Cynthia Grey's Daily Mail Box. Talks on Styles We'll Be Wearing. Recipes by Advertiser Readers.

Trim Little Craft Is the "Monoplane"

Now Soaring 'Cross the Fashion Skies

Series on Backyard Gardening. Activities of London Women. Items of General Interest.



It's (Not Such) A Long, Long Way to Tipperary (Biscuits) Just to the nearest

Grocery store) 35

The Art of Making Sauces

Hunger is called the best sauce, but he can have a free hand in making there are many besides it that give the correct sauce. In making the roux for dark-colored variety to plain fare and improve even costly foods.

Sauces may be divided for our conmatter is used to attain the exact result.

Rich and Smooth. enience into sweet sauces, as those

egg yolks it becomes poulette sauce.

Dark, rich-looking sauces are considered correct for chops, cutlets, croquettes and dark-colored entrees.

discolor the dressing.

venience into sweet sauces, as those made for puddings, fruits and desening of cornstarch or flour and water serts, and white and brown sauces to sauces and gravies after they are serts, and white and brown sauces that are used on meats and vegetables. We will consider the latter.

The roux is the base of all the variations of these dressings; it is made by melting one tablespoon of butter and blending one tablespoon of flour into it and adding a cup of cream if you are making cream sauce, or milk if for white sauce. If glaze or half stock and half milk is used it is called Bechamel sauce, and if additional richness is secured with egg yolks it becomes poulette sauce.

them are onion salt, herb extracts, cel-White Sauces.

White sauces are used on sweet-breads, veal, white meat of fowl and

on delicate vegetables like celery, cauliflower and the like. Great care SEPARATE COURT FOR WOMEN is used to prevent the butter brown-ing while it is melting, for this would

W. Hopes London Will Follow Example of Other Cities,

At the meeting of the Local Council

The seasoning used gives the name to the dressing; for instance, Espagnole sauce is peppery, hot and seasoned with onion and spices.

Sauce Piquante has capers and bits of gherkins in it, and is both sharp and sweet. Soubise sauce is onion flavored, and Bernaise is much like Mayonnaise dressing. The French chef declares it does not make any difference what he has to cook, a dinner will always be successful if work amongst the young and thought-less girls would be assured. This movement of the L. C. of W. should surely A Healing and Antiseptic Soap. have the indorsement of the houghtful amongst our citizens.

> The shoes for a sports costume de black patent leather. If you have chosen blue as your color, take these shoes and white and wear with them white stockings with heavy clocks of

ADVICE TO DYSPEPTICS WELL WORTH FOLLOWING

In the case of dyspepsia, the appein the case or dyspepsia, the appetite is variable. Sometimes it is ravenous, again it is often very poor. For this condition there is but one sure remedy — Dr. Hamilton's Pills—which cure quickly and thoroughly.

Sufferers find marked henefit in a Sufferers find marked benefit in

day, and as time goes on improvewill strengthen the stomach and digestive organs like Dr. Hamilton's Pills. They supply the materials and assistance necessary to convert every-thing eaten into nourishment, into fibre, and energy with which to build up the rundown system. Why not cure our dyspepsia now? Get Dr. Hamilton's Pills today. 25c per box, at all dealers.

There are sailor hats for maids who This stunning "airship" is made of Miss Virginia Rappe, an aviation serve an article to themselves. The newest are of white buckskin combined with colored leather. The toecaps and the strap across the vamps, which are familiar features of the rubber-soled, heelless, buckskin shoes, are now made of another leather, dark blue, green, of all of the restrict leather. If you have chosen

A reader of the Woman's Page has

sent in the following: "In a recent issue of The London Advertiser, 'At Random' makes a slight mistake about what caused the

remark 'that parents should be fined no doubt; for who would skimp and

the case.

There are numerous causes of headed for sale contain some powerful
ed for sale contain some powerful
ed, how about girls who have no
ed, how about girls who have no ed, how abou parents?

"An 'old-fashioned woman' was once the outfit for \$100. headache powders.

Headache may come from defective the use by the patient of any drug turbance, from a sluggish action of the subject of young distributions and integrating many of these girls work all day in shops and factories, and sleep, perhaps, two or three in a small room? It is necessary for them to have a little change and fresh air.' So you see there are two sides to the question, and there is a right and the right there is a right and proper way for nearly everything. We do want our girls and boys to be the very best in thought, word and deed. Would that from childhood they could realise themselves as comething to be kept for the selves as something to be kept for the highest and best and not let temptations drag them down, as too many do. When I see the words 'Equal moral given in the Grand Opera House en standing for men and women,' how I Sunday evening at 8:45, when a silver wish that it might be the blessings resulting from the highest equality, and to be devoted to the soldiers

POINTS ON PINEAPPLES.

Pineapple points need not necessarily

tied thoroughly in cold water.

There is less waste of juice when the fruit is cut before peeling.

Use a clean steel knife, that is, one not black, and wash and wipe it the minute you are through with the slicing, and do the same if you stop your work at any point. The compound formed on the knife is not good for it, and it is bad for people.

If you do not wave.

pineapple, but only a few slices, put the cut side down on a clean plate and put in a cool place. I learned this from a nurse who fed this refreshing food at MISS SMITH, COO BUILDING. intervals to an invalid.

In canning pineapple it is best to cook it first in water alone, then skim

Belgian relief committee of the Women's Canadian Club gratefully acknowledges the following donations of
children's clothing from the Oneida,
the Character of the best and the poorer
the character of the best and the poorer south Delaware Sewing Circle, sent in by the president, Mrs. Thomas Johnstone, Southwold: Eleven new dresses, stone, Southwold: Eleven new dresses, and it is exceedingly attractive ning, and it is exceedingly the table.

HUNDRED DOLLAR TROUS- Dry

cost you, dear June Bride?

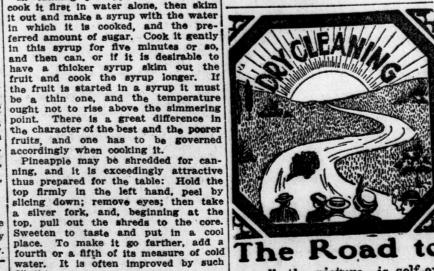
Just as much as your purse affords,

ache itself, should be found and cured.
Often the immediate cause of headache is over stimulation of the heart.

Undue heart stimulation accompanies a number of organic disturbances and results in abnormally high blood pressure in the brain; the majority of the headache remedies which are offer-

A sacred concert under the patronag The Marconi Club, under the direction need for police, either men or women.
"ONE WHO HAS SEEN THE NEED OF PROTECTION."

The Marconi Club, under the direction of Professor Venuta, have generously offered their services, several soloists also kindly consenting to assist.



The Road to



For Play or Work

Every day-for every occasion-wear Holeproofs-not merely because they are guaranteed, but because of their unusual comfort and attractive

People like the silky, soft texture of Holeproof. And the combination of light weight and wearing qualities wins new friends daily. Holeproof Hosiery comes in 112 styles. There is a style and grade to fit your needs and purse-

cotton, cashmere, silk and silk-faced. Be sure to get the genuine—with the Holeproof trademark on the toe of every pair. Ask your dealer. If he can't supply you, we will be glad to receive your order direct.

Holeproof Hosiery Made in Canada by HOLEPROOF HOSIERY CO. OF CANADA, Ltd., London, Ontario

\$1.50 per box and up for six pairs of men's; \$2.00 per box and up for six pairs of women's and children's; \$1.00 per box for four pairs of infants'. Above boxes guaranteed six months. \$1.00 per box for three pairs of children's, guaranteed three months. \$2.00 per box for three pairs of men's silk Holeproof socks; \$3.00 per box for three pairs of women's silk Holeproof stockings. Boxes of silk guaranteed three months. \$2.25 for three pairs of women's silk-faced Holeproof stockings, guaranteed three months. \$6.25 for three pairs of women's silk-faced Holeproof stockings, guaranteed three months. \$6.25



clothes of all descriptions. First-

Every article of clothing re-

Parisian

Laundry

turned in a patented, dust-proof

Give your cleaning and

4 Phones 558, 559. J. Chiera, Mgr.

When putting away remnants of food is put in little pans ready for warming

COCOANUT OIL FINE

FOR WASHING HAIR

If you want to keep your hair in

good condition, the less soap you use the better.

Most soaps and prepared sham

poos contain too much alkali. This dries the scalp, makes the hair

brittle, and is very harmful, Just

plain mulsified cocoanut oil (which is pure and entirely greaseless), is much better than

soap or anything else you can use for shampooing, as this can't pos-

Simply moisten your hair with water and rub it in. One or two

teaspoonfuls will make an abundance of rich, creamy lather, and cleanses the hair and scalp thoroughly. The lather rinses out easily, and removes every par-ticle of dust, dirt. dandruff and excessive oil. The hair dries

quickly and evenly, and it leaves it fine and silky, bright, fluffy and

You can get mulsified coceanu

oil at most any drug store. It is very cheap, and a few ounces is enough to last everyone in the family for months.

sibly injure the hair.

easy to manage.

class work guaranteed.

envelope.

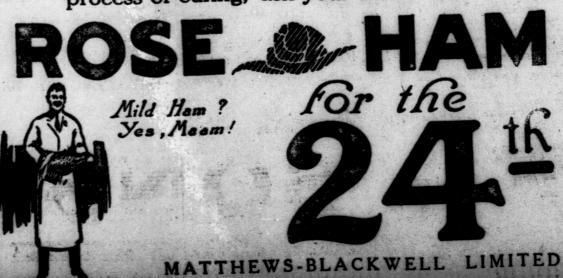
THE MEN KEEP IN GOOD HUMOR

WHEN HUBBY "LIGHTS UP" FOR HIS AFTER-DINNER SMOKE, BE SURE HE HAS A MATCH WHICH WILL GIVE HIM A STEADY LIGHT, FIRST STROKE. ASK YOUR GROCER FOR EDDY'S "GOLDEN TIP" MATCHES, ONE OF THEIR MANY BRANDS.

Getting Ready for a Big Day

¶ Could anything ever take the place in the lunch basket of Ham sandwiches?more especially if they are filled with tender slices of mild Rose Ham.

To be sure of the delicate flavor that comes only from the fine Old English process of curing, ask your dealer for



mon ailments. Even people in compara- also be indications of systemic disturbances of some other part of the body.

SOMETHING SERIOUSLY WRONG WITH YOUR SYSTEM. Headache is one of the most com- | Constantly recurring headaches may

HEADACHE A DANGER SIGNAL

however, is rarely

iver and intestinal canal, long contin- the heart. ued irritation of the nasal cavities, high

tively good health bances of some other partial than the headare subject at times | ache itself, should be found and cured. to this malady. The Often the immediate cause of headache majority of people believe the trouble Undue heart stimulation accompanis located in the les a number of organic disturbances

head itself. This, and results in abnormally high blood ache and they cannot be removed by heart depressant which only bring tem-

Serious or even fatal results may blood pressure or other causes as wide-ly varied as those mentioned.

To Guard Against Moths

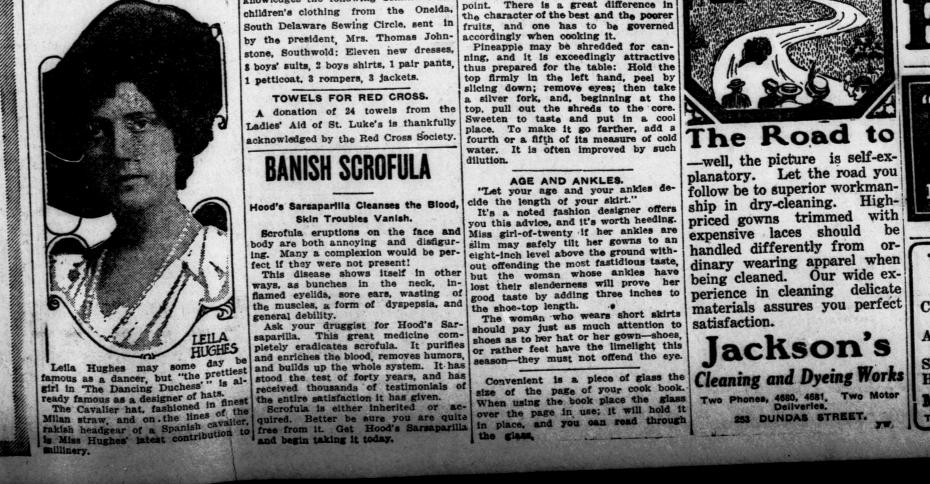
ated that it is not convenient to send to cannot be protected in this way. Up-holstered furniture is an example. Moths love to get into the tufts and lay their protected by slip covers during the sum-

a marvellous rate. The best thing to do with furniture is

tells me that while they may be rolled extra rubbing with magnesia will up, the ends should be left open. The good for white and light furs. thoroughly out of doors, sprinkle them liberally with tar camphor, roll them up, tie them, and place them in a light, cool

Woollen clothing must be closely examined before putting away, and all spots removed; otherwise moths will spot will be left when the garment taken out again.

Should one be so unfortunate as to find anything moth-eaten, it is pos- Belgian relief committee of the Wosible nowadays to have the ravages



[BY MARY LEE.]

The harvest time of the moth is aproaching. Many women are so situted that it is a women are so situted that it is a women are so situ-

I have thed the suggested experiment able belongings beloved of these house-hold pests. Furthermore, some things be placed among furs in a box, the evaporation of the fluid will kill any eggs love to get into the tufts and lay their that may come to life—if eggs were in eggs there; and, as furniture is usually the furs when packed away. My exner months, it is very necessary to see perience has been that the chloroform that no eggs are present before putting on the covers. Otherwise, a most unpleasant surprise will confront the housekeeper when she removes the covers. Moths multiply in the dark at a marvellous refer. try the chloroform treatment. Ostrich feathers should be saturated

The best thing to do with furniture is to beat it thoroughly and then saturate it with benzine or gasoline (keeping away from fire and lighted gas) before putting on the slips. The slips may be removed occasionally to inspect condi-

spots or linings removed before putting Most women pack away rugs in wrap- away. It is well also to give the fur a Most women pack away rugs in wrap-rubbing with hot bran or catmeal. An pers of some kind. An authority on rugs extra rubbing with magnesia will be If you do not want to use the whole proper thing to do is to beat the rugs | Moth-proof bags for garments cos

s boys' suits, 2 boys shirts, 1 pair pants,
1 petticoat, 3 rompers, 3 jackets.

TOWELS FOR RED CROSS.

A donation of 24 towels from the
Ladies' Aid of St. Luke's is thankfully cknowledged by the Red Cross Society.

SEAU FOR JUNE BRIDE Cleaning by an expert. Men's or women's

TO BUY SOLDIERS' COMFORTS. of the mayor and city council will be not the punishment due to their fund, which is in the hands of the Imcrimes, and there would then be no perial Order of Daughters of the Empire.

110 Dundas street-Phone 533,



COCOA "Sweetheart'

> BAKING POWDER Pure and Good. oc 15c and 20c TINS.

VEGETABLES TO CONSUMER DIRECT.

SPECIAL: CELERY, very fine, per SPINACH, peck20c HEAD LETTUCE, each 20c

MAIN & COLLYER