

## DAILY PAGE FOR ADVERTISER WOMAN READERS

## Cynthia Grey's Mail-Box

[Correspondents are requested to make their inquiries as brief as possible, and to write on one side of the paper only. It is impossible to give replies within a stated time, as all letters have to be answered in turn. No letters can be answered privately.]

## Help the Fund to Grow.

I am glad to acknowledge two more contributions towards the needs of the Young Women's Christian Association: 25c from "Lily," Blenheim, Ont., and \$5 from Mrs. H. A. Boomer, who writes: "Please find enclosed my small check for the Y.W.C.A. fund. There is no organization throughout Canada which accomplishes so much definite everyday good work as the Y.W.C.A. What has been done by our own branch is well known in our midst, and should ensure for it the support and help of every citizen. The Traveling Young Women's Association is a small branch of the Y.W.C.A. affiliated with our Local Council of Women."

Should indeed be very glad to receive any more donations in amount or kind from small and great women readers throughout Western Ontario.

## How She Reads It.

Dear Miss Grey—This is my second letter to you, and I am very much interested in it. I think The Advertiser is a good paper, and I should miss it if it did not take "it." The first thing I look for in your page, then Mrs. Jiggs and the war puzzle.

1. My little sister is 14 months, and has only one tooth; how many should she have?  
2. Give a recipe for maple taffy, not too hard?  
3. How is my writing?  
4. What is the meaning of Beatrice, Lenora, Dottie, Arvilla, Earl, Bertha, Alfred, Clarence, Veda, Laura, Nita, Evelyn, Violet and Pearl?

Ans.—Glad you take an interest in Mrs. Jiggs and me, but you also read a little of the general news and editorial matter; that is quite important, too.

1. Usually a baby of this age has from eight to a dozen.  
2. My only experience with maple taffy has been simply to see the pure sap boiled until it made taffy; suppose you could make a less pure article from brown sugar, water and a little maple syrup.  
3. Beatrice, happy; Dottie, contented; Lenora, a prince; Arvilla, bright; Earl, a beautiful; Alfred, good counselor; Clarence, illustrious; Laura, crowned with laurel; Evelyn, violet; Violet, a violet; Pearl, a pearl. I don't know the meaning of the other names.

Who Were the Huns?  
Some time ago I asked you for a short account in answer to the questions "Who Were the Huns?" "Who were the Goths?" and "Who was Attila?" Unfortunately I omitted her letter, but hope she sees this reply, which I give as best I can. The question was asked, I think, because of the frequent references to the German soldiers as "Huns." The Huns were a people who, in the third century before Christ, seem to have dominated the whole of Northern Asia from the Great Mountains to the Straits of Korea; from earliest records, their acts were marked by extreme cruelty and savagery. They were unsurpassed horsemen and arch-

ers, overcoming their civilized foes, the Chinese, who even then were an industrious people, studying sciences, industries, and other arts. The famous great wall of China was erected during these years in order to check the invasions of the Huns. After a time, the galling tyranny was thrown off, and the Huns themselves became the vassals of the Chinese, or were forced to wander westward in search of new conquests. About 374 A.D. they crossed the Volga and passed into Europe, becoming finally supreme between the Danube and the Alps. The Huns invaded Persia, Syria, and threatened Italy. In 450, Attila, king of the Huns, known in history as one of the most fierce and cruel of rulers, and who termed himself the "scourge of God," declared war against the empires of the east and west. These empires included the Romans, the Visigoths and the Ostrogoths.

The Goths were descended from a Germanic race first heard of on the southern shore of the Baltic. In the second century they probably migrated south, and in the third century we find the Goths settled as far south as the Black Sea, between the Don and the Danube. They prospered until the arrival of the invading Huns, whose armies fell upon the Goths and forced them to become their subjects. The eastern portion of the Goths were known as the Ostrogoths; the western body as the Visigoths. A terrible battle was fought between Attila's great army of half a million men, the Romans, and the East and West Goths, at Chalons-sur-Marne, some miles east of Paris, in 451 A.D. In this terrible engagement Attila's power was broken. He himself died suddenly in 453, after plundering and devastating several cities in North Italy. For several centuries the Huns continued to figure in European history, but finally became absorbed in other races.

## Learned Millinery.

Dear Miss Grey—I have read your page in The London Advertiser for about a year, and have been very interested in it.

1. I saw a piece in your page saying cocoa butter was good to put on wrinkles in your neck. Do you think so, or could you suggest something else, and also the way to apply it?  
2. I am 18 years old, and went to the collegiate for three years, stayed at home for two years, and also learned millinery, going one year to it. Do you think as you would like to try and get a position? I am staying home just now. I still wear my hair down my back in a curl, and my dresses one full length above my shoes. Do you think I am no more than 16. Do you think if I wore my hair up and wore my dresses longer, I could get a position in a milliner's store? So many people think I look too young to work in a millinery store.

2. Yes, you might try doing the hair up to some extent. As for your local millinery establishments for an opening; should think that if you had taken the full apprenticeship course at the time you began, you would have more chance of securing a place. Does it not take several seasons to learn all the "kinks" in millinery?  
3. Not bread—Three cups of flour, 2 teaspoons baking powder, 1/2-cup granulated sugar, 1/2-teaspoon salt, 1/2-cup shortening, 1-cup milk, 1-cup milk, cup chopped walnuts; mix all well, turn into a loaf tin, let stand 20 minutes, then bake rather slowly for an hour or so.

4. Yes.  
From Evangeline.

Dear Miss Grey—This is the first time I have written to you, although I read with interest your helpful column. Would you kindly answer the following questions for me?  
1. Will the wide soft girdles be worn this year; also tan shoes?  
2. Please give me a good recipe for a white layer cake.  
3. Is it lawful for a Catholic to marry a Protestant?  
4. What are the meanings of the following names: Isabel, Roy, Irene, Milton, Philip, Elizabeth?

Ans.—1. The wide girdle will be worn to some extent, especially with light dresses, one-piece wooden dresses, and silks; with blouses and separate skirts, high waist line effects do away with the need of a girdle, or with normal waisted lines, the tall "vest-like" girdles are worn. Tan shoes, while not likely to be as popular as formerly, will have a more vogue.  
2. One cup butter, two cups sugar, one cup milk, three and half cup flour, whites of three eggs, one teaspoon cream of tartar, half teaspoon salt, 1/2-cup granulated sugar, 1/2-cup milk, cup chopped walnuts; mix all well, turn into a loaf tin, let stand 20 minutes, then bake rather slowly for an hour or so.

3. Yes.  
4. Isabel, consecrated; Roy, a friend; Irene, peace; Philip, a lover of horses; Elizabeth, whorshipper of God, or consecrated.

## Mixed Fruit Pudding.

Peel and core enough tart apples to fill a deep baking pan. Fill them in snugly, and fill in the holes left by the cores with seedless raisins and bits of shredded citron and lemon peel. Dust with sugar. Pour over them half a cupful of water and bake in a slow oven until perfectly tender. Remove from the oven, sprinkle lightly with bread crumbs, dust with sugar, and bake ten minutes longer. Serve with the following sauce: Beat together in a stewpan one tablespoonful of flour and one-half cupful of sugar. Pour over this a cup of boiling water and bring to a boil. Remove from the fire and pour in slowly over one egg well beaten. Flavor with a dash of lemon. Pour over the baked fruit and serve immediately.

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VERY CHARMING.

A negligee made on slender and graceful lines, of rose-colored crepe and rose-colored marabout trimming. A cape-like affair hangs loosely from the shoulders.

## THE KEEP-WELL COLUMN.

KEEP CLOSE WATCH ON CHILD'S TEETH; CARE NOW AVOIDS SUFFERING LATER

TEETH. Poor teeth will not masticate food properly.



Poor teeth result in poor digestion—their use is the first step in the entire digestive tract. No child whose teeth are not equal, fitted to perform the function required of them can be normally healthy since so much depends upon proper digestion and the assimilation of good food.

Clean teeth are secured only by the regular use of proper dental and dental hygiene. Teeth should be scrubbed regularly and carefully.

Watch for the slightest signs of decay. When your teeth chip—see a dentist. Have a child's teeth minutely examined twice a year. Have them cleaned by a dentist every three months. In after years a good set of teeth will bless the grown man or woman.

False teeth makers thrive on those who neglect their teeth in youth. It has been said that sweets—too.

MOTHERS ENJOY IRISH EVENING

Fine St. Patrick Program Given at Victoria School.

A meeting of more than usual interest was held last evening by the Mothers' Club of Victoria School. It took the form of a St. Patrick's concert the room being decorated with Irish flags and bunting. The prettily decorated tables from which the ladies served refreshments elicited much admiration from all present.

The following took part in the program: Piano solo, Master Keritser recitation, Miss Metcalfe and Mrs. Westland; song, Miss McMillan. Mr. Quants gave a very interesting paper on "Music in the Home," and Mr. Wilkie, of the Industrial School, gave a talk on "Art." Short addresses followed by School Trustees Strong and Rowe. A very pleasant evening was brought to a close by singing "God save the King."

The secret of the quality in "SAL-ADA" packets is in the immensity of the sales. The more people who buy "SALADA," the smaller becomes the necessary profit per pound, and consequently, the greater value it is possible to give you for your money. With the bulk tea merchant the temptation is to make a greater profit at your expense by supplying an inferior tea.

I. O. D. E. MEMBERS TO EQUIP SIX BEDS

At a meeting of Lord Roberts Chapter, Imperial Order Daughters of the Empire, held yesterday afternoon, a letter was read by the regent, Mrs. Ernest Smith, from Dr. Donald Armour, of the Queen Mary Hospital, Shorecliffe, England, where the wounded Canadians are cared for. The letter stated that they were finding it impossible to accommodate the great number entering the hospital at present, and that it had become necessary to enlarge the hospital and equip a hundred extra beds. An urgent appeal was made in the letter for individuals to equip beds at \$25, the same to be memorials if desired. Upon the reading of this communication, six members intimated their desire to equip that number of beds "in memoriam." The ladies who will each give \$25 to

## Old Songs and Poems

The following very timely old poem is sent us by T. Sampson, of London:

THE UNION JACK.  
Yonder waves old England's banner,  
Still recalling bygone days,  
As it waved o'er famous Creedy  
And the Battle of Polton.  
Since the days of royal Alfred  
It has humbled haughty foes,  
Faced a thousand threatening dangers,  
Dealt ten thousand mortal blows,  
Still the ship that has hoisted  
Can through any ocean track  
Give a shout for British freedom!  
Raise aloft the Union Jack!

Mark its course upon the ocean,  
Trace its path from land to land,  
Ever guided in its mission  
By a providential hand.  
Over stormy oceans waited,  
Where huge icebergs rock and roll,  
And the briny waves in fury  
Dash around each stormy pole;  
And away in tropic climates,  
Where our heroes bravely fought,  
Whist above them floats sublimely  
England's ancient Union Jack.

Raise aloft the royal standard,  
Let it greet the passing breeze,  
Still it braves the ocean's billows,  
Stands seaward on the sea,  
As it waved above our Nelson,  
England's gallant, matchless tar,  
At the Nile's terrific combat,  
And immortal Trafalgar.  
To the mast he nailed his colors,  
Signalled them for close attack,  
List a peal of British thunder  
He displayed the Union Jack!

Wolfe displayed old England's colors  
On the Plains of Abraham,  
Where in war's impassioned combat  
He encountered brave Montcalm;  
But ere the din of battle ended  
Both the gallant heroes fell,  
Loud above the roar of battle  
Rose the Highland soldiers' yell.  
By a charge of British bayonets  
Then the foe was driven back,  
And the day was one of glory  
To old England's Union Jack!

Gallant Brock its folds expanded  
On the field of Queenston Heights—  
Well he did his duty:  
Fighting Britain's foe to flight;  
But ere he reached the frowning summit  
Did the gallant hero fall,  
For his bright career was ended  
By the hands of the enemy.  
But his comrades, roused to vengeance,  
Like a tempest swept the track,  
And that day was one of glory  
To the ancient Union Jack.

Should the warcry then be sounded  
O'er Canadian soil again,  
We will guard the sacred precincts  
Where our Wolfe and Brock were slain.  
Were our Empire's flag insulted,  
We a British word would lead,  
Then Canadians will follow,  
And will emulate their deeds,  
Dare to fight for British freedom—  
Then the foe will be driven back,  
To disgrace old England's standard  
Or desert the Union Jack.

And brave Scotia's sons are ready,  
For their place is in the van,  
To repel the fiercest invasion.  
As they did at Inkerman.  
And the loyal men of Erin  
Round the cross of red and blue,  
Round the battle flag will rally,  
And fight for old Scotland,  
England, Scotland and brave Erin  
Have in warfare ne'er been slack,  
And now Canada is with them  
To defend the Union Jack!

Lives there still one British subject  
Who'd refuse his life, his all,  
In defence of Britain's flag?  
Who'd rejoice in Britain's fall?  
If there be, then curse the traitor!  
Pass him by in dark disdain!  
Let him hear while life is left him  
On his brow a mark like Cain!  
Let him die a hated coward!  
Bury him by midnight black—  
He deserves no home, no country!  
Who'd desert the Union Jack?

PRIZES FOR BEST PATRIOTIC ESSAYS

Women's Can. Club Will Again Give Empire Day Trophies—Executive Meeting Held.

At a meeting of the executive committee of the Women's Canadian Club held yesterday morning, it was decided to again offer prizes for best essays on patriotic subjects to pupils in the eighth grades of the public schools. A committee was appointed to interview Inspector Edwards regarding the subject. The essays will be read, and prizes presented at the Empire Day exercises, May 22. It is probable that the prizes this year will be copies of King Albert's book. The announcement was made that Professor Heermans, of Woodstock College, would address the club on Saturday afternoon at 3:30, his address being "Prussian Militarism."

A resolution of appreciation was passed unanimously regarding the action of the Duchess of Connaught in supplying the Canadian soldiers at the front with a quantity of maple sugar.

In regard to Belgian relief work which has been so successfully undertaken by this club during the past few months, the treasurer, Mrs. Edwards, read two letters received from Hector Prudhomme, honorary treasurer of the Canadian Belgian Relief Committee, and also from Mr. E. Curran, consul for Belgium at Halifax; the first is as follows:

"Dear Madam: We are in receipt of your letter of March 3, with copy of bill of lading attested by the consular seal, which you shipped on March 6, as a donation from the Canadian Club of foodstuffs for the Belgians assigned to Col. Curran, at Halifax. We are exceedingly grateful for this further contribution from the Canadian Club, and we are indeed pleased to hear of the generosity of the kind people who, when informed that you intended sending us a carload of goods for the Belgians immediately responded to the call. Will you please be so good as to thank each of the kind contributors very kindly in our name."

"Regarding the receipt of the donations by the Belgians, we are pleased to be able to inform you that the four steamer loads which have been sent to Europe have reached their destination, and contents have been distributed among the Belgians in Belgium. The Germans not only have kept faith, but they have assisted in the distribution. We enclose under separate cover one of our recent reports, which will give

## Kingsmills Drygoods : Carpets

Opening : Displays :

SPRING MILLINERY COSTUMES AND SILKS TODAY, FRIDAY AND SATURDAY

We welcome you to this particularly attractive showing of Imported Novelties in ultra fashionable styles and shades. An authentic assemblage of the styles in vogue at the fashion centres of France, Britain and America.

The Store Famous for Gloves, Hosiery, Silks and Dress Goods.

Kingsmills IF IT'S NEW IT'S HERE IF IT'S HERE IT'S NEW

you full information regarding this matter.

"Yours faithfully," "H. PRUDHOMME."

Ladies Commended.

Col. Curran writes: "Dear Madam—I have the honor to acknowledge the receipt of your valued favor of the 5th inst. enclosing a bill of lading covering a very excellent assortment of food and clothing to be shipped from this port for the relief of the Belgian women and children, and I am quite sure that these efforts will be very fully appreciated."

"The Halifax Relief Committee has not yet been able to ship the cargo now here ready, but I have no doubt but that the goods on ship No. 6097 shall read Halifax in good time to go forward by the next steamer. I hope to be able to advise you of the shipment in a very short time."

"Yours very truly," "A. E. CURRAN."

The carload in question was the fourth shipped for Belgian relief under the auspices of the Women's Canadian Club of London, contributions for it having been received from many parts of Western Ontario. It was valued at over \$2,000.

The executive committee hope to bring Dr. Sarnole, the celebrated Belgian speaker, here very shortly to address the donors. Mrs. Donald McLean, acting president, presided over the meeting yesterday.

WHO WAS CINDERELLA?  
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LEARN TO BASTE; IT'S THE FIRST LESSON IN SEWING.

[BY CAROLINE COE.] Basting is the first lesson in sewing; it's the first stitch taught in the sewing classes. Experienced sewers do not need to baste, but for the beginner it is the only way to make the sewing satisfactory.

In even basting the stitches are about the same length and do not draw either piece of goods. If the pieces to be basted are large, place materials on a table to keep them even. If small they may be basted over the fingers.

Have You Götter? Consult me. No charges for consultation. Druggists holding in its successful forms.

DR. W. ROLLINS 238 DUNDAS STREET.

To Remove Blackheads Sprinkle a little Po Theoline (procureable at any drug store) on a hot, wet sponge, and rub briskly over the face. Then rinse and note how the blackheads have disappeared. Anyone troubled with these unsightly blemishes should certainly try this method.

How To Make the Quickest, Simplest Cough Remedy

Much Better Than the Ready-Made Kind, and You Save \$2—Fully Guaranteed.

This home-made cough syrup is now used in more homes than any other cough remedy. Its promptness, ease and certainty in conquering distressing coughs, chest and throat colds is really remarkable. You can actually feel it take hold. A day's use will usually overcome the ordinary cough—relieves even whooping cough quickly. Splendid, too, for bronchitis, spasmodic croup, bronchial asthma and winter coughs. Get from any druggist 2½ ounces of Pinex 50 cents (worth), pour it into a 16-ounce bottle and add the bottle of plain granulated sugar syrup. This gives you, at a cost of only 54 cents, 16 ounces of better cough syrup than you could buy for \$2.50. Takes but a few minutes to prepare. Full directions with Pinex. Tastes good and never clogs.

You will be pleasantly surprised to note how quickly it loosens dry, hoarse or tight coughs, and heals the inflamed membranes in a painful cough. It also stops the formation of phlegm in the throat and bronchial tubes, thus ending the persistent louse cough. Pinex is a most valuable concentrated compound of genuine Norway pine extract, rich in quinine, which is so healing to the membranes. To avoid disappointment, be sure and ask your druggist for "2½ ounces Pinex," and don't accept anything else. A guarantee of absolute satisfaction or money promptly refunded, if this preparation. The Pinex Co., Toronto, Ont.

"Sweetheart" BAKING POWDER Pure and Good 10c, 15c and 20c TINS. IXL MADE IN CANADA.

MRS. WISENEIGHBOR Says: "I should have told you the other day when we were speaking of EDDY'S WASHBOARDS that it is quite as necessary to have an indurated Fibreware Tub in which to wash the clothes if you want to make a success of washday."

MRS. NEWLYWED Says: "I've often heard of EDDY'S FIBREWARE PAILS AND TUBS. What's the difference between Fibre and Woodenware? EDDY'S PAILS AND TUBS Are made from Compressed Fibre, baked at extreme heat, all in one solid piece. Cannot warp or fall apart. No chance of splinters. Wears longer. Looks better, and are very light to handle. The latter point should always be a matter of consideration when buying kitchen utensils," concludes Mrs. Wiseneighbor.

LAUNDRY ALL PARTICULAR MEN AND WOMEN PATRONIZE. THE PARLIAN FOR GOOD LAUNDRY WORK, GUARANTEED PRESSING AND CLEANING. PHONES 558, 559.

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From the Backyard Make Every Foot of Your Backyard Pay! How are you going to do it? By planting it to vegetables—every inch of it! If the war keeps on, food is going to be scarce and high-priced. Make the backyard produce your share at the cost of a little labor and common sense. You don't know how to do it? Well, read The Daily London Advertiser and learn. Watch for the two-minute-a-day course in backyard gardening starting soon in

The Daily Advertiser to the Table. I hereby subscribe the sum of..... for the work of the Red Cross Society.....for the work of the Canadian War Contingent Association. NAME..... ADDRESS.....

Subscribers are asked to indicate with an X the channel through which they wish their gifts to go. The Red Cross donations go towards providing comforts for the sick and wounded. The work of the C. W. C. A. is to send warm garments for the men in action. Will you not help? Clip, fill out, and mail with your donation, to treasurer of either society, Hyman Hall, London.