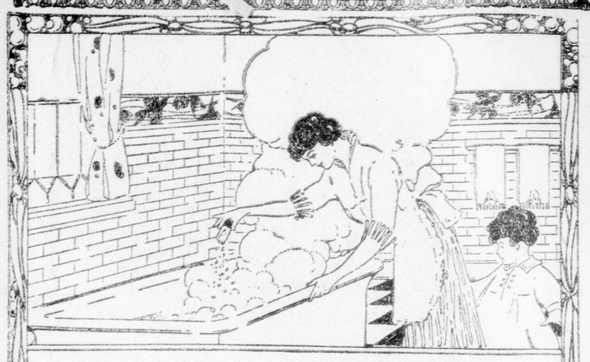
A PAGE OF GENERAL INTEREST TO WOMEN READERS



A Way to Soften the Hard Water of the Bath

Get out the LUX package—pour in 3 or 4 tablespoonfuls into the water and stir a little. The water immediately becomes creamy soft, most refreshing and very beneficial to the skin. Try it to-night. You'll be pleased, well pleased. People where the water is unusually hard just revel in

LUX

for the bath. Especially where babies are concerned.

These silky-smooth little flakes of the purest essence of soap exercise a soothing and cleansing effect on the skin that is very stimulating after a trying day.

LUX—at all grocers, 10c.—British made

Lever Brothers Limited
Toronto 23

WON'T SHRINK WOOLLENS

COWAN'S
Almond Nut Bar

A rich, velvety, milk chocolate containing an abundance of plump almonds—a quality that cannot be surpassed.

Sold everywhere. Made in Canada.

2-16

WHEN A MAN MARRIES.

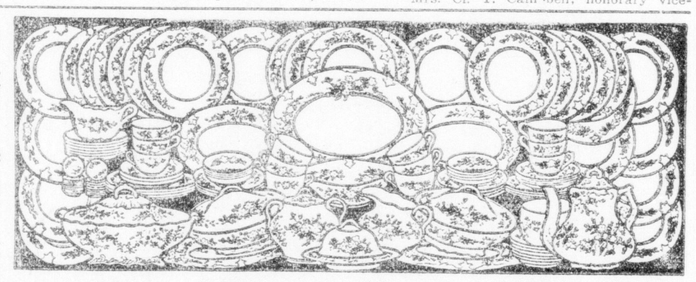
Sometimes a woman is almost as sorry that she married a certain man as she is glad she kept some other woman from getting him.

How a woman does envy a man when he goes strutting up the street on a rainy day and his skirts don't draggle.

During the courtship a young man usually thinks the girl in the case is an angel, but after marriage she sheds her wings.

Friendship is a rose which, when it is flawed by heat, or violence, or accident, may as well be broken at once; it can never be trusted after. The more grateful and ornamental it was, the more clearly do we discern the hopelessness of restoring it to its former state. Coarse stones, if they be fractured, can be cemented; precious ones, never.

97 Piece Dinner Set and lovely Silverware Given To You



YOU can secure without a penny of cost this magnificent complete 97-piece English Dinner Service and a lovely set of half-dozen Wm. A. Rogers teaspoons. Each dinner service is guaranteed full size for family use, its 97 pieces comprising 12 cups and 12 saucers, 12 tea plates, 12 dinner plates, 12 bread and butter plates, 12 soup plates, 12 sauce dishes, 2 platters, 2 oval covered vegetable dishes, a cream jug, covered sugar bowl, a gravy boat, pickle dish, and a salad bowl. It is handsomely decorated in rich floral design and will surely delight the most fastidious housekeeper. The beautiful set of Teaspoons are in the famous Wm. A. Rogers French Carnation design with French grey handles and brightly polished bowls.

Read our Wonderful Offer

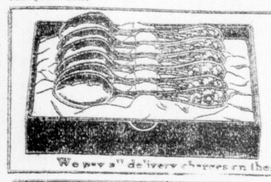
We are determined to establish a national reputation for Dr. Edson's Famous Life Building Blood Tonic and Nerve Pills and are sparing no expense to secure representatives in all parts of Canada who will help us by introducing this famous remedy to their friends and neighbors. That is why we offer to give away these magnificent premiums.

Will you sell just 12 boxes among your friends at only 25c. per box?

You can easily do this because every one you know will be glad to learn of this grand remedy. It is one of the world's best known prescriptions, a tried and proven remedy for weak and impure blood, nervousness, indigestion, constipation and anæmia. In a run down condition of the system it will be found a grand blood builder and revitalizer, and as a general tonic for blood and nerves it has no equal.

Send No Money—Just send your name and address to-day and we will send the 12 boxes postage paid. You will be able to sell them quickly and easily because every purchaser of a box can obtain a beautiful gift of fine silverware from us free. Then return our money, only $3.00, and we will promptly send you, all delivery charges paid, the beautiful set of spoons, and the handsome dinner set you can also receive without selling any more goods by simply showing your fine reward among your friends and getting only six of them to sell our goods and earn our fine premiums as you did. We pay all delivery charges right to your door.

REMEMBER YOU TAKE NO RISK. You do not spend a cent of your own money. We trust you with our goods until sold and if for any reason you cannot sell them we will take them back and give you beautiful premiums or pay you a big cash commission on the quantity you do sell. Write to-day if you wish to take advantage of this liberal offer. It gives you the opportunity of a life-time. Address X26



Carnation French Canadian Teaspoons

Genuine Wm. A. Rogers make—the most beautiful pattern ever seen. These magnificent spoons will delight any housekeeper and they are guaranteed to give every satisfaction in wear.

We pay all delivery charges on these Grand Premiums

The International Mfg. Co., Dept. D 68 Toronto, Ont.

Baby's Own Soap

The creamy lather of Baby's Own Soap leaves the skin cleansed, softened and slightly and deliciously fragrant.

Use Baby's Own Soap with Warm water and rinse well,—and the most sensitive skin will never show irritations or become chapped.

Imitators refuse to use the expensive natural flower extracts and pure vegetable oils which are the basis of the success of Baby's Own Soap, THE family soap of Canada.

Sold almost everywhere.

ALBERT SOAPS, LIMITED, MONTREAL, Mfrs.

Best for Baby—Best for You

Daughters of the Empire

Contents of bales packed February 2 by the I. O. D. E., London, for shipment overseas:

Bale 312—130 towels.

Bale 313—178 towels.

Bale 314—47 pillow-cases, 12 sheets, 2 pairs bed socks, 1 scrapbook.

Bale 315—71 pairs socks, 4 pairs wristlets, 1 scarf, 2 pairs be socks.

Bale 316—10 pillows.

The supply committee of the Soldiers' Comforts acknowledges the following contributions for the bales:

February 5—Campbell Becher Chapter, 2 suits pyjamas, 12 pairs socks, 4 pairs wristlets.

February 6—Sir George Ross Chapter, 144 towels, 12 pairs socks.

February 7—Lord Roberts Chapter, 12 suits pyjamas.

The annual meeting of the Trafalgar Chapter was held at the residence of Mrs. Lawson, John street, on Monday, the 5th inst. The reports of the officers were presented, and showed that though the chapter was numerically small, the members have done their full share of work. Contributions have been sent to the following among other patriotic schemes: Blind Soldiers, Western University Unit, British Red Cross, Universal Christmas Gifts, Duchess of Connaught Prisoners' Fund, Overseas Tobacco Club, Returned Soldiers' Christmas Fete. One hundred pairs of socks had been knit, 1,249 pieces of clothing prepared and sent overseas, bale of clothing for French refugees, and six boxes of comforts for prisoners, two of whom are adopted by the chapter and supplied monthly. The following officers were elected: Regent, Mrs. Caillard; first vice-regent, Mrs. Aitkins; second vice-regent, Mrs. McLeod; secretary, Mrs. Dreaney; treasurer, Mrs. Harding; echo secretary, Mrs. Carnie; standard-bearer, Mrs. Logan. Mrs. Walker, who has been first vice-regent for several years, declined re-election and was made a life member of the chapter. In addition to its general work for the soldiers overseas, the members deserve great credit for their constant efforts to keep the sick soldiers in Wolseley Barracks hospital supplied with comforts and luxuries.

Reports of the retiring officers at the annual meeting of the Seventh Regiment Chapter were exceedingly gratifying as showing the large amount of work done during the year. Over $4,000 had been collected by entertainments, etc., and over $5,500 expended for the benefit of the soldiers at home and overseas. Realizing the necessity of paying attention to the health and comfort of the soldiers in training, as well as those who have returned home sick and wounded, this chapter has appropriated a large portion of its funds for their benefit. A motor ambulance for the camp was purchased at a cost of $760. Nearly $700 was spent in furnishing necessaries for the hospital and convalescent Home was furnished comfans, reclining chairs, sweaters and foot warmers for tubercular patients, etc. A recreation room at the Central Convalescent Home was furnished complete, including piano, victrola, davenports, etc.; also chairs and drinking glasses for the dining-room. Over $1,100 went in subscriptions to various funds, both local and overseas. The following officers were elected by acclamation: Honorary regent, Mrs. Spittal; honorary first vice-regent, Miss Carling; honorary second vice, Mrs. E. B. Smith; regent, Mrs. W. D. I. Wright; first vice-regent, Mrs. Murphy; second vice-regent, Mrs. Randal Brown; secretary, Mrs. Turnbull; treasurer, Mrs. Paull; echo secretary, Mrs. Cl. T. Campbell; standard-bearer, Mrs. Lee; councillors, Mesdames A. A. Campbell, Brickenden, Gartshore, Niven, Butler, Phillips, Barclay, Coles, Tucker and Miss Stevenson.

The Sir George Ross Chapter is one of the smallest in the city, and is composed of young girls attending the Collegiate Institute, whose school duties give them very little time for extra work. But they waste no spare moments. They have knit seventy pairs of socks and made about a thousand towels. They have also taken fruit, flowers, magazines to the barracks hospital, contributed as far as their means would allow to several patriotic funds, and are caring for one of the prisoners in Germany. The chapter is indebted to the Hon. C. S. Hyman, Mrs. H. B. White and Mrs. C. W. Belton for contributions to their fund. At the annual meeting, held this week, the following officers were elected: Honorary regent, Mrs. Cl. T. Campbell; honorary vice-regent, Miss N. V. Nash; regent, Miss Ora White; vice-regent, Miss Mildred Granger; secretary, Miss Gwendolen Screaton; treasurer, Miss Doris Nelles; standard-bearer, Miss Grace Mann.

The Campbell Becher Chapter held its annual meeting on Thursday afternoon last in their chapter room. Satisfactory reports were received from the officers. During the year the chapter, besides knitting 79 pairs of socks, have made 1,584 articles, consisting of pyjama suits, hospital shirts, sheets, towels, etc. They have also undertaken as a special work to supply the hospital at Queen's Park with fruit and other comforts every week. Generous donations, amounting in all to $370, have been made to various patriotic and charitable causes. This chapter proposes holding a military euchre on February 22 in the Masonic Temple to raise money for the furtherance of their work. The following officers were elected: Honorary regent, Mrs. Becher; honorary vice-regent, Mrs. E. B. Smith; regent, Mrs. Greeneway; first vice-regent, Mrs. Tobias; second vice-regent, Mrs. W. D. MacGregor; secretary, Mrs. Cunningham; echo secretary, Mrs. Wyley; treasurer, Mrs. Richards; standard-bearer, Mrs. T. Rowe; press convener, Mrs. Nichols; ways and means committee, Mrs. A. Keene; supply committee, Mrs. Morrison. This chapter has now a membership of twenty.

L. K. C.

Cynthia Grey's Mail-Box

A Good Home.

Dear Miss Grey,—As I have not written you before, I hope I may be correct in my opinion of you, that "Better late than never" is your motto.

I would like to ask if you could help me in a little matter by letting me know if any of your correspondents or yourself knows of any respectable woman requiring a good home for a month or so in exchange for light sewing or house duties. There is only the two of us, and have every comfort here to offer anyone that really needs a home. A soldier's wife, widow or old lady would be made comfortable. We live in the country, and have very pleasant surroundings. Shall be pleased to send my address if necessary. Thanking you in anticipation, LABURNAM.

P. S.—It is really more for company than work that I want. A widow with child not objected to.

Ans.—My motto?—assuredly, where folks writing to our page are concerned. Personally I have not been able to put my mental finger on anyone such as you seek. I am very glad, however, to refer your letter to Mail-Box readers, for it may be the means of helping some lonely woman through the cold weeks yet to come. Shall ask for your address in this column if any communications anent this are received.

She is Large.

Dear Miss Grey,—I saw in your page where "Mrs. Oriole" offered "St. Peter at the Gate." I am sending a stamped envelope for it.

1. I am 12 years old and am 5 feet 5½ inches tall, and weigh 123 pounds. Am I too large for my age?

2. How long should my skirts be?

3. I am in the Senior Fourth class. Am I far enough advanced?

4. What you you think of my writing?

I have "As It Happened," "The Moon Was There and So Was I," "Katrina's Visit to New York," and "Shake and der Vidder," if any of the readers would like them. I will sign myself,

DOROTHY.

Ans.—I have "Dorothy's" envelope if "Mrs. O." sends the recitation.

1. You are larger than the average girl of your age.

2. Do not expose more than four inches of stocking between boot-top and skirt.

3. You are progressing very well.

4. It is neat and legible.

Scarfs and Cushions.

"M. A. F. from the Country"—An idea greatly in favor just now for dresser covers is to use plain linen, make a deep hem and hem-stitch it, and embroider the initial in the centre near the front. Such a cover should be made a good inch or two smaller than the polished top of the dresser. Being so plain they are easily laundered, and look more attractive than the heavily embroidered ones.

Another idea is to have a cretonne scarf edged with white linen or ecru lace. Where side curtains of the same cretonne are used at the windows, this is rather nice.

Sitting-room or living-room cushions should be washable. Nothing gives better service than cretonne or some of the art sateens, made into square or oblong cushions and finished with cord or frill.

Sends the Balance.

Dear Miss Grey,—I subscribed 75c for six months to the Prisoners' Fund. As I sent you 25c some time ago, I am sending the balance now.

I agree with "Another Home Lover" re the "kisses," and I certainly admire "Just Jack's" letter "velly muchly," as the Chinaman said.

I wonder if "Uncle Josh" and "Calamity Ann" have forgotten us. As ever,

DOMINION MAID.

Ans.—Our readers who "pledged" themselves for a given amount are living up to their promises wonderfully. Am glad to credit you "in full," "Dominion Maid."

"Beth's" Budget.

Dear Miss Grey,—I saw in Monday's paper, where you had received two copies of the song, "Reginald Birchall," which I asked for a couple of weeks ago. I can send any of the following comic recitations to your columns: "The Green Mountain Junction," "Miss Edythe Helps Things Along," "Calamity Corntuffy," also these prose pieces (comic): "Too Late for the Train," "Socketty Kadakuti's Kat" (Dutch), also a few short pieces suitable for encores. I kept most of the pieces that have appeared in the "Old Songs" column, but missed the last part of the "Wee Windowie" catastrophe. Could some reader please copy me this?

Would "Mrs. Oriole" mind copying "The Sheriff's Sale" for me?

Trusting I have not asked too much, I remain, BETH.

Ans.—If no one else sends the last half of the "Wee Window," maybe I can find you a copy. Remainder of letter is referred to readers.

Praise for Just Jack.

Miss Grey and Mail-Box Readers,—Am now going to call on you again, and must say that I am glad the quarreling re soldiers' wives and farmers' wives has at last ceased.

"Just Jack," I think you are one fellow in a hundred (as the saying is), for you said you never went out with a girl more than once or twice, as you had never found one that you thought was what she should be. Most young men of my acquaintance are more eager to go with a girl of that sort than with one more precise; and let me say that I admire you more so for the way in which you choose your friends than the way the other boys choose theirs.

Some of the boys say that they try to put their arms around a girl just to see if she cares or not, but some of them get rather mad when you try to show them their place. One fellow told me that I was worse than any old maid he ever saw when I asked him to take his arm down from off the back of the buggy. For this same reason I, too, never go out with the same fellow very often, for I don't think a fellow thinks much of a girl when he will not keep his place, especially after she has asked him to do so.

"Just Jack," re your enlisting. Although I detest a shirker, I think that if you gave up college and are working 150 acres, you are doing your share where you are.

"Rose of Sharon," I believe I am personally acquainted with you. Now, aren't you guessing? Will close. As B-4,

MELISSY.

Your opinion of my writing, please, Ans.—You write very well, "Melissy." Re what you ask, I do not know the name of the "Lonely Soldier's Wife" at Thamesville. The 186th S. W. in London is not the woman you mention, but a different name entirely.

She's a New Reader.

Dear Miss Grey,—Would you or any of your readers please give me a recipe to make carrot jam? Also the following:

2. How to make good home-made fruit cake, inexpensive.

3. Patterns of a bed-spread.

4. What is your opinion of my writing?

This is my first letter to your Mail-Box. Thanking you for kindly inserting. Trusting your readers will respond, and wishing you and your readers every success, a new reader,

ELIZABETH (2).

Ans.—1. Who has the recipe for making carrot jam? Please share it with "Elizabeth (2)" and me.

2. A fruit cake without eggs is the name of a recipe sent in before Christmas by "Essex Reader." If or the Canadian war cake may suit your needs. See Cook Book.

3. You failed to say if knitted, crocheted or otherwise patterns are desired. If any are sent in, shall try to find a corner for them some day.

4. Your writing is very nice. I think. Call again some day, "Elizabeth (2)."

A Pen-Painter.

Dear Miss Grey,—I am interested in penpainting, and do not know where to get the points, only from the States. Could you tell me if they can be bought in Canada? If so, would you kindly give me the address of the place? It would be greatly appreciated. A READER.

Ans.—Addresses of this kind could not be published, even if I knew them. We have several artists in our circle of readers, and if any one of them supplies the information I shall let you know. Have you asked at city art goods stores?

Failed to Get It.

Dear Miss Grey,—Here I come for a little information. We sent a couple of boxes to two of our friends at Christmas and they have never received them yet. They got all our letters and ones with money in them. We don't mind any other soldier getting them, but it takes away the enjoyment we had of parcelling it up, as we had in it things they wanted and liked. We had a letter from one the other day and he wants us to send him some cigarettes. Can you advise me what to do, as I think it very queer when they have got all our letters to never receive our parcels. One of them was a 142nd boy, and the other was Mounted Rifles, but was transferred into other battalions. We had their number and address all right. They were very disappointed at not getting anything from home. Hoping to see answer in paper soon.

A SOLDIER'S FRIEND.

P.S.—I hope you'll be able to read this, as I'm always getting into trouble about my writing.

Ans.—It must indeed have been a disappointment to your soldier-friends and yourself when the parcels failed to reach them. If you packed and labelled your boxes carefully, had them weighed at the postoffice, and proper postage affixed, one can see no reason why they went astray. Did you make out your slip as per postoffice instructions? If so, your name and address would be on the outside, and if not delivered to the addressee, the packages should be returned to you in time. It costs no more to send 7 pounds than it does to send half that much. Better pack up some tinned meat, a towel, pair of socks and the cigarettes, and send a second parcel. Nothing like trying again.

P.S.—Being used to all sorts and conditions of writing, yours compares very favorably, I thought.

The Proper Manners.

Dear Miss Grey—Could you publish the proper manners for a young lady. Hoping I have not asked too much, I am, A WORKING GIRL.

Ans.—Oh, my dear, I'd just love to help you, but am at a loss to know where to begin, or to understand just what you wish. Some of the characteristics of a real "lady" are, to my way of thinking, sweetness and purity within, and gentleness and a care for others without. If you possess these attributes, no matter whether you are a queen or a dishwasher in a third-rate restaurant your life is bound to blossom like the rose, and influence that of those around you for good.

But perhaps you may think this has little to do with manners. If you could ask some definite questions along the line that particularly bothers you, I should be delighted to tell you all I know. Please feel free to ask, but remember always, it is not so much whether we hold our forks properly, or say the right thing when introduced that counts. It is what we have in our hearts and heads that really matters.

Agrees With "Lonely."

Dear Miss Grey,—Here I come to join the happy circle of the Mail-Box readers. I much enjoyed the letters from "Original Lonely," regarding cosmetics, also the answer from "Mrs. Homeore." Say, "O. L." didn't you feel taken down a bit, but honest "O. L." I believe I do agree with you a little bit, for the odor of some of those cosmetics would chase a skunk forty miles into the woods, but on the other hand perhaps some of those things would go a long way in covering up the defects on the countenance of some of the would-be fair maidens.

I think the prisoners' fund carried on by the readers of the Page is a noble work, am glad to participate in the same, so inclose my mite.

Am inclosing a recipe for cream pie which we consider most delicious: Firstly, make your crust and bake it; then proceed as follows: Two cups of milk, put in saucepan on the stove, beat well yokes of two eggs, add half cup of sugar, beat to a cream, two tablespoons of cornstarch mixed with a little cold milk, a pinch of salt, beat all together; add to the scalding milk, stir until thick; add a few drops of vanilla; put into pie shells; make a meringue of whites of eggs, spread over top, and brown in the oven.

Now for a few questions. Can someone give me a sure cure for dandruff? I hope none of our readers are troubled with bunions, but if they are, if they would paint them with iodine they would soon be free from them.

A friend of mine is anxious to know how to make her husband get up on these cold winter mornings and put on the fire.

Please may I ask your opinion of my writing? MERRY BELLS.

Ans.—Are you merry sleigh bells or wedding bells, or the sweet-toned bell that sounds for dinner? Anyhow you are welcome for your cheery letter, and had you brought along one of those cream pies you'd have received an ovation, I do not doubt.

Perhaps some of the Pageites can give hints for managing the refractory husband. How about exploding a good sized firecracker beneath him? Or, a woman's tongue being her best weapon, it is said, possibly she could talk him out of bed. I leave it to some of our "general managers" to give "M. E.'s" friend a variety of suggestions.

2. Writing is excellent; your "mite" gratefully acknowledged.

NOTES.

A city reader's letter to "Slats" has been forwarded.

An excellent parody on Kipling's "Female of the Species" has been received from an out-of-town subscriber. Shall gladly print this as space permits.

A Kingsville letter has been forwarded to "Snowbird."

"Lambton Drummer Girl's" address has been sent to "Another Lambton Girl."

GERMAN SPOIL THEIR CASE.

[Chicago Tribune.]

From the earliest days of the Big Quarrel the Germans have spoiled their side by trying to explain it. A notable example is replying to accusations of atrocities by citing parallel cases of Allied atrocities. This puzzles Americans. We expect little from a crude and unkultured crew like the Russians, or British, or French, but we expect a great deal from a superior people like the Teuts, especially as Jehovah is a German.

Advertiser Patterns

Girls' One-Piece Yoke Dress.

1879—Galatea, gingham, chambrey, serge, gabardine, voile, shepherd check and plaid suiting, velvet and corduroy would be nice for this model. The dress may be worn without the dickey and finished without the pockets and belt.

The pattern is cut in four sizes, 6, 8, 10 and 12 years. It requires 3¾ yards of 44-inch material for an 8-year size.

A pattern of this illustration mailed to any address on receipt of 10 cents in silver or stamps.

ADVERTISER PATTERN DEPT.

Please send above-mentioned pattern, as per directions given below, to:

Name .....

Town .....

Province .....

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 32, 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 one week from date of application.

DAILY BIBLE QUESTION CLUB

By Rev. T. S. Linscott, D.D.
(All Rights Reserved.)

The six daily studies for this week constitute the International S. S. Lesson for next Sunday. Read the Bible Story on which this study is based, as you ponder the following questions:

"Jesus and the Woman of Samaria." John, iv., 1-26.

Golden Text—"Christ Jesus came into the world to save sinners." I. Tim., i., 15.

17. Verses 25-26—What were God's original intentions in sending Jesus Christ, the Messiah, into the world?

18. Did God plan that the Jews should reject Jesus, or would he have preferred that they should accept him? Why?

19. Verses 27-29—What would be thought, if today, some well-known clergyman, were seen, by the officials of his church, talking to a woman of the street?

20. Why would it not be Christlike work if Christian women of the cities were to organize, go out into the streets and personally talk to, and try to save their fallen sisters?

Lesson for Sunday, February 18, 1917—"Jesus Heals a Nobleman's Son." John. iv., 43-54.

THE WHOLE BODY NEEDS PURE BLOOD

The bones, the muscles, and all the organs of the body depend for their strength and tone and healthy action on pure blood.

If the blood is very impure, the bones become diseased; the muscles become enfeebled, the step loses its elasticity, and there is inability to perform the usual amount of labor. The skin loses its clearness, and pimples, blotches and other eruptions appear.

Hood's Sarsaparilla makes pure blood. It is positively unequaled in the treatment of scrofula and other humors, catarrh, rheumatism, dyspepsia, loss of appetite, that tired feeling. Be sure to get Hood's and get it today. All druggists.

At any time of the day
Baker's Cocoa
is a good drink, as wholesome and nourishing as it is delicious.

Walter Baker & Co. Limited
ESTABLISHED 1780
MONTREAL, CANADA • DORCHESTER, MASS.

Canada must 'Carry On'
If Belgium's Children Are To Be Saved - -

To punish the violation of Belgium and free its land from the Huns has been one of the strongest rallying cries of British and Canadians throughout this war. For it our men have fought hard and long, and stronger and more determined now than ever, they are "Carrying on" to the finish.

When the soldiers first went out to fight the despoilers of Belgium, we who could not go undertook to help feed the starving women and children who were victims of German savagery. Are WE carrying on as the soldiers are doing? Or has our enthusiasm cooled—our sympathy died out—our help lessened or ceased?

Certainly the Belgians' need of help has not lessened, but rather increased! Three million women, children and old men are depending for food—for life itself—on the Belgian Relief Commission. The Commission in turn depends on us Canadians for a substantial share of the necessary food, or the money with which to buy it. If we fall short in our contributions, thousands of Belgian kiddies must go painfully, if not fatally, short in their food supply Already an alarming number of them, weakened by scanty rations, are falling victims to tuberculosis.

There would be little merit in restoring Belgium to a nation whose motherhood and youth we had allowed to be decimated and weakened by hunger and resulting disease Let us at home carry on the relief work as unselfishly, as steadfastly and as successfully as our soldier boys are carrying on the fighting! If YOU have not been helping, now is the time to give a hand and do your bit.

Send your subscr ptions weekly, monthly or in one lump sum to Local or Provincial Committees, or

Send Cheques Payable to Treasurer **Belgian Relief Fund**
59 ST. PETER STREET, MONTREAL

The Greatest, Most Efficiently Organized Relief Work The World Has Ever Seen.

Subscriptions may be sent to Local London Committee, Mrs. A. T. Edwards, treasurer, 185 Oxford Street, London.

Your interest in better baking should induce you to use only HUNT'S DIAMOND FLOUR
Always the same

Chilblains
CURE THEM WITH
Compass Oil

Do not suffer from this malady. Just rub "Compass Oil" well into sore spots at bedtime, and cover with light bandage. Excepting in severe cases, one application will cure. But, no matter how bad your chilblains are, "Compass Oil"

Will Heal Them

25c. ALL DRUGGISTS. 25c

Rheumatism

Muscular and Inflammatory—stiff and swollen joints, pains in the back, etc., promptly relieved. This potent, penetrating oil goes straight to the seat of the trouble, drives out the disease and establishes a normal condition. The standard family remedy for rheumatism for generations.

Dr. Thomas' **Eclectric Oil**
25c. a bottle

CEETEE UNDERCLOTHING
Guaranteed Not To Shrink

"I earn $2 a day at home"

You may say that, too—if you want more income. Easy to learn. Steady work at home the year round. Write Auto-Knitter Hosiery (Canada) Company, Limited, 118F., 257 College street, Toronto

HORLICK'S
Malted Milk for Infants
A safe milk diet, better than cow's milk alone. Contains rich milk and malted grain extract.

RAW FURS
HIGHEST PRICES PAID FOR COON AND SKUNK.
ROSS' LIMITED,
31tf tvw

SPINACH, PECK.....30c
For excellence and delicacy this is the cheapest vegetable now offered.
Main & Collyer
TELEPHONE 2831. P. O. BOX 278
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