A Page For Women

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

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

Clean Up and Beautify---Message of Woman's Clubs

Missouri Federation Urges Campaign in Each Home---Clean Up, Paint and Plant Flowers.

The Missouri Federation of Woman's Clubs is mailing the following to Missouri women for a real "clean-up" says the St. Louis Republic.

"Clean houses, clean lawns, clean streets, clean alleys, clean outbuildings—that condition means health and comfort and aesthetic pleasure. Dirt and tawdry negligence indicate decay and shiftlessness. They invite flies and disease. They are ugly, offensive, unnatural.

"With the coming of the spring months every yard should be thoroughly cleaned; all rubbish should be carted away and destroyed. Pick up and dispose of things. Be clean outside the house and inside the house.

"When you have done that, begin to paint up. Paint makes old things appear as new. Paint is sanitary and preservative. Paint is not a luxury, but a necessity. Paint destroys millions of germs that infect wood. Paint the house and the barn and the garage. If on the farm paint the machinery, clean up the barn yard, gather up all the old iron, broken machinery, etc., and store or sell; mend the fences about the garden, poultry yard and door yard. Plant vines, sunflowers and those annuals that require little work in places that will please the eye of tired folks when resting. Plant vines to hide ugly spots and buildings. Paint the pump and the arbor trellis. Paint the hydrants, paint the fences, the wooden ornamentation on the bridges and about the windows.

Closed Garbage Cans.

"Insist upon closed garbage cans being used in your towns and thus starve the fly. Continue an eternal warfare against the flies and mosquitoes. The keeping down of weeds and the accumulation of trash where rats, vermin and malaria thrive. A little work, a little energy, a little paint, will transform a dilapidated home or store building into an inviting place fit for habitation and business.

"Cleaning up and painting and the planting of grass and flowers and shrubbery contributes to our civic pride and brands one as a thoroughly wide-awake citizen. Let every man, woman and child put their shoulder to the wheel and help clean up. Even if it does get your coat muddy occasionally you will have the satisfaction of being a real live citizen."

Don't Let Your Skin Absorb Dirt

Many women think their complexions are clean when their skin still contains dust and grime in all its pores. To demonstrate your need of some other cleanser besides soap and water, make a test of Nyal's Face Cream. Get a 25c or 50c jar and their Free Booklet entitled "*Your Complexion*" telling how to apply it with proper methods of massage. Wash your face thoroughly and then apply the Cream. After properly working it in wipe your face with a clean soft white cloth and see how soiled the cloth is with the accumulations of grime that have sunk into the pores. How refreshed, soft, clean and delicately fragrant your complexion now is. How free from irritation.

Nyal's Face Cream is greaseless, oxygenated and refreshing, leaving no shine. Nyal's Face Cream Soap is a delightful preliminary cleanser.

Call or telephone the nearest Nyal Agency Drug Store for your copy of this useful book. You'll know the Nyal Agency Store by its special window sign. Nyal Preparations mean quality. 118

LONDON ADVERTISER COOK-BOOK

Recipes Supplied By Cynthia Grey's Readers.

Note—In the recipe for bean salad, supplied by "Petrolea Reader" and published in yesterday's Advertiser, the line reading "mix with another pint of water" should read "vinegar" instead.

Aunt Margaret.

Wedding cake—Three pounds butter, three pounds brown sugar, three pounds flour, two dozen eggs, five pounds raisins, five pounds currants, one pound lemon peel, one pound citron peel, two pounds blanched almonds, three nutmegs, one pint brandy. Mix butter and sugar well, add eggs, a few at a time, a little flour and fruit, a little at a time; nutmeg, nuts and flour, then brandy.

SIMCOE STREET MOTHERS' CLUB.

At the regular monthly meeting of the Simcoe Street Mothers' Club, to be held in the school on Thursday evening, an excellent musical program is being provided. It is also expected that a talk will be given by one of the officers of the Union Mothers' Club. All parents of the district are cordially invited.

Bobby—Is this a camel's-hair brush, mamma?"

Mamma—Yes.

Bobby—But how does a camel manage to brush its hair with a little thing like that?"

45c PER LB. SMALL TINS 25c TINS ONLY

Solves the "Breakfast Problem"

For nine years Kellogg's Corn Flakes have constantly increased in popularity and have solved the breakfast problem in thousands of Canadian homes.

Made - in - Canada from the Sweet Heart of the finest white corn. 10c. per package.

Cynthia Grey's Mail-Box

[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. No letter can be answered privately.]

Mother's Favorites.

Dear Miss Grey: I wonder if through the columns of The Advertiser you could find for me the words and music of "The Flowers of the Forest," "The Dying Child," "Where Is the Harm, Can You Tell?" a verse of which runs:

"When the bright evening was fading,
Waiting for someone she stood,
What if the thought of him only
Brightened hill, valley and wood?
What if a ring were the token,
Proving he loved her so well,
What if a sweet 'Yes' was spoken?
Where is the harm, can you tell?"

Also 'Come, Birdie, Come and Live With Me," which is a song mother is very fond of.

The last three songs were sung about 35 years ago, and I would be very much obliged if you could get them for me. ANNIE LAURIE.

Ans.—I hope some of our readers may be able to supply these songs for "Annie Laurie."

Read on the Farm.

Dear Miss Grey: As we live near a little village on a farm, it is lonesome, and we all enjoy the letters and answers in Miss Grey's mail box. "Star That Guides" will certainly have an opinion of herself by this time, I hope. Never mind, Star, I am going to do the same thing. I only wish I was a fair maid.

1. Is it proper for a lady to wear a bunch of silk flowers on her dress to church?
2. What are a dressmaker's hours a day and wages?
3. Meaning of these names, Rebecca, Edwin, Neal, Lilah, Donald?
4. Your opinion of my writing?
5. May I call again. Sincerely.

KITTY BAR THE DOOR.
Sombra Township Reader.

Ans.—1. Yes.
2. Eight hours or nine are usual hours; wages differ according to branch of dressmaking and efficiency.
3. Rebecca, enchanting beauty; Edwin, gainer of happiness; Neal, dark or swarthy; Donald, proud chief or "brown stranger."
4. Fair.
5. Yes.

Pulling Together.

Dear Miss Grey,—I have read with interest the letters discussing "Star That Guides'" letter.

Dear "Star," how my sympathy goes out to her, to think how some who have failed miserably to find happiness in married life, have thrown cold water on her hopes.

All blame for troubles in life should not be laid on the husband's shoulders. It is my opinion that a great many husbands are what their wives make them.

Too many are like "Married," never even thinking of anything but happiness before marriage. The marriage vows are too lightly taken, not thinking of thec ares and trials that are bound to come in after life, and ever ready to blime some person for them when they do come.

If husband and wife truly love each other (not their own precious selves), there is little call for secrets, or continual fault-finding. When we realize we are nearing a rough place in life's pathway, by care and patience, and just a trifle of love mixed in, we can usually find a fairly smooth way to get past it.

I imagine I hear some say: "Here is another who does not know what she is talking about." Now, let me tell you, I have been a farmer's wife for fifteen years, and have yet to get an "eyeopener" to the fact that most husbands cannot appreciate a good loving wife.

It does not do a husband any harm to let him know in a great many ways (and tell him, too) that you love him and trust him above all others. Men are human, and like a little fuss made over them just as well as we women.

Now, just a word about hair-combing: Do not wear your little cap (no matter how becoming and dainty it may be) even to the breakfast table to cover an uncombed head. I always help milk and attend to poultry, if my health permits, and have never yet sat down to the breakfast table with uncombed hair. A few minutes' work will make a vast difference in a woman's looks, and our husbands will carry a pleasant picture of us in their minds as they go to their daily work.

Let "Star" try and be just as loving and thoughtful for her husband's happiness as she can, and I am sure all her castles will not crumble to dust.

FEMME CONVERTE.

Propounds a Riddle.

Dear Miss Grey,—Would you mind answering the following:

1. What happened the war puzzle? Also Mutt and Jeff?
2. Give your candid (candied) opinion of this scribbling?
3. What does Allan, Kenneth, Clifford, Ross, mean?
4. Could you procure words of "Where the River Shannon Flows"? Is it an old song?
5. Here is a riddle. Answer will be given when I write again, which will be this week: A man went to get into a stage coach, but found it crowded. The driver told him to get in and with the same word used his name. What was the man's name? BIC.

Ans.—1. Both features have been discontinued by us. It is well to have a change occasionally—don't you think so?

2. Perhaps my opinion might not be particularly "sweet," so I shall withhold it.

3. Allan, thought to be derived from a French word meaning, "hunting dog"; Kenneth, a leader, or commander; Ross, either as a name of a place by itself, or as a portion of a name, always means "a headland." It is a Celtic word, frequently in Scotland as Rosslyn, Culross, etc.

4. It is not an old song, having been published within the last three years. If any reader cares to send me the words for you, I shall be glad to let you know.

5. Quite too much for my stupid head, but no doubt our readers will enjoy trying to solve it. Do not forget to send the answer, for we'll never stand the suspense of not knowing!

As you would note, your recipes found a place in the cook book. Thanks for them, BIC.

Spare the Sugar.

Dear Miss Grey,—Has not "Star That Guides" had a perfectly lovely party! We have enjoyed it so much, and she has certainly picked up enough different opinions to make a mess. So I will add mine for dressing. I do not doubt those Lochinvars make wonderful lovers, and the right man, rightly treated by the right woman, can be kept Lochinvaring along at a fair rate of speed as a husband, but few people can stand spoiling—and this stands for wives as well as husbands—and I would be sorry to see a perfectly good Lochinvar spoiled by too much sugar. It is the nature of man to enjoy the chase, and being fed up with too many verbal assurances of love is apt to make the game seem to easy.

Love your husband as tenderly as you will, but try to keep all you can of the "sweet mysteries" of courtship between you. Let him know you enjoy all his love-making, then "let George do it." There must be love, trust and unselfishness to run the household machinery, but it must be divided. If all on one side, it destroys the balance, and the machinery soon "wobbles." It Miss "Star T. G." marries with the right kind of love, and gets the man worth loving, she need never let him degenerate into a "plodder." I speak from eighteen years' experience of married life that is eighteen times happier than at first.

"On the "living with mother-in-law" question, "Josiah Allen's Wife" gives my opinion better than I can myself She said: "The Garden of Eden was just large enough for Adam and Eve, and as soon as another poked their nose into the home, there was trouble." No one roof is large enough for any two families, and a man has no more right to expect his wife to be happy under circumstances never intended by nature to produce happiness, than she would have to expect him to live smiling and agreeable with a sand burr in his underwear. From a happy, though married woman, "MRS. HOMEBIRD."

A Suggestion!

Are you cutting out the "sermons" on backyard gardening, which appear almost daily upon this page? A little bit later on you may find these practical talks most helpful in making YOUR garden a success. It would only take a minute each day to clip the article and paste it in a book, then when all the thirty or more of the series have appeared, you will possess a handy book on gardening, in articles well condensed and calculated to suit practical efforts in the ordinary family.

Advertiser Patterns

1254—A Dainty Negligee—Lady's Dressing or House Sack, with Bell or Bishop Sleeves.

Cotton crepe in a soft shade of pink or blue, or in cream white, with a plaiting of self material or wash ribbon, would be very nice for this. A simpler finish would be to bind the edges with ribbon or satin, or to ornament with feather stitching. Dimity, lawn, organdie, batiste, cashmere, crepe de chine, silk or voile, are also suitable for this style of garment. The model is pretty and comfortable, and very easy to develop. The bell sleeve is cool and dainty, but for warmth the bishop style may be preferred. The pattern is cut in six sizes, 34, 36, 38, 40, 42 and 44 inches bust measure. It requires 3¾ yards of 36-inch material for a 36-inch size.

A pattern of this illustration mailed to any address on receipt of 10 cents 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' patterns) .....

Measurement—Bust..... Waist.....

CAUTION—Be careful to inclose the above illustration, and send size of pattern wanted. When the pattern is bust 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 measure. When misses' or child's pattern, 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.

Red Cross Column

The treasurer of the Red Cross Society acknowledges these donations for the work of the London branch: Farmers' Advocate, per John Weld, $25; proceeds of recital given by pupils of Miss M. Irvine and Mrs. R. Wallace, $11.10; Hensall patriotic women, 100 shirts, 108 pairs socks and 4 scarfs.

OUR READERS' HINTS

"BIC." writes: Cure for corns—Five-cent bottle vaseline, five cents salicylic acid; mix together.

GLENCOE READER sends these: Good polish for furniture—½ pint linseed oil, ½ pint vinegar, ½ pint turpentine, ½ pint spirits of wine.

Cream of Roses—Olive oil, 1 pound; Attar of Roses, 50 drops; Oil of Rosemary, 25 drops. Mix and color with alkanet root.

THURSDAY, APRIL 15TH

A Day of Special Bargains At Gray's, Limited

SPECIAL LINES ON SALE AT 9 A.M., 140 DUNDAS STREET

Manufacturers' Samples Ladies' and Children's Summer Hosiery

On sale to you at less than the original cost of manufacturing, on Thursday at 9 a.m.

At 10c Pair

Ladies' Cotton Hose, in black, tan and white; also Children's Lisle Hose, size 7½, in grey, pink, navy, tan and black; worth from 15c to 20c pair, for .....10c pair

At 19c Pair

Ladies' Fine Cotton and Lisle Hose, in black and white and shades of sky, pink, natural and tan; regular 25c to 40c pair. Boys' and Girls' Hose, in fine black, 1-1 rib cotton; size 9½; regular 25c. On sale Thursday at .....19c pair

At 29c Pair

Ladies' Fine Silk Lisle Hose, in black, white and tan; regular 50c, for .....29c pair

At 39c Pair

Ladies' Fine Silk Lisle Hose, in black and white and shades of mauve, pink and tan. On sale Thursday at 39c pair

Ladies' White Waists, 50c each

We have ten dozen Ladies' Embroidered Voile, Marquisette and Lawn Waists, in a great variety of styles and in almost all sizes. The regular prices are from $1.00 up to $1.50. Some are counter soiled, and we have not all sizes in any one style. We are clearing them all out Thursday at 9 a.m. for 50c each

Ladies' Raincoats $3.49 each

Twenty-five Ladies' Cotton Paramatta Raincoats, sizes 34 to 44, Raglan sleeves, storm collars and cuffs. This is a very special value, made of a lightweight texture closely resembling the best silk textures. They are made in a plain, loose-back style. On sale Thursday at 9 a.m. These are a very special value at $3.49

Our Spring Catalogue

Our Spring Catalogue for our out-of-town customers is now ready for mailing. Send in your name and postoffice address and you will receive a copy by return mail.

Mill Ends of Cottons and Linens

ON SALE THURSDAY 9 A.M.

Mill Ends of Table Linens

In all lengths from three-quarters of a yard up to three and a quarter yards.

¾-yard lengths. Sale price 19c to 50c end
1-yard lengths. Sale price 25c to 59c end
1¼-yard lengths. Sale price 49c to 69c end
1½-yard lengths. Sale price 55c to $1.10 end
1¾-yard lengths. Sale price 55c to $1.69 end
2-yard lengths. Sale price 50c to $1.49 end
2¼-yard lengths. Sale price 60c to $1.50 end
2½-yard lengths. Sale price 63c to $2.49 end
2¾-yard lengths. Sale price 85c to $1.95 end
3-yard lengths. Sale price 98c to $2.39 end
3¼-yard lengths. Sale price $1 to $2.59 end

Mill Ends of Cottons

A large quantity of white and unbleached, including quite a number of 40-inch widths, also Circular Pillow Cotton Ends, in all widths. Hundreds of ends from 1½ to 12 yards long. At clearing prices.

Gray's LIMITED. | Always the Best of Everything for the Least Money. | Gray's LIMITED.

THE BACKYARD GARDEN

These Vegetables Should Have a Place In Every Backyard Garden

CHAPTER VII.
VEGETABLES.

The principal vegetables are potatoes, cabbages, tomatoes, onions, cucumbers, peas, beans, radishes and lettuce. Every backyard gardener should have a representation of these in his minute farm, with the possible exception of potatoes and cabbage, if his plot is small. These two naturally require much more space to yield enough to supply a family, as compared to such vegetables as onions, radishes and lettuce.

With the addition of sweet corn, parsnips, turnips, carrots, beets and kale, the backyard is going to keep the table well filled with green vegetables all through the growing months.

And the growth and cultivation of these offer no obstacles to the beginner. Whereas a knowledge of farming and selling must be possessed by the market gardener, if he is to succeed the beginner has only to use common sense to obtain a good yield from his backyard garden. When the seeds are sown nature will fight its way on almost in spite of lax methods. But he who gardens at all must garden right.

The prospective backyard farmer must be prepared to attend to his plot daily and must develop that love of "digging in the dirt" that is inherent in all of us.

Five and ten-cent packages of seed will furnish enough of any variety of the smaller vegetables. The buyer should follow the directions on the packets faithfully, as the seed houses have arrived at them only after thorough tests.

Remember that one long row of one vegetable is far better than a dozen short rows for methods of cultivation and for appearance.

To plant a band of flowers around the edges of the garden sets it off wonderfully and makes it a delightful thing to look at.

CLOTHING AND POTATOES FOR NEEDY BELGIANS

Women's Canadian Club to Ship Fifth Carload, Also Car Potatoes.

The Belgian Relief committee of the Women's Canadian Club is expecting to send forward a fifth carload of foodstuffs and clothing and also a carload of potatoes very shortly to Halifax, to go in the April relief boat for Belgium.

News coming from the north of France tells pathetically of the dearth of cotton and spool thread there. Neither commodity can be bought in many sections. In numerous instances where no preparation could be made for the advent of an infant, the child has to be wrapped in newspapers.

It is wonderful the continued practical interest which is taken in the work for Belgian Relief. From Muncey the Indian women's sewing circle sends a box of new clothing for the women of Belgium. Some thirty quilts have been received from various sources for the next carload, and from Blyth Red Cross Society comes two boxes of clothing and two sacks of flour. Warm nightdresses for children are the donation of Mrs. Mortimore, of Grey street.

Donates Old China.

The treasurer, Mrs. Edwards, has also received $5 from Mr. McDonald, Oxford street; $3 from "A Friend; and $1 from "A Friend.' Mrs. Edwards has also on hand some quaint, old china, which a London woman has generously taken from her china cabinet, desiring that it be sold for Belgian relief.

Biliousness is Cured by HOOD'S PILLS 25c.

News of the Canadian War Contingent Association

From the Ladies' Auxiliary to the order of Railway Conductors, a donation of seven pairs socks and three dozen towels has been received. They are to be used for the Canadian soldiers at the front, and will be sent specially for this purpose.

Twenty-five dollars has been received from the Girls' Patriotic League, of Melbourne, to equip a bed in Shorncliffe Hospital and also $25 for a second cot "In Memory of Mother", no name accompanying this latter gift.

The knitting committee acknowledges one pair of bed socks from Mrs. (Dr.) Morris.

Old Songs and Poems

THE SONG THAT REACHED MY HEART.

I sat amidst a mighty throng
Within a palace grand,
In a city far beyond the sea,
In a distant foreign land.
I listened to the grandest strain
My ear had ever heard
Enraptured, charmed, amazed was I,
My inmost soul was stirred.
I looked upon the singer fair,
My heart was at her feet;
She sang of love, the old, old theme,
In accents low and sweet.
And then she sang a song
That made the teardrops start—
She sang a song of home,
A song that reached my heart.

Chorus.

Home, Home, sweet, sweet Home!
She sang the song of Home, sweet Home,
The song that reached my heart.

That night I shall never forget,
That night with its pleasure and pain,
I think of the singer, I think of the song,
And wish I could live it again.
In fancy again I recall
The scene with its splendor bright,
The mighty throng, the palace grand,
The memory of that night.
My fancy it may have been,
But never had I heard
A song that thrilled me o'er like this,
Like this so strangely stirred.
The memories of that night of bliss
Will never from me part,
She sang a song of Home, sweet Home,
The song that reached my heart.

Striped materials are more fashionable for children's wash dresses than plaids.

CASTORIA

For Infants and Children
In Use For Over 30 Years
Always bears the Signature of Chas. H. Fletcher

Arthur's special hair nets, made with or without elastic; extra large size; fine mesh. We fill phone orders for these promptly—5c each, or 6 for 25c.

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"HONEY DRIP" ICING FLAVOR

Something new — absolutely pure; four flavors—maple, chocolate, lemon or orange.
Sold at all stores, 10c a bottle.
Made in London by the I X L SPICE & COFFEE MILLS
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We Make a Specialty

Of Beautiful Palms and Plants that add so much to your home at moderate cost.

West Floral Co.
Phone 2187. zxv 249 Dundas St.

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IF YOU NEED ANYTHING IN
Furniture, Carpets, Rugs, Linoleum
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CHOICE, HANDPICKED,
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