

Page of Interesting News for Women

The Poor Little Toe

By Ella Wheeler Wilcox.

"I am all tired out," said the Mouth, with a pout,
"I am all tired out with talk."
"Just wait," said the Knee, "till you're lame as you can be—
And then have to walk—walk—walk."

"My work," said the Hand, "is the hardest in the land."
"Nay, mine is harder yet," said the Brain;
"When you toil," said the Eye, "as steadily as I,
OH, THEN, you'll have reason to complain."

Then a voice, faint and low, of the poor Little Toe,
Spoke out in the dark with a wail,
"It is seldom I complain, but you all will bear your pain
With more patience if you hearken to my tale."

"I'm the youngest of five, and the others live and thrive.
They are cared for, and considered, and admired,
I am overlooked and snubbed, I am pushed upon and
rubbed,
I am always sick and ailing, sore and tired."

"But I carry all the weight of the body, small or great,
Yet no one ever praises what I do;
I am always in the way, and 'tis I who have to pay
For the folly and the pride of all of you."

Then the Mouth and the Brain and the Hand said, "'Tis plain,
Though troubled by our lives with woe,
The hardest lot of all, does certainly befall
The poor little, humble little toe,
The snubbed little, rubbed little toe."

SURPRISE FOR LUNCH BOX

Always try to have a little surprise
In the school lunch box — an extra
relish or a sweet — something dif-
ferent from yesterday.

Often times when the mother is mak-
ing a pie she can make a little one in
the little tin that can be used the next
day for the school lunch. Don't, how-
ever, put berries or any juicy filling in
these pies, as it will be apt to run out
and spoil the entire lunch.

Celery stalks, stuffed with Canadian
cheese, which has been grated and
mixed with a little salad dressing of-
times makes a nice dish.

Occasionally put in a bar of sweet
chocolate or chocolate with almonds.

White bread and butter sandwiches
with just white or brown sugar be-

tween are delicious occasionally and a
most delectable sandwich is made of
toasted baking powder biscuit buttered
and spread with scraped maple sugar
WHILE HOT.

Of course, every mother has her own
recipes for cake, but a generous piece of
sponge cake will often help complete a
school lunch. Such a cake is made of
two eggs, one cup of sugar, one cup
of flour, one teaspoonful of baking
powder. Sift baking powder into the
flour, add yolks and sugar and beat
thoroughly. Add one-third of a cup of
hot water continuing to beat, and the
well-beaten whites of the two eggs
last. If this cake becomes a little old

it can be sliced and toasted and put
together with jelly for a sweet sand-
wich.
Lady fingers, with jam spread be-
tween, is also novelty for a sweet.

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 as they are received.]

Thinks Page Interesting.

Dear Miss Grey, I am going to write
to you for the first time, though I read
with pleasure your interesting page.
1. What will make the hair grow thick
and fluffy? 2. How long after receiving
a postal from a friend should it be an-
swered; also a letter? 3. What can I do
to help new shoes which squeak badly?
4. Is hydrogen peroxide injurious to the
face? 5. Will coats with sailor collars and
hood effects be worn this winter, and
what will be the leading colors? Hoping
I have not asked you too many ques-
tions, I am an INTERESTED READER.

A—To thicken the growth of hair,
massage the scalp every night with a
small portion of this tonic: Alcohol, 2
ounces; castor oil, 1 ounce; oil of berga-
mot, 5 drops. It is an old-fashioned
remedy that many have found good. For
fluffiness add a teaspoonful of borax to
the rinsing water when washing, which
should be done once a week during the
application of the tonic. 2. This depends,
of course, upon the intimacy of the cor-
respondents, and the need of urgency in
a reply. Ordinarily speaking, a card
may be answered any time within a fort-
night, and a letter within a month or
six weeks. 3. Take them to the nearest
shoemaker and have him insert a couple of
pegs in the sole. This often helps. 4. If
used too freely it is apt to cause the
skin to dry too much. 5. Wide collars
and cuffs in the reversible material will
be popular. For evening wear the hood-
ed coats will also be worn.

Wedding Anniversaries.

Dear Miss Grey: Being a constant
reader of your page and not having
written to you before, please answer
the following questions:

1. I am a girl 15 years of age, and
weigh 131 pounds, and stand 5 feet
in height. How long should my
dresses be?

2. Please print the wedding anni-
versaries as I have lost my slip.
3. Also give prescription for mak-
ing the hair come in long and thick,
and do you think I am too young to
do my hair in rolls, as I like it that
way. Some say I am too young for
this style. I remain, yours,
FATTY.

A.—1. Six inches from the floor. 2.
First year, cotton; second, paper;
third, leather; fourth, fruits and
flowers; fifth, wooden; sixth, sugar;
seventh, woolen; eighth, India rub-
ber; ninth, willow; tenth, tin; ele-
venth, steel; twelfth, silk and fine
linen; thirteenth, lace; fourteenth,
ivory; fifteenth, crystal; twentieth,
china; twenty-fifth, silver; thirtieth,
pearl; fortieth, ruby; fiftieth, golden;
sixtieth, fifth, diamond. Please see
answer to "Interested Reader" re-
garding the prescription. The style
you mention would be all right for
you I think, although I like to see a
girl's hair hanging until she is at least
18 years.

Stained Pique.
Dear Miss Grey: Please tell me what
will take raspberry stains out of a
white pique?
LILLIAN.

A.—Hold the part of the goods upon
which the stain has been made, taut
over a bowl and pour water through it
from a height of three feet. Repeat
this a few times and then wash in
the usual way. Bleach in the sun
for several hours.

Who Threw It?
Dear Miss Grey: 1. Please tell me
what will take a mud spot out of a
gray messaline waist?
2. Please give good recipe for salmon
salad.

3. Please tell me what color of paint
to use for walls and ceiling in a kit-
chen in which there is a grained
walnutooting and lavender woodwork.
MISS G.

A.—Let the stain dry thoroughly,
then brush lightly. Apply alcohol or
ether with a cloth, being careful of
press. Let it dry in the air and then
press.

2. Take from can a little before it is
served. Remove all bits of skin from
outside and separate into conveniently
sized pieces. Stand on the ice to cool
thoroughly. While it is cooling, pre-
pare head lettuce, in sufficient portions
for each individual dish. Serve a por-
tion of salmon on a portion of lettuce,
pouring over all a good mayonnaise.
Or chop salmon fine and mix with
chopped lettuce, a very small bit of
green onion and a mayonnaise. Serve
from a big dish or in separate salad
dishes.

A light gray, which would go with
the lavender, would be all right. I
should think. Perhaps you can buy a
tan which will harmonize with the lav-
ender and be a lighter shade of the
walnutooting.

To keep lemons from drying out or
moulding put on a saucer and cover
with a tumbler; if only half the lemon
is used at a time, set the unused half
on the cut side and put the tumbler
over it; it will keep for several days.

The Birthday Calendar



IF THIS IS YOUR BIRTHDAY.
A journey or change is foretold for
you, and much activity and general
good fortune awaits you.
Those born today will be ambitious
and persevering and by their own ef-
forts will succeed. They will gain high
positions early in life.

SOME LATE SUMMER IDEAS.



A pretty white satin hat, in pierrot
shape, was noticed recently with a
band of white velvet and a bunch of
coque feathers at the front.
The collar of black satin worn with
it had a wide frill of heavy net top
lace, set on with tiny white satin but-
tons. Across the throat were two
black velvet bands bearing rhinestone
buckles.

Shoe Novelties.

The colored silk stockings, espe-
cially deep purple and green worn
with the white shoes, remain in style.
Patent leather pumps are bound with
a color to match the stocking.

A French shoe that will not find
favor with many Canadians is of laced
patent leather with colored velvet
uppers.

It is better to wear white shoes with
nothing but white or light frocks. The
white shoe has been done to death this
season. It is bad form to wear them
with cloth, silk or, indeed, any street
costume, save the linen coat and skirt.

Do not lay in a large stock of shoes
even at bargain prices. Styles change,
and, oddly enough, feet look much big-
ger in shoes whose cut and leather
are of a date.

If you value the appearance of your
feet adapt the style of shoe to your
foot. Do not crowd the foot into an
ill-fitting shape because it is fash-
ionable.

VOCATIONS OF CLEVER WOMEN

It is quite the natural thing when
told of an interesting or unusual vo-
cation to ask "But how did you get
your start?" And in a way the start
is everything.

There is a vast field for women
with original, helpful schemes and
ideas. They can be put to good use,
made profitable and grow from "small
pin money" to "large incomes." Many
successful enterprises did not origi-
nate as business ventures, as the fol-
lowing examples will illustrate.
A young mother living in a city
apartment with the conventional small
rooms and long, narrow hall, wanted
to give a party for her small six-year-
old son. Not knowing just how to go
about it, she asked a young friend to
help her out. The girl was quite in
her element and "did" the whole party.
She planned the games, made the
candy, Jack Horner pie out of crepe
paper, bought the prizes and favors of
the 10 cent store instead of the ex-
pensive toy shop which the young
lady's friends had patronized. For
entertainment she played lively airs
on the piano, had the little tots march
up and down the hall, singing and
clapping their hands. She also utilized
the hall for a bowling alley. A big
rubber ball rolled at the small pins,
prizes of course being given to lucky
bowlers.

She planned a simple menu and had
a fantastic cake decorated with tiny
dolls for the girls and soldiers for the
boys. The affair was a grand success
and several mothers who attended the
party were most enthusiastic over her ideas and immediately
asked her to undertake parties for
them. So the business began. Some
of the entertainments were simple
small affairs, others were quite elab-
orate with a large number of guests
to provide amusement for. Her fees
she regulated according to the work
entailed, though she had a minimum
charge. So this girl, who loves child-
ren and has a fund of original ideas
which she enjoys using, is more than
happy over her well established and
paying vocation.

And a few words about the clever
little girl who is laying away money
toward a long dream—beginning in
Europe. She tells happily of how her
"blue rag carpet business" began. She
wanted to make a rug or two for her
own little blue and white bedroom and
asked a friend for her small daughters
biscarded blue chambray dresses and
for her husband's blue and white
shirts. So the first rugs were made,
and the friend was interested. She
wondered if she might have some for
her nursery. Neighbors and friends
were solicited for their useless blue
wash materials. And the business
was started. She bought new materi-
als, but also used all the contributed
ones. Not to be a nuisance or trouble
to any one she made several blue bags
which she hung in sewing rooms,
linen rooms, etc. Here the pieces ac-
crued to the contents. The girl kept
her strips, her balls and her sewing
materials in attractive-looking big
baskets, so they could be around on
lawn or veranda and any one could
take a hand at sewing.

Orders of rugs for bedrooms, nur-
series, summer bedrooms and play
rooms came as fast as she wanted
them.

Mary Elizabeth Evans is the real
name of the girl who, beginning in
Syracuse, N. Y., six years ago, has
built up the candy business known to
candy lovers as "Mary Elizabeth."
According to Miss Evans her begin-
ning was so small that she could not
afford to hire more than a counter in
a small store in Syracuse. She was
too busy making candy to attend to
the selling and too poor to hire a clerk,
so she marked the price of the candy
which she set out on the counter and
put a sign above it asking customers

WHAT EVERY WOMAN WISHES HER FALL HAT TO BE:

Stylish, Becoming, Distinctive

Every woman wants a stylish Hat, one which is in line
with fashion's latest novelty. Every woman wants a becom-
ing Hat. There is not a woman the world over who will wear
a Hat, no matter how stylish if she does not believe that it
looks well on her, and lastly, every woman wishes her head-
gear to be distinctive. She wants a Hat which is individual—
not one like her next door neighbor's.

Gray & Parker Millinery is up to the minute—every Hat
turned out of our workrooms conforms to fashion's latest
dictates, and besides, each and every Hat has been the re-
cipient of some dainty touch by an artistic hand, some new
idea of trimming, or some new turn in ribbon, or stylish tilt
of wing—some one of the many finishing touches, which added
to fashion's set rules, gives a Hat the possession of individu-
ality which every woman longs for. In other words, Gray &
Parker Millinery is distinctive.

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1 1/4 and 1 3/8 yards long, at from, end.....20¢ to \$1.00
1 1/2 and 1 5/8 yards long, at from, end.....35¢ to \$1.00
1 3/4 and 1 7/8 yards long, at from, end.....49¢ to \$1.25
2 and 2 1/8 yards long, at from, end.....50¢ to \$1.45
2 1/4 and 2 3/8 yards long, at from, end.....65¢ to \$1.65
2 1/2 yards long, at from, end.....\$1.00 to \$1.75
2 3/4 yards long, at from, end.....95¢ to \$1.98
3 yards long, at from, end.....75¢ to \$2.00
3 1/4 yards long, at from, end.....\$1.00 to \$2.10

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THE PROGRESSIVE DRUGGISTS.

Six Meals a Day For Holland's Queen

Queen Wilhelmina, the much be-
loved Queen of Holland, endangers her
life by overeating, according to state-
ments made by reputable physicians.

Dr. Leds, one of the queen's own
physicians, has said:

"As far as I am able to foresee, she
cannot remain in good health much
longer; she drinks and eats so terribly
that Gargantua himself would shrink
before the task of making away with
the repasts which are served her."

On Queen Wilhelmina's recent visit
to Paris it is said that only one thing
marred the occasion for her; this was
that her time was so fully taken up by
receptions, state visits and the like
that her meals were interfered with.

In the morning, according to the
queen's program, immediately after
rising, she takes a considerable quan-
tity of coffee with five slices of rye
bread liberally spread with butter. At
10 o'clock she eats again. This time
it is rich cake, served hot, with red
wine or sweet white wine on the
side. At 2 o'clock she eats her "first
big meal" of the day. This is com-
posed of several courses, mostly rich
viands, heavy pastries, etc., the queen
partaking royally of each dish. Tea
is served at 4 o'clock, the tea being
of the Russian variety. Sandwiches
go with this. The most important
meal of the day is served at 8 o'clock,
this being a veritable banquet. Her
final repast is partaken of at 11
o'clock, just before retiring, and is of
white wine and crackers.

Beef served in English fashion and
leg of lamb roasted are her predilec-
tion among the meats. Rich cakes and
pastries of all varieties, wines, es-
pecially takay and champagne, like-
wise tempt her palate.

But her doctors are in despair.
Thirty years old and pretty, the
"most gracious queen" is putting on
avoids almost daily and prom-
ises to be fair and likewise fulsomely
fat at 40.

KITCHENETTES

If you do much cake making save
time and your fingers by buying nut-
meg, cinnamon, etc., ground and in
tin canisters through the perforated
tops of which sufficient may be shaken
as needed.

Use a cheap wire hair brush to clean
the broom of the carpet sweeper.
Nothing else removes so quickly the
tangles of hair, lint and dust. Clean
the sweeper at least once a week if
you expect it to give good service.

Now is the time to start a wood fire
in the furnace to test whether it is
in perfect working order, so that re-
pairs may be made before really cold
weather sets in, when it would be a
hardship to go even a few hours with-
out heat.

Silver forks that have been used for
fish are apt to retain a fishy taste, es-
pecially if they have been used in eat-
ing kippered herrings or soured mack-
erels. This fishy taste can be removed
readily by washing the forks in cold
water before washing, then in the
dishpan with the other dishes in hot
soapy water. Cold water, used first,
will completely take away the objec-
tionable taste.

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