

Thousands Now Use This Recipe for Cough Syrup.

Easily Made at Home. Costs Nothing If It Fails.

The speed with which this simple home mixture takes hold of a cough and conquers it will surprise you. The recipe given below makes more and better cough syrup than you can buy ready-made for \$2.50.

Mix two cups of granulated sugar with one cup of warm water, and stir for 2 minutes. Put 24 ounces of Pinex (50 cents' worth) in a 16-oz. bottle; then add the Sugar Syrup. It keeps perfectly. Take a teaspoonful every one, two or three hours.

This gives almost instant relief, and usually stops a deep-seated cough inside of 24 hours. Splendid, too, for whooping cough, chest pains, bronchitis, hoarseness, etc. The taste is pleasant, and it is just laxative enough to help cure a cough. Its tonic properties restore the appetite which a cough tends to destroy.

This recipe is now used in thousands of homes in the United States and Canada. Its popularity has resulted in many imitations—none of them as good as the old successful formula. It will not work unless you use the pure, genuine Pinex, which is the most valuable concentrated compound of Norwegian white pine extract, and contains the necessary quantity of gualcol and other healing pine elements.

A guarantee of absolute satisfaction, or money promptly refunded, goes with this recipe. Your druggist has Pinex or will get it for you. If not, send to The Pinex Co., Toronto, Ontario.

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[Rules for correspondents in this and other Departments: (1) Kindly write on one side of paper only. (2) Always send name and address with communications. If pen-name is also given, the real name will not be published. (3) When enclosing a letter to be forwarded to anyone, place it in stamped envelope ready to be sent on. (4) Allow one month, in this department, for answers to questions to appear.]

Our Social Improvement Work.

[Although the following paper, by Mrs. Wm. Dawson, President of the Parkhill Women's Institute, deals particularly with the improvement of a town, it contains suggestions that may be useful to the rural members of the various Institute branches also.]

For years we talked about it. Our town is divided almost in two by the G. T. R. This means a strip of land one hundred and sixty feet wide held by the railway, and this strip was originally a gully along which meanders a little stream. The bed for the railway track had to be built up in the center of this gully, and this left a gully on either side of the track. These gullies seemed to have some fatal attraction for weeds and tin cans, and all disfigurements which mysteriously appear in vacant places. One of our main streets, a street with only one side, faces on the track. On this street, facing the railway station, stands our High School. Just alongside of the school ground lies a piece of land consisting of six town lots. Some of these were once occupied, but fire destroyed the buildings and only the unsightly holes, that had once been cellars, remained. These holes also attracted tin cans, and weeds grew rampant. This vacant place, taken in conjunction with the railway property, made the center of our town anything but a beauty spot, and, we felt, gave to the travelling public a most erroneous impression of what is really a well-kept, pretty little town.

Three years ago we decided to stop talking and go to work. In our Women's Institute, we appointed a Local Improvement Committee, and, at a series of meetings held by this committee, a plan of action was mapped out. Some of the members visited the High, Public and Separate Schools, and talked to the children about the part children could take in beautifying a town. They were asked to be careful about throwing paper about on the streets, to keep the weeds cut on the street in front of their own homes, to keep the sidewalk shovelled, to cultivate flowers, and to care for the boulevards. The town was divided into districts. The children in each district were given a distinctive ribbon badge, and a little spirit of rivalry was cultivated. As a result of the interest thus awakened, our streets were made more passable in winter, and, when spring came, I counted fifteen boulevards on my street which were levelled and sodded. Other streets fared equally well.

But this work among the children was merely an incident. Our real struggle came later. We knew that the School Board had for years been wanting to buy those six unsightly vacant lots lying next to the school grounds on the street facing the station to add them to the playground. But the several owners of those lots asked the School Board enormous prices, as is the way with owners when they think the game is in their own hands. We appointed a sub-committee to interview these owners, ask each owner his price, and get an option on each lot at the owner's price. We asked them to give us until August 1st to buy, or decide not to buy. These members did not, however, mention the Women's Institute or the Local Improvement Committee at all. Well, when we secured all the options on the lots, and had compared notes, we found that the six lots could be purchased for \$165. These same owners had been asking the School Board \$800. We fairly hugged ourselves. Our work was done! All we had to do was to go to the School Board, place the prices at which the owners would sell before them, and the thing was done. The School Board, as we had foreseen, jumped at the chance. The deeds were made out, and then the whole thing came down like a pack of cards. The Town

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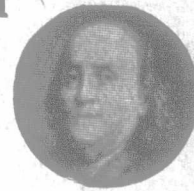
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