

The World's Appetiser

is used on the dining tables of the British and Canadian Houses of Parliament.



The household science class display of Talbot Street School is holding an in the kindergarten room, and any parents or friends interested are invited to attend.

that can be had in its most exquisite form in a log hut in a backwoods, or as Stevenson says, in "a frame house

The Kind You Have Always Bought has borne the signature of Chas. H. Fletcher, and has been made under his personal supervision for over 30 years. Allow no one to deceive you in this. Counterfeits, Imitations and "Just-as-good" are but experiments, and endanger the health of Children—Experience against Experiment.

What is CASTORIA

Castoria is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrups. It contains neither Opium, Morphine nor other Narcotic substance. It destroys Worms and allays Feverishness. For more than thirty years it has been in constant use for the relief of Constipation, Flatulency, Wind Colic, all Teething Troubles and Diarrhoea. It regulates the Stomach and Bowels, assimilates the Food, giving healthy and natural sleep. The Children's Panacea—The Mother's Friend.

In Use For Over 30 Years

Heart Culture Finest Education ---Religion and Arts Also Should Be Included

Mrs. Knox Black in Charming Address Advocates Love, Religion and Study of "the Best."

That education in the highest sense—sweating in its newness on a Western cultural education—means, first of all, prairie."
"Cultural education, like most of the cultural education—means, first of an culture of the heart, true religion, a love of the beautiful in the fine arts, and a study of nature, was the theme of a most charming and inspiring address given before members of the Women's Canadian Club in the Normal Women's Canadian Club in the Normal School yesterday, by Mrs. Agnes Knox make of them and the value we set upon them that defines our position in regard to cultural education. Mrs. Donald McLean, the president, stated the pleasure of the club in having Mrs. Knox Black address the members, and also how proud the women or in having traveled. I have met people present were to know that the speaker who have spent much time in Europe and visited the Oriental world, yet their

a spiritual value is of no value. A great a spiritual value is of no value. A great many of the themes which are submitted for examination, and from which students get a high degree, are just so much wasted effort in the great scheme of education.

I am. I must speak to all people, in all countries, under all circumstances, and in all ways, with the same absolute realization that they are just as good as I am. You may call it denotracy.

"Cultural education means training the whole mind, body and soul of the man or woman. But it means more than that. Many people connect the term "cultural" with what is known as the exhibit of its work, sewing and cooking, this, Thursday, afternoon and evening is to bring students to a realizaing, from 4 to 6 o'clock and from 8 tion that sweetness and refinement—to 10 o'clock. The display will be shown what we call real culture, is a thing

op, it does not matter a bit if I leave Children Cry for Fletcher's

> o learn what they can of the fine arts beautiful painting, music and liter-It is a time to get away from frivolous things during this awful war fight between the God-spirit and the earth-spirit—an Armageddon. Of all

the-hour, and study the world's masters more. Milton's "Paradise Lost" and Shakespeare's plays were especially mentioned. "If you cannot read "Paralise Lost'-find it too tedious-then you are in bad shape. You are a mental dyspeptic." A closer study of nature's peauties was also emphasized by the speaker as a necessary step to the fin-

cultural education, Mrs. Black explained how she endeavored in her teaching to develop the imagination of her stud-She believed it was necessary to help them to a realization of the merging of this life into eternity. A study of symbolic writings helped greatly in this. To illustrate, Mrs. Black read, in her own inimitable way, a prose poem entitled "The Garden,' by May Preston

His ghost said at its level best, quality of Salada Tea can never vary. Twenty-three years ago it was deter mined that, come what may, the quality of this famous tea must never fluctuate with market conditions. Now A great big crowd at Lunder's Lane. I had to go there in the rain; that the markets have risen beyond all records, the company, in order to support this rule is bound to advance the I same and modern the grain. price of Salada to the consumer, but it s still the finest tea procurable.

If the fly paper has been turned up-side down-don't despair—rub the sticky spot with kerosene.

rowth are said to be helpful to be delegated in a sol to be delegated in growth are said to be delegated in growth are said to be delegated in growth and the said the said

Cynthia Grey's Mail-Box

Cigarette Flags on Hand.
"Genevieve Le Clare" has not yet
sent me her address for the cigarette
flags which "Soldler's Wire" mailed us some time ago. Would "Gene-vieve" let me know her address so may forward her the flags?

"Bill's" Scrap Book.
Friend Cynthia.—You have been such patient encyclopedia for The Advertiser readers you surely deserve a medal. I think everyone appreciates the page, and the good hints. I am making a scrap book of all the recipes and various household hints. It may prove very useful some day.

Am sending the song "Middlesex Reader" asked for, but am sorry I did not see her first request.

Poor "Star!" I missed her letter. but can judge the contents by the re-

plies. Her hopes are great, as are those of the rest of us "young hopefuls." May these poor abused married women profit by one another's woes! You did not get your husbands to tell us their disappointments. No doubt some of you had good reasons. There are always two sides to the story, and the men need lots of sympathy! Best wishes for a happy summer, Miss Grey. Sincerely, BILL.

Miss Grey. Sincerely, BILL.

Ans.—Well, "Bill," judging by the latter part of your letter, one might indeed deem you a man, yet if you are why in the name of all that's feminine, are you keeping a scrap book of household hints? Thanks for sending the song anyway. I am sure that "Middlesex Reader" will be very pleased, as she was so anxious to get it. —Same to you, "Bill."

The June bride may be the centre of the picture on her wedding day but Perhaps it Was a Man.

Dear Miss Grey,—This is my first
visit to your department, so I will the maids of honor and the matron of honor "lend enchantment to the view" try and be brief. I saw several hints with their pretty gowns and picturesque about ants in your column, but as I hats—and these gowns for the bride's did not have any then I did not pay much attention to it. Would it be too attendants are receiving as much atmuch trouble to publish some again? I am very much interested in the I saw a stunning gown the other day designed by Mme. Marguerite of the questions and answers you get and give. I hope they soon get "Star That Guides" settled. Who knows, perhaps Fashion Art League of America—and it's to be worn at one of the late June it was a man wrote that just to get eddings. Orchid satin is used in the women going, and won't he be laughing up his sleeve if it was, for its development, and it's trimmed with crystals, a crystal decoration outlining they certainly have picked it to pieces. I wish there would be more hints about the tunic which is shorter in the front than in the back. The waist is crysbread-making from some of those wotal-trimmed, and crystals trim the little men instead of so much clash about their husbands. Koping I have not taken up too much space. May I come again when I get a new pen?
BUSY HOUSEWIFE.

into everything. I tried three or four different things, but did not do any good. At last I took camphor gum and broke it up in small pieces and put it all around on the shelves, and on the floor, any place where they were. I did that one day, and the next

day they had all disappeared, and they have never come back."

Another method which I know to be effective is this: "Remove all food from the shelves for a time and scald them thoroughly with het water containing a teaspoon of carbolic to every quart of water. When the shelves are dry place a saucer containing carbolic and water inside the cupboard. The ants will not bother you much more for a while at least. If you can find where they gain entrance to the house t might be well to place a saucer of the carbolic and water there, or else a sponge well saturated. If, as you suggest, more hints about

preadmaking are sent in, I shall be nost glad to publish. Yes, by all means, or even before if ou need some help sooner!

Betty's Buffalo Moths. Dear Miss Grey,—Hoping this finds you fully recovered to health again. I. am sure all the readers of your column say the same, for they surely have ed your help so kindly given and so freely in our interests. I am coming

1. Can you or any of your readers tell

POSITION IS EVERYTHING.

as a great deal more to do with health

life, so far as general health is con-

cerned, is apt to prove pretty much a burden.

me how to get permanently rid of the buffalo moth? In taking up my spare-

than most people realize. Stand cor-

rectly and you are

in a fair way to

Stand Correctly and Breathe Deeply

## 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 letter can be answered privately.]

bedroom carpet I found them around the edges, and had riddled the carpet where it was turned under badly. I have tried

to can pineapple alone, also pineapple and rhubarb together?

Will close with a recipe or two—one is for caramel pie and is delicious, and

Ans.—Thank you, Betty Carr, for your

kind remarks; they are appreciated, I

assure you.

1. No doubt readers will be glad to

carpet itself in order to kill any eggs.

One housewife went all around the

edges of her carpet pressing with a hot

2. It is pretty difficult to obtain a plump

raised was most effective.

'beauty" doctor.

the other graham gems.

BETTY CARR.

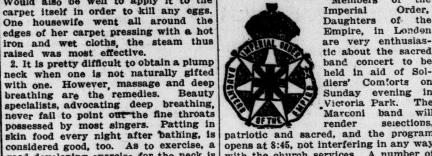
several things to get rid of them, but still find them there.

2. My neck seems so scraggy and thin and such a hollow in front. Can you tell me what to do to fill it out, and so look THE ONLY WELL KNOWN MEDIUM PRICED BAKING POWDER MADE IN CANADA THAT DOES NOT CON-3. Can you give me a good recipe how TAIN ALUM AND WHICH HAS ALL ITS INGREDIENTS

PLAINLY STATED ON THE LABEL. E.W.GILLETT COMPANY LIMITED

TORONTO, ONT. MONTREAL WINNIPEG

appear. June, July and August are considered the worst time for this moth. O. D. E. Working Hard to Make I Success-Field Kitchen Committee Would advise you to keep the carpet up for a month, and to daily apply gaso-line around the edges of the floor, and Appointed-Four and a Half Tone of Jam Sent Overseas. in any crevices under the baseboard. Would also be well to apply it to the



held in aid of Soldiers' Comforts on Sunday evening in Victoria Park. Marconi band will skin food every night after bathing, is patriotic and sacred, and the program considered good, too. As to exercise, a opens at 8:45, not interfering in any way good developing exercise for the neck is with the church services. A number of to let the head lie back as far as pos- ladies present reported that their hussible on the shouledrs, then roll slowly bands would act as gatekeepers for from one shoulder to the other. Some the occasion. The acting regent, Mrs. day soon I shall print a list of massage Whitwam, and the regents of the pri-

barb ready and cut into tiny pieces, add this to the pineapple, boil a few minutes longer, then seal into jars. The prospective prospectit

be as desired. Four pounds of rhubarb to one good-sized pine is an average To can pineapple alone, follow same Your nice recipes, Betty Carr, appear

elsewhere on this page. DAUGHTERS OF THE EMPIRE. Daughters of the Empire, arise! arise! Your country now is looking unto you To arouse with words of inspiration, Husbands, sons, and brothers of our

portions of pineapple and rhubarb may

nation. Be they high or lowly in their station. To go forth with brave hearts to "dare and do!"

CHORUS-Daughters of the Empire, arise! arise! show the world that we are patriots, too. our cry: Daughters of the Empire, arise! arise

The Empire needs the help that you Cheer on our gallant boys in khaki clad,

To die, if need be, or for her to live! Daughters of the Empire, arise! arise! God is our leader, unto Him we pray, To guard our King, and guide our Empire dear,

And through the strife of nations safely again to you to answer some more ques-tions for me, hoping to see them in print into the port of peace, with naught to And hearts attuned to greet "the

# contribute help for destroying these pests. Benzine and gasoline are considered the most effective means, I think, and persevering vigilance is necessary to destroy young moths as they appear. June, July and August are constant.

Members of the



directions given by a very famous mary chapters formed a committee to complete arrangements. The members 3.-Pineapple and Rhubarb: Cut the feel that in view of the tremendous pineapple into thick slices, remove husk and eyes, and cut into small pieces.

Place in kettle over night with half a tions large and small will be gladly bowlful of granulated sugar to one of received, it is an opportunity for citizens fruit. In the morning place over the to lend aid. All the money taken at fire to boil until clear; have the rhu- the gates will be devoted for the pur-

An idea of the great need existing since the terrible battle of Langemarck is apparent from the following excerpt BUSY HOUSEWIFE.

Ans.—Very giad you turned to the Mail Box for help, and hope you may get rid of the ants. A reader wrote us some time ago as follows:

"About six years ago my pantry and kitchen were just alive with those kitchen were just alive with those heach ants. They would get in the stand overnight, and cook for ten or fifteen minutes before pour-larged from a letter received in London from a member of the staff of No. 3 Stationary Hospital stationed at Moore until clear, in plain water (without having it stand overnight), then make a boiling syrup, add the fruit, and cook for ten or fifteen minutes before pour-larged from a letter received in London from a member of the staff of No. 3 Stationary Hospital stationed at Moore Barracks, Shorncliffe camp: "We came here May 4th, and since that time we have been worked night and day preparing the permanent barracks here paring the permanent barracks here for the reception of patients who started arriving May 7th, before we were half ready. on hand and more coming daily, but, though we have rooms for 1,000, are running out of beds, blankets and pillows. The supplies we brought from the London I. O. D. E. are splendid and have helped wonderfully.

surgical supplies were especially ap-Field Kitchen Not Decided. In regard to the field kitchen for the 33rd Battalion, a subject which was broached at a meeting of the Lord

Robert's Chapter on Monday, Mrs. Whit-With banner raised on high, this be wam read a letter received from Col. Wigle in which he spoke enthusiastically of the kitchen which had been sup-Daughters of the Empire, arise! arise! plied to the 18th Battalion. It was most convenient and adaptable, he Saves Money in Every Home. can give;
Uphold her honor and the British flag,
Stand up for her, through good report

of Mrs. Burke, seconded by Mrs. Hunt, it was decided that a committee be formed to interview the commanding

officer of the 33rd today to ascertain of a kitchen and of its being accept able to the battalion. The following were appointed: Acting Regent Mrs. Whitwam, Mrs. T. H. Smallman, Mrs. W. A. McCrimmon, Mrs. Ernest Smith and the secretary.

Four and a Half Tons of Jam. The "jam shower" convener's report was given, showing a splendid result of four and a half tons, or 9,000 pounds, of jam, marmalade, jelly and plum cake sent overseas last week. Eleven collars in cash remains in the fund after and You Will Avoid Many Ills and also to all who had so

renerously contributed.

Miss Priddis, president of the Abigail

Dry generously contributed. from getting their full volume of fresh Becker Club, appealed to the members The position in which a person stands air. The abdomen is too prominent and to take up the work of sending dried the organs in the pelvic cavity are cramped and been sent last fall, she reported, by the Abigail Becker Club, and if the thrown out of kil- I. O. D. E. would take the matter up, splendid results should be insured. As ter. Because the this was a special meeting of the order, spine is doubled however, no action could be taken. At over it cannot supof the Lord Roberts Chapter, Mrs. Alexport the back as it should.

of the Lord Roberts Chapter State of the Lord Charlie Hune and Mrs. Frank McCor-

> Members of the Sir John Carling Chapter are hoping for a fine afterlejection the permust feel.
>
> forts will be held on the grounds of Dr. and Mrs. Robinson, at the asylum. how erect the sing- be sold by members of the chapter, ers stand, and how and tennis tournaments are being areasily and graceful. ranged for. Members of the order in This is because as London and any interested in patriotic

work are invited to attend. The work that the Princess Patricia Chapter has been doing for Stationary Hospital No. 3 will be displayed in the window of Strong's Drug Store on Fri-day and should form a most interesting by a member of the chapter from an officer of the stationary hospital pre-senting the needs there, special efforts will be made to gather a large num-

Anything which makes religion a second object, makes religion no object.

vast s of pass with outside things. True greatness, which all may have, is a possession lace. for ever.



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LONDON ADVERTISER COOK-BOOK

Recipes Supplied by Cynthia Grey's Caramel Pie.-One cup brown sugar, outter size of egg, set on stove and dissolve, cup hot water with tablespoon

vanilla and yolks of two eggs: mix with

first part and cook till it thickens; fill the shell and beat up whites on the top and brown. Graham Gems.-Two cups Graham flour one cun white flour, one egg, two spoons rich cream, one oup buttermilk, pinch salt, two teaspoons baking powder, half teaspoon soda. Drop by tea-

WONT



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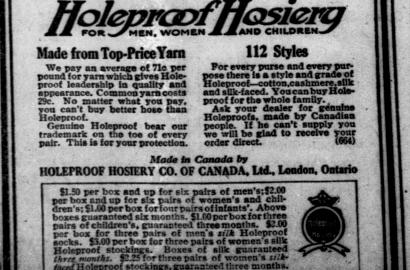
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-"and we'll have no

darning for 6 months

**MATRON OF HONOR NOT** TO BE OUTSHONE BY BRIDE

as the bridal gown itself.

OLD SONGS

(Sent by "Bill.")

—Allow me to move a vote of thanks.
Way down beside old Brandy Creek;

They walked about, a dreary set,
And stood upon the banks;
And then it rained and all got wet,

-Allow me to move a vote of thanks.

Then pass the thanks along this way;

They've stood the wear and tear,

One day the Scott act came in for

So now they've built the waterworl

And put in water tanks.

-Allow me to move a vote of thanks.

-Allow me to move a vote of thanks.

Allow me to move a vote of thanks.

Another time that same man said:

"Allow me to move a vote of thanks."

-Allow me to move a vote of thanks

And played them all my pranks;

"Allow me to move a vote of thanks.

Repeat words "Allow me to move

vote of thanks" after each of the first

To lengthen the life of your rubbers

rub them, when first purchased, with vaseline, sweet oil or lard, and let it

once was asked to entertain.

And all I got for that trip

Of many hundred years, they say,

And none the worse for wear.

Once there was held a big picnic,

I did not go to that picnic, And all who went returned hor

and POEMS

was a Canadian.

Mrs. Black's subject was "Imagination in Cultural Education." First of all however, she said, it was necessary to know what the term "cultural education" signified. The whole trend of cation" signified. The whole trend of the heart—that exquisite power of sympathy that makes itself felt in all the outton of the cation of the cations of life. There are cation" signified. The whole trend of education within the past 25 years has been toward specialization, or what is called research work, the speaker stated.

"Mr. Black is constantly fighting against this element in education. He believes that all education that has not a spiritual value is of no value. A great realization of life. There are people—good people—good people—scellent people—good people who would bore me to death if I had to live with them. There are people whom I would bore to death. We need an exquisite realization that that man, or that woman has his or her place in life the outward relations of life. There are people—good people—good people—good people—stream to death if I had to live with them. There are people—good people excellent people—good people to would bore me to death. We need an exquisite realization that that man, or that woman has his or her place in life to the people—good people excellent people—good people excellent people—good people to would bore me to death if I had to live with them. There are people whom I would bore to death. We need an exquisite realization that that man, or that woman has his or her place in life to the people—good people excellent people—good people—go

> But it is the basis of cultural education Religion Greatest Thing. "Now, having formed your basis, what follows? People must be religious to have culture. So many people have got away from that. And we must remember that going to church is not Carlyle struck it when he said "A man's religion is the greatest thing about him," but religion isn't reciting creeds or attending services; it is his life. If I take money from a sweat-

million to a church. The day will come when that sort of thing will be laid bare." Many people of the present time loved to dabble with Oriental beliefs and strange philosophies, but Mrs. tal-trimmed, and Black urged that for the highest, a tab at the back. Then I believe everybody should try

the arts, perhaps music expresses best the longings and feeling of the human heart, but literature has the widest appeal of all." Mrs. Black urged the

As to the place of the imagination in The Kind You Have Always Bought

The anti-Scotts don't like such quirks, Mrs. Black was tendered quite an ovation at the close of her address, the Once on a time a man once said: appreciation of the club being expressed capably by Mrs. McLean. The members present then adjourned upstairs for tea, where many availed themselves of That man went crazy in the he the opportunity to meet Mrs. Black.

They say when he was laid to rest,

Hang dusty dress skirts on clother line in wind-and save energy in dust-

Beets, carrots and parsnips all contain a large per cent of sugar, and are very nutritious. THE BACKYARD GARDEN

Technical Terms Simplified

[By Prof. Spade.]

Any person who takes up backyard gardening undoubtedly will do much reading about it or come in contact, with many technical terms in discussions with other gardeners. There are a few terms whose meanings are not readily suggested by their names.

Evergreen is that group of plants which hold their leaves during winter. Mulch is a word used for the protection of plants from freezing in winter and the hot sun in summer. Leaves, evergreen boughs, manure, straw or any coarse material serve this purpose for winter.

Earth mulch is created by cultivation, by raking or hosing the surface

readily suggested by their names.

Hybrid is one of them. A hybrid plant is the offspring of plants of different species. In the first instance it is an artificial existence, and is formed by crossing the varieties. Many of the new roses are hybrids, obtained by mating the species to obtain the best characteristics of each.

Plants according to their manner of growth are said to be herbaceous, deciduous or evergreen.

Herbaceous plants have but a small amount of bard woody fibre; they have an annual stem on a perennial root, and this stem dies at the approach of

flict daily life, such as fatigue, indiges-tion, headache, conlowed to drop for-ward and the apthe ill-health and in Figure 1. The head is held erect vocal pupils they had to learn to stand with the proper poise, other-wise they could not

and the shoulders fall into the proper position because the chest is thrust out. This also leaves the lungs with plenty of room to do their work properly and he abdomen is held

held straight the falls on the heels as it should. The arms hang grace-fully at the side

straight.

The wrong way and the common way of standing is shown in figure 2.

Because the shoul
the men who look for the crooked will be made to gather a large number of surgical and hospital supplies. Citizens may help by purchasing at any of the down-town drug stores, bandages, which will be turned over to the Princess Patricia Chapter by the drug stores making the sales.

Fig. 2—The Wrong could sing.

concert, notice