

Katherine Leslie's Chat
Up-to-Date Fashion Hints
Helpful Recipe Column.

A PAGE FOR WOMEN

Cynthia Grey's Answers.
Variety of Home Topics for
All Feminine Readers.

Ah, Such a Dull Feeling Newport Gave Marie Dressler!

She Entertained the Fashionables of That Swell Resort, and Then Delivered a Monologue on "How Much I Don't Like Newport," to Mary Isabel Brush.

[By Mary Isabel Brush.]
Newport, Sept. 22.—"Why does the undercurrent pull so hard in Bailey's Beach at Newport?" asked Marie Dressler.

MISS MARIE DRESSLER.

"Because the water is eager to get back into the ocean; it doesn't like the town," I replied.

"Neither do I!" exclaimed Miss Dressler. "I felt just that way when I came to this, the world's most fashionable summer resort," she continued. "I wanted to pull out again and let my little \$2,500 contract go."

"Fashionableness is dullness. Newport is the home of fashion. You can fish out the conclusion for yourself."

"It is one other thing beside fashionableness—expensive. I paid \$14 a day for room and board and had to sign extra for the ice tea on account of the lemon!"

"At that rate what would a taxi come to by the hour?"

"You will never know because they have none of the minor luxuries at Newport."

"If you want to drive from your boarding house down the back way to your stage entrance, you get a sixty-horsepower, bonnie-barreled touring car with a driver and a footman in livery."

"I couldn't afford to take a maid to Newport, but I engaged one by the minute, a native, and I asked her a few desultory questions regarding her character and standing."

"My husband," she said, "is the first citizen of Newport. He claims the bells at Trinity, and they say he is the best whitewasher on the island."

"When I went to Mrs. Fish's I said to her: 'See here, your supremacy is gone.' Then I told her the story. It was just before her Mother Goose costume ball, which was her most fashionable event of the Newport season, and she, who is one of the few Newport women with a sense of humor, said: 'I'll hand over my sceptre immediately.'"

"I know Mrs. Harriman Ochrich and think she is a fine woman. She is attractive and so is her home. She is also interesting. But as for most of the people they are as tiresome as the Ocean Drive, which I couldn't wait to see. My husband and I grabbed a machine when we had been there an hour and started out for the drive. I had heard so much about it. Well, if you want to have my ideas about it, I wouldn't live on it if you'd give me the drive."

"My only notion of a pretty place is where there is scenery. On the famous Ocean Drive you go for a mile and you come to a tree. Then you go on another mile and come to a clump of hedge or any overgrown weed. In between these is just one continuous, monotonous roll of ocean."

"If you care anything about variety, you want to keep away from Newport, particularly if you care for variety in conversation."

"If you want to know who sat next to you at dinner on the evening previous and who is entertaining at luncheon on the day following, why, there is the place for you."

"These wives of American multi-millionaires spend all their time talking shop. Their business is entertaining and when they get up a function they talk about all the other functions they are going on, and later it makes accumulation of one additional subject for the next function which will be as much like it as a carbon copy."

"They never get excited over anything. The proper stunt is to keep unexcited and to pretend that you are



"THEY TALK ABOUT ALL THE OTHER FUNCTIONS."

PROBLEMS OF THE FAIR SEX SOLVED BY CYNTHIA GREY

[Correspondents are requested to make their inquiries as brief as possible, and to write on one side of the paper only. It is impossible to give replies within a stated time, as all letters have to be answered in turn. No letters can be answered privately.]

She is Too Short.

Dear Miss Grey.—I am 22, and not satisfied with my height. I am only 5 feet 5 inches tall. How can I increase my stature? Have heard that 21 is the stopping point of one's growth. 2. Have a thin neck and always wear a lace collar. Please give me a fattening cream or will it take over a month to show any improvement? Have tried cocoa butter and olive oil for about a month or two, but they have not helped. 3. Received a telegram stating that a train would be in at 12 m. Does that mean noon?

INQUISITIVE.

A.—1. This exercise may help. Rise on your toes, stretch the tips of your fingers as far toward the ceiling as you can, hold them there while you count 20, slowly; then sweep the hands downwards, touching the inner tips to the floor without bending the knees. Do this upon arising every morning. It is not true that people stop growing at 21. Many have grown several inches after reaching this age. 2. Bend the head slowly forward until the chin touches the neck, then slowly raise the head to its normal position. Repeat these movements until you are tired. Then bend the head backward as far as possible. Sitting erect in a chair, bend the head from side to side, and then roll the head to the right, left and forward. Massage will also be a great aid. We can give you nothing that will bring results promptly, but if you persist in the above treatment for a reasonable length of time you will see a change. 3. It means noon.

Milk As a Cosmetic.

Dear Miss Grey.—A short time ago I asked you if it was possible to obtain a cold cream that wouldn't cause a growth on the face. You recommended sour milk. I have used it, and would I have to get it fresh every day? Thanking you very much.

Answer.—Apply by simply rubbing into the skin after you have washed in warm water with a good soap. Just before retiring is the best time. Apply the milk freely and let it dry in. The milk will take two or three days old.

A Really Beautiful Mouth.

Dear Miss Grey.—As you have helped so many other readers, I am going to ask you a few questions:

1. I have thick lips. Do you know any way to remedy them, or any means by which they can be made thinner?

2. I read in your column a tonic you once advised for a salivary complexion. Have yellow marks. Would that tonic be of service to me? As I would like to try it, would you be kind enough to reprint it?

3. Do you know of any good cure for dandruff? Hoping I have not taken up too much of your time, and also to see your answers in print soon, I remain, yours, BLAUDEL.

Answer.—1. Alas! no. I fear they will have to remain as Nature made them. But if you are careful that nothing but kind and helpful words come from between your mouth will have beauty of the best kind.

2. I am afraid that you have confused me with some of the advertising matter which runs in the form of questions and answers. It is not true that you can see as you mention. Careful diet, exercise, fresh air and a tonic prescribed by a physician ought to help.

3. Nightly massage with the tips of the fingers and a little vaseline is good; then, after smoothing out the tangles, brush gently but firmly for ten minutes.

Half an Hour With the Cook

Readers of this page are requested to contribute recipes of helpful hints along culinary lines for publication in this column, the desire being to make it one of mutual benefit. Original recipes, or any found to be tried and true, will be especially appreciated.

Instead of throwing away the bits of stale bread and crackers, they should be dried in the oven, rolled, and saved for breadings, chops, cutlets, and making various casseroles, etc. A jar of these kept on hand is a great convenience.

The less stale pieces may be used in puddings, baking tomatoes, etc. It is no economy to use real stale bread in puddings. It requires so much extra milk. Bits of left-over meats and fish, when combined with small pieces of potatoes, cream sauce, covered with bread crumbs dotted with butter and baked till a delicate brown on top develop into a most appetizing dish. And meat pies, cecils with tomato sauce, croquettes, minced meat on toast, offer further variety for made-over dishes.

Many a savory soup is concocted out of a few bones, remainders of meats and vegetables properly prepared and seasoned.

The cup of cold rolled oats left from breakfast is a valuable addition to the luncheon muffins. The remaining coffee may be used in coffee jelly, or a small quantity will give a pleasant flavoring to a mocha frosting.

Cold potatoes may be used in almost infinite varieties—in hashed brown, Lyonnaise, Delmonico, etc. Various other vegetables may be converted into toothsome salads.

Stale cake may return to the table in the guise of a pudding.

Even sour milk has untold possibilities. It is unequalled for making doughnuts, various cookies and small cakes, brown bread, nut bread, griddle cakes and even finds its way into pies, to say nothing of the much-prized old-fashioned cottage cheese.

The really thrifty housewife has long ago learned the saving of using beef drippings and chicken fat as shortening. When combined with an equal quantity of butter its presence cannot be detected.

In Paris now as in London, society women are taking to business, and Pauline Menard-Dorlan, whose first husband was no other than the grand-son of Victor Hugo, went into the millinery business some seasons ago, and met with unprecedented success.

MR. VANCE IS ANSWERED BY LONDON CLUB-WOMEN

Statement That Women Sacrifice Cause for Leadership Does Not Apply to London.

LOCAL CLUB WOMEN SUPPORT LEADERS LOYALLY

"Why is the gentler sex the more quarrelsome?" asks Arthur T. Vance, editor of Pictorial Review, in a recent issue. "Why, when a dozen or more women organize for any worthy purpose, must the cause soon become secondary to leadership?"

Not True of London. Goodness, gracious, Mr. Vance! One wonders what sort of women's societies you have had experience with. Just come over to Canada, or at least to London, Ontario, and we will show you a dozen or more women's organizations that are run as smoothly, and with as great an atmosphere of esprit de corps as any man's club on the continent.

Mr. Vance says: "The real joy of organization lies not in mutual interest, companionship, results—but in leadership. Lucky that organization at whose head there is a woman of such will-power that none dare question her leadership." And yet, as any woman interested in the formation of almost any society, could tell you, the great difficulty in nine out of ten clubs, is to get anyone to take the presidency or the secretaryship. "I am perfectly willing to work in the club and to do all I can for it, but I don't feel capable of being president," will be one woman's cry. Or, "I wouldn't mind taking the presidency, but I don't feel like it," is the modest answer of a second proposed officer. And if, for any reason, the president of a club or society is obliged to resign her post, what dismay is felt by her colleagues, and what persuasion is necessary before another woman can be prevailed upon to accept the chair!

Not Just Hearsay. No, Mr. Vance, this is not mere talk. One has not been a member of four women's clubs without knowing whereof she speaks, neither has one trailed around the city to report heaps of meetings of various women's societies without gaining some knowledge of the real state of affairs.

Yet the editor of Pictorial Review writes: "Have you ever listened while the women and girls of a household repeated the tale of UNBROKEN, the Ladies' Aid Society, the Whist Club, the Altar Guild, the Lunch Club? Do you hear how many aprons were made for the next sale, what finesses were displayed in a certain handkerchief, how the guild has decided to redecorate the chancel, or the latest discoveries in domestic science made by the young cooks? Not at all. The burning question in almost every case is, 'What have some officers, or the unwarranted power wielded by others.'"

But just for fear that we had a

prejudiced opinion of the matter in disagreeing with Mr. Vance, the writer made a point, this morning, of ascertaining the experiences of some of the larger women's organizations in London, only to have her views corroborated.

Harmony in Local Clubs.

Mrs. A. T. Edwards, president of the Young Women's Christian Association, laughed when she heard some of Editor Vance's remarks. "It certainly is not the case in our Y. W. C. A. work," she told the Advertiser. "And again, take the Women's Christian Association; they manage the Agel People's Home, the Home for Incurables, and the Infants' Refuge, and have done so for years, and all the members are the best of friends."

Mrs. (Dr.) Colon Smith had practically the same to say of the pleasant relations existing amongst the executive members of the Union Mothers' Clubs of the city, of which she is president. "I have never seen any of this spirit of rivalry in Mothers' Clubs. I think all the mothers who belong are busy and too sensible for such nonsense. Our relations with each other are invariably harmonious."

Loyalty to their president, Mrs. H. Ashplant, is a key-note of the local Women's Christian Temperance Union. The scribe was told in answer to her inquiry of one of the Union's most prominent workers. "The trouble is not that our members clamor to fill offices, as this editorial would imply, but they rather hesitate to shoulder the responsibilities entailed. We are all proud of our president, and of the other officers, too."

Mr. Donald McLean, first vice-president of the Women's Canadian Club, vouched for the same spirit in that society. "We are all zealous for the success of the club, and our members are unanimous in their support of Mrs. Bettie, our president. One thing which has always existed in the Women's Canadian Club, is the unanimous way in which our officers are elected. And once they are chosen, we stand by them loyally. There may be so-called 'wheels' where the spirit you mention exists, but I do not know of any in London."

Mr. Vance Answered.

So, Mr. Vance, you are answered. Out of the mouths of the club-women of London has issued the declaration that peace abideth, along with faith, hope and charity. Members of organized women's societies are not all cats. If you have thought so in the past, now is a glorious time to revise your opinions. And if you refuse to do that, in face of all this evidence—well "we're from Missouri."

Keeping the Child "Fit"

[BY A PHYSICIAN.]

Individual resistance to disease is the best preventive.

At the beginning of each school year, many parents have very natural misgivings about sending their boys and girls into the crowded schoolroom where disease may be lurking upon the person of one or several of the other children.

The wisest way to insure the health of your child is to keep his power of resistance high!

Many people cannot explain the reason for the fact that some adults and some children seem to take everything that is going, while others rarely have anything the matter with them. The individual with a high resistance is very much more likely to escape illness than the one with poor resistance.

It is simply the law of the survival of the fittest applied in a very practical way.

Keeping the child "fit" can only be accomplished through the constant carrying out of sensible rules of living in the home.

It is the old story, so old yet so necessary to be repeated.

It is the story of food, of ventilation, of regular sleeping hours, of regular exercise in the fresh air, of suitable recreation and sufficient employment to keep the mind and body in trim.

Simple, systematic home life, a sensible diet; a proper consideration of the importance of outdoors in the life of every growing child, and immediate attention and remedy for small ills will usually result in maintaining a resistance sufficient to withstand many of the child diseases which go around each year in the school community.

Though this program is very simple it means self-denial and constant watchfulness on the part of the parent!

You cannot expect your child to learn system in eating and sleeping if the meal is not prepared at the regular time, or if the bed-time hour is not consistently maintained.

You cannot expect the child to retain his power of resistance if you allow a cold or a case of indigestion to linger without prompt remedy.

Keeping the child "fit" means regulating its life according to common sense!

KATHERINE LESLIE'S HOME CHAT

The Difficulty of Following Regimens Prescribed by Doctors.

It does seem as though a good deal of selfishness is necessary to the woman who would keep her health and keep it by following the rules laid down by noted medical authorities. For one woman to know the comfort and happiness of others, if she continues, in the midst of things, to follow the wise doctor's regimen. In fact, unless she retires indefinitely to some quiet rural village where she may keep what hours she pleases, eat what she pleases, exercise when she pleases, and, in short, vegetates, she cannot possibly, without running amuck of some one or other dear to her, live in any proscribed way, or follow accurately and conscientiously any prescribed regimen or systematize her days for her health, or for the cure of her bodily infirmities. No man lives unto himself. It is a stern and dreadful law. A woman soon learns that though she feels desire within herself that she is an individual with rights to health and happiness, that in reality she has none. She cannot move in any wisely prescribed direction without disturbing the family equilibrium, the tiny social system in which she figures. She has to conform to the demands of the family, and to the best she can for her physical and mental needs.

VELVETS FOR FALL SUITS AND DRESSES

Chinchilla Velvets, the Present Craze in New York and Paris.

Velvets of all kinds are very much in demand for fall and winter wear. For suits, dresses, coats and trimmings there is no more popular material.

Early in the summer we anticipated a big run on Velvets for fall, so we bought large quantities of the best colorings, but our stock is already getting low so make your choice at once.

We have all the good colorings in the newest effects, Velveteens, Velvet Whipcords, Brocades, Shot Velvets, Corduroys, Chinchillas, Velours, Silk Velvets, Fancy Trimming Velvets, etc., at from, yard.....50¢ to \$3.50

Ask to see the new Chinchilla Velvet, in ten different shades, at yard.....\$1.50

New Silks

Have you seen our New Silks? Never before have we had such large or so well assorted stocks. Many new colorings in many new materials. Silk Crepes, Ratines and Ninons, Brocaded Crepes and Satins in a big range of good colorings. Our stocks of Paillette and Messaline Silks in white, black and colors are now complete. We have many novelties in Trimming Silks you should see.

Coatings

In choosing the material for your fall coat you have here the choice of over 50 different coatings, including many new cloths in all the desirable colorings. These range in price from, yard...\$1.50 to \$3.00

BLACK AND WHITE CHECKS, for skirts, dresses, suits or coats. We have an almost complete range of these very scarce goods, at 25c, 50c, 75c, \$1, \$1.50 and \$2 yard.

150 DUNDAS. **GRAY'S** 150 DUNDAS.
PHONE 1182. **LIMITED.** PHONE 1182.

"Mother Stuart," Best Bread Baker in Ohio, Tells How to Make Good Bread.

EDITOR'S NOTE.—Mrs. Stuart has just won the bread-baking prize at the Ohio state fair. She is 70 years old, and lives on a farm. She has a reputation as a fine all-around cook. After getting her blue ribbon, she drove home alone—45 miles.

BY MRS. MARY STUART. It takes years of experimenting to make a good bread baker. Lots of women using the same recipe and following the same general method don't get the same results at all. But that's because they don't do it EXACTLY RIGHT.

If the recipe is good, all you've got to do is to experiment till you learn just how to apply it, and then baking good bread will become second nature to you. I don't think I could spoil a batch of bread if I tried.

Here's the way I make it. To make five loaves, I peel three small potatoes and boil them in about two quarts of water with a teaspoonful of salt, one of sugar and one of flour. When the potatoes are cooked, I mash them very fine, and when the mixture is blood-warm I break a cake of yeast in it.

I let this stand over night. Next morning I mix it with the flour, and let the dough stand till it has doubled in size. Then I knead it stiff and place it in the pans.

I don't add any special time for baking the loaves—I just bake them till they're done.

Now, it stands to reason that any other woman who goes at it intelligently can learn by this method, to bake just as good bread as I can. But it takes patience and careful observation, so you can know just what your mistakes have been, and avoid them next time.

It may take several years—but when you finally learn the secret, you've got it for your whole lifetime.

MRS. STUART.

There are more than 250,000 members. Sophia, the new queen of Greece, is a sister of the present Emperor of Germany.

Woman's battle for equal suffrage in Illinois began fifty-eight years ago.

If every man in England were married there would, it is said, still be 1,178,000 females unprovided for.

A New York church is to have a bride's room. Here the bride may arrange her attire after the drive from home, and assure herself that she is in readiness for the march to the altar.

Every day London's residents eat 430 tons of mutton, 300 tons of beef and 70 tons of bacon and ham.

The International Sunshine Society.

TRouble.

Teacher—"Now, Lennie, if you had six cents and Charlie had four, and you took his and put them to yours, what would that make?"
Lennie (knowingly)—"Trouble, miss!"

Are You Buying an OAK HEATER This Fall?
Make Sure You See the Empire Oaks Before You Buy.
You can regulate the Empire Oak just as easily as any baseburner. The Empire Oak is fitted with a heavy duplex grate, a self-feeder, an entire double-lined body and mica doors.
The Empire Oak is guaranteed. If not satisfactory, your money will be refunded.

H. Wolf & Sons
263-265 DUNDAS STREET,
Near Wellington.

The Poet's Corner

GIBRALTAR.

Seven weeks of sea, and twice seven days of storm
Upon the huge Atlantic, and once more

We ride into still water and the calm
Of a sweet evening, screen'd by either shore
Of Spain and Barbary. Our toils are o'er.

Our exile is accomplished. Once again
We look on Europe, mistress as of yore
Of the fair earth and of the hearts of men.

Ay, this is the famed rock which
Hercules
And Goths and Moor bequeath'd us. At this door
England stands sentry. God! to hear the shrill,
Sweet, treble of her lutes upon the breeze.

And at the summits of the rock gun's roar
To see her red coats marching from the hill!

—Wilfrid Scawen Blunt.