

A Page

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

For

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

Women

GILLETTE'S
PERFUMED
CLEANS AND
DISINFECTS
100% PURE
MADE IN CANADA



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 there are many besides it that give variety to plain fare and improve even costly foods.

Sauces may be divided for our convenience into sweet sauces, as those made for puddings, fruits and desserts, 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 glass or half stock and half milk is used it is called Bechamel sauce, and if additional richness is secured with egg yolks it becomes poulet sauce.

White Sauces. White sauces are used on sweetbreads, veal, white meat of fowl and on delicate vegetables like celery, cauliflower and the like. Great care is used to prevent the butter browning while it is melting, for this would discolour the dressing.

Dark, rich-looking sauces are considered correct for chops, cutlets, croquettes and dark-colored entrees. 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. Spicilise sauce is onion flavored, and Bernelise 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

A Healing and Antiseptic Soap.
LIFEBUOY

KEEP THE MEN 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.

ADVICE TO DYSPEPTICS WELL WORTH FOLLOWING

In the case of 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 benefit in a day, and as time goes on improvement continues. No other medicine will strengthen the stomach and digestive organs like Dr. Hamilton's Pills. They supply the materials and assistance necessary to convert everything eaten into nourishment, into muscle, fibre, and energy with which to build up the rundown system.

Why not cure your dyspepsia now? Get Dr. Hamilton's Pills today. 25c per box, at all dealers.

Trim Little Craft Is the "Monoplane" Now Soaring 'Cross the Fashion Skies



There are sailor hats for maids who never sail, and motor bonnets for maids who never motor, so why not a monoplane hat for the girl who looks well in a tri-cornered head piece even if she never flies.

This stunning "airship" is made of white corded silk and fine milan straw. The silk forms the top or "planes" and the straw makes the band that fits tightly around the head. A clipped ostrich feather is twisted into a realistic little propeller.

Miss Virginia Rappe, an aviation enthusiast, designed the new hat to be worn at the midsummer aviation events, but it will look just as well at a summer picnic or at a matinee on a girl who never saw an airship.

HEADACHE A DANGER SIGNAL

SOMETHING SERIOUSLY WRONG WITH YOUR SYSTEM.

Headache is one of the most common ailments. Even people in comparatively good health are subject at times to this malady. The majority of people believe the trouble is located in the head itself. This, however, is rarely the case.

There are numerous causes of headache and they cannot be removed by smelling salts, ice bags, cold towels and headache powders.

Headache may come from defective teeth or eyes, from acute digestive disturbance, from a sluggish action of the liver and intestinal canal, long continued irritation of the nasal cavities, high blood pressure or other causes as widely varied as those mentioned.

Constantly recurring headaches may also be indications of systemic disturbances of some other part of the body. The cause, more serious than the headache 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 offered for sale contain some powerful heart depressant which only bring temporary relief.

There is always danger, however, in the use by the patient of any drug which is sufficiently strong to have this result when there is some weakness of the heart.

Serious or even fatal results may come from constant use and they cannot affect a cure.

To Guard Against Moths

[BY MARY LEE.]

The harvest time of the moth is approaching. Many women are so situated that it is not convenient to send to cold storage their furs and other valuable belongings of these household pests.

Up-holstered furniture is an example. Moths eggs there; and, as furniture is usually protected by slip covers during the summer months, it is very necessary to see 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 rate.

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 conditions beneath.

Most women pack away rugs in wraps of some kind. An authority on rugs tells me that while they may be rolled up the ends should be left open. The proper thing to do is to beat the rugs thoroughly out of doors, sprinkle them liberally with tar camphor, roll them up, tie them, and place them in a light, cool spot.

Woolen clothing must be closely examined before putting away, and all spots removed; otherwise moths will take up their abode there, and not a spot will be left when the garment is taken out again.

Should one be so unfortunate as to find anything moth-eaten, it is possible nowadays to have the ravages

remedied by reweaving—which can be done at moderate cost. The mending, if done by an expert, will be invisible.

I have used the suggested experiment of putting a bottle of chloroform in a box of furs. It has been said that the bottle sealed with an imperfect cork, the fumes of the fluid will kill any eggs that may come to life—if eggs were in the furs they would be killed. My experience has been that the chloroform evaporated before the eggs came to life, therefore the pest lived and prospered. Ostrich feathers should be saturated with benzine and packed in a large, wide-mouthed fruit jar. One thus can see what is going on without opening the receptacle.

Furs must be beaten, and any greasy spots or linings removed before putting away. It is well to give the furs a rubbing with hot bran or oatmeal. An extra rubbing with magnesia will be good for white and light furs.

I have found that garments cost very little, and their use may result in a great saving. Use newspapers liberally for outside wrapping.

ONEIDA WOMEN SEW FOR THE BELGIANS

Mrs. A. T. Edwards, treasurer of the Belgian relief committee of the Women's Canadian Club, gratefully acknowledges the following donations of children's clothing from the Oneida, South Delaware Sewing Circle, sent in by the president, Mrs. Thomas Johnston, Southwold: Eleven men dresses, 5 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 acknowledged by the Red Cross Society.

BANISH SCROFULA

Hood's Sarsaparilla Cleanses the Blood, Skin Troubles Vanish.

Scrofula eruptions on the face and body are both annoying and disfiguring. Many a complexion would be perfect if they were not present!

This disease shows itself in other ways, as blemishes in the neck, inflamed eyelids, sore ears, wasting of the muscles, a form of dyspepsia, and general debility.

Ask your druggist for Hood's Sarsaparilla. This great medicine completely eradicates scrofula. It purifies and enriches the blood, removes humors, and builds up the whole system. It has stood the test of forty years, and has received thousands of testimonials of the entire satisfaction it has given.

Scrofula is either inherited or acquired. Better be sure you are quite free from it. Get Hood's Sarsaparilla and begin taking it today.

TWO SIDES TO THE QUESTION

Girls Need Recreation—Also Protection.

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 who allowed their children out at night without proper escort."

"A report had been read stating that in some of the dance halls in this city, girls were allowed to attend them free of charge, under 15 years of age, and that sometimes these dances were kept up after 11 p.m. The question was asked, how about girls who have no parents?"

"An old-fashioned woman" was once taken to task on the subject of young girls walking the streets at night. A Christian lady said: "Do you know that 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 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 realize themselves 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 standing for men and women," how I wish that it might be the blessings rather than the curse of the highest equality, and not the punishment due to their crimes, and there would then be no need for police, either men or women.

"ONE WHO HAS SEEN THE NEED OF PROTECTION."

POINTS ON PINEAPPLES.

Pineapple points need not necessarily refer to the prickles on this rather gruff and spiny fruit, but be as follows: Before peeling a pineapple wash it 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 want to use the whole pineapple, but only a few slices, put the rest in a cool place, and the pineapple will keep for several days.

In canning pineapple it is best to cook it first; in water alone, then skid it out and make a syrup with the water in which it is cooked, and the preferred amount of sugar. Cook it gently in this syrup for five minutes or so, and then can, or if it is desirable to have a thicker syrup skid out the fruit and cook the syrup longer. If the fruit is started in a syrup it must be a thin one, and the temperature ought not to rise above the simmering point. There is a great difference in the character of the best and the poorer fruits, and one has to be governed accordingly when cooking it.

Pineapple may be shredded for canning, and it is exceedingly attractive thus prepared for the table: Hold the fruit firmly in the left hand, peel by slicing down; remove eyes; then take a silver fork, and, beginning at the top, pull out the shreds to the core. Sweeten to taste and put in a cool place. To make it go farther, add a fourth or a fifth of its measure of cold water. It is often improved by such dilution.

AGE AND ANKLES.

"Let your age and your ankles decide the length of your skirt."

It's a noted fashion designer offers you this advice, and it's worth heeding.

Miss girl-of-twenty if her ankles are slim may safely tilt her gown to an eight-inch level above the ground without offending the most fastidious taste, but the woman whose ankles have lost their slenderness will prove her good taste by adding three inches to the shoe-top length.

The woman who wears short skirts should pay just as much attention to shoes as to her hat or her gown—shoes, rather feet have the limelight this season—they must not offend the eye.

Convenient is a piece of glass the size of the page of your cook book. When using the book place the glass over the page in use; it will hold it in place, and you can read through the glass.



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 appearance.

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
FOR MEN, WOMEN AND CHILDREN.
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 boxes guaranteed three months. \$2.00 per box for three pairs of men's silk Holeproofs; \$2.00 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. (653)

HUNDRED DOLLAR TROUSSEAU FOR JUNE BRIDE

How much is your trousseau going to cost you, dear June Bride?

Just as much as your purse affords, no doubt; for who would skimp and economize on a wedding?

But don't be foolishly extravagant and buy your things by the "dozen." There'll be so little room in your styles for a lot of clothes, and then the styles will change before you have time to wear half your pretty things.

Here's a trousseau list made out by a June bride and she expects to get the outfit for \$100.

Lingerie wedding gown \$20
Tulle veil 5
Tailored suit 5
Two waists at \$2 4
One hat 2
Shoes 4
Slippers 4
Underwear 12
Corsets 4
Two petticoats at \$2 4
Negligee 5
Gloves 3

When putting away remnants of food time and dishes are saved if the food is put in little pans ready for warming over.

Dry Cleaning

by an expert. Men's or women's clothes of all descriptions. First-class work guaranteed.

Every article of clothing returned in a patented, dust-proof envelope.

Give your cleaning and pressing to our drivers.

Parisian Laundry
Phones 558, 559. J. Chiera, Mgr.

When putting away remnants of food time and dishes are saved if the food is put in little pans ready for warming over.

COCONUT 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 shampoos contain too much alkali. This dries the scalp, makes the hair brittle, and is very harmful. Just plain mulified coconut oil (which is pure and entirely greaseless), is much better than soap or anything else you can use for shampooing, as this can't possibly irritate the hair.

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 particle of dirt, dandruff, and excess oil. The hair dries quickly and evenly, and it leaves it fine and silky, bright, fluffy and easy to manage.

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

Corns Instant Relief

Drop Out

Putnam's Corn Extractor today.

Bring your material and be shown how to make it. Terms very reasonable.

MISS SMITH, COO BUILDING,
110 Dundas street—Phone 553.

DRY CLEANING



The Road to

—well, the picture is self-explanatory. Let the road you follow be to superior workmanship in dry-cleaning. High-priced gowns trimmed with expensive laces should be handled differently from ordinary wearing apparel when being cleaned. Our wide experience in cleaning delicate materials assures you perfect satisfaction.

Jackson's

Cleaning and Dyeing Works

Two Phones, 4682, 4681. Two Motor Deliveries.

253 DUNDAS STREET, W.

LUNDY'S CHOCOLATES

"A REPUTATION IN EVERY PIECE"

FRY'S COCOA

"Sweetheart"

BAKING POWDER

Pure and Good.

10c, 15c and 20c TINS.

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VEGETABLES

TO CONSUMER DIRECT.

SPECIAL:

CELERY, very fine, per head 15c

ASPARAGUS, large bunch 10c

SPINACH, peck 20c

HEAD LETTUCE, each 20c

MAIN & COLLYER

Telephone 2331. P. O. Box 275.

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

ROSE HAM

Mild Ham? Yes, Ma'am!

for the 24th



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