

# WOMEN'S HOME AND MAGAZINE PAGE

## MILK FOR SCHOOLS IS GREAT SUCCESS

### Mrs. Siegel Tells of Distribution in Toronto.

Mrs. J. Siegel of Toronto, the maker at the birthday banquet of the London Hadassah Chapter this week, spent a part of Monday forenoon visiting Talbot street school in order to see how the system is working out there of providing milk to the children who are undernourished or derelict under par physically.

Mrs. Siegel, as convener of the physical welfare committee of the Toronto Home and School Council, which undertook the supplying of milk to school children just after the opening of the last fall term, is deeply interested in comparing notes with other schools.

It has been a wonderful success in Toronto," she said to the women's department of The Advertiser. "The Home and School Council is now supplying milk to 550 children in schools in Toronto from Sackville in the southeast to St. Clair on the northwest."

Ever since the 'Drink More Milk' campaign in Toronto last spring, the members of the home and school clubs were pretty well convinced with regard to the food value of milk for growing children. The reason this work was taken up, however, in September, was owing to the fact that the trades and labor council had asked the board of education before the summer holidays to do something for the children the next school year, in view of the possibility of widespread unemployment and consequent suffering for the children.

The matter was referred to the Home and School Council and we began in September. A survey of the schools two weeks later showed that in every school there had been gain in weight on the part of the children. One girl of 10 years, who only weighed 38 pounds, when she started taking the milk, had gained five pounds.

Apart from the gain in weight, a general improvement was noted. "I must say that the success of the plan has been practically all due to the splendid co-operation of teachers and school nurses."

Pay As You Can. Mrs. Siegel explained the plan is worked in Toronto: to supply the milk to any school on request of the principal.



## DEFY GRAY HAIR

NO matter what your age, gray hair grows on you old. If at 30 or 40 your hair has grayed, "Brownatone" will be your greatest boon. "Brownatone" is a woman's best friend in preserving the "look of youth." It has restored girlish charm to thousands. Easy to use and quickly tints gray, faded, streaked or bleached hair to any shade of brown or black. Odorless, greaseless, will not rub or wash off. Guaranteed harmless to the hair, scalp or skin. Sold at all drug stores and \$1.50. Trial bottle mailed direct for 10c. The Kenton Pharmaceutical Co., 609 Goupin Bldg., Covington, Ky.

## BROWNATONE

Brownatone is sold and recommended in London by Calvercross & Lawrence, Taylor Drug Co., Standard Drug Co., Limited, and other leading dealers.

## Rolling Brim Back Again For Spring



BY MARIAN HALE.

London, Jan. 23.—The rolling brim sailor, a hat which makes its appearance in varied mediums with the beginning of every spring, is being shown in bright and delicately tinted silks.

The medium usually chosen is taffeta, because taffeta takes color with a peculiar freshness which makes it decidedly spring-like. These bright taffeta hats are becoming popular, a hat which makes its appearance in varied mediums with the beginning of every spring, is being shown in bright and delicately tinted silks.

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Principal," said the visitor from Toronto, "but each child is expected to pay according to ability to do so. It isn't by any means the children from the poorer homes who are always the under-nourished. We have children paying 7 cents who can afford it. The next amount paid is 4 cents. Others pay 3, 2, 1 cent, and many are unable to pay at all. The Home and School Council meets the difference between the 7 and 4 cents and lesser amounts, and also supplies the milk to the children who cannot pay at all. The ability or non-ability to pay is discovered by the school nurses, who visit the homes."

Mrs. Siegel mentioned that Mrs. J. W. Johnston, formerly of London, is the secretary of the physical welfare committee.

Mrs. Siegel is a member of the provincial council of the Home and School Federation, and is taking much interest in the educational campaign to be held in London on Feb. 24 and 25 under the auspices of the London Union Mothers' Club, expressing the hope that she may be able to return at that time, provided the provincial council accepts the invitation to hold its quarterly meeting in London that week-end.

Expect Much From London. "I think it is splendid," she said, "the way the various educational institutions and boards are backing the mothers' clubs in this movement, and I have been especially impressed by the part the Chamber of Commerce is taking. We know that London was a pioneer in organizing the mothers' clubs, which are a part of our federation, and we always look to London for splendid support in any progressive work. Mrs. W. J. Carson of your city, one of the organizers of the mothers' clubs here, is one of the most valued members of our provincial federation council. Mrs. Irwin, an active worker and committee convener in the Toronto Home and School Council, I understand, also had a prominent part in organizing the clubs here. Since I have come to London this time I have learned that Prof. McCready, our provincial federation president, at one time taught in the London Collegiate. You have made very valuable contributions to the federation work in Ontario already, you see, and I am sure we may expect very fine results from the February convention."

Cynthia Grey's Mail-Box. Dear Miss Grey.—Am very sorry to bother you again as I know you must be busy moving. I did not receive the stocking foot pattern as perhaps you forgot to inclose, it but would like very much to get it. Will send just "A Wee Doch-in-Dorie for Puss & Co." as I don't use it. I wonder if Wammetta would like fortune telling by cards? If she would write to me first I will give her directions. I do not know all the meanings with the tea cup.

Inclosed is a mite for the hospital, also a self-addressed envelope. Wishing you and all of the Boxites a very happy and prosperous new year, from SIGNET E.

Am mailing you a pattern this time, and am sorry I neglected doing so before. Thanks for remembering our hospital fund, also for offering to fill Puss and Wammetta's requests. Don't you find people very much interested in having their fortunes told, even if they protest they don't believe in it at all?

SWEET BRIAR CARRIES OUT PLANS. Dear Miss Grey.—How often I have planned this letter and also planned sending a great box of flowers, seeds, have mixed poppy, aster, morning glory, cosmos, rose hollyhock. Many little packages of each ready. Will you kindly advise me through your paper if it will be all right to forward them now?

I have not explained the delay. My mother died, and it takes some time to get readjusted to the world after such a severe loss. Also I have a dear sister-in-law, who for several months has been lingering between life and death with pernicious anaemia, and we are all doing what we can for her.

Dear Miss Grey, I have also a nice pattern for a child's hat. I made my little boy a white pique one for summer and a blue velvet for fall. I will cut it off and inclose with the seeds. It may help someone, and incidentally help the hospital fund.

Although January is half gone, I have not had a sleigh ride this winter. I think half the fun of winter is sleigh-riding. I have some recitations reserved from my teaching days. I see they are always in demand, so I will hunt some up and send along.

Inclosed are two plasters for hospital fund. I hope to be more useful next time. I am not an entire stranger as this is my third letter. SWEET BRIAR.

I am so pleased that you have come to us in your trouble. Sweet Briar, and hope that we will be able to comfort you. Yes, the seeds would be very acceptable, and we will be looking for them; also the pattern. Thank you for remembering our fund and for the recitations. I, too, love sleigh-riding and haven't had one so far this year, but it would be pretty cold today, wouldn't it?

ENTERTAINS CRUMLIN W. M. S. Mrs. Frank Quail was the hostess of the Crumlin W. M. S. on January 11 at the regular meeting, which was presided over by Mrs. E. J. McMartin.

A missionary topic by Miss Woods, a solo by Alison Cation, and a very interesting sketch of the life of Mary Slessor, by Mrs. W. Thomson, made up a program which was much enjoyed by the ladies present. At the close of the meeting tea was served.

## Attending Meeting Presbyterian W. M. S.

Over one hundred delegates representing auxiliaries, Young Women's Auxiliaries and Mission Bands have announced their intention of being present at the annual meeting of the London Presbyterian Women's Missionary Society, to be held in King Street Presbyterian Church on Tuesday and Wednesday this week, opening at 2 o'clock Tuesday afternoon. The following are the delegates and their hostesses, as announced by Mrs. F. Ballantyne, convener of the billeting committee:

Delegates. Applin—Mrs. J. Allan; Mrs. Herman Galbraith; Mrs. J. S. Macraut; Miss Tena Campbell, hostess Mrs. A. A. Morris, 1 Ridout street; Miss Gladys Johnston, hostess Mrs. A. A. Morris, 81 Ridout street.

Bryanston—Miss Irene Marshall; Miss Ina McVey. Cnran—Miss R. Currie; Miss B. Stalker; Miss M. Walker, hostess Mrs. Boyd, 548 Waterloo street; Miss K. McGill, hostess Mrs. Boyd, 548 Waterloo street.

Carlisle—Mrs. G. L. Shipley; Mrs. J. McFarlane. Cooks—Mrs. Alice Trot; hostess Mrs. Rennie, 467 Maitland street; Miss Mammie Mills, hostess Mrs. Rennie, 467 Maitland street; Mrs. I. Sutherland, hostess Mrs. Cairncross, 642 Highbury avenue; Mrs. John McRoberts, hostess Mrs. Cairncross, 612 Highbury avenue.

Cowan—Mrs. D. R. Thomson, hostess Mrs. J. H. Cameron, 356 Dufferin avenue; Miss Jessie Mercer, hostess Mrs. J. H. Cameron, 356 Dufferin avenue; Miss Janet McCallum, hostess Mrs. W. J. Carson, 36 Prospect avenue; Miss Anne Murray, hostess Mrs. W. J. Carson, 36 Prospect avenue.

Duncheater—Mrs. George Holt; Miss Lily Stuart, hostess Mrs. Geo. Woolway, 218 Tecumseh avenue. Duff's, Dunwinn—Mrs. J. McMillan; Margaret Duncan, Y. W. C. A.; Miss McPhail.

Dutton—Mrs. Stewart; Mrs. J. A. Kerr; Mrs. A. Goldie. Dutton—Mrs. Patterson, Mrs. McCallum, hostess Mrs. Morley Adams, 382 Burwell street.

Fingal—Miss M. McLaughlin; Mrs. N. Best; Mrs. L. Lethbridge; Mrs. James McIntyre. Glencoe—Miss M. Kerr; Mrs. L. Sutter, hostess Mrs. Adam Nichol; Mrs. James Grant, Mrs. Adam Nichol; Mrs. B. C. Trayer, hostess Mrs. Fitzsimmons, 88 Elmwood avenue; Mrs. (Rev.) Paton, hostess Mrs. Crouch, 331 King street; Mrs. J. Strachan; Mrs. A. McAlpine, hostess Mrs. Fitzsimmons, 88 Elmwood avenue; Mrs. Luckham, hostess Mrs. Tempolin, 35 Belgrave avenue; Mrs. Jameson.

Hyde Park—Mrs. Shobbrook, Mrs. Herbert, hostess Mrs. Baker, 47 Belgrave avenue. Kintore—Mrs. (Dr.) Allison, hostess Mrs. Shaw, 278 Huron street; Mrs. W. H. McGee, hostess Mrs. Shaw, 278 Huron street; Miss Mabel McDonald, hostess Mrs. Murray, 866 Wellington street; Miss Mabel Oliver, hostess Mrs. Murray, 866 Wellington street.

Kintyre—Mrs. Leitch; Mrs. John Graham, hostess Mrs. Currie, 314 Oxford street; Miss M. McMillan, hostess Mrs. Currie, 314 Oxford street. Lobo—Mrs. E. T. Caverhill; Miss Sarah Jary.

McBry—Mrs. D. D. McKillop, hostess Mrs. Phillip, corner Beacon and Ridout; Mrs. A. C. McArthur, hostess Mrs. Phillip, corner Beacon and Ridout. Melbourne—Miss M. Coombs, Y. W. C. A.; Miss M. Campbell; Miss Campbell; Mrs. J. Elder, hostess Mrs. E. Coleman, 192 Duchess avenue; Mrs. J. D. McKee, hostess Mrs. E. Coleman, 192 Duchess avenue; Mrs. D. L. McGugan, hostess Mrs. McGugan, 178 Sydenham street.

Mount Brydges—Mrs. H. Frank; Mrs. W. H. Snelgrove, hostess Mrs. W. Johnston, 465 Ontario street. Newbury—Mrs. D. Fletcher; Mrs. Farquharson; Mrs. Parnall, hostess Miss Purdon, 256 Burwell street; Mrs. Galbraith, hostess Miss Purdon, 256 Burwell street.

New Glasgow—Mrs. G. Kelly, hostess Mrs. S. Gorwill, 871 Wellington street; Mrs. Whelan. N. Caradoc—Mrs. H. McPhail; Mrs. D. Linn; Mrs. Hugh Turner, hostess Mrs. C. G. Calder, 673 Talbot street.

N. Ekfrid—Miss E. Mills; Miss L. Down. N. Westminster—Mrs. S. Riddell; Miss M. Wilson. Rodney—Mrs. (Rev.) Falconer, hostess Mrs. F. W. Harris, 252 Burwell street; Mrs. J. D. Gayner, hostess Mrs. F. W. Harris, 252 Burwell street; Mrs. D. Graham, hostess Mrs. A. Robson, 289 Oxford street.

St. Thomas—Mrs. F. S. McBan; Mrs. J. L. Coutts; Mrs. A. Saunders. Muncey—Mrs. Cobban, Mrs. R. Riley, hostess Mrs. J. Stuart, 79 Becher street.

S. Delaware—Mrs. Kelly, Mrs. Campbell. S. Westminster—Miss L. Campbell, Mrs. A. Nichol, Mrs. A. Munroe, Miss Mary Campbell, Mrs. Bruce, hostess Mrs. J. H. Elliott, 239 Tecumseh avenue.

Tait's Corners—Miss J. Allan, Mrs. James Lethbridge, hostess Mrs. A. G. Calder, 633 Talbot street; Mrs. Hyndman, hostess Mrs. Lamb, 566 Dufferin avenue; Mrs. McAlpine, Mrs. R. Squire, hostess Mrs. A. S. McGregor, 332 Burwell street; Miss Marie Brown.

Thamesford—Mrs. A. Young, Mrs. H. Leonard, hostess Mrs. Watson, St. George street; Mrs. W. S. Galbraith, Miss Patterson, hostess Mrs. W. A. Tanner, 428 St. George street. West Lorne—Miss L. McGregor, Miss J. Campbell, hostess Mrs. W. T. Brown, 865 Wellington street; Miss E. Petherick, hostess Mrs. Child, 733 Wellington street; Mrs. C. D. Archer, hostess Mrs. McPhail, hostess Mrs. Bryan, 81 King street.

Yarmouth—Mrs. N. Parter, Mrs. B. Taylor. Vanneck—Mrs. M. A. Campbell, Miss Lizzie Scott, Miss Mabel Hedley.

## Mail Box Gladdens Hearts of Hospital Committee

Dear Cynthia Grey.—Once more The Advertiser Mail-Box gladdens the hearts of the hospital committee with a nice cheque for \$165, making in all \$593.10. I am sure all who helped with the quilt were greatly pleased with the nice sum it brought in. The War Memorial Children's Hospital is nearing completion, and each who contributes will be very, very proud when it is open for the relief of suffering children. Many thanks to the boxites. Sincerely yours, L. K. CAMPBELL.

Hon. Treasurer Hospital Fund.

You all remember when we started our quilt last summer, and now it is completed, and we have raised the splendid sum of \$124 for the Sick Children's Hospital. This does not include the bid of \$35, which one of the boxites made. The quilt is still open for bids. I wish to thank those who worked so splendidly, making blocks and collecting names, but the greatest part of the honor is due Tip, who was so indefatigable in her efforts. She accepted the responsibility and worked hard to make the quilt a success.

Anyone wishing to make a higher bid on the quilt must do so before Feb. 1. "Dearie" has bid \$35, which is the highest offer to date. "Tip" reports that the quilt looks lovely, now that it is completed, and I am more than anxious to see it.

## CLUB NEWS

What Women Are Accomplishing in London.

RE-ELECT REGENT. Miss Jessie Gillespie was re-elected regent of the Sir John Carling Chapter at the January meeting. The other officers elected were: 1st vice-president, Miss Ruth Robinson; 2nd vice-president, Miss Doris Belton; secretary, Miss Jean Vaughn; treasurer, Miss Gwen Scandrett; and standard bearer, Miss Gwynedd Auden. Excellent reports were given, but nothing definite was decided for the coming year.

MAKE QUILTS FOR NEEDY. Ladies of St. Andrew's Presbyterian congregation are meeting at two o'clock on Thursday to make quilts for some families who are in great need.

LORD ELGIN CHAPTER MEETS. The monthly meeting of the Lord Elgin Chapter was held at the home of Mrs. A. E. Miller, Elmwood avenue, Monday afternoon. The annual meeting will take place in February, and will be held at the home of Mrs. R. B. Blandford. Tea was served at the tea hour by the hostess, Mrs. Miller.

## Y. W. C. A. CLUBDOM HAS BUSY WEEK

This week is an interesting one for Y. W. C. A. clubs, Monday evening the Echo Club, made up of employees of Woolworth's, with Mrs. Martin as president, held a very special tea party. The subject for discussion was "He Profits Most Who Serves Best," and several invited guests were present who are particularly interested in making a success in business.

Tuesday evening the Choral Club, led by Mrs. Harmon Westland, is meeting with room still on the enrollment list for those who enjoy singing and improving their musical art. The club is to be divided into two classes, one for girls with good voices and musical training, the other for those who just want to sing for the joy of singing.

Wednesday evening the Nightingale Club takes up amateur dramatics. Thursday evening the Federation of Girls' Clubs continues its course of study on standards for the home. Mrs. Lucas will open the discussion on the furnishing of the home, budgets will be presented of cost for every room in the house, and a member of the Girls' Canadian Club is to give a paper impressing the point that no home need be so plain that beauty is eliminated.

The Count On Me Club continues its study of home nursing Friday evening under the leadership of Miss McDermid, as a part of university extension work.

## Personals

Miss Alma Grigg, Bruce street, is visiting in Strathroy.

Miss Malcolmson of Hamilton is a visitor in town, the guest of Mrs. D. A. Cameron.

Mr. Arthur Watterworth of Ingersoll spent the week-end with friends in London.

Miss Mary Mara and Mr. Harry Mara are in Detroit attending the automobile show.

Mr. L. H. Hunt of this city was a week-end visitor in Glanworth, the guest of Mr. B. Dale.

Mrs. Alice Plewes of Syracuse and Miss Doris Bull of St. Thomas are guests with Mrs. T. Drenton, Bruce street.

Owing to the death of His Holiness the Pope the tea which Mrs. Panet had planned to give on Thursday at the Barracks, in aid of the funds of the Senator Coffey Chapter, I. O. D. E., has been postponed.

Mrs. James McKenzie and Mrs. H. J. Hughes will be joint hostesses on Wednesday afternoon of a tea given in aid of the Lord Roberts Mothers' Club bazaar, at the home of Mrs. McKenzie, Queen's avenue.

Mrs. J. D. Walker of Toronto, president of the Ontario Provincial Women's Missionary Society of the Presbyterian Church, who is in town to address the annual meeting of the London Presbyterian Society, is the guest of Mrs. J. M. McEvoy in Elmwood avenue.

Miss Oliver of Toronto, who comes to the city to address a rally of Canadian Girls in Training Groups and Young Women's Organized Classes in King Street Presbyterian Church on Wednesday evening, will be the guest while in town of Mrs. D. C. MacGregor, St. Andrew's manse.

Mrs. I. Goldstick received informally at her home, 318 Oxford street, on Monday afternoon in honor of Mrs. J. Siegel of Toronto, when a number called to have a chat with the hostess and the clever and interesting visitor. Mrs. Siegel was wearing a becoming gown of black canton crepe, embroidered, and a smart hat. Miss Lewis assisted in serving afternoon tea.

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## LOVE GODOWSKY; LEARN FROM HIM

"Why is it that everybody loves Godowsky?" was a question asked one day of Josef Hoffman concerning the world-famous pianist who gives a recital Tuesday evening in the Patricia Theater. The answer of the celebrated fellow-artist was, "Because his character is as true as gold, and his art as pure as crystal."

Leopold Godowsky, it is said, to a remarkable extent enjoys the friendship and admiration of all of his colleagues in the realm of musical endeavor. Josef Hoffman, as a rule a quiet and especially unostentatious individual, waxes enthusiastic when Godowsky is the theme of discussion. He recently wrote: "I doubt if there are many pianists today that have not learned something from him."

If Chopin is regarded as the spirit of piano composition, Godowsky represents the spirit of pianistic expression, although his art aims still higher, since he is not only a reproductive artist, but a creative one as well."



## A Better Way Than Diets and Exercise For Reducing

Diets and exercise are sometimes helpful for reducing. But they are inconvenient and unpleasant, and usually produce only temporary results. Then, too, they are merely corrective measures. A better way is to aid the digestive organs to turn food into muscle, bone and sinew, and not into corpulent tissue. This method allows you to eat many kinds of food which others eat and does not require strenuous exercise.

Thousands have found that Marmola Tablets give relief from obesity in just this way. Marmola Tablets are made from the same formula as the famous Marmola Prescription. If taken after meals and at bedtime, they retard the development of fat by helping the digestive system to obtain full nutrition from food. When the accumulation of fat is checked, reduction to normal, healthy weight soon follows.

All good drug stores the world over sell Marmola Tablets at one dollar per box. Ask your druggist for them, or order them direct and they will be sent in plain wrapper, postpaid.

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## January Sale of Voile Blouses!

To-morrow 98c Less than Half—Values to \$2.50

Just take a look at the charming sketch. See for yourself what a big bargain this is!

Every one a late style—no old stock—absolutely new, fresh material. The voices are fine and

sheer—yet strong dainty Val Lace trimmings—best pearl buttons. You really need such blouses for house wear—under a coat or sweater. Come in and try one on—you cannot possibly afford to let such a rare offer pass by.

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