

Santa Claus and Miss Grey Are Still Looking For Your Doll!

BILLIE BURKE

ON COMFORT FOR THE STOUT GIRL.
BY BILLIE BURKE.

The First Word: Don't spoil your health by trying to be a bag of bones. The doctor says that from fat you get most of your endurance.

I sometimes wonder just where this craze for being thin started. It is quite as prevalent and most as silly as that fad of our grandmothers of "enjoying poor health, thank you." It has come to the time when two or three women cannot gather together without mourning over their fat.

And the things they discuss! From what they recommend you get an idea of the things to reduce their fat, which is to diet and exercise.

You seldom see a young girl who is too fat, and that is because most girls nowadays take plenty of exercise. The only way to reduce one's flesh is to burn up a little more energy, which means food that one eats.

Don't try to make yourself into a bag of bones. The "rag and a bone" and a hank of hair" woman has gone out of fashion. Look at the Venus de Milo, who since the time she was found has been the standard of womanly beauty; there is not a bone to be seen in her beautiful body. She is a series of beautiful curves from the top of her lovely head to the end of her broken foot.

Don't sniff and say that "she may be all right for a matron, but her body is too big for a girl." This all may be true, but at least the young girl must give promise that in time she will become a beautiful matron; that she will have that greatest beauty of woman—a body that will be able to bear strong,



MISS BILLIE BURKE.

healthy and beautiful children. She must have a fine, broad chest, for with this she can combat almost any ill except a broken neck. With a chest equal to holding big lung power she will mend a broken heart much quicker than the little girl who only breathes to the top of her corsets, no matter how much she sobs over her lost love and broken dreams.

The girl of today who would be beautiful must have throat, shoulders, and arms well rounded. Her hips must be as wide as her shoulders, and the line under her arms from her bust to her feet must be nearly straight. She must hold her head high and her chest up, so that she can get all the good possible from deep breathing.

Just One Last Word: Cover your bones with a good coating of fat, and then carry it as if you were proud of it, for it bespeaks good health, as well as beauty.

CHRISTMAS GIFT SUGGESTIONS

It is about this time in the Christmas season that the Average Person begins to look wildly about for articles suitable as Christmas gifts for his or her friends. The following list may help in making a selection:

For Mother—Pair of cosy bedroom slippers, dressing gown, gloves, opera scarf, marabout neck ruff, folding leather case containing scissors, thimble, needles, etc., useful when travelling, blouse length brush, comb, and mirror for her own dressing table, pair of candlesticks.

For Father—Shaving set, smoking set, box of cigars (only be sure to get his favorite brand), pair of house slippers, cuff links, tie pin, or watch fob with lodge emblem, muffler, brass paper knife, inkwell or calendar holder, mocha, or suede gloves, umbrella, smoking jacket, clothes brush, leather pocketbook.

For Big Brother—Books, subscription to sporting magazine, watch, fountain pen, bedroom clock, cushion, indoor life for his room, box of handkerchiefs, tie pin, dog collar (if he possesses a dog), pair of shin guards or boxing gloves (if he is athletic), hair brush, camera, or kodak, mother-of-pearl vest buttons, stationery.

For Big Sister—Pair of satin party slippers to match her dress gloves, opera glasses, cut glass perfume atomizer, hair pin, earrings, silk stockings, paper in various sizes, box of note-handkerchiefs, neckwear, set of pins, manicure outfit, rattan chest (seat), for bedroom, hand-embroidered underwaist, handbag.

For Little Sister—Coral chain, pair of skates, new hair ribbons, ring set with birthstone, doll's kitchen set, or tea set, kimono, small silver purse with a bright dollar in it, books (Anne

of Green Gables, Anne of Avonlea, by Montgomery; Peckles; Girl of Limb; The Harvester, by Stratton; For School-Boy Brother—Pair of skates, hockey stick, checker, marionette, Youth's Companion, Jack-knife, books.

Feminine Frills

Crocheted bedspreads are in fashion again.

Few of the fashionable mantles reach to the hem of the skirt.

Three or four different kinds of laces are employed in the fancy jabots so much the rage.

Chains of pearls to hang over the shoulder are preferred to anything else.

Satin and velvet are the favored fabrics this winter.

Apricot, tinting down almost to orange is the most popular color for evening gowns.

Black and white are the proper colors for daylight, and black and gold for evening wear.

Muff purses made to slip into a pocket in the lining of the muff are the very latest.

Best Ever Date Cake.
One cup of stone and chopped dates, 1 teaspoonful of soda, 1 tablespoonful of butter, pinch of salt, 1 egg, 1 teaspoonful of vanilla, 1 cupful of boiling water, 1 cupful of sugar, 1½ cupfuls of flour, ½ cupful of nut meats. Sprinkle the soda over the chopped dates and add to the other ingredients and bake in medium oven for twenty-five minutes.

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.]

School Girl Queries.

Dear Miss Grey: 1. Is there any harm in going to a play party? 2. What are some games to play at school?

A.—1. Presumably you mean a party where amateur plays are given. You should be guided in this matter by the opinion of your parents, inasmuch as you are still a school girl. 2. I suggest that you play good, healthy romping games, which will give you plenty of exercise and be a complete change from the sit-still sort of work you have during study hours. Basketball, tennis, the old-fashioned prison-er's base and hide-and-seek are all good. Outdoor physical culture work under the direction of one of the older girls will be fun and good exercise.

A Budget of Queries.

Dear Miss Grey: Would like to know if it is proper to acknowledge an invitation (if one intends going) to a luncheon, when invitation is on ordinary calling card. Also when invitation is formal, is it proper to call after a reception or luncheon and should one leave cards? Is it proper to acknowledge an invitation to "at home," and if so, how should it be worded? Also, is it proper at a home wedding to take place at 6 o'clock for a bride to wear a dress with a train without a long veil?

JEANNE.
Every invitation where the hostess provides a luncheon, dinner or supper should be acknowledged at once, or else how is she to know for how many to prepare? My theory is that every invitation should be accepted or declined just as soon as possible. In accordance to the old-fashioned rules of etiquette, calls should be made after generation and on acceptance of the fact that guests do not pay party calls for it is almost impossible. A bride may decide for herself exactly the costume she wishes to be married in, and a short gown minus veil and train is proper if it best suits her plans, her purse and her convenience.

Take No Notice.

Dear Miss Grey: I am 17 years old and a young man whom I have only seen once and never spoken to keeps writing and asking for my acquaintance. My mother does not want me to notice him. What shall I do? The young man desired to know you he should have sought an introduction in the conventional way.

Unkissed Children

This world's a rare and joyous place for those who deem it so. With smiles enough for every face—This is no tale of woe. But yet, when all's been done and said, Some little children creep At cuddling time unloosely to bed, And sob themselves to sleep.

Their daddy's off at work, somewhere. Their mamma's tired and worn. Both burdened down with caring care.

From the first break of morn. Each love-starved young one on the list. Has troubles by the heap. Yet each must go to bed unkissed, And sob himself to sleep.

Oh! world of sunshine mixed with storm, Oh! world of tears and joy, Oh! world of frozen hearts and warm, Oh! world of tears and joy, Less were your sorrow, less your dread.

If, when night's shadows creep, Each little lad were kissed to bed And smiled himself to sleep.

OUR EXTRA-VA-GANT GRAND-MOTHERS.

What great times our grandmothers had!

A book just published on the seventeenth and eighteenth century housewife conveys the astonishing intelligence that many housewives were unable to run their households on an allowance of \$200 a year, in addition to having the produce of the estate at their disposal.

Six eggs and a half pound of butter figured in the recipe for rice pudding. Two pounds of butter and ten eggs were needed for a seed cake.

Tongues and chickens were added as more fillups to a pastry, or to improve the flavor of an already rich soup. Gowns costing \$150 to \$200 were common.

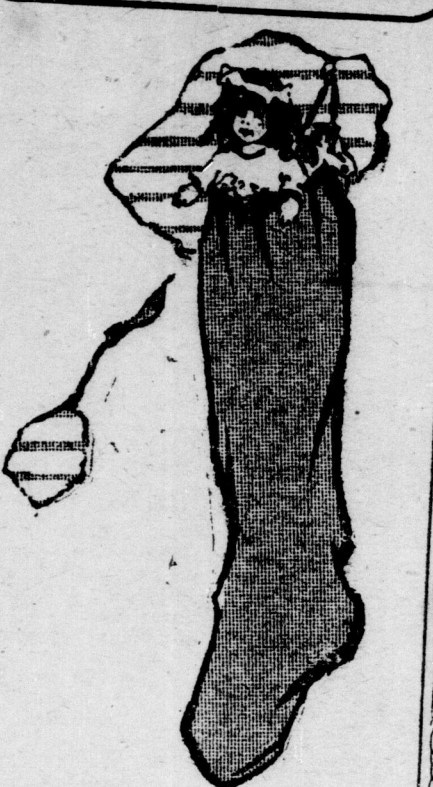
The Birthday Calendar

IF THIS IS YOUR BIRTHDAY

You will make many friends, who will work together for your success, and by being faithful you will gain a high place.

Those born today will be well liked by many people, who will be willing to make sacrifices for them. Their careers will be successful and general good fortune will follow them.

Won't You Find a Doll Like This for Some Poor Kiddie?



Can you imagine a more pathetic picture of childish sorrow than the little girl who awakes on Christmas morn to find her stocking empty, and no new doll as she had hoped for?

Miss Grey is asking her girl readers to help her make this a Merry Christmas for every little girl in London whom Santa Claus may chance to overlook. Have you sent in your doll yet? Address it to Miss Grey, at The Advertiser Office, and she will see that it reaches its destination safely.

Some Fritter Recipes

Plain Fritters—One pint of sour milk, one teaspoonful of salt, three eggs, one tablespoonful of molasses or sugar, one handful of flour and cornmeal enough to make a stiff batter. Lastly stir in a small teaspoonful of soda dissolved in a little warm water. This recipe is very nice made of rye flour also.

Apple Fritters—Make a batter in the proportion of one cup of sweet milk to two cups of flour, a heaping teaspoonful of baking powder, two eggs beaten separately, one tablespoonful of sugar and a teaspoonful of salt. Heat the milk a little more than lukewarm, add it slowly to the beaten yolks and sugar. Then add flour and the whites of the eggs. Stir altogether and dropping thin slices of good sour apples, dipping into boiling hot lard in large spoon, fry to a light brown. Serve with maple syrup or a syrup made of clarified sugar. Bananas, sliced oranges or other fruit can be used in the same batter.

German Fritters—Take slices of stale bread cut in rounds or stale cake. Fry them in hot grease, like crullers, to a light brown. Dip each slice when fried into boiling milk to remove the grease. Drain the quickly, dust with powdered sugar or spread with preserves. Pile on a hot plate and serve.

Hominy Fritters—Take one pint of hot boiled hominy, two eggs half a teaspoonful of salt and a tablespoonful of flour. Thin it a little with cold milk. When cold add a teaspoonful of baking powder. Mix thoroughly. Drop tablespoonfuls of it into hot fat and fry to a delicate brown.

Parsnip Fritters—Take three or four good-sized parsnips. Boil them until tender. Mash and season with a little butter, a pinch of salt and a slight sprinkling of pepper. Have ready a plate with some sifted flour on it. Drop a tablespoonful of the parsnip in the flour and roll it about until well coated and formed into a ball. When there are a sufficient number ready drop them into boiling drippings or lard as you would any fritter. Fry to a delicate brown and serve hot. Do not put them in a covered dish. That would steam them and deprive them of their crispness. These are also very good in a frying pan, fried in a small quantity of fat and browned on both sides.

WILSON'S INVALIDS' PORT WINE

(a la Quina du Perou)

"The weary find new strength in generous wine."

A Brimming Wineglass

of Wilson's Invalids' Port Wine taken regularly before each meal will give you

A Good Appetite
Good Digestion
Good Muscles
Good Nerves
Good Spirits
A Clear Brain
GOOD HEALTH
HAPPINESS

DOCTORS KNOW!

ASK YOUR DOCTOR

BIG BOTTLE ALL DRUGGISTS

A Few Suggestions

Our whole store is filled to overflowing these days with articles suitable for gifts. Merchandise to suit every person's taste and purse. Now that you have such a short time in which to complete your shopping, you would do well to visit this store (the headquarters for useful Christmas gifts), where stocks are large and assortments are complete. You will get quick, sure service, and will have no trouble in finding some article to suit your every requirement. Remember, only five more shopping days before Christmas.

The items given here are just a few suggestions from the many of which this store is filled. Be sure and come in, if only to look around.

Handkerchiefs

With any Handkerchief purchase of 50 cents we give a fancy box. Many lines are already boxed. There are no better Christmas gifts than Handkerchiefs.

Embroidered and Lace Handkerchiefs, at from.....

.....15¢ to \$2.25
Plain Hemstitched Linen Handkerchiefs at all prices.

Many special lines for children.

Neckwear

Fancy Neckwear will be much worn this coming season. Consequently no more acceptable gift can be given. We have a very large assortment. Collars and Jabots of all kinds. Many lines in separate fancy boxes from.....

25¢, 50¢, 75¢ to \$2.25

Gloves

Gloves always play a very important part in Christmas giving. Here are a few of our many lines:

Children's Kid Gloves, tan, at pair.....75¢

Ladies' Kid Gloves, all sizes, tan and black, at a pair.....59¢, \$1.00, \$1.25, \$1.50

LONG KID GLOVES.

White, 14-button length, a pair.....\$1.79

White and black, 16-button, a pair.....\$2.75

Silk Hosiery

We have Silk Hosiery for men as well as women.

Women's Silk Hose, pair...50¢, \$1.00 and \$1.50
Men's Silk Socks, pair...75¢

Christmas Waists

A pretty Waist makes a very useful and a much appreciated gift. In our Ready-to-Wear Department on the second floor, you will find many new models.

New Chiffon Waists, \$5, \$6
Messaline Silk Waists, \$2.95, \$3.50, \$4.50, \$5, \$6

White and Ecru Net Waists, at \$2.50, \$3 and \$3.50
Dainty Voile Waists, at.....\$2.25 and \$2.50

White Pique Waists, special at.....\$2.50

New models in Lingerie and Embroidered Waists at all prices. Boxed in separate boxes.

Evening Scarfs

We have a very large variety of New Evening Scarfs in plain chiffon, beaded and printed chiffons. Silk and Wool Scarfs in new effects. Prices are 50¢, \$1, \$1.25, \$1.50, \$1.75, \$2 and \$2.75.

Fancy Linens

Guipure Lace Centres, Doilies, Tray Ends, Dresser Scarfs, etc., in all the newest designs at all prices.

Battenburg Lace Table Covers, Centre-Pieces, Shams and Dresser Covers.

Embroidered and Drawn Linens of all kinds.

Colored Delaines

A waist, kimono or dress length of Delaine or Flannel would prove a very acceptable gift.

All-Wool Bordered Delaines and French Flannels, at yard.....50¢ and 60¢

All-Wool Striped Flannels, splendid quality, yard...60¢

Dolls!

Dressed Dolls, at from, each.....25¢ to \$5.00

Special lines at, each.....25¢, 50¢, 75¢

Kid Body Dolls, at each.....25¢, 50¢, \$1.25

Jointed Dolls, large size...\$1
Character Babies...35¢, 50¢

Gift Umbrellas

A Parasol or Umbrella is a very useful and practical gift for man or woman. We have many lines. Prices range from \$1.00 to \$5.00

Sweater Coats

See the special cheap Sweater Coat on sale at the front counter.

Children's sizes, without collar.....69¢

Men's, Women's and Children's sizes with high collar.....79¢

GRAY'S

150 DUNDAS STREET.

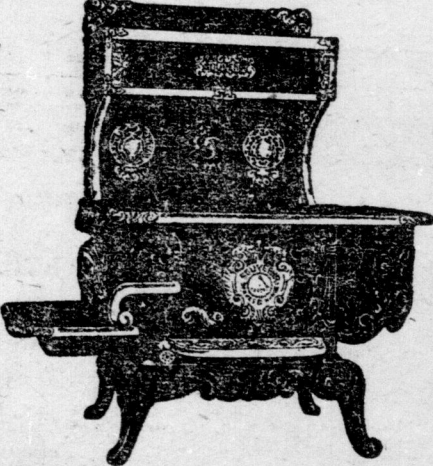
OPEN THURSDAY, FRIDAY AND SATURDAY
EVENINGS THIS WEEK.

GRAY'S

TELEPHONE 1182.

"I strongly recommend— SOUVENIR RANGES

for purely business reasons—that's the situation in a nut-shell."



Like all Souvenir Ranges the "Champion" is made in Hamilton, the Stove Centre of Canada, by the Hamilton Stove and Heater Co., Limited, successors to Gurney, Tilden Company.

Only the best material is used, making this range the next best thing to an imperishable cooking apparatus.

"Like the 'Royal', the 'Champion' Souvenir is fitted with an AERATED OVEN, thus ensuring perfect roasts—roasts that hold their invigorating juices and remain wholesome.

"You get cooking efficiency and fuel economy with a 'Champion' Range.

N.B.—Come in and talk the matter over.

Ideal Furniture Company

PHONE 2066, 84 DUNDAS STREET, NIGHTFOOT, Manager.

"You see, the range and stove trade is a big part of my business. I cannot afford to push a line that's liable to injure the reputation of this Store. For my own sake I must stock the best ranges on the market. That's exactly why I recommend Souvenir Ranges.

"The 'Champion' Souvenir is durable as well as attractive.

Only the best material is used, making this range the next best thing to an imperishable cooking apparatus.

"Like the 'Royal', the 'Champion' Souvenir is fitted with an AERATED OVEN, thus ensuring perfect roasts—roasts that hold their invigorating juices and remain wholesome.

"You get cooking efficiency and fuel economy with a 'Champion' Range.

N.B.—Come in and talk the matter over.

Ideal Furniture Company

PHONE 2066, 84 DUNDAS STREET, NIGHTFOOT, Manager.

Exceptionally Clever Gift Things

are to be found in great profusion at all of the P. L. and O. Stores. Our line of Perfumes and Toilet Articles is not surpassed by any in the city.

We invite you personally to look over our stock—you will have no trouble in making a selection.

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

THE PROGRESSIVE DRUGGISTS.

When you're tired, What's more refreshing than a delicious cup of

LIPTON'S TEA

Try the Grey Label Blend, 40c per lb.

PREPARING LENTILS.

As a rule, the Canadian housekeeper knows little about the lentil, which is one of the most nutritious and valuable of foods. Even in households where a great deal of meat is consumed, once lentil soup is introduced into the menu it is sure to find a permanent place among the favorite dishes.

To prepare lentils for the table wash and pick over a half pound and put to boil in a quart of water. Cut up two stalks of celery and give onions and fry in butter until brown, but not allowed to blacken. Add this to the lentils and allow to stew gently for two hours. Then press through a col-

FRY'S COCOA

It's Flavor Is Delicious. Buy It.

ander and add half a pint of milk and as much cream as can be spared. Bring this to a boil, and salt and pepper to taste, and serve at once with croutons. This is called German lentil soup, and is delicious when made carefully.

Used cleverly, red adds a fascinating touch to the costume.