooking recipes. I am sending a lace and insertion pattern for pillowcases. It is very easily made. Would somebody send me a daisy yoke pattern? A WEE GIRL OF 12.

P. S.—Will you please send me a daisy yoke pattern. If any comes in? I thank you.—A W. G. of 12.

Ans.—Thanks for pattern, and I'll send you the daisy yoke pattern as soon as some reader sends it to me.

A Correspondent for Slim.

Dear Miss Grey,—I saw in your page where Slim wanted to correspond with a girl 18 or 19, and I thought I would if he writes first.

I am sending song, "I Don't Know Where I'm Going," and also 10 cents for fund.

Could you tell me what day March 13, 1872, came on? I will sign myself, INO.

Ans.—I've sent "Slim" your address, so look for Mail. Thank you. Wednesday.

But Don't Tell Anybody.

Dear Miss Grey,—It is a long time since I have written to your valuable Mail-Box. I have enjoyed reading the many letters very much.

There have been many letters asking for the stocking-foot pattern lately. May I have one, too, or am I too late? I am inclosing a stamped, addressed envelope. It seems as though the feet of the stockings wear out so quickly, and it seems a waste to throw them away when the rest of them are perfectly good.

Many people have been suffering from sore throats this year, and here is a very simple remedy: Hold a good-sized slice of a strong raw onion in your mouth, letting the juice go down into the throat. We find it a splendid remedy. It also kills any germs that you may have in the mouth, and I almost believe that a raw onion eaten every day while there is influenza and grippe around will keep one well. They are splendid for colds, eaten raw.

I hope I have not taken up too much room. Thanking you in advance, I remain, HELENE.

Ans.—Say, Helene, I'll admit I like onions, too, especially with home-made bread.

Three Cheers for T. H. H. Club.

Dear Miss Grey,—We children have a club called the "T. H. H. C." When a child breaks a rule they have to put two cents in their fine box. This money is collected at the end of each month.

We wish to send you this 30 cents for the "Children's Hospital." Yours truly,

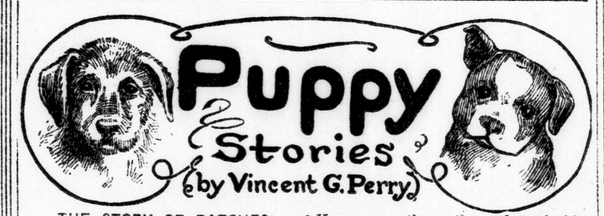
SECATARY OF H. H. C.

P. S.—I hope to see this in print at ONCE, as it may help some other child start a club.—S. of H. H. C.

Ans.—I can see 15 rules have been broken, Mr. Secatary, but as the cause is so good, will forgive every one of the fifteen lovable kiddies, and I thank you for your "big" donation, and the happy thought that prompted act. May your club prosper.

WESTERN MAY QUEEN

Miss Eva MacMaster, native of Hamilton, Ont., who is just thirteen years of age, has been chosen as May Queen-elect at New Westminster, B. C. This being jubilee year the honor is an exceptionally high one. The fiftieth celebration of the famous May Day fete takes place in the Royal City on Friday, May 7. Her father served with the 67th Western Scots in the war. The choice was made by ballot of the thousands of children in the New Westminster schools.



THE STORY OF PATCHES.
Part VII.
A Surprise for the Party.

Patches lay as still as he could, expecting every minute to be gobbled up in one gobble by one of the big bears. His friends had run away, he knew, and he was left there at the mercy of the enemies. After what seemed many minutes, a hot breath came very close to him, and a cold nose sniffed at him. Poor Patches trembled almost as much as the trembling pup Trembles. Two more hot breaths came and two more cold noses came close to him. He was sure the next minute would be his last.

One of the bears spoke: "I don't think he's dead," said he.

"I am sure he is not, or he could not shake like that," said another.

"Poor little fellow! He is terrified," said the other.

Patches could hardly believe his ears. Here were those three fierce-looking bears sympathizing with him, when he expected any minute to be eaten up by them! At last he jumped to his feet and stood facing them. What frendly-looking bears they were!

Just then up raced old Tige the Terrible. Tige had discovered that Patches had been left behind. He was ready to fight the bears, but how he could have done so is a mystery, for, you remember, he did not have a tooth in his head.

"Go away from little Patches!" ordered Tige, in his most terrible voice.

"We won't hurt him," spoke up one of the bears. "We are nice tame bears, and we like dogs."

Would wonders never cease? All the other dogs came back, and soon they were talking and chatting to the bears, as if they had been friends for life.

(To Be Continued.)

Tomorrow—"Caged Up."

TALKS ON HEALTH

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

Dr. Brady will answer all signed letters pertaining to health. Writers' names are never printed. Only inquiries of general interest are answered in this column, but all letters will be answered by mail if written in ink and a stamped, self-addressed envelope is inclosed. Requests for diagnosis or treatment of individual cases cannot be considered. Address Dr. William Brady, in care of this paper.

Breakfast Food For Long Life's Sake.

One of the many senseless customs of the grand old public in a well-known country where matters of health and hygiene are left to the judgment of Messrs. Tom, Dick and Harry who pose as authorities heaven-inspired, is eating a lot of comminuted oats or whipped wheat or contused corn for breakfast, and then turning right around, between two gasps, and bidding the waiter to bring on the toast or waffles or pancakes, as though the sole aim of life and liberty to pursue the deflated little round iron men were nothing but carbohydrate.

We begin breakfast with a little tart carbohydrate in the shape of an orange or a grapefruit. Then we take a refreshing plunge in the wash bowl which the waiter accommodatingly brings to the table, and after a brief swim we emerge and tackle a plate of shrapneled cereal.

The cereal is refined, toasted, disinfected, scrubbed and polished. The manufacturer even adds a few squirts of molasses or something to sweeten it, but we are not content with such a low form of carbohydrate, so we endeavor to worry down our cereal well sprinkled with refined sugar.

Again the waiter advances, gives the countersign and retires, and we wade into a plate of carbohydrate nominated toast in the menu.

Having tried several pieces of the toast and found them guilty, we once more beckon his nibs, and he takes the remains out and hurries back with the pancakes. These are a form of carbohydrate imported chiefly from Brazil.

All of this breakfast food would furnish considerable muscle energy if folks had any use for muscle energy. But folks haven't, so the energy is stored up in the form of superfluous flesh, slacker tissue, just fat.

Our friends, who warn us so often, and so unwarrantably, I am sure, that we should not take fruit and milk at the same meal, would get nearer to physiological truth if they should warn us instead that we should not take more than one helping of carbohydrate for breakfast.

A dish of home-cooked cereal, with milk or cream, and a wee bit of sugar on, and a cup of coffee.

Some fruit, some toast, and a cup of coffee.

Pancakes or other hot cakes, and a cup of coffee.

Toast, ham or bacon and egg, and a cup of coffee.

But for long life's sake, let us not try to take all the carbohydrates at one meal.

QUESTIONS AND ANSWERS.
Attention, Young Physiologists.

Our physiology class has raised the following questions, and would appreciate your opinion:

1. Is there a valve at the cardiac opening into the stomach closed by a muscular band? 2. Is it hygienal to sleep after eating a full meal? 3. What causes dreams? 4. What causes high blood pressure?—Student.

Ans.—1. No, there is a circular sphincter or pursestring arrangement of the muscular fibres to guard the entrance. 2. It is usually better to rest after a hearty meal, and sleep later if fatigued. However, a nap immediately after eating the ordinary meals is certainly hygienal, as you call it. (That's a good word, too.) 3. Sometimes sleeping after a very hearty meal causes awful dreams. Light sleep, excitement in the evening, lack of daily open air exercise, and indulgence in tea and coffee in the evening may cause dreams. 4. High blood pressure is caused by various diseases, by the habit of hearty eating without vigorous exercise every day, by alcohol, tobacco, chronic low grade lead poisoning.

They Still Consult the Almanac.

My baby is 14 months old, and I suppose I should begin to think of weaning him. Friends say I should wean by the almanac, but I don't understand the signs, and so . . .

Ans.—My dear woman, wean the baby now, even if they fail to publish the almanac this year. It is rarely advisable to continue breast feeding beyond the eleventh month, and the average mother should wean when the baby is 10 months old.

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D. & A. CORSETS

The money you pay for a D. & A. gives you the greatest possible amount of style, comfort and wear.

D. & A. PRACTICAL-FRONT CORSET, of pink broche, well-boned back, suitable for a medium slight figure. Price $7.00

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D. & A. CORSET, for a slight figure, low bust, elastic insets, long free hip, sizes 19 to 27. Price $3.50

D. & A. CORSET, medium bust, long hip, well boned, reinforced front, suitable for the average figure. Price $2.75

D. & A. CORSET, of good domestic coutil, embroidery trimmed, low bust, four hose supporters, size 19 to 30. Price $2.50

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15 dozen D. & A. Corsets, of pink coutil, low bust, elastic tops, four hose supporters. Special sale price $1.19

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GODDESS FRONT-LACE CORSET, of pink batiste, silk embroidery trimmed, cut away around bust, with higher front and arched back, tongue under lacing. Price $6.00

GODDESS FRONT-LACE CORSET, of strong white coutil, low bust, with wide elastic sections, tongue under lacing. Price $5.00

GODDESS FRONT-LACE CORSET, of pink figured broche, for a tall, heavy figure, strongly-boned front and back. Price $8.00

GODDESS FRONT-LACE CORSET, for a medium figure, made of good coutil, embroidery trimmed, low bust, free hip, tongue under lace. Price $3.50

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Are giving to many Canadian women the style and poise which makes them so attractive.

LA DIVA CORSETS, of pink figured broche, for medium figure, elastic section at bottom back, six hose supporters. Price $8.00

LA DIVA CORSETS, for stout figures, medium high bust, long front and back, graduated clasp, elastic insets at bottom, six hose supporters, sizes 20 to 36. Price $6.50

LA DIVA CORSETS, of pink satin, elastic top, lightly boned. Price $8.00

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CHILDREN'S WAISTS of white percale, sizes 1 to 12 years, with and without hose supporters. Price 65c

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