PAGE OF INTEREST TO WOMEN

SOCIAL AND PERSONAL

pieces of silverware and linen of every

Those present included Miss M. Gal-

R. E. Newman, David Sutton all of!

WHITE-WILSON.

The house fly becomes full-grown in

It is believed that pistols were in-

Is Your Child

vented in Florence in 1545.

of St. Thomas.

TELL IT TO THE SOCIETY EDITOR.

Admiral Viscount Jellicoe and Vis-, an umbrella, the guest of honor was countess Jellicoe have been much showered with an array of dainty feted guests in Toronto.

Mrs. T. Harrison and Mrs. A. Rogers description. have returned after spending the weekend with their sister, Mrs. J. Near of lander of Toronto, Miss L. Newman,

Hamilton, M. Wexeler and N. Suckill-Roy Mitchell, director of Hart House off of Exeter, and Miss Pearl Jackson Theatre, Toronto University, at one time a press man in London, will be the guest of the London Women's Press guest of the London Women's Press Club at the tea hour on Saturday afternoon in the Chamber of Commerce

Alice M. Prangley, daughter of Mr. William T. Prangley, Dresden, to Dr. H. Irvine Wiley of Windsor, son of Mrs. Janet Wiley and the late Dr. J. I. Wiley of Dresden, the marriage to take place early in January.

The home of Miss Leah Lewis, 174
Hamilton road, was the scene of a miscellaneous shower, when Miss Minnie
D. Newman of Hamilton, was the surprised bride-to-be. At the opening of

Boys

height

34.5

36.0

37.5

39.0

40.5

42.0

43.5

45.5

49.5

51.5

55.5

59.5

63.0

66.0

69.0

75.5 79.5 83.5

87.5

91.5

99.5 105.0

109.5 116.0

119.5

126.0

134.0

AREFUL investigation shows that one child in

every three is under weight as the result of

The chances are one in three that your child is

In the Students' Army Training Corps one in

This condition could have been prevented by

By neglect in childhood they have been sen-

It is not necessarily the children of poverty that

Other indications of malnutrition you may note

These symptoms tell of the exhausted condi-

in this class. The tables presented here will enable

five was unfit because of being under weight, while

in the adult army the proportion was about the same.

proper attention during school life, so that these

young men would have developed normal, healthy

tenced to see their healthy comrades pass them in

suffer from malnutrition. Your boy or your girl

may look well and still be under weight. The regu-

are—easily tired—nervous—restless—finicky appe-

tite-irritability-difficult to manage-talk in sleep

-lack of happiness and spirits of a normal child.

lar use of the scales is the only sure test.

Height

Inches

35

40

41 42 43

48

51

52 53 54

55

57 58

61

62 63

67

you to find out.

the race for success.

bodies.

DOMINION SECRETARY OF Y. W. C. A. TALKS TO GIRLS OF LONDON

"Leadership" Is Underlying Subject of Several Addresses.

An interesting visitor in London yes terday was Miss Margaret Brown, B.

THE FASHION FORECAST. All skirts show concession to All skirts show concession to the bouffant silhouette in side drapery. Cascades of lace draped scarfs of chiffon, and knife-pleated panniers of char-meuse or meteor are effective methods of distending the hipline without sacrificing the symmetrical modeling of the figure.

Under Weight?

These Tables Will Show You What Your Child Should Weigh to Be in Proper Proportion to

Height-If the Child is Below the "Danger Point" it is Time to Act.

Cynthia Grey's Mail-Box

to look at a cage for William. I want a good one that will be quite lastin'. What do I want to cage 'im for? Why so's he won't get away, of course. What you don't keep cages for men? Land sakes, who said you did? I ain't askin' for a cage fer a man. I guess I could keep a man without cagin' him. You'd think so if you knew how many have wanted me. You thought I wanted a cage to catch William Bates? (Giggles)
The idee! Why I wouldn't look at him (Giggles). I want a cage fer William, my pet canary. Ain't you got any my pet canary. Ain't you got any trimmed with gold? I think the gold will match awful nice with his yellow feathers. La, yes, I allus git 'im a Christmas present. He's easier to man.

Average Weight for height

Pounds

31.0

32.5

33.5

35.0

39.5

41.0

43.0 44.5

46.5

48.5

53.5

55.5 58.5

61.0

64.0

75.0

78.5

83.0

87.0

91.5

116.0

Height

Inches

35

37

42

43

48 49 50

51

52

It will take a little time to restore the wasted

Digestion is weak, appetite is fickle, but in the

Careful attention should be given to the eating

By sharpening the appetite and strengthening

Improvement will soon be noticed, not only in

For your protection the portrait and signature

tissues, but the use of Dr. Chase's Nerve Food will

meantime Dr. Chase's Nerve Food supplies in con-

densed and easily assimilated form the elements

habits of the child. Good, wholesome, nourishing

food must have the preference. Exercise should be

limited and daily rest is required in cases of extreme

the nerves of the digestive system, Dr. Chase's Nerve

Food soon removes the chief causes of malnutrition

the way of increased weight, but the eyes will be

brighter, the cheeks a better color and the spirits

and happiness of healthful youth will again express

which go to make up rich, red blood.

and builds up the system generally.

very materially aid.

exhaustion.

themselves.

Miss Prim's Christmas Shopping.

For a girl dressed as an old maid. Carrie's large handbag containing note paper, camphor, handkerchief, etc.

Good mornin', MR. BLAKE. Yes, it's a real nice day if the wind wasn't quite so strong, an' it was a little mite warmer, an' the sun would shine out some, so's it wouldn't look quite so stormy. But I allus take the weather as it comes—seein' I can't change it.

Yes, I'm out to do some Christmas shopping. Have you got in some nice things for presents? (Looks around room and up and down shelves.) Last year I told my cousin, Betsy Haskins, she that lives over to LOONTOWN, in that big stone house—they're real afraid she's goin' into consumption, too—that's rat the big stone house—they're real afraid she's goin' into consumption, too—that's real pretty. How much is it? Seventy-five cents? How much it cost. Miss Billings got one for her sister, an' I wanted to know what she paid. Say, that's an awful nice dish. Let me see that, will you? What's it for? What you don't know! The idee not to know what it's for. I might buy it for my niece over to to Crampville 'cause she is so smart she could think up something to use it fer with the power in the could have a man, 'cau for. I might buy it for my niece over to Crampville 'cause she is so smart she could think up something to use it fer without being told. How much is it? Fifty cents. What you'll give it ter me fer forty-nine cents? Wal, I'll take that.

time a press man in London, will be the London Women's Press
guest of the London Women's Press
afternoon in the Chamber of Commerce
rooms at the Tecument House.

A very pretty wedding took piace on
rooms at the Tecument House.

A very pretty wedding took piace on
of Mr. and Mrs. J. G. McHarg of 187
Wednesday, December 3, at the home
of Mr. and Mrs. J. D. Wilson in the
Waterloo, street, announce the engagement of their niece, Miss Cora Davidson, to William Fanvick, both of this
lister part of December 3, at the contracting parties
in the street of the contracting parties
in the street of the contracting parties
in the street of December 3, at the contracting parties
in the street of December 3, at the street of the contracting parties
of the contracting parties
in the street of December 3, at the street of the contracting parties
in the street of December 3, at the street of the contracting parties
in the street of December 3, at the London Venter of December 3, at the London Venter of December 3, and the street of December 3, and the street of December 3, at the London Venter of December 3, and the street of December 3, and the Str fer forty-nine cents? Wal, I'll take that. I allus did enjoy getting bargains.

How-de-do, Miss Graves (makes as if shaking hands). Yes, I'm doin' some Christmas shopping. I'm real well-young folks most generally are, you know. You've heard it's more blessed to give than to receive, an' I jest would like to give this cold that I received las' night to somebody else—I'd feel more blessed. (Uses handkerchief vigorously). What? I must a been out walkin' with a feller? The idee. (Giggles). Oh, yes, I think I'll hang up my stockin'. I think it's nice fer young folks to do so. If you'll believe it, a man folks to do so. If you'll believe it, a man folks to do so. If you'll believe it, a man folks to do so. If you'll believe it, a man folks to do so.

n inister performing a marriage cere-mony, but it is seldom less than \$5, gold and as much more than this amount

Thanking you, P. de G. vidual Ans.—Pattern is already on its way paper.

A Breath of Spring.

Dear Miss Grey,—Here I am again. Have you, or any readers, two recitations for a Christmas concert for myself, 12 years old? Please criticise mywriting. Here is a recipe for butterscotch candy. Melt together 1½ cups of sugar, one tablespoonful of water, one tablespoonful of water, one tablespoonful of water, sed tablespoonful of water, one tablespoonful of water, one tablespoonful of vinegar; add butter size of an egg, and boil until it hardens in water; do not stir; pour out on plates and cut when hard. Hoping to see my letter in print soon.

APPLE BLOSSOM. Ans.—What a pretty name—Apple Blossom! Your writing is very neat and egible, and there are years of practice

Hermione Inquires. ek did July 10, 1891, occur? Could you tell me the meaning of the ollowing names, Selina, Frank, Albert, Bessie, Mary?
Could you publish a good Christmas cake recipe, also icing?

Hoping I have not been troublesome. wish you and yo colu Ans.—July 10, 1891, occurred on Friday. Selina means parsley or moon; Frank, free; Albert, illustrious; Bessie, consecrated to God; Mary, star of the sea. No doubt you have noticed re-cipes for Christmas cake in our col-umns recently. Considering the trouble and work connected with making all mond paste, it is more satisfactory to

Advertiser Patterns



2947—Here is an Apron model neat and pleasing, it is sleeveless and so, is cool and comfortable. Gingham, seer-sucker, lawn, cambric, drill or alpaca are good materials for this style. The Pattern is cut in 4 sizes: Small, Medium, Large and Extra Large. Size Medium requires 4½ yards of 36-inch

A pattern of this illustration mailed to any address on receipt of 10c in silver or 1c and 2c stamps.

Name

Age (if child's or misses' pattern).... 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 38, 34, or whatever it may be. When in waist measure, 22, 24, 25, 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 ten days from the date of application, Caution: Be careful to inclose th



ex-president of the Vancouver Local Council of Women, and one of the strongest forces of the educational and social welfare work of British Col-

purchase it from a confectioner, and this covered with a plain white icing is delicious.

Two Poems Wanted. Dear Miss Grey,—Would be very leased if you could send me a poem pleased if you could send me a poem entitled: "Morrow." It starts some-

I started on a journey,
Just about a week ago,
To a little town called Morrow,
In the State of Ohio.

I think I noticed it in your column I think I noticed it in your column a couple of years ago. Would oblige me very much to have this soon as possible. Thanking you, A READER. P. S.—Could you also send me a recital, entitled "There's something in the British After all."

Ans.—Can any of our readers supply these poems?

Eggless Christmas Cake.

Dear Miss Grey.—For some time I have thought of joining your circle, but was in doubt of how to address the letter. However, I am hoping this reaches you O.K. The stockingfoot pattern must be very good, so I, too, am ask-Perhaps someone will be puzzled

about making Christmas cake, when eggs are so scarce, so I will send a recipe for one without eggs.

But the scheme that helps the poor sick kiddies.

Is the scheme that appeals to me Eggless Fruit Cake.-Two cups sour

raisins, two cups currants, three-quarters cup butter, one and a-half teaspoons soda, four and a-half cups flour, peel and spice, to taste.

Another which is called applesauce cake is very good. One-quarter cup lard, one-quarter cup butter, one cup ra sins one cup currants, one cup brown sugar. To this add one cup applesauce into which stir, one teaspoon soda, then add two cups flour, one-quarter teaspoon cloves, oen teaspoon cinnamon, one-quarter teaspoon sait, three tablespoons peel and nuts if desired.

Hoping this letter is not too long, Miss Grey, and thanking you in advance. I remain, MRS. H. H.

Ans.—We are glad you found our corner, Mrs. H. H. Cynthia Grey's Mail-Box. The Advertiser, London, always finds us. Pattern is being mailed you today. Thank you for the recipes. cup currants, one cup brown sugar

Of Many Things.

Dear Miss Grey,-Hello, everybody! Thought I'd poke my head in the Mail-Box and say "How-de-do," or I would be labeled "gone and forgotten." I had a letter from Scottie. He is Mrs. S. D. Scott, president of the feeling perfectly blissful, and is in Vancouver Women's Canadian Club, an Vancouver. He said I could say that feeling perfectly blissful, and is in much, but needn't tell all that the letter, so I have not. I'm a biddable kid, you know.

Aw, Beanpole, have a heart! Just

when the choirs are practicing "Peace on Earth," you go and throw a thick plank into the Mail-Box and make a lot of people huffy. "Be good, sweet child, and let those who will be clever." and for the love of Mike don't step on the farmers' corns. They're sore at present. see!.

Do you know, I have a hunch Lonely speak up like a man, Lonely, speak up like a man, Lonely.

Now I'll gracefully bow and slip out of sight. Merry Christmas to all, and to all a good night.

URA KIDD.

Ans.—Thanks for being the first with your contribution to our Christmas page, Ura Kidd.

SCHEMES

(A boost for the Sick Children's Hospital.)
There's a scheme for children's play-

grounds,
There's a scheme for text books free Springbank
Where the kids can play mid snow and frost:

There's a scheme to give the older children,
College education full and free, Is the scheme that appeals to me.

BY WILLIAM BRADY M.D.

Dear Miss Grey, -Inclosed please find tarry. Will you please send me the tockingfoot pattern,? Could make column, but all letters will be answered by mail if written in ink and a stamped, the column but all letters will be answered by mail if written in ink and a stamped, the column but all letters will be answered by mail if written in ink and a stamped, the column but all letters will be answered by mail in the column but all letters will be ans Dr. Brady will answer all signed letters pertaining to health. Writers' names self-addressed envelope is inclosed. Requests for diagnosis or treatment of individual cases cannot be considered. Address Dr. William Brady, in care of this

The Oxalic Acids in Foods. A certain amount of oxalic acid, in magnesium salts or calcium oxalate combination with calcium (calcium more soluble, He.e are some foods containing considerable amounts of magnesium salts or calcium oxalate

combination with calcium (calcium oxalate), is found in the urine under normal conditions, even though a prolonged fast is under way. Therefore the eating of foods containing oxalic acid is not the only source of this substance in the body.

A great to-do has been made by some physicians about the "poisonous" oxalic acid, such as rhubarb, tomatoes, spinach. And many people have deleted these valuable foods from the diet merely because of this ex-cathedra pronunciamento. Now, let us see which foods contain oxalic acid, and how much they contain. Here is a list of foods with the content of oxalic acid acid in urine or in the blood), because alime salts render calcium oxalate less soluble. These foods are rich in lime salts. Grapes, asparagus, bananas, lemon fuice, cauliflower, strawberries, carrots, radishes, cucumbers, gooseform, milk, and the yolk of egg. Rlack tea

4.5 3.7 3.6 3.2 Sorrel
Pepper
 Rhubarb
 3.2

 Dried figs
 2.4

 Chocolate
 1.0

 Chicary
 0.9
 Chicory Potatoes Gooseberries ******************* Bread crust

Coffee 0.12
Endives 0.15
Strawberries 0.06
Tomatoes 0.06
Tomatoes 0.06
Tomatoes 0.02
Rose cabbage 0.02
Celery 0.02
The figures represent grams of oxalic acid per thousand grams of food. It is doubtful whether any oxalic acid is present in the following foods: Rice, peas, turnips, asparagus, lettuce, cauliflower or white cabbage, cucumbers, mushrooms, unions, pears, apricots, peaches, grapes, melons.
Calcium oxalate in excessive amount sometimes causes irritation of the urinary tract, and owing to the low solubility of calcium oxalate, the formation of stone in the kidney or in the bladder (this does not refer to gallstones). Some physicians maintain that there is also an occasional case of hypochondria associated with dyspepsia due to too much calcium oxalate in the blood.

In any such case the foods containing oxalate should be omitted from the diet. Then certain other foods should be taken for their large content of twenty minutes before using the voice

A Thousand Years Ago.

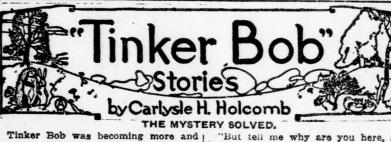
I have suffered from dandruff and still have too much dandruff, but now I find I have scalp eczema. The barber has been treating it for a long time. He says he has never had a case he didn't cure. Do you think the modern barber shop is prepared to successful. barber shop is prepared to successfully treat this disease? (L)

ANSWER—No.

white of egg may be taken. Potatoes may be taken. Fat of any kind may be taken.

QUESTIONS AND ANSWERS.

Good Old Gargle.



more interested in the whereabouts of Jack the Wood Rat. He thought it wise, however, not to show any undue interest in the matter, lest Mr. Wood Rat might be watching from some hiding vacant room." place. Early in the morning he went to visit O. Possum and Lady Duck, instead of watching the entrance of the pile of

In the evening when the King returned, he spied Jack the Wood Rat coming out of his house,
"Hello, there!" said Tinker Bob. "Hello, there!" said Tinker Bob,
"where have you been all this time? I
haven't seen a thing of you."
"Oh," said Mr. Wood Rat. "you know I sleep all day long and come out at night to work while others sleep. If

I should work in the daytime that saucy



"But tell me why are you here, and how you came."
"We always build our homes near cottages or dwellings in the forest, and sometimes if there are no objections we vacant room."

"Suppose the people didn't want you to live in their house?" said Tinker Bob. 'Oh, if they don't want us to live with them, we keep quiet and live there any-way because we only use the house at night. Some folks call us the Trade Rats' because we take some of our things and leave them in the house and take some of their things out." Tinker Bob began to understand some thing that happened the night before. But he was yet in the dark about that "Pat, pat, pat," which sounded each evening on his chamber floor. He decided to pretend that he knew all about Mr. Wood Rat's actions.

"I heard you come into my chamber last night," said he. "But why did you hide when I arose to light the can-

Jack the Wood Rat was astonished at this statement; for he thought he was wise enough to fool even the King of the Forest. "What did you hear last night?" he asked.
"I heard "The heard the throad the statement of the throad the statement of the throad the throad the throad the statement of the throad the throad to be a statement of the throad. It is easy to prepare the throad to the throad. It is easy to prepare the throad throad the throad throad the throad throad

"I heard 'Pat, pat, pat,' on my chamber floor," replied Tinker Bob.
"You are surely a wise King. How did you know it was I who visited you?"
"It is hard to fool the King," said
Tinker Bob.
"Indeed it must be. I didn't suppose you would understand what 'Pat, pat, pat,' meant. We do that to frighten our enemies and to signal our friends," said Mr. Wood Rat.



"7 in 1" Bill Fold Solid Leather

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Folded, it's a good-looking, little flat leather case, 5 inches by 2½ inches. Open it, what do you find?

- A BILL FOLD.
- A TICKET HOLDER A STAMP HOLDER.
- A CHANGE POCKET. A TINY CALENDAR. *

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Made Youn

Bright eyes, a clear skin and body full of youth and health m be yours if you will keep y system in order by regularly taking

GOLD MEDAL

The world's standard remedy for kidn liver, bladder and uric acid troubles, ies of life and looks. In use si 1696. At all druggists, 50c. a box. Look for the name Gold Medal on box and accept no imitation

GROWING DEAF HEAD NOISES? TRY THIS

in your ears go to your druggist and and add to it 1 ged nostrils should op ne easy and the mu

MUMS

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of A. W. Chase, M.D., the famous Receipt Book Mr. Wood Rat.
"Well, come when you like, but remember the law of the great forest;
Don't steal from a friend, don't fight tion of the nervous system. They tell you that the author, are on every box of the genuine Dr. Chase's blood is thin and watery and wholly unsuited to Nerve Food. 50c a box, 6 for \$2.75, all dealers, or friend. Tell the King all your nourish the starved body. Edmanson, Bates & Co., Ltd., Toronto. Jack the Wood Rat was a good friend of the King of the Forest, bringing him many chestnuts, potatoes and other good things to eat."