Page of Interesting Newsfor Women Billie Burke Says:

TAKE "COMPLEXION LUNCHES" ON YOUR VACATION

By Billie Burke.

THE FIRST WORD - Everyone should take a vacation at least once a year.

August is the month when most of the rusy girls, employed all the rest of the year, take their vacations. We of the stage, however, generally begin our season's work at that time. The last three weeks of August are usually given over to rehearsals of our new parts and plays, and for this-perhaps the hardest work we do during the run of the piece

-we get no pay. Ours is the only profession in the world where the employee must put his time against the first ex-

Ours is the only profession in the work
the employee must put his time against the first expenses paid by the employer in the starting of a new
business—for every play is a new business and one
of the most precarious in which the American business man engages. Because of the terrible wear and
tear on one's nerves during rehearsals, most of us
try to take as long vacations as possible before.

One gets rusty and frazzled doing the same thing
over and over every day in the year, so every girl
who works should try to take a little rest during the
summer if possible. If you have been working in the
summer if possible. If you have been working in the
eity, go into the country where it is quiet. If you
can get to the seashore or mountains, so much the
better, but if you cannot do any of these things,
when you get your week or two, be out of doors as
much as possible. Spend most of your days in the
parks of your city or in the woods about it.

Take a light lunch of fruit and bread. A good
"compexion lunch" is made of brown bread that is
24 hours old, spread with very little butter, and a
couple of tomatoes eaten with a little salt. You can

couple of tomatoes eaten with a little salt. You can vary this lunch with a lettuce salad sandwich made with brown bread, or an onion sandwich.

If you can get a glass of cool buttermik to go with this, you will have a meal fit for a queen. Don't try to eat a lot of candy ice cream gods and other try to eat a lot of candy, ice cream soda and other foolish, tasty things and then expect you can sit up nights and perhaps go to a dance two or three times a week and come back to your work refreshed and

a week and come back to your work refreshed and invigorated for another year. You cannot.

The really happy girl is the one who makes her work her pleasure, who can have "good times" just accomplishing the things she must do in the best possible manner. Such a girl is not "all tired out" when her vacation comes, but she knows the change will do her good and when it is over she comes back will do her good, and when it is over she comes back



MISS BILLIE BURKE. to her work glad and content at the end of her little

JUST ONE LAST WORD-Even hard

"INASMUCH"

The following short poem was written by Mrs. T. C. Duncan, of this city, and appeared in "Contemporary Literature" some little time ago. It was written by Mrs. Duncan after viewing the conditions in some of our larger cities, and is apropos of the present playground movement in London:

The children played upon the mossy grass,

I watched them as I idled there;

And thought of city alleys destitute of air—

Of odors foul, a swarming human mass,

Where men and women, babies, too, must day and night
time pass:

And woman-like, my soul within me burned, Lest any little one be from this playground turned, Who sought its shade—not any lad or lass.

My vision saw them once again in stifling city heat,

And "Inasmuch" was written wide

Upon a banner, held beside
The form of one whose thorn-crowned brow
Was bent and marred—I see it now:

LONDON GIRLS FIND COMFORT

let us haste, their needs to meet!

AT SUMMERHOLME COTTAGE Twenty Years of Good Work of the Young Women's Christian Association—A Visit to the Haven by the Lake.

men's Christian Association of this city. Here, year after year, girls from London's offices, factories and stores, resort for their vacation, and find rest, uplift and renewed courage for another period of toll in the noisy city. Here, many a girl, sick at heart, weary of the monoteny of life, has been wooed back to health and spirits by the combined influences of bracing lakes de air and the congenial companionship of her kind.

Opened 20 Years Ago. It is just twenty years since "Summerholme" was first thrown open, the establishing of the cottage being largely due to the efforts of Mrs. Waugh, Miss Ware and Miss Priddis, all members of ware and Miss Priddis, an memors of the association board at that time. And during this period hundreds of girls have been accommodated, many of them returning season after season to enjoy their week or fortnight at the lake under the chaperonage, as it were, of the Y. W. C. A.

"Summerholme" is, in fact, a haven for the girl who earns her own living, for although frequent applications are received from young women who are not breadwinners, these are in no cases accepted. The rates charged are extremely moderate in order to give the working girl a chance, and it is thought that to accommodate independent girls would be scarcely fair. It is, of course, neces-sary that each girl spending her vacation at the cottage be a member of the Girls Good Housekeepers.

The management of "Summerholme is admirable. During the summer, the members of the board take turns in bemembers of the board take turns in being "hostesses," each staying for a ling "hostesses," each staying for a lagainst to much dissipation against to much dissipation against to much dissipation to be lead to advantage.

Those born today will be fortunate, the couple of weeks at the cottage and being the lagainst to much dissipation. couple of weeks at the cottage and being assisted by a permanent working housekeeper. The girls themselves are required to perform certain tasks of light housework—drying dishes, dusting, making beds, and so forth. But for many of them this only adds to the enterment of the online, and the work is joyment of the onling, and the work is entered into with a zest. A visit to the cottage reveals the fact that the girlbearders do not neglect their duties. It is kept spotlessly clean, from the front steps to the white ollcloth-covered

is kept scotlessly clean, from the front steps to the white ollcloth-covered tables in the kitchen.

Some Restraints Necessary.

When it is remembered that the cottage accommodates about twenty-five girls at one time, and all of varying temperaments and habits, the necessity of regulating the life of the inmates by contain sules can readily be understood certain rules can readily be understood.

For instance, it is required that every girl be incoors by 10:30 each night, but not long ago a young lady, on being isked how she liked staying at "Summerholme" replied: "Oh I like it fine, only one has to be in too early at nights!"
It is surely well for the girls themlet is surely well for the girls them-

Over on Orchard Beach, one of the prettiest sections of Port Stanley, with its wide-spreading shade the and excellent lake view, one finds "Summer-holme," the cottage of the Young Wonger's Christian Association of this city.

An atmosphere of good-feilowship and optimism exists at "Summerholme," and this probably accounts for its popularity. For on the whole, the girls who stay there have a fetrly join time. At nights there have a fairly jolly time. At nights the up-stair rooms are the scene of many a pillow 6-. But, dear me, I wasn't to tell that! Anyway, they have heaps of fun, and it is little wonder that each succeeding year brings many of them back again

The nomal

The Birthday Calendar



IF THIS IS YOUR BIRTHDAY Commercial enterprises will bring you good returns and you will advance socially during this year. A warning against to much dissipation can be



IF THIS IS YOUR BIRTHDAY Great happiness in social or family affairs is indicated. In money matters affairs is indicated. In money matters you will not be so fortunate and should not take great risks in unfamiliar ways. Those born today will be generous and well liked, but disinclined to exert themselves. They have power to learn and to neglect this is to allow their faults to conquer.

Fat Is Not Strength

Eat according to your needs; not according to your likes. Outside of 'leoks," which are sometimes in and sometimes out of fashion, obesity is a hindrance to the enjoyment and com-

fort of life. When a person grows fat, each Shortness of breath, palpitation, bronchitis and other unpleasant and unpecessary difficulties are occasion.

moderate amount of time should make t a duty to take enough exercise in the open air to regulate their weight trengthening foods-but not fat-

take great care in choosing, their

Severely Simple

have a tremendous vogue.

A bunch of small ostrich feathers,

Many French women have taken to wearing their hair short—that is, clipping it off around the face and ears hats or the cavalier style of hat, and we may expect many such next fall.

Making Bead Tassels

A very simple string bead tassel can be made from deep fringe or from

If you use loose beads you must thread forty lengths of seventy beads each, or twenty lengths of a hundred and thirty beads if a double end is preferred to a single one. Each length

five inches and wrap the heading round and sew as described above. Next take a piece of stiffening one inch and a half long, two inches broad at one end and three-quarters of an inch at the other. Cover with silk and oversew the edges together so as to form

Slip the satin ribbon inside the larger aperture in the tube and stitch through securely, for the beads make the fassel very heavy. Thread about 200 beads and wind the string round the tube to completely cover the silk, sewing at in-tervals. Make another string of eighty beads, double into three, and sew to the

its separate case or nocket made out of some prefty diminious muslin.

Socseberry Catsup.

To four quarts of gooseberries add two bounds brown sugar, one cup yinggar, one cup yingar, one cup yinggar, one cup yinggar, one cup yinggar, one cup yi

[By a Physician.]

Don't load the body down with fat

organ gets its portion. The consequence is often serious if these fatty deposits grow so large as to interfere with the normal action of the organs.

The two great causes of obesity are too much food and too little exercise. It is very easy to overeat and under-

Strong able-bodied persons with a Persons who are obliged to sit or stand all day should endeavor to eat roducing foods.

It is particularly necessary that ersons who are disabled should diet. Fat is not strength.

The new models for fall millinery are severely simple, and a return of the old-fashioned sailor in felt, velvet and plush, and small hats that look like derbies, with rolling brims, is pre

marabou or osprey is coquettishly fixed to one side very far in front of the har.

The wine shades, reds and purple are to be among the favorite colors.

and arranging it in curls. This mode of coiffure calls for close-fitting caps or

is attached to a single one. Each length is attached to a narrow strip of satin ribbon, which is then wound round and round and stitched through to prevent he middle of the little bundle from If the tassle is made of fringe cut off slipping.

op to form a loop.

SAVES TIME.

A thrifty woman gives this advice for busy women: "I have formed the habit of having a pet pair of cuff buttons or tle or cellar to go with each waist, and when my garments come from the hand when my garments come from the laundry, before laying away I place the cuff buttons, tie, collar or waist belt horse without finding out what sort with the waist itself, and each goes in or stock it came from, who had raised with the waist itself, and each goes in the wast its former owner, what

DOROTHY DIX WRITES ABOUT THE RECKLESS WAY PEOPLE MARRY

Cool Summer Evenings

ings. Then in the cool of the evening they will appreciate the change

into "Little Darling" or "Little Daisy" stockings, a necessary

tralian lamb's wool, ensuring sufficient warmth - hygienically

"IJTTLE DARIANG"-Has silken too and heel. All sizes for infants up to seven years

The Chipman Holton Knitting Co., Limited

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MILLS AT HAMILTON AND WELLAND, ONT.

old.
"LITTLE DAISY"—Reinforced heel and toe. All sizes for children under twelve.
COLORS—Pink, Sky Blue, Cardinal, Black, Tan and Creem.
Your dealer can supply you. Cost no more than inferior kinds
Look for the "Sunshine" Trade Mark on the ticket.

part of your children's apparel twelve months in the year.

safeguard against chills.

During the heat of the day the children should wear thin stock-

"Little Darling" and "Little Daisy" hosiery is made of Aus-

"Little Darling" or "Little Daisy" hosiery is an indispensable

HOSIERY FOR INFANTS AND CHILDREN



been done. It's like locking the stable

door after the horse is stolen. All of

light on the gentleman's record before

marriage, the poor girl would have been saved from making her fatal mis-

Cases Are Too Frequent.

their wives.

This case does not stand alone as an

her parents used as much ordinary

prudence in the matter as they would

They would not have bought a \$200 horse without finding out what sort

about acquiring a new of a new member of the family.

Parents Should Investigate.

ht: 1912.)

A pretty young pride has been deserted in a hotel in the matter and honest way of supporting a family or not the matter at the matter and honest for their attitude in the matter. Rebride has been deserted in a hotel in way of supporting a family or not. Of course it's easy enough to see why a distant city after a girl with no experience of life, and a honeymoon that a girl with no experience of the, and had lasted only four infatuated with a man's agreeable perinfatuated with a man's agreeable perinfatuate

knitted, therefore comfortable and healthful.

hunting the recreant bridegroom, who disappeared owing but there is nothing also on carth so disappeared owing but there is nothing else on earth so but there is nothing else on earth so amazing as the indifference of fathers and that a father would on this subject, and that a father would automobile concern, and that a lather would permit his little unsophisticated daughter to marry a man of whom he knew absolutely nothing. Yet they do it continually. Many a suit to be married in, and the poor little bride has gone

man sees his prospective son-in-law for the first time when the youth comes to go through the meaningless form of t upon the uncertainty of mat
even wondering what her because she doesn't know the man she married was to go through the man she married was to go through the meaningless form of asking for Mamie's hand in marriage. For Mamie has told papa to say "yes," for Mamie has told papa to say "yes," and papa is so busy and so careless that he hands over Mamie, soul and body, with every one of her notential. to reflect upon the uncertainty of matname is, because she doesn't know whether the man she married was named what he said he was or not. named what he said he was or not.

as she has found out that he was not rich as she supposed to the stranger, with as little thought as he not rich, as she supposed, or connected with a big hospital, as he told her, nor had be even by her, nor had he ever been heard of at a famous medical school where he that he could now for it but he lets at a famous medical school where he professed to have graduated. The girl and her family are doing a lot of investigating now into the pedigree and record of the ex-husband, but And this isn't because father t's a trifle late after all the harm has

such respect for Mamie's judgment, He wouldn't trust her to make a thousand-dollar investment alone. If she had dollar investment alone. If she had that much money to put into a stock or real estate or to lend he would take upon himself the task of looking up the title or security and seeing that it the good they can get out of finding out about this scurvy villain will be the gratification it will afford their curiosity, but if they had spent one tithe of the effort in turning the spotwas gilt-edged before he permitted her to part with her money, but he will let her give herself away without bothering to see if she is swindled and gold-bricked in the trade or not.

In this day of telegraphs and telephones and newspapers, we all live in the glare of publicity, and there is no difficulty whatever in finding out all illustration of the monumental folly that it is necessary to know about that it is necessary to know about anybody else. A postal card written to the hospital with which the young to the trouble to find out a single man mentioned at the beginning of man mentioned at the beginni thing about the individual with whom this article said he was connected they propose to spend the next thirty would have brought out the truth they propose to spend the next thirty would have or forty years, and on whose good faith about him, but none of the girl's family and worthiness their whole happiness took the trouble to write it. A day and welfare depend. Every day we minutes' talk with his employer; a few minutes' talk with his employer; a few read in the papers about girls who judicious inquiries among his friends would show any father whether the have married bogus noblemen or bigamists, with another wife in the next man who wanted to marry his daughblock, or ex-convicts, or men whom they believe to be prosperous and who or not. An inquiry through Dun or are swamped in debt and have no way Bradstreet will give accurate informaof making a living, or men who have some terrible mental or physical malady, or men who have some hideous blot on their past that casts its sinister shadow over the whole lives of

With these sources of information at hand is it not simply incredible that any father would be so criminally The tragedy of these marriages is negligent as not to at least find out aid the seasonings and nuts: that almost every one of them could have been prevented had the girl and

must be pure and mild, and harmless.

PERCIVAL.

Richmond Cor. Central

Phone 1261

Kingsmill's Remnant All day Tuesday we will continue our great sale of all Remnants, Prints, Ginghams,

Shirtings, Challies, Sateens, Big Bargains

Continues all day Tuesday. Come for the greatest bargains you ever saw.

\$1.40 yard Silk Voiles ... 49¢ \$1.40 yard Foulard Silks. 75¢ 42 inches wide.

eggs light and mix lightly with the other mixture. Turn into buttered timbale molds or small custard cups. Steam one half hour.

Nut and Raisin Drop Cake. One and a half cups sugar, one-half cup butter, two eggs, one teaspoon soda, one-half teaspoon salt, one tea-spoon cinnamon, three tablespoons of milk, one cup seeded and chopped raisins, one cup chopped nuts, three

ups flour. Cream the butter; add sugar grad-Cream the butter; add sugar grad-ually and eggs well beaten. Dissolve soda in milk. Mix salt and cinnamen with flour. Add the soda and half the flour to first mixture, then add the re-mainder of the flour, with which has been mixed the nuts and dates. Drop by teaspoonfuls, one inch apart, on a buttered baking sheet and bake unit brown in a moderate oven.

Other News of Interest to Women Page Six.

28, HASTINGS, B. C.

gone over the young man's record with

magnifying glass and a search war-

rom making a mistake in the most

Many housewives now favor the use

of nuts and cheese in place of meat

Cheese Custard.

Cheese Sticks. One cup mashed potatoes, yolk of

one egg, one-half cup grated cheese,

one-quarter teaspoon salt, few grains

cayenne. Mix with the potato the cheese, seasonings and beaten ego.
Turn on to a well-floured board and

roll to a thickness of three-fourths of

an inch. Cut in narrow strips the

crumbs, then in egg, then in crumbs

Rice and Cheese Fondu.

One cup milk, one tablespoon but-

ter, one-half teaspoon salt, one-quarter teaspoon paprika, one cup boiled rice,

one-half cup cheese broken in small pieces, one egg. Heat the milk, add

butter, salt, paprika rice and cheese;

add one egg beaten light. Pour into a

buttered pudding dish; set in a par of hot water; bake one-half hour.

Walnut Timbale.

One cup chopped nuts, one-half cup

soft bread crumbs, few drops onion

juice, one teaspoon salt, few grains of

cayenne, one cup milk and three eggs.

Soak the bread crumbs in the milk;

OMOND,

length and width of finger. Roll

again, and fry in deep fat.

important act of her life.

to the daily menu:

out clean.

Baby's Soap

must be in every way as dainty and delightful as the wee folk themselves.

And, of course, the cost must not be out of your reach.

We close Wednesday afternoons during July and Aug

Ask the P., L. and O. man nearest your home.

There must be no excess of alkali to burn the delicate skin-the soap

LISTER,

Wortley Read, cor. Craig

Phone 1920

THE PROGRESSIVE DRUGGISTS

Nuts and Cheese

rant. It is his business to protect his

MR. E. UTLEY, TORONTO.

DEAR SIR :-I am so pleased to see Neave's Food advertised. I tried to get the Food in Valparaiso, Chile, and could not, and had to go without, and LOST MY BABY.

Now I am so glad to have found your
address. I will tell you why; because I know my mother brought my sister up on it, and nothing else, until she was two years old and then mother died, so I continued doing the same, and also gave it to my baby brother who was 5 months old, and now my sister is a fine young woman twenty-three years of age. Born in Wakefield, England, our doctor advised mother to use it. I was only a girl then but I never forgot my only sister was brought up on it, and I am so daughter's marriage he should have glad to praise Neave's Food. (Signed) MRS. H. BUTLER.

Mothers and prospective mothers may obtain a free tin of Neave's Food and a ittle girl, and he signally fails to do t unless he does his best to keep her valuable book "Hints About Baby" by writing Edwin Utley, 14 Front Street East, Toronto, who is the agent for Canada. Mention this paper. Neave's Food is sold in I lb. airtight tins by all Druggists in Canada. as Meat Substitutes



Shines like a Mirror

When you use

removed from enamel-ware, agate-ware, granite-ware, etc., by this wonderful all-round cleanser. While soap and soap powder leave a sticky film to eatch more dirt. Old Dutch Cleanser cleans thoroughly. removing all discolorations and corrosions without scratching or injuring the surface. Not only cleanses but polishes. Strictly

Avoid caustics and acide.

Many other uses and Full Directions on 10 Large Sifter-can.