



Page of Interesting News for Women

THE MACKINAW IS WARM AND COMFY FOR ROUGH, STORMY WEATHER.



This new outing and winter garment is styled the mackinaw and, as its name indicates, is particularly suited to windy or stormy weather. It may be just the right fashion for the fun-loving girl who has no intention of spending any large part of her days indoors, in spite of the occasional dark day.

Its material is a rich, soft worsted with plain back which shows in the collar and cuffs.

The particular feature of the coat is the shawl fringe at the lower edge which seems to add to the length without increasing the weight.

A loose belt and four handy pockets, with a big collar, which turns up comfortably around the ears, add to its favor.

The Food Value of Cheese

Some Seasonable Recipes.

Many of our country people eat new cheese raw, not cheese made from sour milk—the fresh or cottage cheese—but cheese made from sweet milk; this is sweet and palatable, but solid and difficult to digest.

The cottage cheese—being prepared from milk allowed to stand until a thick bonnyclabber is formed, then slightly heated by the addition of hot water or over a vessel of boiling water, the curd strained out and mixed with cream or butter and seasonings—is a very nutritious and digestible food, very high in protein, which gives it a flesh food value.

The ordinary sweet curd cheese is made from sweet milk, the curd separated by the action of rennet, then strained and pressed. This cheese is a valuable and digestible food when properly cooked; but if eaten raw should only be taken in small quantities, and with bread, crackers, etc.

Cheese, because it is nitrogenous (or proteid) matter is a muscle and tissue building food, and is digested in the stomach; because it is also a condensed food it requires the addition of a certain amount of the starches found in potatoes, rice, macaroni and cereal products to make it a well balanced ration.

Cheese has nearly twice as much protein, weight for weight, as beef of average consumption, and its fuel value is more than twice as great. It has a larger per cent of both protein and fat than steak, eggs, potatoes, milk, or bread, and therefore is one of the very best foods that you can have on your table.

Cheese does not cause constipation or other physiological disturbances that have been erroneously charged to it.

When cheese takes the place of meat as the central dish of a meal, the housewife should have fresh vegetables or fruits as a contrast to the concentrated and fatty cheese. Harder kinds of bread should be used, such as crusty rolls, toast, rye bread, the harder brown bread or crackers.

Cheese Sauce.

One cupful of milk, two tablespoonfuls of flour, one ounce of cheese (34 cupful of grated cheese), salt and pepper.

Thicken the milk with the flour and just before serving add the cheese, stirring until it is melted.

This sauce is suitable to use in pre-

The Birthday Calendar



IF THIS IS YOUR BIRTHDAY

Be on guard against accident and losses through dishonest persons. In general you will have a prosperous and happy year. If you are trusted with the affairs of others, do not allow yourself to slight them.

Those born today will have strong, energetic personalities, and by their courage and power will succeed in life. If untrained in youth, these admirable qualities will sink to stupid obstinacy and hasty uncontrolled temper.



The right white for white clothes

can be had only when you use

OMO

OMO cleanses thoroughly without the least harm to the most delicate fabrics. OMO bleaches and purifies better than the sun and country air. OMO makes not only a better wash but an easier wash, for no rubbing or hard work is required.

OMO removes stains from tea, coffee, cocoa, fruit, etc., like magic.

To get spotlessly white linens, dresses, blouses, etc., ask your grocer for OMO.

10c.

Safe and sure but must not be used for colored articles, woollens or flannels. Pugsley, Dingman & Co. Limited, - - Toronto

The Garden

Winter-Flowering Carnations.

A flower which has made a very rapid advance in popularity during the last few years is the perpetual flowering carnation, which is known also as the American tree and winter-flowering carnation. It is prized for the wealth of bloom it gives in the autumn, in lesser degree throughout the winter, and in abundance again during the spring, under proper cultivation. Its vigor of growth, the large size of its flowers, and also their long stems, and many beautiful colors, recommend it to all who can afford to give it plenty of space under glass. For this carnation must not be cramped. It does best in a high-roofed house, in which there is a free circulation of air. It does not require much heat during the winter; the ideal house is one in which the temperature never falls below 50 degrees, or rises above 55.

Make up the plants in their perpetual flowering carnations for the summer, or stand them out in their pots. When this is done it should be remembered that some time during this month the plants must be brought in and re-potted. The best compost consists of two parts of sand loam and one part of decayed manure, sand and wood ashes in equal proportions, with the addition of a little meal. Seven or eight inch pots should be used, and the potting should be done firmly.

Begin Now.

If a collection of these carnations be acquired now (and the autumn is not a bad time to begin with their culture), the plants should be stood in the greenhouse for a week or so in small pots, and then transferred to their flowering pots. After potting some care will have to be exercised for a time in the matter of watering. The soil must be kept only just moist until it is seen that the plants are moving strongly, then they may be watered more freely, given a little liquid manure now and again, or an occasional sprinkling of some good fertilizer. With attention to staking to the question of maintaining an equable temperature in the house, with all the ventilation possible in fine weather, there should be no lack of flowers to cut during the winter and spring.

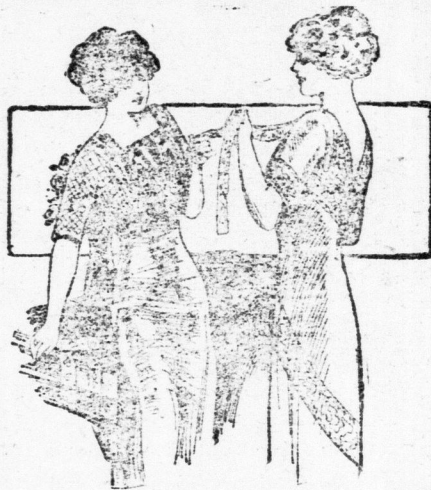
An English Hat



From England comes the fashion of wearing the broad drooping hats with flowers and the lighter millinery materials. This hat, recently imported, is typical of the class. A leghorn shape is used to start with and around the brim are three graduated circles of chiffon, cleverly cut to give a slight rippled effect. These are bound with white satin and slightly wired at the edge. A huge white satin bow and pink roses complete the trimming.

LADIES' HOME JOURNAL PATTERNS—November patterns now in stock. Get our free monthly style magazine.

TRIMMING NOVELTIES



This season's Trimmings are as distinctive as the new dress fabrics. There are a great number of entirely new and rich effects, which you should see before deciding on trimmings for your fall suit, dress or evening gown. New bandings, in plain, heavy laces

or in colors, or in beaded effects, new ideas in crystal guimpes, fringes and edgings. Allover laces in heavy lace styles, or in lovely new designs in fine laces.

This season our stock, almost all imported directly from England, France and Germany, is very complete, including all the latest ideas and the newest novelties. Be it buttons or braids, you are sure to find something here to suit you.

40-INCH LA TOSCA NETS, in large and small mesh styles, in a good range of colors. Suitable for overdresses or yokes. Our price, yard \$1.50

NET AND GUIPURE ALLOVER LACES—A very large assortment at from, per yard, 75c to \$4.50

PEARL AND BEADED GUIMPES—These are unsurpassed as trimmings for evening dresses. We have them at from, yard, 15c to 35c

GRAY'S

150 DUNDAS.

GRAY'S

MAIL AND TELEPHONE ORDERS promptly and carefully filled. 150 DUNDAS STREET. PHONE 1182.

Dress Goods, Suitings and Coatings--Fall and Winter

"A large stock of the finest quality and best style materials." These few words describe our Dress Goods stock this season. Always up-to-date, we have this year surpassed any previous season both in the quantities of the goods bought and in the full range of correct colors in both staple and novelty lines.

"You have the finest stock of Dress Goods we've seen this year." Such are the criticisms this department is receiving every day from customers, visitors and travelling men. You should be sure to pay us a visit within the next few weeks.

Here Are Some Tweed Specials

52-INCH TWEEDS, in gray, brown, tan, green and blue, in stripes and mixtures. A splendid cloth for suits and odd skirts. Our price, yard 75c

54-INCH ALL-WOOL TWEEDS, in gray, brown, green and blue, in stripes, mixtures and zibelines, splendid weight and quality for a smart tailored suit, yard \$1.00

54-INCH ALL-WOOL TWEEDS, in gray, brown, tan, green, red and blue colorings. A very fine quality for a stylish suit. Our price, per yard \$1.50



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.]

Copies of Poem Sent.

By request, copies of the poem, "The Face Upon the Floor," have been forwarded to Blue Eyes, Clara S., Roxie, Ethel B. and Harold B. No more can be supplied as the original copy has now passed out of Miss Grey's hands.

Mince-meat Recipes.

Dear Miss Grey: 1. Please give me a recipe for making mince-meat without using any meat.

2. Also give a recipe for making mince-meat with green tomatoes.

MRS. M. E. H.

A.—1. Here is Mrs. Rorer's recipe for mock mince pie: One cup raisins chopped fine, 1 egg, 1 tablespoonful vinegar, 1/2 cup washed currants, 1/2 cup fruit juice, 2-3 cups of molasses, 1/2 cup sugar, 1/2 cup oil, juice and rind of 1 lemon. Roll the crackers and mix them with the fruit; add molasses, sugar and oil. Mix all well together and bake between two crusts. Will make two pies.

2. This recipe is surely a new invention. I have never seen any inquiries amongst housekeepers and none of them appear to have heard of it. Can any reader supply the desired formula?

Leave Tresses Alone.

Dear Miss Grey: Please answer the following questions for me:

1. Which will be more fashionable this winter, long coats or suits for girls of 17?

2. Are earrings still worn by fashionable people?

3. My hair is brown. Will sage tea amongst it? I long for black hair, and this was recommended to me.

4. What do you think of my writing?

BRIDGET.

A.—1. The long coats.

2. Sage tea is supposed to have a darkening effect on the hair. But why try to change the color? Be satisfied to leave your tresses as nature made them.

3. It is fairly neat, but rather cramped, Bridget.

Who Wrote "Everyman"?

Dear Miss Grey: Will you kindly answer the following in your column:

1. What is the birthday calendar for for June 6, 1912?

2. Who is the author of "Everyman"?

3. Will bathing the face in hot water night and morning cause enlarged pores of the skin?

4. What will be the dress shoe for the winter?

5. Will peroxide harm the skin?

6. Will soft pills felt hats be worn this winter by women?

7. What do you think of my writing?

A. A TRIPPER.

A.—1. "You may expect some from people of little judgment, it should not cause deep feeling. Your attention should be directed towards things more important to you."

2. "Those born today will have fine sensibilities and high intelligence, but rather lacking in judgment. They will succeed, but under the direction of others."

3. "Everyman" was a mediaeval play, but no one appears to know the name of the author. Recently it was revised, and presented on the modern stage.

4. It may be in time. Bathe at night with hot water, and use a good skin soap, then rinse the face thoroughly, first with tepid and then with dashes

of cold water. In the morning use cold water only.

4. Patent kid, with suede tops, will be in the lead.

5. If used too freely it dries the skin and causes it to become rough.

6. Yes.

7. I think it is very nice.

Going to Business College.

Dear Miss Grey—1. I would like your kind advice here, please. I have a favorite story, which I would like printed, by Holmes. Do correspondents have the privilege to ask for stories to be printed? To whom would I apply?

2. Would you advise me to start to business college after Easter holidays?

3. Do five-leaf clovers mean bad luck?

4. What do you think of my writing, grammar, etc.?

Thanking you for favorable answers, I remain,

IOLA.

A.—The editor informs me that readers are privileged to make known their preference in regard to stories, so you might write him stating the name of the book you would like to have appear in serial form. Please remember, though, that a newspaper aims to please a large number of people, and please many thousands of people, and to select its reading matter to suit the largest possible number, so that if your story is not deemed suitable, you will understand, won't you?

2. If you desire to enter the commercial field as stenographer or book-keeper, a business college course would certainly be necessary. But why not commence with the opening of the January term, rather than to wait until Easter, as most of the schools close for two months in summer, and your course would probably be broken up if you did not start until, say April 1?

3. Really, I never heard of one before, so cannot say. They are certainly an oddity.

4. Your writing is fairly legible and would be neat but for too many "fourishes." As far as I can judge by a short letter, your grammar is passable.

The cleaning is simplicity itself. Fill

a bowl with alcohol, then put the veil in and let it soak a short while. Then lift the veil gently and sop it up and down in the liquid. Never rub the chiffon, nor should it be wrung out lifting it up and down will take all the dirt and dust from its folds.

When it is quite clean shake it out as you would shake a handkerchief. Rubbing and wringing only pull apart the close weave of the veil and spoil its after appearance. The alcohol evaporates very quickly, leaving a fresh, clean odor to the article, which will prove a welcome substitute to the fumes of gasoline.

Never bear more than one kind of trouble at a time. Some people bear three. All they have had, all they have now, all they expect to have.—Edward Everett Hale.

Nearly all of the children in the neighborhood had been ill with chickenpox, and one morning when they were able to play about again, Julia, aged 4, came running into her mother and burst out excitedly: "Oh, mother, the Smith children have got something else, but brother says we can't catch it."

"Well, what is it they have?" the mother asked.

"It's pigeon toes," she replied.—St. Paul Dispatch.

THE CHILDREN'S HOUR

"First Aid" For Burns

[By a Physician.]

There have been cases where persons were burned to death, or were fatally burned before a physician could reach them to give aid, because no one knew what to do. It is wise for every person to know the "first aid" in case clothing catches fire.

First throw the person on the ground or floor so that the flames will not rise toward the mouth or nostrils. Next roll the person on the carpet or in a hearth rug or a blanket to stifle the flames. Use a coat if nothing else is near at hand.

Keep the flames as much as possible from the face, so as to prevent the entrance of the hot air into the lungs. This can be done by beginning at the neck and shoulders with the wrapping.

If the burn or scald covers considerable area there may be shock or complete prostration. In that case a few drops of aromatic spirits of ammonia in water should be given at once and repeated until the strength returns.

If a blister has been formed, the skin over it should not be cut, but be snipped at the edges and the water gently squeezed out. This allows the skin to remain as a protection. If the blister forms again this may have to be repeated.

There are various methods of treating a burn. A very good application is carbol oil, which is a mixture of equal parts of linseed oil and lime water. Sweet oil alone is very good.

Hard and baking soda, mixed, will relieve the pain. Wheat flour is often dusted over the burn, but this hardens with the discharge and becomes rough.

After the blister has been cut, it is wise to sprinkle talcum powder or filler's earth on the skin to dry it.

A simple, superficial burn may be healed by the application of the white of an egg. As soon as the first layer dries another should be applied. The philosophy of this remedy is that it keeps out the air and protects the nerves.

Alcohol For Veils

In these months, when automobiles are almost as thick as flies and automobiles are covered with one another's dust, veils are in constant use, and unless they are well cared for a few days' wear of one veil reduces it to a dirty rag, fit only for the rubbish heap.

Many people prefer to throw a veil away rather than wear it with the smell of gasoline clinging to it. Every one knows that few chiffon veils survive washing more than twice, and gasoline seems to be the only cleanser.

This is not so, however. There is a cleansing fluid which will not only restore the veil to its former freshness, but it is also antiseptic and destroys the thousands of germs caught in the chiffon from the dust of the road. This is alcohol.

The fact that alcohol is even more powerful than gasoline as a cleanser is very little known and will prove a welcome bit of news to the woman who finds the odor of the gasoline fumes so unpleasant.

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a bowl with alcohol, then put the veil in and let it soak a short while. Then lift the veil gently and sop it up and down in the liquid. Never rub the chiffon, nor should it be wrung out lifting it up and down will take all the dirt and dust from its folds.

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THE CHILDREN'S HOUR

Simple Toys Best

Baby's first toys are his toes and his fingers, and the beauty of these is the things he can do with them. By toys one usually means those more or less expensive manufactured playthings which have been worked out by some older person's fingers, rather than by the baby's own. But these are by no means the most joy-giving and they are the least educative, de-

clares Annie Burnham Bryant in the October Mother's Magazine.

A mother's first thought in visiting a toyshop is that she would like to carry home most of its contents for her darling's nursery. Her instinctive comment on reading about modern methods of kindergarten training or playground education is that to carry them out one would need a deep pocket. But a very little study of these methods shows that this is a mistake. Toys are often complex and costly, but almost all kinds of play apparatus, or things to play with, are absurdly simple and inexpensive. Many of the materials are to be found in any house or dooryard, as blocks, sticks, spoons, paper, sand, pebbles, tin cans, boxes, boards, twigs, scissors, paste, beads, pencils, etc.

For many other things mentioned in the books as necessary, a clever mother will find substitutes and make-shifts, as good or better than those suggested. For instance, odd bits of bright paper, cut in strips two or three inches long by one inch or half an inch wide, are just as good as strips bought in packages from the kindergarten supply stores. Pictures and letters cut from magazines and pasted on cardboard make nice picture-puzzles when cut in pieces. Clay for modeling need

not be bought, when newspapers soaked in boiling water for a few hours and the pulp then mixed with flour make a material which will answer the same purpose. Shells, acorns, moss and seaweeds have a hundred uses in this connection, and so do many other simple objects that can be picked up around the house or out of doors. There is also a moral value in learning to work with simple equipment.

The Child's Pets

The child deprived of pets misses much. To love a dog, cat, a bird, or any live thing has a humanizing influence on the character. The care of a pet teaches a child to be responsible for something. The love of the pet brings out the tender feelings of his heart, makes a child less inclined to cruelty, more thoughtful, of quicker sympathy. A pet gives him something to enjoy at home and so makes home life richer. It is one means of keeping him from undesirable companions. It helps to form habits of industry. In providing food and shelter for a living creature he is learning responsibility. While teaching a dog how to perform a trick, the child is enlarging his own intelligence and his patience. If he is learning to ride a horse, he is gaining in courage, and in self-reliance. A wide field of interest is opened to the child with a pet. In learning about one animal he learns about many. His love of his pet fills his mind with useful and good thoughts and there is less room for the idle or vicious. He should have this happiness if it can be given him.—Milwaukee Journal.