

miseries and become little by little in different to them. But no! The fright, ful aspect of all these young men in the

me nursing classes will he held

kitchen,

ng on of buttons, the crank has her thick.

good-natured sister beaten by far: a

cause of their home training; in the Filling: One pound dates, 1 cup boiling

Cool before using.

This is the way I make my rabbit

affair, your and other

disfigured for the rest of their existence and ho in St. James' Anglican Church schoolcreates always a most poignant impression. One would imagine that the sight room, when all young women of the district are invited to attend and to of such wretchedness would infallibly extinguish every thought of galety in join. the beholder. Nevertheless, the spectacle

at Zurich.

view,"

of the courage and joy wherewith they Much resign themselves to their lot enable you to share with them hours which are truly happy.'

"To die for one's country is nothing in comparison with a life full of pains and infirmities such-as these men have in prospect. Nevertheless, they face this lamentable future with admirable courage

"Here is an example: One of our in valids, the most deserving of pity, was a young man who had both his legs and one arm amputated, and at the same treat. Proceeds in aid of the Soldiers time was totally blind. "I scarcely dared to address him a Comfort Fund.

few words of consolation, but I was soor made aware that he asked for none. He talked gaily with me on all subjects and exclaimed with imperturbable heroism, Although I have lost everything, my o'clock. heart still beats safe and sound in my

breast. "The most of our unfortunates think and speak in the same manner, whether they are French or German.

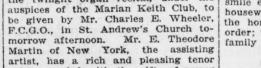
"Our train was overflowing. No less than 320 severely wounded were distributed in fifteen cars. 'Amongst them were madmen, tuberculous sufferers and many sick whose lives were in ; hourly danger. The good nurses had certainly work in abundance. As scon we had crossed the German fronties into Switzerland we were overwhelmed with ovations. A veritable cyclone of Gordon Tennent, violinist; Mrs. Howgifts fell on our train from station to ard Fetherston, piano, and Mr. Howstation. Soon our carriages were trans- ard Fetherston, 'cello.

formed into moving gardens fragrant with flowers. All along the way enthusiastic crowds acclaimed us, even in stations where the train did not stop.

The Young Women's Christian As-sociation class in first aid and home 'Only those provided with a card of nursing will have its first lecture this admission from the state department (Tuesday) evening in the rooms at had the right to enter the train. This 472 Park avenue.



Heintzman & Co., Ltd.



Twilight Organ Recital.

Y. W. C. A. CLASS.

242 Dundas Street, London, Ont.

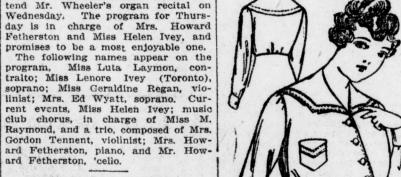
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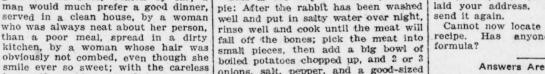
pleasurable anticipation

evinced by music lovers in regard to the twilight organ recital, under the housewife sanitary conditions around the home are not apt to be in good order; this may lead to sickness in the family and cause doctor's bills.

Pattern Was Not Right. Dear Miss Grey,—I see where a little girl signing herself "Seldom Swift," is voice, coupled with the gifts of power and expression. He is a singer of high attainments, and Londoners should asking the cause of her stovepipe dripnot miss what promises to be a rare







matter of mending, patching and sew- water, 1 cup brown sugar; cook until

boiled potatoes chopped up, and 2 or 3 onions, salt, pepper, and a good-sized piece of butter. Then cover over with a crust like biscuit dough, and bake till nicely brown; it is very good, and so are the date cakes. Toll Mrs. Home-letters will be published and answers rd to try them, as I think she would given, as usual, just as speedily as pos-

ike them, I have lots more I would like to say

but I guess my letter will be getting too long. I would like to tell you all what I think about the man who signed himself "A Reader," but I would have

going to happen next? I've had chil-dren and even animals named after me, to get more paper before I would think but "Snowflurry No. 2" beats all. Now of starting; but there must be some- I have got something a little more subthing about the Mail-Box interesting stantial, as you see. So we aren't to or what makes him read it? Will stop say anything more about goggle-eyed now, so you will let me come again. Finis, and as for that swearing old BLONDY. man who dared to show his grizzly head in the Mail-Box, pen and paper

send it again.

Owing to Miss Grey's absence from

the office last week correspondence has

Changed to Iceberg.

Dear Miss Grey,-I wonder what is

formula?

sible.

Ans .- Always glad to hear from you, and to receive the practical help that are much too valuable to waste him, and the very idea of your offering him of your precious time for an

Cotton on Walls. Dear Miss Grey,-I enjoy reading interview, but, perhaps, you will give him a talking to he'll not forget for a your page very much, but never had time. Oh, dear, he will be so disgusted courage to write until I saw L. of P. P. fetter. Now I dried 15 pumpkins with my letter that he won't notice my unjunky questions. this year, and this is how I do it; I peel and take out seeds and cut in with anyone what is the most courteous slices just as thin as possible, and two reply to make? long; put them on an apple 2. I sent a stamped and addres rack and dry the same as apples. I envelope for readings, but I guess none put four large ones on at once, it is so little trouble. Now for a little help. 1. I am going to paper a room in the spring and it is rough boards. Could omeone tell me how to keep paper on

and from cracking? 2. What to do for children when they get the whooping cough, and is there any way to keep them from getting it I hope you will be able to read this. 1491

will sign myself, MOTHER OF FOUR SMALL

CHILDREN. Ans .-- 1. I think if you cover the walls first with thin cotton or cheesecloth, and then with string of wrapping aper, there should be no danger of the wallpaper cracking when it is put

491-A Simple Shirtwaist in Attractive 2. Here is a whooping cough cure Tallored Style. Ladies' Shirtwaist. This comfortable and up-to-date model is good for linen, lawn, madras, Georgette crepe, serge, flannel, taffeta, on reput The target and target and the target and the target and the target and target and the target and the target and target and the target and target and the target and target a The right front is through meat-grinder enough horseshaped over the left at the closing. The radish to make a pint, add two cups collar is becoming and jaunty. The of yellow sugar, let stand over night, sleeve is in regulation shirtwaist style, and the fronts have neat patch pocket. The pattern is cut in six sizes: 34, 36, hour.

inches

38, 40, 42 and 44 inches bust measure. hour. It requires three yards of 36-inch ma-Who Has Suggestions? terial for a 36-inch size. A pattern of this illustration mailed Dear Miss Grey,-This is my first letter to the Mail-Box, although I have to any address on receipt of 10 cents in constant reader of the page been a since it started.

Was sorry when I read "Finis'" let-ter, when I saw such a lengthy one looked at the signature hoping to see "Mrs. Homebird's" name (I am another admirer of "Mrs. H."), and imagine my disappointment at finding such a lot of knocking instead of "Mrs.

H.'s' cheery words. Now for a few queries: Province 1. Do any of the readers know of a Age (if child's or misses' pattern) place in the city where pieces of car-Measurement: Bust Waist pet can be made into reversible rugs?

2. I have two good washstands which

CAUTION: Be careful to inclose the above illustration, and send size of pat-tern wanted. When the pattern is bust measure you need only mark 32, 34 or whatever it may be. When in waist measure, 22, 24, 26 or whatever it may be. If a skirt give waist and length tern 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 date of application. CAUTION: Be careful to inclose the above illustration, and send size of pat-tern write only the figure representing the age. It is not necessary to write "inches' or "years." Patterns cannot date of application.

SARNIA COOK. For "supprise" Ans .- Thanks for the yoke designs, idea of having it "simple, and also the flags. "Newcomer," please don't scold, but I fear that I have mis-actly with my point of view. If you to hold a twelfth-night festivity, when see the "relatives," by all means ask all remaining gifts will be distributed. Wonder if you'll them verbally. Sometimes special sil-Cannot now locate a tomato houillon ver wedding anniversary invitations

Has anyone got a reliable are issued and sent to friends and relatives far and near. Answers Are Delayed.

The hour you name, 7:30, would be ittle people have raised the money by dmirable. Yes, quite all right to giving small entertainments in have the refreshments passed instead district. It was decided to send them a donation of material for making up of seating guests around the table. into soldiers' comforts, and a vote of Don't you think this would be all appreciation was passed to the little ight for the refreshment: Celery and workers. abbage salad, sliced jellied meat or

Mrs. Callard acknowledged the re owl, home-made relish, fruit jelly ceipt of several donations for the with or without whipped cream, cake, work of the order. Other business coffee. This could be prepared beforethe meeting was the appointing of a hand and in readiness to serve sub-committee composed of the officers quickly.

of the Municipal Chapter. Mcs. Niven Am not sure whether you live in presided over the session. the city or not; think anyhow that

nothing could be nicer than to have a bowl of cut flowers in each room, and should advise no other decoration. Carnations would be lovely, and last well. If these are impossible, however, evergreen and small flags always nake an attractive decoration.

Can't Frighten Us.

She Must Walt.

ot asking too much of you. I will

regular meeting at the home of Mrs. James Edwards on Wednesday after-100n, January 19, at 2:30 sharp. Rom call, "Sentiments on Current Events." Dear Miss Grey,-Am coming the second time to your interesting page, All ladies welcome.

old- them. Some of the gifts did not con

Little Friends' Gift.

"Little Friends of the Soldiers" in Clandeboye, were acknowledged. Thes

A letter and donation of \$5 from

thei

Several members of a woman's club were chatting with a little daughter of their hostess. "I suppose you are a great help to your mamma?" said one. "Oh, yes," replied the little miss.

and so is Ethel; but today it is my turn 'pretty good." Think "A Reader" is to count the spoons after the company happy new COTTAM READER, NO. 2.



CLEAN SWEET SCALP

to see you for over three years and has May Be Kept So by Cuticura Soap never made known his intentions what and Ointment. Trial Free. would you advise a young lady to do? 3. I am 18. My height is 5 feet 2 To have good hair clear the scalp of inches. Weight 125 pounds. Do you dandruff and itching with Cuticura Soap and Ointment. Nothing better. COUNTRY GIRL.

Sample Each Free by Mail Ans.-1. I can send you words of the With 32-p. Skin Book. Address post-card, Cuticura, Dept. L, Boston, U.S.A. Sold throughout the world. first and last pieces that you ask for, and possibly someone else can supply the remaining poem. A reader has forwarded a nice packet of gum flags,

and I am mailing you one or two. 2. It is not her place to do anything. She need not, however, refuse attentions of other young men, for as long as no engagement exists she is free to accept their company. If you chance to be the "young lady" in question, as you are only eighteen now i is really something in the young man's favor, that he has not spoken of love to you; no doubt in a year or so will have something to say. UNDERCLOTHING 3. One can scarcely say without sceing you; it makes so much different Guaranteed Not To Shrink.



An Old Family Cough Remedy, Home-Made

Laundry:

PHONES 558, 559.

NO CHAFF, NO P 19

Sweetheart."

Made from friend burners g 72 on the bach platern Tr. 4 on that ght a di (stor). Ar an

Easily Prepared - Costs Very Little, but is Prompt, Sure and Effective.

%0+0+0+0+0+0+0+0+0+**0**+**0**+**0**+**0** By making this old-time cough syrup at home you not only save about \$2, as compared with the ready-made kind, but you will also have a much more prompt and positive remedy in every way. If overcomes the usual coughs, throat and chest colds in 24 hours—releves even chest colds in 24 hours-relieves even whooping cough quickly-and is excel-lent, too, for bronchitis, bronchial asth-ma, hoarseness and spasmodic croup. Get from any drug store 2½ ounces of Pinex (50 cents worth), pour it into a 16-ounce bottle and fill the bottle with plain granulated sugar syrup. Fuil directions with Pinex. Keeps perfectly and tastes good. You can feel this take hold of a cough or cold in a way that means business. It quickly loosens the dry hoarse of painful cough, and also heals the in-flamed membranes. It also has a re-markable effect in overcoming the per-

markable effect in overcoming the per-sistent loose cough by stopping the forsistent loose cough by stoppi

sistent loose cough by stopping the for-mation of phlegm in the throat and bronchial tubes. The effect of pine on the membranes is known by almost everyone. Pinex is a most valuable concentrated compound of genuine Norway pine extract, com-bined with guaiacol and other natural healing pine elements. There are many worthless imitations of this famous mixture. To avoid dis-

of this famous mixture. To avoid dis-appointment, ask your druggist for "2% ounces of Pinex," and do not accept

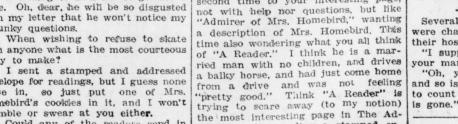
anything else. A guarantee of absolute satisfaction or money promptly refunded, goes with this preparation. The Pinex Company, Toronto, Ont.



Spinach, handpicked, peck 80c Rhubarb, bunch, 15c. 2 for 250 MAIN & COLLYER Telephone 2831. P. O. Box 275.







came in, so just put one of Mrs. Homebird's cookies in it, and I won't rumble or swear at you either. 3. Could any of the readers send in vertiser. Am sending a stamped ena good preparation for the hands, also velope for a reading if you happen to old cream recipe? have one, not too long, and thanking

Just cut out any part which would make war, and give my love to "B. D." and "S. F. No. 2." ICEBERG.

aforesaid cookies!



place 24 hours, or until dissolved; add

A School's Success

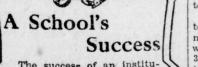
The success of an institution depends entirely on the results produced. The L. C. M. knows that its work is M, knows that its work is good, and those who are not already acquainted with its methods are cordially invited to attend the series of re-

will be sent on 'phoning the registrar.

London onservatory Music 354-6 Dundas St. Phone 1101

Lottle L. Armstrong, Registrar, F. L. Willgoose, Mus Bac. (Dunelm), Principal.

try and be some help to you next time. Could you send me the songs: "You Can't Play in My Yard," "I Stood on the Bridge at Midnight," "The Corn Boy," and has anyone got a gum flag spare? A few questions: 2. If a young man has been coming



think I am too stout

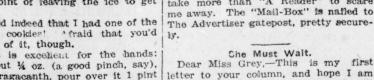
citals given by its advanced students. These begin in February, and an invitation

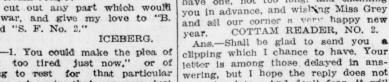
now the avoirdupois is distributed.

Ans.-Shall be glad to send you a clipping which I chance to have. Your letter is among those delayed in answering, but I hope the reply does not come too late. And don't fear, it will take more than "A Reader" to scare me away. The "Mail-Box" is nafled to The Advertiser gatepost, pretty secure-

"fraid that you'd

a little of it. though. 3. This is excellent for the hands





Ans .-- 1. You could make the plea of being too tired just now." or of wanting to rest for that particular band, or yet again, that you were just

on the point of leaving the ice to get warm. 2. Would indeed that I had one of the