

Local Council of Women.
Cynthia Grey's Column.
Topics For Every Reader.

WHAT EVERY WOMAN WANTS TO KNOW

Wonderful Helen Keller.
Tho' Blind, Has Sensible
Views Regarding Styles.

SOFT GINGER BREAD

Tested Recipe by Caroline Coe



One scant cup of butter or butter sub-
stitute creamed with half a cup of dark
brown sugar, pinch of salt, one cup of
black molasses, cinnamon, and ginger to
taste. Beat this thoroughly. To one cup
of boiling water add two teaspoons of soda.
Measure two and one-half cups of flour,
add about one-quarter of the cup of the
soda water and half the flour to the but-
ter, sugar, molasses mixture, beat well.
Add a quarter of a cup more of the soda
water and the rest of the flour and beat
thoroughly, reserving half a cup of soda
water to be put in after all the flour has
been added and well beaten. Last, add two
well-beaten eggs and turn at once into
greased small dripping pan. The dough
will be as thin as batter. Bake in a very
slow oven. This is fine for luncheon or it can be used with a
sauce as a sweet at dinner.

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 impos-
sible 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.]

Best See a Doctor.

Dear Miss Grey.—Kindly answer fol-
lowing questions as soon as possible, and
oblige:

1. What is the meaning of the name
Mona?
2. How to clean a white feather band?
3. How to whiten a cream cashmere
coat that has turned yellow?
4. I am five feet 11 inch tall, and only
weigh 100 pounds. If I do the least bit
of work it tires me right out. My skin
is sallow. Please tell me what to take
or do to improve my condition and
weight?

Thanking you in advance, I remain,
MARY.

- A.—1. A star.
2. Make ready a basin of clean, warm
water, immerse a piece of castle soap
in it until a lather is made; then dip in
the feather carefully and wash gently
through the fingers. Rinse through
clear water, and hold over a steady heat
until the feathers begin to "fluff" up.
Shake continually and smooth with the
fingers until quite dry.

3. You might try soaking the coat in a
lather made of a piece of castle soap,
two tablespoonfuls of powdered borax,
and the same of carbonate of ammonia
dissolved in five gallons of water. Then
wash well in clear water, rinse, and blue.
4. You should consult a doctor. Evidently
your entire system needs toning
up, as is often the case in spring.

Has Been Helped a Lot.

Dear Miss Grey: Will you kindly
answer for me a few questions as I
have never asked you any before? I
have been helped a lot from others who
have answered, as I read them every
day:

1. What day in the week did Sept.
23, 1888, fall on? Also June 10, 1887,
and October 29, 1886?
2. How would you wash a tan-colored
cotton foulard dress? Do you think
it will shrink?
3. What kind of goods would be nice
for a cool summer dress?
4. Can you read my character, by
my hand-writing?

I hope I have not troubled you too
much with my questions. Thanking
you in advance, I remain,
BROWN EYES.

- A.—1. Sunday; Sunday; Friday.
2. First set the color by soaking the
dress in a pailful of water containing
a small quantity of oxgall. Then wash
in the usual way in fairly warm
water in which white castle soap has
been dissolved. Do not rub the soap
on the dress. Rinse twice, put through
the starch, and dry quickly, without
shaking. With this treatment I do not
think it should shrink.

3. Colored lined, flowered muslin,
chambray or cotton voile.
4. I am often asked this question,
but have decided not to answer it for
anyone because I should then be fairly
worned with demands from my many
readers. As it is really only a matter
of sunrise at best, I prefer not to give
my opinions at all.

Middy Blouses.

Dear Miss Grey: Would you answer
a few questions for me, please?

1. Will middie blouses be worn this
summer? Is there anything newer for
putting?
2. What is meant for "elephantine"?
3. Should a girl of 17 who is about

Break the Having drank Red Rose Tea at

a friend's house or having seen it
advertised, you believe it is "good
tea" and have been intending to try it for
some time, but from force of habit you
have just kept on using another tea. Why
not Break the Habit and order RED
ROSE next time.

RED ROSE TEA IS
NEVER SOLD IN BULK.



LOCAL COUNCIL OF WOMEN APPOINT DELEGATES

Among Other Matters of
Business at Meeting
Yesterday.

The appointing and instructing of
delegates to the annual meetings of
the National Council of Women to be
held in Montreal shortly, occupied a
portion of the time yesterday after-
noon at a meeting of the Local Council
of Women, when the following ladies
were chosen besides Mrs. Boomer, the
president, to represent London: Mrs.
R. M. Graham, Mrs. (Col.) Hodgins,
Mrs. Ernest Smith, Mrs. Belton, and
Miss Walker.

Other business of the meeting was
reading of reports by Miss Moore, the
recording secretary, and Mrs. Graham,
the latter giving a most interesting
account of an executive session recently
in Ottawa.

Resolutions Adopted.
It was announced that the executive
committee had accepted the London
local council's recommendation, and
that the same would be brought before
the annual meeting. The resolution reads
as follows: "That in view of the frequent
disasters which are almost daily re-
ported in the press of the Dominion as
occurring from the criminal or careless
use of firearms and other weapons, the
National Council of Women bring the
matter to the attention of the proper
authorities and ask that a legal
remedy be found, either in the enact-
ment of more stringent laws or in the
enforcement of such as already exist,
but which are apparently seldom or
never enforced."

Upon the motion of Mrs. Boomer,
seconded by Mrs. Hodgins, a resolution
of sympathy will be sent from the
London local council, to the daughters
of the late Lady Thompson.

The meeting yesterday was well at-
tended, and Mrs. Boomer occupied the
chair.

WOMEN'S INSTITUTES

MOUNT BRIDGES

Mount Bridges, April 11.—The April
meeting of the Mount Bridges branch of
the Women's Institute was held this
afternoon at the home of the hostess, Mrs.
(Dr.) Thompson. There was a good at-
tendance, and the chair was occupied by
the president, Mrs. Monger.

The meeting was very interesting, and
the ladies present thoroughly enjoyed the
very excellent papers, as follows: "House-
cleaning," by Mrs. W. Sneegrove, and
"Flowers and Gardening," by Mrs.
William Hyatt.

Misses Clara Root and Clara Waters
contributed musical numbers, which were
much enjoyed.

The May meeting will be held at the
home of Mrs. Wilson, when a full at-
tendance of the members is requested.
At this meeting the election of officers for
the year will take place.

The demonstration of salads and their
preparation, by Mesdames Wilson and
Woods, was quite an interesting feature.

Miss Jean McPhee will demonstrate
bread and pastry making in the town hall
on April 23, at 2:30. Everyone welcome.

Care of Veils

Veils should be laid loosely in long
boxes, light colored ones, separately,
and with wrappings of tissue paper.
In this way the veil does not become
creased, as when folded flat, and it
will be found to retain its good ap-
pearance for a much longer period. If
your veil has become damp it should be
laid quite flat across a table, and al-
lowed to dry in that position, so that
it does not wrinkle as it dries. Furs
should always be thoroughly shaken
and brushed before putting away, and
they are best kept in wrappings of
newspapers or in large bags of un-
bleached calico, these things having a
tendency to keep moths away.

Every hat should have its own spe-
cial box, no matter how simple it may
be, and immediately after it has been
removed from the head it should be
thoroughly brushed and put away. A
hat that has been exposed to rain or
dampness, however, should be thor-
oughly dried, placing plenty of tissue
paper into the crown to prevent its
losing its shape.

The "Busy Bee" Concert



MRS. E. H. GREGSTEN.

Each year the concert given by the
members of the "Busy Bee" Society is
looked forward to as a bright event,
and an "excellent" program is being
prepared for their entertainment to be
held on Tuesday evening next, April
15, in Wesley Hall.

Perhaps more London men and wo-
men have belonged to the "Busy Bee"
as children than to any other organi-
zation in the city, and all remember
gratefully and with appreciation the
pleasant hours spent in the company
of "Mother Bee," Mrs. Gregsten.
There is no doubt that a good at-
tendance will be present on Tuesday
night. The concert starts at 7:30.

Wonderful Helen Keller

Helen Adams Keller was born in Tuscumbia, Ala., 32 years, 8 months ago.
She has been blind and deaf 21 years and 11 months, caused by illness. Being
deaf, she also became dumb 30 years ago. But now, after long years of dark-
ness and silence, she can "see and hear through her finger tips," and has
learned to speak. Her phenomenal success is largely due to Miss Anne Sul-
livan (Mrs. John Macy), who undertook her education 25 years ago, and who
is her inseparable companion. Miss Keller is the author of "The Story of My
Life," "Optimism, an Essay," "The World I Live In," and "The Song of the
Stone Wall."



Helen Keller, the blind, deaf and dumb woman, who nevertheless sees,
hears and talks so that nothing in this world is blank to her.

Helen Keller's Views on Dress

It may seem odd that a woman,
blind, deaf, and until recently dumb,
should have preferences and opinions
with regard to feminine fashions, yet
to Miss Helen Keller, famed the world
over for her talents and acquisitions,
the subject of dress is as vital a matter
as to any other woman on the contin-
ent.

A recent issue of the Toronto Star-
Weekly contains an interesting inter-
view given to a reporter at Miss Kel-
ler's home, in which she stated that
her pet aversions in current styles
were slit skirts, extremely décolleté
ball gowns, and pointed shoes.
"I dislike big hats and hobble skirts,"
she told the reporter, "women going to
polls wearing such extremely large hats. No one
could get anywhere near the voting
places. They are a nuisance and remind
me of the swaddling clothes worn by
Chinese babies. I do not understand
why women want freedom to vote and
don't want freedom for their bodies."
"I think every woman should sit
down once or twice a year and consider
her wardrobe. The spring and fall are
good seasons to do it. Then her dress-
ing would be more consistent and
everything would go with something
else."

Miss Keller is a strong supporter of
woman suffrage, and believes that if
women had the ballot they would cease
to be frivolous. She has, moreover, a
keen sense of humor, and laughed
heartily at the idea of a blind woman
presuming to have notions on the sub-
ject of feminine apparel.

KATHERINE LESLIES HOME CHAT



SIMPLICITY IN GIRLISH DRESS.

Simplicity
and softness
should be the
first and last
thoughts in the
dress of the
young girl who
has not made her
debut, and for some
time after that im-
portant event in her
life. An over-dressed
woman, a girl's fresh-
ness and youth are
things that should not
be made subservient
to her clothes. If young
girls could only be per-
suaded to dress in
the freshness and youth
and only temporary, or
very temporary, pos-
sessions, things that
once lost can never
be regained—all the
beauty doctors to the
contrary—they would
assume not the so-
called "fashionable"
themselves out in gar-
ments meant only for
women of the world,
many years their
seniors. Today girlish
fashions are so quan-
tity girlish, so pictur-
esque, that their wear-
ers are nothing short
of adorable in them.
With the hair al-
ways abundant and
beautiful at this time
of a woman's life—
simply dressed,
and a ribbon spar-
ingly woven into
it, or a band of velvet,
or a tiny wreath of
roses, and a frock
simple and soft, the
girl decked for a
little gance or festi-
val occasion is some-
thing to make older
women sigh. They
sigh over the swift
passage of the years
that robbed them of
that perfect line of
the throat, the collar-
bone to chin, and
of the soft line of
the jaw, and the
still softer flush that
ebbs and flows so
enchantingly under
the sensitive skin.
These are priceless
possessions, and the
girl who allows her
girl to set them in a
too elaborate setting
commits a great folly.
She really does a wrong
to the girl. Delicately
colored girlish silks,
chiffons in white, mus-
lins, or nets, make
frocks ideal for young
girls. Some of the silks
and chiffons are em-
brodered in tiny dres-
sful flowers. They are
quite lovely and call
for little elaboration
or trimming. An over-
trimmed, frilly frock
for a woman is very
irritating to any-
one compelled to look
at it—in a girl's
frock overtrimming
and fussiness are
fatal. The less jewelry
a girl wears, the

the better—no sham pearls—no ex-
cesses. A hair-like gold chain with a
dainty locket or pendant is sufficient.
Later, when her freshness begins to
fade and her youth to pass she may
make up discreetly for these ir-
retrievable losses by jewels—but not
till then!

HELPFUL HINTS FOR THRIFTY HOUSEWIVES

Rhubarb Marmalade.

Ten cups diced rhubarb, two cups
walnut meats, chopped, one cup rais-
ins, ten cups sugar, four lemons. Cut
fruit in inch pieces without peeling;
add one pint water, boil until soft; add
nuts when rhubarb is nearly soft,
sugar, juice of lemons and grated
rind of two lemons. Cook to consis-
tency of orange marmalade and jar as
usual.

Fruit Salad.

One cup of cream cheese, one tea-
spoon of lemon juice, salt, eight large
dates, four figs, lettuce, whipped
cream, one-half cup of blanched
almonds, mayonnaise dressing. To the
cream cheese add the lemon juice and
a pinch of salt and beat thoroughly.
Remove the stones from the dates and
add the figs and dates, chopping all to
a smooth paste. Add to the cheese mix-
ture, shape into balls, place on lettuce
leaves and serve with mayonnaise
dressing mixed with an equal quantity
of whipped cream.

Maple Cookies.

Beat to a thick froth two eggs, then
add half cupful of grated maple sugar,
pinch of salt, one-fourth teaspoonful
grated nutmeg, two tablespoonfuls
melted butter, one cupful of roasted
peanuts, chopped fine; one rounding
teaspoonful of baking powder sifted
with sufficient flour to form a soft
dough. Chill over night, and next
morning roll a little out at a time
about quarter of an inch thick, cut
into cookies and bake on a greased
sheet in a quick oven until a delicate

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women or children. Come and see
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serviceable coats.

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and \$12
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Ringsmills

The Baby's Diet

[BY A PHYSICIAN.]

How shall we feed the baby during
the first year of its life? When shall
we feed it, and when shall we not?

Should a baby have food during the
night time and if so how often and
until what age?

Is there anything else beside milk
which the baby should have?
The questions all seem simple
enough, and a person who may not
have had the experience of trying to
bring up a baby in the way it should
go, might say the answers should be
simple, too.

During the first two days of baby's
life it should be nursed four times a
day, and once at night.
From the third day until it is six
weeks old, the nursing should be
every two hours during the daytime
and at least twice at night.

During the period between six
weeks of age and six months, the
little one should be fed every three
hours, and once at night.

Between half a year and a year
old, the feeding should be six times
between 6 a.m. and 10 p.m., and not at
all during the night.

From the very first, babies require
water as well as milk.
When the baby is two months old,
begin giving orange juice each day,
being careful not to have any pulp
in it.

Commence this extra food diet with
about two teaspoonfuls a day and in-
crease it until at least four table-
spoonfuls are taken.

The Poet's Corner

ON THE CASTLE OF CHILLON.
Eternal spirit of the chainless mind!
Brightest in dungeons, liberty, thou
art—

For there thy habitation is the heart—
The heart which love of thee alone
can bind;

And when thy sons to fetters are
consigned,
To fetters, and the damp vault's day-
less gloom—

Their country conquers with their
martyrdom,
And freedom's fame finds wings on
every wind.

Chillon! thy prison is a holy place,
And thy sad floor an altar, for 'twas
trod,
Until his very steps have left a trace,
Where as if thy cold pavement were
a sod,
By Bonnavard! May none those marks
efface!

For they appeal from tyranny to God.
—Lord Byron.

The primitive operations employed
in China and Japan are in marked
contrast with the cleanly machine method
of preparing tea in Ceylon. The purity
and cleanliness of "Salada" is abso-
lute. Its delicious flavor will please
you.

DISCARD HIGH HEELS.
Girls, stop wearing high-heeled
shoes. Here is the reason: The ef-
fect of the high heel is to move the
foot shorter and throw the weight of
the body forward. If the wearer
stands or walks any length of time,
it throws the shoulders forward, how-
lows the chest and produces an un-
graceful carriage. The woman must
take shorter breaths and her lungs
become liable to attack by consump-
tion.

Daily Healthogram

[BY A PHYSICIAN.]

PYORRHOEA IS THE
FREQUENT cause of loss of
teeth by grown persons. De-
cay is the usual cause of such
loss in children. Pyorrhea
needs the most careful home
treatment, and the best care of
a competent dentist.

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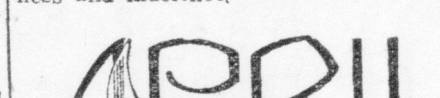
The Birthday Calendar



IF THIS IS YOUR BIRTHDAY

Be careful of letters and of what you
write. Some annoyance threatens you
from this source. Remember that the
things which seem so desirable to you
today, might soon become an encum-
brance.

Those born today will be talented, but
naturally untruthful. They should be
made to understand the weak worth-
lessness of the insincere character, also
they should never be indulged in selfish-
ness and indolence.



IF THIS IS YOUR BIRTHDAY

You will be very happy in compani-
ship with others, but material anxieties
will thrust themselves before you, and
it will be well for you if you deny your-
self pleasure and company to attend to
ways and means of advancement.

Those born today will be spenders, and
will like to shine in society. The empti-
ness of this will prove itself to the more
intelligent in time, and then really suc-
cessful careers are possible for these
children.

Have Your Piano Tuned

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