

TOLD IN THE TWILIGHT --- IN THE REALM OF WOMAN



(Continued from page 3.) The Skating Club met as usual on Monday evening. Those present were: Mr. and Mrs. Harold Lewis, Mr. and Mrs. A. W. Browne, Professor and Mrs. T. S. Scott, Miss Edna Booth, Miss Lillian Kent, Miss Hilda Hague, Miss Bessie Sanderson, Miss Phyllis Knight, Miss Isabel Fraser, Miss Margaret Cunningham, Miss Bessie Farrell, Miss Eva and Miss Mabel Richardson, Miss Agnes Johnston, Miss Marion Leslie, Miss Mamie Garrett, Miss Sibbald Hamilton, Miss Florrie Stewart, Miss Wilhelmina Gordon, and Messrs. Mackey Baker, Ernest Gildersleeve, R. Richardson, Millet, P. C. Lyman, H. Asselstine, Clifton, Knowlson, Ringwood, and Douglas Chown.

Seaforth, Ont., announce the engagement of their daughter, Euphemia D. (Effie) to William J. McFadden, B.A., Queen's Theological College, Kingston, the marriage to take place in April.

Mr. and Mrs. L. L. Henderson, Westmount, announce the engagement of their daughter Mabel Spencer, to William Andrew Eden, Montreal. The marriage will take place next month.

A DASHING DERBY. Another Winter Triumph Designed by a Frenchwoman.

In the case of this chapeau madame took a man's derby and covered the brim with blue velvet. On the right



Mrs. R. E. Segsworth who has been visiting her mother, Mrs. W. B. Dalton, returned to Toronto this week.

J. W. Goner, of the Canadian Bank of Commerce has been transferred to the Peterborough branch.

Mrs. John L. Whiting, Clergy street, is spending a short time in St. John, N.B., to be near her son, Lieut. St. Clair Ward, who is training there.

Miss Bessie Smythe, West street, has returned home after a short visit in Brockville with her sister, Mrs. W. H. Craig.

Miss May Bolger of Kingston is in Toronto.

Col. J. Perreau, the commandant of the Royal Military College was in Montreal for the week end.

Mr. and Mrs. Hugh M. Hamilton, side she then tacked the plumage of a Spanish coque, the emblem of the Italian bersagliere (soldier). The result is a dash and a dare as French as it is military.

"Ships of Fate." As nuts are plentiful at this time of the year, the following game can easily be played:

Prepare as many half shells of walnuts as there are guests. In each fasten a small candle with a drop of wax. Fill a tub with water, and before sailing the boats the water should be agitated, so as to have it wavy. Two at a time may sail their boats, lighting their candles as they do so. The life of the owner is prophesied by the seaworthy qualities of his ship.

If the storm overcomes the ship the owner will be wrecked by adversity. The ship sailing across the tub signifies a long sea voyage, while those remaining by the side show that the person loves home better.

If the two ships stay together throughout the trip the couple owning them will have a happy marriage. If they bump together that signifies a quarrel, and if they sail in opposite directions each person will lead a single life.

Boy Scouts of Hawaii. Under the heading "Scouting in Hawaii" Scouting prints the following: A. A. Wilder, special field scout commissioner for Hawaii, reports that scouting is booming in these island possessions of the United States. Plans are being made for raising a budget to carry on the work in a more systematic manner and to extend the benefits of the movement to a greater number of boys. A contribution of \$1,900 has been received as a starter for this fund.

Plans are also being made for the sixth annual rally to be held on Washington's birthday. It has been suggested that scouts from all the islands in the group be invited to attend and that this be made the first of a series of interisland gatherings.

Hole in the Ice. A game that is great fun to play is called "hole in the ice." The hole, or crack, in the ice is represented by two chalk lines on the floor. One row of children at a time runs or jumps in turn, trying to jump over the hole. If any one touches the floor between the lines instead of going home to his seat he must first come to the front of the room, while the others are jumping, and dry his feet by running on tiptoe "on the ice." The width of the crack may be gradually increased so as to make this game more difficult.

The Two Misses. Little Miss Hurry. All bustle and flurry. Comes down to her breakfast ten minutes too late; Her hair is a rumple. Her gown is a crumple. She's no time to button and hook herself straight. She hunts and she rushes For needles and brushes. For books and for pencils flies upstairs and down. If ever you find her Just follow behind her A trail of shoe buttons and shreds of her gown.

But little Miss Steady By school time is ready. All smiling and shining and neat in her place. With no need to worry. She pities Miss Hurry, Who but yesterday sat here with shame in her face. Her heart beating lightly With duty done rightly. She vowed she will never again change her name.

For though you'd not guess I'm bound to confess It. These two little maidens are one and the same.

Sleepytime Tales

MARY IN IMAGINATION LAND.

Once upon a time Mary had a bad cold and could not go out of the house. At first it seemed nice not to have to go to school, to play all she wanted to, and to have nice dainties to eat, but pretty soon she got awfully tired and lonesome and climbed up in mother's lap and begged for a story.

"How would you like to take a trip with me?" asked her mother. "Why, mother, I can't go out," answered Mary. "I mean a trip right in the house," said mother. "Come and sit in my lap right in front of this frosted window and we will take a trip to Imagination Land."

"Look, down in this corner of the window is a lovely path with all kinds of flowers on each side and it leads right up to the steps of a wonderful castle. There, in the doorway, a Prince is standing and just

beyond, in the distance, is a big ship with great white sails, all ready to sail away to that island over there that is covered with beautiful palms. "Look again Mary and you will see a huge crocodile with a lot of littler ones close beside it and just a little further on their cave filled with water. Look over there Jack Frost with his big stick, all ready to fly over the earth and with his cold breath make many other windows just like this one, so that other little sick girls can also take a nice journey into Imagination Land."

Mary thought that one of the nicest games she had ever played and was very happy and when she went to bed that night, there was another magic window in her room. The electric light from the street shone on it and made it sparkle and showed many new pictures very plainly.

"Low Cost of Living" Menu

Menu for Thursday BREAKFAST Steamed Eggs Creamed Cod Currant Muffins Coffee LUNCHEON Potato Chowder Graham Bread Apple Sauce Tea DINNER Mutton Stew Corn Dumplings Housley Cheese and Nut Salad King's Pudding

DINNER Mutton Stew—Cut in small pieces a pound of mutton and boil half an hour. Slice one potato, two carrots and one onion. Add to the meat, cover with water and boil until tender. Thicken with a teaspoon of tapioca. For the corn dumplings cut a nice light biscuit dough into small, thin circles. Put a large teaspoon of cooked corn on each, season to taste, add a lump of butter and fold over into small dumplings. Steam for twenty minutes.

BREAKFAST Currant Muffins—Cream one tablespoon of butter and two of sugar. Add a beaten egg, 2-3 cups of flour, three teaspoons of baking powder, and half a cup of currants. Bake in muffin tins.

LUNCHEON Potato Chowder—Cut a quarter of a pound of salt pork in small pieces and fry. Place in a saucepan four cups of baked and dried potatoes, one chopped onion and a teaspoon of chopped parsley. Cover with water and simmer until the potatoes are tender. Add three cups of milk and a cup of water. When boiling thicken with dissolved flour.

Housley—Soak overnight half a cup of whole hominy. Add two cups of milk, a little butter and boil slowly three hours. It should be rather dry when ready to serve.

Cheese and Nut Salad—To one large cream cheese add a quarter of a cup of chopped nuts. Serve with a French dressing.

King's Pudding—Soak half an hour two cups of bread crumbs in a cup of milk. Add half a cup of chopped suet, the same of molasses, a cup of raisins, half a teaspoon each of nutmeg and cloves, one teaspoon of cinnamon, and one egg. Steam three hours. Serve with a sauce made by creaming three tablespoons of butter and four tablespoons of brown sugar. Just before serving stir in the beaten white of one egg.



MRS. S. BARTON FRENCH. An energetic worker for the cause of the Allies, who has been compelled to move from one of the New York hotels on account of having her small tampered with and receiving threatening letters, one written in German and one in English. She has been contemplating a lecture tour for the raising of the Serbian, Belgian and the Lafayette fund.

A bill has been introduced in the Dutch Parliament, which, if it becomes a law, will not only give the women of that country the right to vote, but will allow them to hold certain minor offices.

The Isle of Man has home rule and woman suffrage.

To Discard Aged or Weather-Soiled Skin. To free your skin of blotches, roughness, maddness, over-redness, freckles or any cutaneous difficulty, the best thing to do is to free yourself of the skin itself. There is nothing better than the use of ordinary mercerized wax. Use at night as you use cold cream. This is easily accomplished by immediately the offending surface skin begins to come off in fine powder-like particles. Gradually the entire cuticle is absorbed in this way, causing no pain or inconvenience. Nor does the face exhibit any evidence of this treatment. The second layer of skin now in view presents a sparkling beauty and youthful robustness obtainable in no other way we have ever heard of. The mercerized wax can of course be found in any drug store and you won't need more than an ounce of it.

To free yourself of wrinkles or crow's-feet, there is nothing better than the saxonite lotion. You need only dissolve an ounce of powdered saxonite in a half pint of witch hazel and bathe your face in the solution. The effect is quite remarkable, the lines being kept in evidence even after the first application.

Simplicity in Cooking

From time out of memory the French cook has been pointed out and held up as the best cook in the world.

Granted that the French cook is the best in the world, granted that in France one can eat the most complicated and delicately blended foods in the world, granted that the Frenchman can distinguish each of some 17 flavors of which his chicken croquette is composed. Then we must also grant that here in Canada one can get the pure, unadulterated flavor of foods as one can get it no place else.

This of course is the home of the refrigerator, and so we demand fresh food always. It is well known that complicated seasoning was first mixed with food to cover up the undesirable taste of staleness which came because there were no means of keeping food fresh. People pickled and spiced meat in medieval times because they could keep it in no other way. They peppered and seasoned their meager supply of winter vegetables to keep them from being so monotonous that they were unpalatable.

Out of this condition modern complicated cookery was evolved. France perfected this complicated cookery, and France we can still taste the complicated dishes at their best.

But where can you taste the pure, simple flavor of chicken, for instance, as you can taste it in this country? Take the roast chicken or the broiled chicken prepared for the table of some of your friends, maybe for your own table. The flavor is chicken, chicken only, and of the best. Some cooks will not even stuff roast chicken because they think the stuffing takes something from the simple deliciousness of the chicken flavor.

No, we will give all honor to the French cook as the most clever in the world in combining flavors. But let us take pride in Canadian cooking because of its simplicity.

ACTIVITIES OF WOMEN

Queen Maud of Norway is quite adept at wood carving. Three fifths of the Belgian refugees in England are women. Woman navvies are now employed on the Prussian state railways.

Mme. Hitoko, a Japanese woman, owns several banks in that country. Pennsylvania has 67,166 women employed in the manufacture of clothing.

Of the total population of 60,038 in Panama City, 28,198 are females. In Spain was the first country to honor the female sex with orders of chivalry. A score of women are now employed to take the place of the policemen by the Scotland Yard. Girl babies in Japan have their

Clean, pure and wholesome, a tea you will like.

Red Rose Tea "is good tea"

"Satisfying and sustaining" is the verdict of the Canadian people with respect to

Kellogg's TOASTED CORN FLAKES

made from Southern corn by our secret process which retains all the nutritive elements of the corn which are delightful to the taste. NO OTHER FOOD known as "Kellogg's" is made by us. Be sure and get the genuine-original.

10c. a package. At all good Grocers. "MADE IN CANADA" only by THE BATTLE CREEK TOASTED CORN FLAKE COMPANY, LIMITED LONDON, ONTARIO, CANADA

SIFTO SALT IT FLOWS advertisement with logo and text: Never clear the shakers in the dampest weather. DOMINION SALT CO. LIMITED Sault Ste. Marie 100

Easy & Practical Home Dress Making Lessons

Prepared Especially For This Newspaper by Pictorial Review

Simple, but Interesting. silk, the four-piece skirt is attached to the waist under a narrow belt of self-material.

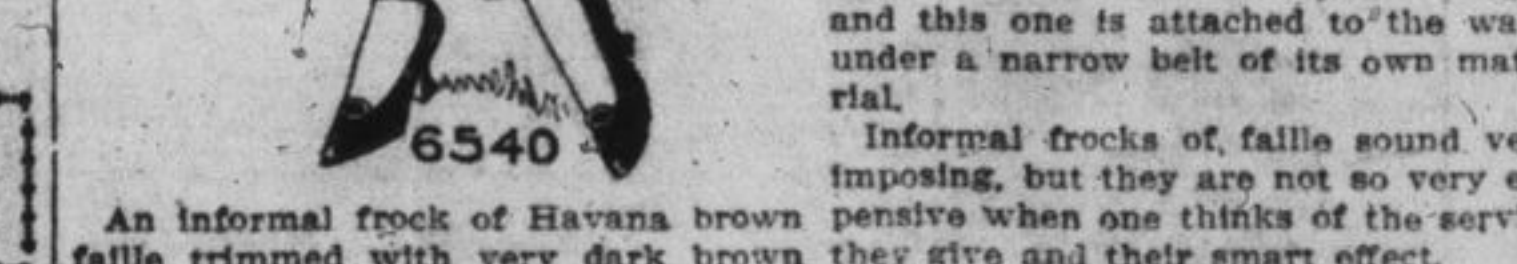
Easily the most interesting feature of this frock is its simplicity, which is most delightful. Combined with this are comfort and style and the possibility of reproducing the frock at exceedingly small cost. In medium size the dress requires 3 1/2 yards 44-inch material, with 3/4 yard contrasting silk 27 inches wide for the trimming and 3/4 yard belting 2 inches wide for stay.

After folding the material, place the back gore of the skirt into position first, on a lengthwise thread of the material. Next comes the plecing and to the right of this the back, which is laid on the fold. The front gore of the skirt is laid on a lengthwise thread of the goods, with the belt next, on a lengthwise fold. The last four sections to be placed are the shield, front, sleeves and pocket section, all on a lengthwise thread. The skirt and the sleeves may be shortened, if desired, by cutting off on the line of small "o" perforations.

The collar may be of black or some dark silk, and the trimming is repeated on the upper edge of the pocket. The intrusion of self bands on the black strikes an effective note in decoration. The back of the waist extends over the shoulders on front in yoke effect giving a smart finish to the shoulders.

There is no more popular model for a skirt than the new four-piece designs and this one is attached to the waist under a narrow belt of its own material.

Informal frocks of, fallie sound very imposing, but they are not so very expensive when one thinks of the service they give and their smart effect.



An informal frock of Havana brown faille, trimmed with very dark brown satin, 6540

Pictorial Review Costume No. 6540. Sizes 34, 36, 38, 40, 42, 44, 46, 48 and 50 inches. Price, 15 cents.

Above Patterns can be obtained from NEWMAN & SHAW, Princess Street



AN ENTIRELY NEW COMBINATION FOR SUMMER WEAR. Suggested perhaps by the colored smock of last year, which was worn with sport skirts of white linen; this blouse of Georgette crepe, worn with white satin skirt strikes an entirely new note and the combination should prove both charming and practical for summer days. The blouse is of blue Georgette crepe touched with silver. The white satin skirt is especially graceful.

What About the Teeth?

Statistics show that only about 14 out of every 500 New York City school children have sound teeth. Probably similar conditions prevail elsewhere.

There's a Reason! And it lies to a great extent in the demineralized foods that make up the usual diet of children. The body must have its quota of mineral elements—lime for the teeth, iron for the blood, phosphate of potash for the nerves, etc.—or disaster is pretty sure to follow. Many foods—especially white bread—are woefully lacking in these vital mineral elements.

Grape-Nuts

(Made in Canada) is rich in these elements. It is made of whole wheat and malted barley, retaining the mineral salts so abundantly stored in the grain by Nature.

Grape-Nuts is easily digested, appetizing, and highly nourishing. Along with other food, a daily ration of Grape-Nuts does much toward correcting dietetic faults in both children and adults.

"There's a Reason" Canadian Postum Cereal Co., Ltd., Windsor, Ont.