

WOMEN'S HOME AND MAGAZINE PAGE

Fresh Fruits Come From Afar To Satisfy Epicurean Taste

Where do you come from, strawberries dear? Tangerines, figs and pears that are quest? Mushrooms, persimmons, artichokes, too! Grapes of Malaga, new cabbage to stew?

Peppers both sweet and costly, I ween, Lettuce in head, alluringly green; 'Neaples, cucumbers, fruits out of season? Much living is dear, but there's a good reason.

Aunt Maria, who goes to the week-end market, gazed into the inviting window of the fruit shop, and, as she gazed, her wonder grew that this shop harbored more varieties of fruits than she had ever imagined would be assembled in London in mid-winter.

Where did they come from, those ruddy red strawberries, the one-quart box and the two-pint boxes that centered the picture?

How much?

Just \$1.25 for the big box on the bargain Monday morning, and 65 cents for each of the small boxes. Where did they come from? Oh, merely from Florida.

Tomatoes? Seventy cents a pound this week. Last week they were only 50, but they have gone up again. Where were they grown? Travelling companions of the delicious strawberries.

Fresh figs, perhaps, lady?

A little matter of a few thousand miles, they have come from California and the Sunny Pacific, the kind of figs that were eaten in Palestine when the wise men journeyed to Bethlehem, following the star. But it's hard to get fresh figs in good condition in London, so says the vendor.

That Persimmon Tree.

What was that about "shaking the persimmon tree"? It wasn't out in any Western Ontario orchard, but away down in California that somebody with an eye to business up in the frozen north stripped off the delicious persimmons and packed them snugly to ship to London.

What is the queer-looking thing with thorny bulges at the tips? Why, it looks just like cactus.

Just what it is, cactus, but useful as well as decorative, and the bulges are nothing more or less than the far-famed prickly pear.

They, too, have made a mid-winter California-to-London excursion on commercial business bent.

Tangerines, lady? The small boy thought they were "little oranges." Tangerines from California cost 40

or 50 cents a dozen. And the corner grocery man says he hasn't any sale for them. Why, there is a big demand for them down town. Yes, they are 15 cents more a dozen than a few years ago, but isn't everything high?

Of course, you prefer your grapes imported from Spain.

What big and what unusual-looking apples, or are they apples?

Apples, to be sure, but not the Old Ontario home brew. These apples de luxe came from British Columbia. Considering they are so much travelled, they are a real novelty, but who would exchange them for the fine-grained, full-flavored apples of Ontario, and especially Western Ontario?

No "Plebs" These Vegetables.

Vegetables seem somewhat plebeian after the "four hundred" of fruitdom. But not after you know where they come from and examine the price tags. That is, if you are among the diminishing number who think the only good things in life are those which are obtainable a long way off.

See that cabbage, haven't you seen numbers of others just as handsomely colored and as gracefully formed? Haven't you, perhaps grown them in your own garden? Such questionable taste!

The new cabbages you may gaze upon the last day of January are no "native born." These elect of cabbage first saw the light of day in California, so they must be very superior to those you have stored or can buy from your grocer or in the market. What about a head lettuce salad? Not unless you are going to have very special company. You thought such lettuce heads were sprouted in greenhouses in the vicinity of London. Perish the idea. These noble heads sprang from aristocratic California soil.

You like cauliflower out of season? Epicurean that you are, just put in your order for one of these "grown-in-California" heads. Why not have stuffed sweet peppers while you are at unusual things—peppers that have come from California to be stuffed and baked for your table at 15 or 20 cents each?

And that isn't by any means the end of the up-to-date fruit shop novel resources.

You want mushrooms with your steak, or creamed mushrooms, perhaps? Baskets of plump mushrooms have been consigned to London from Pennsylvania for such luxurious folks as you.

Sweet potatoes? You didn't know you could get them at this time of the year? Here they are, right from New Jersey.

Visiting an up-to-the-minute fruit shop is quite a lesson in geography, and a tremendous temptation to extravagance.

INSTITUTE AIDS HOSPITAL.

The Salem Women's Institute is giving what promises to be an excellent concert Wednesday evening, Feb. 1, in the Salem Methodist Church, in aid of the Sick Children's Hospital. A number of London artists are taking part, and Rev. Barnaby will occupy the chair.

Mars, in 1924, will make its nearest approach to the earth in 15 years—at a distance of 35,000 miles.

Gowns Elaborate



BY MARIAN HALE.

LONDON, Jan. 30.—House gowns, in the hands of modern designers, are taking on something of the elaborateness of afternoon or evening gowns.

They venture to fur trimmings, to intricate decollete effects, and to bandings of gold and silver braid. They usually represent a lavish use of material. Unlike street gowns, they are exceedingly full and exceedingly draped.

This Polart house gown is of orange crepe over silver cloth and trimmed with black fox fur. It is unusual in its shoulder treatment, robbing the right side of quite all of the material, and giving the left side an over-draping.

Russian Red-Tops Arrive in London.

JUST as The Advertiser predicted last week, the shiny red-topped Russian boots have arrived in London to oust the flip-floppy galosh, and the brogue with the heavy hose.

The "red-topped Russians" were spied for the first time in peaceful London streets late in the afternoon, and they created a near-riot in at least one street car. Everybody wanted to get a window to look out of at them as they tripped blithely along, two pairs and no less, side by side. Just as "wherever Mary went, the lamb was sure to go," so, wherever those top boots turned, eyes followed them, and faces broke into broad smiles.

The boots were chic, and the boots were saucy, because the twinkling feet of the wearers can comfortably don something much less than a "perfect seven." And so, the heroic pioneers have broken in the fashion, and whole fleets and processions of red-topped Russian boots will doubtless dazzle the eyes of Dundas and Richmond streets of a Saturday afternoon, or every morning in the near future, whether the weather demands such protection or not.

There is one consolation for the father of a fascinating flapper or debutante. No longer will he feel it incumbent upon him to inspect the said daughter before she goes out, and whenever she comes in, to see that the galoshes are respectably buckled. To be sure, the chances are he will take exception, and strong exception, too (at first), to those "ridiculously conspicuous Russian boots." Why can't girls have as much sense as they had when he was young?

Ye gods, is that the mother of the family taking to Russian boots?

Child Welfare To Extend Work

Now Serves One-Fifth of London's Children of Pre-School Age.

It has been computed that London has 5,500 babies and children under school age. Of this number one-fifth have been reached with the services of the London Child Welfare Association during the past year, according to the report presented at the quarterly meeting on Monday afternoon, by the superintendent of Child Welfare nurses, Miss Bertha Smith.

To such an extent has the service grown, and coupled with this, the demand for the work, that the opening of new clinics in the east and south ends in the immediate future is an imperative need. Another clinic will be opened at an early date in the Hamilton road district, and if it is possible to finance a clinic in the Tecumseh Avenue School.

It was decided on Monday to temporarily withdraw for this year the annual baby week which has been held since the inauguration of the work through the first Child Welfare exhibit in February, 1917.

The annual report of Miss Smith for the year 1921, from January to January, states that 4,930 visits were made to children, including 139 visits made by assistants taking the public health course in the university.

Fifty-one sick children's clinics were held, with an attendance of 448, and 140 well baby clinics, with an attendance of 2,755, giving an average for the year at each clinic of 20, ranging from 3 to 45 a clinic.

During the three days of baby week 4,430 attended, giving a grand total for attendance at the clinics of 2,655.

Forty-eight pre-natal clinics were held, with an attendance of 130, these representing 31 separate cases.

The well-baby clinics carried over on their rolls 233 children. There were added 352 babies, giving a total of 645 attending for the year. Of these 325 were dismissed. On the present roll there are 320 in good standing.

The number of families carried forward from 1920 was 429, with 498 new families added. In all 927 families were visited. Four hundred and twenty-four were dismissed, leaving 503 on the present visiting list.

Much appreciation was expressed by Miss Smith of assistance given in the distribution at Christmas time.

Lieut.-Col. W. M. Gartshore presided.

Dermid, director of nursing of the Western University public health department, have returned home after attending a meeting of the executive of the Ontario Graduate Nurses' Association in Toronto on Saturday.

Money? No!—good Health they are

Cinnaform pastilles

Which relieve a sore throat, and are a wonderful remedy for Tonsillitis or Quinsy. They destroy germs in the throat which are the seeds of many ailments.

At all druggists. 50c. a bottle. Smaller size 25c.

NATIONAL DRUG & CHEMICAL CO. OF CANADA, Limited

Choice Cut Flowers and Plants

ALSO BY WIRE.

WEST Floral Co.

249 Dundas St. Phone 2187

How Ironized Yeast Fills Out Figure



And Puts New "Pep" and Energy in Thin, Nervous Rundown Folks

If you are thin and feel tired out all the time—or if you are nervous and your skin is marred with pimples or other humiliating blemishes—you need only to try taking two IRONIZED YEAST tablets with each meal for a few days to learn how quickly this splendid food- tonic builds new solid flesh, beautifies the complexion, and enables you to store up a seemingly inexhaustible supply of new "pep," energy and nerve force.

Hundreds of thousands of people all over the country are now taking IRONIZED YEAST tablets, and the results reported in many cases are actually astonishing. For thin folks to gain five pounds or more on the very first package is not unusual. Complexions blotched with pimples, etc., are very often entirely cleared up within 10 to 14 days. As for increasing "pep" and energy, apparent "miracles" are reported by folks who were formerly run-down, weak, and lacking in physical and mental vigor.

Here Is The Secret!

Nature intended that you should have a well-developed figure, with the clear skin, sparkling eyes, strong nerves and rugged strength that goes with it. If you are now thin and run-down it is because certain of Nature's laws have been disobeyed.

Nature requires that we get a proper amount of vitamins and iron into our systems. But these two essential elements, due to improper selection of foods and to modern methods of food preparation, are lacking in the modern diet. That is why so many of us are thin and run-down.

Results In Half The Usual Time

The thing to do, therefore, is to supply this lack. This you can do by taking with each meal two tiny IRONIZED YEAST tablets which contain in highly concentrated form, a specially cultured yeast grown under the strictest supervision for medicinal purposes—a yeast unequalled for its richness in the essential Water Soluble B vitamins. In addition it contains the correct amount of the two other vitamins—Soluble Fat A and Water Soluble C—which are equally important to health, yet which are lacking in the average modern diet.

These three vitamins bring excellent results even if taken alone—but when taken with a proper amount of easily assimilated organic iron, as in IRONIZED YEAST, these results are secured often in just half the usual time!

Watch The Quick Improvement

You will certainly be amazed at the quick improvement IRONIZED YEAST shows in you. Note how it immediately increases your appetite—how it enables you to get real joy out of every morsel of food you eat. See how quickly it drives away pimples, blackheads, etc.—how rapidly your skin takes on a new freshness and charm. See how your energy increases—how this newly acquired "pep" makes hard work or play a pleasure instead of a task. Try IRONIZED YEAST today! Pleasant to take—will not cause gas or in any way upset the stomach. Each IRONIZED YEAST tablet wrapped air-tight and moisture proof in waxed sanitage when made, thus assuring 100% purity and strength. Special directions for children in each package. Go to your druggist or mail coupon today—NOW!

Money Back Guarantee

IRONIZED YEAST is sold at all drug stores on a positive guarantee that the first package will bring satisfactory results—or your money instantly refunded.

ECZEMA

You are the only one who can cure it when you use Dr. Chase's Ointment for Eczema and Skin Irritations. It relieves at once and gradually heals the skin. Sample box Dr. Chase's Ointment free if you mention this advertisement and send 2c. stamp for postage. See Dr. Chase at all dealers or Edman, Bates & Co., Limited, Toronto.

DON'T THROW YOUR OLD CARPETS AWAY!

They Make New REVERSIBLE "VELVETEX" RUGS. Send for Velvetex Leaflet. Canada Rug Co., London, Ont.

CLUB NEWS

What Women Are Accomplishing in London.

MAKE MRS. PACK LIFE MEMBER.

At the regular meeting of the Women's Missionary Society of the Grove Methodist Church Mrs. George Pack, sen., was presented with a life membership by the auxiliary. Following the business part of the meeting, an excellent program was given, consisting of readings and music. The meeting was held at the home of Mrs. George Pack, and a delightful supper was served by the hostesses.

A discussion on "What the World Owes to Missions," led by Rev. F. W. K. Harris, director of religious education, was an interesting feature of the Sunday social hour in St. Andrew's Presbyterian Church for the Young People's Society at the close of the evening service. The devotional exercises were taken by Miss Buchner and Miss M. O'Dell.

Personals

Mr. and Mrs. G. A. Henry, 77 Thornton avenue, spent the weekend with Rev. Dean Hanlon, Stratford.

The skating parties being given Tuesday and Friday evenings by the R. C. R. officers are proving very popular.

Mr. and Mrs. H. W. Givens and daughter Dorothy of Regina, are guests with Mr. Givens' mother, Mrs. Warren Givens, 75 Stanley street.

Miss Thelma Lauckner, 102 Wellington street, was the hostess of a delightful party Friday evening, when she entertained fourteen of her friends.

Mrs. L. D. Moore, Central avenue, and Mrs. J. S. Rankin, Erie avenue, were joint hostesses of a supper party given at the former's home, following a skating party Friday evening.

Mrs. J. Fox, Hayman Apartments, entertained last week in honor of her cousin, Mrs. D. B. Silverman of Grand Rapids, Mich., who is visiting her parents, Mr. and Mrs. T. Fox. The evening was spent in music and cards.

A number of friends gave Mrs. W. H. Oram an English street, a happy birthday surprise party Saturday evening. Euchre was enjoyed, and after the distribution of prizes, a dainty supper was served by the hostess, assisted by guests.

Mrs. Gerald Pearson entertained at a bridge of four tables Monday afternoon at her home on William street, in honor of Mrs. W. J. Robinson's guest, Mrs. Kirtland of Toronto. At five tea, hour Mrs. Robinson presided at a table fragrant with spring flowers.

Jean Anderson Thirde, formerly of Toronto, now of New York, known as "America's queen of Scottish song," accompanied by Mrs. W. H. Ellis of St. Thomas, mother of Piper Donald Ellis, paid a flying visit to this city on Saturday and spent a few hours with "Mack," the Scottish bard.

Mrs. A. C. Joseph and Miss Mc-

Cynthia Grey's Mail-Box

LYOLA SENDS WORDS.

Dear Miss Grey,—I am enclosing the words of "Curfew Must Not Ring Tonight" for "Look- ing," as I noticed she was asking for them.

I would like very much to get the words of "The Tumble Down Shack," also "There is Someone More Lonesome Than You."

Hoping I am not asking too much, will close, wishing you a happy and successful 1922.

LYOLA.

I have placed your envelope on file, and as soon as the songs are sent in I shall forward them to you.

HAD TO GET OUT AND WORK.

Dear Miss Grey,—I would just love to come into the Mail-Box to see you all, but maybe you would not want me. I wrote to you when I was 14, but never saw my letter in print. It was about seven years ago when I first wrote to you, Miss Grey, I am a girl of 19, and I have no mother or father. I have two sisters. My mother died when I was 7, and my father when I was 8, so I had to get out and work for myself. I think all girls should do what their mothers tell them, as they don't appreciate their mothers until they are gone. I would like to correspond with someone in Dutton. Best luck to the Boxites.

You have been a member of the Mail-Box for a long time, haven't you, Kent? We will be pleased to hear from you as often as you care to write, and I sincerely hope you receive some interesting correspondents from Dutton. Did you live there at one time? What a busy, self-reliant girl you have been, and a brave, sensible one, too, I am sure.

MAVIS

FACE POWDER

75c

Is Your Skin Clear and Charming?

MAVIS face powder is so fine it will not clog the pores or coarsen the skin. It is sifted through silk so fine that fifteen well-known face powders failed to pass through it. For a clear and charming complexion compare MAVIS with the powder you now use. Lastingly fragrant with MAVIS perfume. White, rose, flesh, rachel and the new duo-tint.

MAVIS TOILETRIES

Talcum Powder	5c
Face Powder	15c
Cold Cream	15c
Lotion	15c
Manicure Sets	2.50

Extract 75c
Toilet Water 1.75
Toilet Soap 1.75
Toilet Sets 3.25, 5.50 and 8.50

PARIS VIVAUDOU NEWYORK

ASK LADY ROBERTS TO BE HONOR GUEST

According to Mrs. Gordon Wright, president of the Dominion W. C. T. U., it is possible the annual meeting of the national organization may be postponed this year until October. An invitation to be present has been sent to Lady Cecilia Roberts, eldest daughter of the late Countess of Carlisle, the former world president of the W. C. T. U. If she is unable to come in June it has been suggested that the meeting be postponed until October, shortly before the world convention in the United States in November.

Lady Cecilia Roberts showed so much kindness to the Canadian delegates when they attended the last world convention in London, England, and is such a charming personality, apart from her relationship to the late world president, that, according to Mrs. Wright, it is believed she would be a very strong attraction to draw delegates from all parts of the Dominion to the Canadian convention.

A big advance step of the past year in the W. C. T. U. has been the resuming of missionary activities among the new Canadians in the West along Christianization-Canada-dianization lines. This work, inaugurated by Miss Nellie Forman, formerly of Stratford, Ont., now of Regina, in the latter part of 1913 and in 1914, had to be given up for some years, owing to war conditions.

Now it is forging ahead again, and splendid reports are heard from British Columbia, Mrs. Wright states.

The merging of the old Dominion organ "The Bulletin," with the Ontario provincial organ "White Ribbon Tidings," and making the latter the national official organ, under the editorship of Mrs. McAllister, has been another outstanding event of the year.

The next Dominion convention has been invited to Toronto, where the large addition to Willard Hall, the headquarters, will be completed in time for the event. Willard Hall, further, is said to be the largest W. C. T. U. headquarters in the world and the Toronto union the largest union in the world.

Military honors and decorations are held by more men in France than in any other country.

DRAMA CLUB FORMED.

The first meeting of the Dramatic Club of the Catholic Women's League under the direction of Miss Topley Thomas, was held Monday evening in St. Peter's Hall. The first work to be undertaken by the club will be the presentation of three one-act plays.

ASK LADY ROBERTS TO BE HONOR GUEST

According to Mrs. Gordon Wright, president of the Dominion W. C. T. U., it is possible the annual meeting of the national organization may be postponed this year until October. An invitation to be present has been sent to Lady Cecilia Roberts, eldest daughter of the late Countess of Carlisle, the former world president of the W. C. T. U. If she is unable to come in June it has been suggested that the meeting be postponed until October, shortly before the world convention in the United States in November.

Lady Cecilia Roberts showed so much kindness to the Canadian delegates when they attended the last world convention in London, England, and is such a charming personality, apart from her relationship to the late world president, that, according to Mrs. Wright, it is believed she would be a very strong attraction to draw delegates from all parts of the Dominion to the Canadian convention.

A big advance step of the past year in the W. C. T. U. has been the resuming of missionary activities among the new Canadians in the West along Christianization-Canada-dianization lines. This work, inaugurated by Miss Nellie Forman, formerly of Stratford, Ont., now of Regina, in the latter part of 1913 and in 1914, had to be given up for some years, owing to war conditions.

Now it is forging ahead again, and splendid reports are heard from British Columbia, Mrs. Wright states.

The merging of the old Dominion organ "The Bulletin," with the Ontario provincial organ "White Ribbon Tidings," and making the latter the national official organ, under the editorship of Mrs. McAllister, has been another outstanding event of the year.

The next Dominion convention has been invited to Toronto, where the large addition to Willard Hall, the headquarters, will be completed in time for the event. Willard Hall, further, is said to be the largest W. C. T. U. headquarters in the world and the Toronto union the largest union in the world.

Military honors and decorations are held by more men in France than in any other country.

BANISH GRAY HAIR

MANY charming faces are aged by prematurely graying hair. If through illness or exposure to harsh elements your hair has become gray, streaked or faded, "Brownatone" will bring back the look of youth. Thousands of women have tinted their hair to natural shades with this modern aid to beauty. Any shade from golden brown to black. Acts instantly, easily applied and guaranteed harmless to hair, scalp or skin. All dealers 50c and \$1.50. Trial bottle sent direct for 10c. The Kanton Pharmacy Co., 616 Coppin Bldg., Covington, Ky.

BROWNATONE

Brownatone is sold and recommended in London by Cairncross & Lawrence, Taylor & Co., Standard Drug Company, Limited, and other leading dealers.

WARNING!

Not all yeast will give the desired results. There are certain types of yeast which have absolutely no medicinal value. By insisting on the genuine IRONIZED YEAST, and refusing cheaper imitations or substitutes, you can be sure that you are taking a vitamin tonic treatment which is unsurpassed in effectiveness, convenience and genuine health-building value.

Sales Representatives: HAROLD F. RITCHIE & CO., Ltd., Toronto

Free Trial Coupon

Harold F. Ritchie & Co., Ltd., Dept. 64
10 McCaul Street, Toronto

Please send me the famous three day free trial treatment of IRONIZED YEAST.

Name

Address

City

Province

Only One Trial Package to a Family

SURPRISE

A PURE HARD SOAP

SURPRISE SOAP

Always Good

Every time you buy "SURPRISE" you get a big, bright, solid bar of the highest grade household soap.

SNOWY-WHITE FLAT WORK

TWELVE POUNDS \$1.00 EXCESS, 8c

SOMEWAY AND SOMEHOW.

THE PARISIAN LAUNDRY

Launderers, Dry Cleaners, Dyers and Rug Cleaners.