Cynthia Grey's Mail-Box

PAGE OF INTEREST TO WOMEN

Women At Home and Abroad

AND MOTHERS' HELP.

eatre! Is anything more incongruous, and yet the sight is as They sit there, poor wee things with their little eyes dazzled under the glare screen until utterly tired out they no longer find interest in the moving lings and a tiny wail sounds through the building. And the mother, who is foolish enough to bring her baby to such an impossible place for bables, is assually foolish enough to try and pacify the child, and remains in her seat until an irate audience demands that an usher remove them both. Poor helpless haby. It is not to blame. It cares not for the pictures, which only bewilder it and make its tiny eyes ache. Neither is the mother to blame, exactly, if she had no one with whom to leave the child. She must have some amusement sometimes, or she'll get in a terrible rut. But surely some means might be provided to care for the babies who have no one to stay with them while mother takes "an evening off." A mothers' help club who would guarantee to look after small children while mother and father went to the movies occasionally might not be such a bad institution,

THREE GREAT INTERNATIONAL CONVENTIONS OF WOMEN.

It is interesting to note that in this year, when women as a whole practically the world over are coming to their own as a class and as individual citizens, there will be three great worldwide conventions of women, where opportunity will come to do great things for the cause of humanity in the name of

The first meeting will probably be that of the International Suffrage Alliance which is to meet in Spain early in April. This organization was unable to meet during the war, and now comes to the fore again, much of the success for which it was previously striving having been gained.

Then from April 18 to 23 the World's Women's Christian Temperance Union

will meet in London, England, and to this meeting representatives from every kind of women's organization the world over are to be invited. Once again will the women of the world unite to stamp out the remaining haunts of the

The International Council of Women is the third body to meet in Norway from September 8 to 18. The place of meeting will be the historical "Storthing" (House of Parliament) in Christiania, and promises to be one of the most eventful meetings of women ever held.

HOME ECONOMICS





Perhaps no other doubt so often asseizes her monthly regarding the gas used. The agent of the company comes to the house and reads the meter, and there is more mystery than romance about the process. He wastes no time in showing her why he comes to such and such conclusion for his time is not his own and he is not paid for putting housewires wise to meters.

However, today the housewife is learning to read and keep a signed record of her own meter. Gas is measured by the cubic foot and the price is by the 1,000 feet. As the gas passes into the house it is registered by the sails the city housewife as the one that

There are three dials on the face

meter. There are three dials on the face of the meter and a hand like a watch hand on each. On the top of the dial and over it is an arrow showing which way the hand goes, for it does not always go to the right like a watch hand. Each dial is divided into ten parts instead of 12 as a clock is divided. This the reckoning easy.

The values of the spaces between the numbers on the three dials differ: the first to the right has 10 spaces, indicating 100 cubic feet between each, and the one at the left where the hand goes in the left where the hand again turns to the right, 10,000 cubic feet.

If the hand point as in the dial shown

as soon have my surgeon scrub his hands thoroughly with plain soap and water as dip them in a solution of cor-

QUESTIONS AND ANSWERS.

Vaccine for "Colds."

mated (bi-chloride of merprovided he scrubs conscien-

TALKS ON HEALTH

Dr. Brady will answer all signed letters pertaining to health. Writers' names are never printed. Only inquiries of general interest are answered in this column, but all letters will be answered by mall if written in ink and a stamped, self-addressed envelope is inclosed. *Requests for diagnosis or treatment of individual cases cannot be considered. Address Dr. William Brady, in care of this

Time and Antiseptics.

Whoever uses or advocates the use of antiseptics obviously believes that germs cause disease and that drugs are helpful in overcoming disease. This is gratifying, especially when one finds the official textbooks of nondrug schools of healing advocating antiseptics. Whoever believes in asseptic precautions—surgical cleantiness, sterile, or germ-free environment and materials—in the operating room, in the lying-in chamber, in the household where contagious disease exists, obviously believes that germs cause disease. Whoever employs an antiseptic toothpaste or garge or mouthwash, or endeavors to apply antiseptics to a wound, believes that germs cause disease. And they believe this, although they have neverseen a germ.

Antiseptics discourage germ multiplication but do not necessarily destroy germs.

How do germs cause disease? By merely being present on the surface of muoucus membrane or the skin or a wound where an antiseptic or medicinal solution may reach them. Harm is duced, infection has occurred only when the germs invade then, alas, no antiseptics solution can reach them. Well, then, what's the use of using antiseptics? There are very good reassons, I believe, for not using safe antiseptics indistention of germs reached by the antiseptic of germs reached by the antiseptic of germs reached by the antiseptic solution to seriously discourage germ multiplication of germs reached by the antiseptic solution to seriously discourage germ multiplication. Hence it is wasteful and futile to rinse the mouth an instant and then eject the insultiplication of germs if applied long enough—five minutes to shalt let me say. It is silly and futile to use any antiseptic incorporated in soap to be applied to the skin for many reach them and aperhaps wash them away? No. There in the following the provided the structure of the transmitted to the skin for many reach them also course; and then, alas, no antiseptics of intenti Whoever uses or advocates the use plication may reach them. Harm is

Persecute Your Bowels

Cut out cathartics and purgatives. They are brutal-harsh-unnecessary. Try CARTER'S LITTLE LIVER PILLS.



soothe the delicate membowel. Correct constipation, biliousness, sick headache and indigestion. Small Pill—Small Dose—Small Price

DR. CARTER'S IRON PILLS, Nature's great nerve and blood tonic for Anemia, Rheumatism, Nervousness, Sleeplessness and Female Weakness. Gernine must bear stoneture Brant Good

Cut Flowers, Ferns, Plants. Etc. Funeral Designs Our Specialty.

West Floral Co. PHONE 2187. 249 DUNDAS ST

YOUR OLD CARPETS Made into new, beautiful, fluffy, reversible rugs. CANADA RUG COMPANY



THE MODERN WINTER GIRL.— Skirts are in the way on the toboggan slide, so this young woman has com-mandeered a pair of her soldier broth er's khaki riding breeches. She is one of the many who have taken to sweater and breeks for winter sports. This was taken in High Park, To-

SOCIAL AND PERSONAL Mr. Fred G. Simpson of Minneapolis is spending a few weeks with Mrs. R. Goulding, 360 King street. Miss Hannah Warren and Miss Marjorle Cowley entertained at a snowshoe

tives of the Chamber of Commerce and the mayor of the place. While in Owen Sound she will be the guest of Mr. and Mrs. E. Lemon, and in Walkerton she will be with Major and

PRICE-VALADE.

A quiet wedding took place on Wednesday afternoon at St. Paul's Church, Vancouver, B.C., when Nursing Sister nesday afternoon at St. Paul's Church, Vancouver, B.C., when Nursing Sister

L. A. Valade, C.A.M.C., was married mayonnalse mixer which prepares six to Lieut. G. F. Price, 10th Battalion, Canadian Infantry. Right Rev. Bishop de Parciar officiated Until she want of forty was a day where a maximum de Pencier officiated. Until she went of forty was rarely reached by hand-overseas, Nursing Sister Valade made power. her home in Essex and is a daughter After the dinner is cooked (usually of William Heaton, Colchester North, about 5 o'clock in the afternoon), it is

dle West by the financial and civic success of this woman-made institu-

numerous requests to open a school of training for managers.

This kitchen is equipped with the most modern appliances; steam tables, electrical devices, and all up-to-date

apparatus for making labor thorough

nd expeditions. Within a single month

tion, that it has been compelled

Community Kitchens.

I would like to hear about the com-munity kitchens. I really do not see where any benefit can be derived from

same, although I do not understand it. I cannot see how it would pan out in the country. In the city it may, perhaps, be all right. There is nothing so



Bling had been a naughty dog in days gone by. He was a nice Boston terrier, and his master had hoped he in the show ring."

had him all fixed up for the show. "My how nice he looks," said Bobby's father. "What a puty he acts so bad in the show ring."

would be a great show dog, but Bing had misbehaved so in the show ring had never won a prize. Now you can't blame his master for getting tired of Bing's naughtiness and buying other nice dogs to show, can you? That's just what Bing's master did, and Bing was no longer taken to the shows. If it hadn't been for Little Bobby, clip the show with the other dogs. How some of the dog owners laughed when they saw the old dog. He hadn't a chance to win, they thought. "You've just got to win," Bobby whispered into Bing's ear, and the show ring."

It took some coaxing, but finally Bobby won out. Bing was sent to some of the dog owners laughed when they saw the old dog. He hadn't a chance to win, they thought. "You've just got to win," Bobby whispered into Bing's ear, and the show ring." his dad he was a great show dog after Bobby marched Bing out. How the old dog did shiver at the sight of the Years went by though, and still Bing sawdust and so many nice dogs. "Brace was kept home. New dogs and more new dogs were brought to the kennel, until Bing's master owned many of the nicest dogs in the country. For over Bing. He seemed to know just two years Bing's master had won the great silver for the home of the nicest dogs in the country. For over Bing. He seemed to know just two years Bing's master had won the great silver for the home for the home of the

two years Bing's master had won the great silver cup for the best four Boston terriers in a certain show, and now the time was drawing near for the show again. If Bing's master won the cup this time he would own it. How he hoped he would win. But no! Just the day before the dogs were to be entered for the show two of the best ones took sick. There were only three dogs left. What was he to do?

"Why, what strange dog is this." asked Bobby's father, as he came out to the kennel yard. There was Bobby with a very handsome Boston on a lead. the day before the dogs were to be entered for the show two of the best ones took sick. There were only three dogs left. What was he to do?

"Why, what strange dog is this." asked Bobby's father, as he came out to the kennel yard. There was Bobby with a very handsome Boston on a lead.

"Can't you guess?" laughed Bobby.

"Why, it's Bing," cried his father in surprise. Sure enough it was the

There is no night without its dear tomorrow, No lonely dark that does not find the day.

—Virna Sheard.

To Teach Baby.

Dear Miss Grey.—This is my first visit to your Mail-Box. Now, I have a baby girl eighteen months old, who is showing some signs of temper, once in a while if things don't go as they should, or if she can't have her own way in some things she gets awfully cross and bad. Now I would like to know if it is best to whip her or just let her do as she wishes, and try and make her see her wrong with kind words.

Here is something that might help someone else. I took one of those old fashioned long tassel caps and made a pull-over sweater for my little girl eighteen months old. The sweater was blue, so I bound the neck with blue flamnel and the ends of the little sleeves. I left the shoulder seams so it would leave the neck hole bigger, and it is easier to get the head through. It is very easy to make one and can be done in an hour.

What kind of patches does Sister want for her quilt, heavy or print?

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What kind of patches does Sister want for her quilt, heavy or print?

MRS. Ans. — Perhaps some successful mother can advise you about your willing title lass. Thank you for your contribution to hospital fund. I don't think Sister specified anything but "bright patches."

Community Kitchens.

Level dike to hear about the com-

Pot Roast of Beef
Brown Gravy
Mashed Potatoes Escalloped Tomatoes
Apple Pudding
Hard Sauce
Most of those on the list of patrons
have seven-day service, although some
have but five dinners sent each week.
Generally those who first experiment
with a sample dinner, send their order
for the daily service.

The price of each container is \$30,
and each regular patron purchases
his own container. These utensils are
collected each morning by the driver
and returned to the kitchen to be
washed, sterilized, and packed for the and returned to the kitchen to be washed, sterilized, and packed for the wasted, scernized, and packed for the evening meal. Occasional dinners are sold for \$1 each to patrons who do not possess containers, but the ownership of one of these carriers insures the family in the knowledge that the package which carries to the food growing the contract the second process. age which carries its food goes into no other home.

Dear Miss Grey,—1 have been a reader of your page for some time, but have been a little tirnid as to writing I would like a pattern for a crocheted door canel. Am sending 10 cents for the Children'h Hospital fund. Thank-ing you in advance. NELLIE BLY. Ans.—Thank you, Nellie Bly, for the

Advertiser Patterns

Owing to the pattern manufac-turers increasing the price of pat-terns to us, all patterns advertised from this date will be



A Simple, Stylish Frock.

2754—Soft crepe, crepe de chine, satin, serge and gabardine are good for this style. The dress may be made with The pattern is cut in four sizes, 14, 16, 18 and 20 years. Size 18 requires 4% yards of 36-inch material. Width of skirt at lower edge is about 1% yards.

A pattern of this illustration mailed

R. J. YOUNG & CO.

O FINISH a Rousing January Trade Here Are Some Interesting Numbers---Reliable Goods at a Great Saving in Price.

A Magnificent Range of Table Linens, Cloths, Napkins and Towels

Full-Bleached Tabling, all linen, choice designs; the only house showing the values. Per yard, \$1.75, \$2.50, \$3.50, \$4.25 Full-Bleached Tabling, in unions and fine cottons, very choice patterns and exceptional value..75c, \$1.25, \$1.50, \$2.00, \$2.25 Half-Bleached Damask, all linen, wonderful values\$1.50, \$1.85, \$1.95, \$2.25

Tablecloths, full bleached and bordered, sizes 72x72, 72x90, 81x81, 72x106. It will pay you to see this wonderful range of fine cloth . .\$4.25, \$6.50, \$8.50, \$10, \$12.50

Huck Towels

Huck Towels, special quality, hemmed ends. Each 38c

Hemmed Huck Towels, large size, a towel that will give every satisfaction, extra value. Each 50c

Pure Linen Huck Towels, hemstitched ends, splendid designs. Each..... \$1.00, \$1.50 and \$1.65

Splendid values, in White and Colored Bath Towels, three specials, in dark Bath

White Bath Towels: the quality and value of these will be very interesting to you. Each 40c, 50c, 75c and \$1.00

New Art Sateens and Cretonnes

British manufacture, in light, medium and dark, very handsome designs, and in big variety. Per yard 65c, 69c, 75c and 85c

White Flannel

To hand, Fine White Flannel; very scarce merchandise, and will go very quickly.

Headquarters for Flannelette

Fancy Stripe Flannelette, the good quality, in popular colorings, surprising values, wide width. Per yard 35c, 39c and 45c White Saxony Flannelette, a strong, durable cloth, beautiful finish. Per yard....35c, 39c, 45c and 50c

R. J. YOUNG & CO.

donation to our fund. I hope someone can supply pattern for you.

I should like to avail myself of the opportunity to procure some yoke crochet patterns, which our generous contributor "Irish Washerwoman" has so kindly offered.

Now just one more request. Can any of your readrs give any information regarding a down comforter?

Thanking you, and many good wishes

Thanking you, and many good wishes

The following in once more. Inclosed to several tunes on it, although the tones are not "all" perfect yet. Have just tried "Hand In Hand Again" over on the plano. I think it is beautiful. Don't you like it. It seems so sweetly sympathetic. SUMMER SCHOOL GIRL:

CORRESPONDENTS WANTED.

Would like to ask Irene if one and one-quarter cups of flour is right for her Devil's Food cake? Also a relative asked me to see if I could find out for her what the formula was for making the grey hair white. This was given in the Mail-Box sometime, but literesting.

LITTLE WONDER.

Dear Miss Grey,—I have long been silent, but interested reader of your Dear Miss Grey.—I have long been a silent, but interested reader of your page and am glad that it has grown of late. As this is my first letter to your page, #I will not take up much space. I saw where Molly Bon had some yoke patterns. I would like some for a corset-cover. Am sending stamped and self-addressed envelope if she will send some patterns for me.

MISS DANDELION.

P. S.—If Molly Bon sends some pat-

ref she will send some patterns for me.

P. S.—If Molly Bon sends some patterns I will copy them off and send series I will copy them off and send series I will copy them off and send series back.

This is my first letter to the Mail-Box. I would like a little help. Could series I will copy them of an an accordance with the series of circulation to your page. I will try to be of help to you next time I come. Would you please send me that stocking-foot pattern.

SHRIMP.

would you please send me some patterns of crocheted lace, about three or four inches wide. I would return same as soon as I took off the pattern. Lyould also like trong the some patterns of the pattern. I would also like very much to receive a few copies of comic recitations. I

Thanking you, and many good wishes for your Mail-Box, I remain, A. E. R.
P. S.—Am inclosing 10 cents for stocking-foot pattern, for benefit of Children's Hospital.

Dear Miss Grey.—I have long been a silent, but interested reader of your a silent, but interested reader of your a silent, but interested reader of your.

Thanking you, and many good wishes given in the Mail-Box sometime, but interesting. LITTLE WONDER.

Ans.—Send in your name and adshe wanted to get this for making the grey hair white. This was given in the Mail-Box sometime, but interesting. LITTLE WONDER.

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Ans.—Send in your name and adshe wanted to get this for making the given in the Mail-Box sometime, but interesting.

Box. I would like a little help. Could anyone send me the words of the song entitled "That Wonderful Mother of Mine" and a comical dialogue, sultable for a Valentine party? Thanking you ever so much will sign myself.

SEPTEMBER BEAUTY.

SHRIMP.

I am another lover of books, I read such a lot and get so interested in them it's hard to keep me away. My favorite writers are: Mary J. Holmes, Bertha M. Clay, Mrs. Southworth and Charles Gervice. I've got quite a few of their books and have read some

Skirt at lower edge is about 1% yards.

A pattern of this illustration mailed to any address on receipt of 15 cents in silver or stamps.

Name

Cesy Corner Chats.

I see in Saturday's paper where patterns. I see in Saturday's paper where freckles had some pretty crochet yoke patterns. If she would copy them off and send them to me, I would send her mine, as I am a lover of crocheting and would like to get some new patterns.

L see where Chong said it was

ON WAY TO CHINA Lost All Clothing For Four Years' Sojourn in China,

As Missionary.

I would like to correspond with Blue Eyes if she will, write first. My ad-dress is with Miss Grey.

EVENTFUL VOYAGE

OF ESSEX WOMAN

A NEW BEGINNER.

rom Miss Elizabeth Wilson, announce same as soon as I took off the pattern. I would also like very much to receive a few copies of comic recitations. I see in Saturday's paper where a few copies of comic recitations. I see in Saturday's paper where it is do a great deal of crochet work, and will send in a pattern and you can mail it to anyone who cares for it. JUST ME.

Cosy Corner Chats.

I see where Chong said it was frightening how quickly the time was forightening how quickly the time was foling, but she must remember it is Leap Year. I hope I've not stayed too long, for I want to come again. I remain.

BIONDY.

What a lovely large Mail-Box we have had lately. I hardly ever miss reading it. Some of the letters are see the first time they are splendid. In her books, it is think they are splendid. In her books, there is always such a bad person and did to discuss books. I have read quite a number of Mary J. Holmes' books. I think they are splendid. In her books, there is always such a bad person and did was Meadow Brook, and have had lately as the first time there is always such a bad person and the such a lovable one. The last one I read was Meadow Brook, and have fully interesting. Think they are splendid. In her books, there is always such a bad person and such a lovable one. The last one I read was Meadow Brook, and have fully interesting the such a lovable one. The last one I read was Meadow Brook, and have fully interesting the such a lovable one. The last one I read was Meadow Brook, and have fully interesting the such a lovable one. The last one I read was Meadow Brook, and have fully the such a lovable one. The last one I read was Meadow Brook, and have fully interesting the such a lovable one. The last one I read was Meadow Brook, and have fully interesting the such a lovable one. The last one I read was Meadow Brook, and have fully interesting the such a such a lovable one. The last one I read was Meadow Brook, and have fully interesting the such a such a lovable one. The last one I read was Meadow Brook, and have fully interesting t ing her arrival in China on Dec. 9

