cent paper, I enjoyed it very much, and am putting it in my scrap-book. I always save the soldiers' letters; they make a very interesting scrap-book.

Just a word about my pets. I still' play with kittens, and love 'em just as much as I ever did. As you told me to keep on loving them if I lived to be a hundred years old, I will take your advice and do so. Lots of love to everbody. From PUSSY.

Ans.—You and "Pussy Willow" must be of some kin, both are so fond of

Ans.—You and "Pussy Willow" must be of some kin, both are so fond of pets. I'm glad to hear that you haven't outgrown your liking. I hope that before long your brother will be home again, and thank you sincerely for your k'nd personal wish regarding the one "overseas."

As "Ura Kidd" Sees It.
Oh. "Everybody's Friend." I pray.
Turn not to Luke McLuke.
Or Kaiser Bill. or the darling "Madge."
Or anybody's spook!
our query I'd fain do my best
To answer in verse of rhyme.
As Cynthia, dear, hasn't time.
For your fool question No. 899!
But, sir, I always try to please.
And am of the gentler sex.
I'll answer your worries, but don't get
peeved.
For I do not wish ta vex!
You ask how the girls will act with the
boys.

Will they marry the slacker, Or treat him like a Hun? Now, listen to me: The heroes they'll

marry,
And say, 'You have done your part—
Just sit by the fire, and 'tend little
'Mariar,'
To my work I must now depart.

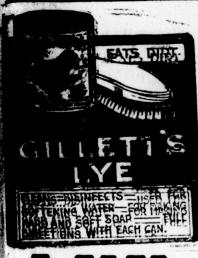
I Say, "This is so sudden." and take a

Advertiser Patterns

But don't work too hard, my pet; I'll think of you often as I collect

ald she keep from wearing jewelry. The slackers, glas! they will tear their should letters of condolence be an-

go in black for sol- And weep in the deepest despair;



Go after it with Sloan's Liniment before it gets dangerous

Apply a little, don't rub, let it penetrate, and-good-by twinge! Same for external aches, pains, strains, stiffness of joints or muscles, lameness, bruises. Instant relief without mussiness or soiled clothing. Reliable—the biggest selling liniment year after year. Economical by reason of enormous sales. Keep a big bottle ready at all times. Made in Canada. Ask your druggist



Fvery Woman Needs IRON at Times

out when they are pale, ner-out and haggard—there are thou-ands who might readily build up

### Areal cough remedy

n't surrender to an obsti There's a remedy that will help you conquer it—a remedy that speedily relieves all irritation of the respiratory organs and gives bodily strength for Try it ask your

## Robert's Abouth Cod Liver Oil & Tar

### SAFE! **BEFORE & AFTER**

Quiet 'till you want thema quick, clear, odorless flame—then out to stay out. No accidents. EDDY'S SILENT 5

MATCHES represent the last word in a gen-eral-purpose match for household They will light anywhere, and a chemical solution extinguishes them instantly when blownout. Noodors, no afterglow.



The E. B. Eddy Co. Limited HULL, Canada iso Makers of Indurated Fibrewere and

### THE NAME GUARANTEES ITS EXCELLENCE

(Government Standard)

MORE BREAD AND BETTER BREAD AND BETTER PASTRY"

Western Canada Flour Mills Co. Limited HEAD OFFICE-TORONTO, ONTARIO Canada Food Beard License Non.-Cereal 2-009-Flour 15, 16, 17, 18 PURITY OATS MAKES BETTER PORRIDGE"

# PAGE OF INTEREST TO WOMEN

Secrets of Health and Happiness

How Excess of Lactic Acid Produces Poison of Fatigue

> By DR. LEONARD KEENE HIRSHBERG, A. B., M. A., M. D., (Johns Hopkins University.)



presence of lactic acid also been with season as treppe, an about a subject of the muscle tissue, this is practically identical with gue or at least the first element of This condition is slower to arise on the muscle tissues have undergone on the muscle tissues have undergone of the muscle tissues have undergone on the muscle tissue, the first element of the muscle tissue, the muscle tissue and take up dancing, swimming, and the muscle tissue and take up dancing, swimming, and the muscle tissue and take up dancing, swimming, and the muscle tissue and take up dancing, swimming, and the muscle tissue, the muscle tissue and take up dancing, swimming, and the muscle tissue and take up dancing, swimming, and the muscle tissue and take up dancing, swimming, and the muscle tissue and take up dancing, swimming, and the muscle tissue and take up dancing, swimming, and the muscle tissue and take up dancing, swimming, and the muscle tissue and take up dancing, swimming, and the muscle tissue and take up dancing, swimming, and the muscle tissue and take up dancing, swimming, and the muscle tissue and take up dancing, swimming, and the muscle tissue and take up dancing, swimming, and the muscle tissue and take up dancing, swimming, and the muscle tissue and take up dancing and take up dancing, swimming, and take up dancing and take up dancing and take up dancing

Excessive tiredstate of mental attitude, but an actual physical reality. It is due not to
lack of food supply,
as in the condition
of starvation, but
rather too rapid
physiological behavior within the
muscle tissues. After a period of
abnormally prolonged or very hard
work, the tissues

sleep, either in the open air or in a
very well ventilated room; it includes,
also, plenty of mental diversion, and,
above all, an abundance of good food.
Good food, in this instance, does not
mean food pleasing to the taste, though
that almost naturally follows. It means
nourishing food, that which goes to
build up tissues and energy. This includes the proteins, lean meats, bread,
milk, cream, eggs and the like, and the
carbohydrates, such as starches and
sugars, which are abundant in corn,
vegetables and fruits, and the fats, such
as butter and its associates.

After your work is completed and you
are quite weary, refrain from eating

After your work is completed and you work, the tissues are loaded with a supply of waste are loaded with a supply of waste and formal make the protein food, because that will probable to the life-producing power of the tissue save disintegrated and gone to make up the life-producing power of the tissues of the life-producing power of the tissues of the life-producing power of the tissues at this sold time only the life-producing power of the tissues at this sold tissue poison, or protein toxin, and increase or prolong fatigue. Eat at this tissue poison, or protein toxin, and increase or prolong fatigue. Eat at this tissue poison, or protein toxin, and increase or prolong fatigue. Eat at this time only the life-produces out of the mochanical poison or protein toxin, and increase or prolong fatigue. Eat at this tissue poison, or protein toxin, and increase or prolong fatigue. Eat at this tissue poison, or protein toxin, and increase or prolong fatigue. Eat at this tissue poison, or protein toxin, and increase or prolong fatigue. Eat at this tissue poison, or protein toxin, and increase or prolong fatigue. Eat at this tissue poison, or protein toxin, and increase or prolong fatigue. Eat at this tissue poison, or protein toxin, and increase or prolong fatigue. Eat at this tissue poison, or protein toxin, and increase or prolong fatigue. Eat at this tissue poison, or protein toxin, and increase or prolong fatigue. Eat at this tissue poison, or protein toxin, and increase or prolong fatigue. Eat at this tissue poison, or protein toxin, and increase or prolong fatigue. Eat at this time only the life-produces out of them the life-produces out of the life-produces out of them the life-produces ou

m is not attended to promptly and let on my with the work, complete exhausion may result.

Lactic Acid a Poison.

The presence of an abnormal quantity lactic acid is a polson to the tissues the human animal. It takes the form a kind of foxin, which, when ingredults and the prevents the formation of lactic d, and, moreover, makes it united with sibility of early exhaustion. Is absolutely imperative, therefore, t plenty of fresh air be inhaled while work is going on if the best results to be attained. He had been required in solution to the tissues at each inhalation. If the work to be done requires he speed and severe concentration, as in subsolutely imperative, therefore, the control of the control of the seal of the process. Drink lots of water. The work to be done requires he speed and severe concentration, as in speed and severe concentration, as in speed and severe concentration, as in the seal of the seal

and automatic as the move- scars gradually shrivel and disappear, pigments or nielan

Rest Before Work.

strenuous piece of work must taken it is very advisable to long a period as is convenited in the convenite of the convenite

# ADELE GARRISON'S CONTINUATION OF REVELATIONS OF A WIFE

Why Madge Accepted the Position Even in the Face of an Odd

Agains the vague little apprehension of something out of the ordinary in this dish school instructorship rose before ay mental vision at Mr. Stockbridge's savered strongly of both.

That my distuiste appeared upon my date is realized when, upon looking at Mr. Stockbridge, I met his eyes filled ormality" with which he wished to actuaint me. But I pushed it back and urned toward him only the convenional attention demanded by his relative to the more effective because I was sure that he was absolutely unconscious of the fact that he was making one.

"Yes?"

"There are certain—conditions—" he esitated perceptibly over the word—"in lay View School circles—which make it advisable"—again the curtous hesttaneon—"for your appointment to come

"And this request of Mr. Stockbridge appeared upon my date that my distuiste appeared upon my date. I met his eyes filled with concerned apology and something activity owing to the strong position of the fact that he was making one.

The Decision Made.

"I—trust—this will make no difference in your decision as to the position," he said, and there was the same note of said, and there was the same note of the quickened impulses leading to a more appearance.

"I will be a day of boldness, generosity, enterprise and excitement, stongly of both.

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"I will be a day of boldness, generosity, enterprise and excitement, stongly of the fact has been appeared upon my day of the fact has been appea Condition.

time. This treatment is be harm the be harmless and will not harm the most delicate swatem. Write for information to PROFE OR MARLO, PROFE Ond, London, Ont.

Your Old Carpets
Made Into new, beautiful, fluffy, reversible rugs.

Canada Rig Co.

I was sure were troubling him.

If I needed an incentive for my determination I would have received it in the flash of undisguised relief in Mr. Stockbridge's expressive face at my consent to sign the contract.

"Three Wecks from Monday."

"The with "he said earnestly"

SHETLAND WOMAN'S INSTITUTE.

The Shetland Women's Institute held their December meeting at the home of Mrs. L. H. Badgley, when the members decided to begin work for the refugees in France and Belgium in January. The answers to roll-call were "Christmas Intoughts." A paper on "Is a Woman's Time Worth Analysis of the contract." termination I would have received it in the flash of undisguised relief in Mr. Stockbridge's expressive face at my consent to sign the contract.

"Three Weeks from Monday."

"I'm very glad," he said earnestly. Then with the boyish, whimstcal phrasing I had noticed before he said: "I suppose it's bad policy for a principal to show eagerness in engaging an instructor, but if you could see some of the misfits with which I have had to put up with because of the meagre salaries and opportunities of the village schools you'd realize how glad I am that the war—and the baby—have led so well equipped a person as yourself back to the educational pastures, and into my particular little inclosure."

"Let us hape you'll not wish to open."

particular little inclosure."

"Let us hope you'll not wish to open the gates wide for my exit after you have tried my work." I said demurely.

"No chance," he retorted, "unless domesticity has made you forget the qualifications which brought forth such glow-less calledges." fications which brought forth such glowing eulogies from Dr. X."

I flushed with pleasure, for he had named my old superintendent, under whom I had taught for years, and whose letter of recommendation, when I had sent to him for one, was filed with approving phrases enough to make any teacher's soul lift itself in self-approval. "Dr. X's opinion is good enough for me." Mr. Stockbridge went on smiling. "so we'll have no more forebodings if you piecse."

conflict in my pedagogical past, the tri-umph which had been mine. With a rush of comradely sympathy for my new principal I resolved not only to make my own work successful, but to help him surmount the obstacles which

dollars was given to the Parkini can'ning centre.

Red Cross shipments consisted of 200 handkerchiefs, 108 pairs socks, 17 property bags, 12 wash cloths, 10 trench caps, being the work done during the summer months. Yarn to the value of \$50 is on hand, and \$10.50 has been reserved for relief work. I had a sub-conscious impression that the conversation was becoming a bit too personal, and that Mr. Stockbridge had spoken truly when he had said that he had a hard time minding his p's and q's. There certifully was very little of the dignity which I had been accustomed to in high school principals. I hurriedly asked a question which as yet I had had no opportunity to put.

"When does school open?" I asked. He rose from his chair almost as if the question had pushed him from his seat. "Three weeks from Monday," he answered. "I will see that the contract is sent to you at once. And I'll send you a comprehensive outline of the work to be covered, so that it won't be necessary for me to see you before the opening of school."

As he made his courteous adjeux I said to myself that if Mr. Stockbridge were a bit boyishly unconventional in his manner he was also the quickest parson to take a subtle him of any-tone on or before this meeting.

RED CROSS CONSERVATION



Hamilton has a Red Cross conservation service which is doing remarkable boys, work. An old church is used as a storehouse for waste material, and it is sold Now the war is over and do

Regarding Mourning.

Dear Miss Grey,—Will you please answer the following: How long should a swer the following: How long should a fares—Now, kiss your conductorette!"

elapsed.

2. Wear no jewelry, except dull jet, while the deeper mourning is being worn. Yes, letters of condolence should be replied to.

3. No but it is customary to wear a sleeve band of purple crepe ribbon, in their memory.

1. The men thought the girls had a snap, Just washing and scrubbing, and cooking and tubbing.

And giving the kiddles a nap!

So the girls, to be kind, will give them a rest.

Address All News for This Column to the Editor of the Women's Page.

SUGGESTIVE QUESTIONS FOR THE UNIFORM LESSON FOR SUNDAY. UNIFORM LESSON FOR SUNDAY.

January 5, 1919.

ONE. GOLDEN TEXT SUGGESTION.

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

Pharaon Oppresses Israel.—Exodus,

1, 1-14; il., 1-25.

QUESTIONS FOR TODAY.

5, Verses, 9-14 —What is the duty of

aspect. It will be a day of boldness, generosity, enterprise and excitement, so rapidly multiplying in our midst?

Daily Bible Question Club

igners who are our midst?
v Pharach fall in his treat-pile?

A SIMPLE STYLE.

2615—You may have this in corduroy, serge chevlot, fur an double-breasted

Bay View School circles—which make it advisable"—again the curious heatastion—for your appointment to come from the senior member of myself. In fact, I would prefer that you don't member of the most of the proposition of the senior member of myself. In fact, I would prefer that you don't member of myself in the proposition of the proposition of the most again the view with you. The director will write you, and make the myself in the fact, I would prefer that you don't member of the myself in the proposition of the myself i

Jesus' chief inspection of this very purpose, as his words, for this very purpose, and are heavy laters, wanted. When the pattern is pustern wanted. When the pattern is pustern wanted. When the pattern wanted. Whe

Jimmy Coon and His Friensd

the yarn. There were also shipped to pairs of socks and 5 suits of pyjamas to the Red Cross Society, London. The January meeting will be at the home of Mrs. Clayton Sharpe.

FOREST W. I. REPORT.

The Women's Institute of Forest held their meeting at the home of the president, Miss F. Rawling, or December 27, for the purpose of fluishing this year's work and making plans for the coming months, feesing that though actual fighting has ceased the call for help is urgent.

The report from the waste paper committee showed that \$164,92 had been realized after all expenses had been realized after all expenses had been realized after all expenses had been will be held January 2. Twenty-five dollars was given to the Parkfull canning centre.

Red Cross shipments consisted of 200 handkerchiefs, 108 pairs socks, 17 property bags, 12 wash cloths, 10 trench actual first work more than the summer months. Yarn to the value of \$50 is on hand, and \$10.50 has been reserved for relief work.

WHAT THE MUD PIES ARE FOR.

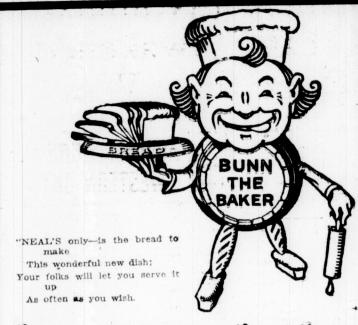
And Father Beaver showed all his family of children just where to make the mud pies. The must make one drop of musk on each mud pies. "And Tom Beaver asked: "Why, and Tom Beaver asked: "Why, and Tom Beaver saked: "Why, and the wind pies was be made by the Big Rock, near the path proclose to the Big Rock, near the path proclose to the Hill, and any the best of the will be mud pies will be mud pies. The must be made by the Big Rock, near the path proclose on Mirror Pond.

The report from the waste paper committee showed that \$164,92 had been realized after all expenses had been will be held January 2. Twenty-five dollars was given to the Parkfull canning centre.

Red Cross shipments consisted of 200 handkerchiefs, 108 pairs socks, 17 property bags, 12 wash cloths, 10 trench path proclose to the first WHAT THE MUD PIES ARE FOR.

the mud pies and musk, and he will say. Why, I know that Tom Beaver has traveled this path today. I know his kind of perfumery. It is fresh, and he has been here today. And I see the marks of his hands on the mud pie. And all the Beaver children wondered at the wisdom of their father. And Father Beaver added: "When you travel and see a mud pie, you say, 'Why, that is lingle Tom's musk perfumery I smell. and see a mud pie, you say, 'Why, that is Uncle Tom's musk perfumery I smell, and he has been here today: I can see his finger prints. He may be near, and perhaps I can find him, and we can travel together, and help each other to get away from our enemies.' So I want all you children to read the daily papers early every morning, and come and tell your mother and me all the news. It is a wonderful help to have a keen nose for the news."

Tomorrow-The Beavers Go Visiting.



- coll-ared to realod ente much

# Neal's Aloaf A Bread

is bread you can DO things with Try this delightful Cream Toast, using NEAL'S

and whose appetite is hard to tempt, try a dish of NEAL'S nourishing Cream Toast. Prepare a snowy cloth on a little tray, with spoon and fork, and individual little dish of sugar or salt, whichever suits the taste.

Make a covered muffin dish piping hot. Beat half a cup of double cream to a stiff froth. Put one cup of good milk on to heat to the frothing point.

Now cut a generous slice of NEAL'S ALOAFA BREAD and toast SLOWLY to a rich well-crisped brown, without so much as a ream upon it-pour the foaming milk in around the edges-pop on the cover-carry quickly to the person who "can't think of anything

they'd like" and lift the lid just as the cream begins to melt into our guess. This is a most tasty dish, easily digestible by the most delicate. Makes a fine dessert, too, for well folks, but— Use only NEAL'S ALOAFA BREAD. No other will give the

We Invite the Table Test

Neal Baking Co., Limited

Phones 1313 and 2173

Bread Factories at St. Thomas NEAL'S

> of Canada License No. 5-448 "A GOOD COMPANY TO WORK FOR."

START THE NEW YEAR RIGHT Resolve, always to have KLIM in the home Pure, pasteurized separated milk in powder Use dry with flour, sugar and other dry ingredients, or make into liquid for table use, by whipping into water. Use from the tin as needed. Remains fresh until all used-no waste. Order from your grocer. In one and ten pound tins. Canada Food Board License No. 14-242

"Careful Mothers O'er the Land, Always Keep Cascarets at Hand"

> Children think them dandy, They are Mild Cathartic Candy. Contain nothing to harm, Work like a charm. "Ten Cents'



Instead of nasty, harsh pills, salts, the bile and constipation poison from castor oil or dangerous calomel, why the bowels without griping and sweeten, don't you keep Cascarets handy for the the child's little stomach. Any youngchildren? Cascarets can always be de- ster will gladly eat a candy Cascaret at . pended upon when a good liver and night and will wake up feeling fine. bowel cleansing is necessary—they move Complete directions on each 10 cont hor