

# GLANCES IN MY LADY'S MIRROR

## FROM OLD LONDON

PLEASANT TO HAVE SOMETHING NEAT IN RESERVE.

Women's Outer Garments Have Resolved Themselves Into Uniforms In London, and Quiet, Homelike Frocks Are Much in Demand.

London, April 12.—In these strenuous times when so many women are busily engaged during the earlier hours of the day in various works of charity, and when outdoor costumes resolve themselves automatically into those simple coats and skirts which have almost become a uniform, it is pleasant to have something fresh and neat in reserve in the way of an afternoon gown which can be slipped into quite easily at tea time.

A frock of this kind will be very useful also for quiet evenings spent at home, especially just now, when the time formerly given to bridge is so often devoted to knitting the socks and belts which are still required in their hundreds, if not thousands, for our soldiers at the front.

Some suggestions are given for two graceful little frocks which would be very suitable for indoor wear in the afternoon. The first gown was carried out in broadened crepe de chine of a fairly substantial kind, and chosen in a soft shade of lilac, patterned with a conventional design in self-coloring. The bodice is made in the new long shape, and is cut in one with a deep hip-yoke, which is slightly draped round the figure.

**Frill Of Cream Lace.**  
A cascade frill of cream lace passes down the front of the bodice and conceals the buttons with which it is fastened. This cascade is continued on the skirt, and there is a frill of lace to match at the hem of the long tunic which falls in graceful folds over a plain, but fairly full, underskirt. The Medici collar and the ruffles at the elbows are of cream lace to correspond.

Satin charmeuse in a dark shade of sapphire blue is the material chosen for the other gown and in this case also the skirt is arranged with a very long tunic. The broad sash is of pale grey satin, swathed closely round the figure and tied with two long ends at the back.

What of the blouse in the general campaign of alteration that is being effected in the modes of springtime? Is it, too, to be changed? Indeed it is, though many of the old attractions are being retained, and some revival of favorite designs allowed to lapse from use as being reinstated.

One of the prettiest tailor-made and a design quite "possible" and not at all of an exaggerated appearance was made of marine-blue suiting. It had the umbrella skirt, dipping in the very new manner in a U-shape at the back, and a short coat, also cut with a U back to emphasize the skirt treatment.

**Little Gold Bangles.**  
The lining of the coat was thin white foulard patterned with a big linked-ring design in black, and the blouse was of the floppy order and was made of foulard piped round the armholes to draw attention to the sleeves, which were made of dark blue chiffon, very fine and quite clear.

So clear, indeed, that on each arm could be seen distinctively above the elbow the gleam of a plain gold bangle. As very little jewellery, indeed, is worn now this discreet hint of gold was not obstructive, but on the contrary admirable and pretty.

But chiffon sleeves are without doubt perishable. Satin striped tafetas is a good resource and as a contrast to faille is shown charmingly arranged.

**The Influence Of Dress.**  
One of the greatest powers in the world to-day is the power of dress. It sways the mind of all; the wise, the foolish, the good, the evil, the rich, the poor, the old and the young. Good clothes are the creators of opportunity in society, business and religion. The well-dressed person exerts a psychological influence that is irresistible. Good clothes are a staff to lean upon during life, and a monument builder over one's ashes. If wives and mothers realized to what extent dress influences husband and children, there would be far less slipshod, unkempt women wandering about a home from early morning until late afternoons. The disreputable housewife is a source of wide-spread demoralization, that be-

gins as soon as the husband discovers that her careful attention to dress when she was being wooed, was for effect; and not for its moral influence during the days of home-making. It is easier after this becomes apparent to allure him away from the home; he sees the tidy nurse, saleslady or office assistant, always smart appearing and the comparison with his unrepresentable helpmeet is unfavorable to the sweetness he sought in married life. The untidy carelessly-dressed mother's influence on her children too is not salutary; for carelessness in dress is evidence to those skillful interpreters of human nature, of carelessness in thought, if not in speech, and the child naturally rebels against a government not systematic, stable and prompted by high motives.

**Feminine Frills.**  
Calls the French designer, says full skirts will not last, and she refuses to make gowns for the moment.

Hips are still flat and there is no sign of a curve in them, but the normal waist line may lead to the small waist, which, in turn, will call for rounding hips.

Bodices for evening often have a slight boned, point in front, and an 1870 decolletage, which is best understood by viewing pictures of the Empress Eugenie.

Designers show a desire to revert to the Louis V. fashion of the small elbow sleeve, with its deep ruffle of lace.

Cheruit brings back the plain dark blue cloth skirt with the tan covert cloth pocket, a combination which was very popular in 1895.

**LATEST FASHIONS.**  
The picture from New York shows one of the daintiest of spring models. Spring weather has brought out the latest productions of the Parisian and "made in America" fashion originators. After a walk in the shopping district, one could not help but think that a fashion show in which thousands of dainty maidens were participating, was taking place in the avenue. The suit shown is of the favorite fawn colored cravat cloth with the popular circular skirt. The jacket is three-quarter length pointed at the sides. A fawn colored suede belt and a slightly standing collar complete the suit. The Tam-o-Shanter hat is of white corduroy velvet with two tassels on the side. The shoes are laced on the side and a little rosette at the top of the lacing sets off the white kid tops.

**For Tender Feet.**  
Carborated vaseline, well rubbed into the skin, is said to be excellent for frostbites.

Where the skin is broken zinc oxide is sometimes very healing. White cotton stockings should be drawn on the feet, when any cream is used.

Massage after a warm foot bath helps to stimulate the circulation where there is a proclivity to cold feet and is a preventive of frostbite. A little salt added to the foot bath will harden too delicate skin.

**Spring Salad.**  
In a salad bowl put first a layer of fresh, crisp watercress, then a layer of thinly sliced cucumbers which have been soaked in cold water for fifteen minutes, then a teaspoonful of minced chives, then another layer of cucumbers, and around the edge a light border of green peas. When ready to serve, pour a French dressing over it and toss it over until well mingled. This is appropriate to serve with a course of broiled fish.

**Tomato Jelly Salad.**  
Soak half a box of gelatine in half a cup of cold water for fifteen minutes. Stew a can of tomatoes with a half inch of bay leaf, one-half teaspoon of mixed whole spices, a spoonful of celery salt, and one-half a small onion. Strain through a puree sieve, add boiling water if necessary to make three cups, heat again to boiling point, add the softened gelatine, and stir till dissolved. Then pour into small cups, chill, and serve turned out on lettuce leaves with mayonnaise on top.

**Drink Plenty Of Water.**  
If you would have a clear complexion drink plenty of water between meals and exercise out doors every day.

Cold water stimulates the membranes of the stomach, and hot water soothes them.

Sipping either is better than swallowing rapidly, and when the taste of hot water is unpalatable a pinch of salt or a dash of lemon juice will improve it. A pinch of soda with the lemon juice is even better.

A rational habit of drinking water will not only improve the health, but will preserve it. Water and milk are both very good to keep the kidneys acting well.

## Some Observations on the Modern Girl

"In her transition stage she is the most perplexing, contradictory, yes; irritating object anywhere about."  
"The Modern Girl, in swinging as far as possible away from the old ideal of trying to please the man in everything, has reached the dangerous point of never pleasing any one but herself in anything."  
"I grant that many of you are already honest with men, rather distressingly so, but you must learn to be honest with yourselves and with each other."  
"The modern girl is a sure winner. She is audacious and humorous and warm. She is good as the old parlor girl never was, and clean of mind and true of soul. She is out for the truth, and after following a hundred false leads she is going to get it."  
—Samuel Merwin, novelist and champion of the modern girl.

**NEW BOUDOIR CAPS.**  
Some Made With Strips of Brocade on Lace Or Net.  
Some of the newest boudoir caps are made with strips of heavy brocade mounted on a lace or net foundation. The brocade usually used is not of decided color, a dainty cap is made of gold net, with a band of brown and gold brocade across the top of the cap, from ear to ear. Two points, wired to flare out, of gold lace, relieve the heaviness of the brocade, as does also a little frill of narrow gold lace about the face. A pink velvet rose is fastened on the back of the cap.

## Tempting and Timely Salads

**Canned Cherry Salad.**  
One pint of good, large canned cherries, some crisp white lettuce leaves, two tablespoonfuls of blanched and chopped almonds, and mayonnaise.  
Stone the cherries without breaking them too much; then mix them with the almonds and mayonnaise. Arrange the lettuce around the sides of the salad bowl and put the fruit in the middle.

Another delicious dressing for this salad is made of four tablespoonfuls of olive oil, one tablespoonful of lemon juice, a little sugar and salt and pepper.

**Endive and Grapefruit Salad.**  
Several crisp endive heads, ripe grapefruit. French dressing with paprika instead of the usual pepper. Wash and dry the endive, breaking the leaves apart first; then cut them down in thin strips. Peel the grapefruit and take out the meat in plugs, denuding it of pith and the skin about the carapels. Put the fruit and endive together, tossing the salad in the dressing and putting on as much paprika as is agreeable to taste. After it is well mixed, pile it on a mound of romaine or plain lettuce leaves, also tossed in a French dressing.

**Watercress and Apple Salad.**  
One bunch of fresh watercress, one cupful of sliced tart apple, one tablespoonful of cider vinegar, six tablespoonfuls of olive oil, two teaspoonfuls of sugar and salt and pepper to taste. Wash and dray the cress—keeping it as crisp as possible against the ice before using—and arrange it lightly in a salad bowl. Pile the apples on top of the green, and after the dressing has been separately mixed pour it over the whole. Serve immediately.

**Apple and Celery Salad.**  
Three large greening apples, the hearts of a bunch of celery, one teaspoonful of onion juice, one teaspoonful of vinegar, salt, cayenne and olive oil. Peel and slice the apples thinly and cut up the celery in thin wisps. Put the whole in a bowl, sprinkle on salt, add pepper, then onion juice, then the oil; toss for several minutes and then mix in the vinegar, putting on a little more if needed. Mayonnaise will make this salad richer.

**Vegetable Salad in Apple Cups.**  
Select several good-looking red eating apples, wash them and cut off the tops. For the salad mixture use either grated carrot and beets mixed, cold slaw seasoned with onion, chopped celery, or onion and apple mixed. Dress the mixture thoroughly with French dressing or mayonnaise, and then pack it neatly into the apple cups, sticking in a little curl of white celery top, after each one is arranged to stand up. Serve on a flat platter.

**Spring Salad.**  
In a salad bowl put first a layer of fresh, crisp watercress, then a layer of thinly sliced cucumbers which have been soaked in cold water for fifteen minutes, then a teaspoonful of minced chives, then another layer of cucumbers, and around the edge a light border of green peas. When ready to serve, pour a French dressing over it and toss it over until well mingled. This is appropriate to serve with a course of broiled fish.

**Tomato Jelly Salad.**  
Soak half a box of gelatine in half a cup of cold water for fifteen minutes. Stew a can of tomatoes with a half inch of bay leaf, one-half teaspoon of mixed whole spices, a spoonful of celery salt, and one-half a small onion. Strain through a puree sieve, add boiling water if necessary to make three cups, heat again to boiling point, add the softened gelatine, and stir till dissolved. Then pour into small cups, chill, and serve turned out on lettuce leaves with mayonnaise on top.

**Drink Plenty Of Water.**  
If you would have a clear complexion drink plenty of water between meals and exercise out doors every day.

Cold water stimulates the membranes of the stomach, and hot water soothes them.

Sipping either is better than swallowing rapidly, and when the taste of hot water is unpalatable a pinch of salt or a dash of lemon juice will improve it. A pinch of soda with the lemon juice is even better.

A rational habit of drinking water will not only improve the health, but will preserve it. Water and milk are both very good to keep the kidneys acting well.

## SPRING FASHION HINTS.

**Bolero And Zouave Jackets.**  
The bolero and zouave jackets, both usually becoming, are employed in many spring frocks. They are especially pretty when they are used in the thin frocks, of net, organdie, batiste or other summer fabrics, for then they are usually elaborated with frilling or embroidery.

**Separate Belts.**  
If one may judge by the shops, women are again going to buy separate leather belts, for many and good ones are shown. They are to wear with one-piece frocks, and with coats of linen and of wool.

**Shirring.**  
Shirring marks many frocks of soft fabrics. The skirts are shirred on cords about the hips, thus disposing of fullness that might otherwise be awkward in a skirt not cut on circular lines, but still full.

**Changeable Taffeta.**  
Changeable taffeta has been used in the models shown at the February openings in Paris; and it has made its appearance here in some of the new models. It is a distinctly suitable fabric for summer, for in appearance and feeling both it is crisp and cool.

**White And Black Stripes.**  
White and black stripes are used in almost every fabric, but perhaps no more attractively than in voile or chiffon, mounted over a foundation of white taffeta. Often the over-edges of stripes is edged with blue or black velvet ribbon, which gives it a stability and charm it would otherwise lack.

**Colored Blouses.**  
Colored handkerchiefs, linen blouses are shown again this year. You remember, last year they were introduced for country wear. They are still on tailored linens, frequently with pockets. They have long sleeves and sometimes the fronts are scalloped.

**The Useful Sailor.**  
Everyone is glad that the sailor shape is in evidence in spring millinery. Many hats there are of picture type, poke shapes, too, that are vastly becoming. But for general wear nothing is so smart as the sailor. It will probably be worn a good deal when warmer weather comes.

**Sheer Fichus.**  
The fichu has many advocates this spring. There are some pretty frocks of taffeta, with hemstitched fichus of the sheerest muslin. Many lingerie frocks have ruffled fichus draped about the shoulders. And even some evening frocks show this quaint adjunct.

**Lacy Fabrics.**  
There is some difficulty about getting imported laces owing to the war. But there is no difficulty in getting lace and sheer fabrics. There is lace cloth, for instance, a fabric with all the sheerness and irregularity of surface of all-over lace, yet with a good deal of body and strength.

**New Neckwear Devices.**  
Ever since the first revival of the Medici collar, which returned definitely to favor now more than a year ago, new devices have continually been brought out in the way of neckwear. In fact, at the present moment ruffles and collars of all sorts and descriptions are more popular than ever. No tailor-made coat seems complete without the introduction of some kind of collar in lawn or organdie muslin.

The soft mass of white near the face, too, is so generally becoming that this fashion for dainty neckwear is one of those which have most certainly come to stay.

Some novel collars were represented a few days ago which will be useful not only for wearing with tailor-made gowns, but also as a means of beautifying even the smallest blouses, and lifting them at once out of the region of the commonplace. One of the collars was made in one with white revers, tied together in front with a bow of black satin ribbon, and was carried out in fine white lawn.

Another one was a very becoming collar made in organdie muslin and finely embroidered in a dainty design.

**Seven Frying Don'ts.**  
Don't put in the article to be fried till the fat is still and a faint smoke rises from the pan.  
Don't put too many pieces of bacon, or of whatever is being fried, into the pan at the same time.  
Don't forget to reheat the fat before putting each lot of food into the pan. If you do, your food will not fry crisp.  
Don't use fat which has been burned at a previous cooking.  
Don't forget to drain everything carefully after lifting it out of the pan.  
Don't allow fried food to get chilled before serving it up.  
Don't forget to wash all pans before putting them away.

**When Hair Darkens.**  
Light hair grows darker as one grows older. The woman who is troubled by her hair darkening might add the juice from half a lemon to next to the last rinsing water when she washes her hair. If her hair is not too dry it will not harm it to put a teaspoonful of borax in the shampoo bath.

A hair restorer is composed of twice as much Jamaica rum as castor oil and a few drops of either oil of roses or lavender. Rub it well into the scalp, being careful not to have any more than possible touch the hair.

**Sties On The Eyelids.**  
Sties are occasioned by the irritation of the hair follicle out of which an eye-lash springs. They should be opened as soon as the pus is formed, for they will not get well as long as the pus remains.

For inflammation of the follicles and scaldiness add to an ounce of vaseline fifteen grains of precipitated sulphur. In applying this ointment it is well to warm it a little.

ALLOW ME TO PRESENT MY BEST FRIEND

# ROYAL YEAST CAKES

IN BUYING YEAST CAKES BE CAREFUL TO SPECIFY ROYAL YEAST CAKES. DECLINE SUBSTITUTES.

E. W. GILLET CO. LTD. TORONTO. WINNIPEG. MONTREAL.

## The right food for your Baby

Should you think of trying cow's milk, you would be faced with many troubles. You would need to secure milk of right quality, from healthy cows, handled with scrupulous cleanliness and delivered whilst quite fresh. You would have to modify and prepare the milk carefully under medical guidance so that it shall be easy to digest and be nourishing. Can you do all that has to be done? Must you?

On certain beautiful meadow pastures in old England splendid herds of cows are reared, and close by, in ideal surroundings, are the Allenburys' model laboratories. Directly the cows have been milked the milk is prepared and modified with scientific exactness, according to the most recent medical experience, to produce the ideal Infant Food.

The Allenburys' Milk Food No. 1 is just what you need for the young baby. Rich, germ-free, fresh cow's milk so prepared and modified that it is practically identical with healthy mother's milk. The most delicate baby can digest it and be nourished so that he will thrive. All that you could wish and do has been done for you—just add boiling water.

When cow's milk, with all its worries as to purity and preparation, is suggested for trial, remember

# Allenburys' Foods

Milk Food No. 1. Milk Food No. 2. Malted Food No. 3.

The most rational, progressive system of Baby Feeding.

A FREE BOOK for every mother. The Allen & Allenburys Co., Limited, Toronto.

# BREAKFAST Kellogg's CORN FLAKES

is the standing order—other dishes are a matter of choice, but the list is complete without them.

Made-in-Canada from the Sweet Heart of white corn. Thoroughly cooked and always ready to serve. 10c. PER PACKAGE

Don't put in the article to be fried till the fat is still and a faint smoke rises from the pan. Don't put too many pieces of bacon, or of whatever is being fried, into the pan at the same time. Don't forget to reheat the fat before putting each lot of food into the pan. If you do, your food will not fry crisp. Don't use fat which has been burned at a previous cooking. Don't forget to drain everything carefully after lifting it out of the pan. Don't allow fried food to get chilled before serving it up. Don't forget to wash all pans before putting them away.

When Hair Darkens. Light hair grows darker as one grows older. The woman who is troubled by her hair darkening might add the juice from half a lemon to next to the last rinsing water when she washes her hair. If her hair is not too dry it will not harm it to put a teaspoonful of borax in the shampoo bath. A hair restorer is composed of twice as much Jamaica rum as castor oil and a few drops of either oil of roses or lavender. Rub it well into the scalp, being careful not to have any more than possible touch the hair.

Sties On The Eyelids. Sties are occasioned by the irritation of the hair follicle out of which an eye-lash springs. They should be opened as soon as the pus is formed, for they will not get well as long as the pus remains. For inflammation of the follicles and scaldiness add to an ounce of vaseline fifteen grains of precipitated sulphur. In applying this ointment it is well to warm it a little.

**Brightens the colors of linoleums, and leaves a dry, smooth surface that doesn't readily hold dust. Contains no grit to scratch or wear the finish.**

# Lawrason's Snowflake Ammonia

Made in Canada. Ask for it by name—say "Snowflake." 5 and 10 cent packages.

## SPRING MILLINERY OPENING

—NOW ON—

"Made in Canada" our specialty.

MISS HAMILTON,

370 Princess Street Phone 1267