5

Ask Your Grocer For

It's not very hard for you to remember that name because it has been in household use for nearly half a century in connection with fair dealing and highest quality bread. So when you go to your favorite grocery store for a loaf of bread or phone your order in, just add: "Be sure to send me Parnell's, please." By doing this you assure yourself the highest quality possible to

Buys a large loaf of

at any store in the city, or if your grocer does not have

it, or offers a substitute, we will be pleased to send one

A phone call or card will have one of our wagons at

Try a Trial Loaf Today

PARNELL BAKING CO.

PHONES 929-1390.

not be very good for sleighing and skat- he has

of our wagons to your door.

your home in a short time.

obtain at the lowest price.

PAGE OF INTEREST TO WOMEN

nedy, Mr. Walter Rennie, Mr. Jack Givens and Mr. Ed. Hamilton.

One of the most delightful private dances of the season was that held last hight at the Western "U" gym by Mr. and Mrs. J. E. Wylie in honor of their daughter, Miss Velma Wylie. The gym taself presented a gay scene with celling and walls decked with evergreens and colored streamers, while on the platform the orchestra was concealed behind a bank of palms and ferns. One and of the gym was trellised off for send of the gym was trellised off for the bride, played "The Bridal Chorus," from Lohengrin, as the bride entered the drawing-room, leaning on the arm of her father and wearing a sitting-out spaces, these cosy nooks being artistically furnished with palms and tall drawing-room lamps.

Mr. and Mrs. Wylie received their nd tall drawing-room lamps.

Mr. and Mrs. Wylie received their Mr. and Mrs. Wylie received their young guests just within the side entrance door and immediately in front of the orchestra. Mrs. Wylie was beautifully gowned in navy georgette, handsomely beaded, and wore a corsage of roses. Miss Velma Wylie made a gracious young hostess in a smart gown of black panne velvet, made with bouffant hips and trimmed with gold and silver lace. A girdle of French Cowers and a turquoise blue feather fan the recipients of many other handsome Cowers and a turquoise blue feather fan the recipients of many other hand ompleted this charming costume. Miss ifts, including checks and silver.

Campbell Becher Chapter, I. O. Alleen Hudson of Toronto, a house is planning a bridge to be held guest, was wearing a pretty Parisian the second week in January. Hyman Hall was the scene of a jolly dance on Thursday night when the treshmen class at the Western University entertained there.

Mrs. Hunt of Winnipeg, formerly Miss Marjorie Struthers, is spending New Year's with her mother, Mrs. E. Struthers, Colborne street.

frock of black taffeta made in basque style and trimmed with burnt orange flowers. Among the other out-of-town guests present were Miss Meryl Tune of Stratford, Miss Jean Richardson and Mr. Joseph Richardson of Ingersoll, Mr. Frank McBrine of Kitchener, Mr. Martin Pinkham and Mr. Richard Pinkham of Strathroy and Mr. Robert Jackson of Valparaiso, Indiana. One hundred and fifty guests were present at the dance.

QUESTIONS AND ANSWERS.

Incipient Cancer.

Club News

CAMPBELL BECHER CHAPTER.

CLINIC TEA AT VICTORIA SCHOOL Yesterday afternoon the kindergarten room at the Victoria school was crowd-ed with mothers and their small chil-

WOMEN'C CANADIAN CLUB.

Premier Martin of Saskatchewan is

Personal Health Service

One of my star patients was a man about forty-five (\$ so, he seemed to me. I was young and callow, fresh from the hospital, equipped with all the latest diagnostic wrinkles and exceedingly sorry for the poor practition. me. I was young and callow, Iresh from the hospital, equipped with all the latest diagnostic wrinkles and exceedingly sorry for the poor practitioners already established in town who were destined to compete with me. (I didn't say sorry very long.)

This star patient had visited all the noted physicians in our parts. Yea, he had travelled forty, sixty, even a hundred miles to consult specialists of all degrees. He had spent many months at health resorts imbibling the magic waters and the confident assurance of the medical superintendents. Then finally he gave up and came home discouraged. The case began to look desperate. It was at this point that I was called in.

The diagnosis had come ready-made.

The diagnosis had come ready-made. All the specialists had agreed at least about that. Neurasthenia. The man was a typical neurasthenic. He radiwas a typical neurasthenic. He radiated neurasthenia in great circles wherever he went. He had a neurasthenic expression, a neurasthenic gait, and a neurasthenic pocketbook. I decided at once that these things all needed supportive treatment. Tonics and such things. Nerve tonics, particularly. What was a good nerve tonic? Gosh, what was? I was young, and fondly imagined there were tonics, even nerve tonics. I prescribed 'em by the quart for that patient, and he imbibed all I prescribed and then some. Every little while his friends would bring in the then some, to cheer him up, you know. Finally we performed an operation on my patient. You see, all along he had complained bitterly about the discomfort his food caused and about that gas which formed so much and all that gas which formed so much and all that sort of thing—exaggerating mere normal or trifling conditions into the most ser-

so, there being nothing else left to do, we decided to operate.

By the way, I neglected to say that before we decided to do this operation the patient had for several weeks shown mental aberration becoming easonably irritable and morose and altogether causing us all signs of mental aberration a great deal of annoyance, as some confirmed neurasthenics will if not firmly managed.

Well, the operation disclosed a gall-

ious symptoms, as neurasthenics do.



MILITARY PATIENTS AT BYRON CELEBRATE **CHRISTMAS TUESDAY**

Red Cross Society Arranges For Dinner, Christmas Tree

met. was wearing a breity Parisinal Guing the second week in January (Touching Charles). The parising of the p

EMBRO LADIES' AID.

The Ladies' Aid of the Congregational Church, Embro, held a very successful bazaar in their church recently. There was an excellent display of fancy articles, plain sewing, home-made cooking, candy, an attractive fish pond, and pop corn, which was popped as it was sold. During the afternoon and evening, music was furnished by Mrs. Ross Mooney, Miss Meadows of Maplewood and Miss Brock of Thamesford. The proceeds amounted to \$309.50.

DORCHESTER RECITAL. A recital by the piano pupils of Mrs. Harold Sutton was held recently in the basement of the Anglican Church. The program also included vocal numbers by Mrs. Russel Jelly, Miss Clara Jelly and Mr. George Jelly. Those taking part in the instrumental numbers were: Miss Hazel Ross, Marjorie Ross, Annie Dundas, Jean Armour, Ella Harris, Blanche Budden, Alice Turpin, Gretta Gill, Dorland Wilson, Gladys Wilson, Thelma Turner, Eunice Woods, Mary Smith, Margaret Rickard, Muriel Hunter, Violet Banks, Laura Rogers, Edna Rickard and Ethel Topham.

Gallstones I Have Overlooked.

As a diagnostician I do not now profess to be any great shakes, just ordinary. When I was younger I knew more.

One of my star patients was a man shout form of the start of the more of the meeting a bala containing children's clothing and subject thoroughly.

DRCHESTER MISSION CIRCLE. The Harrison Mission Circle met at the home of Miss Alice Bell recently and after the usual business Miss Jean Oliver read an address and Miss Amy Hunter and Lucy Redman presented Miss Winnle Smith with a miscellaneous shower. The bride-to-be replied thanking them for their remembrance.

At the close of the meeting a bala containing children's clothing and valued at the containing children and containing children are containing children's clothing and containing children are containing children and containing children are containing children and containing children are containing children. valued at \$35 was packed for the Deaconess Home at Hamilton Ont.

REID'S CORNERS W. I. A donation of \$10 was received by the London Soldiers' Aid Commission from Mrs. P. O. Reavie, secretary of Reid's Corners Women's Institute for relief work.

MELBOURNE W. M. S.

The annual meeting of the W. M. S.
of the Presbyterian Church met at
the home of Mrs. M. McGugan, recently. A paper "The Days of One
Year" was read by Miss B. C. Bu-

The officers for the New Year were lected as follows: president, Mrs. Dr.) Howell; vice-president, Mrs. Vm. Laing; recording secretary, Mrs.

Advertiser Patterns



A Popular Model.
Pattern 3128—Cut in 4 sizes: 3, 4, 8
and 6 years—is here portrayed. For
3-year size, 3 yards of 27-inch materia

CAUTION: Be careful to inclose the above iliustration, and send size of pattern wanted. When the pattern is bust ineasure, you need only mark 38, 44, or whatever it may be. When in waist measure, 22, 24, 26, 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 the date of application.

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others are his accomplices!"
I retreated. I didn't want either of

LXXXV.—"Keep a Firm Hand." Margery and my bridegroom had the two men to see me in my forlorn condition, minus an escort.

Near the elevators I met Mrs.
Brown, Margery's official chaperone.

"Good evening, my dear. All alone?

I was going into the Winter Garden, to listen to the band. Won't you come with me?"

HOME ECONOMICS



be repaired or renewed must

Requests and Mitte

Dear Miss Grey—I received the seeds, and many thanks. Would like to get the African dalsy, larkspur, Canterbury bells, and am sending Rose of Sharon, penny plant, zinnia. ROBIN.

Ans.—There are no African daisy

Short, rapid course for adults. Success guaranteed or money refunded No tiresome scales or exercises Popular songs taught immediately Call for demonstration, or phone

The Marks-Winn School Of Popular Music, Ltd. 1691/2 Dundas Street. Phone 6244

Cynthia Grey's Mail-Box "High thoughts and noble in all Help me, my soul is fed by such.
But, ah the touch of life and hands,
The human touch!
Warm, vital, close, life's symbols
dear,
These need I most; and now, and
here."

—Richard Burton.

Wm, Laing; recording secretary, Mrs. McKey; corresponding secretary Mrs. Munce; treasurer Mrs. (Dr.) Dewar; and mission band president, Miss T.

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.



or amusement.

i. O. D. E. HOSPITAL COMMITTEE.

Mrs. F. J. Greenaway, treasurer of the I. O. D. E. soldiers' comforts mill. tary hospital committee, has recently received splendid donations from the chapters in and near Stratford, to be expended on the men at Christmas.

There was a check of \$25 from the 28th Regiment Chapter, Stratford, per Mrs. J. B. McKillop. There was a check for \$25 from the Gore of Downie Chapter near Stratford, per Mrs. Cl.

T. Campbell. And there was a check for \$25 from the Thomas Delamere Chapter, Stratford, sent direct to Mrs. Greenaway.

This money is below a state of the trouser's.

Apattern of this illustration mailed to any adress on receipt of 15 cents in silver or stamps.

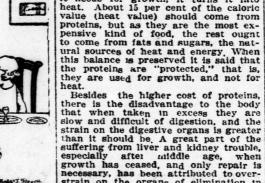
Name

Town

Town

Age (if child's or misses' pattern)

right foods to supply these factors. Thus if the body gets more protein than it needs for growth, it turns it into heat. About 15 per cent of the caloric value (heat value) should come from



slow and difficult of digestion, and the strain on the digestive organs is greater than it should be. A great part of the suffering from liver and kidney trouble, especially after middle age, when growth has ceased, and only repair is necessary, has been attributed to overstrain on the organs of elimination in the digestion of protein foods. A diet should provide protein foods. A diet should provide protein for growth and needs to be repaired or renewed must have the food constituent called protein, obtained from milk, meat, eggs, peas, beans and the gluten of wheat. While the primary function of protein foods is repair and growth, yet the body can use them to furnish heat and energy, though fats and sugars are the

seeds left, but am mailing the other seeds asked for. Many thanks for those sent in. Mrs. Home-At-Times.

Mrs. Home-At-Times.

Dear Cynthia,—Christmas is close at hand and I hope we have some snow by that time, but we have had a beautiful fall. I wrote to your Mail-Box some two months ago and sent dime for H. F. but did not see my letter in print, so thought I would try again. Did any of the readers try Mrs. Home-At-Times' cure for asthma, and did it help them? I wrote two personal letters to her, but did not get an answer. If she sees this, will she put her answer in Mail-Box or write to me? I guess she has my address. Wishing the Mail-Box every success.

Requests and Mitta

Dear Cynthia,—It has been a long time since I wrote to your cosy little corner, but I have not forgotten it. I think that is a very nice idea to send in a Christmas present for Children's Hospital. Inclosed please find a little mite and, dear Cynthia, have you any large wnite couble poppies on hand, also some Straw flowers? If you have please send me some. Got Another Mamma. Got Another Mamma.

Dear Miss Grey,—I am a young schoolgirl, am fond of reciting, and see
where Maid o' the Mist is sending the
words of "The Country Girl." Would
you please send me a copy of same? Am
inclosing my mite for nicotine seeds. I
am like some other little girls, my
mamma died when I was a baby, and
my grandma took good care of me until Straw flowers? If you have please send me some.

We are having some very nice weather now. Such warm sunshiny days! We are going to have a Christmas tree on December 23. It is going to be held in our new school house that was just built in April, 1920. I am sending a stamped addressed envelope for seeds and please slip in the address of anyone who wishes a correspondent who is 15 years old.

MARY ELIZABETH.

Ans.—Am mailing poppy seeds but there are no "Straw Flowers" in Mail-Box. Thanks for hospital mite. papa got me another mamma. Best wishes. GRANDMOTHER'S GIRL. Ans.—The recitation asked for is not in Mail-Box. Am mailing seeds. Thanks

for the hospital mite. A Chore Girl-Many thanks for hosoital mite. Am mailing pattern.

Lemon Biscuit. Dear Miss Grey.—Just after mailing second letter I received the parcel of patterns. Please accept my extreme thanks for same. I do not get a paper regularly, so maybe my letter was in. Following is a tried and true recipe for lemon biscuit: One pint of milk, 2 cups granulated sugar, 1 cup of lard, 2 eggs (well beaten), 5 cents' worth of oil of lemon, 5 cents' worth of oil of lemon, 5 cents' worth of ammonia. Dissolve ammonia in haif of Dear Cynthia,—This is my first visit to your Mail-Box. I have always liked to read your letters. I am 12 years old and am in the senior fourth class, and hope to try my entrance next June. Do you think I am far enough advanced in school for my age? Would you please send me the words of "Mickey"? Thanking you in advance. GOLDIE THE SECOND.

Ans.—You will have to be Goldie the ammonia. Dissolve ammonia in haif o Ans.—You will have to be Goldie the Second, as there is already a Goldie. If words are sent in I shall forward them. Yes, I think you are doing very well at school. Ans.-Thank you, M. E. P., for recipe,

which sounds very good. What Is the Christmas Greeting? Dear Cynthia Grey,—I'm back again for help. Could you or any of your readers supply me with one or two Christmas pleces suitable for a boy of 9 years? Should also like one of the perfume sachets someone offered the Mail-Box. Inclosed dime for fund.

THE NUN.

Ans.—Am mailing sachet bag, and if any recitations are sent in I shall be pleased to forward them. Thanks for hospital dime.

What is the Christmas Greeting?

Dear Miss Grey,—Here I am back to make another visit so soon. I see in today's paper where Pickle Face asked for a little help for a poor family. I am sending a cap and scarf for her, under separate cover, and hope they will help some. I am making Christmas presents for two old laddes. One is 84 years old and the other about 75. I just love to hear them talk of olden times.

Now, Miss Grey. I see where Pine

pattern and some cosmos seed? Inclosed

Say, Boxites, how do you like that story. "The Marriage of Anne"? I think it is good. I can hardly wait until the paper comes.

brittle: Two cups of granuated sugar, stir the sugar constantly till it melts and is a light straw color; then add as many nuts as the sugar will hold.

A KENTORIAN ROSE.

the paper comes.

Well, Miss Grey, do you think we are going to get any snow this year? It will

A KENTORIAN ROSE.

Ans.—Am malling Hazel's address.

Thanks for candy recipe.



Part Three.

Ruffles remembered the little boy who had said he would like to own

"But mother, he is an ever so good puppy," the little boy told her. "I'll see to it that he doesn't cause you any extra work."
"Well, you can keep him until your dadd occase, here."

not be very good for sleighing and skathe has made after all my hard work in the stamped envelope.

SILVERLOCKS FROM WALTON.

Ans.—Am mailing you pattern and seeds. Many thanks for mite.

Pleasure.

Dear Miss Grey.—This is the thir'd letter I have written to your Mail-Box. I did not see my last letter In print. I signed a different name, and perhaps that was the reason. I also sent a mite for the fund.

Say, Boxltes, how do you like that story. "The Marriage of Anne"? I story. "The Marriage of Anne"? I think it is good. I can hardly wait until the way and perhaps and skathe he has made after all my hard work in get the house looking so nice. Put that puppy out! He can't stay here! So Ruffles was hurried to the door and put outside.

Peanut Brittle.

Dear Miss Grey.—Here I am again to bother you. Will you please send me hazel's address, as I would like to write her. Here is a recipe for peanut britle: Two cups of granulated sugar; stir the sugar constantly till it melts and is a light straw color; then add as many nuts as the sugar will hold.

KENTORIAN ROSE.

ON TO BE Continued. (Rights reserved by the Vincent G

How to Make Pine Cough Syrup at Home Has no equal for prompt results.

Takes but a moment to prepare,
and saves you about \$2. You know that pine is used in

nearly all prescriptions and remedies for coughs. The reason is that pine contains several peculiar elements that have a remarkable effect in soothing and healing the membranes of the throat and chest. Pine cough syrups are combinations of pine and syrup. The "syrup" part separate an amaking Christmas presence of two old addes. One is \$4 years old and the other about 75. I just love to hear them talk of olden times.

Now, Miss Grey, I see where Pine Limb had sent in some quilt patches for me. I will be glad to get them, as there are no two piecess alike in the guilt so it is hard to get the different endights of the same the passes of the little family. I am mailing masses where dors are ready on their way to the little family. I am mailing hall. Box, both find an young convenient for the page.

Also, both off an a young and the same the boy seemed frightened of the little family. I am mailing that be some fund. Some like dogs are greeting for the page.

Also, both off and any young convenient for the page.

Also, both off and a sound when the same the boy seemed frightened of the little boy and the same the boy seemed frightened of the way to the little family. I am mailing that the same the boy seemed frightened of the same the boy seemed frightened of the same three that the same the boy seemed frightened of the same three the curtains and bite at the tassociate and the same the boy seemed frightened of the same three the same the boy seemed frightened of the same three the same three three the same t is usually plain sugar syrup.

To make the best pine cough remedy that money can buy, put 21/2.