NUXATED IRON IS USED BY OVER 3000000 PEOPLE ANNUALLY TO HELP BUILD UP THEIR HEALTH STRENGTH AND ENDURANCE

Look around at the men and women you meet in a single day. One glance is enough to tell the ones with plenty of rich, red blood, strength and physical snergy to back up their mental power and make them a succes. In whatever they undertake,

Dr. James Francis Sullivan, formerly James Francis Sullivan, formerly men

over three million people annually, and it has been used and indorsed by such men as Ignace Jan Paderewski, Ex-Premier of Poland and Master Pianist; United States Judge G. W. Atkinson of the Court of Claims of Washington also physician of Bellevue Hospital (Outdoor Dept.), New York, and the Westchester County Hospital, says that to help make strong, keen, red-blooded. Americans there is nothing so valuable as organic from-Nuxated Iron. It often increases the strength and endurance of weak, everywhere.

YOU CAN TELL DY

THE PEOPLE WHO

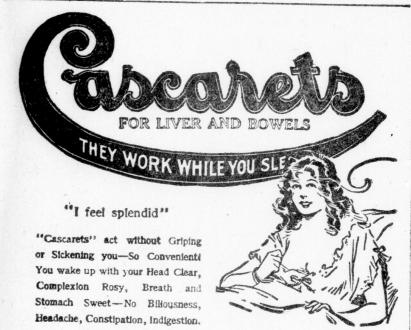
HAVE PLENTY OF

THEY ARE THE STRONG VIGOROUS

HEALTHY FOLKS

IRON IN THEIR

BLOOD -



WOMEN! DYE IT AND SEE!

Instead of Buying, Add Years of Wear to Old, Faded Garments with "Diamond Dyes"—Fun!

Fight high living costs with "Diamond | blou Dyes." Perfect results are sure, no matter if your old apparel be wool or silk; cotton or mixed goods. "Diamond Dyes" are guaranteed to give a new, rich, fadeless color to

dresses, ginghams, aprons, "Diamond Dye" Color Card.



FREE. \$200.00 more IN CASH and numbers of Merchandise Prizes will be GIVEN AWAY at an Early date.

1st Prize, \$50.00 in Cash. 2nd Prize, \$40.00 in Cash 3rd Prize, \$35.00 in Cash. 4th Prize, \$25.00 in Cash 5th to 9th Prizes—Each \$10.00 in Cash. TOGETHER WITH MANY MERCHANDISE PRIZES Herewith will be found the picture

a Log Hut in the Woods. At first ance all you see is a man, a woman and a dog. If you look closely the faces of 8 other persons will be found. Can you find them? It is no easy task but by patience and endurance can be accompli-

shed.
You may win a cash prize by doing so.
Many have done this as will be shown by
the names and addresses which we will
send you. It you find the faces mark each
one with an X, cut out the picture and
send it to us, together with a slip of paper
on which you have written the words "I
have found all the faces and marked
them." Write these nine words plainly
and neatly, as in case of ties, both writing
and neatness are considered factors in
this contest.

this contest.

This may take up a little of your time but as TWO HUNDRED DOLLARS in cash and many merchandise prizes are given away, it is worth your time to take a little trouble over this matter. Remember all you have to do is to mark the faces, cut out the picture and write on a separate plece of paper the words. "I have found all the faces and marked them."

WE DO NOT ASK YOU TO SPEND ONE CENT OF YOUR MONEY IN ORDER
TO ENTER THIS CONTEST

Send your answer at once; we will reply by Return Mail telling you whether your answer is correct or not, and we will send you a complete Prize List, together with the names and addresses of persons who have recently received over Five Thousand Dollars in Cash Prizes from us, and full particulars of a simple condition that must be fulfilled. (This condition does not involve the spending of any of your money.)

Although these persons are entirely unknown to us, they are our references. An enquiry from any one of them will bring the formation that our contests are carried out with the utmost fairness and integrity. Winners of cash prizes and integrity. Winners of cash prizes men of undoubted integrity, who have no connection with this Company, whose decisions must be accepted as final.

Your opportunity to win a good round as all previous winners of cash prizes are debarred from entering this contest.

Send Your Reply Direct to GOOD HOPE MANUFACTURING COMPANY 46 ST. ALEXANDER STREET, MONTREAL, CAN.



Gassy, Acid Stomach-Relief awaits you!

PAGE OF INTEREST TO

MRS. ELIZABETH KENT, MacDONALD COLLEGE.

PURCHASING KITCHEN EQUIP-

MENT. As an old housekeeper speaking to a new recruit I would say, study and plan before you buy your kitchen equipment



and underfurnish rather than overfurand underfurnish rather than overfurnish. Study the size, shape, material, use, and price of every article and select such things as are easy to handle and to clean. Because every woman search for its contents, as often happens when food is stored in tin cans or o clean. Because every woman beauty in her kitchen appointand to clean. Because every woman loves beauty in her kitchen appointments, choose a good color of enamelled ware and have it uniform. Blue is pretty, white suggests purity, red is cheerful, but grey—well, it is just grey, serviceable perhaps, and does not show bad washing, but it has no character. Heat melts solder, therefore avoid

dresses for parties, dye them over darker, then later black; they always so fond of children that I could not stand to see a little one suffer, so the same with; my suits are made into dresses. The lower parts of the men's worn shirts are thrown into the dye pot, and made into little under-skirts for my nieces. You see, I am just for my nieces.

Cynthia Grey's Mail-Box

When Winter's at his oldest, And coldest, And boldest,

Then cometh good St. Valentine,
To show that love is burning,
And sighing and yearning,
And breathes upon the wintry earth
his tenderness divine.

come asking you for some girls' and boys' addresses, 15 and 16 years old. Would you please have them write to with you. SOMEDOPY'S GIRL.

COSY CORNER CHATS.

Did you folk all read Hopeful Hepsy's letter? Can't you folk all smell her good homemade biscuits and apple butter? Wife, and I'm sure she is not trying to hosh her husure she is not trying to hish her husure she is not trying to hish her husure she is not trying to blowses, stockings, sixirts, sweaters, children's coats, draperies, everything!

The Direction Book in package tells plainly how to diamond-dye over any you cannot make a mistake. To match material, have druggist show you "Diamond Dye" Color Card.

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The Direction Book in package tells plainly how to diamond-dye over any you cannot make a mistake. To match material, have druggist show you undersome the following the years of the following they are so of comforter cloth and see where A. E. R. was inquiring about down comforters. This is the way we made them on the farm: When Diukeling the plainly down to more the following the process of the plainly down to more the following the process of the plainly of the process of the plainly of the plainly of the plainly of the plain

nes you see pictured in catalogues.

THE HIGHBROW BABY.

see where someone sent in a recipe for making soap, and it calls for resin. I would like to know what the resin is used for in making soap?

M. M.

To show that love is burning, And sighing and yearning, And sighing and yearning, And breathes upon the wintry earth his tenderness divine.

Addresses Wanted.

Will the following please send their names and addresses to the Mail-Box at once: A Foreman's Wife, Little Chatterbox, Only an Orphan (who wrote about taking a course in nursin), Lightcliffe?

Correspondents Wanted.

This is the first time I have written to your Mail-Box, although I have enjoyed reading it very much. I have one asking you for some girls' and boys' addresses, 15 and 16 years old. Would you please have them write to me first, as I will leave my address with you. SOMEBODY'S GIPL.

and stitch by hand any pattern you described. Size. We usually tried to follow the ones you see pictured in catalogues.

Don't you think the when means served by community kitchens cost from 75 cents to \$1.25 are not many of us who can easily are not easily to make the would only add to the aiready to easily who would not a some of the served of the server of

TALKS ON HEALTH

BY WILLIAM BRADY, M.D.

Dr. Brady will answer all signed letters pertaining to health. Writers' name are never printed. Only inquiries of general interest are answered in this column, but all letters will be answered by mail if written in ink and a stamped,

(Noted Physician and Author.)

some water. Boil them until thick, and then put into wash water. They help to clean the clothes. I don't think Ura Kidd's Pal meant what she said about the Americans, and I am quite sure everyone is ready to forgive her. She seems to be full of fun. I wish Ura Kidd would write again; I always enjoy her letters. Miss Grey, I would like to correspond with someone about 15 or 16 years old, if they will write first ANOTHER FARMER'S DAUGHTER.

I saw where a girl of about 16 would like to correspond with a girl of about her own age. I do wish you would give her my address, as I would be delighted to write to her. Any boy about my own age would also be accepted in my little circle. Miss Grey I am taking your advice and have not been to a dance since I wrote to you last. I wonder if I could have that stocking-foot pattern I read so much about? Inclosed

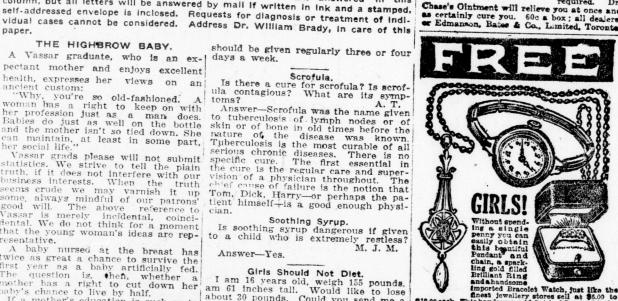
Advertiser Patterns Owing to the pattern manufac-

turers increasing the price of pat-terns to us, all patterns advertised from this date will be 15 CENTS EACH.



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 necessible the skirt of the skirt

Do not suffee another day with Itching, Bleeding, or Protruding



THE REGAL MANUFACTURING CO.

o that this also has to be considered, itemeral opinion seems to favor the following list:

Agate for bowls, pitchers, and saucepans for simple stewing or boiling.

Steel for teakettle or roasting pan.
Block Tin for colanders, small pans, or cake pans.

Porcelains for custard cups, bakers, or pudding dishes.

Glass for food receptacles, and the pyrex dishes for many other uses.

Aluminum for double boilers and deep saucepans. It wears well, is light and duratite, but tarnishes easily, especially if it is brought into contact with a strong alkali such as washing and a strong alkali such as washing sends.

Correspondents Wanted.

I don't know if I am of much use or not to your page, but will try and help. When mother washes the clothes she takes soap chips and dissolves them in some water. Boil them until tolck, and then put into wash water. They help to clean the clothes. I don't think the last line of the chorus or verses was: "But I'll ne'er put a stain not asking too much. Will return the Lark Kidd's Pal meant what she said advance. Am sending a recipe for hard-about the Americans, and I am quite sure everyone is ready to forgive her. She seems to be full of fun. I wish the words and music of an old with the words and music of an old stong entitled "Bonnet Sae Blue"? I think the last line of the chorus or verses was: "But I'll ne'er put a stain not asking too much. Will return the lad wance. Am sending a recipe for hard-about the Americans, and I am quite sure everyone is ready to forgive her. She seems to be full of fun. I wish the last line of the chorus or verses was: "But I'll ne'er put a stain not asking too much. Will return the law to the put into wash water. They help to clean the clothes. I don't think the last line of the chorus or verses was: "But I'll ne'er put a stain not asking too much. Will return the law to the put into wash water. They help to clean the clothes. I don't think the last line of the chorus or verses was: "But I'll ne'er put a stain not asking too much. Will return the law to th

I received the stocking-foot pattern before the fund was started, so I am sending my ten cents now. We enjoy reading the page very much, and often find help. Could you tell me the name of the author of "My Mother," the poem which was in the old second reader? Thanks in advance, and best wishes.

Ans.—Can some Boxite supply the Ans.—Can some Boxite supply the name of this author? Have been unable to do so as yet myself.

I have been sick a great deal during the winter, and I am forced to stay in until spring, and I enjoy reading very much. I would like to beg some magazines (old ones) from the readers if they would be kind enough to send me some. I would pay cost of sending them if needed. Am sending my mite to Children's Hospital fund. As there is one shut-in I will sign myself. is one shut-in I will sign myself.

LOVER OF SPRING.

Perhaps I can give a little help tonight.

A Sugar Saver: In cakes calling for one cup of sugar I use half sugar and half corn or golden syrup.

Inconspicuous knee protectors: Take the top from a child's old stocking. Put an elastic in the end farthest from the top. Put this on over the stocking and on, and save a lot of mending. When they begin to wear in one place put another side to front, and they are assily pulled off and on, and save a lot of mending. When they begin to wear in one place put another side to front, and they are assily pulled off and some own age (18).

This is my first letter to the Mailbox, but I read the letters every day and certainly enjoy them. Would like age of 23 or 24. MARELYNNE.

A LOVER OF BOOKS.

P.S.—Am inclosing dime and envelope for stocking-foot pattern.

I have received so many helpful hints from Mail-Box. The recipes alone are worth the price of the paper.

Please find inclosed 25c for the hospital fund: May I have the stocking-foot pattern?

I saw where Veronica had some crocket yoke and lace patterns. I would send on lace patterns. I would send them.

Tiny Toots wants to correspond with me about my own age. I am not very large according to my age but have a very good name and record. Would give further information upon correspond with me and them.

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I saw where Patrlotic has gum on the result you of any age of name and record. Would give for the sme and income and record. Would give for the greatly obliged if she would send of she would send on late of the greatly obliged if she would send of them.

This is my first letter to the Mail-Box.

This is my first letter Perhaps I can give a little help to- ters.

I saw where Patriotic has gum on I, too, have a sunshine baby year old, which is the joy of our h year old, which is the joy of our heart and the light of our home. I wonder if you would like a picture of her Miss Grey. If so, I will send one later.

Oh. I wish I could help this time, but I'm afraid not. Where is mammy Dinah gone? I think kind words to a child is often better then a whitning. child is often better than a whipping I made Riveria's plum pudding whic "left nothing more to be desired." CHITTERING SPRING ROBIN. Ans.—Would certainly appreciate a picture of the sunshine baby.

Brown Biscuits for Busy Bee. to tell Busy Bee how maybe she will like them—as I'm ge ally asked how I make them they've been tried. One egg, two to spoons lard, two tablespoons sugar, cups sour milk, one teast soda, one cup white flou bran. I use sweet milk

Correspondents Wanted.

\$500.00 in Cash Prizes Given Away

1st Prize \$100.00 in Cash; 4th Prize \$20.00 in Cash; 7th-10th Four Prizes of \$5.00 each 2nd Prize \$50.00 in Cash; 5th Prize \$15.00 in Cash; 11th-15th Four Prizes of \$3.00 each 3rd Prize \$25.00 in Cash; 6th Prize \$10.00 in Cash; 16th-20th Four Prizes of \$2.00 each and 240 Prizes of \$1.00 each

Are you interested in the world's great graphs of many prominent generals and men?

'If so, do you know whose face is shown below?

To properly solve the puzzle, carefully cut the picture into fuefre pieces, cutting along all the source. This work has ery Canadian

In addition to the the above offer to give a way Cash Prizes apgregating \$500.00. e conditions re-ing to the distri-tion of the Prize WHILE TO DO SO.

If you send the correct name, either on the coupon printed below or on a post-card, together with your name and address, (plainly written), we will send you FREE a little book recently published. The book is entitled "Britain's Bull Dogs—Defenders of the Nation." This work contains part in the war. It is printed in two colors and illustrated with fine photo-colors and illustrated with fine photo-

wonderfully popular in England of late.

Do not Delay. You have an excellent opportunity to earn a \$100.00 or a \$50.00 cash Prize. rt in the war. It is printed in two opportunity lors and illustrated with fine photo- Cash Prize.

Work out the name of the well-known Work out the name of the weit shifted Man and send it to us at once. Please be sure that your name and address are very legibly written in pencil, as ink is likely to blot and become unreadable. THE WELL-KNOWN MAN IS

If my answer is correct please send me the free Booklet you promise, and particulars of your offer to give away \$500 in Oash. WALKER SUPPLY CO. My Name in. Suite 20 77 Victoria Street

py on request.

pe. 1 to send a dime with find inclosed one for children's nos MRS. C. S. K.

I see in today's paper a request for brown biscuits. Now, I'm just anxious

Correspondents Wanted.

I wondered if any of the readers have any mandolin music? I think it quite a good idea about taking up books. I like reading Zane Grey's books, "Desert Wheat," "Border Legion." I would like some of the readers to correspond with me about the age of 19 or 20. Hope to be of some use next time.

MUSICAL HARRY.

Ans.—Please send your name and address to Mail-Box in case of answers to give he will amaze yo is so bigand beautiful at your request.

I saw where Patriotic has gum on her dress. Coal oil will remove gum from mostly anything. So I hope it will help her. EX-SOLDIER'S WIFE.

I too have a supplied below one.



I am a constant reader of your most helpful Page, and I cannot begin to tell Address: REGAL MANUFACTURING CO., Dept. B 7 TORONTO, ONT.

Why not use the best?



It's cheaper and sold everywhere

There's no better coal oil than Imperial Royalite. It is the highest grade coal oil for heat, light and power.

Imperial Royalite is highly refined; every drop is full strength. It is the same high quality fuel every day, everywhere you get it. Sold in village, town and city—by small dealer and big. Burns without soot or smoke. The best fuel for stationary engines,

tractors, oil heaters, oil cook stoves and lamps. Why pay more for fuel that does no more? Use Imperial Royalite and save money.

For sale by dealers everywhere.

IMPERIAL ROYALITE COALOIL



At once!—"Pape's Diapepsin" corrects your Sour,

Yon don't want a slow remedy when your stomach is bad—or an uncertain one—or a harmful one—your stomach is too valuable; you mustn't injure it with drastic drugs.

When your meals don't fit and you leel uncomfortable, when you belch gases, acids or raise sour, undigested of dod. When you feel lumps of indigest of lood. When you feel lumps of indigest of pape's Diapepsin helps neutralize the scidity, just eat a tablet of Pape's Diapepsin helps neutralize the pepsin and the stemach distress is gone.

Millions of people know the magic of Pape's Diapepsin as an antacid. They know the indigestion and disordered stomach are so needless. The relief costs of this world-famous indigestion pain, heartburn or headache, from acidity, just eat a tablet of Pape's Diapepsin helps neutralize the stomach acids so you can eat without fear.

Millions of people know the magic of Pape's Diapepsin as an antacid. They know the indigestion and disordered stomach are so needless. The relief comes quickly, no disappointment. Answer—Lime water is not necessary unless for some particular condition. Usually an ounce is given with each bottle of milk. A baby should be given altitle of the stomach distress is gone.

Answer—Lime water is not necessary unless for some particular condition. Usually an ounce is given with each bottle of milk. A baby should be given at a tabut the eighth month. By the time he has a few tender meat itself, and these things condition independent of the cance of hidren.

Low Blood Pressure. Is there any specific treatment for blood pressure: Is there any specific treatment for blood pressure? My pressure is 103 and if there is any treatment that will in the care of children.

Answer—Lime water is not necessary unless for some particular condition. Usually an ounce is given with each bottle of milk. A baby should be given at a tabut the eight month. By the time he has a few tender meat itself, and these things condition independent of the care of hidren.

Low Blood Pressure. Is there is not here hold is hould give hi motherhood and the care of children.

vidual cases cannot be considered. Address Dr. William Brady, in care of this should be given regularly three or four A Vassar graduate, who is an ex- days a week. pectant mother and enjoys excellent

mother and enjoys excellent xpresses her views on an its there a cure for scrofula? Is scrofula contagious? What are its symptoms?

A. T. health, expresses her views on an

A baby nursed at the breast has twice as great a chance to survive the first year as a baby artificially fed. The question is, then, whether a mother has a right to cut down her baby's chance to live by half.

If a mother's education is such as to lead her to such a belief, what is wrong with that kind of education?

Babies are a vulgar subject. What-ever else may be deemed fit to teach our daughters in colleges, for goodness sake do not teach them anything about motherhood and the care of children.

Answer—Yes.

Girls Should Not Diet.

I am 16 years old, weigh 155 pounds, am 61 inches tall. Would like to lose about 30 pounds. Could you send me a diet by which I could lose that amount? (R. H. L.)

ANSWER—No. Girls under 18 should never attempt to reduce weight, in my opinion, unless under the personal supervision of their physicians.

Low Blood Pressure.

ancient custom:

"Why, you're so old-fashioned. A woman has a right to keep on with her profession fust as a man does. Babies do just as well on the bottle and the mother isn't so tied down. She can maintain, at least in some part, her social life."

Vassar grads please will not submit statistics. We strive to tell the plain truth, if it does not interfere with our business interests. When the truth seems crude we may varnish it up some, always mindful of our patrons' good will. The above reference to Vassar is merely incidental, coincidental, We do not think for a moment that the young woman's ideas are representative.

A baby nursed at the breast has

Low Blood Pressure.