

PAGE OF INTEREST TO WOMEN

Health Talks

by WILLIAM BRADY M.D.
NOTED PHYSICIAN AND AUTHOR

Dr. Brady will answer all signed letters pertaining to health. Writers' names are never printed. Only inquiries of general interest are answered in this column, but all letters will be answered by mail if written in ink and a stamped, self-addressed envelope is inclosed. Requests for diagnosis or treatment of individual cases cannot be considered. Address Dr. William Brady, in care of this paper.

How to Counterbalance Dignity

A man attains the most dignified period of his career shortly before he suffers his first stroke of apoplexy or maybe a "nervous breakdown" from, as he likes to imagine "overwork." A woman reaches her top notch of dignity the year she discovers she is growing old. We pay a good price for striving to seem what we are not. We deceive ourselves most of all.

Any victim of dignity who is so far gone that he or she can't get down and roll a string of somersaults on the rug or bare floor has my sympathy.

There is an optimum of physical efficiency, an acme of health which amounts to something more than merely being free of disease or infirmity, a super-excellence which resembles intoxication, an intoxication which has no other pleasant reaction, in short, a perfect metabolism or a complete oxygenation, which is to be attained only by systematic daily exercise. The neglect of this little detail of health plus accounts for many a failure in modern competitive life. Success comes much easier to the man or woman who knows the secret of pep.

Tired, weary, dull, no ambition, nervous, frazzled, overworked, sick of the job, gloomy, discontented, envious of the other fellow, sour on the world—these are common symptoms of under-oxygenation. "I am utterly exhausted after my day's work," declares a school teacher, as though that were a good reason why she should not take her half hour in the tank or do her bit in the gym or take three or four miles of oxygen on the hoof after school every day. She fails to realize that by absorbing more oxygen, as she does when she takes active exercise, she is going to burn up and dispose of the accumulated waste matters which are making her feel so weary and ambitious.

The famous T. B. M. puts up a similar argument, and instead of counterbalancing his sedentary brain work with active muscular exercise the poor seeks to show off a ball game, hoping that the "recreation" will rest his "overworked nerves." If he would put on a little show of his own, say a bit of ground and loley tumbling, the amusement of his family, or if he would put on his hat and play a game of three old cut in the alley, the recreation might prove restful enough.

One sees women and girls riding to and from their sedentary work and store work in and week out, although there is two miles of excellent pavement right at hand and as good a reason as there is to be had at any other resort. And these poor women (poor in health) really would give a good deal for more pep, for well they know that it is pep that distinguishes the good-looking woman from the one who is so good to look at—pep, not clothes nor art.

No one is so busy or so poor or so

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A Sunlight Wash Day is free from the toil and labour usually associated with washing, because Sunlight Soap washes clothes beautifully clean and white without rubbing or scrubbing.

Sunlight Soap

being the surest, gentlest, purest of all cleansers is kind to the clothes—they last ever so much longer—kind to the hands, too. Every cake carries the Sunlight \$5000 guarantee of purity.

All you do is soap the wet clothes with Sunlight—roll each garment tightly and leave to soak. Later you rinse thoroughly. No wrenching or relentless rubbing. The dirt just really drops out. You can go out shopping—or do other work—while Sunlight is actually cleaning the clothes for you.

Insist on getting the Soap you ask for—SUNLIGHT SOAP.

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"DOLL PARTY" TURNS OUT HUGE SUCCESS

Home of Mrs. Nathaniel Mills, Prettily Decorated for the Occasion.

The home of Mrs. Nathaniel Mills, 58 Elmwood Avenue, was a veritable doll fairyland Saturday afternoon. It was the occasion of a most unusual bazaar held there by about thirty of the young girls of the Talbot Street Baptist Church. An abundance of pink decorations cast a soft, rosy glow over the rooms filled with pretty things of every description. Everywhere quality was considered before quantity, and the prices were made most reasonable.

Such dolls! From tiny little creatures with clothes for every occasion, to great golden-haired beauties, and everything that small doll mothers could fancy. Mrs. F. Wood, Miss Wood, the dolls, is a regular wizard when they are concerned, and personally supervised much of the dress-making for the waxen babies. So famous did these dolls become even before the day of the sale that telephone orders were received in large numbers.

Directly on entering the home of Mrs. Mills, in the hall stood a huge Christmas tree hung with small toys of every description, none being priced higher than five cents. Miss Violet Edwards was in charge here. Then there was a well-laden fancy work table with Miss Aldie Twiblock in charge, and great piles of hobbicook in charge, and great piles of hobbicook in charge, and great piles of hobbicook in charge.

SOCIAL AND PERSONAL

Mrs. F. J. Watt, Colonial Apartments, entertained at the tea hour on Friday for her guest, Miss Helen Oldham of Bradford.

Mrs. Wheeler, president in the absence of Mrs. Dockstader of the Women's Music Club, and the executive have invited about twenty-five of the soldiers from Wolseley Barracks to the recital to be held by the club tonight. J. Campbell McInnes, a veteran, will sing a group of Scotch songs.

Miss Dorinda Abbott entertained the cast of the Japanese Girl, at her studio at the London Conservatory of Music on Thursday evening. The evening was spent in cards and dancing, and a short musical program was furnished including vocal numbers by Miss Abbott, Miss Alicia Element, Miss Nettie Jones, Miss Elsie McDermid, Miss Mary McPherson.

The studio was prettily decorated with palms and chrysanthemums, and Miss A. Kelson and Miss L. Armstrong helped to wait on the guests.

The annual freshman dance of Western "U" will be held at the University Gym, Oxford street, on Friday evening December 13. The affair will be informal, and contrary to custom, the sale of tickets for same will be limited to the faculty and students of Western University. The committee in charge has decided that one member of each couple attending the function must be a Western student, and male escorts for the girls attending the arts course at Western may obtain tickets from members of the freshmen medical class.

It is against the law to issue Sunday papers in Melbourne.

St. Chrysostom was patriarch of Constantinople A. D. 398. His extraordinary eloquence obtained for him the name of "The Golden Mouth."

"Tinker Bob" Stories

by Carlyle H. Holcomb

ANOTHER MYSTERIOUS HAPPENING

When Tinker Bob arose in the early morning his first thought was about Mr. Wood Rat. So he went immediately to see if Mr. Rat was about. But the small pile of sticks and stones were perfectly silent. There seemed to be no life about King Tinker when he dug them to the Palace to wait until evening, for he remembered that Jack the Wood Rat only came out in the evening.

As Tinker Bob looked about the Palace thinking about the "Pat, pat, pat," he had heard the night before, he saw something new and strange in one corner of the room. There was a pile of large burs and each one filled with chestnuts.

"How did these ever get into my house?" said Tinker to himself. "Someone is surely very kind to me. These have been stored away for many days. Near these burs were several potatoes of medium size, and this was stranger still, for none of the forest dwellers that Tinker Bob knew ever ate any potatoes.

"They look like some the Hunter has in a neighboring field," said Tinker aloud, for he talked to himself a great deal. There were now and then tracks that they ever arrived in his Palace was a great mystery.

In the middle of the day Tinker Bob went out again to see if perchance Mr. Wood Rat might be wandering forth. But instead of finding Mr. Wood Rat he found a trail leading from one of the stick piles through the forest to the meadow where the Hunter had planted potatoes early in the summer. There were now and then tracks that could be distinguished in the soft dirt that looked very much like the tracks of Jack the Wood Rat.

"I wonder," said Tinker Bob, "if it could be possible that Jack the Wood Rat stored away some of the Hunter's potatoes when he dug them to the fall? This hardly seemed possible. In the first place what would a Wood Rat want with raw potatoes? Then if he did

He saw Something New and Strange in One Corner of the Room.

Not long after he retired he heard again "Pat, pat, pat," on the chamber floor. Again he arose and lit the candle but no one was in sight. Still it was a mystery.

Tomorrow—The Mystery Solved.

Attention, Rosy Cheeks and Kity.

Dear Miss Grey—If Rosy Cheeks and Kity send their addresses I could send them a copy of "The Ladies' Aid." As I have it, and would like any comic pieces in return for it. If they have any. Did I forget? ever get the Mason piece? I could send it to her if she wants it and would return it and send her address, and also send some to exchange, as I have other good ones, and Miss Grey would send me a copy of the piece Ericum promised to send you. "Miss Prim's Christmas Shopping" will exchange if she wants to. Will leave my address with Miss Grey.

UNION JACK.

Wants Dialogue Book.

Dear Cynthia Grey—Wonder if some of the kind readers of your paper in the paper would be kind enough to lend me a dialogue book, and I will take the best of care of it and send it right back as soon as I am through with it. More for a girl, twelve to fourteen, as we are having a concert at school. Let me know, and I will forward the postage. F. W. D. I have a dialogue book for sale. I mean the one named "The Aspiring Dilemma."

Can you tell me how much a syndicate pays for short stories?

Do you get many letters from around here?

Well, I hope those songs will please the receivers, and I think they can get the tunes all right, as they are old ones.

I must close this time, wishing the Mail-Box every success and hoping to see this in print soon. Will sign myself, SANTA'S HELPER.

Ans.—Thank you for the songs.

Advertiser Patterns

2729—This will make a splendid street or calling dress. It is nice for velvet, corduroy, serge, poplin, duvetyne, satin and taffeta, will lend itself effectively to combinations of materials.

The pattern is cut in 7 sizes: 34, 36, 38, 40, 42, 44, 46 inches bust measure. Size 38 will require 6 yards of 44-inch material. Width of skirt at lower edge is about 1 1/2 yards.

A pattern of this illustration mailed to any address on receipt of 10 cents

Name

Province

Town

Age (if child's or miss's pattern)

Measurement: Bust..... Waist.....

Caution: Be careful to inclose the above illustration, and send size of pattern wanted. When the pattern is sent, please send only mark 34, 36, 38, 40, 42, 44, 46, 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 miss's 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 ten days from the date of application.

Christmas Cake—Six eggs, 2 pounds, raisins, 2 pounds currants, 1 1/2 cups butter, 1 1/2 cups sugar, 1/2 pound mixed peel, 1/2 cup molasses, 3 cups flour, 1 teaspoon cinnamon, 1/2 teaspoon cloves, 1/2 nutmeg, 1/2 pound dates, 1/2 pound walnuts, 1 teaspoon soda dissolved in hot water.

Carrot Fudding—One cup sugar, 1 cup

flour, 1 cup suet, 1 cup bread crumbs, 1 cup raisins, 1 cup currants, 1 cup carrots (grated), a little milk and nutmeg, 1/2 teaspoon soda. Boil three hours.

Ans.—So many helpful things from a girl of the Valley. We appreciate your contributions very much.

A Newcomer.

Dear Miss Grey—I have been wishing for your stockingfoot pattern for some time, but hesitated to ask, as I am sure unless you are extremely patient you must be tired sending out stockingfoot patterns, but as the necessity seems greater all the time I am

going to ask you to send me a pattern, and maybe sometime I may be able to help your Corner in some way. Wish you every success. FEARLESS.

Ans.—Welcome to our Corner, Pearl. Pattern is being mailed you today with pleasure. Perhaps you would like to send in a contribution to either our Christmas or New Year's page?

More Sparks Flying.

Dear Miss Grey—I feel it my duty to answer Hayseed, dated November 25. Just a word to speak as one for the city. My opinion is if you were a farmer's wife you would be quite busy about your work instead of watching

the travelling men at hotels. I also hope you haven't the idea that the farmers own the railways, and cut stop the public from travelling. There is plenty of room for everyone. I have yet to meet the farmer who sells anything at a loss. Perhaps you could send your husband to go to Parliament, and I am sure he would be glad to go for a few months. I am also very sorry for the city folks, who have to be at your home, when you have such a dislike for them. I will try and speak to the president of the bank and have business hours begin at 4 a.m. for your convenience. I sign myself, FLYING SPARKS.

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See our window display and visit our Infants' Wear Department, third floor. A special showing of dainty and cosy gifts for baby.



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27-INCH EMBROIDERY FLOUNCING, in dainty patterns, finished with hem, frill or scallop edge, extra good values. At a yard 85c to \$1.50

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EMBROIDERY EDGING of fine cambric, nainsook and muslin, a big assortment of dainty patterns. Price, a yard 5c to 35c Second Floor.

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CHILDREN'S BLANKETS, animal patterns, in pink or blue. Prices, each \$1.50, \$1.98

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CHILDREN'S SCALLOPED EMBROIDERED PIQUE PILLOW CASES. Price, each 95c

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BABY BIBS, lace or embroidery trimmed. Prices each, 10c, 15c, 25c, 35c, 50c, 67c, 75c Main Floor.

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CHILDREN'S QUILTED KIMONOS of flowered silk, in pink or blue. Selling at \$2.00

CHILDREN'S QUILTED CARRIAGE RUGS of flowered silk, pink or blue. Price \$2.75

COSY LITTLE JACKETS. CHILDREN'S CROCHET JACKETS, trimmed in yoke style; colors, pink, blue and white. Prices \$1.75 and \$2.25

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