

NEWS OF SPECIAL INTEREST TO WOMEN

CELLO RECITAL PLEASED AUDIENCE

Leo Smith Gaining Wide Reputation as Composer and Artist.

Select, fashionable and highly appreciative was the audience which assembled in the Margaret Eaton Hall on Saturday evening for Leo Smith's violin-cello recital. Mr. Smith is gaining a wide recognition as a composer, a number of his compositions having been published in New York, and as an accomplished performer he has a sound local reputation. The program on Saturday was of great charm and high character. The first number was Brahms' Sonata for cello and piano, No. 2, in F Major (Op. 99), and the first movement sounds at once the depths of an invincible passion, which was profoundly interpreted, with strength and feeling. The adagio affettuoso is an exquisite movement, and was played with grace and sensitive understanding. The pizzicato passages were very effective. The exceedingly difficult allegro appassionato was rendered with fire and brilliance, and the whole sonata, concluding with the allegro molto, elicited enthusiasm. Miss Madeline O'Brien, who took the piano part, played with fine facility and with taste and artistic judgment. She also accompanied in the Sonata in F Major (Benedetto Marcello). This is a work of a contemporary of Handel, and it is difficult to believe that Handel did not find it was despised in the Largo, or that they were not inspired by a common theme. It was beautifully played. An allegro of charming daintiness follows, whose tripping measure stirred special applause. An attractive Haydn minuet, arranged by Fildes, the celebrated cellist colleague of Joachim, was the first number of the final suite, played with taste. There followed a waltz number, given a poetic and serenely graceful

ful rendering, while the brilliant performance of the Saint-Saens allegro appassionato secured an encore. Miss Eugenie Quehen contributed two piano solos and was heartily applauded. Miss O'Brien proved herself a true accompanist of superior accomplishment, intelligent in treatment, graceful in execution, and altogether sympathetic. Mr. Smith's recital was one of the pleasantest entertainments of the season.

A. E. S. S.



THE NURSERY

CONDUCTED BY
Elinor Murray

Breathing Space

The fact has been established beyond all dispute that a child afflicted with adenoids and enlarged tonsils, is seriously handicapped. Between the throat and the back portion of the nose, there is a cavity called the vault of the pharynx. In childhood the tissue in this locality is very apt to become larger in bulk. Instead of an open space bounded by smooth, clear walls, there is found a mass of soft, spongy tissue.

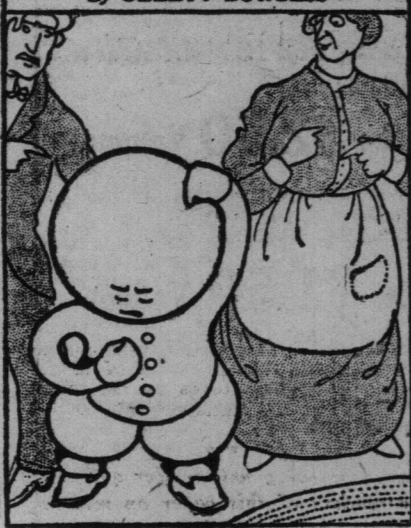
Just why this happens is not easily explained. In some cases the trouble exists from birth. Children subject to enlarged glands are the most ready victims when the trouble is acquired. In some cases adenoids and enlarged tonsils follow contagious diseases; and it may be well to say right here that it is an observed fact among medical people that contagious diseases run a more severe course with children already suffering from adenoids and enlarged tonsils.

Unhygienic surroundings, improper food, bad air, irregular hours are all important contributing causes to these diseases of obstructive tissue. Children with adenoids take cold easily, are restless at night, and are often troubled with "running ears" and deafness.

The child breathes thru the mouth when the obstruction in the air passages of the nose is not quite so great, there will be mouth-breathing only at night, snoring is a common symptom.

This habit of constantly breathing thru the mouth gives a characteristic appearance to the face. The upper lip becomes thickened, the nose appears pinched and the eyes heavy. Look at any group of children and you will recognize the type. Medical inspection in the schools is doing much to remedy the evil, for suspected cases are immediately reported to the parents and the remedy suggested. Children who are called dull or stupid are often suffering because thoughtless parents do not see that there is sufficient breathing space.

GOOPS



Alonzo Jewett
Don't scratch your head,
for that will show
That you're a Goop,
and all will know.
That's how they know
Alonzo Jewett;
And no one likes
to see him do it.
They think he's awfully
ill bred,
Or else—he ought
to wash his head!

Don't Be A Goop!

EFFICIENT HOUSEKEEPING
BY HENRIETTA D. GRAUEL
DOMESTIC SCIENCE LECTURER

Dandelion Greens

DENT-DE-LION (tooth of a lion) the French-Canadians called this hardy plant because its sharp pointed leaves were shaped like lion's teeth. Under cultivation the leaves grow more blunt at the ends and somewhat thicker. But who would have the cultivated variety when every fence corner and vacant lot holds the finer wild article?

The best time to gather this green is in the early morning. Cut off the coarse roots and wash the leaves in plenty of running water, and let stand in fresh cold water several hours to draw out the bitterness.

If you have a ham bone, simmer it in water for two hours and then cook the dandelion in the liquid; nothing else equals the flavor this gives the dish. If you use bacon, cut several slices in strips or cubes and put it to cook with the greens and plenty of water. In forty minutes drain again press out the water, season with pepper and salt in a wooden bowl until fine. very hot by placing the mixture in the oven for a moment or returning to the pan again. If the ham bone is used a pretty garnish is made by mincing. If you must have hard-boiled egg garnishing your dish of greens try pressing them thru a coarse wire sieve or put it thru a ricer, sprinkle this over the dish. It is much prettier than to have the egg sliced.

A white sauce makes a delicious dressing for dandelions and its richness covers the biting taste of this plant so that it is liked by those who eat greens in the spring for their health's sake. Prepare the dish exactly as directed above and make the sauce with a cup of cream thickened with one tablespoon of flour blended with a tablespoon of butter. When smooth put hot sauce on it; over all sprinkle the grated egg and minced ham.

I have never heard anyone say they enjoyed eating dandelion salad, yet it is often made, I know, for the reason that it comes into this department every spring with the arrival of the plants.

Dandelion Salad—Wash the tenderest leaves from a small measure of dandelions and then hang them in a wire salad basket in a draught until quite dry. This must be done or a slice of onion, as you prefer. Dip each leaf of dandelion in salad oil and place lightly in the bowl and send to table, with this the salad. If you prefer to dress the salad entirely allow about nine tablespoons of oil to four of vinegar, season with one teaspoon of salt and a half-teaspoon of white pepper.

Mixed spring salad is made with dandelion leaves, radish, shepherd's purse (sometimes called lamb's quarters) and horseradish leaves. The long, slender variety of dock is also a fine addition, but the broad, coarse leaves are poisonous; however, they do not come early as this. A very piquant flavor is given such a salad as this by a few leaves of sorrel, "our-grass," children call this. Its sharp lemon taste dominates the whole mixture.

Choose only tender leaves and dress with vinegar and oil or French salad dressing.

PARKDALE W. C. T. U. ELECTED OFFICERS.

Mrs. F. C. Ward took charge of the annual meeting of the Parkdale W. C. T. U. when the following ladies were elected for office:

President, Mrs. A. F. Hines; advisory vice-president, Mrs. Alex MacMurg; recording secretary, Miss Forks; corresponding secretary, Mrs. E. G. Smith, and treasurer, Mrs. J. O. McCarthy.

It was decided to leave over the reading of the reports until the June meeting, when a number of new members are expected to be present. It will be held in the Cowan Avenue Presbyterian Church parlors. The ladies of the Parkdale branch presented a lovely bouquet of roses to Mrs. Ward in recognition of her kindness in acting at the election meeting, and a bouquet to their popular president, Mrs. Hines, who has consented to act for another year.

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May we have the pleasure of seeing you soon?



THE GARDEN
CONDUCTED BY
RACHEL R. TODD M.D.

Campanula Pyramidalis

Garden Bluebells.

These common garden bluebells are going to be discussed today, not because their time of blooming is yet near, but because their transplanting is so very important.

Now the pyramidalis variety of bluebell is not the Canterbury variety, which latter are pure biennials. There are a number of bluebell plants cultivated in this country with various success, but the commonest type of all is the pyramidalis, so called because the plant grows upwards

five feet or thereabouts, in a more or less cone-shaped form.

Properly managed, I know of no other common perennial that is capable of giving such a profusion of bloom for such a number of months as this same campanula pyramidalis. For it is no unusual sight to see great spikes of bloom long into November. From early May till late November is indeed a period of bloom that no one should grumble about. But several points should be attended to before this end is gained.

Experience has taught me that these roots must absolutely be dug up whole, as soon as the small dark-red, dish-green two-leaves appear, and transplanting take place.

Every tiny plant should be separated from his fellows and from the common root—which is usually, according to age, a great mass of long carrot-shaped, firm, white roots—and set into the ground deeply, the earth well-firmed about the wee plants and plenty of water administered, to help the new plant to send out new roots. It does not matter in the least if the new shoots have not a sign of a root, provided it be set deeply and kept watered. In less than a week those tiny plants will send up new leaves, and inside of three weeks the great central stalk, soon to be hung with joyous gems of great blue-ye and white, to shove its way up. But water, water.

If you ever see those great masses

of carrot-like roots, you will understand the reason for constant quantities of water.

When the central flower-shoot has flowered a week or two, cut it off as far to the root as possible. Never let the flower stalk wither upon the plant. No seeding is ever needed with this perennial, because the root can never, never, be killed. Side flower-stalks will come up bearing quite as great a number of blossoms as the first stalk, a good point in any biennial.

Do not plant these bluebells near rosebushes because one small two-leaved plant set out this spring, will do dreadful things to the root of the rose. I will simply crush the very life out of the rose root. The growth is very rapid and healthy.

We, ourselves, have made a practice of taking out the white tubers every spring, replanting only the shoots, which develop tremendously. We learned this from the fact that one thick white tap-root left in the ground will send up so many plants that bloom is neither satisfactory nor desirable.

And the presence of the root is a constant bother, because of its great growth and constant demand for the moisture and food in the earth that should be used up by neighboring plants.

Well looked after, then, these bluebells are a source of pleasure and delight, but uncared for, are most undesirable plants in any garden.

GAVE ADDRESS ON ETCHING PROCESS

John Cotton and W. J. Thompson Contribute Interesting Demonstration to Art Lovers.

What constituted the last of an interesting series of art lectures and demonstrations in etching, being given in the art room at the Grange on Saturday afternoon, was contributed Saturday afternoon by Mr. John Cotton and Mr. W. J. Thompson, both noted experts in their work.

Mr. Cotton gave an instructive demonstration in preparing plates for the "aquatint" process which was invented as a method of covering a large surface with dots. The engraver first lays a spirit ground or "dust ground." The spirit ground usually used is made by covering the plate with a solution of resin or spirits. This quickly evaporates and the resin in drying granulates and the surface of the plate exposed by minute particles. The dust ground is made to adhere by applying heat to the plate, and after the ground is laid, the subject is drawn upon the plate as in straight etching. The gradations of shade are obtained by a series of acid bitings. A camelhair

brush is used for producing delicate contrasts, this process is known as "feathering." The effect is very pleasing.

Mr. Thompson's demonstrations with the use of the scraper or burnisher revealed the varied effects of dark and light gradations on his plate in the mezzotint. The plate is burnished almost smooth when a high light is wanted, but the "burr" or ground is left rough for dark effects. Plates were pulled from several aquatints and the various tone effects successfully produced were pleasing and full of life.

Mr. Cotton and Mr. Thompson both had a number of delightful studies among the large exhibit of etchings displayed.

A HUMOROUS TREAT.

The Bathurst Street and Century Ladies Aid Societies will combine in presenting a humorous portrayal of "An Old Fashioned Ladies Aid Meeting," on Tuesday evening, May 12, at the Cowan Avenue Presbyterian Church.

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