

# GLANCES IN MY LADY'S MIRROR



(Continued from page 3)

Miss, Freda Burns, Frontenac street, entertained informally at the tea hour on Thursday, when her guests included the Misses Hazel Browne, Phyllis Cole, (Montreal), Dorothy Goodwin, Grace McLelland, Bessie Farrell, Dorothy Chown, Annie Minnes, Miss Coon, Eva Coon, and Jean Craig.

Charles Shearer, Montreal, was in town for a couple of days this week.

Mrs. T. C. Mitchell, London, Ont., is the guest of Mrs. W. A. Mitchell, William street.

Miss Kate Hamilton is spending the week-end at her home in Smith's Falls.

Miss Nora Knotter, Toronto, is the guest of Miss Marion Booth, Clergy street.

E. R. C. Dobbs, Hamilton, is the guest of his parents, Mr. and Mrs. Frank Dobbs, Barrie street.

Mrs. Bellhouse, Earl street, went

to Montreal yesterday for a short visit with her daughter, Miss Marguerite Bellhouse.

Arthur Martin is in town from Toronto for the week-end.

A. W. Browne is in Brampton over the holiday.

Mrs. C. S. Parsons is expected from Ottawa next week to visit her parents, Mr. and Mrs. James Henderson, Earl street.

Mrs. S. W. Dyde, wife of Principal Dyde, Edmonton, Alta., is the guest for the week-end of her brother, James M. Farrell, 26 Barrie street.

Mrs. Arthur Horsey, Montreal, is visiting her parents, Mr. and Mrs. Sutherland, Sydney street.

Miss Florence Dunn, Division street, is the guest of her cousin, Lieut.-Col. and Mrs. Archambeault, Outremont avenue, Montreal.

**Are You a Reed, and Are You Hollow**

Knowing one's limitations, they say, is one of the first essentials to progress.

One of the commonest criticisms made against women is their inability really to find themselves. They are said to confuse their longings, their aspirations, their ideals with their actual capabilities and so run round and round in a circle, never getting anywhere. The woman whom a kind Creator designs to be a kindly, estimable housewife spend her time freely trying to imitate a more gifted friend, who has talents which entitle her to create for herself a sphere where she can bask in the limelight.

A little story in one of the magazines is written by a woman who possesses the saving sense of humor. She pictures a girl of a type seen frequently—the girl who takes herself seriously and wins commiseration from the start. She is in love, which furnishes the little touch of nature that makes all kin. And she does not know she is in love with

love, but fancies a single individual has wrought for her this divine miracle.

She writes a poem expressing the deathlessness of affection—an affection, which, however, lasts a scant three years, and then, as she wonderfully speaks of the disillusionment.

"It's strange that a person—of a thing—can mean so much to you and then, in such a little while, mean nothing at all."

Two other affairs follow in due time with poems equally expressive; then the girl discovers the very painful truth about herself:

"You are a reed for God to make music through, that is all."

And the girl, big enough to grasp the significance, answered:

"After all, a reed is all right in its place, if only it knows it is a reed—and hollow."

Sometimes just such an awakening as this is needed—a revelation of personal insignificance, but at the same time a comprehension that our place in the scheme of things is important, provided we are not ashamed to be a reed—and hollow.

### HOUSEWIFE LORE

If a sprig of parsley is dipped in vinegar and eaten after an onion an unpleasant odor from the breath can be detected.

A teaspoonful of lemon juice in a small cup of black coffee almost always relieves a bilious headache.

A cloth wrung out in very hot water and applied often will remove discoloration from bruised flesh.

Benzoin rubbed freely on the edges of a carpet is a sure preventive of moths.

To shine boots quickly do not blacken, but rub on a piece of orange and let the juice dry in; then polish with a soft brush and they will shine like a mirror.

One of the best methods to remove a corn is to use turpentine. Touch the corn every night with a little turpentine. It will come out in a short time. Apply the turpentine with a toothpick.

**Don't Rob Girlhood Of Its Charm by Posing.**

The average girl goes through her fads as she does through her dresses, but there is one habit, if she happens to run into it, which may leave a lasting impression on her character. This is the habit of posing. It really is nothing but a habit, usually incurred at about eighteen or nineteen.

We all know the girl who is constantly posing. She never sits in a chair in a normal, erect attitude, but needs must drape herself around it.

In an artistic but thoroughly unattractive posture. She cannot stand erect to chat with a person, but finds some wall or fireplace against which she can lean in a conspicuously negligent way. If any one has ever told her she has a good profile she will assume Nazimova poses, her chin up, her profile outlined against a dark background if possible.

This is the girl who poses, and any mother who allows her daughter to begin this habit does not know what she is letting herself in for or she would never give way to this hobby. Many a present day poser might have been a thoroughly delightful and natural girl if she had been told in time the absurdities of this custom.

But posing, like other habits, grows from a mere idle pastime to an over-bearing master, and the girl who once posed for fun ends up by thinking of little else except her postures. This really is not exaggerated, as any reader who knows a poser can tell.

The habit usually begins the last year of school and can be quickly disposed of if attacked at the start by its natural enemy—ridicule. Every one of us is sensitive to ridicule, and if the poser is made fun of at the beginning she will soon drop the habit. But if it is allowed to grow no amount of ridicule will dislodge it in the end, for the poser will never be able to see the justice of the shafts aimed at her and will attribute them all to jealousy.

How much more attractive is the girl who is quite natural and unconscious of self! She is so much more popular with girls and men alike than the poser, who may attract temporarily, but fails to be able to hold the attention of her admirers. Natural girlhood's greatest charm, and the silly girl who thinks she must always strike a pose wherever she may be should learn to think more of others and their interests than of how she looks at all times.

The mother and friends of a poser in embryo can do much to make her lose her fondness for the habit by ridicule. When they see the inclination in her they should send a few pointed shafts of sarcasm which may wound temporarily, but will eventually. The more a mother can do to make her daughter unconscious of self the more attractive and charming the girl will be.

**Slight Breeces And Sunshine Fine For Blanket Cheesing.**

Every housewife has a different way of treating her blankets and flannels for the spring cleaning. For the housewife who does not care to have her bedclothes mixed in with all sorts and conditions of clothes in a public laundry and has not the financial means to send their blankets to the cleaners, only one thing remains—to have the work done at home.

There is no reason why the blankets washed at home should not come out as clean and fresh as new. If they are properly done. However, the wool must not be rubbed, and it is better to use no soap, for rubbing stretches the weave of the blanket and soap suds almost never come out entirely, causing the blanket in many cases to shrink. If, however, the housewife will give her laundress the following instructions: the blanket should come out beautifully.

A half pint of household ammonia should be poured into a tub and a blanket laid over it. Lukewarm water should be run on to this at once. The water will send the fumes of the ammonia through the wool, and this will loosen all the dirt. Then the blankets should be dipped about with a long stick, pressing it against the sides of the tub until all the dirt seems to have run into the water. Then the blankets should be plunged into another tub of clear water at the same temperature as the first; then it should be run lightly through a wringer.

The blankets should be hung in plenty of sunshine and plenty of wind to dry.

**Braiding Gargents Again Popular.**

Braiding has returned to favor as a trimming for children's clothes as well as grown-up's clothes. A little dress of pink or blue linen, with a yoke, simulated by a braided design and a narrow braided border on skirt and cuffs, done in white, would be very smart looking. The belt of a little dress of this sort would need only a single row of the braid around the edge.

Money is sometimes a mighty lever so far as changing opinions is concerned.

### How To Cook Asparagus

Much has been written and said about the health-giving qualities of asparagus. Taking all these qualities for granted, here are some interesting ways of cooking this vegetable so that it may be served many times without palling on the most exacting and fastidious appetites:

#### Baked With Cheese.

Drain boiled asparagus and arrange the stalks neatly on a buttered baking dish. Fry a chopped onion in butter and pour this over the asparagus. Sprinkle over it bread crumbs and grated cheese and bake brown. The asparagus can be cut into one-inch lengths for this dish.

#### Fried Asparagus.

Boil the asparagus, drain it, dip each stalk in beaten egg and crumbs and fry in deep fat. Serve with cream sauce.

#### Creamed.

Cut a bunch or two of asparagus into one-inch lengths and boil until tender. Drain and put into rich, white sauce, rather thick, for the asparagus contains water that thins it; beat thoroughly, season with salt and paprika and serve very hot.

#### In Rolls.

Remove the center from stale, rather long, pointed rolls and fry the rolls golden brown in deep fat. Drain on brown paper and keep hot. Cut a bunch of asparagus, in the meantime, into one-inch lengths and boil until tender. Drain and put in a double boiler with a cupful of milk. Add the yolks of five eggs and stir until thick and smooth. Season with salt and a little grated nutmeg and pour into the hot rolls. White sauce may be used instead of the egg sauce if desired.

#### Baked Asparagus.

Cut asparagus into inch lengths and boil until tender. Drain and put in a buttered baking dish. Season with salt and pepper, dot with bits of butter, sprinkle with crumbs and finely minced boiled eggs. Add more asparagus and repeat in the order mentioned until the dish is full. Have crumbs on top and bake brown.

#### Served Cold.

Boil until tender stalks of asparagus.

### No Woman Need Have Straight, Lank Hair

Instead of burning the life out of your hair with a heated curling iron, you can add to its life by using liquid salinizer, and at the same time secure a far better and more lasting result. Your hair will have a delightful curl, and it will remain soft and supple in what form it is done up, if you will simply apply a little salinizer at night with a clean tooth brush, drawing this through the hair from root to tip.

As you will not need to repeat the application for a considerable time—even if the weather be unusually damp—just you a long while. This will not be the attention of a naturalist, and it is neither sticky nor greasy. It is without question the best hair curling method yet found, and no woman will soon be as popular here as it is in England, where it originated.

### Freckle-Face

Sun and Wind Bring Out Ugly Spots. How to Remove Easily.

Here's a chance, Miss Freckle-face, to try a remedy for freckles with the guarantee of a reliable dealer that it will not cost you a penny unless it removes the freckles; while if it does give you a clear complexion the expense is trifling.

Simply get an ounce of othine—double strength—from Geo. W. Mahood, or any druggist, and a few applications should show you how easy it is to rid yourself of the homely freckles and get a beautiful complexion. Rarely is more than one ounce needed for the worst case.

Be sure to ask the druggist for the double strength othine as this is the prescription sold under guarantee of money back if it fails to remove freckles.

### No Need Being Old or Wrinkled Before 75

Julian Russell says any woman who has wrinkles before she's 75 is herself responsible for them. Sunshine and fresh air are the most valuable as complexion preservers than nostrums and cosmetics.

The chief objection to cosmetics is that at best they only temporarily cover up defects. There are certain truths to Nature, which may be applied with directly opposite effect. Ordinarily mercurial wax, for instance, actually removes a bad or sallow complexion, by gradually almost imperceptibly, peeling off the worn-out surface. Just one ounce, procurable at any druggist, will soon unveil an entirely new and natural complexion.

With an exquisite skin color, dryness of course, skin blemishes, like pimples, freckles, blotches, moth patches, liver spots, disappear with the discarded skin.

To prevent or remove wrinkles, a face bath, which also produces natural results, is made by dissolving an ounce of persulfate of potash in a half pint of chazel. This is immediately effective and gives no untoward after-effects.

### Summer Millinery

Made in Canada our specialty.

**Miss Hamilton,**

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gus and drain them. Chill them and serve them with mayonnaise, with Hollandaise or with tartare sauce. It can also be served with a sauce of oil and vinegar, sprinkled with chopped cucumber pickle.

#### Boiled

Boiled asparagus can be served with melted butter, pepper and salt either on toast or without it; with drawn butter or white sauce, with a little hot cream poured over it or with melted butter and lemon juice.

#### Asparagus And Eggs.

Cut a bunch of asparagus into lengths of an inch or two and boil in salted water. Drain and put in a dish. And butter, melted, and pepper.

#### Every Day Gowns.

A pretty little "every-day" gown is of mouse-colored cloth trimmed with graduated bands of deep sapphire velvet; it has the yoked skirt and full hem of to-day, and a quaint high belt; also an exceedingly pretty high collar, in striped mauve and sapphire faulle and satin.

A lovely new chinchilla coat that may be used for many purposes, including sports, and is therefore more or less of a utility coat, is white chinchilla, having through it an elusive blanket stripe. The stripe is in one, and sometimes three, contrasting colors. The wrong side of the chinchilla (the chinchilla usually being in white or pale sand) shows the stripe quite plainly; but the nape of the chinchilla all but hide the blanket stripe upon the right side.

### Lace As Principal in the Modern Dress.

When the histories of lace come to be re-written they will have to confess that the twentieth century designers did pretty much what they liked with traditions; not that they attempted to invent new laces, but that they revived all the old methods, and built on them something composite, true to no particular school, but none the less of exquisite and convincing charm.

It is to the all-lace frock that the latter-day designer gives attention, so that lace is now a principal rather than an accessory. It was inevitable that the lace of the loom would gradually lessen the importance of the real; the imitation was always there in convenient width and quality to carry out the designer's ideas.

Very good are the laces which are only partially machine made, as when the hand of the worker guides the play of the design on a net foundation. Then on the cobwebby loom lace hand embroidered with work flower designs that give to it a weighted richness and grace.

### Doylies That Hold Both Plate and Tumbler.

Just at present the square and oblong plate doilies are in favor. These are made large enough for the plate and tumbler, thus eliminating the small tumbler doyle. The correct size for the oblong doilies is 11 inches by 16 inches. Runners are generally used with the oblong doilies, and centres are not so much in evidence as they were for so many years. The square doilies, too, are made large enough for the plate and tumbler, while a smaller square is used for a bread and butter or cup and saucer doyle. These doilies are being used for luncheon and card parties, and although a centrepiece is often omitted from these sets, it can be used if desired.

### Exhibition of Lace in London.

An exhibition of antique embroideries and lace, English, Flemish, Italian and Oriental, is being held in the Royal School of Art Needlework, Exhibition road, London. An interesting piece shown is a Charles I. prayer book having the New Testament on the one side, and a book of hymns on the other. Among the embroideries is a magnificent piece of Hindu-Portuguese, with a stained background and Tudor roses in crimson of the William and Mary shade. There are also a number of waistcoats worn by the beau of Queen Anne's time, and some quaint old dresses, among which is a ball dress of Marie Antoinette's.

### All-Electric House.

The manufacturers' exhibit at the Panama-Pacific exposition will include what will appeal to the housekeeper. Many homes have been built and adapted to use electricity in as many ways as possible after construction, but the house that will be exhibited has the various features built in it. Each room will be equipped with labor-saving devices and electrically operated comforts. All the kitchen machinery, with a stitchee peeler to the electric refrigerator, will be motor driven. The dining room will be arranged so as to show how light lunches can be prepared on electric chaffing dishes and stoves. In the rear of the house there will be an electric workshop and a garage equipped with a battery re-charging device for the electric automobile.

### Where Soda Helps.

The housekeeper will find pure baking soda a great help in the household. Used with cream of tartar, it makes an excellent baking powder. A pinch of soda added to boiling green vegetables improves their flavor and helps to preserve their green color. A little soda added to beans when cooking makes them soft and sweet. A pinch of bicarbonate of soda put in milk that is slightly soured will restore its sweetness. The ware boiled with some baking soda will assume a fine brilliancy and will not tarnish so easily.

### Skirt-holders in Closets.

To complete the outfit of a closet place a skirt-holder against the wall inside and you will be surprised to see how much it will contain. The holder is made of a series of pliable steel hoops set in a frame, which may be screwed to the wall. Skirts or trousers slip in between the springs

## Sunlight Soap



Cuts Monday's labor clean in half.

The Sunlight way is so easy—just note. First you soak the garment; then roll it up to soak. After a while you rinse it thoroughly and the dirt drops out like magic.

Why scrub, and rub, and wear and tear the clothes when the gentle strength of Sunlight Soap will do the work with never a hurt to fabric or hands.

Try it once—this Sunlight way. At all grocers **5c.**

## The Food That Will Suit Baby

It is most urgent that the correct food be found for baby before the summer months present their many trials.

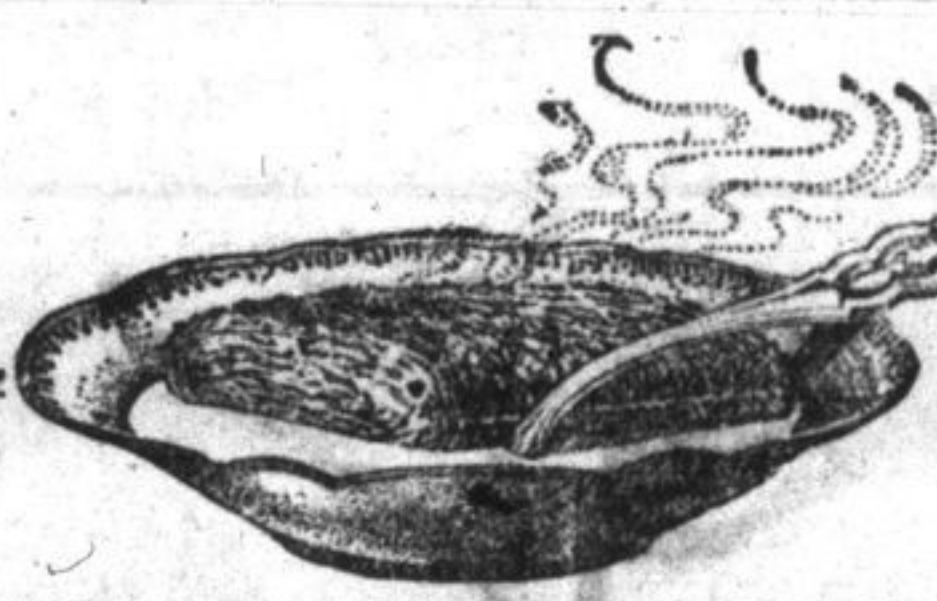
Thousands of mothers, nurses, and doctors all over the world have found the 'ALLENBURYS' Foods not only entirely satisfactory for baby in normal times, but have testified to their supreme value in the trying summer time.

The 'ALLENBURYS' 60-page booklet, "Infant Feeding and Management" should be read carefully by all mothers of young babies. It is sent, with sample of the Food, post free on request.

## Allenburys' Foods

<b>Milk Food No. 1</b> From birth to three months	<b>Milk Food No. 2</b> From three months to six months	<b>Malted Food No. 3</b> From six months
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## SHREDDED WHEAT

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Shredded Wheat is made in two forms, BISCUIT and TRISCUIT—the Biscuit for breakfast with milk or cream, or with fruits; Triscuit, the wafer-toast, delicious for luncheon with butter or soft cheese, or for any meal as a substitute for white flour bread.

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**TOASTED CORN FLAKES**