PAGE OF INTEREST TO WOMEN



Attention, Ex-Pte. Fatty.

Dear Miss Grey and Pageltes,—Now that the book question is in force again, I couldn't keep away from your cosy fireside. I just had to drop in for a chat. Sure am pleased to see Ex-Private Fatty again. By the way, our tastes run pretty well along the same channel, for I also like Ralph Connor, Harold Bell Wright; etc., but they differ in this respect. I like Edgar Burrough's "Tarzan" books. They sure are imaginative, but not too much for me. I see a new one is started in the Argosy All-Story Weekly. Looks good, too. I wonder if you like Haggard's and Corelli's works, Fatty? I do. But nothing can compare with Ralph Connor, H. B. Wright, Wescot and Joseph C. Lincoln.

well, I think I've stayed long enough, so I'll just drop out as suddenly I dropped in, but will come back soon. Bye-bye, DEMPLED DOLLY. Ans.—Your letter is very interesting, Dimpled Dolly. Come again soon.

owner to send the clothes direct, as this seems to be much more satisfactory than sending parcels to the Mail-Box.

Dear Miss Grey.—I was very glad to see Mother of Three's letter to the paper Wednesday evening. I had begun to wonder if the Box had arrived or possibly I had missed seeing an acknowledgment in The Advertiser. I feel sure that I can obtain clothing for the children, solwould be obliged if you would send me Mother of Three's address. I only hope the children's garments will be as much appreciated as the others apparently were. Thank you for taking charge of the last box. Yours sincerely, A.s.—Thank you, K., for offering to help Mother of Three as she is quite deserving of assistance.

Sociation with tuberculous individual.

What shall we say, then, of people who raise a hue and cry against the stabilishment of such a sanatorium or hospital in their neighborhood? And of real estate investors who object to the building of such institutions near property in which they have an interest. The history of such developments has always been the same; the value of real estate in the vicinity of the sanatorium or hospital takes, a jump and remains higher than ever before; the general health of the people of the vicinity invariably improves, for they, foo, learn something of the laws of hygiene through mere proximity to the tuberculous sanatorium.

A Lover of Music.

Of prancing poetry.

Dear Miss Grey.—Just a few lines. May I visit your corner for a few minutes. I enjoy your page very much. As this is the first time that I have written I do not want to take up too much of your valuable space. Please accept my mite for the S. C. H. fund. In return please send me a eachet bag, if you have any more. Am sorry I can bring no help, but perhaps I can help next time. I have a few crochet patterns I would exchange with anyone. Would like to correspond with someone about my own age (18), if they would write first. Well, I must run of now. Will sign myself EMELINE. Ans.—Am malling you a sachet, Emeline. Thank you for hospital mite and offer of pattern.

Hildegarde.—Why not speak to him, ag. it was you that was in the wrong. You are very foolish to let this quarrel interfere with your friendship, as it is quite evident that you care for each offer. Attention, Ex-Pte. Fatty.

Of prancing poetry.
This traverse may the poorest take, Without oppress of toil;
Without oppress of toil;
How frugal is the charlot
Without oppress of toil;
How frugal is the charlot
Without oppress of toil;
How frugal is the charlot
Without oppress of toil;
How frugal is the charlot
Have enjoyed the Boxites' interesting book discussion immensely. But I pominence to one of my special and prominence to one of my special and stocking-foot pattern, made of mean to very adrike years of age.
I certainly enjoy na darkess for a child six or well that has held a prominent corner in my scrapbook for some time.
I have enjoyed the Boxites' interesting book discussion immensely. But I pattern and hospital mite.
I have enjoyed the Boxites' interesting book discussion immensely. But I pattern and hospital mite.
Dear Miss Grey.—Well, here I come again. I haven't visited you for a long twith high ideals, everyday joys and stocking-foot pattern, and well and the children's hospital.

Dear Miss Grey.—Well, here I come again. I haven't visited you for a long without his daily paper, but after he would write first. Well, in its all w

of her golden web of dreams in the worthy personage of Dr. Gilbert Blythe, For delicious humor and interesting narrative these stories are incompar-

Thistle. There is such a demand for one.

I think it was Mystery that said she had Aunt Nannie's address, so will you blease send me Mystery's address?

TEMPERANCE.

Ans.—Ane mailing you a sachet, also Mystery's address. Trank you for hospital mite.

Dear Miss Grey.—I would like the stocking-foot pattern, and will send a little girl's apron pattern, made of muslin or lawn. They are fine to wear over a dark dress for a child six or eight years of age.

I certainly enjoy your page, and have a book of recipes. Here is a mite for at the children's hospital.

Ans.—Am mailing you address and stocking-foot pattern. Thanks for offer of pattern and hospital mite.

Dear Miss Grey.—Well here I come

Personal Health Service

(By WILLIAM BRADY, M.D., Noted Physician and Author.)

Not Unclean, But Uncared For.

plague at all, is an unreasoning, cruel, indefensible fear of the consumptive on indefensible fear of the consumptive on the part of the public, and, growing out of that fear, a ruthless isolation which amounts to persecution of the victim of thuberculosis who happens to lack wealth.

It is an axiom of the medical world that the safest place one can live as know?"

tuberculosis exhibit, where placards and pictures were presented in profusion, I ductor's uniform remark as he read one of the placards: "Do not spit on the floor or the street.' Well, then where's a fellow gonta spit, I'd like to know?"

It is an axiom of the medical world that the safest place one can live, as regards freedom from the risk of contracting tuberculosis, is in a tuberculosis sanatorium or hospital. There disease which causes expectoration, in ordinarly cleanliness and care are the which case he should seek a suitable contracting tuberculosis.

Ans.—Thank you, K., for offering to help Mother of Three as she is quite deserving of assistance.

A Lover of Music.

Dear Miss Grey.—Aren't we having lovely mild weather for this time of the year? I enjoy the Mail-Box very you any eatchets left? If so, please you any eatchets left? If so, please and me one, If you haven't any left please send me one if any are sent in.

A Lover of Music.

In the event that one is incapable of rolling somersaults as recommended by you, how would it serve to substitute the pattern is down the pattern wanted. When the pattern is practically standing on the head by aid from the furniture?

S. H.

Answer—That might help some. But the laws of hygiene, and deny even the communicability of tuberculosis. Such please send me one if any are sent in.

Thank you, K., for offering to took learn something of the laws of hygiene through mere proximity to the tuberculosis senatorium.

In the event that one is incapable of rolling somersaults ear recommended by you, how would it serve to substitute practically standing on the head by aid from the furniture?

S. H.

Answer—That might help some. But the communicability of tuberculosis. Such please send me one if any are sent in.

Possible Down.

In the event that one is incapable of rolling somersaults ear recommended by you, how would it serve to substitute the from the furniture?

S. H.

Answer—That might help some. But the communicability of tuberculosis. Such practically standing on the head by aid from the furniture?

A swell as many others, Have the pattern wanted. When the pattern wanted who refuse to substitute the pattern wanted who reliated was recommended by you, how would it serve to substitute the practically standing on the head by aid from the furniture?

S. H.

Answer—That might help some. But anyone who is capable of standing on the head by aid from the furniture?

It is a refertable fact that here and there tuberculosis. Such pattern wanted who reliated was recommended by you, how would it serve to substitute the furniture?

In

One of the few tangible results of no pity; they should be imprisoned the unwisely directed public educational where they can endanger nobody. It is curious how obstinately the white plague," which is in truth no ignorant cling to their bad habits and unwholesome halter.

Owing to the pattern manufac-turers increasing the price of pat-terns to us, all patterns adver-tised from this date will be 15 CENTS EACH.

Wants Help.

Dear Miss Grey.—Having read where so many poor mothers have been helped along I wonder if I could get a little help from the Mall-Box, too. I have two little boys, aged nearly 4 and 2. I cannot afford to buy them all the clothes they should have for these cold days. I wonder if some kind Boxtic could send me some? I will pay the postage on them. Hoping I am not too much of a missnee to you, I am,

AYOUNG WIFE.

Ans.—Anyone wishing to help this no danger involved in ordinary assemble to seems too be much more satisfactory seems too be much more satisfa

Age (if child's or misses' pattern)

CAUTION: Be careful to inclose the

Club will be held next week to make arrangements for the big provincial championship games which are to be held in the city beginning the first Monday in June, when it is expected that there will be 100 entries.

Mrs. E. B. Smith, the local president, who is also councillor for Western Ontario in the Canadian Golf Union, was in Toronto on Tuesday attending a meeting of the latter body. At this meeting of the latter body, At this meeting the most important piece of business was the opening of the Canadian championship games to entries business was the opening of the Canadian championship games to entries
from any country. Hitherto the championship has been confined to Canadian
women only. It is hoped that this
attitude of the Canadian Union will
spur up Canadian golfers, who will thus
have to compete with international
players. The Canadian championship
games are to be played in Ottawa in
September next.

Women's Activities Western Untario

Address News For This Column The Editor of Woman's Page.

KINTORE W. I.

HOME ECONOMICS HOT AIR FURNACES.

One of the types of furnaces in common use is the hot air, by which air is heated and conducted through farry The Kintore W. I. meeting for February was held recently with a good attendance. After the business was disposed of, papers were given by Mrs. really jacketed stoves. The fire turns Dunster on "The Fine Art of Hospi- in an inner compartment and by redi-Dunster on "The Fine Art of Hospinin an inner compartment, and by raditality," and by Mrs. Walter Oliver on ation heats cold air which is piped in the same subject; by Mrs. R. A. Mc-Donald on "Causes of Ill Health"; and from outside, or from the front hall by Miss Lenora Armstrong on the sub- of the house, to the space between the



ASTRONOMY CLUB.

There is a movement on foot in the city to organize an astronomy club, the members to devote a certain part of the beautiful spring and summer months to the study of the heavest of the house, to the space between the fifther study of the heavest of the house, to the space between the fifther study of the heavest of the house, to the space between the fifther study of the heavest of the house, to the space between the fifther study of the heavest of the house, to the space to the study of some the city to organize an astronomy club, the members specially interested in the study of the heavest of the house, to the space the subject to distinct the city to desirate the city to desirate the study of the heavest of the house, to the square of the house, to the square and the study of the heavest of the house, to the square of the sq



Bread with Raisins is a Better Food

Forget, for a moment, the delicious flavor of raisin bread and think of its value as a food.

Raisins furnish 1560 units of energizing nutriment per pound, as well as natural iron which brings the rose tint to women's and children's cheeks.

The raisin's pure fruit sugar is in practically predigested form, so it is almost immediately assimilated. This fruit-food value added to the nourishment of wheat, forms an almost ideal food. Send 'round the corner or telephone to your grocer or bake shop

for a loaf of Sun-Maid Raisin Bread or bake a loaf at home according to the recipe at the right. The raisin flavor permeates the bread. Try the bread plain, with or without butter. Learn what delicious toast it makes. Serve at least twice a week to break the monotony of plain bread.

Every first-class baker sells Sun-Maid Raisin Bread

SUN-MAID

Use Sun-Maid Raisins in all your cooking, for they are the finest grown. Made from tender, juicy, thin-skinned California table grapes.

Packed in an immaculate plant in California. Clean, sweet, wholesome American raisins - the kind you know are good.

Three varieties: Sun-Maid seeded (seeds removed); Sun-Maid seedless (grown without seeds); Sun-Maid Clusters (on the stem). All dealers. Insist upon the Sun-Maid brand. Send for free book, "Sun-Maid Recipes," describing scores of ways

CALIFORNIA ASSOCIATED RAISIN CO., Fresno, California Membership 10,000 Grower

SUN-MAID Raisin Bread

3 cups flour 1 teaspoon salt

3 scant teaspoons baking powder 1½ tablespoons of sugar

Sift well together 1/2 package Sun-Maid seeded raisins

1½ cups milk If desired to make bread a little richer, 2 tablespoons of butter and I beaten egg may be worked in. Bake 50 minutes. Will

make one loaf. Cannot fail. This recipe makes delicious raisin muffins.

Cut This Out and Send It

California Associated Raisin Co. Dept. N-349-B, Fresno, Cal. Please send me your book, "Sun-Maid Recipes," free.