Guthia Grey and EVERY WOMAN'S Page

One of the Prettiest of the Spring Season



New French Evening Gown-of black chiffon braided and monogrammed with white, worn over white satin. The long apron front and high draped

The Daily

Oranges.

Toast.

BREAKFAST.

Codfish Cooked in Cream Sauce.

Baked Potatoes.

LUNCHEON.

Panned Oysters. Cabbage Salad.

DINNER.

Tomato Puree. Chicken Souffle.

Potatoes, Hashed in Cream.

Small Lima Beans.

Little Carmel Pudding. Coffec.

TWO RECIPES.

Macaroni and Cheese.

In a saucepan have fully three

quarts of boiling salted water. Into

this drop a half package of macaron

broken into two inch pieces, cover

antil at a fast boil, then partly un

cover and keep boiling hard until ten

der. Drain in a collander. On a hot

platter put alternate layers of the ma-

caroni and grated cheese, sprinkling

each layer with melted butter. Turn

through with two forks and serve

at once. This may be changed by

substituting a nice meat sauce or a

strained tomato sauce for the butter

Chocolate Plum Pudding.

fine cracker crumbs, which have been

soaked in two and one-half cupful

of milk, one-third of a cupiul o

molasses, a quarter of a teaspoonful

of salt, one egg, one cupful of seeded

raisins and two squares of melted

chocolate. Turn into a buttered bak-

ing dish, cover with buttered paper

and steam for four hours. Serve with

Dame Fashion

Linen blouses in champagne or

white are being beautifully decor-

ated in punched work for this season's

For spring wear with tailored suits

one-button pique or cape gloves in

coats have the upper portion made of

Transparencies are freely used for

velled effect, the chiffon or tulle tak-

ng the form of overdresses, tunics

Silken belts are of the crush order

and are usually worn high; then end

large flower. Black satin is the

of the waists are Dutch. Soft material

The Norfolk jacket for outing wear

with two of three large buttons,

cream or hard sauce.

tan or grey obtain.

raperies and scarfs.

avorite silken belt.

Add to one and one-half cupfuls of

Oatmeal.

Fashion For the Babies

Really this spring fashions for children are charming enough to lure the last dollar from the purse of the doting grandmother. Such lovely little garments there are instinct with the adorable charm that characterizes every tiny piece of apparel.

For a little belle of one year old, a white poplin coat is a lovely springtime out-of-door garment, arranged with a pointed cape, edged with Irish guipure, with a garland of white silk rosebuds and foliage upon the brim, and strings to fasten beneath the

chubby little chin. The small darling's sister of six will be very elegant, when the weather is warm enough, in her taffeta coat and bonnet to match, with a hint of velvet to make it look cosy, provided by the edging of the bonnet's brim and by the very narrow strings it is deemed smart

Plaited taffeta is employed for the bonnet, and in some cases there is a crown, ruffled with lace all round, of fine embroidery and eyelet-hoje cambric, which looks bewitching ..



No one who knows Miss Hazel Tanner would suspect her of being excessively frivolous and giddy, but spun silk, with the ribbon across the shoulder instead of the customary this is her role as Madame de Mirville, a young widow, in the comedy "Uncle and Nephew." Miss Tanner strap. is one of the most popular sophomores of the Western University, and has taken part in several of the sketches given by the literary society.

THE TRIANGLE STYLE

Have you noticed how everything in dress is dominated by the triangle? It seems to be an all-prevading notion, and all draperies and materials are coaxed into something which is three-sided. One of the most "popular forms of the tunic is a triangle, and low cut are the most popular effects in these fancy waists, although the apex placed at one side of the figure and the sides draping up to the

waist on the other side. One of the newest models for evening bodices means a triangle of material drapping on one side of the front and another triangle draping and for fancy coats to wear with etc.; all kinds of pastry, cakes (not one side of the back, the two tri- white suits is the thing. The blazer including sponge or angel cake), nuts, angles equalling, of course, a square of the material. The favorite rabat the smart wear and made in belted hot chocolate, ice creams, Bavarian is just a triangle of lace, and the tri- or half belted coats are the smartest creams, mousses and parfaits. corne hat is another triangle. of the smart things.

HAPPY AND HEALTHY ARE THE LITTLE ONES IN HOME

"THE GOSSIP" PAYS A VISIT TO PROTESTANT ORPHANS"

Nothing gives more pleasure to the | met by the Government grant, a city average man or woman than to see grant and by donations of private group of rosy, healthy children subscriptions. playing happily together. Out at the Protestant Orphans' Home, on Richmond street north, there is a most interesting houseful of "kiddles. Miss Auld the matron, and Mrs. Archer, the nurse, are kept busy looking after them, but have arranged such an excellent daily routine that the machinery of the house runs very

The establishing of the Protestant Orphans' Home is closely allied with the formation of the Woman's Chrisian Association of this city. In May 1872, the latter society was formed, and in their work the members soon discovered the need of a home for orphan children. Six months later, in November, the first shelter was opened in two adjoining houses on Ridout street, opposite the court house. At the appearance and wearing qualities this time, Mrs. Gregsten, a lady who needs no introduction to Londoners was president of the board, and the ate Mrs. Newcombe, secretary. In 1873, Mrs. Boomer became president. and Mrs. Gregsten filled the office of treasurer, which she still holds. The adies worked most energetically and succeeded in arousing the interest of many citizens, and at the econd annual meeting a large gather ng of men and women was held in the city hall at which Mayor Cronyn presided. A strong address was given by Dr. Ives, of New York, which met vith a most generous response from the public. Funds were raised to provide a larger home for the waifs, and the site upon which the present buildng stands was purchased. On Sepember 14, 1876, the corner stone was aid by Mrs. Gregsten, and in 1877 the piled neatly. building was formally opened. The iome also provided a refuge for aged

Bright and Airy. The rooms of the home are large, bright and airy, and are kept ideally lean. Downstairs the dining-room kitchen and laundry are situated. The two latter apartments are well equip. ped, and in the long dining-room stands a little organ, where hym are sung and prayers repeated after the first and last meals of the day. On the upper floors are the dormi tories, lavatories, cloak-rooms and play rooms for the boys and girls Here the writer saw them playing about, perhaps more contented that many a child in wealthy homes. After they come in from school at night they change from their school clothing into old frocks and suits, and thus

of the garments are preserved. Any mother would, I am sure, b nterested in the sewing room, where Miss McLeod looks after the mending of clothing and darning of stocking for the big "family." Every week a the wearing apparel and bed and table linen" are brought up to he from the laundry for inspection. Ar enormous pile of stockings was cr Herculean task to mend all the hole made by the dozens of restless litt toes. Another part of Miss McLeod's work is to make up dresses and suits, so that a supply may always be or hand. These are often cut from ma terial donated by friends interested in the institution. The writer was shown inside the cupboards where clothing, linen and underwear were

At Christmas time a treat is given the children, and in many ways people at that time, but several years through the year efforts are made to ater it was decided that the children brighten their lives and to atone for alone should occupy it. Expenses are the lack of home environment

Cynthia Grey's Correspondence

Peanut Candy.

Dear Miss Grey: Please give me a recipe for peanut candy.

MRS. C. C. B.

A .- Boil together three cups of sugar and one-half cup of water until it can be worked into a soft bal when dropped into cold water. Ald one teaspoonful butter and boil until it spins a thread when dropped into cold water. Pour into buttered pan

A .- Make a paste of salt and but ermilk and rub as much into the spot as the carpet will hold. Cover with a newspaper to exclude from the light and leave over night. In the morning wash the spot with warm water and ammonia. Rub as dry as possible and repeat process until the stain is entirely gone.

Hair Shampoo.

Dear Miss Grey: After I wash my hair it stays nice for two or three days and then it gets very oily. What can I do for it? It was thick, but now

enough orris root to scent it. Removing a Stain. Dear Miss Grey. 1. What will re-

good hair tonic daily with massage

consisting of warm corn meal with

Every week use the dry shampoo

nove a stain from a pale blue satin dress, which has been caused by a red dancing programme? 2. What will keep the hands from perspiring? A READER.

A .- The satin is probably a dye. and cannot be removed. Try per oxide of hydrogen. 2. Before putting on gloves dust the hands with talc in them dust them with powdered aluta

Aid to Beauty.

Dear Miss Grey: 1. What will keep the face from getting greasy? 2. What will cure pimples?

A,-1. Bathe the face every morning and night with hot water. Dip up the water in the hands, holding th ace in it until it burns. Then gradually reduce the temperature of the water until it is cold. Dry with soft towel and use good talcum powder sparingly. 2. There are many cause for pimples, and it is hard to advise



Miss Kathleen Broderick will play he part of Sophie Dorsigny, eighteen-year-old heroine in "Uncle and Nephew," being presented by the Western University students Thurslay night in the Grand Opera House. Miss Broderick is a third-year student of Western, and is a most charming. of whipcords, mohair, serge, etc., the and attractive young lady.

Food Values

material in evening dress. Chiffons, the fact that a varied diet is necesmeal, one dish of each class should be served. This list should prove helpful to anyone interested in a practical more sheer than that for towels. rosette, sash ends, a square bow or way in dietetics,

1. Foods rich in proteids-Beef, poultry, game, lamb, veal, cheese, For summer wear the necks of many kinds, peas and lentils,

he high necked waists are also very fish, as mackerel, sardines or canned Irish crochet. popular and for a tailored suit smart- salmon; mayonnaise and all boiled salad dressings; all gravies and rich sauces, as hard sauce, cream sauce, colors, sometimes quite startling, are steamed or suet puddings, cocoa and 3. Foods consisting mostly of li-

without knowing the cause. A simple A .- Give the hair a thorough sham- medicine which cools the blood is poo with egg once a month, and use good. quids-Cream soups, made largely with water or stock, clear soups roths, bouillons, tea, coffee, skim milk, whey, lemonade and all frui drinks, gelatines, water ices, frappe

and sherbets, watery fruits and vegetables, such as cucumbers, tomatoes

summer squash, apples, pears, oranges

grapes, peaches and melons.

4. Foods notable for bulk-Cucumbers, apples, corn, tomatoes, cabbage eggplant, celery, spinach and al greens; stewed fruits, as prunes and hubarb; coarse cereals, samp, coarse preads, shredded wheat, bran muffins. These foods could be further classiled into the other food groups, but as they are all bulky and foods advocated particularly for constipation, ls more convenient for general use to group them collectively.

5. Food that are largely sweetakes, frostings, candies, rich preserves, jellies, rich breads, like coffee cake, meringues, kisses, macaroon sweet sauces, glace fruits and rich cookies.

6. Foods mostly esthetic - Under dis heading we may include all highseasoned light sauces, as caper auce, vinaigrette, mint sauce, French nessing made half pickles, chili sauce, Indian relisa, Worcestershire sauce, tabasco, catsups of all kinds, horseradish, made mustard, ginger, peppermints and wintergreens. 7. Foods notable for starch-Pota-

toes, macaroni, bread, both cooked and uncooked cereals, corn bread, muffins, biscuits, crackers, bananas, cocoa, cornstarch puddings, tapioca pudding, arrowroot pudding, fritters and doughnuts that are well drained. In planning any meal it must be kept in mind that the bulky element s predominant; the starchy element secondary; the meaty or must be sufficient to act as a dissolv-

The new fabric for wash materials is seen in skirts, suits, and waists and

nuts, milk, eggs, fish, dry beans of all of laces. All the newest gowns from Paris show a charming touch of lace, 2. Food rich in fats-Ham, bacon, and even the plainest of tailor mades sausages, cream, butter, cream soups in many cases are finished with a colcontaining cream, cheese, olive oil, fat lar of heavy lace, such as macrame or

Mrs. Winslow's Soothing Syrup

Reliable Materials

Your Spring

Many have not as yet made preparations for their Spring Suits, Coats, Dresses, etc. If you are among the number you cannot do better than to inspect the materials displayed in our Dress Goods Section. Everything in this department has been chosen with a thorough knowledge of coming styles and of dependable merchandise. Whatever color or material you have set your heart on for the spring we can show you just the piece you were looking for, be it only in line with present and future styles. Also our Trimming Department is unexcelled, and has a complete assortment of all up-to-date novelties imported direct from the world's greatest style centres. Be sure and visit us this week.

Cream Serges and Hair Line Stripes For Spring and Summer Wear

We are showing a splendid range of Cream Serges, with fine smooth finish, and also the rough finished varieties. Remember, this is mainly a black and white season. Prices ranging

STYLISH HAIR-LINE STRIPES-Positively the most stylish material for summer suits or dresses. We have a very large assortment of these materials in cream and black, at

FINE FRENCH SERGES-The quality that sheds the dust and stands the wear, in all the

If you are thinking of a Tweed Suit, a material which will be as popular for summer as it has been for the last winter, you ought to see our fine showing of Smooth Finish Tweeds and Worsteds. These are a special line. Take a look at them. Prices ranging from 75¢ to \$2.00

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Luther's Robin

Martin Luther in his auto-

biography says: "I have one

preacher that I love better than

any other on earth; It is my

little tame robin who preaches

to me daily. I put his crumbs

upon my window-sill, especially

at night. He hops onto the

window-sill when he wants his

supply and takes as much as he

desires for his need. From

thence he always hops to a

little tree nearby, and lifts his

voice to God and sings his carol

of praise and gratitude, tucks

his little head under his wing,

and goes fast asleep, and leaves

tomorrow to look after tself.

He is the best preacher that I have on earth."

lar fastenings.

A Story For the Children. One day a bee was buzzing from flower to flower in a garden when a big

red rose said to him, "Do you expect to visit the white rose today?" "Yes," answered the bee; "can I do anything for you?" "I should like you to tell her I send my love to her," said the red rose.

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THE PROGRESSIVE DRUGGISTS

The Marriage of the Roses

Take it to the P., L. and O. Drug Store nearest you—then the medicine will be the best possible in every way-ingredients, compounding-

Wortley Road, cor. Craig

'Yes, indeed, I will tell her," replied the bee; "I have made a great many matches in this garden.' "Oh! I am afraid I never shall win her," said the red rose; "she is so

cold and stately looking. "Leave it to me," said the bee; "I can find the heart of any flower," So away he flew to the white rose.

"Good morning, you are very sweet," he said, as he sipped the honey. "I know of someone who thinks you the sweetest flower in the garden." The

white rose blushed a faint pink and turned her head. "Don't you care to know who it is?" buzzed the bee.
"Oh, I suppose it is that horrid Holly Hock," said the naughty little rose,

knowing quite well who it was that loved her. The bee buzzed closer and said: "The red rose sent his love," and then he flew off a little way. White rose tossed her head from side to side, trying to hide her blushes

and smiles. The bee buzzed back and said: "I'll tell him you send yours to him," and he flew away a short distance. "Oh, please come back," cried the trembling white rose. The bee flew

"I do not send such a message," she said. "My love is not so lightly "Very well, I'll tell him you do not love him," buzzed the bee, and away

"Oh, no, no," she cried, "come back, come back."
The bee flew back to her. "Well," he said, "what is it, have you changed your mind and want me to tell him you do love him?" But the white rose would not say. "If you do not want me to tell him you do not love him, then you must love him. Which is it? I have work to he head. The corners of the neck do, and this is your last chance; I shall not come back again. He loves you;

band are left open to admit the head shall I tell him you do not love him?" The silly rose hung her head. "Give him my love," she said faintly. Away and closed with buttons and loops flew the bee as fast as ever he could go. "She will change her mind if I do after putting on. The fullness is held down at the back and front with simi-

not hurry," he said. Red rose was watching for him.
"She loves you," buzzed the bee. "I told you I could find out what was in her heart.' The material is white linen with

Then we will be married," said the red rose. green bands and the flowers are ein-The wedding took place one morning when the dew was on the flowers and the sun was shining its first rays. The lilies of the valley were the oridesmaids, and a tall, stately lily was matron of honor. Jack in the Pulpit performed the ceremony, and the daintiest little rosebud was flower girl. The tiger lilies were the ushers. The morning glories were up bright and early and stayed awake longer than usual. And all the flowers had on their pret-

The bee was the first one to offer congratulations after the ceremony. The modest little violet cast a sly glance at the bride and bridegroom and sighed as she thought she very likely never would marry.

The bee buzzed around looking for another chance to make a match, for

he was a very busy bee and wanted to make everybody happy, because they gave forth more sweetness for him to make honey from. And this is the reason you see him buzzing from flower to flower-he is whispering love messages and bringing sweetness into the hearts of all the

SHOP GIRL QUEEN FOR DAY IN PARIS

Pretty Madamoiselle Parodis picturesque. There was a car of the Gloconda, with an immense reproduc-Has the French Capital at Her Feet.

Marguerite Paradies, a pretty young shop girl, has had Paris at her feet. splendid welcome, which she acknowled Clad in a white silk dress and wear-ing a golden crown and a gorgeous of 24 hours terminated with the great purple mantle trimmed with ermine, Mi-Careme ball. she made her triumphant progress through Parls as Queen of Queens enthroned in a lofty car in the centre of

the Lenten procession. All the rest of the year Mile. Paradies is at the feet of others, for she is employed in a large boot shop in the Rue Lafayette. But on this great day, chosen queen for her beauty, from among all the other queens elected by the different Paris districts and markets, she surveyed her fellow-citizens from the height of a throne. She was kissed by the prefect of police, who made her a gallant little speech; by the president of the municipal council, who gave her a beautiful brooch and took her into lunch at the Hotel de Ville; by the chief secretary of the president of the republic, who clasped | druggists everywhere. 100 Doses \$1.

a handsome bracelet on her shapely arm; and by the editors of the Paris newspapers, on whom her majesty paid the customary courtesy call. The queen was mounted on a lofty throne in a golden car drawn by six horses, and her cortege was long and tion of the famous picture towering above, an aeroplane manned apaches and surrounded by scarecrows in the uniform of Louvre attendants. The music was supplied by a dozen Paris, April 9. - For one brief day bands in every variety of costume.

The Queen of Queens received a edged by throwing kisses to the crowd.

Weak and Nervous

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In providing food for her family, third; the fats fourth; that the the housewife should not overlook sweets follow closely; that the liquid voiles and nets are in favor and a sary for nourishment. Foods may be touch gives, lastly, the necessary placed under seven different head- pronounced flavor that enlivens and ings, and for a well-proportioned gives zest to the whole repast.

> is the Turkish toweling, finer and even introduced into hats.

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