A PAGE OF GENERAL INTEREST TO WOMEN

SOCIAL AND PERSONAL

Mr. and Mrs. A. Alles spent Sunday in Stratford with the former's parents.

Mrs. Ashley, wife of Lieut. H. W. Ashley, and her daughter Alice, are expected to leave England this week for Canada, according to word received by relatives here.

A number of pupils of the O'Brien Business College held a skating party at the Garland Rink, which had been attractively decorated by the pupils. About fifty were present, including Mrs. O'Brien, who delighted all with her fancy skating. Refreshments were served at the college by the pupils.

Miss Mae Proctor of Forest is visiting her brother, E. Proctor, at Burgessville.

Mr. and Mrs. S. Loomis of Parkhill announce the engagement of their youngest daughter, Mary Pearl, to John Franklin Lindsay of West Nissouri, the marriage to take place at Mount Pleasant Farm this month.

Dr. and Mrs. O. H. Patrick of Calgary, Alta., are visiting Mrs. Patrick's father, Mr. J. H. Adams, Wellington street.

Joseph Richardson of Woodstock is a visitor in the city with his daughter, Mrs. C. N. Lansway.

Mr. and Mrs. John Watson of Snelgrove, Ont., announce the engagement of their daughter, Jennie Ross, to William Armstrong of Claude, Ont., the marriage to take place in the early part of February.

Mrs. Murton is the guest of Mrs. F Fox, Lyndhurst avenue, Toronto.

On Tuesday evening a luncheon was given at the home of Mr. and Mrs. Hugh McKone, 97 Beaconsfield avenue, in honor of their niece, Miss Olive Thomson, V.A.D., of Edmonton, formerly of Strathroy. About 25 of the relatives were present, among them being Mrs. Van Camp of Los Angeles, Cal., and Mrs. Thomson of Strathroy. Miss Thomson expects to leave for overseas at the end of the week, accompanied by four other Edmonton V.A.D.s.

Dr. William P. Montague of Columbia University, who is in the city in connection with the university extension lectures, is the guest of Professor Fox of Western University.

Great'y Weakened By Operation

London Lady Tells How Her System Was Built Up and Her Strength Restored.

Mrs. P. Few, 172 Simcoe Street, London, Ont., writes: "Some time ago I was operated upon, but did not recover very quickly afterwards. I could not sleep at night, my appetite was poor, and I seemed to lack energy. I got some of Dr. Chase's Nerve Food, and after I had used three boxes I could see an improvement in my condition. I continued taking them, and can now truthfully say that I feel better, and have more energy than I have had for a long time. This treatment seemed to be just what I needed—it strengthened me, made me sleep and gave me a good appetite.

"I also gave some of the Nerve Food to my little girl, who was delicate and in a rundown condition. Under this treatment, she soon became strong again, and now has nice rosy cheeks. As I have had such success in using Dr. Chase's Nerve Food for my daughter and myself, I can cheerfully recommend it to others suffering in the same manner."

We know that Dr. Chase's Nerve Food possesses exceptional potency as a means of building up the strength of the human body. We have seen it tested in so many thousands of cases that there is no question of the effectiveness of this treatment.

But how are we going to prove this to you unless you try it. You are the one to be benefited and so it remains for you to make the test.

Try it when you feel tired out and discouraged. Try it for sleeplessness and irritability. Try it for nervous headaches and indigestion.

It is not a mere relief for these ailments, and for this reason you must persist in its use until the lost vigor is restored to the nerves.

But of one thing you can be certain—that each dose of Dr. Chase's Nerve Food contributes something towards building up the exhausted nervous system. Fifty cents a box, a full treatment of 6 boxes for $2.75, at all dealers or Edmanson, Bates & Co., Limited, Toronto. Refuse all substitutes, as they only disappoint.—Advt.

WOMEN! MOTHERS! DAUGHTERS!

You who tire easily; are pale, haggard and worn; nervous or irritable, who are subject to fits of melancholy or the "blues," get your blood examined for iron deficiency.

F. King, M.D.

NUXATED IRON taken three times a day after meals will increase your strength and endurance 100 per cent in two weeks' time in many cases.—Ferdinand King, M.D.

NOTE—NUXATED IRON recommended above by Dr. King can be obtained from any good druggist on an absolute guarantee of satisfaction or money refunded. The dose is usually prescribed is one five-grain tablets to be taken three times daily after meals.

Patriotic Western Ontario

DRESDEN.—Mrs. O. McVean, regent of Sydenham Chapter, I. O. D. E., gave a pretty afternoon tea at her home, Georgia Place, this afternoon, the ladies spending the afternoon sewing for the needy children of France. About forty ladies attended, and the collection amounted to $12.50. A very dainty lunch was served. Those assisting with the lunch were: Mrs. H. S. McDonald, Mrs. B. B. Manning, Mrs. C. Gammage, Mrs. F. Myers, Mrs. M. Conway, Miss Bentley, Mrs. J. A. McVean and Miss Mary O. McVean.

KERWOOD.—The Woman's Missionary Society will meet at the parsonage February 14 at 2:30 p.m. After the regular missionary program a special musical program will be provided, and luncheon served. A special invitation is extended to all.—The Woman's Institute will hold their next meeting at the home of Mrs. Harry Lambert on the evening of February 22. An excellent program is being prepared and a pleasant time is anticipated.

HESPELER.—The local Red Cross treasury will be about $23 richer on account of the first Red Cross dance held. The affair, which was arranged by Miss Winnifred Flynn, was attended by a number from Galt and Preston as well as local people. It was of a very high order and certainly reflected great credit on those who assisted in getting it up. The proceeds derived from the two-night show at the Star Theatre supplemented the local Red Cross funds by $35.55.—The following officers were elected and installed at the local Rebekah Lodge for the ensuing term: P. N. G., Mrs. W. McKelg; N. G., Miss Dietrich; V. G., Miss L. Burns; A. S., Mrs. William Wildman; F. S., Miss Margaret Baker; treasurer, Miss Pearl Morris.

TILBURY.—The regular monthly meeting of Tilbury Chapter, I. O. D. E., was held with an attendance of seventeen, the regent, Mrs. Smith, presiding. The treasurer's report noted a bank balance of $225. Several interesting letters were read from local soldiers overseas acknowledging comfort boxes received at Christmas. Also the official acknowledgment of the chapter's monthly donation of $25 to the Canadian Red Cross Society. A motion was adopted allotting $25 to the Y. M. C. A. military work in France. Mrs. Bowlby, regent of Border Chapter, I. O. D. E., Windsor, was chosen as the nominee of the chapter for national councillor for the coming year. A nomination committee composed of Mesdames Kimmerly, McColl, and C. Johnson was appointed by the meeting to receive nominations for the several offices of the chapter for the ensuing year. The following officers were elected by acclamation: Honorary regent, Mrs. Kimmerly; regent, Mrs. D. Smith (re-elected); first vice-regent, Mrs. E. Dalgeneault; second vice-regent, Mrs. G. S. Richardson; third vice-regent, Mrs. A. Pearson; secretary, Mrs. E. G. Odette; Echoes secretary, Miss Emelia Tremblay; treasurer, Mrs. Hirch Johnson (re-elected); standard-bearer, Mrs. W. H. Lewis. At the regular meeting to be held in February ten councillors will be elected by the chapter to be added to the executive committee. The packing committee packed 32 overseas comfort boxes last week at the home of the packing convener, Mrs. M. Sharp, to be dispatched to local boys in France. Each box contained the following assortment: Two pairs hand-knit socks, suit of vermin underwear, tobacco, toothpicks, chocolate, gum, candy, sugar, safety-pins, candles, and a recent magazine.

SEND LITTLE PARCELS

Someone writing from the front about "the boys" says "send them little parcels and send them often." A moment's thought shows that this is better than to wait and send a large parcel. It is safer; then, who can estimate the joy that frequent remembrances can carry to the homesick lads. Of late whispers have gone abroad of rats in the ships and even in the postoffices at home. To avoid possibility of loss in this way it is best to see in boxes nothing on the outside so that they will not punch holes in other parcels. Tin boxes, however, cannot be sent to Germany, nor any boxes covered with cotton.

DAILY BIBLE QUESTION CLUB

SUGGESTIVE QUESTIONS ON THE SUNDAY SCHOOL LESSON

By Rev. T. S. Linscott, D.D.

"Jesus, Lord of the Sabbath." Mark, ii., 12-iii., 6.

Golden Text—"The Son of Man Is Lord Even of the Sabbath." Mark, ii., 28.

Pharisees, for mixing with publicans and sinners?

11. Verses 21-22—Why is it unwise to put upon young Christians duties which, as yet, they are not able to fulfill?

12. Why did Jesus say on another occasion, "I have yet many things to say unto you, but ye cannot bear them now?" (This is one of the questions which may be answered in writing by members of the club).

13. Verses 23-26—The roads through the wheat fields were mere trails, and the stalks of wheat overhung the trail; they could be plucked as the traveler walked along; it was not thought to be wrong to thus pluck them, but why did the Pharisees think it to be wrong, for Christ's disciples to do so on this occasion?

1-4. Wherein were the Pharisees wrong in their criticism of Jesus?

ADVERTISER PATTERNS

2236

A Very Popular Style.

2236—Girls' Blouse Dress, With Two Styles of Sleeve.

This will be a very attractive model for a school dress in serge, galatea, linen, repp, checked or plain suiting. The style is simple and easy to develop. The pattern is cut in four sizes: 8, 10, 12 and 14 years. It requires 4½ yards of 44-inch material for a 12-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:

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 33, 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 missing 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

BRIGDEN GIRL HELPERS DOING EXCELLENT WORK

The Girl Helpers of Brigden held their last regular meeting at the home of the Misses Jennie and Verna Potter. After the regular amount of sewing was completed, the meeting was called to order by the president, Miss Lyla Armstrong, and the following motions were passed: That $50 be donated to the sailors' fund, $35 to the overseas Y.W.C.A. fund, and that two prisoners of war be adopted. A committee was also appointed to pack a bale of goods that had been donated by the Girl Helpers for Halifax relief, and sent in to the home of Mrs. (Dr.) Galbraith. A string of beads, which was left over from the bazaar, will be disposed of through a guessing contest. The Brigden Girl Helpers are very ambitious, and have been doing a wonderful amount of work during the year and a half since they were organized.

HELPFUL HINTS

[Contributed by "Myrtle."]

Butter will keep sweet much longer in a crock jar with a tight-fitting cover than in any other way.

Did you ever save old socks and stockings, and sew them together for scrub clothes, stove polishers, mop rags, etc.?

Most people object to the smell of new paint. When a room has been newly painted it is a good plan to place some hay in a pail of water and leave it in a room for a few hours. You will find that the smell will have completely vanished.

For removing spots from wallpaper and window shades, fill small cheesecloth bags with cornmeal and rub the soiled surface as you would with a plain cloth. Sometimes a large grease stain on the wall can best be removed by the application of hot iron over blotting paper.

SAVING FATS.

Fats which can no longer be used for deep frying, and left-over fats which are not quite sweet, may be put in a crock to save for fall soapmaking or homecleaning. Dissolve one can of lye in one quart of cool water. Stir until it is white. Add six pounds of fat, melted, but not hot. Pour it into a pan and cut it into squares as it hardens. Let it dry thoroughly before using. If the soap is to be white the fat must be clarified.

GET RID OF HUMORS AND AVOID DISEASE

Humors in the blood cause internal derangements that affect the whole system, as well as pimples, boils and other eruptions. They affect all the organs and functions, membranes and tissues, and are directly responsible for the readiness with which some people contract disease.

For forty years Hood's Sarsaparilla has been more successful than any other medicine in expelling humors and removing their inward and outward effects. It is distinguished for its thoroughness in purifying the blood, which it enriches and invigorates. No other medicine acts like it for no other medicine is like it.

Get Hood's Sarsaparilla today. Insist on having Hood's.

JIMMY COON STORIES

By Dr. Warren G. Partridge.

Copyright 1917 by George Matthew Adams.

ANOTHER NIGHT IN THE SUGAR LOT.

Jimmy Coon and Teddy Possum kept their eyes peeled on Farmer Jones and Little William in the sugar lot. These two rascals watched every movement of the Farmer and his son. And they hid behind the big chestnut tree to find out everything they could about tapping maple trees.

And they saw Farmer Jones and Little William on snowshoes, going around and gathering the maple-sap in wooden buckets, as they poured the sap into big pails. And then Teddy Possum whispered, "Oh, look Jimmy, they are building a fire and pouring the sap into a big iron kettle, to boil the sap! Why, that will spoil the maple-sap!"

"Now, you hold your horses, Teddy, and you'll see what you'll see!" answered the clever Jimmy Coon. And those two scamps saw Little William gather lots of firewood, and he built a big fire under that big kettle. And all day Farmer Jones and Little William boiled that maple-sap; and they brought more sap to keep the kettle full.

"Gracious, Jimmy," gasped the excited Teddy, "what does Little William mean by taking that hot maple-sap out of the kettle when it's so hot? Why, he'll burn his mouth. I wouldn't dare put my mouth in that hot stuff!"

"Now you watch, my dear boy, and soon you'll see a wonder!" said Jimmy. And Teddy's eyes nearly popped out of his head as Little William poured some hot maple-sap on the snow; and when it was cool, he ate it, as his eyes danced with delight.

"Say, Jimmy," asked Teddy again, "what is that brown stuff, the Farmer Boy is eating?"

"Why, my dear boy, that is maple sugar, and don't you forget how it looks; for I have arranged to have some of the maple sugar for you and me this blessed night!" and as Jimmy Coon said this, they both ran out their little red tongues and licked the corners of their mouths.

And then the rogues saw Farmer Jones and Little William go into the little cabin in the sugar lot and eat their lunch.

And All Day Farmer Jones and Little William Boiled That Maple-Sap.

And all day Farmer Jones and Little William worked around that big boiling pot; and it smelled so sweet that Jimmy Coon and Teddy Possum almost went wild.

And Teddy whispered, "Jimmy I cannot wait another minute. I feel as if I should die if I didn't eat some of that maple-sugar!"

"Well, Teddy, you sit tight, and control your nerves; and we'll soon sample that maple-sugar!" answered Jimmy.

Tomorrow—Jimmy Coon Had To Cultivate Patience.

Women To Take Place of Men on the Land

"There is a source from which thousands of recruits can still be obtained, and that is the land. The bogey of starvation has too often been invoked by able-bodied shirkers who ought to be serving their country in France, and we must rely more on women for farm work. If French girls of from fifteen to eighteen can plow behind a pair of heavy, ill-tempered Percheron horses, English and Scotch girls of twenty and upward can plow behind Shires and Clydesdales."

The above quotation, dealing with the great need for women to relieve the men on the farms is both forceful and prophetic. It is taken from the statement made by Lieut.-Col. Repington, military correspondent of the London Times, on his resignation from that position, and although it is directed particularly towards English and Scotch women, comes as a clarion call to the women of Canada as well. What is possible for English and Scotch girls is surely possible for the women of Canada.

Last year was the first year when women of Canada in any great numbers doffed skirts and betook themselves to ladder and hoe, and a wonderful success they made of the work which they undertook. Many said that woman labor on the farms was merely an experiment, and held up little hope for its success. And it was an experiment last year, but it is known as an experiment no longer. The farmers and fruit-growers proclaim the experiment a wonderful success. Indeed, many of them are so pleased with the superior quality of the new form of labor that they are making all sorts of changes to make the business more practicable for women. They are pruning their trees lower and growing the particular crops which are most suitable for woman cultivation.

Neither did the women and girls choose those particular parts of farming which were the easiest. Many of them did heavy work, even to handling horses and cultivating with a horse cultivator.

Last year the universities and schools opened their doors, sending forth girls to the land. This year the need will be even greater than last year, and more girls and women need be prepared to labor for the bread which must be forthcoming if we are to win the war.

Col. Repington may exhort the women of England, but the women of Canada need no exhorting. As soon as the need is made clear, they will go, so why need the men stay?

Cynthia Grey's Mail-Box

That Home-Made Hard Soap.

Dear Miss Grey,—Will you kindly reprint a method of making soap using Gillett's lye, kerosene oil and borax? This was printed for me some time ago, but I was so unfortunate as to lose the clipping. X. Y. Z

Ans.—This is the method to which you refer. My one regret is that the pen name of the original contributor has been lost, and I am unable to give her credit:

"Dissolve one can of concentrated lye in one gallon of soft water; put five pounds of clear grease, or five and one-half pounds of scraps, and one gallon of soft water in a kettle, and bring to a boil; then stir up the lye, and pour it in the grease. Boil one hour. It will generally be soap long before the hour is up, but I keep it boiling the full hour; then add one-fourth pound of borax and boil until the borax is all dissolved, then I add a little over half a teacupful of common kerosene, let boil up a minute, and add about three pints of cold, soft water; stir up well, and take from the fire. If you have a tight box to cool it in you can cut in bars and dry it. I put mine in a keg and cut it out as I want to use it. The kerosene can be left out if desired, but I like it best with the kerosene in."

An Afternoon Tea.

Dear Miss Grey,—I intend having a few girl friends in some Sunday soon for afternoon tea. Please suggest something dainty to serve.

Will the guests take off their wraps? Also, please give me a menu for 7 o'clock dinner.

I want to send some home candy a few dainties from home. My other brother, I expect, is having a much-needed rest after three years in France. I am not certain of his whereabouts, but will gladly send the address of the one in the navy. So if "Blue Eyes" still wishes to have it, it is with Miss Grey.

I would also like to thank "Toot" for the snow cake recipe. I tried it this morning, and it is fine. I am still a SNOWBALL.

Ans.—Does "Blue Eyes" wish to have this name of "Snowball's" second brother? Re the snow cake, you will also note "Serene's" recipe for cake and pudding, and no doubt will wish to try the latter, too.

Who Tans Hides?

Dear Miss Grey,—I wonder if any of your readers could tell me where I could get a dog's skin tanned and made into a pair of driving mitts with gauntlets.

If not, and you know of any business firm that does such work, would be pleased to send you postage for address of firm. Yours sincerely, PETE.

Ans.—Referred to readers. If any addresses are received, I shall notify you in these columns, Pete.

Learned As a Child.

Dear Miss Grey,—Some time ago one of your correspondents requested the words of the old song, "The Drummer Boy of Waterloo." I am an old lady, over 70 years of age, and learned this song when I was a child. I can only recall the following verses, and do hope that the party who wished the song knows the missing verse.

Hoping soon to see this song in print. Your new friend,

GRANDMOTHER ALICE.

When battle roused each warlike band
And carnage loud her trumpets blew,
Young Edwin left his native land,
A drummer boy for Waterloo.

He slung his knapsack o'er his back
And bid his friends and all adieu,
"Come, dry those tears, dear mother," said he,
'Till I return from Waterloo."

(One or two verses missing here.)

Young Edwin to his comrade cried,
(And proudly beamed his eye of blue),
"Go, tell my mother, Edwin died
A soldier's death at Waterloo."

They placed his head upon his drum.
Beneath the moonlight's mournful hue
When night wore on and battle ceased,
They dug his grave at Waterloo.

Ans.—If there's anybody in the world whose wishes I love to see granted, it is "grandma." We owe so much to the grandmothers—bless them everyone. So the verses are printed herewith, and I have little doubt but that someone else can supply the missing stanzas.

Wants to Find Him.

Dear Cynthia,—I have one particular question to ask you. There is a boy friend I want to find. He went away with the 33rd Battalion. I was told that he was wounded. Could you tell me how I could find him? PATHFINDER.

Ans.—It is possible you may obtain the information by writing to Ottawa; give the man's full name, number, etc., and the name of the unit in which he was sent to France.

Meaning of Arabella.

Dear Cynthia Grey,—I noticed in the paper where Happy Jim was asking for a song of "Little Grey Home in the West," and I thought I would send it, as I happened to have it. I would like to ask you the meaning of a few names: Holmes and Arabella.

A COUNTRY GIRL.

Ans.—You were a dear girl to send that copy for Happy Jim. You see it saved me copying it myself.—Something I promised Jim we'd do! Holmes is a surname, really; I do not know its meaning. Arabella signifies "a fair altar."

Is He An Indian?

Dear Miss Grey,—Would the one who sent in name of "lonely," J. W., 802906, let me know if they ever hear from him? Is he an Indian? Please send your address to Miss Grey for me.

If you have a snapshot of him I would like to have you to send it to me, and I'll return it. I am sending my address to Miss Grey. His name was sent me nearly a year ago. SLIPPERY.

She Wrote to France.

Dear Miss Grey,—Seeing the demand so much greater than the supply for lonelies' addresses, I wrote my brother in France to send me some so that I could forward same to the Mail-Box, and in today's letter he inclosed the names of three lonely boys who receive [illegible] boxes. If anyone cares to adopt them, their addresses are with Miss Grey. A READER.

Ans.—It surely was a kind heart that prompted this reader to send to her overseas brother for the names. I have them at hand awaiting first requests.

Thank Your, "Serene."

Dear Miss Grey,—I saw someone's request for snow-cake again, so I am sending it in. I got it from the page, and have made it several times with [illegible] Will also send one for snow pudding and an eggless cocoa cake which is fine. I saw where somebody wanted to know how to store cabbage for winter long ago. It's later late, but I'll tell how I stored mine, and it may help someone another year. I just cut the head out and wrapped it up good in newspaper, so the air wouldn't get at it, and laid them on a shelf in the cellar. They are just as nice now as when I put them away. I've never found one even starting to spoil.

Snow-Cake—Cup granulated sugar, 2 cups snow, 1 cup warm milk, 2 teaspoons cream of tartar, 1 teaspoon soda, flour to thicken, 1 teaspoon vanilla, 2 tablespoons melted butter (last thing). I bake in a large pan and cut into squares, but it would be nice for layer cake too. Have the oven real hot.

Snow-Pudding—One large tablespoon granulated sugar, 2 cups snow, ½ cup warm milk, 1 heaping cup flour, 1½ teaspoons baking powder, ½ cup of raisins, 1 tablespoon melted shortening; steam 45 minutes. Eat with pudding sauce.

Eggless Cocoa Cake—One cup granulated sugar, ½ cup butter (or butter and lard), 1 cup sour milk, 1 teaspoon soda, 2 cups flour, 2 tablespoons cocoa, 1 teaspoon cinnamon. Add sour milk and soda to creamed butter and sugar, sift flour, cocoa and cinnamon together, and add to other ingredients; beat well and bake in shallow pan. SERENE.

Ans.—Thank you, "Serene," for the recipes. And as for the cabbage-keeping suggestion, we must all try and store it in our memories—even if we lose the clipping—for use another season. It is not much benefit for any of us to toil in our gardens through the summer, trying to aid the Allies by growing more vegetables, unless we also understand something of the best ways to keep the results of our efforts for winter use. So, readers, save some of your out-of-date Advertisers for this purpose next autumn.

"Serene's" inclosure have been directed to another department, as requested.

The Poverty Party.

Dear Miss Grey,—May I ask you to reprint the lunch which would be suitable to serve at a "poverty party"? Also I would like the fines for those who dress up. I remember seeing it printed some time ago. Someone was kind enough to send the full particulars. WIN ONE.

Ans.—It was "Jeanista" who so kindly supplied the ideas you refer to, and I am pleased to reprint them for your class:

Bills to be headed, "Poverty Social."

You are asked to (place) on (date) Come in your rags, come in tags, But do not in velvet gowns, or you will be fined the usual sum. Read the program, and all come.

Rules and regulations:

1st. Every woman what kums must wear a poverty dress and apron or something equally appropriate, and leave her poodle dog to hum.

2nd. No gent with biled shirt and dude kodar will be allowed to kum unless he pays a fine of 5 cents.

3rd. A komptant committy will introduce strangers and look after bashful fellows.

Fines for Women.—No apron, 1 cent; kid gloves, 2 cents; flowers on hat, 2 cents; feathers on hat, 2 cents; earrings, 2 cents; trimmed apron, 2 cents; velvet gown, 10 cents; rings, 3 cents; glasses, 2 cents; silk dress, 5 cents; new dress, 5 cents; ornaments, 1 cent.

Fines for Men.—Slacked boots, 2 cents; watch, 2 cents; chewing gum, 3 cents; standup collar, 5 cents; patent leather shoes, 5 cents; bouquets, 5 cents; glasses, 3 cents; silk tie, 2 cents; russet shoes, 2 cents; perfume, 4 cents; making love or flirting, 10 cents.

Vittles.—Koffy, 5 cents; ginger kake, 5 cents.

Kum at candlelight and stay till bedtime.

Will "Juanita" Send It?

Dear Miss Grey,—Inclosed find stamped, addressed envelope, and if "Juanita" will send back the butterfly pattern in crochet when she is through with it, will you please send it to me? I don't know whether I'll have a chance to do it while the war is on or not, but I am hoping the war will stop some day. I knit, but am terribly slow at it. I haven't written for over a year, but I always read the woman's page.

Thanks in advance, TOPAZ.

Ans.—Referred to "Juanita." I am glad to hear that you are knitting some, "Topaz," and that your interest in this department didn't wane entirely in the past year.

WARTIME RECIPES

Fish Pie—
1½ cups of flaked fish.
1½ cups of creamed potatoes (made as usual)
1½ cups of buttered crumbs.

Beans and Rice—
2 cups cooked kidney beans
2 cups cooked rice
4 cups tomato sauce

To make the tomato sauce: Brown 3 tablespoons of flour in ¼-cup of drippings or vegetable oil and mix with 1 quart of strained tomatoes and 1 tablespoon grated onion. Cook sauce five minutes; combine hot rice and beans, pour over them the hot sauce and serve.

Fried Cornmeal Mush—
Pour well-boiled cornmeal mush into a baking powder tin or dish with straight sides. After it is cold, turn out, cut into even slices and fry so that a crisp crust is formed on both sides.

Walnut Loaf—
1½ cups of milk
1½ cups of dried bread crumbs
½ cup cream or top milk
1 cup chopped walnuts
1 teaspoon salt
Paprika

Whole Wheat Bread—
5 cups sifted whole wheat flour
2 cups milk
½ cup molasses
¼ yeastcake dissolved in ¼ cup lukewarm water
1½ teaspoons salt

Mix milk, sugar or molasses and salt. When lukewarm add yeastcake dissolved in warm water, and flour. Beat well, let rise until nearly double its bulk. Beat, turn into greased bread pans. Let rise until nearly double its bulk, and bake for about one hour in a moderately hot oven.

SUFFERED GREAT AGONY FROM PAIN IN STOMACH FOR OVER 5 YEARS

Most of the misery and ill-health that humanity is burdened with arises from disorders of the stomach, liver and bowels. If you are feeling out of sorts, have pains in the stomach, especially after eating, bilious spells, headaches, sour stomach, coated tongue, sallow or muddy complexion, specks floating before the eyes, you should take a few doses of Milburn's Laxa-Liver Pills and note the change.

Miss Ida Hoan, Dunrobin, Ont., writes: "For over five years I have suffered great agony from pains in the stomach. I tried several remedies, but got no relief until a friend advised me to take Milburn's Laxa-Liver Pills. I started with two vials, and before I had one quite used I found much relief. I continued until I used four vials, and they have completely cured me. That was fourteen months ago, and I have not had the slightest return since. The best praise I can give them is not enough."

Milburn's Laxa-Liver Pills are 25c a vial at all dealers, or mailed direct on receipt of price by The T. Milburn Co., Limited, Toronto, Ont.

CEETEE UNDERCLOTHING

Guaranteed Not To Shrink.

Troubled for Years With

BRONCHITIS

Dr. Wood's Norway Pine Syrup Gave Instant Relief.

Bronchitis is a disease which is very prevalent during the late winter and early spring, when there are sudden atmospheric changes. It is a condition of inflammation of the bronchial tubes which produces mucous or phlegm. This irritates the throat and causes you to cough in order to get rid of it. The cough may be tight or loose according as to whether this mucous is sticky and hard to remove, or soft and easily expelled.

Bronchitis is not really dangerous, but the complications which are liable to follow makes it necessary to get rid of it on the first sign. This you can do by using Dr. Wood's Norway Pine Syrup. A remedy that has been on the market for over 25 years.

John D. McFarlane, Jr., S. W. Margaree, N. S., writes: "I was troubled for years with bronchitis, and could find any relief. I was especially bad a damp day. I went to a druggist and asked him for something to stop the constant tickling in my throat. He gave me a bottle of Dr. Wood's Norway Pine Syrup, which I found gave me relief. It is the best remedy for bronchitis I know of, and I now say that I always have a bottle at hand."

See that you get "Dr. Wood's" put up in a yellow wrapper; three pine trees the trade mark; price 25c. Put up and manufactured by The T. Milburn Co., Limited, Toronto, Ont.

BEAUTIFUL HAIR, THICK, WAVY, FREE FROM DANDRUFF

Draw a moist cloth through hair and double its beauty at once.

Save your hair! Dandruff disappears and hair stops coming out.

Immediate?—Yes! Certain?—that's the joy of it. Your hair becomes light, wavy, fluffy, abundant and appears as soft, lustrous and beautiful as a young girl's after an application of Danderine. Also try this—moisten a cloth with a little Danderine and carefully draw it through your hair, taking one small strand at a time. This will cleanse the hair of dust, dirt or excessive oil, and in just a few moments you have doubled the beauty of your hair. A delightful surprise awaits those whose hair has been neglected or is scraggy, faded, dry, brittle or thin. Besides beautifying the hair, Danderine dissolves every particle of dandruff; cleanses, purifies and invigorates the scalp, forever stopping itching and falling hair, but what will please you most will be after a few week's use, when you see new hair—fine and downy at first—yes—but really new hair growing all over the scalp.

Danderine is to the hair what fresh showers of rain and sunshine are to vegetation. It goes right to the roots, invigorates and strengthens them. Its exhilarating, stimulating and life-producing properties cause the hair to grow long, strong and beautiful.

You can surely have pretty, charming, lustrous hair, and lots of it, if you will spend a few cents for a bottle of Knowlton's Danderine from any drug store or toilet counter and try it as directed.

RECIPE TO DARKEN GREY HAIR

This Home-Made Mixture Darkens Grey Hair and Makes It Soft and Glossy.

To a half-pint of water add:

Bay Rum ..... 1 oz.
Orlex Compound ..... a small box
Glycerine ..... ¼ oz.

These are all simple ingredient that you can buy from any druggist at very little cost, and mix them yourself. Apply to the hair once a day for two weeks, then once every other week until all the mixture is used.

A half-pint should be enough to darken the grey hair, and make it soft and glossy. It is not sticky or greasy and does not rub off. It should make a grey-haired person look twenty years younger.

ASTHMA

ASTHMA AND HAY FEVER PROMPT RELIEF IS OBTAINED BY SIMPLY INHALING THE FUMES FROM THE POWDER EITHER THROUGH A CLAY PIPE OR OTHER VESSEL. NOT ACRID OR UNPLEASANT. ASK YOUR DEALER FOR Dr. J. D. Kellogg's ASTHMA REMEDY. TWO SIZES 25c & $1.00

CUTICURA HEALS ITCHY SCALP RASH

That Burned and Pained Four Years. Hair Came Out. Loss of Sleep.

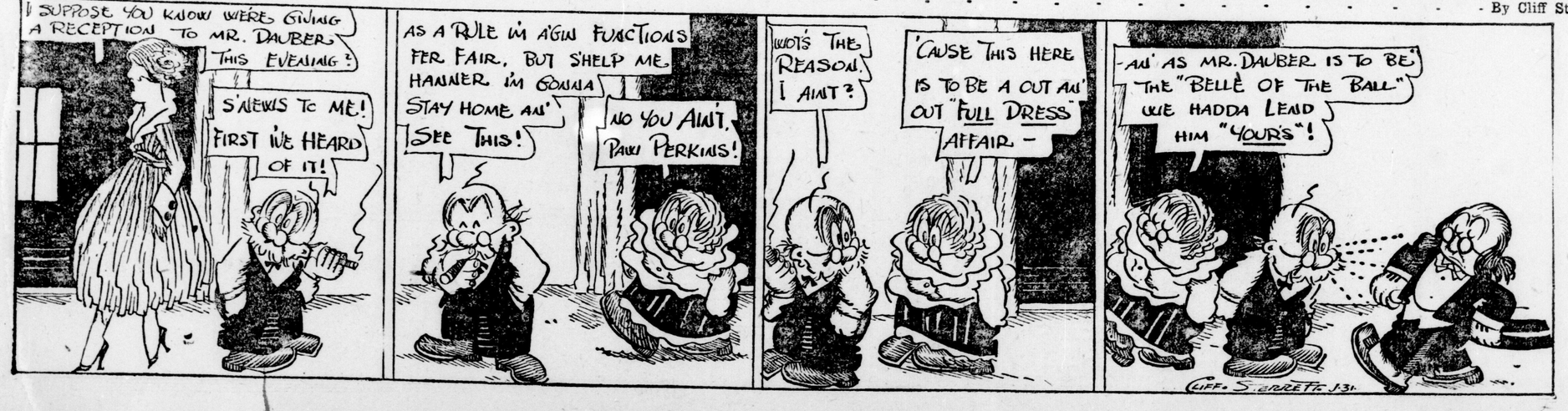
"My scalp was red and very itchy, and a fine rash developed which burned and pained incessantly. This seemed to destroy the hair roots, causing my hair to come out, which disfigured the top of my head. It also caused loss of sleep.

"The trouble lasted four years. Then I sent for a free sample of Cuticura Soap and Ointment which encouraged me so I bought more, and I had one cake of Cuticura Soap and one box of Ointment and I was healed." (Signed) John Cunningham, Church St., Antigonish, N.S., April 4, 1917.

Why not make Cuticura your everyday toilet soap and prevent skin troubles? Absolutely nothing better.

For Free Sample Each by Mail address post-card: "Cuticura, Dept. A, Boston, U. S. A." Sold everywhere.

Resorts—Atlantic City, N.J.

GALEN HALL ATLANTIC CITY, N.J. Hotel and Sanatorium. Noted for its superior table and service.

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