

COME IN and SEE OUR SPRING and SUMMER SUITS

JERSEY SUITS, in taupe, sand, open and grey:
Regular \$60.00 Suits for\$49.50
Regular \$57.50 Suits for\$47.50
Regular \$52.50 Suits for\$43.50
CREPE RAJAH, regular \$57.50, for.....\$49.50
PLAIN RAJAH, worth up to \$60.00, for.....\$49.50

Great Reductions in Spring Suits

Serge, Tricotine, Shepherd Checks and Tweeds:
Regular \$65.00 and \$75.00 for.....\$49.50
Regular \$47.50 for\$37.50
Regular \$82.50 and \$85.00 for\$60.00

20% Off All Voile Waists
FROM \$5.00 UP.

BRICK & DUNDAS
LIMITED
188 DUNDAS STREET.

HOME ECONOMICS

MRS. ELIZABETH KENT, MACDONALD COLLEGE.

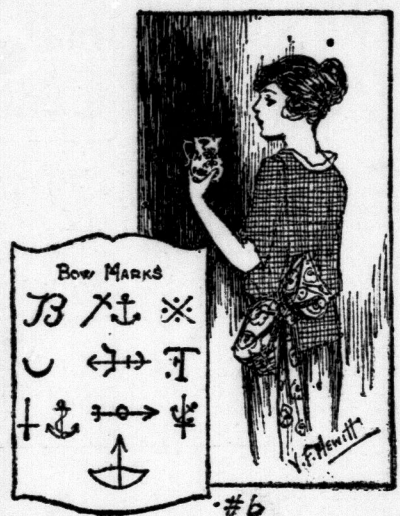
BOW CHINA. A bit of Bow China reminds us that this was the first time during one of the most interesting periods in English history; among those who may have been the first to enjoy its beauty were such people as David Garrick and Sir Joshua Reynolds.

The patent for the manufacture of Bow was taken out in 1744 by Edward Heylin and Thomas Fry of West Ham. Fry was an Irishman who spent fifteen years of his life among furnaces trying to bring this ware to perfection. He was assisted in the painting of the china by his two daughters.

The factory at Bow on the River Lea was built more than a century ago. Later it was bought by that same Duesbury, who controlled so much of the manufacture of the English porcelains, and the business was moved to one of his other factories. Recently pieces of Bow have been dug up on the old site of the factory, now in the east end of London.

All Bow was made of porcelain. The designs were varied, of landscape, flowers or birds. All were painted with a brush; none have been found with printed designs. The color of the china is milky white. Blue decorations, painted on the biscuit under the glaze, and thus imperishable, was used with good effect. Bow is not unlike Chelsea, and is often confused with it.

There is considerable doubt about the marking of Bow. Some of the marks cannot be dated or explained. Others are easily understood as a capital B or drawn Bow. Some contain an arrow, and this seems to indicate that the proprietors were freemen of London. The anchor used to mark Crown Derby was also used by the manufacturers of Bow. (Copyright, 1920, by The Metropolitan Newspaper Service.)



Choice Flowers

For the Graduations.
West Floral Co.
PHONE 2187. 249 DUNDAS ST.

YOUR OLD CARPETS
Made into new, beautiful, fluffy, reversible rugs.
CANADA RUG COMPANY
Carling Street. Send for Leaflet.

THE SATISFACTORY STORE

**Will Have Another 4-Hours
Rush Sale--Wednesday**

BOYS' AND GIRLS' RIBBED HOSE, 35c

Wednesday morning there will be another rush for these heavyweight hose, in all sizes; special for school and holiday price. Per pair **35c**

DRESS GOODS

One piece Navy Blue Lustre, 40 inches wide, especially adapted for Bathing Suits, selling less than wholesale price. **\$1.50**
Per yard

One Piece Grey Gabardine Suits, 37 Inches Wide, 69c

Chiffon Motor Veils, assorted colors, 2 1/4 yards long, regular 75c. Selling at **49c**

Motor Caps, in grey Sicilian and canvas cloth; regular \$1.25. **89c**
For

Boys' Helmet-Shaped Hats, in check, also white ratine piped with green; regular 99c. **25c**
For

Ladies' Pullover Sweaters

All wool, full range of colors. Selling at **\$5.75, \$7.25 and \$7.95**
Girls' Gingham Dresses, in pretty plaids and stripes. Selling at **\$3.25**

HERE ARE WAIST VALUES, \$2.39

20 dozen Ladies' White Voile Waists, with square neck, tucked and embroidered fronts, organly collars. Selling Wednesday morning **\$2.39** at

CORSET SPECIAL, \$2.19

Extra Special Corset for the average figure, made from the best quality coutil, four hose supporters, in all sizes. **\$2.19**
Selling at

Ladies' Cotton Combinations, loose knee, sleeveless. Selling Wednesday **75c**
or

Ladies' Pink Bloomers, full size. **95c**
Selling at

Girls' Drawers, hemstitched, ages 2 to 8 years. For **49c**

LADIES' LISLE HOSE

in grey, white and black, double sole, high-spliced heel, three-inch hem. Per pair **49c**

LADIES' SILK HOSE

in brown, light and dark grey, Sterling brand, double sole, spliced heel. Extra special value, per pair... **98c**

Girls' Pullover Sweaters

All wool, in shades of rose, blue and green. Selling at **\$4.95**

John H. Chapman & Co.
LONDON

PAGE OF INTEREST TO WOMEN

SOCIAL and PERSONAL

TELL IT TO THE SOCIETY EDITOR.

Mr. and Mrs. John Pike are visiting Mr. Pike's brother in Chicago.

Miss Doris Ead has returned from a pleasant motor trip to Detroit.

Miss Alice Rosser of Ottawa avenue is spending her vacation in Detroit.

Rev. A. E. Thomson and family of Wallaceburg are summering at Goderich.

William Morrison of Toronto, formerly of London, spent yesterday with relatives.

Mrs. R. W. Moore and children of Waterloo are visiting with relatives at Lakeside.

Miss Clarendon of 419 Rectory street, left Saturday for Buffalo and Kingston, N. Y.

Mr. and Mrs. William Elliott of Calgary are the guests of Mr. John Elliott at Duncannon, Ont.

M. F. Zurbirrig and wife of Listowel today to spend a few weeks' holidays at French River.

Miss Mildred Ead, Ridout street, is spending her vacation with her cousin, Miss Muriel Meek, Ottawa, Ont.

Mrs. McArthur and her daughter, with Miss Grace Cousins of Cleveland, spent a few days at Port Stanley.

Mr. Alfred Williams, Phoenix, Ariz., is visiting his sister, Mrs. D. J. Cowan, and his brother, Dr. Hadley Williams.

Miss Grace Cousins of Cleveland, Ohio, is the guest of Miss Inez McArthur, the Talbot Apartments, Talbot street.

Miss Mabel Jones of Parkhill has just returned after spending a few days with her aunt, Dr. Griffith, 104 Dundas street.

Mr. and Mrs. William Morrison and their son and daughter, of South Bend, Ind., are guests of Mr. and Mrs. J. S. Rosser, Ottawa avenue.

Ross Coates, manager of the C. P. R. Telegraph Company, started on his holidays today. He will spend part of his vacation at Port Stanley.

Rev. Dr. Louis Barber, formerly of this city, now of Toronto, leaves shortly to visit China and Japan. He will be accompanied by Mrs. Barber.

Mrs. H. B. Archer and daughter, Miss Marion, who have been visiting Mrs. Chas. Spier, Elmwood avenue, have returned home. They were accompanied by Miss Fern Denning.

Mr. and Mrs. Sam Martin of Wallaceburg, announce the engagement of their daughter, Hazel S., to Mr. Jesse E. Altrock of Chicago, the marriage to take place early in September.

Miss Hazel Chater and Miss Ethel Hitchman, who have been visiting Mrs. Chas. Spier, Elmwood avenue, have returned home. They were accompanied by Miss Fern Denning.

Mr. and Mrs. James Topping, Adelaide street, announce the engagement of their daughter, Gladys Mary, to Mr. W. C. Simpson of Toronto. The marriage will take place this month.

The engagement is announced of Miss G. Marion, second daughter of Mr. and Mrs. George H. Vanless, of Chatham, to Mr. Arthur A. Toon, son of Mr. and Mrs. Harry Toon, Leicester, and the marriage to take place the first of September.

Capt. Fred Gillies of London, and Pilot Smith of Toronto, made several flights to Grand Bend Sunday. Among the passengers who enjoyed trips were Mrs. Ada Simpson of Toronto, Mrs. Clara Flannery and Mr. and Mrs. Geo. Fenouff of London. Mr. Bachelor took a trip from Grand Bend to Goderich.

TALKS ON HEALTH

BY WILLIAM BRADY, M. D., Noted Physician and Author.

Normality and Super-Normality.
Health perfection, and not a clinic. Our bodies are normally and powerfully made. The diagnosis and treatment of disease is not a concern of ours. My aim as headmaster of this department is not to attempt the work rightfully belonging to the reader's physician, but to do my part in the normality of the body. The physician's hands—a short-sighted policy, which the regular medical profession has always followed—has been to treat the symptoms, and not the cause. Suppose a youth or young adult finds his heart efficient, according to the self-test in the preceding talks, and that he contemplates engaging in athletic activities, as an amateur or professional athlete, particularly in contests of agility, strength or endurance. Suppose the high school boy or the college man contemplates taking part in track races or in football. His heart must then be developed to enlarge its reserve power; the heart muscle must be strengthened and usually enlarged by intelligent physical training, just as the muscles of the leg must be developed for running or those of the abdomen and chest for breathing. The heart of the trained athlete is an enlarged heart (hypertrophy), and is more efficient for its work. It is, of course, no more efficient for maintaining circulation under ordinary conditions. Now, if the same athlete, whose heart is not so developed, but it can meet the unusual demand on reserve power, he will find that he cannot acquire this athletic hypertrophy of the heart by rigorous training and then suddenly cease athletic activities about Thanksgiving time?

QUESTIONS AND ANSWERS.
Do the nerves, controlling the stomach, liver, kidneys, heart and lungs, centre in the spinal column (W. J. B.)
ANSWER—No. They centre in the brain, the nerve trunk, passing up (or down) through the neck, without entering the spinal column.

The Best Doctor.
Urinalysis showed that I have an abnormal amount of acid in my system and the doctor, who is rated as the best in the city, diagnosed my symptoms as rheumatism. Yet you state that rheumatism is not a disease. What is it, a habit? (C. T. P.)
ANSWER—You are afraid the diagnosis of rheumatism is a habit with some doctors, especially such as would conclude from urinalysis that a patient has too much acid in the system. He might as properly conclude that we are going to have fair weather next Tuesday, I am not supposed to give away the secrets of the trade, understand, but when a doctor is diagnostically up to the mark, he will discover the cause is not a habit, but the name. (Copyright National Newspaper Service)

WHAT'S IN A NAME
CLARISSA.
(Copyright, 1920, by The Wheeler Syndicate, Inc.)

Clarissa is purely a literary name in origin, though it enjoys every-day usage. With the interesting significance of "rendering famous," it dates back to the old Latin adjective "clarus," meaning "bright or clear." St. Clarus was the first bishop of Nantes in Brittany in A. D. 280; another famous Clarus was a hermit near Rouen. The first feminine of the name was formed in Italy, where Chiara appeared as the title of a disciple of St. Francis. Clarice was the next step in the evolution and named the wife of Lorenzo de Medici. This latter was imported to England by ear and spelled by them Clarissa. But when the great Richardson called the heroine of his novel Clarissa, all other forms were abandoned and Clarissa became the reigning favorite of the hour. Curiously enough, the name was re-imported into France as Clarissa, in imitation of Richardson—the earlier origin being naively overlooked. Meanwhile Clarissa in French literature has the greatest vogue occurring during the reign of "precious" literature. Her popularity here has like no other name, but she is regarded as a wholesome everyday title and her literary ancestry is almost forgotten. The diamond is Clarissa's talismanic gem. It will bring her many admirers and a successful marriage, move to an old superstition. Thursday is her lucky day, and 2 her lucky number.

London and Port Stanley Railway
Summer Timetable Effective Sunday, June 6, 1920.

TO ST. THOMAS—*7:50 a.m., 1:20, 6:20, 11:20 p.m.
TO PORT STANLEY—*7:40, 6:15, *7:15, 8:20, *10:20, *11:20 a.m., *1:20, *2:20, *3:20, *4:20, *5:20, *6:20, *7:20, *8:20, 9:20, *10:20 p.m.
*Daily except Sunday.
*Limited to St. Thomas only.

Cynthia Grey's Mail-Box

When thou hast thanked thy God
For every blessing sent,
What time does there remain
For murmurs or laments? (Selected.)

Veranda Chats.

Needless to say I am a new comer, and like all the rest I have come for help. Perhaps you will be tired of me before I leave, but if you are just as so, and I will leave.

Well, first of all I have a question regarding bread. I have heard that bread which makes it lighter, but no one will tell me what it is, and as I would like to make some bread for our school fair I would like very much to know what it is. Could anyone supply me with a song entitled "The Dying Nun" (just the words). And last, but not least, I would like a correspondent of my own age (12), and I would prefer a girl instead of a boy.

Included please send me a recipe for the children's hospital from my baby sister. And if I may have it, I would like you to send me the famous stocking-foot pattern. I also am enclosing a tested chocolate cake recipe which took first prize at the school fair.

Yes, my garden grows well, and the silver bells and clematis are still doing well. I am sure you will be interested in the garden.

Ans.—Thank you little sister for the hospital gift. Mary Quigg Contrary. I am sure you will be interested in the garden.

Ans.—A little girl of 13 would make an entrancing fairy, then she might even be Cinderella, gold slippers and all, or an Indian maid. There are ever so many nice girls in connection with any of these costumes, such as making your bicycle into an immense pumpkin, carriage or a canoe. Thank you for hospital gift. Pattern has been mailed.

I received the song and was real glad to get it. We have some fine Astrachan apples ripe now, and my, they are a treat for these hot days. Would you like some of those nice red apples?

Ans.—You shouldn't tempt me, Ted, with such a delicious offer. I most certainly would like some of those nice red apples. Glad you received the song.

I am a silent reader of your page. I am 12 years old, and I am in the third book. Miss Grey, would you like a nice bunch of nasturtiums? Find enclosed one. I would like someone to correspond with me about 12 years old.

Ans.—That was a very sweet nasturtium. Flower Girl. Thank you for thinking of Cynthia Grey.

A Wee Wren Filts In.

Dear Cynthia, I noticed where Elizabeth Ann had sent in some hooked mat patterns. Now, as there are so many wanting these patterns, I thought I would send you a few. I would be a long time before I could get them, so I decided to ask you as a favor if you

will be kind enough to give me Elizabeth Ann's address as I will send you some patterns and would like to exchange with her; some might be new to both of us.

Someone asked where to get canvas. I usually use sugar bags, or if larger is wanted, ask your grocer for oatmeal bags in canvas. They are real large; some are better quality than others—always use the best.

A good idea is to pull your hooking through well, then shear the top and take a coarse brush; it makes them soft and fluffy.

Am sending self-addressed envelope, and hope you have Elizabeth Ann's address. Am sending mine for sick kiddies' hospital, also some S. F. F. use to someone.

A WEE WREN.

Ans.—Have mailed you Elizabeth Ann's address, and I think you will slip across the fields and visit her when you see how near you are to each other. Thank you very much for patterns enclosed and generous hospital contribution.

A Demure Mouse.

Dear Miss Grey,—May I come on the veranda and have a chat with you all? I wrote to the Mail-Box a few times about three years ago, but since that have not been a silent but interested reader, and now I'm wondering if they'll let me in again.

Hello, Jennie Wren. I used your recipe when I was picking beans and had good success. It's a fine recipe if anybody else would like to try it.

The party who was asking how to do down them, I will prove them to a tree, and I will give you a few sticks of rhubarb is very nice.

Miss Grey, sometimes I read references to certain things in the Mail-Box that I didn't see in letters at all. Of course, I may miss a paper now and again, but I am sure if I am not, I will find it in the morning edition as in the evening.

I have three or four needlecraft books that may be of use to someone who does more fancy work than I do. Will I send them in to you, Miss Grey? Here is a little for the hospital fund, and now I must run along; I only stopped for a minute or two. Don't you write to me, I will be glad to hear from you. The editorial and women's pages remain the same for all editions, so that you couldn't have missed seeing letters in that way. Please send your offer of needlecraft books. We would be pleased to have them sent to the Mail-Box or to have you send your name and address in case they are asked for.

Requests.

Dear Miss Grey,—I am an interested reader of your Mail-Box, and this is my first visit. I would like to know, Miss Grey, if you or any of the readers could tell me an easy but good method to take on tan? Would anyone care to write to me? I would like someone my age (14).

Ans.—My dear little girl, play in the sun if you desire to be brown as a berry. After awhile you will be asking how to remove tan.

Dear Miss Grey,—Like many others I come to you for help. I am 13 years of age, and would like to learn dreammaking. Mother wondered if you might find a place in London where one could learn. Also can you tell me about what salary an apprentice would receive? Am enclosing an addressed envelope, as I would like this information as soon as possible, and sometimes miss the paper. Thanking you for your trouble, I remain,

A HAPPY LITTLE COUNTRY GIRL.

Ans.—Address have been mailed to you.

Dear Miss Grey,—I am returning "He Met Me in a Crowd"—many thanks for it; also many thanks to the Boxite who

will be kind enough to give me Elizabeth Ann's address as I will send you some patterns and would like to exchange with her; some might be new to both of us.

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Gray's, Limited

On Wednesdays of August this store will close at 1 o'clock.
One delivery only, at 10 o'clock.

SILK HOSE SPECIAL \$1.98
\$2.50 Values for

We place on sale tomorrow morning an unusual offer—Silk Hosiery in the new fall shades—wonderful value. This is a sale that you should not miss. Be here at 9 o'clock Wednesday morning.

NOVELTY SILK HOSE; colors, grey, cordovan and black. TWO-TONED SILK HOSE, green and brown, red and black, black and purple, black and white, black and gold. Regular \$2.50. Wednesday morning only, sale price, **\$1.98** a pair

Hosiery Department, Main Floor.

WASH SKIRT SPECIAL

LADIES' AND MISSES' WHITE JEAN SKIRTS, in assorted styles and sizes. Wednesday morning marked to clear at special price **\$1.25**

VOILE BLOUSE SPECIAL

TWO DOZEN ONLY VOILE BLOUSES, assorted styles, slightly soiled. Wednesday morning marked to clear at special prices **\$1.00**

POPLIN SKIRTS SPECIAL

LADIES' POPLIN SKIRTS, navy and black, trimmed with small tucks and buttons. Wednesday morning marked to clear at special **\$6.95**

DRESSING SACQUES SPECIAL

DRESSING SACQUES of flowered cotton fabric, assorted colors. Wednesday morning marked to clear at special **\$1.39**

Ready-to-Wear Department, Third Floor.

ART SATEENS SPECIAL

ART SATEENS, excellent quality, suitable for quilts, slip-covers, etc., six pieces in pretty floral designs, width 36 inches. Wednesday morning marked to clear **59c** at special price, a yard

Second Floor.

MILL-ENDS SALE

DRESS GINGHAMS, chambrays, nurses' cloths, in stripes, checks, plaids and plain colors in pinks, blues, mauve, black and white, red and white; 1 to 6 yard lengths; values up to 75c. Mill-end sale price, a yard, **30c, 39c, 49c**

NURSES' CLOTH, pink and blues, also black and white stripes, 75c and 90c values. Mill end sale price, a yard **49c**

Staple Department, Main Floor.

GRAY'S
LIMITED
140 DUNDAS STREET.

Agents for the Butterick Pattern, The Delmar Pattern, and Butterick Quarterly.

will be kind enough to give me Elizabeth Ann's address as I will send you some patterns and would like to exchange with her; some might be new to both of us.

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