

# Cynthia Grey and EVERY WOMAN'S Page

## BONNIE BABY BONNETS



Tiny tender ears are protected this winter by fashion's dictates. We small girls wear bonnets that come far over their curly heads and fasten snugly beneath chubby chins.

Broad drooping hats are all well enough for warm days. For winter ones wise mothers provide those that protect the little daughters from possible carache.

The nun's bonnet is a favorite shape for small girls this winter. It is fashioned after the model of those worn by the "Little Sisters of the Poor."

A charming one is of brown velvet in a rich mellow tone. The silken cords that help form the shape are of the same color and so are the narrow ribbon strings that tie under the

### Chef's Time Table

The following time table for the cooking of a number of dishes may be found practicable and useful. Of course in the case of a poor fire the length of time required for cooking is increased.

**Baking.**

Plain cake, twenty to forty minutes.  
Sponge cake, fifty to sixty minutes.  
Cakes, thirty minutes.  
Breads, ten to fifteen minutes.  
Pie crust, twenty to forty minutes.  
Cookies, ten to fifteen minutes.  
Biscuits, fifteen to twenty minutes.  
Bread, water, pound loaves, one hour.  
Lamb or mutton, per pound, fifteen minutes.  
Roast beef, per pound, twelve to fifteen minutes.  
Chicken, three to five pounds, one to two hours.  
Tame duck, forty-five to sixty minutes.  
Wild duck, thirty to forty minutes.  
Large birds, thirty to forty minutes.  
Small birds, fifteen minutes.

**Boiling.**

Hominy, two to four hours.  
Rice, in double boiler, one hour; in boiling water, twenty minutes.  
Oatmeal, one hour.  
Chicken, two hours, simmering.  
Beef a la mode, three to four hours.  
Corned beef, five to six hours, simmering.  
Ham, medium size, five hours.  
Smoked tongue, four hours.  
Turkey, small, three hours; large, four hours.  
Cod, per pound, six minutes.  
Clams, three to five minutes.  
Bluefish, per pound, ten minutes.  
Pinner haddock, per pound, six minutes.  
Salmon and halibut, per pound, fifteen minutes.

### LAUGHTER IS BEAUTIFYING.

[By Cynthia Grey.]

A hearty laugh will soften the hardest cynic and leave the heart and mind stimulated to kindness.

The passion of laughter is nothing but a sudden glory arising from a sudden conception of some eminence in ourselves," says Hobbs.

Real laughter, sincere and wholesome, is a cure for many ills. I do not call a silly dither or a thoughtless giggle laughter; nothing is more insane or irritating than the sound of soulless laughter, and the person who habitually laughs without reason is as obnoxious as the one who makes puns without sense. But healthy laughter, caused by the natural sense of humor we all have within us to counterbalance our sense of responsibility, will brace us, and defy the pessimistic sneer.

The reliable friend is always welcome. A smile lightens the face at the mention of his name. He brings delight and warmth with him and our selfish weaknesses are forgotten in his presence. We always enjoy the man who "hands us a laugh" and the play that makes the tired businessman forget his troubles has grown to be the pot of gold at the end of the rainbow for which all managers are hunting.

The people who can find something amusing in the humdrum everyday routine of the world's work have a sense of humor that is the open sesame to success and beauty.

In woman a sense of humor may be often death to romance and illusions, but it is the elixir of life which brightens the darkest clouds of responsibility. The friend who can appreciate your laughter is usually quick to sympathize with your tears. The pessimist who will not laugh misses the best half of life.

It is a fallacy that smiles cause wrinkles. Laughter is the best facial massage known. Tired muscles which are overworked by serious thought will be stimulated. The unused visible muscles will receive exercise, warm blood straight from the heart will come to the surface. Laughter gets in the air and it is as contagious as worry. If you don't think so, go into a room where someone is repeating a funny story and you will remain that way until your laughter will be dispersed with your friend's gloom; you will have lost all the glory of God's beautiful world; years will be piled upon your face, and even your body will droop.

This does not mean that you are not to sympathize with real sorrow, but do it by bringing a forgotten smile to the grief-stricken face instead of adding your tears to those of your friends.

Remember: The lines on a face caused by laughter are lines of beauty.

### Cynthia Grey's Correspondence

**Make Over Skirt.**

Dear Miss Grey: Kindly tell me how to make over a seven-seamed pleated skirt in cream serge in a new plain style.

**IN DOUBT.**

A-1. Rip all seams apart; cleanse any spots with diluted ammonia; brush and press thoroughly. To make over into a narrow skirt you had better buy a plain pattern and follow the instructions given thereon. Would suggest a panel back and front, with closing at the left front side. Stitch the panels down to within four inches of the bottom edge of the skirt.

**Line in Kettle.**

Dear Miss Grey: 1. What will take the time that comes out of water off the inside of a kettle?

2. What will cure an itchy scalp, which is breaking out in pimples?

A-1. Place the kettle over a hot fire for a minute or two and the deposit can then be loosened and removed easily. To prevent its forming, do not allow water to stand constantly in the kettle. After using a medicine it should be thoroughly drained and dried, just like any other utensil. It is said that to place an oyster shell inside, the "fur" will collect upon it instead of on the kettle.

2. Rub the spots on the scalp with an ointment made of three ounces of white vasoline, mixed with half of a 5-cent package of boracic acid. Persevere in this treatment every night for a month or two, and the redness and scurf will be healed. Wash the head every fortnight or ten days with Cuticura soap and warm water. Rinse twice and be sure to dry thoroughly.

**For Lunch.**

Dear Miss Grey: Having received valuable information through your column in the past, I thought I would ask a few questions:

1. If a few friends come to spend the evening, what would be nice to serve for lunch?

2. Mention some sandwiches without using meat.

3. Recipe for making peanut butter.

On leaving a friend's house, to whom should one bid good-bye first, the host or hostess?

**GYPSY.**

A-1. Sandwiches; salad in apple cups; chocolate cake; little cream cakes; tea or coffee. This is not too chintzy, a hotbed, yet one who visits should fill the requirements. For the salad, use the apple pulp with finely chopped celery. A satisfactory dressing is made of three tablespoons of vinegar, two of melted butter, a saltspoonful of pepper and a teaspoonful of salt. The vinegar and butter should be blended, a few drops at a time, or the dressing will curdle. An unbeaten egg may also be added if desired. The cream cakes are extremely nice and sure to be liked. Here is the recipe: One tablespoonful of butter, one cup sugar, one-half cup milk, yolks of three eggs, two teaspoonful baking

This Week Our Regular \$3.00 White Wool Blankets at \$2.60.

## GRAY'S

Our Annual Whitewear and Embroidery Sale Starts Monday. Wait For It.

# Final Clearance Sale

Our Big Annual Whitewear and Embroidery Sale commences Monday, and our new goods for all departments are now pouring in. We have still a few lines in the Ready-to-Wear Department which we wish to clear out, and are offering them at the following bargain prices:

**\$5.00 Dress Skirts \$2.50**

75 Dress Skirts, in Panama, Heavy Tweeds, Diagonals, Serges and Vicuna Cloths, in navy, brown, green, cardinal and black. Regular prices were \$3.95 to \$7.00. While they last, each ..... \$2.50

## Ladies' and Misses' Coats

In Kersey and diagonal serges, in tan, brown, gray and black, semi-fitted with college collar. Clearing price ..... \$5.00

Ladies' and Misses' Suits, in Tweeds and Venetians, the new short coat and up-to-date panel skirt. Regular \$12.00 to \$15.00, for ..... \$7.50

## February Home Journal Patterns Now in Stock

**Gray's** | **Gray & Parker** | **Gray's**  
150 Dundas St. Phone 1182.

### Some Good Ways Not To Catch Cold

By M. E. G.

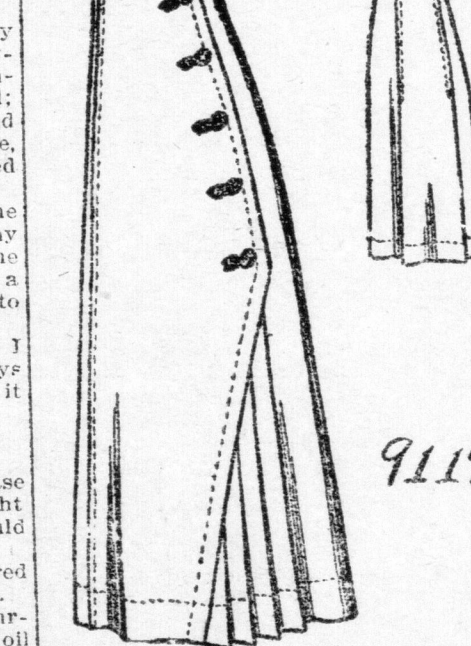
With our variable Canadian climate at this season nearly everybody is more or less subject to colds. Don't the word give you a vision of sniffing, numerous handkerchiefs (very soft ones, please), red noses, and a general state of wretchedness and "out-of-sort-ness" with everyone and everything, including yourself?

**Cold Proofness.**

There are a number of ways by which it is said one can become "cold proof." Not many years ago it was thought sheer suicide to venture out of doors in winter without being swathed to the throat in woollens or furs. But now physicians are finding out that it is not always wise to be wrapped too well. Constant wrapping and covering tend to the skin and makes one more liable to catch cold. Many people have learned to harden themselves by gradually discarding their heaviest underwear and furs, and by leaving the throat exposed. Of course it is necessary to go slowly about the hardening process, as too

### ADVERTISER PATTERNS

BEAUTY PATTERN COMPANY.



No. 9119—A New Skirt.

Ladies' Four-Gore Skirt, with Plaited Insert.—A very pretty model is here portrayed, that lends itself readily to all dress materials. The insert is made of contrasting material. The back shows the popular box-pleat panel, with plaited extensions below the tuck seam finish. The pattern is cut in five sizes, 22, 24, 26, 28 and 30 inches, waist measure. It requires 3 1/2 yards of 36-inch material for the 22-inch size. A pattern of this illustration mailed to any address on receipt of 10 cents in silver or stamps.

### PATTERN DEPARTMENT OF THE ADVERTISER.

Please send above-mentioned pattern, as per directions given below, to:

Name .....  
Street Address .....  
Town .....  
Province .....

Measurement—Bust..... Waist.....

Age (if child's or misses' pattern).....

CAUTION.—Be careful to include above illustration, and send size of pattern wanted. When the pattern is sent measure, you need only mark 22, 24 or whatever it may be. When in waist measure, 22, 24, 26 or whatever it may be. If a skirt, give waist and length measure. When misses' or child's pattern, write only the figure representing the age. It is not necessary to write "inches" or "yards." Patterns cannot reach you in less than one week from the date of order. The price of each pattern is 10 cents in cash or in postage stamps.

Dear Miss Grey: I expect to entertain my pedic club soon. Please name refreshments, and tell what games to play after lunch and lastly the new way, beating the mixture steadily all the time. Then add the perfume oil when the cream is nearly congealed. Keep in an airtight jar.

You will find the above formula invaluable for whitening and softening the skin.

### Perspiration Stains.

Dear Miss Grey: What will remove perspiration stains from a black and white checked silk waist without leaving a ring?

F. V. C.

A.—Sponge lightly with peroxide of hydrogen, and then with water. Wear shields and you will have no further trouble.

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### The Open Window.

Sleeping with the window open as a preventive for taking cold has many advocates. Some prefer it open at the top; others at the bottom. The sleeper should not, of course, lie directly in the draft, and there must be a goodly amount of bedding for protection. Then the cold bath every morning is said to insure one from taking cold. It is not everyone who can take this with beneficial results. If you are shivery and chilled after a night's sleep, and warm, the cold tub is not for you. Many people educate themselves to it by beginning with a tepid sponge and cooling the water a few degrees every afternoon. Then, the cold bath every morning is said to insure one from taking cold. It is not everyone who can take this with beneficial results. If you are shivery and chilled after a night's sleep, and warm, the cold tub is not for you. Many people educate themselves to it by beginning with a tepid sponge and cooling the water a few degrees every afternoon. 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