

A Page

Cynthia Grey's Daily Mail Box.
Talks on Styles We'll Be Wearing.
Recipes by Advertiser Readers.

For

Series on Backyard Gardening.
Activities of London Women.
Items of General Interest.

Women

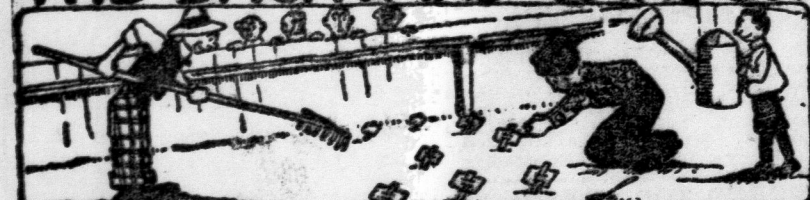
"Won't You Come Into My Parlor?" Says Spider to Butterflies of Fashion



PHOTO BY VICTOR GEORG

Unwary fashion has been caught in a spider web. The hat of the moment is the spider-web hat, and it's the creation of Miss Virginia Rappe, a young woman who has left fashion designing to the plane of a fine art. The spider-web hat is navy blue mink built in triple circles of blue satin straw; the crown of navy blue satin straw fits close as a skull cap, but its severity is relieved by quaint 1880-style streamers of navy blue velvet.

THE BACKYARD GARDEN



HOW TO GET EARLY VEGETABLES IN BACKYARD GARDEN

CHAPTER XXIV.
FORCING PLANTS UNDER GLASS.

[By Professor Spade.]

If the backyard gardener has decided to construct a cold-frame, which will be found well worth its cost, there are several things he should know about handling the seedlings which he is going to transplant. Failure with the plants which are being forced means loss of several weeks' time, and this would be nearly fatal to shining hopes. The construction of a simple cold-

frame has already been explained. It may be repeated that one sash three by six feet will be sufficient to start most of things required in the small garden, together with carrying to edible ground some early lettuce, onions and radishes. Some experienced backyard gardeners plant nearly every vegetable needed in the cold-frames, and continue transplanting far into the summer season whenever a vacant spot appears in the garden. Place the frame where it will be

sheltered by the house or shed on the north, and see that the glass sashes to give every plant its place in the sun. Utilize every inch of the frame without overcrowding, as a square inch in the frame means a square foot in the garden later.

After the seedlings come up thin them just as you are going to do later in the big garden. To stunt them means that the plants will be too weak to stand transplanting, for they must put up a battle for life when transferred into the open from their protected area. Cucumbers and melons do not seem to thrive well when transplanted from a hotbed or cold-frame into the open garden. Gardeners desiring an early crop of these invariably start the seed in a piece of inverted sod or in berry boxes, keeping the same earth about them when setting them out in the garden.

To obtain an early start for beans plant the seeds in ordinary flower pots and grow indoors until the plants are four feet out of the ground, and the seedlings far enough above the surface to be strong for transplanting.

The little round or turnip-rooted varieties of radishes will be perhaps the first results the gardener gets. These can be sown in the cold-frame to grow to maturity. When this supply is exhausted, the product of the open garden, sown when the frost is out of the ground, will be ready.

LEARN HOW TO DARN.

The man who invented stockings would have earned our everlasting gratitude if he had gone just a step further and made a sort that wouldn't go "holey." But since he neglected his plain duty in this matter we have to make up for it by repairing neatly and as best we may the yawning holes that greet us when we least expect them.

It is a great mistake to wear a stocking after the first break has appeared in it without at once repairing the damage. Truly in the case of stockings a stitch in time saves nineteen or twenty stitches half a day later. You should always begin to mend your stockings on the wrong side. Put the needle in a full half inch to the right of the hole and slightly above it where the cloth is firm. Extend a vertical line (that is, a line that runs up and down), of small stitches the same distance below the hole; now turn and keep your second line of stitches very close to the first and see that spaces are always opposite stitches. At the end of each row leave a little loop to allow for shrinking when the stocking goes to the laundry. Each row of stitches should be a little longer than the one before until the centre of the hole is reached; then they should be graduated on the other side in proportion, so that a diamond shaped darn is made.

When you begin to darn across the hole be sure to pick up every other stitch, so as to weave the darn together. Be sure to begin this cross stitch the same distance above. See that the wool threads, as they are called, are packed closely, and do not forget the loops. Make this part of the darn also diamond shaped. Above the edge of the hole there will be torn loops of the stocking. Pass your needle through and under these loops, throwing them upon the wrong side. Yarn darn, if it is made according to these instructions, will show only the worn stitches filling the hole.

Set to work in earnest to learn how to darn, all you busy young needlewomen. It is one of the most useful and helpful household arts you will ever be called upon to know.

THE KEEP-WELL COLUMN

SLEEP BEST FOR FRAYED NERVES; HOW TO PREVENT A BREAKDOWN

When one is indulging in natural sleep, forces within us are busy repairing the delicate nervous system, and putting it in first-class working order for another day of wear and tear.

Forced to do without this nightly recuperation the nerve cells are weakened, they lose their normal vigor and size, and if continued for too long a period nervous prostration is brought on. Children in grammar school should never have less than ten hours' sound sleep, while those from 15 to 17 years of age should have almost as much. After 18 years of age, the majority of people need a regular allowance of from eight to nine hours' sleep.

When one cannot sleep naturally for the required number of hours, do not recourse to drugs. If you do your nerves and then your health will suffer.

There are more hygienic ways of inducing sleep, such as a brisk walk in the open air, followed by complete relaxation (a habit which everyone should

acquire), a hot bath, or a drink of warm milk. Either one or a combination of these will bring sleep to almost any normal person, providing they do not allow themselves to worry.

With sleep of this kind, one should awake in the morning refreshed and ready for a day's work. Then one must not starve the nerves. To keep in perfect condition the nerves demand an abundance of the proper food in the blood, especially an abundance of fat-making properties. To keep our nervous apparatus in the best possible condition we must also take plenty of muscular exercise. Exercise that will send the blood coursing through the veins, and yet does not wear on the brain by requiring any great degree of thought is the best.

If one observes these prime principles of diet and exercise, and adds to them the proper amount of sleep, then the nerves will take care of themselves.

Bedside disinfection is the best means of preventing the spread of typhoid fever. The patient's body and bed linen should be disinfected frequently with an antiseptic.

COVER THE FOOD MATERIALS

In the home the ideal of the housewife should be to prepare food in a hygienic manner for her family, and to keep it hygienic while it awaits consumption. However, in many households, foods are contaminated through careless or ignorant treatment and through neglect.

Food stuffs left uncovered gather dust which is dried filth, attract flies and other insects, and possibly germ organisms which are more dangerous than refuse or insect life because they are invisible.

Meat, gelatin, milk and butter absorb impurities more readily than other food products and always should be kept securely covered from agents of contamination. Meat is one of the most carelessly handled of food products, not only in the commercial transit, but by the cook or housewife.

Meats should be washed thoroughly before being placed in pan or pot and in the case of steaks and chops and other small cuts, the outer skin or suet should be thoroughly rinsed before they are cooked. The housekeeper who depends upon the butcher for her meat supply is under double necessity for carefulness, as the meat is often treated in such a manner that it reaches her hands in a truly dirty condition. While cooking sterilizes it more or less it is infinitely better to know that it is clean when it is placed in the pan.

In the matter of jellies and jams, too, the housewife is often careless with unseasoned portions that are kept open for another time, leaving them open to the atmosphere and the fine dust which it is charged with.

Fruit and vegetables that come to the housekeeper by way of market or shop should be carefully washed before being peeled or eaten.

Porcelain or china receptacles should

be covered. Milk should not be left in uncovered pans for the cream to rise. While much is being done in the commercial and manufacturing world to secure pure foodstuffs, it remains for the housewife to take her part in keeping the food material in her care free from unnecessary contamination.

The Giant is the biggest thing in London, and your one best bet. Watch Friday's paper.

WHAT MAKES A WOMAN ATTRACTIVE?

"There are such things as ideals and, for myself, I cannot follow the line of reasoning which says that a woman's attraction depends upon the way she serves the dinner. Otherwise, great heavens, let every man marry his cook or his waitress and be done with it!"

"But no. After all the unreal arguments have faded away we find ourselves facing a single fact: Love is ideal before it is practical. Our courtship is like a dream. Our married life is an attempt to make that dream come true.

"In seeking for a woman's attraction, therefore, we must be guided more by the glimmer of moonlight than the fierce white light of logic."

"It is my opinion that a man is attracted, whether he knows it or not, by the essentially feminine in woman—by her frills, her wavy hair, her weak knees, her inconsistencies, all those variations of thought, manner or appearance which distinguish her from the ordinary."

"And whether she knows it or not, I believe that a girl is instinctively aware of this. When a woman wishes to make an impression on a man, she decks herself out with all sorts of laces and adornments. She makes herself as feminine as she can."

"Let me tell you a curious thing I heard last month. I cannot vouch for its entire truth, but it is at least circumstantially true. Most juries would be killed in battle."

"The greatest dressmaker in the world is a man. He lives in Paris. Three years ago, boasting of his power, he said he could make women wear anything—as long as he said it was style. And then he did a most remarkable thing. He made a bet that he could put women in trousers."

"He started on the petticoat. Divided petticoats soon became the order of the day. Then he hobbled the skirts until walking was well-nigh impossible. Then he began slitting the skirts, preparatory, of course, to dividing them outright. But here another woman simply wouldn't stand for divided skirts. They declared in no uncertain voices that they didn't want to be regarded the quality as they went on strike and simply refused to follow the fashion. Why?"

"It is my belief that, unconsciously or not, they realized the danger of weaker life, and so unto the end of time it will have meaning. In spite of diversified interests and activities, women are still the keepers of the home, and upon their wisdom and love and fidelity depend most of its comfort and peace and prosperity. They are the makers of the world."

THE RUSSIAN RED CROSS. One of the wealthiest, best-organized and most powerful Red Cross associations is that of Russia. It has been organized for a great number of years.

The Red Cross nurses of Russia live in communities, and are called sisters, though they take no vows and are free to leave whenever they like. They maintain the Red Cross hospitals in the various cities, and in addition take charge of homes for wounded soldiers and the widows and orphans of the soldiers killed in battle.

These nurses or "sisters" receive a training of two years before they are admitted into the Red Cross Society. There is an additional training of three years for the "matrons" or "physicians' assistants." These matrons receive a degree and are permitted to practice medicine.

Some of these nurses form what is called "flying detachments," and follow the troops in the field, going about on the battlefield looking for the wounded. Their courage and devotion in the face of danger has called forth the admiration of military and medical authorities from all parts of the world.

From the battlefield the wounded soldiers are carried to the field hospital, which is usually a large tent erected some distance back from the firing line. Here the soldiers receive some preliminary treatment and are then sent to the Red Cross hospitals in the cities.

The facilities for transporting the

Here's the Tuxedo Girl, How D'ye Like Her?

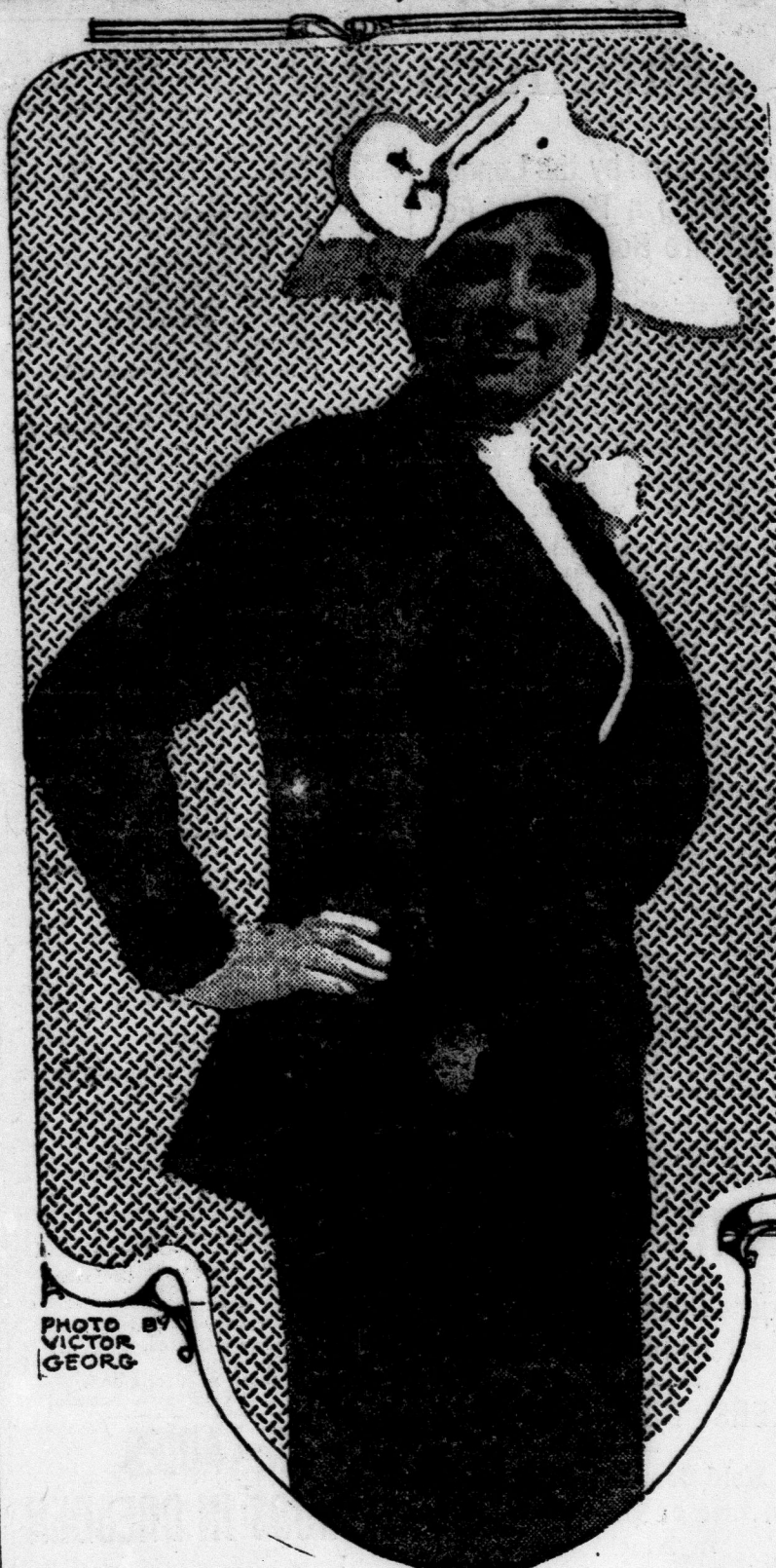


PHOTO BY VICTOR GEORG

Advertiser Illustrations

Equal clothes-rights with men!

That's the important plank in the Summer Girl's clothes-policy and she's already putting it in practice—behold the Tuxedo coat!

It was Miss Virginia Rappe, of Paris and Chicago, an artist whose medium is clothes, not paints nor oils nor clay—who first invaded the masculine wardrobe, carried off the Tuxedo coat idea and immediately converted it into a little street suit, attractive enough to wear to a tea, and practical enough

for a shopping tour of an out-of-town journey. "Personality is the secret of dress," says Miss Rappe. "If women would study their individual style and their temperament as well, and dress to suit their personality, Canadian women would be the best dressed women in the world."

Miss Rappe's Tuxedo is a three-piece costume made of English green and blue mixture. The waistcoat like the coat is patterned exactly after the masculine garments; the skirt is only two yards wide.

Most telling laws in this sphere, and as their deeds are good or bad, so the home takes its color from them. Sometimes women are not responsible for the big sorrows which invade the home, but it is in their power to make life wretched for others in innumerable little ways.

You have seen the shiftless home, where affairs are allowed to run themselves, just as if they could. There is the door left hanging for months on a single hinge, the broken lock, the bureau with three castors, or the torn carpet, whose mending is put off from day to day.

Nothing is in its place, so that needed trifles must often be renewed, because the ones on hand can never be found. There is no health in such a home, no repose, no dignity; it is the parish of decent neighborhoods, and is treated as such with secret scorn if not with open disfavor.

APPIN. May 12.—Nurse Johnston, of Chatham, spent Sunday at her home. Mr. and Mrs. Alexander McDonald attended the May meetings of the Baptist Church in Wallaceburg.

Mr. and Mrs. L. McTaggart are in London today. Mr. McTaggart is a guest at the home of Jos. Wesley.

Mr. Stevenson has erected a fine shed 40 by 30 feet for the protection of his best lumber.

Laugh Rankin is making a comfortable home for himself beside St. Alban's Church.

PORT LAMBTON. May 11.—Mr. and Mrs. B. Woodward and Mr. and Mrs. J. Knight.

N. Young, of Sombra, is the guest of his daughter, Mrs. J. Wesley. The Misses Doyle, of Wallaceburg, are the guests of Mr. and Mrs. M. Doyle.

Miss L. Dillon, of Port Huron, Mich., is a guest at the home of Jos. Wesley. The Misses Magee, of Detroit, Mich., have opened their cottage for the summer.

J. McPhee, of Sarnia, has a business visitor in the village on Monday.

CRUMLIN. May 11.—Mrs. Quiet visited her daughter, Mrs. George Routledge, recently.

Mrs. Jennie Pearson, of Komoka, is visiting here.

Miss Irene Gramlich spent Sunday with friends in London.

Mrs. Broughton, of London, is visiting her son, B. Broughton.

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Every day adds new arrivals to our already large collection of rugs. Our showing this spring is unusually large and attractive. It consists of everything desirable in Axminster, Wilton, Brussels and Tapestry Rugs.

You will find the prices very reasonable, and you will be able to get what you want for less than you expected to pay.

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253-255 DUNDAS STREET.

Advertiser Illustrations.

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The leader in every advance, Redbath Sugar stands to-day first in the estimation of tens of thousands of Canadian families. 131

Ask for "REDBATH" in Individual Packages, 2 and 5 lb. Cartons. 10, 20, 50 and 100 lb. Bags. CANADA SUGAR REFINING CO., LIMITED, MONTREAL.

Advertiser Patterns



1292-1291—(Waist 1292, Skirt 1291.)—A Pretty Summer Dress, comprising Ladies' Waist With Chemise, and Ladies' Skirt, that may be made in regulation or short length. The dress is made in pink and white was used, with a chemise of Swiss embroidery. The skirt may be gathered at the waist, finished with rows of corded shirring to hip depth. The waist has a prettily shaped sleeve and a close-fitting bodice with a smart cuff. The sleeve in short length has a turn back cuff. Pattern 1292 supplies the waist. It is made in six sizes: 34, 36, 38, 40, 42 and 44 bust measure. The skirt pattern, 1291, is cut in six sizes: 22, 24, 26, 28, 30 and 32 inches waist measure. To make the entire dress of one material will require 3 1/2 yards of 27-inch material for a medium size. The skirt measures 3 1/2 yards at the foot in regulation length.

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

ADVERTISER PATTERN DEPT. Please send above-mentioned pattern, as per directions given below, to:

Name

Town

Province

Age (if child's or misses' pattern)

Measurement—Bust..... Waist

CAUTION.—Be careful to inclose the above illustration, and send also of pattern wanted. When the pattern is sent measure you need only mark 32, 34 or whatever it may be. When in waist measure, 22, 24, 26 or whatever it may be. If a skirt, give waist and length measurements. Write only the figure representing the age. It is not necessary to write "inches" or "years." Patterns cannot reach you in less than one week from date of publication.

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Be sure your druggist gives you Hood's, for nothing else can possibly take its place. Get it today.

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CONTEST
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SATURDAY!

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