

Work of Lady Aberdeen.
Mrs. Leslie's Home Chat.
Small Tit-Bits of News.

WHAT EVERY WOMAN WANTS TO KNOW

Are You Interested in
Reducing Cost of Food?
Read Mrs. Norton's Talk.

MRS. NORTON'S FIRST FOOD TALK—ON SUGAR!

Sweet Stuff Not a Luxury, But the Body Fuel You Need to Keep Going—How to Cook It Economically.

BY ALICE P. NORTON.

Head of the Department of Home Economics of the University of Chicago.

In a little table told by Mrs. Abel, "King Palate," is represented an absolute ruler of a vast kingdom, paying as little heed to law as most kings do.



Alice P. Norton.

After years of undisturbed peace, enemies were discovered lurking in the kingdom, such as "Indigestion" and "Dyspepsia." The wise men of the realm tried in vain to drive them away. Daily they grew more powerful and more bold, until at length a young man named "Knowledge" appeared. He was able to hold them in check. He gave wise counsel, but "King Palate" did not always give heed. Whenever he failed to do so the imp became so troublesome that he was forced to ask advice. At last "Knowledge" was made Prime Minister, and King and Minister, working together, succeeded in subduing the enemies.

"King Palate," rather than "Knowledge," seems so far to have been responsible for our great use of sugar. Everybody today seems to want something sweet. Yet Knowledge is teaching us that sugar in its proper place is not only pleasing, but wholesome.

Sugar, like starch, is a fuel food. Indeed starch is changed to sugar when we eat it. Try holding a little cooked starch a few moments in the mouth, or chew a piece of cracker and notice the sweet taste.

One common way of using sugar is in cake. This is not a good way for children, who had better have sugar on their bread, or use good candy for dessert, not before meals. But for older people cake has its use in giving variety. It has high food value, for it contains not only protein, sugar and starch, but also fat, another fuel food that gives even more heat and power to work.

We often eat cake simply as an adjunct to the meal, after we have already eaten enough; perhaps that is one reason why it is not always digested. Another reason for the indigestibility of cake and pastry may be that both sugar and fat are too concentrated, and that fat is less digestible when heated to a high temperature.

Each housekeeper should study her own resources and needs before giving much time to the making of cakes and pastries. Would not sugar in a simpler form satisfy the needs of her family as well?

So many things are required in making cake that we see the need of careful arrangement of materials in order to save steps. Have the sugar, flour, spices, salt, flavoring and all commonly used utensils so arranged in your kitchen that each may be easily reached. Kitchen arrangement is very important for ease in work. This spoon is used five times a day; put it where it will be handy. That is used twice a year, then, it does not so much

WHEN EGGS ARE HIGH!

Try These Cake Rules Used for Years by Mrs. Norton Herself.

FRUIT CAKE.	SOUR MILK GINGERBREAD.
1 cup sugar.	1 cup molasses.
1 cup molasses.	1 cup sour milk.
1 cup sour milk.	2 cups flour.
1-2 cup butter.	11-2 teaspoons soda.
1-2 lb. raisins.	2 teaspoons ginger.
1 teaspoon cinnamon.	1 teaspoon salt.
2 teaspoons cloves.	2 teaspoons baking powder.
2 teaspoons baking powder.	1-4 cup butter.
3 cups flour.	

matter. A little study will save much time, much strength, and a great deal of worry.

If you are to make cake at all, learn to make a cheap one as well as a rich and more expensive one.

Make the cake in an easy way. Much time can be saved by melting the butter. Just see that the fat does not get too hot, and that it is thoroughly mixed. But in these days butter often seems too expensive to use for cakes. Try some of the vegetable fats, now on the market, or beef drippings tried out at home, or chicken fat. Only be sure it is fresh and untainted. Be sure to add salt, and use a little less of the fat than you would of butter. Except when the cake is hot, no one will distinguish the difference. Water may be substituted for milk to good advantage.

A good general rule for cake is this: One cup of liquid to three cups of flour, a half cup of butter, two cups of sugar, three eggs, four teaspoons of baking powder, a little salt (one teaspoon if an unsalted fat is used).

If a richer cake is wanted, so that more fat is used, the liquid is lessened; a cup of fat, for example, takes a half a cup of liquid; if more eggs are used, lessening is made. We use of course if we reach "pound cake," we have a maximum of fat and egg, and no liquid or baking powder. On the other hand, if a plainer cake is needed, fat and eggs are lessened, liquid and baking powder increased. The plain cake becomes only a very sweet muffin. With this fundamental rule, any variation may be made with flavoring, spices, chocolate, fruit.

Pastries for grownups, not for children. Even in the grownups, simple puddings, gelatin dishes, or fruit cooked or uncooked, should be more commonly used. Do you ever make your pies without an upper crust? The English tart, or the old-fashioned deep apple pie, made in this way, with light and flaky pastry, would seem to reduce the indigestibility to a minimum.

What good is fruit as a food? Mrs. Norton tells us—and many other things, too—in her next article of this important series.

KATHERINE LESLIE'S HOME CHAT

THE VELVET GOWN

"And one in a velvet gown!" It was not a gown though, it was a suit—a skirt and coat with dainty chiffon waist beneath—and how stunning the wearer looked! Black velvet it was, well cut, well made, well put on, and so becoming. The coat was trimmed, but not lavishly, with broad, heavy, silk braid and buttons in of festive combination. With this suit were worn an ermine turban with spray aigrette, an ermine muff of medium size, and a tie neck piece of the same. Shoes and gloves were of the smartest. The wearer was evidently alive to the fact that velvet is a material that must be lived up to in the matter of accessories. A velvet suit or gown attracts attention to any defect in shoes, gloves, hats, etc., that may accompany it. All these things must be in keeping with no regal material or the effect is far from desirable. Two other velvet suits there were that caused one to sigh over one's limited income, for it must be confessed that there is nothing so elegant as velvet, nothing so becoming, nothing so satisfactory, nothing so desirable. One of these suits, worn by a handsome brunette, was of rich maroon velvet and was worn with a big black plumed hat and rich dark furs; the other was in a lovely shade of blue and worn with ermine.

But velvet suits and gowns need a great deal of care. They require much brushing to keep them free from dust. A whisk should not be used because of its harshness which streaks and wears the soft surface. A fine soft hair brush is best to keep velvet clothes and hats clean. Dust is the

enemy of velvet. You get an idea of what dust does for velvet when you look at the velvet bows or bands that some women wear indefinitely on their hair or at their necks, without brushing. The surface of velvet is so made that the pile will not only gather dust but holds it, so that the greatest care is necessary to keep it from dust. Then, it will wear "shiny" in places. When this happens there is only one thing to do—to steam the place, or to heat an iron, turn it up and down the wrong side of the velvet back and forth across the iron till the pile is raised again. Of course if you lay your velvet flat, and iron it on either one side or the other as you would ordinary cotton cloth, your suit will come to grief. And if your velvet is really a fine piece and expensive it is much the better plan to send it to a professional cleaner or presser. It will pay in the end though it may seem extravagant at the moment.



Lady Aberdeen's Work in Ireland

The Woman's National Health Association of Ireland may be described as a social welfare army, with Her Excellency the Countess of Aberdeen in command.

Detachments are stationed all over the country. One hundred and fifty branches or battalions are engaged in attacking disease, poverty, misery and dirt. Twenty thousand women are enrolled under the banner of health and hope and it would be difficult to overestimate the value to Ireland of these women's work.

Deaths Appalling. Ireland, half a dozen years ago, was virgin soil in the sense that there was no definite philanthropic organization for tackling the problems of tuberculosis, infant mortality and public health. Any remedies were merely palliative. Preventive work had not been started. The infant mortality and tuberculosis death rates were appalling.

So Lady Aberdeen started babies' clubs, and a pasteurized milk depot for supplying pure milk in Dublin. In the poorest quarters of the city places were rented by the association to be used as clubs. Voluntary helpers and trained nurses were obtained and the good offices of the doctors were enlisted.

Aids Infants. Thus the preventive work for infant mortality was organized on a profes-

sional basis. The association begins with the babies and the mothers in its health campaign, and rightly, too.

By the education of motherhood and the protection of infancy this problem can best be solved.

But its energies are extended in all directions. Just lately the children's play grounds scheme has come into being. Derelict spaces in the slummiest parts of the city are being transformed into garden playgrounds for the babies and the children with astonishing success.

St. Monica's playground was opened a little while ago by the lord lieutenant of Ireland, and the children of that neighborhood have come to regard Lady Aberdeen as a personal friend.

QUEEN MOTHER TO "COME OUT." Queen Alexandra has determined to "come out" this season, says a dispatch from London. She is tired of seclusion and longs for a little public notice, and although she will not actually appear at court functions, she public will see her about everywhere.

Her devoted companion, Charlotte Knollys, is planning all sorts of outings, including concerts and theatres. The queen mother has not only taken a box for the grand season of opera at Covent Garden, but will also appear in public for the Beecham opera season and the Russian ballet.

Towards the end of February she will, according to present plans, go on a yachting cruise to the Mediterranean with her daughter, Princess Victoria, and if the Balkan question is settled she will visit her brother, the king of Greece.

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. No letters can be answered privately.]

Masquerade Togs.

Dear Miss Grey—As I am an interested reader of your column, I should like to ask you what you think would be suitable to wear to a masquerade. A prize is being given for the ugliest costume, and although I do not want the prize, I would be very grateful if you would give me an idea or two of what to wear. Thanking you in advance, and hoping to see your answer very soon, I remain, truly,

BLOODY.

Answer.—You might go disguised as a witch—that would surely be a sufficiently ugly costume. Other garbs that are not ugly, but which would be suitable for a masquerade, are a Japanese maiden, Swiss peasant girl, college girl (with cap, gown and colors), Quaker girl, soldier lass (a dark blue skirt, scarlet jacket and real soldier's cap), suffragette (manish dress and time, with "Votes for Women") and, well, honestly, I can't think of any more.

She is Very Foolish.

Dear Miss Grey—I am in love and in love with two young men in Toronto, where I visited a short time ago. I have been corresponding a great deal since I was there, I being a great lover of letter-writing. They both tell me to wait five or six weeks for an answer to my letters. Do you think they care for me? They each have my photo; also a lock of my hair.

Answer.—Oh, Edith, I am so disappointed in your giving your photograph about like that! Get the photographs back at once. The men are not very much interested in you. You made a mistake in giving your photograph and your lock of hair. A girl who does this sort of thing only makes herself a target for ridicule.

Who Knows?

Dear Miss Grey—Could you kindly inform me through your column of the address of the company who puts out plays for people who want to go on the stage? Have tried to get the name of company at Toronto, but have been unsuccessful so far. Kindly publish my answer through your column and oblige.

HAPPY BILLIKES.

Answer.—No, Billie, I do not know the address. Why don't you advertise for the information on another page of this paper?

Thinks Column Helpful.

Dear Miss Grey—Kindly publish as soon as possible in your helpful columns what will take a lemon stain from a white mull dress. Thanking you for your kind help which I have received from your helpful columns.

Answer.—To soak the stain in a weak chloride of lime solution, and then to rub it out with a soft cloth. Do not leave it in the solution more than five minutes, and rinse at once. Use no more than a teaspoonful of the lime to a good basinful of water.

Pat's Plight.

Dear Miss Grey—Will you kindly help me out? I am very desirous of making the acquaintance of a lovely young lady. She resides in town, and I in the country. We have both been members of the same church for years, but have never been at any social gatherings together in the church or elsewhere. An opportunity has never presented itself whereby we might

The Birthday Calendar



IF THIS IS YOUR BIRTHDAY

An unpleasant journey is in store for you, and disappointments will occur. You should guide your conduct with the greatest care and try to foresee events. Those born today will have wandering dispositions, and will be disinclined to make sustained efforts to accomplish anything. Only wise care and patient teaching will save these children from aimless frivolity and shallowness.

Removal Sale

Clearance of All Winter Goods

AS WE will not be in our present premises for another fall and winter's trade, we are clearing out large quantities of winter goods of all kinds at greatly reduced prices. We do not wish to carry any of our present stock into our new store. There are many lines of winter goods now in stock which could not be sold in the summer at our final clearance sale, therefore they must go now. You will find many big bargains here these days.

Many of our new spring goods are now in, and your shopping will be facilitated by using this store as your headquarters, where stocks are complete and service is quick and accurate.

Cashmere Hose, 25c Pair

LADIES' All-Wool Cashmere Hose, ribbed, winter weight, carry any good value at a pair25c

Ladies' Winter Underwear

The stocks of Ladies' Winter Underwear are beginning to show the effects of last week's big selling at such low prices, so you must come soon to get the full value of this big sale.

Ladies' White and Gray Vests and Drawers, winter weight, at garment25c

Ladies' Cream and White Winter Weight Vests and Drawers, regular 50c, for39c

Ladies' cream, white and flesh colored Vests and Cream Drawers. Regular 75c value for garment50c

Ladies' All-Wool Vests and Drawers, white, cream and flesh colored. Regular \$1 and \$1.25 values, for garment69c

Wool Blankets and Comforters

CLEARING prices have been placed on all our Comforters and Wool Blankets. There is only a limited quantity, and prices are very low, so come early Thursday morning.

Millinery

Low prices are the rule in this and other departments. Felt shapes and odds and ends of trimmings at less than half prices. A clearance of Trimmed Hats in two lots at each\$1.00 and \$2.25

Dress Goods

Clearing prices on Winter Dress Goods. Special prices on tweeds and many odd lines.

See the New Lace Curtains and Curtain Materials.

Midwinter Display of Whitewear and White Goods

WEDNESDAY—SATURDAY, SECOND FLOOR.

THE new Whitewear has just arrived, and will be on sale Wednesday and following days on second floor. Corset Covers, Princess Slips, Gowns, Underskirts, Drawers, Combinations and dainty Lingerie Waists. Many beautiful new effects.

Corset Covers

LADIES' Corset Covers of fine quality English cambric, finished with laces, embroidery, ribbon and tucking. Very dainty styles at, each25c, 35c, 50c

Underskirts

LADIES' Underskirts of good quality English cambric; deep flounce, daintily finished, with embroidery or lace; plain, gored, hemmed styles. At, each75c, 98c, \$1.25

Princess Slips

MANY beautiful styles in Princess Slips; handsomely trimmed and well made of good cambric or nainsook. Prices, are, each75c, \$1.00, \$1.50

Drawers

Fine quality cambric only used in the manufacture of these very dainty Ladies' Drawers. Three grand values; all sizes. At, a pair25c, 35c, 50c

Combinations

A grand collection of beautiful combinations will be found in this whitewear display; handsomely trimmed; all fresh from manufacture. Prices from\$1.00 to \$3.00

Gowns

Ladies' very dainty Nightgowns in several beautiful new styles, made of fine quality English cambric; slip-over style, lace trimmed. Prices are75c, \$1.00, \$1.50

GRAY'S
150 DUNDAS STREET.

Drygoods, Millinery and
Ladies' Ready-to-Wear
Garments.

GRAY'S
TELEPHONE 1182.

Revival of Art Needlework

The higher art needlework is becoming a hobby with many fashionable women, and this revival of interest in embroidery should be encouraged.

The queens and noble ladies of the long ago left exquisite examples of their handicraft in the priceless tapestries exhibited in the museums.

Those who enjoy doing artistic needlework are duplicating the designs created during the reigns of

PRINCESS TO ATTEND GOULD WEDDING.



The Princess Di Sagan, formerly Anna Gould, who has come from France to attend the wedding of her sister, Helen Gould.

It Pays to Think

Our advertising is not done to sell drugs and medicines to you—and we do not advertise merely to bring you to our stores, where you can see and examine and think for yourself. We rely on the judgment of our patrons to decide for themselves whether or not they get value for their money.

P	PERCIVAL, 344 Richmond Street Phone 1261.	L	LISTER, Wortley Road, cor. Craig Phone 1920.	O	OMOND, 468 Dundas St. Phone 1429.
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THE PROGRESSIVE DRUGGISTS.

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The Guaranteed Liquid Hair Destroyer
A Perfumed Depilatory

It is the only preparation that immediately and without the slightest injury to the most delicate skin, will remove

Superfluous Hair

It Acts Instantly wherever applied

You will find it not offensive, a requisite others dare not claim for their preparations.

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crown and, forming one large loop at the side, fall in two long ends over one ear, sweeping the shoulder. In a hood-shaped cap the ruffle shows only at the back.

Have courage! Keep good cheer!

Our longest time is brief.

To those who hold us dear

Bring no more grief.

But cherish blisses small.

Grateful for least delight

That to our lot doth fall.

However slight.

—Celia Thaxter.

A clean firebrick makes an excellent iron stand. The iron will retain its heat much longer than if a metal stand were used.

Breakfast Caps

Point D'Esprit makes the latest breakfast caps that are shaped like the various peasant caps of Europe. The ruffle about the face is more often of the material, hemmed and accordion pleated, than the gathered flounce, and the cap itself is often laid in tiny pleats. Ribbons are very fanciful on these caps, striped, flowered and fashioned in odd knots and loops. For instance, the ruffle about the face will be caught up in the centre of the front by two loops of striped dark blue and white ribbon placed flatly on the top of the head. Again, it will wreath the