

PAGE OF INTEREST TO WOMEN

SOCIAL AND PERSONAL

Dr. J. D. Tyrrell of Toronto, is the guest of his sister, Mrs. C. T. Campbell, 327 Queen's avenue.

Mr. and Mrs. A. E. Hammett and son Howard of Toronto are visiting with Mr. and Mrs. D. J. Watson.

The Misses Hilda Slater, Mary Mitchell and Gertrude Fraser have returned from a trip to Quebec and Montreal.

Miss Maud Ridout, of 208 Richmond street, has returned home after an extended visit to friends in Detroit and Fort William.

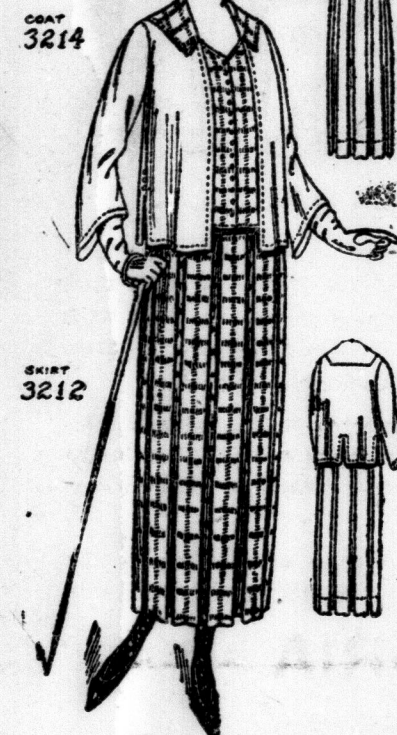
Mr. and Mrs. S. H. Reynolds of Beldwell, Ont., announce the engagement of their daughter, Eva, to Mr. O. N. Sanderson, B. A., of Toronto, the wedding to take place in August.

Mr. J. W. Wardrop and Miss Wardrop have left for Newfoundland, where they will spend some time. Miss Dorothy Wardrop accompanied them as far as Montreal where she will spend her holidays at Hudson, on the Ottawa River.

Mr. and Mrs. William Turnbull, of London, Ont., announce the engagement of their daughter, Victoria Buchanan, A.R.C.T.C. (Glasgow), of London, Ont., sister of Mrs. and Mr. David Miller Buchanan of Clar Innis, Hamilton, Lanarkshire, Scotland, the marriage to take place early in September.

Advertiser Patterns

Owing to the pattern manufacturers increasing the price of patterns to us, all patterns advertised from this date will be 15 CENTS EACH.



A Popular Suit Style. Coat pattern 3214 and skirt 3212 are here combined. The coat is cut in seven sizes 34, 36, 38, 40, 42, 44 and 46 inches bust measure. The skirt in seven sizes, 22, 24, 26, 28, 30, 32 and 34 inches waist measure. It will require 4 1/2 yards of material for the skirt and 2 1/2 yards for the coat of such material as is shown. Portrayed, plaid suiting and serge are combined.

One could use taffeta or satin, with braid or embroidery for trimming. The width of skirt at lower edge, with plaits extended, is about 2 1/2 yards.

This illustration calls for two separate patterns, which will be mailed to any address on receipt of 15 cents for each pattern in silver or stamps.

Name

Town

Province

Age (if child's or misses' pattern)

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

CAUTION: Be careful to include the above illustration, and send size of pattern wanted. When the pattern is sent, you need only mark 38, 44, or whatever size you want. When in waist measure, 22, 24, 26, or whatever size you want. If a skirt, give waist and length measure. If a dress, give waist, length and bust measure. Patterns cannot reach you in less than one week from the date of application.

SLEEPLESS NIGHTS OVERCOME BY SAFE METHOD

Suggestions Given Whereby Insomnia Can Be Safely and Quickly Cured.

Worry, overwork, overstudy and indigestion cause insomnia. Healthy, natural sleep can't be produced by drugs.

First, the blood circulation must be improved. Congestion of blood in the head must be removed.

Irritation in the brain must be relieved. It's because Ferrozene equalizes circulation, because it soothes the irritation, because it removes congestion that it does cure insomnia.

For building blood and nerve, for instilling force and life into overworked organs, for establishing strength and vitality, where can you find anything so efficient as Ferrozene? Remember, sleep is just as important as food.

You must sleep, or break down, but if you'll use Ferrozene and thereby remove the conditions which now keep you from sleep, you'll get well quickly. Ferrozene is not a narcotic, not a dope; it is a health-giving tonic that any child or delicate woman can use. Absolutely safe is Ferrozene.

Take it for a month, take it for a year—no harm, but immeasurable good will result. To sleep well, look well, feel well, to be free from depression, nervousness or blues—use Ferrozene. It's a food tonic, a healer to the weak and wretched, a boon to the sleepless—sold in 50c boxes, six for \$2.50, at all dealers, or direct from The Cataract Company, Kingston, Ont.

HOME ECONOMICS

MRS. ELIZABETH KENT, MACDONALD COLLEGE.

CHILDREN'S SPEECH.

are distinct assets. They have been for years one of the tests of gentility and good breeding.

Our schools do what they can to teach all our children to speak correct English, in clear, distinct tones, but any teacher will tell you that all she can do is to give them a little of the child's own language. Partly from climate, partly from temperament, dwellers on the American continent have not naturally pleasant speaking voices. But as the last twenty years have proved, they can cultivate them, and a cultivated American voice is different from a cultivated English voice, but is just as pleasant. Therefore let us try to have pleasant voices. Parents who have themselves lacked good training, are at a disadvantage, but even they can do wonders for their children and in doing it, gain quite as much for themselves as for the children.

We have the richest language in the world, and if we use it to the full, may have the richest minds. Coarse, rude language makes in the mind and coarse thinking and doing, but a well-controlled tongue helps to make a well-controlled character.

Let the children read aloud, a little while after supper, something in which you are both interested. Look up doubtful meanings and pronouns in a dictionary, and make a definite effort to speak clearly, in pleasant tones, in the best words you know, and you will be surprised at the improvement in the social and moral tone of your household.

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TALKS ON HEALTH

BY WILLIAM BRADY, M. D., Noted Physician and Author.

The Athlete's Heart.

Driving through the park the other day we saw a running race in which a large group of young men participated. Among them was one, well back toward the stragglers, whose movements were awkward and whose muscles were rigid. He reminded me of the old steamboat walking beam. He looked along rather than at his movements, though ridiculous to the casual observer, challenged the admiration of those who knew of his muscle efficiency. I promptly offered good odds that the funny runner would win the race. The second turn around the track it was evident that the man in the lead was getting winded, and they hadn't been intelligently trained. But my boy with the ludicrous loop moved along as unconcerned as though he were strolling for the air. And when they neared the finish line, he was out of the race, out like an rattle, and the way I collected money around there for the next few minutes was positively delightful.

Thick muscles, bulky chests, large chests, in fact all the characteristics of the old time physical culturists, which the old time physical culturists so carefully avoided by the athlete or the young man with athletic ambitions. Why every kind of side show strong man or a physical culture exhibitionist winning any kind of athletic contest? The physical culture enthusiast can mention off-hand who has never accomplished anything extra ordinary, noteworthy in physical or mental feats? All show and all wrong.

The athletically inclined youth must first learn that personal health is indispensable; that personal hygiene must be studied in order to insure personal health; that the educated physician, the family physician, is absolutely indispensable for athletic success; that the advice of most trainers who have not been especially educated for their work is unsafe and unscientific; that the old time trainers ignorant alike of the physiology of nutrition and circulation, that invented the mistaken practice of "gorging with meat," supposed to be "strengthening" rubbing down with this and that oil or liniment, which the ignorant trainer imagined would "limber" the muscles and various other mistakes.

Physical training and athletic work ought to be compulsory for all boys and girls from an early age in grammar school on through high school and college. But there are contests which may be safe enough for young men, yet too strenuous for immature boys and football is one. High school football is a serious mistake. It places a dangerous strain upon the body, the inadequately trained lad, and in many instances, this strain produces permanent damage. Even for young men of college age, training for football is a question which demands competent medical judgment in every case.

QUESTIONS AND ANSWERS.

Dad, Don't Be So Old.

I am a boy fifteen years old and physically sound. I like to go in swimming for about half an hour every day. But my father says it is dangerous. When he was a boy he knew a boy

member of the family, and I will have to buy him.

And right there Chu was sold to Mr. and Mrs. Chen for ever so many dollars. How the other puppies did stare. So the great Chim Chim was really Chu's father. Now they knew why the famous dog was so friendly to him. And Chim Chim was brought up instead of a disgrace.

Chu's little heart was almost bubbling over with joy—if it were not for one thing—but what? Chu's new master was saying, "I might have some orphan puppies for her to raise some time, and it isn't every cat that will adopt puppies." So old Tabby was to go to the new home, too. How well it had all turned out.

The End.

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MURINE Night and Morning. Have Clean, Healthy Eyes. If they Tingle, Itch, Smart, or Burn, If Red, or if you have Catarrh, or if you have any of the above troubles, use Murine. Soothes, Refreshes, Safe for Infant or Adult. At all Druggists and Opticians. Write for Free Eye Book. Note for Name Co., Chicago.

Cuticura Soap Will Help You Clear Your Skin

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Cynthia Grey's Mail-Box

The riddle of the world is understood only by him who feels that God is good.—Whittier.

ATTENTION OF BOXITES.

A few days ago an inquiry appeared in the Mail-Box, asking for a Mail-Box exchange in London. The former address was given, but since that time I have learned that the exchange has gone out of existence since May 1. I am sorry if this mistake has given inconvenience to readers, and sorry, too, that it was not possible to continue the Women's Exchange in London.

CYNTHIA GREY.

Veranda Chats.

We have been subscribers to "The Advertiser" for several years, and I have been a constant reader of your columns and have enjoyed them very much.

When I should like to become a member. I was reading your column Saturday, and I noticed where Red Rose wanted the words of "Hello Central Give Me Heaven." I have the words, and am forwarding them to you.

Will you please send me the rug patterns for several years, and I'll return soon as possible. They seem to be taking nearly as well as the S. P. do. Would it be a good idea to help along the sick children's hospital if each one who wants the pattern to ask for or to trade, but I have one tiny little favor to ask of you, viz., to send the enclosed letter on to Chicken. Will you please send it to me, and I'll send you three sets of those I copied.

I only took the animal as they were what I needed for a nursery rug. I am very much interested in the Mail-Box, and I'm sorry when only a few letters appear.

I can tell you have a book of crochet patterns, and I'm sure you'll like them. The crocheted bonnet I made from the pattern you so kindly lent me, and I'm sure you'll like it. I'm sure you'll like it. I'm sure you'll like it.

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OF MANY GOOD THINGS.

Dear Cynthia Grey and Readers.—It is long since I visited your Mail-Box, but thought I must come again. I'm sure Elizabeth Ann is a perfect dear, and I must have taken her considerable time to cut them out.

Since I last wrote, we have discovered a beautiful berry patch and we have now the small number of 100 quarts of berries. I was picking last week, and I stepped on yellow jackets' nest, and oh! the bites were terrible! I only got 40, but that was plenty—I can almost feel them now. When we were coming home our old dog got a woodchuck. We all began to run after it. The grass was rather long, and you can imagine how we got tangled up. But, between us, we got him.

Mother is going to give the readers a hint about how she planted her garden. After the potatoes were up she put a cabbage or tomato in every hill. Now we are using our potatoes, you cannot tell where they have been dug, and the garden looks just as nice as if the potatoes were there. But, oh, the garden is magnificent. We have a row of asters, zinnias, gladioli and some beautiful poppies in the garden besides our other ones, and the poppies are lovely.

I have some lovely correspondents from different parts of Ontario. I am enclosing some of our favorite Mail-Box letters, but am sure there must be more where those came from. We are busy now making berry pickle. A good old recipe that came out of our old Mail-Box.

We have finished our hay and wheat harvest, and are ready now for the fall.

Where is that live wire I wrote to. I guess he hasn't got his fountain pen fixed. Also Slim and that Watermelon. I guess you must of fallen into the lake. I'm sure you'll like it. I'm sure you'll like it. I'm sure you'll like it.

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address if any patterns come for me. Best of luck to the Mail-Box. I remain, THE OLDER OF THE TWO COUNTRY ROSEBUDS.

Ans.—We've all enjoyed your visit very much, Country Rosebud, and it was so kind of you to send in such good recipes, and to tell us about your garden and adventures in the berry patch. What a splendid mother and home you have. We can predict what a useful and lovely full-blown rose you will become.

Recipes From the Country Rosebud. Indian Relish.—Half a gallon vinegar, 3 ripe tomatoes, 6 apples, 4 large onions, 1 small pepper, 1/2 pound raisins, 2 ounces salt, 2 ounces mustard, 1 ounce ginger. Boil together tomatoes, apples, onions, peppers and raisins for one hour, put through a sieve. And one pound of sugar, dissolve mustard in vinegar, add remainder, then boil all together three-quarters of an hour. Bottle and seal.

Ripe Cucumber Pickle.—Six ripe cucumbers (large ones), 2 large onions, 1/2 pound raisins, 2 ounces salt, 2 ounces mustard, 1 ounce ginger. Boil together cucumbers, onions, raisins, salt and mustard for one hour, put through a sieve. And one pound of sugar, dissolve mustard in vinegar, add remainder, then boil all together three-quarters of an hour. Bottle and seal.

pepper, 2 teaspoons curry powder and 2 of turmeric, 1 cup brown sugar, and 1 cup milk. 2 teaspoons baking powder and 1 cup flour. Bake in layers, with lemon filling and lemon icing. This is lovely.

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For an Unbiased Verdict Let your Tea-pot be the Judge "SALADA"

Quality will loom up conspicuously above a hundred "would be" rivals.

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