PAGE OF INTEREST TO WOMEN

Mrs. D. S. Perrin leaves this week spend the winter in California.

Mr. and Mrs. Ray Lawson leave toght for New York, where they will pend a few days.

others have promised to attend and aid to the collection for the Sick Children's Hospital. Already this chapter has handed \$750 to the hospital treasurer and hopes to make up its \$1,000 objective by the beginning of the year.

spend a few days. Mrs. Thomas Mortimer has returned to the city after two weeks' visit in Strathroy, with her sister, Mrs. H. G. Lindsay.

Miss Dorinda Abbott recently enter-ained at her studio, for her pupils. Hiss Abbott has decided to train a horus for ladies' voices this year, which will be heard before the end of

and will be at home the second Thursday of each month thereafter.

A very enjoyable supper party was held at the London Conservatory Hall last night by the Conservatory Alumnae. The tables had been arranged in the hall and were gay with the purple, carried out in flowes and decorations. A musical program and after-dinner speeches brought this most enjoyable effair to a close.

Miss Daisy Mason of Toronto, who came to the city to attend the Shaver-Nelles wedding and remained as the guest of Mrs. Kent Campbell, has been the raison d'etre for many enjoyable functions this week. Among those who entertained in her honor were Mrs. Will Falls, who entertained at luncheon on Monday, and Mrs. Fred Grant, who was a tea hostess on Tuesday.

The Seventh Regiment Chapter is promising another enjoyable bridge and tea to be held in the officers' quarters at the Armories on Saturday afternoon. There will be about twelve tables of bridge and at the tea hour, about a quarter to five o'clock, a great many

may well be called the friend of the

called the unknown friend of the aged,

for in many instances when death is

ascribed to "old age" the actual cause

of death is unrecognized pneumonia.

To say that anyone died of "old age"

Personal Health Service

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

Friend of the Aged.

decay' so distressing to himself and to the best means of insuring normal de-his friends." Yes, it might even be

A lady told me this morning that fruit

WILL QUIET NERVES, SAYS DR. CRISTION

Second Beauty Lecture Tells How To Care For Face

and Hair.

and Hair.

The second and last lecture of the celebrated Parisian beauty doctor, Felix Cristion, was delivered in the company to t On Saturday last "Woodholme," the country home of Mr. and Mrs. Ray Lawson was the scene of a truly enjoyable stag party, when the host was the small son of the Lawson household. About fifty small-boy guests shared all the delights of a paper chase through the woods, ending up with a real moving picture performance within the house. These small guests were so delighted with their wonderful party, that they are still exclaiming over the wonders of it.

and Hair.

The second and last lecture of the scelebrated Parisian beauty doctor, Dr. Felix Cristion, was delivered in the Y.M.C.A. auditorium yesterday afternoon, yielding many valuable hints as to the proper care of the face and figure.

During the lecture Dr. Cristion referred to the power of the different to the proper care of the different to the power of the different to the proper care of the different to the proper care of the second and last lecture of the second an

Y.M.C.A. auditorium yesterday afternoon, yielding many valuable hints as to the proper care of the face and figure.

During the lecture Dr. Cristion referred to the power of the different perfumes on the different moods in which people find themselves.

"If madam is disappointed or griefstricken nothing will help her so much as a little perfume of the rose."

It was delivered in the your room?"

"I—l—can't go home again, Julie.

A wave of home-stekness swept over me. I put my head down on the little table in hopeless misery.

"Anne, my dear, buck up!" Julie bent over me. all solicitude, and patted my rumpled hair. "Don't give way like ithis, Just tell me all your troubles."

This was the last thing in the world that expediency demanded.

But I was lonely, worried, anxious, all forlorn.

search, Cafelon Bast, Ost, and the search of the proposed and the proposed and the search of the proposed and the proposed

The next lesson was
the hair, which he said snow
washed with lukewarm water, castlie
washed with lukewarm water, castlie
soap and white of eggs, It should then
be dried in a warm room or out in the
sunshine, never over a hot air radiator which makes the hair brittle and
break. Borax or ammonia should never
be used in the water, as they also make
the hair split at the ends and develop
addition of the scalp. Grape
juice was suggested as a tonic for tired
feet.

A pause.

Single fy your aunt's house—
"Left your aunt's house—
"Just all these things, Julie." Great
"Just all these things, Julie."
"Oh Anne, how dreadful! But—how
foolish you have been, my dear."

I—I thought hat I was fond of him,
you see. He—you know how persuasive
he can be, Julie, when he tries?"
She nodded, her white brows wrinsked thoughtfully. Then:
"He wanted you to run away with
him? Was that it, Anne?"
"To marry me," I said. "He—he
"To marry me," I

Miss Windsor of the British Empire dred more. RED CROSS SOCIETY War Relief Fund will be in the city this afternoon and address a meeting of the Red Cross Society at three o'clock in the Western Fair Board

CHILD WELFARE ASSOCIATION At a meeting of the Child Welfare Association to be held in the Western Fair Board rooms at 4 o'clock this afternoon, Miss Bertha Smith will give a report of her investigations in New York along the line of pre-natal work and nutrition. Dr. W. J. Tillmann will also be present to report on the Dominion Child Welfare conference held recently in Ottawa.

In momical dietary is spoiled by its every lasting sameness. It may be unreasonable of people to want change, but they do, and they must have it, in diet, as in other things, if the wholesome balance of human instincts is to be maintained.

The right proportions of protein, fat. Says the medical bible (Osler's ophyllum) nor any other internal or ex-"Practice of Medicine"); "Pneumonia ternal remedy will produce such a re-sult. This is just one of the countless may well be called the friend of the aged. Taken off by it in an acute, short, not often painful illness, the old man escapes those 'cold gradations of walks and the physician's guidance are

recently in Ottawa. USING NAME OF DAY NURSERY The members of the Day Nursery Board wish the public to understand that there is someone collecting in the name of the Day Nursery, who has no

seeds are generally the cause of appendicitis. I love grapes and raisins and always svallow the seeds. Is it dangerous? (L. A.)

ANSWER—No. It is all right, rather with them towards the Orange Tree at is merely to express ignorance of the ANSWER—No. It is all right, rather with actual cause of death, for, of course, beneficial to swallow the seeds of such the the "Shriners' Circus" to attend their meeting on Monday last, These clubs are the "Nightingale Club" the "I Serve Club" and the "Harriet Boomer Chapter," During the evening several of the oranges for the tree were made. The work will be completed on Tues-

actual cause of death, for, of course, old age is never latal.

A peculiarity of pneumonia in the aged and in persons enfeebled is its latency. It is likely to set in without that preliminary chill which ordinarily marks the onset of lung fever. The cough is not so noticeable as in lung fever (pneumonia) in a vigorous or younger person. There is little or no expectoration. There is perhaps no pain complained of. Hence the unusual prostration of the patient is not suggestive of pneumonia. The family and friends merely notice that the victim seems inclined to remain in bed or chair and doze away the hours in an object of the course of the lungs. (J. J. W.)

Valvular Trouble.

I have valvular heart trouble. Should I take any exercise? One physician advised against it last year, but another says it would be helpful. (Mr. A. L. E.) ANSWER-Probably not, if he can TEA ROOM AT SHRINERS' CIRCUS Preparations are under way for the tea room which will be opened in the Valvular Trouble.

I have valvular heart trouble. Should friends merely notice that the victim seems inclined to remain in bed or chair and doze away the hours in an intimate observes the increasing physical weakness or prostration. Delirium or wandering of the mind is a common occurrence, although this, too, may be evident only to an intimate.

Only by examination of the chest can the physician recognize pneumonia in such a case. The thermometer may show some elevation of temperature, but that does not signify pneumonia. In many instances the patient "sleeps away" after a day or two of what seems only a moderate prostration and the state of the lung is never discovered.

Two preventive factors apply particularly to pneumonia in elderly subjects. I have valvular heart trouble. Should Masonic Temple on the first day of the

dollars for him, and let him have the money. And I was to bring fifteen hun-

But-"

THE MARRIAGE OF ANNE

(Copyright, 1920, by the McClure Newspaper Syndicate.)

Julie looked startled.

"He's rung off, has he? Did you tell him unpleasant news, or what?" Julie eyed me pertly. Evidently she consid-ered that she knew Fred and his little

Many an otherwise sensible and economical dietary is spoiled by its ever- est interests.

The right proportions of protein, fat, starch, and minerals must be given; their cost must be considered and ap-portioned wisely; and then a constant effort for variety must be made. It is no sinecure to feed a family, and if a woman once gets interested in the terms of her problem, she can exercise

Advertiser Patterns Owing to the pattern manufac-turers increasing the price of pat-terns to us, all patterns adver-tised from this date will be 15 CENTS EACH.



A Good Comfortable Apron Model. 3010—This style is nice for percais, lawn, gingham, chambray, drill or khaki The apron is in one piece, with added straps that cross over the back and are buttoned at the waistline.

The pattern is cut in 4 sizes: Small, 32-34; Medium, 36-38; Large, 40-42, and Extra Large, 44-46 inches bust measure, Size medium requires 31-4 yards of 36-inch material. A pattern of this illustration mailed to any address on receipt of 15 cents in silver or 1c and 2c stamps,

CAUTION; Be careful to inclose the above illustration, and send size of pattern wanted. When the pattern is bust measure, yeu need only mark 33, 44, or whatever it may be. When in waist measure, 22, 24, 26, or whatever it may be, if a ckirt, give waist and length measure. When misses' er child's pattern, write only the figure representing the age, it is not necessary to write "inches" or "years." Patterns cannot reach you in less than one week from the date of application,

all the ingenuity with which she has been endowed. She has a puzzle to solve of infinite importance to her dear-

it was stolen—"
"And Fred didn't know?"
"Fred had already gone to town, believe that it was he who stole himself. I was to meet him here

"What on earth for?" asked Julie

"Fred going to marry you? Impossible! He was to marry me!" crie



Breakfast can perhaps be about the Breakfast can perhaps be about the same each day. Still the cereals should be varied, and honey or jam replace the marmalade from time to time. Bggs can be boiled, ponched, fried, shirred, scrambled, or made into one of many kinds of omelet.

Lunch offers the alternative of a light first course followed by a nourishing pudding, or of a substantial casserole dish of left-overs with a light fruit dessert. But dinner should be something of an adventure every day. The standard meats give little chance of novelty, but the ways of cooking them, and soups.

meats give little chance of novelty, but the ways of cooking them, and soups, vegetables, and desserts are endlessly variable. A new recipe should be a sort of challenge to the woman who realizes that variety is the spice of life, and life without spice is a very dull affair, (Copyright, 1920, The Metropolitan Newspaper Service.)

Facts about your name; its history; its meaning; whence it was derived; its significance; your lucky day and lucky jewel.

Shakespeare called one of his mos charming and lovable heroines by a name which has a singularly unpleasant significance; Portla is translated from the Latin to mean "of the pigs," It comes from porcus, the Roman word for swine, and the Percii were breeders of pigs, according to the agricultural designations of the old Latin. But the

stowed,
The sapphire is Portia's talismanic
gem, It is said to attract for her
divine favor and to preserve her from
all evil, Friday is her lucky day and 2
her here to be the contract of th

25e at Druggists.

EVERY TEACHER OF PROVINCE WILL BE INTERVIEWED SOON

Federation of Women Teachers Has Its Head in London.

"These are quite big sums of money. You borrowed them?"
"Not the latter sum," I rejoined sadly. "It was my own. Liberty bonds. I converted them into cash. I had htem in a hand-bag. Fred was with me when largest membership of any teachers' I left them at home. Later, when I returned for the hand-bag, it was gone." 600, and its alm is to raise the professional and financial status of women in a hand-bag. Fred was with me when I left them at home. Later, when I returned for the hand-bag, it was gone."
"Stolen, Anne?"
"Of course it was!"
"Who on earth took it? Servants?
Burglars?" A queer light glinted in Julie's eyes. She was quite pale.
"Can't you make a good guess, Lite?" Rural Help.

The federation was the first organiza-tion to try to help the rural and smalltown teachers, and many counties which have improved conditions give a good deal of credit to the federation.
Since its organization over 5,000 articles in the teachers' interest have

Some Recipes.

Dear Miss Grey,—Well I have come to bother you. Would you kindly give me the recipe for mushroom catsup? Am inclosing a few good recipes which I have always found to be satisfactory.

LONELY ANNA BELL.

Cocoa cake—Two cups brown sugar, ½ cup butter, ½ cup cocoa, 1-2 cup hot water, 1-2 cup sour milk, 2 teaspoons vanilla, 2 cups figur, 2 teaspoons soda dissolved in a little hot water

Oatmeal Date Cake—One cup brown sugar,½ cup butter, 1½ cups sour milk, 1½ cups flour, 1½ cups sour milk, 1½ cups flour, 1½ cups oatmeal, 2 eggs, 1 teaspoon soda, 1 lb, dates chopped fine.

fine.

Good cornstarch cake—Whites of 4 eggs, 1 full cup milk, ½ cup butter, 2 cups white sugar, 1½ cups flour, 1 cap cornstarch, 2 teaspoons baking powder, Put in whites, beaten stiff, last.

Ans.—Thank you for the recipes, Anna Bell. I am sorry I cannot give you a recipe for mushroom catsup, but am told that it is made the same as tomate catsup, using mushrooms in omato catsup, using mushrooms in clace of tomatoes, but perhaps some of the Boxites could help you.

Attention, Tiger Lily.

Dear Miss Grey,—I received the garden huckleberry seeds and a nice letter from Tiger Lily, asking me to let her know if I got them. I received them the day we threshed, and being very busy I laid it away somewhere without thinking of where it was, and I lost it, so will have to thank her through the Mail-Box. I don't know how we could get along without it.

I wonder whether Billie Burke received my letter or not; I wrote to her over a month ago. Have you any seeds left in the Mail-Box? If you have, please send me some morning glories. Am

send me some morning glories. And send me some morning glories. And inclosing 15 cents. What a nice idea to inclosing 15 cents. What is the inclosing 15 cents. And the inclosing 15 cents in the inclosing 15 cents. And the inclosing 15 cents. What is nice idea to inclose 15 ce Ans.—I am glad you received the huckleberry seeds all right, Lady Belle. Thanks for the mite. I have forwarded the seeds to you. Indeed it was a splendid idea, as the fund is growing rapidly since the Boxites have been sending for them.

Wants Directions.

Dear Miss Grey,—I have been an interested reader of your page for a long time, so thought I'd like to join. If I may. I am sending in the directions for mitts. They are a little different, as they are only knitted on two needles, but they are just as good, and easier to do. Maybe someone would like to have them. I have a baby boy, and I have made him mitts from the same directions, only less stitches. Could someone give me the directions of a baby's woolen band. I'd like to knit one, I am sending a self-addressed on velope, if anyone should send them in for me. Please, may I have that wonderful S. F. P. I hope I have not taken up too much space in your valuable

derful S, F, P. I hope I have not taken up too much space in your valuable page. I will sign myself,

RETTY BROWN.

P.S.—Please find mite for S. F. P.
Ans.—Thanks for the directions, Betty
Brown, I have mailed you the S. F. P.,
and refer your request for the knitted

A Silent Reader.

Dear Miss Grey,—I have been a silent reader of your column for some time and could never gather up courage enough to write, but at last have found it, Isn't this cold weather horrible? I thought we were going to have summer all winter, but I guess not this

present. You are very welcome to the Mail-Box, Mrs. Red Pepper, but please write on one side of paper only.

Many are probably unaware of the fact the there is a splendid Federation of Women Teachers' Associations in Ontario, and that the president, Miss V. Evelyn Johnston, is a teacher in the Lorne Avenue School here.

The federation has now passed the experimental stage, and is incorporated under a provincial charter. It has the largest membership of any teachers' organization in Canada, number of the provincial charter of the provinci centre of other end B. About 1-2 inch from A draw a cross line. Cut off corners from ends across line to A and to B. Starting at A roll around a knitting needle pasting B down when it is all rolled up. Varnish with clear varnish or shellac. Made smaller than this and strung with colored beads they make nice neck chains. Shall inclose some I had left.

I wrote you in the summer and asked for directions for playing carom. Do you know if they were ever sent in? I was away for some time and missed the paper.

I was away for some time and missed the paper.

I hope A Maiden Old receives an answer to her letter as I have been wondering the same thing.

Inclosed is a dime for the hospital fund.

Ans: Thanks for the directions for making paper beads. Anyone wishing the patterns you sent in may have the same by writing to the mail box. I do not remember the directions for playing carom being sent in, so will refer your request once more to the readers. Thanks for the hospital dime.

Our Hospital Fund.

Etak.—The bonnet arrived, and already has gone on its way. Thank you very much for sending it, as there are always a great number of requests for it, which I like to fill as soon as I possibly can.

year. Doesn't time fly? To think it will soon be Christmas. Then comes the days of puzzling, getting gifts ready. Well, here's for a few questions. Have you any contests or games suitable to be played at a birthday party for about 10 or twelve people, incosed an addressed envelope to send same. I would be greatly obliged. Could some one about my own age (16) write to me? my address is with Miss Grey. Well, I guess I stayed long enough for a beginner. MRS. RED PEPPER.

Ans.—I have sent you some contests, which I trust will be suitable. I am sorry but there are no games in at present. You are very welcome to the Mail-Box, Mrs. Red Pepper, but please write on one side of paper only.

would try and drop you a line again. I wrote about four weeks ago, and mother sent 25 cents, but I never saw it in the paper, so I guess you didn't get it. but I don't know why, as I addressed it the same as I always do, but mother is going to send 15 cents this time, and I hope you will get it all right. I saw where English Buttercup wanted the song "I'm Forever Blowing Bubbles," so I have copied it for her, and hope it is the one she wants. Say, Ruby, I answered your letter some time ago, and it has been to the dead-letter office. I just received it back the other day, so, if you see this I hope you will write again and tell me what is the matter. Will close, with love to all, CRIPPLED ANNIE.

matter. Will close, with love to all, CRIPPLED ANNIE.

P.S.—I saw where Mrs. Hopeful wanted some narrow lace patterns, so I have done two for her, and I hope they are all right. You can keep them for Mail-Box use.

Ans.—Evidently your last letter never reached the Mail-Box, or I certainly would have acknowledged it. Thank you for filling the requests made by Buttercup and Mrs. Hopeful. The song and patterns have been forwarded to

Dear Cynthia,—I believe in all my excitement I nearly forgot my old friends of the Tizer, but when I tell de excitement I nearly forgot my old friends of the Tizer, but when I tell you my reason you won't blame me at all. You just can't guess what we have at our house, a wee baby girl, weighing ten pounds and she came to us on October 4th. She belongs to my sister and you should just see her. I read in your page where Jakaloo and her brother picked all their apples, but I helped to pick all their apples, but I helped to pick all the potatoes, wegetables and Macintosh apples on my sister's farm, 16 miles from home. Oh it was glorious. I enjoyed it immensely with me, I ran the car every trip we took this summer and they were numer if ife insured to be safe, as I am a fast driver on good roads, and, oh, my boy friend has a Gray-Dort. "Atta system boy; ain't it a grand and glorious feelin' when you know how ter run a car". Our Hospital Fund.

Dear Cynthia Grey,—Would you kindly send me your famous stocking-foot pattern, also your mitt pattern? I inclose an addressed envelope, also a little donation for whatever good cause the department is now interested in I. R. M.

Ans.—I have mailed you the stocking-foot pattern and have turned your mite into our fund for the Sick Children's Hospital which I am pleased to say has grown quite a bit in the month just passed and I trust that the returns this month will be equally as good.

Beta The bonnet arrived, and al-Etak.—The bonnet arrived, and aleady has gone on its way. Thank ou very much for sending it, as there re always a great number of requests or it, which I like to fill as soon as I ossibly can.

Attention, Ruby.

Dear Miss Grey.—I thought that I



-grown from tested seeds.

-on the best cultivated plantations on the mountain slopes of India and Ceylon,

-gathered at the time of maturity when the flavor is most fully developed in the leaves,

-selected with exacting care by our buyers.

Red Rose Orange Pekoe is something extra in tea.

Sold only in our new sealed cartons.



FOR the bath or shampoo, Infants-Delight is a luxurious treat. It cleanses the scalp and renders the tresses exquisitely soft and fluffy. Borated to penetrate and purify the delicate pores of the skin.

JOHN TAYLOR & CO., LIMITED

INFANTS-DELIGHT INFANTS DELIGAT

Cut Out This Ad. trial size tablet of INFANTS-DELIGHT.

Appear At Your Best-Instantly Oriental Cream

pneumonia germ) in the mouth.

Two preventive factors apply particularly to pneumonia in elderly subjects. The first is fresh air. With advancing age it becomes increasingly difficult for many individuals to keep comfortably warm without coddling, owing to a slowing down of metabolism or the combustion process of life. This must be opposed by the constitutional habit. There is nothing so good for the elderly man or woman as a daily constitutional and the weather be d——. Such a habit bolsters up the natural resistance to pneumonia and allied ills more than any other precaution. The other preventive factor is mouth hygiene. The than any other precaution. The other preventive factor is mouth hygiene. The teeth and gums should be kept in the hest possible condition by good densistry and mouth cleanliness. As an antiseptic mouthwash for daily and LITTLE MR. IMPORTANCE
Part Eight.

Rastus was all excitement for a great man was to come that day to look at him. He was a judge, too, and Rastus was all excitement for a great man was to come that day to look at him. He was a judge, too, and Rastus what he thought of the new little dog. How Rastus did tremble when his missing tress brought him out to show him so for to the man. She took him to the sawdust ring and put him through all the lessons she had taught him when he went to school. He was very nervous but he remembered to carry his feet high and to hold his head upright and to hold his head upright.

When his mistress stood him up on the blook he stood there like a little status he feit his nose, brushed his back, caught hold of his tail and looked at his teeth.

"He is a very nice little dog, very nice," the man said. "If his tail were only a shade shorter he would be awonderful dog."

"Yes, his tail is a little iong," Rastus when he looked at wind the dog run.

Poor Rastus! And there he had been thinking that he was a perfect dog, the had always found that tail trevible, some, and now it was going to be his undoing as a show dog. What could he do to have it shorter?

Mixo, the enly fox terrier in the kennel, was a ready listener to Rastus story of woe or should we say "tail" of woe.

"I used to have a siong tail ence, with the head to the hard was a ready listener to Rastus story of woe or should we say "tail" of woe.

"I used to have a long tail ence, all the dogs in the keaned I came from had their tails cut off." Mixo told him, "i don't think though the gate and the pain was, His little head their tails cut off." Mixo told him, "i don't think they know about cutting tails here, all the dogs in the keaned I came from had their tails cut off."

Ripha and the head the pain was, His little head their tails cut off."

Ripha and the have a little status to the pain was, His little head t antiseptic mouthwash for daily and habitual use there is nothing more efficient than plain soap and water, or a solution of as much boric acid as a pint of boiled water will dissolve. The aim of these precautions is to prevent the growth of the pneumococcus throughness germ) in the mouth.

OUESTIONS AND ANSWERS,
Nothing Like Faith.
My sieter, an expectant mother, has been advised to take blue cohosh tea throughout the expectancy period. She has been told that it will render child-birth easy. If that is true, please advise how much should be taken, how often, and how to prepare it. (Mrs. W. D. W.)
ANSWER—Neither blue cohosh (Caul-

designations of the old Latin. But the Hemans did not scorn that particular beast and thought nothing of bestowing its name on several other clans. Cato's daughter was called Portia or as the Italians spelled it, Porzia. Her fame brought the name into great popularity in her native land, Shake-speare took it fer his play; "Cato's daughter, Brutus' Portia."

In "The Merchant of Venice" he uses the version which he coined to name the lovely heroine who defeats the crafty Shylock and saves her lover's life, Like Juliet, Portia is beleved as an ideal of womanly beauty and her name has ceased to be regarded as a fanciful creation and now ranks with the feminine appellatives commonly bestowed.