

SOMETIMES you buy a box of sodas that doesn't open up just right. Not so with McCormick's. Our special air tight sealing keeps the contents crackling crisp. Sold fresh everywhere in different sized packages. Ask your grocer.



So good that butter

RED CROSS AND C.W.C.A.

Cross and C. W. C. A. received dona- Cross Circle; Exeter, Huron County

Mr. F. T. Carr, familiarly

known as Capt. Carr, Stoughton,

Sask., writes :- "I have Dr.

Chase's Almanac of several

years back on file in my home,

and prize them highly. I can

recommend Dr. Chase's Medi-

cines, and particularly the

Nerve Food, because it com-

pletely restored me to health

and newe strength when I was suffering from an attack of

nervous prostration, sleepless-ness ad neuralgic pains through he head—almost un-

bearable min and misery. My

sickness resulted from overwork

and worry-utterly exhausting

my whole nevous system. Dr. Chase's Nerv Food cured me

completely, sothat I felt like a

new man, and it to tackle any-

thing. This enerience happen-

ed eight years igo, and I have been a well ma ever since. I hereby affirm the this statement

is true and corret in every par-

During the month of March the Red Cross Circle; Ettrick, Ballymote Red Cross Circle: Exercise Huron County
Anal Craig, Young Ladies' Club, A. and Ford City Knitting
C. W. C. A. and Ford City Knitting
C. W. C. A. and Ford City Forest, North Purpose of Constitution of Exercise American County
And Craig, Young Ladies' Club, Forest, North Purpose of Constitution of Exercise American County
Constitution of Exercise American County
Constitution of Exercise County
Constitution
Constitution C. W. C. A. and Ford City Knitting

Cynthia Grey

Patriotic League; Palmyra, W. I.; Parkmarked Cross Circle; Ridgetown, Patriotic Women and Kent Chapter I. O.
D. E.; Rushtions Corners, Red. Cross
Grey, Red. Cross Circle; Ridgetown, Patriotic Women and Kent Chapter I. O.
D. E.; St. Respinent Chapter I. O.
D. E.; St. Howane Chapter I. O.
D. E.; St. Marys, Anderson Patriotic League,
Avonbank Red. Cross Circle, Metropolitan Patriotic New Corner, St. Marys,
Avonbank Red. Cross Circle, Metropolitan Patriotic League,
Avonbank Red. Cross Circle, Zion Patriotic
League and Lakeside Circle; St. Paul's,
W. I.; St. Thomas, Eligin County, C. W.
Ciclety, Thamesville, Red. Cross Circle,
Thorndale, Devizes Red. Cross and W.
L.; Verschoyle, Red. Cross Workers,
Walkers, Bethel Red. Cross Circle, Red.
Cross Circle, Blanshard Patriotic
League, Corne, Women's Guild, St. James,
Circle, Red. Cross Workers, Morkers,
Workers, Wheattey, Klarkee, Willon,
Red. Cross Circle, Woming, Red.
Cross Circle, Blanshard Patriotic
League, Centre Bruse, Workers, Bland,
Red. Cross Circle, Woming, Red.
Cross Circle, Blanshard Patriotic
League, Centre Bruse, Workers, Bland,
Red. Cros

Cynthia Grey's Mail-Box

[Correspondents are requested to make their inquiries as brief as possible, and to write on one side of the paper only. It is impossible to give replies within a stated time, as all letters have to be answered In turn. No letter can be answered privately.]

I. O. D. E., London Hamilton Gault Chapter I. O. D. E., Chelsea Green Sunday School, Talbot Street school grade 5, Christ Church Guild, Southern Auxiliary Red Cross.

MARIAN KEITH, Press Secretary.

KILL FLIES; SAVE LIVES

Kill at once every fly you can find and burn his body.

Observers say that there are many reasons to believe there will be more flies this season than for a number of years.

The killing of just one fly now means there will be billions and content of the content

Miss Grey,—Could you suggest any-hing that a young married woman, Miss Grey.—Could you suggest any thing that a young married woman, not terribly strong, but active and willing, could do to make a little extra money? Perhaps I'm asking too much! I saw sometime ago in Toronto Globe where girls were organizing for fruit picking. I was interested. Can you advise me or give me any information about same? Anotherway of carning or represented make of woman's wear, or represente make of woman's represente make of woman's represen

For Smoky Paper.

Dear Miss Grey.—I am inclosing \$1 for the little Belgian children. It is the first I have been able to send for them. I wish it was more. the first I have been able to send for them. I wish it was more.

I see where someone wanted a good paper cleaner. If it is only for smoked walls she wants it, you can get a good cleaner at the 15c store. It will clean the paper of smoke beautifully. I papered my kitchen last fall and last winter I had it smoked nearly black and thinking it was a shame to paper it again so soon I bought some of the cleaner and my kitchen is like a new room again. Hoping this will help someone, I will sign myself

MOTHER OF PEARL Ans.—I'm MOTHER OF PEARL.

Ans.—I'm sure it will help more than one housewife who wishes to avoid repapering her rooms this spring. Your

hint and your gift are both appreciated. Just Gone Overseas.

Dear Miss Grey,—This is my first letter to the Mail-Box, but I saw in Monday's paper where someone wanted a cure for a burn; please tell her to put castor oil on it, soak a piece of soft rag in the oil and put it on fresh twice or three times a day.

I made some ginger cookles from the recipe "Herb's Wife" sent in. They were real nice. "Herb's Wife" wanted a recipe for light cake. Here is one Just Gone Overseas.

DAILY BIBLE

By Rev. T. S. Linscott, D.D. (All Rights Reserved.) The six daily studies for this week constitute the International S. S. Lesson for next Sunday. Rea. the Bible Story on which this study is based, as you ponder the following questions:

Jesus, the Good Shepherd." John, I., Golden Text—"I Am the Good Shepherd, the Good Shepherd Layeth D)wn His Life for the Sheep" John, x., 1..

Verse 2—How, and when, did Jesus John God's church on earth?

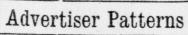
voice?
8. Verse 4—What are the ways in which the children of God gladly follow after Jesus?
9. How does Jesus speak to his followers of the the church. 8. Verse 4—What are the ways in which the children of God gladly follow after Jesus?

9. How does Jesus speak to his followers, other than through the church, and the Bible? (See John, xtv., 26.)

10. Would you say, or not, and why, that Christ's "voice." through the Holy Spirit, is so clear that a true follower of Jesus cannot misunderstand it?

When the sun shines my pulse beats with gladness.

At night, when I have ceased my labors, I look upon the stars. When I have the myrlads shining above meach, perchance, a world as my own—I know that life is not futile nor finite. I cannot count the stars, there are so many. How, then, can I hope to





A Popular Model 1939-Girl's Dress with Blouse and Skirt attached to an Underwaist. Sleeve in either of Two Lengths. Serge, gabardine, satin, voile nun's veiling and all wash fabrics are nice for this style. Corduroy and velvet may also be used. The blouse is full beneath square yoke sections, over the fronts. The sleeve may be finished in wrist length with a band cuff, or with a turnback cuff at elbow length. The collar is deep and square over the back. The pattern is cut in four sizes: 10, 12 and 14 years. Size 12 requires

Sadly Appropriate.

Dear Miss Grey,—in reply to "Mrs. S. E. B.'s" inquiry for home treatment for a burn, here is a recipe which is very good: Take oil of thyme (rganism), lounce; turpentine, 1½ tablespoonfuls; rosin, I ounce; beeswax, I ounce; lard, I pound. Put all together and simmer one-half hour; half the quantity could be tried.

Could you please print the words of an old song:

is held in producing the means of life, the never-ceasing battle waged with Nature, nor of the joy of victory. The wild carrot grows by my door-step. I have seen it countless times, yet ever is it a thing of exceeding beauty.

And it is but one of uncounted beauties about me. The air is sweet. an old song:

"Brave boys are they,
They have gone to their country's call,
And yet, and yet, we cannot forget.
That many brave boys must fail."

Piease pass your opinion on my writ-Thanking you, I am.
"BRUCE GIRL."

Ans.—The old song you ask for seems sadly appropriate just now. The words appeared a few months ago in our columns, but I shall gladly print them again if I can find the clipping. 2. Your writing is excellent.

To The Rescue.

Dear Miss Grey.—Excuse me for calling again so soon. "Glesca" is calling again so soon. "Glesca" is calling for help and I am coming to he rescue. I think if she will try this fener wall paper it will help her: Misome flour with water to a fairly stidough, then take a small plece at time and rub the paper. I have see this done and it has proved successfue Oh, Miss Grey. I am half afraid to com to the Mail-Box. The night is dar and the March wind is whistling throug the trees and to think that old sly fo is creeping around; he might gobbi and the March wind is whistling through the trees and to think that old sly fox is creeping around; he might gobble me up. But I will venture, as it is more interesting to visit now the "fat and lean pork" is finished. I was pleased to see a letter from "Mrs. Gay," also the "Parsonage Mother," and poor "Aunt Nannie," I hope she is better by now. I wish some more of the "old 'uns" would write. "Star That Guides" won't you send us some more poetry! Helo "Sod Buster," you have a sympathizer right here, does that cheer you any? Now I will say au revoir, with hest wishes and a joyous Easter to Miss Grey and all the readers. Yours sincerely, BRITANNIA. Ans.—Why, "Britannia," you "rule the waves" you know, so why all this timidity where "March winds" and "foxes" are concerned? "Glesca" will welcome the hint. Your Easter wishes are heartily returned.

THE PSALM OF THE COUNTRY WOMAN. I am a country woman.

When the sun shines my pulse beats

Special Sale of

Sample Summer Underwear

Thursday Morning at 9 o'Clock

About 35 dozen garments (manufacturer's samples) of Women's Summer Underwear, good-fitting and shapely garments in many different styles, offered at prices decidedly

Women's Summer Vests, 25c and 35c Values for 19c In this lot are fine Cotton and Lisle Vests, plain, fancy yokes and cumfy-cut styles, short sleeves and sleeveless. On sale Thursday at...... 19c

Women's Summer Vests, Worth 50c for 29c

Fine Lisle and Silk Lisle Vests, lace-trimmed tops and crochet yokes, short sleeves or sleeveless; a wonderful assortment in O. S. and regular sizes; regular 50c value. On sale

Women's Fine Combinations, 75c and \$1.00 Values for 49c

Fine Cotton and Silk Lisle Combinations, in plain, fancy yoke and cumfy-cut styles, short sleeves and sleeveless, umbrella or tight knee; 75c and \$1.00 values. On sale Thursday

New Spring Coatings

A splendid assortment in the popular weaves, patterns and colors.

Plaid and Striped Coatings, black and grey mixtures on cream grounds, splendid weight for spring wear, 56 inches wide. Price \$2.00 Sport Coatings in the new sport colored

checks and shadowy plaids, 54 inches wide.....\$2.50 yard Smart Tweed and Plaid Coatings, in pretty color combinations, 54 inches wide. Price \$3.00

Embroidered Pillow Cases AT SPECIAL PRICES. 300 Embroidered Pillow Cases, scalloped

or hemstitched, very fine embroidery, an imitation of Madeira work. Sale price \$1.00 pair 100 pairs of Embroidered Initialed Pillow Cases, any initial in stock at present. Sale price \$1.39 pair

Sale of India Crochet Lace Pieces In Linen Section

Shipment of high-class decorative pieces, mostly sample lots just received direct from India-Doilies, Centres, Trays, Tea Cosies, Pincushions, Bag Purses, Collars and Cuffs, Camisole Tops, Yokes for Gowns, Medallions, Laces, Baby Bonnets, Jackets and Bootees, will be offered at special sale prices.

Doilies at 25c	to \$1.75
Centres from \$2.00) to \$5.00
Oval Trays\$2.00	to \$5.00
Collars	to \$3.50
Yokes \$1.75	to \$3.75
Baby Bonnets	to \$2.50
Jackets at	\$2.75
Bootees at	75c nair
Tea Cosies\$2.00	to \$2.50
Medallions 8½c each,	3 for 25c
Pincushions	75c each
Bag Purses25c	to \$2.00
	1-1-1-

Agents for the Ladies' Home Journal Patterns. 140 DUNDAS STREET. Phones 115, 116.

My children, brown under the sunciss, discover each day new wonders in the fields and woods. I have pity for the blindness of those who thus speak to me.

For I have known the fulness of life and my eyes can see.



Dependable Ally

THE CANADIAN SALT CO. LIMITED Market Control of the Control

Which do you wear?

Do you wear hosiery that fits loosely and wrinkles at the ankles and toes? - unsightly and uncomfort-

Or do you wear Mercury Fashioned Hos-

iery, with the slim ankles and perfectly turned toes?not a wrinkle anywhere.

Mercury Hosiery is fashioned at the sides just above the ankles-a new idea-which makes it narrower and

It is also fashioned at the top of the hose in a way to make it more elastic and comfortable.

Our new machines knit a fine, close-knit fabric, superior in finish even to those high-class foreign lines formerly imported.

There's quality of material behind the finish, too. We use only the best raw materials for our black cashmere, black lisle and white lisle goods. Wear a pair and be convinced.



Mercury Mills, Limited, Hamilton, Canada Also makers of high grade hosiery for men and underwear for men, women and children

CUT FLOWERS

Plants That Bloom. That's All.

WEST FLORAL CO. 247 Dundas Street. Phone 2187.

CEETEE UNDERCLOTHING Guaranteed Not To Shrink

The oil that soothes, strengthens and "Head" Lettuce, 20c. Cucumbers, 30c. Cauliflowers, 25c, 35c.

Lifebuoy Soap, 5c Cucumbers, 30c. Cauliflowers, 25c, 35c. Mint, Watercress, Green Onlons, 5c. Main & Collyer

A Cleaner and Disinfectant Phone 2831. 2x P. O. Box 278.

Di Unase's



Training the Soldier Boys to Shoot.

Had Nervous Prostration

Nervous troubles are so little understood that

You find yourself not feeling first-class, you do not

many people who could easily be cured in a few weeks

by the use of Dr. Chase's Nerve Food allow their ner-

wous systems to become completely run down. Cure is

then most difficult, and at best is a slow, tedious process.

sleep well at nights, your digestive system fails in its

work, you have headaches, it may be, and are irritable

and easily annoyed. Possibly you have not recognized

these as the warning symptoms which indicate exhaus-

tion of the nervous system, but such they are, and in

nervous troubles, as in many others, an ounce of pre-

Nerve Food as a restorative of the nervous system.

Particularly at this season of the year, when the chang-

ing temperature is so trying on the human body, people

everywhere are proving the wonderful revitalizing in-

fluence of this great food cure. Just read what Mr.

50 cents a box, 6 for \$2.50, all dealers, or

Edmanson, Bates & Co., Limited, Toronto.

There can be no doubt in regard to Dr. Chase's

vention is worth a pound of cure.

Carr says about it.

Fenian Raid Veteran

