PAGE OF INTEREST TO WOMEN

IN SOCIETY

Mrs. Peart of Regina is a guest at the home of Mrs. F. J. Greenaway.

Miss Margaret Denan, of this city, has returned home after a brief visit in Detroit.

Mr. and Mrs. Henry Gorman leave this evening for Chicago, where they will spend a few days.

Mrs. Thomas of Montreal, formerly Miss Pauline Beddome, is visiting Miss Helen Gibbons, Dufferin avenue.

Mrs. A. E. Vincent and her daughter, Miss Verda Vincent, of Hayman Court, spent the past two weeks in Toronto, guests of Mrs. Fred Falsom, Dovercourt Road.

Mrs. W. D. McGregor is entertaining the Campbell Becher Chapter, I.O.D.E., at her home on Thursday afternoon. Assisting her will be Mrs. (Dr.) Tripp and Mrs. C. B. King.

Mr. Desmond Beamish, son of the Ven. Archdeacon Beamish of Belleville, who is in the city canvassing for the "Canadian Churchman," is the guest of his aunt, Mrs. R. Weir of Lorne avenue.

A supper-dance, which is already being looked forward to with interest, is that which is to be held by Meds '23, of Western University, at Prokos on the evening of Wednesday, January 19.

The home of Mrs. George Copeland, Richmond street north, was the scene of a lovely reception yesterday afternoon, when she received with her aunt, Mrs. J. W. Jones. The hostess wore a pretty gown of cream lace over peach taffeta, while Mrs. Jones was wearing a beautiful purple velvet gown. Ushering to the tea-room were Mrs. David Arnott and Mrs. John Diprose. Here, at a table prettily centred with a basket of Ophelia roses, Mrs. (Dr.) George and Mrs. (Dr.) Spence presided, assisted by Miss Hazel Coles, Miss Annie George, Miss Pearl George, Mrs. Cecil Welford and Mrs. Lloyd Houlding.

The men at Westminster Hospital enjoyed a delightful evening of dancing last night, arranged for by the local Red Cross Society. Mr. Harold Skinner took down a splendid orchestra for the occasion and a party of young women visited the hospital to help entertain the men. From the Red Cross Society those who were present at the hospital were: Mrs. Ronald Harris, Mrs. A. E. Cooper, Mrs. Ziegler, Mrs. J. M. Slater, Mrs. Frank Leonard and Mrs. Ashplant. The others included Miss Katharine Cronyn, Miss Honor Cronyn, Miss Margaret Scatcherd, Miss Robinson, Miss Enid Fisher, Mrs. Gerald Pearson, Miss Teasdale, Miss Gertrude Bapty, Miss Jean McCrimmon, Miss Winifred Ashplant and others. During the evening punch and smokes were served.

Nearly two hundred guests attended the big "at home" held yesterday afternoon at Prokos tea-room by the Children's Hospital committee, the committee thus clearing over $50 for the new hospital. Receiving the guests as they arrived was Mrs. Arthur Smith, chairman of the committee, in a handsome gown of navy charmeuse with cape of cream lace and ermine and small black hat. And receiving with her was the secretary, Mrs. F. J. Greenaway, in navy brocaded silk and large brown feather hat, and the treasurer, Mrs. Cl. T. Campbell, in a lovely black gown with large feather hat and grey scarf.

Tea was served at small tables in the large blue and gold grill-room and in the pretty chintz tea-room. From a long table, decked with pots of ferns, Mrs. J. S. Niven, Mrs. John Stevely, Mrs. John Gemmell and Mrs. A. E. Cooper poured tea, Mrs. Niven in black and wearing a black hat and seal fur; Mrs. Stevely in a navy tailored gown, embroidered in wool, and black velvet hat; Mrs. Gemmell in taupe georgette and large black hat with ostrich brim, and Mrs. Cooper wearing black velvet with large black hat. They were assisted by Miss Margaret McCrimmon, Miss Ora White, Miss Jean Waugh, Miss Gladys Vandermade, Miss Connie Weld, Mrs. Hamilton Bingle, Miss Carrie Fitchett, Miss Eula White, Mrs. Eric Reid, Mrs. Archie Becher and Mrs. Egleton. Mrs. E. H. Johnston, the convener of the "at home," was wearing a lovely gown of black velvet and large black hat. Throughout the afternoon orchestra music was furnished.

Among those noticed at the reception were: Mrs. Hume Cronyn, Mrs. George A. Routledge, Dr. and Mrs. Cameron Wilson, Col. C. M. R. Graham and Mrs. Graham, Mrs. Auden, Mrs. E. B. Smith, Mrs. Sherwood Skinner of St. Johns, Mrs. Becher, Mrs. David Williams, Major Lawless, Mrs. Charles Ivey, Mrs. (Capt.) Cook, Mrs. Richard Cronyn, Mrs. E. C. Mitchell, Col. and Mrs. McDermid, Mr. Cromwell, Mr. Bill Bartlett, Mrs. W. J. Robinson, Mrs. Robert Reid, Col. A. M. Smith, Mrs. Peart of Regina, Mrs. A. H. Clinger, Mrs. Growshaw, Mrs. George MacDonald, Mrs. Sherwood Fox, Mrs. Gordon Tennent, Mrs. Gordon Hunt, Mrs. Hugh McCrimmon, Mrs. Humphreys, Mrs. C. B. King, Miss Josephine Cameron, Mrs. J. D. Grant, Mrs. Homer Black, Miss Nita Black, Mrs. W. F. D. Jarvis, Mrs. E. H. Young, Mrs. Louis Wood, Mrs. George Lethbridge, Miss Beatrice Taylor, Mrs. Hugh McCallum, Mrs. W. G. Coles, Mrs. George Reid, Miss Bertha Smith, Mrs. Hemsley, Mrs. Russell Beattie, Miss Florence McNee, Miss Stella Macklin, Mrs. John Rose, Mrs. Emerson Nichols, Mrs. A. C. Joseph, Mrs. Harry Kingsmill, Mrs. R. M. Graham, Mrs. Duncan McMartin and Mrs. J. B. McKillop.

HOME ECONOMICS

MRS. ELIZABETH KENT, MacDONALD COLLEGE.

SOAP SCRAPS.

Every family has its soap scraps, which, more often than not, are thrown out with the dish-water and lost down the drain, where they do more harm than good. With a little care, all scraps can be put to good use, and the saving in soap, now so expensive, is very considerable. Besides, it is easy to make up soap scraps into several convenient sorts of aid to cleanliness. Kitchen soap scraps should go into the soap-shaker, to be used in making suds for the dishes. Usually there is never more than enough for this purpose, but if there should be, the scraps should be collected in a granite or glass jar, and when enough have accumulated, melted with a little water, to make a soft jelly. Add to this powdered bathbrick, stirring it in until it will not take up any more, pour into a square tin lined with cotton cloth and set it away to harden. Cut it into small square cakes, and you have an excellent scouring soap to use on the kitchen utensils.

Good toilet soap is dear, and none of it should be wasted. Save the scraps, shave them up and put them into little cheesecloth bags about four inches square. Into each put, with the soap, a pinch of powdered orris root and a teaspoonful of oatmeal or Fuller's earth. Toss a bag into your hot bath and see what a luxury you have got for nothing.

Plain castile or ivory scraps can be used to make an excellent shampoo. Melt the scraps in hot water on the stove, add a teaspoonful of bay rum to a cupful of liquid soap, and a little cologne. Make a suds of this soap preparation in good hot water for your shampoo. It is very efficacious, and certainly not expensive.

(Copyright, 1920, by the Metropolitan Newspaper Service.)

Personal Health Service

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

Abuse of the Eyes.

Q.—Does excessive reading injure the eyesight?

It does if the print is as small as most newspaper print. It does if the light is poor or not so arranged as to be outside of the direct vision of the reader's eyes. It does if the reader does not frequently interrupt his concentration on the page to look off at distant objects—objects more than 20 feet away.

Q.—Is there any harm done by the habit of reading while lying in bed?

It is immaterial whether one lies abed or stands on his head to read, provided the light be correctly arranged and the reader interrupts freqently to look at distant objects.

Q.—Please tell me whether one can strain the eyes by reading fast, that is to say, hurriedly scanning a paragraph or page, instead of carefully reading each word?

It is immaterial, so long as the other conditions are right, whether you read a single letter or a whole sentence or a paragraph at a glance.

Q.—Just what is the best artificial light for reading and sewing?

Kerosene, gas or electric lamp, so arranged that the light shall fall in sufficient quantity upon the page or piece in hand without falling upon the reader's or worker's face. Let the light come over the shoulder, right or left as may be most convenient, and see to it that your face is mostly in shadow as you sit or stand at work. The source of light should be invisible as you sit or stand at work. It is a great mistake to resort to eyeshades to protect the eyes from glare rather than a proper arrangement of the source of light. Eyeshades are unhygienic in themselves, and of practically no value as a protection of the eyes.

Q.—Is there anything more than imagination to warrant the notion that one's eyes may be injured by the glare of many mirrors and other shiny things in a place where one spends eight hours a day?

The effect of such glare may easily be injurious. Unnecessarily shiny surfaces, such as desks, woodwork and various fittings about a building produce upon the eyes the same effect as would be produced by innumerable glaring little lights suspended within the field of vision, except that the light reflected by the shiny surface is diminished more or less in intensity. Eyestrain is unconscious with most of us, yet nevertheless we have it, because not one in one hundred individuals has perfectly formed eyes. One with any considerable degree of eyestrain may be made miserable by unnecessarily shiny surfaces.

Q.—Kindly inform me whether there is any virtue or any particular objection to lights shaded with green or red shades or shades of other pronounced colors. What is the particular reason for the popularity of green shades over desk lights and other lights?

Green grass and green leaves make the lawns, fields and forests restful to the eyes, or at least the green tint of nature smiling is not painful to behold. But the real explanation of the restfulness of nature's green is distance—of course, it rests the eyes to look off at distant objects (objects more than twenty feet away).

Aside from this there is no virtue in green except in imagination, and as a rule it would be better to use a shade of light or neutral tint—light if it does not come within the direct field of vision as you work, dark or opaque if it does. It is rarely necessary to have the shade of the light within your field of vision and always preferable not to.

Red shades are an abomination to the eyes, and most wasteful of light. Red shades should be left to the fire alarm signals and other danger lights.

The shade of a lamp should be light in color, as translucent (not transparent) as possible, and not dark—that is, if the light is intended as a light and not a mere decoration. It is merely a matter of taste if the light is used as a decoration, but red is terribly common taste.

Q.—Does frequent attendance at the movies weaken the eyes?

Only when the film is so badly worn that it throws a picture that looks "rainy," or when the exhibitor is so inconsiderate as to speed the exhibition. Good moving pictures are nowadays no strain upon the eyes.

Q.—Does it make any difference whether a reader sits erect or in a semi-reclining position when reading?

No. The idea that it is injurious to read lying down arises from the fact that physicians often forbid or limit reading when a patient is recently convalescent, because until he regains ordinary strength he may easily overdo with his eyes and strain them.

Club News

FROEBEL SOCIETY.

At a meeting of the Froebel Society, held yesterday afternoon, Miss Brenton, the supervisor, gave her quarterly report on visits paid Kindergartens throughout the city.

W. C. T. U. TO ENTERTAIN VISITORS.

At the regular meeting of the W. C. T. U., held yesterday afternoon at the rooms on Clarence street, the funds raised from the recent trinket sale were divided, $100 to go to the Armenian fund, $100 to the China famine fund and the balance for soldier relief work in the city.

Plans were made for the entertainment of the delegates to the county referendum campaign convention, which is being held in the city on Thursday. The W. C. T. U. members will entertain the visitors at luncheon at their rooms on Clarence street, Mrs. Gregory and Mrs. Sussex being the conveners of the committee in charge.

Mrs. Ida Harrison was in charge of the devotional part of the meeting yesterday. At the next meeting the subject under discussion will be "Blind-Pigs and Bootleggers."

LOCAL COUNCIL EXECUTIVE.

A resolution was drawn up at a special meeting of the Local Council executive, held in Cronyn Hall yesterday afternoon, which will be forwarded to all the affiliated women's organizations in the city. This resolution refers to the possibility of organized machinery among the women of the city to deal with certain questions appealing to women at election times. The aim in view is a woman convener for each of the 77 subdivisions in the city. This resolution also suggests the possibility of educational schemes for women along the line of citizenship and exercise of the franchise.

The affiliated societies are to be given a month in which to consider this resolution, and if it is found that it appeals to a sufficient number a mass meeting to make arrangements for such organization will be called by the local council. Mrs. E. B. Smith, the president, was in the chair yesterday. The resolutions will be sent out immediately by Mrs. John Rose, the secretary.

WOMEN'S MUSIC CLUB.

A very attractive program is promised for Thursday night's music club recital in the Y. M. C. A. Auditorium. Campbell McInnes, the distinguished baritone singer, who was heard here last year, will open his evening's program with a group of songs, including Beethoven's "A Nation's Praise of God", "Come, Gentle Death" (Bach), and "An Evening Hymn" (Purcell). A song cycle, "The Poet's Love," by Schuman; three French songs, "D'une Prison" (Hahn), "La Lettre" (Moret) and "Le Joli Tambour" (traditional French, arranged by Graham Peel), and seven delightful children's songs from "The Child's Garden of Verse," with musical arrangements by Graham Peel, will complete his numbers. In addition George Reeves, the accompanist, will play Bach's chromatic Fantasie and Fugue.

WOMEN'S CANADIAN CLUB.

Mrs. A. T. Edwards is to give an illustrated talk on "Shakespearean Haunts" at a meeting of the Women's Canadian Club, to be held in the Talbot Street Baptist Church on Friday afternoon. This meeting is to take the form of a social gathering, and tea will be served from 4 to 4:30.

Advertiser Patterns

Owing to the pattern manufacturers increasing the price of patterns to us, all patterns advertised from this date will be 15 CENTS EACH.

A Popular Style.

Pattern 3416 is shown in this model. It is cut in four sizes, 1, 2, 3, and 4 years. A 2-year size will require 3 yards of 36-inch material.

Striped percale or seersucker, plaid gingham, chambray, flannel, flannelette, khaki, pongee, repp and poplin may be used for this style.

A pattern of this illustration mailed to any address on receipt of 15 cents in silver or stamps.

Name .....

Town .....

Province .....

Age (if child's or misses' pattern) .....

Measurement: Bust..... Waist.....

CAUTION: Be careful to inclose the above illustration, and send size of pattern wanted. When the pattern is bust measure, 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.

THE MARRIAGE OF ANNE

BY MAY CHRISTIE

(Copyright, 1920, by the McClure Newspaper Syndicate.)

CV.—Happiness.

I woke early the following morning to a new, delightful day.

Through my open window I could hear the waves breaking on the shore in monotonous song.

And a fresh breeze blew across my face.

I rose, took a warm bath, donned a pink satin kimono, and brushed out my hair before the looking-glass.

The effects of Julie's marcelle wave of last night lingered, pleasingly. My cheeks were glowing healthily. And, somehow or other, my spirits felt unaccountably light.

I arranged my locks in the most becoming fashion I could manage, rather loosely, with little curly bits escaping just above each ear.

Then I dressed, donning the new white knitted woolen frock of French design, white buckskin shoes and white silk stockings.

"For 'la plage'," I told myself, piquetting before a long mirror. (Yes, I looked a typical seaside girl of the smarter sort!) "What hat to wear?"

I found a white woolly tam-o'-shanter (also French), and drew it down over my curls, coquettishly. The correct angle of adjustment was a serious matter—but I found it!

A dab of scented powder on my nose now, and on the tip of my chin. A quick brush to the eyebrows Julie had so painfully "arched." Another pirouette. And I was ready for my husband and the breakfast-room.

"Good morning, Anne. You look as fresh as a daisy." Neil's eyes—immensely approving—were bent on me as I took my seat at our little table downstairs, and nodded gaily to him. (Gaiety in a woman is something that a man invariably loves.)

"Good morning. May I return the compliment?" I spoke playfully, even pertly. For the woman who is assured of her own prettiness can afford to be pert. It's only the plain sisters whose role is something very different.

My husband helped me to grilled kidneys.

"What are your commands for today?" He smiled across the little table. And I returned his smile. (Life felt good this morning.)

"Oh, I'll do anything you please." (This was an error. To be a queen, and to continue one, I must "command!")

"No, you must choose, my dear." The kidneys were on my plate now, and Neil was pouring me out a cup of steaming coffee.

I thought of Margery's intimation as to Neil's fondness for the sea. He'd like to bathe! We'd do just what he liked. I'd be unselfish.

"I'd rather like to go into the water this morning. It looks so tempting." I spoke tentatively.

He looked pleased.

"Right! Can you swim? But of course you can! You've spent so much time on the river that you must be an adept at anything to do with the water!"

I felt uneasy. My swimming prowess is not great.

"Oh, I can get along all right. Where do people bathe, down here?"

"From the end of the pier. It isn't very deep. About thirty feet, or so."

About thirty feet! And probably a strong current! It didn't sound promising.

But I wasn't going to show I was afraid. That would make me appear a poor contrast beside Margery! No—I wouldn't even let Neil see that the idea didn't entirely delight me.

"We'll be there. What time?"

"Oh, say half past ten or eleven."

I agreed.

Over in her corner I could see Margery and her chaperone chatting over their breakfast.

Julie had not yet appeared.

"I say, Anne, what's the idea in having that Frenchwoman down here? Are you giving her a holiday, or what?" Neil looked a shade worried.

"She wanted to come down. She's quite a friend of aunt's, you know." His brow cleared.

"Then I suppose she's all right. Only—I had an idea that she was rather chummy with the Delaunay chap." He looked a little awkward. Perhaps he remembered the little "tableau" he and I had inadvertently witnessed on the balcony of a certain riverside hotel, when Fred had been caught making love to the attractive Julie!

"She hates him, Neil. I practically heard her telling him so last night."

"Oh, so he was speaking to you last night, was he?" A masterful gleam came into my husband's vivid blue eyes.

"He had nothing to say to me. Only to Julie. Or rather, it was she who had something to say to him! You know I—I lent Fred some money. Julie is going to get it back."

Neil bit his lip and looked annoyed. A little cloud came over my happiness.

"I'd rather you'd lose money than have a thing to do with that chap. Tell me the amount, Anne, and let me settle with you. Then cut him dead."

"I don't want you to pay. Besides, it was the money that you lent to me—"

Neil lifted his eyebrows, quizzically.

"And you passed it on to him, eh?" Then, seeing my face fall:

"Foolish little Anne. I'll settle with the fellow. Don't you worry your pretty head!" He leant forward and gave my hand a reassuring little squeeze under the tablecloth.

I flushed at the unexpected caress. And a wave of happiness swept over me. Life was going to be something very new and very wonderful.

Tomorrow—An Invitation Turned Down.

Cynthia Grey's Mail-Box

We're weary a-walking the highway of life;
We're fretted and fluttered with worry and strife;
Let us drop by the wayside the heavy old load,
And rest at the inn at the turn of the road:
Let us tarry a while
At the "Sign of the Smile."

New Year's, 1921.

Ring out, wild bells, to the wild sky,
The flying cloud, the frosty light;
The year is dying in the night;
Ring out in redress to all mankind.

Ring out the grief that saps the mind,
For those that here we see no more;
Ring out the feud of rich and poor,
Rind in redress to all mankind.

Ring in the valiant man and free,
The larger heart, the kinder hand;
Ring out the darkness of the land,
Ring in the Christ that is to be.

This is the message I will carry to each of you tonight, as the year grows old.

I will scatter the fragrance of the roses o'er your sleeping forms, and you will dream sweet dreams of golden summers long past, and of others yet to come. I will croon a song of thanks to Rose of Sharon for her November eulogies, and will beg of her to come soon with her cheeriness, and offset the mournful cadence of my minor notes.

"The Last Rose of Summer," "I'll not leave thee, thou lone one, to pine on the stem," but will bear thee on lightning wings,

"Many, many leagues away, across the deep blue sea,
To the homeland, Old Ireland, the homeland for me;
There the warm hearts will greet us, there the warbling thrushes' song,
Back there within the old land, the land where I belong."

On the grave of the sweet bard of Erin, I will reverently place you, Last Rose of Summer, and breathe a prayer that his spirit may return and sing peace into the troubled hearts of his beloved countrymen, where

"The minstrel boy to the war has gone,
In the ranks of death you'll find him;
His father's sword he has girded on,
And his wild harp slung behind him."

"One of Those," and "all" of those dear mothers who have "loved and lost," I will bend over your pillows, and whisper words of peace and hope for the life beyond, where we'll sing once more against us, the dear forms leaning—ah, that will be a heaven worth striving for!

So, Lonely Maggie, do not be lonely any more, and, Faded Lily, revive! Let

"Hope with steadfast gleam
Shine through our sadness,
We'll meet them once again,
Where all is gladness."

And then, dear friends, I will fly away—

Out where the pine trees beckon to me,
Out where the night wind is calling;
Where the silvery moon hides, 'neath a dark cloud that rides,
O'er the sky, when the night wind's darkly falling.

Come where the fir-tree points to the sky,
Come learn the message it's sending;
So with faith that's complete, the new year we'll meet,
Where the slim poplar's bowing and bending.

MARCH WIND.

Ans.—Many thanks, March Wind, for inclosures. You are always welcome, and your letters are enjoyed by all, so let us hear from you again.

Mock Mince Pie.

Dear Miss Grey,—May I come to your corner for help? I would like Dinah's bead directions, a lavender bag, and morning-glory seeds. If these are gone any others will do. Inclosed find a recipe for use in Mail-Box, also mite for kiddies. May I come again.

TIPSY-TURVY.

Mock Mince Pie—Two-thirds cup of vinegar, 1 cup molasses, 2-3 cup of water, 1 cup of sugar, 1 cup bread crumbs, 1 cup chopped raisins, 1 teaspoon cloves, 1 teaspoon cinnamon, butter size of an egg, nutmeg. Cook a few minutes, stirring well.

Ans.—Am mailing seeds, but there are no lavender bags nor bead directions in Mail-Box. Many thanks for hospital mite, also for recipe, which I think would be worth while trying.

Billie Burke First—Thank you for inclosure, which has been forwarded.

Attention, Fly Blister.

Dear Miss Grey,—Saw in the paper a couple of days ago where Fly Blister was seeking information about recipe I sent in. Yes, Fly Blister, it only takes one cup of flour in Dover pudding, besides one cup of bread crumbs. Did you leave out the bread crumbs? When it is mixed one would think it was too thin, but the bread crumbs swell. Some flours might take a little more.

Re the fruit cake, I had too much almond extract in recipe. A teaspoonful is enough for whole recipe. The other extracts are all right, the way I had it in.

Thanks for drawing my attention to the error.

AN EX-SCHOOL MARM.

P.S.—Am still looking for sleeper pattern from Chestnut.

Chocolate Pie Recipe.

Dear Miss Grey,—I would like to get a good chocolate pie recipe, also lavender bag, if there is one, and a few seeds of any kind, if you have any left. Inclosed find a self-addressed envelope and dime in stamps. If this reaches you safe I will come again to bother you and will send in more for the C. H. F. next time.

TURKEY TROT.

Ans.—There are no more sachets left. Am mailing seeds. Thanks for the stamps. Here is a good filling for chocolate pie: One pint milk, half-cup sugar, three tablespoons flour, one square chocolate (1 ounce). Grate chocolate, put into cold milk, and let come to a boil. Mix flour and sugar well together, and stir gradually into boiling milk. This will make one pie. Serve with whipped cream.

Around the Grate Fire.

Dear Miss Grey,—The Advertiser has been in my home ever since it was first printed, father being among the first subscribers. And since my marriage which is almost twenty-five years now, we have always taken it, and since the page of interest of women has started seems nicer than ever, it is so helpful. I have four girlies in school, so the stockings are quite a problem at this time, so would you send me that wonderful stocking-foot pattern, and I will be everlastingly obliged.

Inclosed find ten cents for the Sick Children's Hospital.

ANOTHER MOTHER OF FOUR.

Ans.—Am mailing pattern. Thank you for dime.

Attended Winter Fair.

Dear Miss Grey,—It has been a long time since I last wrote to the Mail-Box. However, my letters aren't very good or interesting, and it doesn't make much difference about mine, but I would like to see some more good letters printed in the Mail-Box again. Why not make 1921 the best ever? There were some real good letters last year, and there should be better this year than ever before. I think everyone has enjoyed a very merry Christmas indeed, and a happy new year as well. Some are sick, though they say the cause is too much duck or goose.

Were any of the Mail-Box readers at the Guelph Fair this winter? I was well paid for my visit to Guelph. This is the first large fair I have been at. Everything in the stock line was beef fat. I could spend days looking at horses, cattle and poultry.

I wish Hiawatha o' the Northlands would write again and tell us how she is getting along, and also The Older of the Two Country Rosebuds, or both the Rosebuds, would be better. We had better grow flowers in our garden than the weeds, so the more the merrier.

Will you please send me Hiawatha's and The Older of the Two Rosebud's addresses. I will send self-addressed envelope for same and dime for S. C. H. Wishing the Mail-Box every success, I am SUNNY JIM.

Ans.—Thank you, Sunny Jim, for hospital dime. Am mailing you addresses asked for. Come again soon, as I consider your letters quite interesting.

All the delicious aroma and flavor are retained in air-tight tins of

Rideau Hall Coffee

NOTHING ADDED NOTHING TAKEN AWAY

SOLD IN TINS ONLY—BY ALL GOOD GROCERS

82

HOW SALLOW SKIN CAN BE CHANGED TO ROSY COMPLEXION

Every woman with pale cheeks and poor complexion needs medicine—needs a potent tonic to regulate her system.

To tone up the stomach—to insure good digestion—to give new life and vitality to the whole system—where is there a remedy like Dr. Hamilton's Pills?

Dr. Hamilton's Pills enable you to eat what you like—they correct constipation — make nourishing blood — instil force and vim into a rundown system.

If nervous and can't sleep your remedy is Dr. Hamilton's Pills—they search out the cause of your condition and you rise in the morning refreshed, strong, vigorous, ready for the day's work.

Dr. Hamilton asks every weak and debilitated person to use his Mandrake and Butternut Pills. They make old folks feel young, and weak folks feel strong. Their effects upon insomnia and languor is marvellous. Hundreds declare they soothe and quiet the nerves so that a good night's rest always follows their use.

To look well, to feel well, to keep well, use Dr. Hamilton's Pills. They are mild, cleansing, strengthening—good for the young or old. Sold by all dealers in 25c boxes.

Children Cry
FOR FLETCHER'S CASTORIA

OUT O' ORDER STOMACHS

Indigestion, Acidity, Sourness and Gases ended with "Pape's Diapepsin"

The moment you eat a tablet or two of Pape's Diapepsin all the lumps of indigestion pain, the sourness, heartburn and belching of gases, due to acidity, vanish—truly wonderful!

Millions of people know that it is needless to be bothered with indigestion, dyspepsia or a disordered stomach. A few tablets of Pape's Diapepsin neutralize acidity and give relief at once—no waiting! Buy a box of Pape's Diapepsin now! Don't stay dyspeptic! Try to regulate your stomach so you can eat favorite foods without causing distress. The cost is so little. The benefits so great.

"DANDERINE"

Girls! Save Your Hair! Make It Abundant!

Immediately after a "Danderine" massage, your hair takes on new life, lustre and wondrous beauty, appearing twice as heavy and plentiful, because each hair seems to fluff and thicken. Don't let your hair stay lifeless, colorless, plain or scraggly. You, too, want lots of long, strong, beautiful hair.

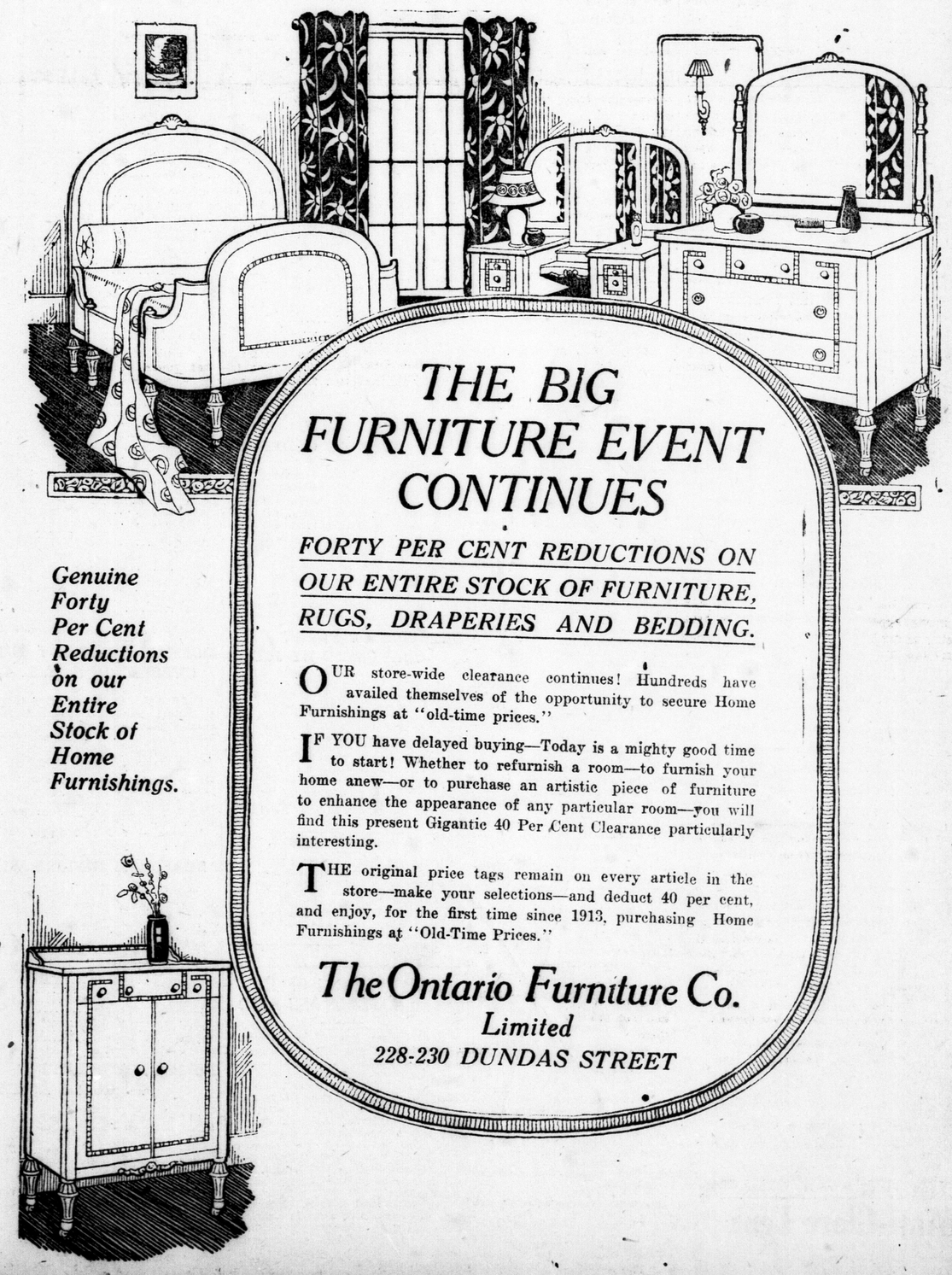
A 35-cent bottle of delightful "Danderine" freshens your scalp, checks dandruff and falling hair. This stimulating "beauty-tonic" gives to thin, dull, fading hair that youthful brightness and abundant thickness—All druggists!

A short time ago the retail price of Red Rose Tea (Crimson Label) was reduced 10 cents a pound.

Whenever conditions permit, the price will again be reduced, but never to such an extent as to lower the quality.

You will always find the quality of Red Rose Tea all you expect it to be—the same good tea for over 25 years.

T. H. ESTABROOKS CO., Ltd.
St. John Toronto Winnipeg
Montreal Calgary Edmonton



Genuine Forty Per Cent Reductions on our Entire Stock of Home Furnishings.

THE BIG FURNITURE EVENT CONTINUES

FORTY PER CENT REDUCTIONS ON OUR ENTIRE STOCK OF FURNITURE, RUGS, DRAPERIES AND BEDDING.

OUR store-wide clearance continues! Hundreds have availed themselves of the opportunity to secure Home Furnishings at "old-time prices."

IF YOU have delayed buying—Today is a mighty good time to start! Whether to refurnish a room—to furnish your home anew—or to purchase an artistic piece of furniture to enhance the appearance of any particular room—you will find this present Gigantic 40 Per Cent Clearance particularly interesting.

THE original price tags remain on every article in the store—make your selections—and deduct 40 per cent, and enjoy, for the first time since 1913, purchasing Home Furnishings at "Old-Time Prices."

The Ontario Furniture Co.
Limited
228-230 DUNDAS STREET