PAGE OF INTEREST TO WOMEN

IN SOCIETY

Mrs. James Hales of Toronto spent the week-end with Mrs. H. E. Boomer.

Mrs. W. M. Graham of Stratford was a guest at the home of Mr. and Mrs. Chas. Glass for over the week-end.

Miss Ruth Kingsmill is remaining in London, England, to continue her music studies. Mrs. T. F. Kingsmill, who accompanied her there, has returned home.

Mrs. George E. Douglas, formerly Miss Marjorie Hedley, will receive for the first time since her marriage at her home, 91 Beecher street on Thursday, March 10, from 4 to 6 o'clock.

Mrs. W. B. MacDermott entertained at a small theatre and supper party on Saturday evening in honor of Mrs. Harold Smith, who was a week-end guest with Col. and Mrs. MacDermott, Talbot street.

One of the big social events of this week will be the reception to be given in the Masonic Temple on Friday evening next by all the Masons of the city in honor of the grand master. Mr. A. E. Cooper is chairman of the committee in charge of the arrangements.

Mrs. C. E. Spearin, 3 Ingleside Place, will be the hostess of a farewell party to be given in honor of her cousin, Miss Nora Morris, on Tuesday evening. Miss Norris, her mother, Mrs. Norris, and two brothers are leaving shortly for Detroit, where they will make their future home.

Miss Bertha Laine of Toronto, superintendent of the children's department, R. E. C.; Miss Olive, girls' work secretary for the Methodist Church of Canada, and Miss Gemmell, girls' work secretary for the Presbyterian Church, will be in the city this week for the Religious Education Council to be held here.

On Friday last Prince Hirohito, heir apparent to the throne of Japan, left Yokahama for Europe. He was accompanied on his journey by an extensive suite and 1,500 trunks, many of them containing gifts for persons he will meet on his travels. The prince is the first member of the Japanese reigning family to take a voyage abroad since the third century.

WILSON—LYNN.

A pretty wedding was celebrated at the home of Mr. and Mrs. Charles Lynn, 2nd. concession of McGillivray, when his eldest daughter, Olga, was married to Mr. William Wilson of Brinsley, the Rev. Mr. Powell of Lucan officiating. About 30 guests were present at the ceremony, a wedding dinner being served immediately afterwards. Previous to the wedding the bride received a number of showers, among which was the shower given her by the Methodist Church choir, of which she was a member. Mr. and Mrs. Wilson will reside on the groom's farm on the 4th concession, McGillivray.

BANTING—KNAPP.

A very pretty wedding was solemnized at the home of Mr. and Mrs. Thomas Knapp, Sarnia, on Wednesday, March 2, when their youngest daughter, Margaret Adassa, became the bride of Mr. James C. Banting of Ranholme, Sask., the Rev. J. R. Hall, M. A., of St. Paul's Presbyterian Church officiating.

As the bridal party entered the living-room profusely decorated with palms and ferns, the Wedding March from Lohengrin was played by Mrs. C. Elliott, sister of the bride.

The bride, who was given away by her father, wore a lovely gown of white duchess satin and georgette, with seed pearl trimmings, and wore the groom's gift, a necklace of pearls. Her veil was caught up by a pearl clasp and she carried a shower bouquet of Ophelia roses and freesias. The bridesmaid was Miss Mary Duncan of Osborne, wearing a gown of blue charmeuse with georgette and beaded trimming, and carrying pink and white carnations, while Mr. Earl Chesher of Port Huron assisted the groom.

Mr. Knapp, the bride's mother, wore navy charmeuse and Mrs. Banting, the groom's mother, was attired in black silk.

During the signing of the register the "Wayside Chapel" was beautifully rendered by Miss Myrtle MacMillen of Sarnia.

Those assisting were generously remembered by the groom, the bridesmaid receiving a pearl brooch and the best man a tie pin. Mrs. Elliott was given a pearl brooch and Miss MacMilen a beautiful bar pin.

After the ceremony a dainty wedding breakfast was served in the dining-room, which was prettily decorated pink and white.

Later Mr. and Mrs. Banting left on a wedding trip, the bride traveling in a becoming suit of navy blue tricotine with hat to match.

Personal Health Service

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

Foods Which Furnish Iodine.

Iodine is one of the dozen or more elements which are essential to health and life; and it is just as important to know something of the food sources of iodine for the human body as it is to know which foods furnish phosphorus or calcium or iron to the body.

The iodine, so familiar as an alcoholic solution called tincture of iodine, is obtained from seaweeds. It has been found present in certain fresh water plants, such as water cress, brooklime and the fine-leaved water hemlock. There is some iodine in tobacco ash—which is no argument in favor of smoking. It is present in sea water; indeed, sea water is probably the original source of all the iodine of nature.

Cod liver oil contains considerable iodine, which is one of the reasons why cod liver oil is often a valuable medicine; vitamines present in cod liver oil are another reason.

In the salt from certain regions there is so much iodine that some investigators of the goitre problem have advocated the exchange of salt from wells far inland for that from wells nearer the sea where the salt is likely to have some iodine in it. The absence of iodine, or insufficient quantities of iodine in the food is pretty well known to be the cause of simple goitre which is so common in young girls in the Great Lakes basin.

Much of the iodine of commerce nowadays comes from the Chili saltpetre beds. Considerable iodine is found in the bittern of the salt works of Western Pennsylvania. The iodine in sea weeds exists probably in the combination of sodium iodide.

Ordinary food sources for man are such sea-food as lobster, shrimp, salmon, oysters, crabs, cod, and nearly all fresh sea fish; such vegetables as green peas, asparagus, white cabbage, tomatoes, string beans, carrots, lettuce and mushrooms; and such fruits as grapes, bananas, strawberries and pears.

Potatoes contain a certain amount of iodine, but bread contains none. Rice contains more than oatmeal.

The quantity of iodine present in such fruits and vegetables varies in different parts of the country and is probably insufficient to maintain the iodine—requirements of the growing body, in some sections such as the Great Lakes region. Far from the sea there is apt to be a scarcity of sea-food in the market.

A good way to insure an adequate iodine ration is to mix with the morning cereal, before cooking, some Irish moss, a sea weed obtainable from druggists under the name of Chondrus. A teaspoonful or two may be added to the morning cereal regularly.

Very small doses of iodine, in the combination of sodium iodide, given for a regular period each spring and autumn, have proved effective in preventing and curing simple goitre in school children. Two grains a day, for a three-week period, is enough. It is best given dissolved in a pint or a quart of the child's drinking water.

QUESTIONS AND ANSWERS.

Iron for the Blood.

Please give a list of ten of the fruits and vegetables, ordinarily obtainable in the market, that supply iron to the blood. MRS. G. H. W.

Ans.—Lettuce, dried peas, asparagus, dandelion leaves, carrots, cabbage, apples, figs, prunes, raisins, onions, spinach, oatmeal, unground wheat, wheat bran, almonds, peanuts. Such foods furnish iron which is more easily assimilated by the blood than any medicinal iron.

WHAT'S IN A NAME?

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

BECKY.

The saucily piquant name of Becky is too generally in usage to pass over as a mere contraction of Rebecca. Becky is given in baptism quite as frequently as Rebecca and it is not usually regarded as a Jewish name. It comes, however, from the old Hebrew word rabak which means "to bind."

The Bible tells us that Isaac's wife, who is supposed to represent the ideal of noble wifehood, was named from this word with the idea of signifying the firmness of the marriage bond, but Rebecca was by no means confined to Biblical history. She has named the heroines of literature down through the ages.

Sir Walter Scott in his "Ivanhoe" calls the real heroine of his story, the gentle and lovable Jewess, Rebecca. But Thackeray in his never-to-be-forgotten "Vanity Fair" gives us the equally memorable Becky Sharp. It is probably safe to assume that all Beckeys dated from this period. Their numbers are legend and quaintness of the name, aside from its literary distinction, insures its perpetuation.

Becky has a curious talismanic gem. It is the loadstone which is said to bring her great happiness and many friends. Saturday is her lucky day and 6 her lucky number.

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Club News

WESTERN UNIVERSITY PLAYERS.

This year the Western University Players will present "Her Own Way" by Clyde Fitch, under the direction of Miss Jean Walker. This theatrical event, which takes place during convocation week, is always pleasantly anticipated.

DR. GRANT TO ADDRESS W. C. T. U.

Dr. A. S. Grant, head of the referendum committee for Ontario has been secured to address Ward 4 meeting of the local W. C. T. U., to be held in the Colborne Street Methodist Church on Tuesday afternoon at 3 o'clock. This is one of four meetings which will be held simultaneously in the different wards of the city on that day. Arrangements for Ward 4 meeting are being made by Mrs. J. L. Patterson, the convener.

YORK ST. MISSION LADIES' AID.

The annual meeting of the York Street Mission Ladies' Aid was held at the hall last week, the yearly reports showing the organization to be in a flourishing condition. The members were especially gratified, as the work is only in its infancy, having been begun but a year ago. The total amount raised was $156.70. An interesting feature of the meeting was the presentation of a purse to the honorary president of the aid, Mrs. T. L. Belcher, and the presentation of a bouquet of flowers and pair of gloves to the president, Mrs. E. Heeley. Short speeches were made by Mrs. Heeley, Mrs. Hier, Mrs. Collins, Mrs. McKone, Mrs. Spence, Mrs. Littleton, Mrs. T. Kennedy, Mrs. Tiner, Mrs. Stewart, Mrs. Oldredge, Mrs. Belcher, Thos. Kennedy, Mr. Tiner, Ed. Heeley, Jas. McKone, Mr. Spence, Mr. Harrey and T. L. Belcher.

The officers elected for the coming year are as follows: President, Mrs. E. Heeley; vice-president, Mrs. Collins; recording secretary, Mrs. Hier; assistant secretary, Mrs. William Spence; treasurer, Mrs. Jas. McKone; chaplain, Thos. Kennedy.

At the close of the meeting supper was served.

ON THE MARKET.

Spring made its first appearance on the market on Saturday morning, when the early shopper discovered maple syrup to her delight. Her delight was modified somewhat by the price, however, which was $1 a quart. Rhubarb was conspicuous, too, selling at the reasonable rate of three bunches for 25 cents. Small salad onions went for five cents the bunch or three bunches for 10 cents. And a sure sign that winter has gone was the absence of home-grown celery the few miserable bunches remaining selling at 20 cents each. These, however, could not compete with the imported article which cost exactly the same price.

TILLSONBURG "DRYS" ARE WELL ORGANIZED

TILLSONBURG, March 6. — At a largely-attended meeting held in the Avondale Presbyterian Church, local temperance forces completed their organization for the coming referendum. Officers were elected as follows: President, Rev. T. McLachlan; first vice-president, W. B. Hogarth; second vice-president, J. A. Trestain; secretary, J. H. Rush; treasurer, J. W. Weeks; financial committee, Capt. Whitfield, A. Patterson, James Rodgers, H. L. Pratt, C. G. Leitch and J. E. Weston. Col. Mayberry of Ingersoll was present and delivered and address.

ANNIVERSARY SERVICE HELD AT STRATFORD

STRATFORD, March 6.—The sixth anniversary of the opening of the present Knox Church was observed today. Rev. Principal R. Bruce Taylor, M.A., D.D., was to have preached, but owing to the death of G. Y. Crown, registrar of Queen's University, wired his inability to fill his engagement.

Dr. Martin occupied his own pulpit, which was fitting, as Sunday also marked the sixteenth anniversary of his induction at Knox Church.

REV. DR. BRYCE IS IN CRITICAL CONDITION

WINNIPEG, March 6.—Rev. Dr. Geo. Bryce, former moderator of the Presbyterian General Assembly, author many Canadian works and founder of the Manitoba College, has been taken to hospital here, and, it is stated, is suffering from a malignant disease. Dr. Bryce is nearly 80 years old, and has been a member of Knox Church, Winnipeg, for 46 years. He was the founder of the congregation. Physicians in attendance declare Dr. Bryce will not leave the institution alive.

FOR LOVE OF BETTY

[BY MAY CHRISTIE.]

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XXX.—"Mine, Rich or Poor!"

"I wonder—if she'd marry me—soon?" he asked himself. "Heavens, I almost wish I were a bankrupt, so that I might work my fingers to the bone for her!"

There was nothing in the world too good for her, his girl.

Trevor's was a naturally affectionate nature — intensely affectionate—that had been starved of love. Sensitive, maginative, an idealist, he was pouring out at Betty's feet the whole of his boyish heart, the accumulation of years.

He placed her on the highest pedestal as nearly every young man in love will do.

Dinner finished, he rose and wandered out to the little garden of the inn. What an enchanted world it was tonight!

"Half an hour yet till I can meet her!" To him it seemed an incredible interval of time.

Betty had left him to go back to Aunt Marion. She was reproaching herself for having lingered so long with him that afternoon.

"If I can possibly manage it, I'll steal out for a little about half-past seven," she had told him. "And—where shall I see you, Jack?"

"I'll meet you at the stile, Betty, where we first met," he had replied eagerly, romantic memories in his heart.

In a field some children were playing games, shouting to each other. Occasional country couples, red-faced and awkward in their courting, strolled past where Trevor sat. He felt a sudden extraordinary interest in these rustics and their amours.

They seemed to say so little to each other. They appeared to the casual observer to be tongue-tied. Vacant-minded, he had thought them. But now he understood. They were so much in love, they couldn't give expression to it!

He lit his pipe, his old disreputable friend. What a comfort a pipe was in times of waiting such as these!

No, he couldn't sit still any longer. He would stroll along the country lanes and through the woods until the stile was reached.

Walking leisurely, he caught a distant glimpse of the grey stone Manor House. A frown flitted across his face. He wanted to forget all that—those times with April—those ultra-gay house-parties where out of sheer boredom, ridiculous, meaningless love affairs sprang into being, entanglements that only brought trouble in their train.

"I shan't take Betty there, if I can help it," he told himself. "She's miles above that crowd, with their eternal idiotic chatter and their perpetual hankering after a 'good time.'"

At last he reached the stile and flung himself down on the old mossy bank.

The whole world around him was going to sleep.

"Is that you, Jack?"

A low, sweet voice uttered the question close beside him.

He sprang to his feet.

"Why, Betty, dearest, I didn't expect you here so soon!"

He caught her two slim hands in his.

"Aunt Marion's better—she fell asleep an hour ago—and so I slipped out here."

"You darling! Betty, I hate to be a moment away from you." He flung an arm about her shoulders, drawing her close to him.

The birds in the big elm overhead gave a last sleepy twitter. The last inquisitive young rabbit had looked at those foolish, ridiculously loving humans and had withdrawn to his comfortable little burrow. In the little green world they were alone.

"We've such a lot of things to talk about," began Betty, smiling.

"But talking takes up so much time," said her impetuous lover. "I can't kiss you if I talk."

She laughed her low, delightful little laugh, her lovely head against his shoulder.

"Sweetheart, I've forgotten something!" He thrust a hand into his pocket and drew out a tiny package.

"For the dearest, loveliest girl in the world!" he whispered, kissing her again.

"What is it, Jack?"

"Open it, sweetheart, and have a look."

Betty undid the wrappings.

A little morocco case came into view. She pressed the spring and the lid lifted.

"Jack!" Her little cry of delight had reproach in it. "Jack, it's wonderful—but, oh, you foolish boy, you can't afford it! I—I mustn't take it from you!"

The pearl ring, glowing and lustrous, shone milkily in the twilight.

"You silly little thing, why not?" Trevor drew the girl into his arms again, looking deep into her anxious, loving eyes.

"Because—oh, I'd love to have it, dear—but—you haven't any money. Jack—it isn't fair to you—"

"Sweetheart! Are you thinking of that notice in the papers that I showed you?" He was smiling happily.

She nodded.

"It was a mistake, Betty. Somebody playing a trick on me. I'm not broke to the wide world yet. Far from it, in fact. But"—he looked at her whimsically—"you won't stop loving me, little girl, just because I'm not the solitary, forsaken bankrupt that you thought?"

"Oh, Jack!" whispered Betty, hiding her sweet face against his shoulder. "Rich or poor, it's all the same to me—you're mine."

Tomorrow—'An Excellent Combination.'

Cynthia Grey's Mail-Box

"Do right now, always scorn appearances, and you always may. The force of character is cumulative. All the foregone days of virtue work their health into this. —Emerson.

Attention, Crippled Annie.

Dear Miss Grey,—Seeing my first letter in print, I thought I would write again. I wish to thank Crippled Annie for sending me the crochet pattern, which was very nice. I would like to correspond with her, if she would write first, as my address is with Miss Grey.

I saw in today's paper where Lelia wanted a correspondent her own age (17), and as I am her age, I will correspond with her, if she will write first.

I am glad to see so many letters in the Mail-Box again. The Page has been kind of small lately. Where has Ada's Hubby gone? He should write and tell us some more about his experience in getting Ada. I like The Nun's idea of getting a quilt for the hospital.

What colors are going to be worn most for spring coats this year?

Well, my letter is getting rather long, so will close for now. Next time I write I will send some crochet and tatting patterns. What do you think of my terrible writing?

BUSYVILLE READER.

P. S.—May I call again, Miss Grey?—B. R.

Ans.—Navy blue seems to be the predominant color for coats this season. I would not call your writing terrible. Certainly you may come again.

Lady Evelyn.

Dear Miss Grey,—This is my first visit to your Mail-Box. I have been an interested reader of your page for some time, and enjoy reading the letters very much.

I saw in today's paper where A Yank had some "comfort" papers, also "good stories," which she would send to anyone wishing them. I hope I will not be too late asking for them. My address will be with Miss Grey.

I would like very much to have a correspondent about my own age (16). If anyone wishes to write and sends in their address, would you please send it to me, Miss Grey?

How many of the Boxites like to crochet? I like to very much. I am making an underwaist yoke from the spiderweb pattern.

1. Well, Miss Grey, I am 5 feet 3 inches, 16 years old, dark brown hair, brown eyes and a fair complexion. What is my color?

2. How long should I wear my dresses?

3. Are flowered voiles going to be worn as much this season?

Miss Grey, would you please send me the stocking-foot pattern? What do you think of my writing? I hope I may be of some use to someone the next time I write. May I come again, Miss Grey?

LADY EVELYN.

Ans.—1. I think brown or any shade of blue would be becoming.

2. About 12 inches from ground.

3. Yes. Am mailing pattern.

Requests and Mites.

Dear Miss Grey,—As I have been away in No Man's Land for two years, I thought I would renew your acquaintance again. I hope you are well, and I wish you the compliments of the season.

I do enjoy reading your pages. I am inclosing 10 cents for the C. H. fund. I would like the stocking foot pattern, if any of the readers have the music and words of "Back to the Harbor of Home, Sweet Home," I will exchange.

STREAK OF MISERY.

Ans.—Kindly send in your name and address, repeating request, and I shall mail pattern and song if it is sent in.

Dear Miss Grey,—I have come again for help, and would like very much to get a piece called "St. Peter at the Gate." I wonder if anyone could lend it till I copy it? I Would return it to Miss Grey. Have been very anxious to get this piece for some time. Inclosed find stamped envelope for reply in case the piece should come, also stamped envelope for one of those wonderful sachet bags, with 10 cents for the fund. Would be very pleased to get a few patterns of crochet edgings, and would be sure to return the same. Is it just common white cotton you need for sachet bags? Please let me know. With all good wishes for the page,

FLOWERETTE.

Ans.—If piece is sent in I shall forward it, Flowerette. Am mailing you sachet, and some edgings. Yes, it is white cotton Thistle uses.

Dear Miss Grey,—Well, how's everybody? It certainly is a long time since I have visited the Mail-Box, but saw where I could be of some help to someone, so thought I would drop in. I have copied "Golden Gate" for Lelia, and hope it will be satisfactory. There has been a nice lot of interesting letters lately. I do love to see a lot of letters, and I certainly enjoy reading them. Isn't this lovely winter weather we are having? But I believe I would rather have sleighing. We could have lots of fun sleigh riding. I do love it, also skating. I wonder would any of the readers have a simple crochet lace pattern for pillowcases? I would also like the "daisy chain" pattern offered by Mrs. Homeleigh. My address is with Miss Grey. Please find inclosed 30c for S. C. H. I am going to send more again. I would like one of those sachets, please, Miss Grey. Now I will hurry away, so maybe I can come again. I would like to correspond with Lelia if she would write first.

JEFF'S SISTER.

Ans.—Thank you for filling Lelia's request. Am mailing you crochet pattern. Thanks also for hospital mite.

A Hospital Gift.

My Dear Miss Grey,—Speaking of books, who among the Boxites has read "A Daughter of the Land," by Gene Stratton Porter? I think that is splendid, because it is so very human. Each character is so true to life. Wasn't it too good where Adam, Sen., began to throw the furniture about? And Agatha, couldn't she just "put it over" every one of them, and still make them respect her?

Ura Kidd, have you ever read "Vendetta," by Corelli? That will give you creeps a-plenty.

I wonder if Yank would care to correspond with me, as I am also from the Green Mountain State.

Now, may I have the famous stocking-foot pattern? Am inclosing a "bit" for the hospital fund. Have hit upon the scheme of saving each copper I get in change, and when there are about 30 away they go to swell the fund. More anon. GLADYS CANBEE.

Ans.—Thank you for hospital mite. I think your idea is a splendid one. Am mailing you a stocking-foot pattern.

Indian Girl.

Dear Miss Grey,—I have been a silent reader of your Page for some time.

Well, Anchor, I think the starch you are referring to is "Flatiron Starch." It is the kind I use for cold water.

I enjoyed Rose of Sharon's story about the origin of maple syrup very much, as I have often visited the sugar-bush. People out here have not started to make syrup yet. I think I live in a colder climate than Rose of Sharon. Will not take any more space. Find small mite in stamps for S. C. H. Will sign my penname. INDIAN GIRL.

Ans.—Thank you for hospital mite, also recipes, Indian Girl. Please write on one side of paper only.

For Perspiring Hands.

Dear Miss Grey,—Here I am again, I wrote to you once before, but I never got an answer to my letter, but I suppose you are pretty busy. I have come to ask you what is a good remedy for sweating hands? My hands sweat something awful and it is very disagreeable. I am hoping to see my letter in print and also hope you may be able to answer my question. I hope I have not bothered you too much.

SCHOOLGIRL.

Ans.—Bathe your hands in a solution of formaldehyde and water. A few drops of formaldehyde to a basin of water.

"Forget-Me-Not"—I am very sorry, that you did not see your letters in the Mail-Box. Maybe you did not have them addressed correctly and they did not reach me. Address all letters intended for the Mail-Box, to "Cynthia Grey, Care of The London Advertiser, London, Ont."

Sunny Sue.

Dear Lady Grey,—Am sending a small mite for S. C. H. This is certainly a splendid plan for assisting. Often we are reminded not to scorn small things. I believe it is said that the largest building in New York was built with dimes.

May I have one of those lovely smelling sachet bags? The addressed envelope is for same. Am sending romper pattern for Mrs. Rielley.

SUNNY SUE.

Ans.—Am mailing you a sachet. Thank you for hospital mite. Come again Sunny Sue.

For Scalding or Burning.

One who was scalded with boiling water many years ago, sends in this to save persons who are scalded or burned: Cover body with cold water immediately (to jump into a bath tub full of water is perhaps the quickest way), afterwards cover with a tablecloth, using lots of flour, and by this time the doctor has arrived and the pain will be gone. Little if any trace of the burning or scalding will be left permanently.

A SUBSCRIBER.

Requests and Mites.

Dear Miss Grey,—I see where Mrs. Homeleigh is offering an easy crocheting pattern (daisy chain), which I would like to get. I think Nun's suggestion for a guilt a grand one. I thought of the same thing myself, but did not like to suggest it. I saw one similar years ago at Fergus Hospital, and I was very much in love with it. It had been donated by the ladies of the surrounding country. I, too, am interested in Aunt Nannie; I would like to hear of her. I am inclosing a few suggestions if they appeal to you, also 10c for S. C. H., and addressed envelope for pattern. Thanking you for your cheerful Page, I remain,

A LONDON WOMAN.

Ans.—Thank you very much for the many inclosures. Am mailing you Mystery's address. The daisy chain was not sent in.

Dear Miss Grey,—As I did not see my first letter in print, I thought I would try again, but will feel discouraged if I don't see this letter in print. As I am often asked to recite, I came to ask for some recitations; I prefer comic recitations if you have them, if not, others would do. I intend to go to high school next year, so I have quite a lot of time this year. I would like to correspond with someone near my age—I will be 13 years old soon. Hasn't the weather changed suddenly, Miss Grey? I have only had but one toboggan ride this winter. I am sending a good cake recipe, so will ring off for now, hoping to see my letter in print. Will sign myself,

BROWN-EYED MARIE.

Chocolate Cake—Two eggs, 2 cups of white sugar, ½ cup butter, ½ cup cocoa, 1 small teaspoon of salt. Pour ½ cup of boiling water over cocoa, add salt, and beat till smooth; ½ cup sour milk, ½ teaspoon soda, 2½ cups flour, 1 teaspoon baking powder. Bake in loaf.

Ans.—Please write on one side of paper only. Am sorry you did not see your last letter. Am mailing recitations. Thank you for inclosures.

Don't throw your old carpets away, they make new Velvetex Rugs. Send for Velvetex pamphlet. Canada Rug Co., London. 62bu

Women's Activities Western Ontario

Address News For This Column to The Editor of Woman's Page.

THORNDALE W. I. DISCUSSES IMMODEST DRESS.

The Thorndale Woman's Institute recently held its regular monthly meeting at the home of Mrs. Smuck. A paper on "The Effect of Dress on Character," was given by Mrs. R. Stevenson. She dealt with various phases of the subject and emphasized the importance of being dressed neatly and modestly. An interesting discussion followed, in which transparent blouses, low-necked dresses, and extremely short skirts were condemned as exerting an evil influence and tending toward immorality. It is useless to attempt to teach morality and temperance in Sunday schools and public schools if the instructors do not set the proper examples in their own lives. They cannot teach others to be what they are not themselves, and dress is a very important factor in influencing character in the present day. Hence it is most important that the proper examples be set the young in this respect.

A paper on "Amusements in the Home" was given by Mrs. G. Colbert, who emphasized the fact that there should be plenty of amusement, but it should be of an elevating type.

The Woman's Institute decided to have a course in home nursing given by a government instructor in the autumn.

PALMYRA W. I.

The monthly meeting of the Palmyra Women's Institute will be held at the home of Mrs. Will Carnegie on Tuesday, March 8, when a short business meeting will be held. Afterward the young women will furnish the program, to be followed by a pie contest.

MIDDLEMISS BOX SOCIAL.

A box social was held recently in the town hall, Middlemiss, in aid of the Methodist Church. A splendid program was provided by local talent, assisted by Miss Whyte of Aylmer. The proceeds of the evening amounted to $57. The committee in charge of the social included Miss Gerda Lucas, Mrs. A. W. Louche, Miss Annie McArthur and Miss Mary McArthur.

GRAY'S, LIMITED

STORE HOURS 9 A.M. TO 6 P.M. DAILY.

Hints of Spring in Special Display of Wash Fabrics

This Season's Most Fashionable Textures, in the Daintiest and Prettiest Colorings, Exceedingly Attractive in Quality, Design and Price.

Wash Goods Department, Second Floor.

NOVELTY PRINTED DRESS VOILES, in a wonderful collection of desirable patterns, showing the latest color combinations in greys, blues, rose, tan, etc., also in black and white; width 36 inches. Special price, a yard 59c

NOVELTY PRINTED DRESS VOILES, splendid assortment of colored combinations, greys, greens, tan, mauve, pinks, light and dark blues, also black and white; width 38 inches. Extra value at, a yard 75c

NOVELTY PRINTED DRESS VOILES, superior quality, smart patterns, good colorings on white and dark grounds, including two small patterns of dark grey; width, 38 inches. Special, per yard, at 85c

NOVELTY PRINTED DRESS VOILES, fine sheer quality, displaying exclusive designs and colorings, novelty patterns for spring and summer dresses and blouses; width, 39 inches; our leading line. At, a yard $1.00

NOVELTY PRINTED DRESS VOILES, dark grounds, new and pretty patterns; width, 39 inches. Special at, a yard... $1.15

NOVELTY PRINTED DRESS VOILES, in fancy and floral designs on grounds of navy, taupe, copen and new blue; width, 38 inches. Price, a yard $1.25

NOVELTY DRESS VOILES, in a beautiful range of smart patterns—spots, scrolls and figures; extra wide, 36 to 44 inches; and extra value at, a yard $1.35

DRESS VOILES, a fine sheer quality for street or evening wear, light grounds with color combinations of grey and blue, grey and pink, grey and mauve; dark ground with color combinations of greens, browns, mauve and rose; widths 36 and 38 inches. Exceptional value at, a yard $2.00

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2-220