MOTHER SUPERIOR OF ROSARY HILL

Tells How Vinol Restores Strength and Vitality to Weak, Run-Down, Nervous People.

She says: "For eighteen years I have been at work among the sick and poor and have used VINOL for weak, rundown, emaciated people with excellent results. One young woman when she in the city giving health talks to girls. The trend of her message is this: "Girls of today are not living under the same conditions as did their mothers and grandmothers. They wound the city of the city giving health talks to girls. The trend of her message is this: "Girls of today are not living under the same conditions as did their mothers and grandmothers. They wound the city giving health talks to girls. The trend of her message is this: "Girls of today are not living under the same conditions as did their mothers and grandmothers. They wound the city giving health talks to girls. The trend of her message is this: "Girls of today are not living under the same conditions as did the Aberdeen Mothers' Club at its last meeting.

Miss Marie Tolhurst will be a guest at the big banquet which is being held in Hamilton on Wednesday by the women teachers of their youngest daughter, Gladys Eleanor, to Robert J. Lawson, the marrecognized her, she had improved so much. I cannot recommend VINOL to highly for such conditions. These words are uttered from my heart in order that more people may know about VINOL."

—Mother M. Alphonsa Lathrop, O.S.O., Hawthorne, N.Y.

Such testimony as this should convince everyone of the value of VINOL. The reason it is so successful in such cases is because it contains.

cases is because it contains the tissueoutlding and medicinal element of cods' livers, without oil, aided by the blood-

tissue of the body. Why not try VINOL on your druggist's guarantee?

Alkali in Shampoos Bad For Washing Hair

easy to handle. Besides, it loosens and takes out every particle of dust, dirt and

People who are forced to stand on their feet all day know what sore, tender, sweaty, burning feet mean. They use "Tiz," and "Tiz" cures their feet right up.) It keeps feet in perfect condition. "Tiz" is the only remedy in the world that draws out all the poisonous exudations which puff up the feet and cause tender, sore, tired, aching feet. It instantly stops the pair is the result of the re right up. It keeps feet in perfect condition. "Tiz" is the only remedy in the world that draws out all the poison ous exudations which puff up the feet and cause tender, sore, tired, aching feet. It instantly stops the pain in corns, callouses and bunions. It's simply glorious. Ah! how comfortable your feet feel after using "Tiz." You'll never limp or draw up your face in pain. Your shoes won't tighten and hurt your feet, Get a box of "Tiz" now from any druggist. Just think! a whole year's foot comfort for only a few cents.

Chub in the city. The meeting was the University, Mrs. Shanks and Miss Doris the Liddicoatt, M.A., officiating at the tea table.

The result of the meeting was the organization of a club, with Mrs. Shanks of Cornell University as president. An executive committee, with power to choose the rest of the officers, was also elected, and included Mrs. E. R. P. R. Neville and Miss Mary McLean of Western University, Mrs. Albright and Miss Jean Purdom of Toronto University. Miss Winnifred Balfour of Queen's University, and Mrs. Holding of McMaster.

MAN'S

can be as vigorous and healthy at 70 as at 35 if he aids his organs in performing their functions. Keep your vital organs healthy with



The world's standard remedy for kidney, liver, bladder and uric acid troubles since 1696; corrects disorders; stimulates vital organs. All druggists, 50c. a box. Look for the name Gold Medal on every box and accept ne imitation

GEORGE E. LOGAN

FUNERAL DIRECTOR AND EMBALMER 418 RICHMOND ST. PHONE 1968. Finest Motor and Horse Equipment

176-178 KING STREET. uneral Directors and Embalmers Handsome Motor Car or Hearse Equipment. Day or Night Service.
Phones:
. 543. Residences, 2056-4101.

N. J. GRIFFITH

FUNERAL DIRECTOR AND
EMBALMER,
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Residence on premises. Phone 459.
Private Ambulance Service,
Delaware Branch: W. Acre. Mgr.

HUNTER & BEAM

(A. L. OATMAN) Successors To SMITH, SON & CLARKE. FUNERAL DIRECTORS Private Ambulance. All Latest Equipment.

PAGE OF INTEREST

DR. ANNE YOUNG **DEPLORES MODERN** DRESS AND DANCES

Y. W. C. A. Secretary Points Out Evil Influence To

down, emaciated people with excellent living under the same conditions as did nor, to Robert J. Lawson, the marresults. One young woman when she their mothers and grandmothers. They riage to take place soon. came to me was so weak she could hard- are struggling to live a healthy girlhood

and morally.

Dr. Young deplores the modern dances, which are too exhilarating for the health of those taking part in them. Extreme modern dress also comes under her canging.

Tonight and tomorrow afternoon Dr. making, tissue-building and strength-creating properties of tonic iron, beef peptone and hypophosphites.

It creates hearty appetite, aids digestion, enriches the blood with thousands of red blood corpuscles, and in this natural manner imparts health, strength and vitality to every organ, muscle and

Club News

'TEEN AGE GIRLS' RALLY.

The committee for co-operative 'teen

August

itakes out every particle of dust, dirt and dandruff.

I. O. D. E. SELLING TICKETS. The Campbell Becher Chapter, I. O. D. E., is working hard selling ticker for the opening day at Springbank Park, May 19, as the management of this institution has promised that the proceeds of every ticket sold by the chapter shall be given to the member of the corning, and of the Sick Children's Hospital. Mrs. C. White is convener of the committee in charge of the tickets, which may be obtained from her (phone 526) or from any other member of the committee. Which includes Mrs. Williams.

In O. D. E. SELLING TICKETS.

The Campbell Becher Chapter, I. O. D. E., is working hard selling tickets. On the opening day at Springbank Park, May 19, as the management of this institution has promised that the proceeds of every ticket sold by the chapter shall be given to the members in aid of the Sick Children's Hospital. Mrs. C. White is convener of the committee in charge of the tickets, which may be obtained from her (phone 526) or grey.

Use "Tiz" for Tender, Puffed Burning, Calloused Feet and Corns.

It is far more effective, a great deal in any case to have such things as moles, was painful, and certainly safer in any case to have such things as moles, was painful, and certainly safer in any case to have such things as moles, was painful, and certainly safer in any case to have such things as moles, was painful, and certainly safer in any case to have such things as moles, was painful, and certainly safer in any case to have such things as moles, was painful, and certainly safer in any case to have such things as moles, was painful, and certainly safer in any case to have such things as moles, was painful, and certainly safer in any case to have such this committee which check the writers and the fashion for endings in the windows of three "addes" which distinguished Queen Anne's developed cancer: The married lady wurders and the fashion for its windows of three "addes" which distinguished Queen Anne's developed cancer: The married lad

GIRLS' CANADIAN CLUB. The Girls' Canadian Club, recently formed in connection with the Y. W. formed in connection with the Y. W. C. A. extension department for the purpose of studying citizenship, will meet tonight at the Y. W. C. A. residence, King street, for the purpose of electing officers and becoming more fully organized. It is expected that a large number of the girls employed in the city will become members of this organization, which is entirely a new departure, and promises some exceedingly instructive and interesting times.

\$58 RAISED BY CLUB. The recent social evening given by the Pollyanna Club at the Y. W. C. A.. King street, for the purpose of raising funds to send one of their number who is ill to the country for recuperation, resulted in \$58 being raised.

PETE'S SEARCH.

Pete was very very dizzy when he open his eyes, and he was quite sure I his legs would never get any strength in them again. Strange noises were ringing through his head and there was a bad taste in his mouth and a sickly smell all around him.

"Do you think he is coming to the right way?" asked the pretty young lady, anxiously.

dy. anxiously.
"Fine! Couldn't come-to better,"

"Fine! Couldn't come-to better," answered the dog doctor.
"Goody!" said the kind lady, and her father whispered the same thing, too. He was giad that Pete was not going to die through the shot he had intended for the other dog.
"We will take him back to the farm with us," said the kind lady, and her father agreed; but when the doctor told them it was not wise jo move Pete until the next day, they went away promising to return the next day for him.

away promising to return the next day for him.

Pete was very sick all that day and all night, but when the sun came up next morning he felt much better. The bad taste had gone from his mouth and he could not hear any of the strange noises that had so disturbed him. When the pretty lady and her father came in their motor car for him in the afternoon, he was able to wag his tail at them in friendly greeting. How delighted that made the lady and how her father did smile when he knew that Pete was going to get better.

But getting better was not such speedy work as they imagined. It took many, many days before Pete was able to stand on his sore foot and then he imped horrible. Poor Pete, he was afraid he would have to stay at the farm for the rest of his days—not that he did not like it at the farm, for they were very kind to him, but he wanted to find his mother—that's

Part Ten.
"Pete's Recovery."

SOCIAL and PERSONAL

TELL IT TO THE SOCIETY EDITOR.

ith his English bride.

Miss Faustine Taliaferro of New York is visiting with relatives in the

Mrs. A. Rumball was made president Women's Canadian Club. of the Aberdeen Mothers' Club at its

Mr. William Mann has returned home | O. D. E. meeting being held there

Rev. Canon Scott, senior chaplain, C. E. F., France, will be the guest of Dean and Mrs. Tucker while in the city lecturing under the auspices of the G. F. S. of St. Paul's Cathedral and the

BY WILLIAM BRADY, M. D., Noted Physician and Author.

ANSWER-None.

WHAT'S IN A NAME

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.

or the blouse.

The Pattern is cut in 4 Sizes: 3, 4,

6, and 8 years. Size 3 will require 13/2 yards of 35-inch material for the biouse and 11/2 yards for the trousers.

A Pattern of this illustration mailed to any address on receipt of 15c in silver or 1 and 2 cent stamps.

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

leasurement: 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, 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 measure. When misses' or cnild'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.

Dr. Brady will answer all signed letters pertaining to health. Writers' names are never printed. Only inquiries of general interest are answered in this column, but all letters will be answered by mail if written in ink and a stamped self-addressed envelope is inclosed. Requests for diagnosis an treatment of lead. self-addressed envelope is inclosed. Requests for diagnosis or treatment of individual cases cannot be considered. Address Dr. William Brady, in care of this

The Complacency of Ignorance.

The more I study the problems of recently occupied by a person who had health and hygiene the more convinced feel that a great part of the ill health and sickness among all the people is due to nothing but ignorance It is curious how complacent the ignorant are in their benighted state. an ignorant are in their benighted state. An ignorant boor will sneeze or cough in your face and ridicule you if, instead of knocking the fellow down for his offence, you undertake to remind him of the danger of spreading disease in that way.

A person who describes herself as "married lady" asks me to give her

Don't use prepared shampoos or anything else, that contains too much alkali, for this is very injurious, as it dries the scalp and makes the hair brittle.

The best thing to use is just plain mulsified cocoanut oil, for it is pure and entirely greaseless. It's very cheap, and beats anything else all to pieces. You can get this at any drug store, and a few ounces will last the whole family for months.

Simply moisten the hair with water and rub it in, about a teaspoonful is all that is required. It makes an abundance of rich, creamy lather, cleanses thoroughly, and rinses out easily. The hair dries quickly and evenly, and is soft, fresh looking, bright, fluffy, wavy, and least to be held in the McCormick dining of the danger of spreading disease in the two.

The committee for co-operative 'teen age girls to be held on Saturday and Sunday, May 22 and 30. The Saturday meeting will take the form of a great girls banquet to be held in the McCormick dining of the danger of spreading disease in that way.

A person who describes herself as a "married lady" asks me to give her the address of some correspondent whom I had apparently advised to some it take the form of a great girls banquet to be held in the McCormick dining of the danger of spreading disease in that way.

A person who describes herself as "married lady" asks me to give her the address of some correspondent whom I had apparently advised to sample the surgest of the more of sample and the McCormick dining of the danger of spreading disease in the danger of spreading disease in the danger of spreading disease in the deal of the danger of spreading disease in the danger of spreading lim of the danger of spreading disease in the danger of spreading d

other will work the necessary miracle
but the married lady will divulge her
mysterious "formula" only on her own
conditions, She desires also to warn the
unknown that she has known of three

The complacency of ignorance bordering closely upon superstition was thoroughly brought out in a shower of curious letters I recently received when I had stated there that the notion of "marking" an unborn child is 100 per cent. superstition. The cases cited by Mrs. Gamp in support of her credulity were richly humorous. I wish I could publish some of them in the editorial columns were there is more room. One deluded "nurse" who is apparently able to read as well as write, even mentioned David Copperfield, who, you will remember, was born to a maid servant, but later it suffered a decline and became most frequent in the lower classes. Now, however, Pamela has returned to her own, and is again enjoying vogue in the best circles. In this country she has generic cetiment in the lower classes. Now, and is again enjoying vogue in the best circles. In this country she has generic or "flapper."

The bloodstone is Pamela's talisman. It will preserve her bodily health; indeed it was worn by the ancients as a blood tonic. Likewise it is said to guard here from deception, especially of a lover. field, who, you will remember, was born "with a veil." The poor woman took all this quite seriously, it seemed, and failed to absorb the humor of the verbose Dickens. It is too bad that people take life so seriously; they should leave that for the hangman.

QUESTIONS AND ANSWERS.

QUESTIONS AND ANSWERS.

Painting the Lily.

Please tell me what kind of shoes should be used for a girl baby eight months old? (Mrs. A. S.)

ANSWER—None. It is ridiculous to out shoes on a child too young to walk. She'll suffer inefficiency enough from the freak shoes which feminine fashion will inflict on her later in life. Time to get her first shoes when she goes for her first walk outdoors. Then let the shoes be broad-toed, soft, thin-soled affairs, with no constriction of the instep or ankle.

of the instep or ankle. Cancer is Not Infectious Is there danger of infection or con-tagion to a family moving into a flat

what he started out to do. you see, and

Pete was a persevering dog.

Tomorrow—"Off Again."

(Rights reserved by the Vincent G.
Perry Canadian Syndicate.)

socially inclined mother and a popular actress bent on horrifying the family of her betrothed—well, the result is worth

finding out. As an actress, Miriam succeeded so well that she very nearly lost more than she originally bargained

for his histrionic fiancee and his doting mother was indeed "between two fires."

It's not a comfortable place to be. Tony's predicament is highly amusing

—you'll thoroughly enjoy "Two Women and Tony" by Henry P. Holt, appear-ing in the May issue of

for. And poor Tony, torn betw

between

two fires

LONDON DELEGATES WILL ATTEND BIG "Y" CAMP UP NORTH

Ich Dien" Club Holds Social Evening To Raise Funds.

The Y. W. C. A. "Ich Dien" Club heid a parlor social last night at the king street residence for the purpose of raising funds to send one of their members as delegate to the "Y" camp, which is to be held at Camperdown, near Collingwood, this summer. This camp will be opened on July 24, and until July 31 will accommodate the great Y. W. C. A. conference, to which delegates will be sent from all over Ontario. It is possible that as many as twelve girls will go from London, representing different extension clubs here. After the conference week the camp will be open until September 8, and girls will be able to go there for a splendid holiday for \$7 a week board. The "Y" camp at Port Bruce, near here, is for 'teen age girls only. This camp at Camperdown will provide for the girls above 'teen age.

Cynthia Grey's Mail-Box

If you were busy being true To what you know you ought to do, You'd be so busy you'd forget The blunders of the folks you've

Cosy Corner Chats. Sister Lizzie—Thank you so much for the patterns and your contribution.— Cynthia Grey.

I have been a silent reader of your Mail-Box for years, and as you are always helping others. I thought you might help me. Is there an orphans' home in London? If so, could you give me the address? as I am very lonely and would like company. I have tried to get a woman with a child, but have falled so far. We have a good home, but also need help. Please find inclosed a mite for the Children's Hospital.

MRS. D. G. MADDOCK.

Ans.—Addresses have been mailed you. An Acid Answer.

I have written you before and certainly received excellent advice. Will you please tell me a list of foods which contain acid and foods which contain no acid, for an acid stomach. I was told I have an acid stomach. (Miss R. S.)

ANSWER—Your informant was spoofing you, perhaps. Every healthy person has an acid stomach. If there is excessive hydrochloric acid secretion, that is one symptom to be explained by the diagnosis of your case; if it is an excessive fermentation with the Landuction of the volatile acids (lactic, butyric) that is another symptom to be traced to its lair. Of course it would be a bootless business treating "acid stomach" without trying to find out what is the matter. As for the foods, foods containing acid have little or nothing to de with the recording

What education does a person need a course in training for a nurse?
What day did March 3, 1902, come JUST DOROTHY. Ans.-1. Most hospitals require a high school education. 2. Monday.

find out what is the matter. As for the foods, foods containing acid have little or nothing to do with either condition.

Copyright National Newspaper Service. As it is nearly two years since I wrote to your page, and a year ago now I went through a serious operation, went to the hospital about Easter and did not leave until July, so I pity anyone who has to lie in a hospital. I sympathize with anyone who is sick. I am sending a contribution to the Children's Hospital. dren's Hospital LOVER OF CHILDREN.

The quaintly demure name of Pamela, generally contracted to "Pam" in this country, is a literary name. It owes its prevalence both to the fancy of writers and the fashion for endings in "a" which distinguished Queen Anne's Augustan age. Alicla, Olivia, and Lucinda are contemporaries of Pamela.

I agree with A Mere Male in the sense of girls. I, too, think some girls are very extravagant with the boys. I do not say all, for the majority of them are not so bad. Miss Grey, have you picked any wild flowers yet? I went to the woods last night. I got a lovely bouquet of lilles. Could you, or any of the Mail-Box readers, supply me with a cure for warts?

SAMSON.

Could you please send me Cripple Could you please send me Cripple Annie's address, if you have it, and Virginia V. if possible? I am sending 10 cents for S. C. Hospital. I am sending a stamp for music and addresses, I am going to send a dandelion recipe which so many got from us, and then I'll slip away, so I can come again.

Dandelion Recipe.—Six quarts of flowers: I gallon of boiling water set. owers: 1 gallon of boiling water English ladies who wished to be en mode straightway adopted the name and history of that period is filled with of sugar, juice of 2 lemons and 3 oranges, ½ of yeast cake; stand three weeks and cover with cheesecloth: strain and bottle. It is better when it and history of that period is filled with and history of that period is filled with Pamelas. It was a popular name among the nobility, despite its original application to a maid servant, but later it suffered a decline and became most request in the lower classes. Now, is left for a year or

Selected Hints for bland a wire The Scrubbing-Pail—Bend a wire soap-tray to fit inside the pail. It can when needed. The soap Selected Hints for Mail-Box. the pail, instead of the floor.

almost become a generic term for ingenue or "flapper."

The bloodstone is Pamela's talisman. It will preserve her bodily health; indeed it was worn by the ancients as a blood tonic. Likewise it is said to guard her from deception, especially of a lover. Instead of Grating-The next time you wish grated cheese for any dish, try putting it through the meat chopper, thus saving the small ends usually wasted and preventing the scraping and Sunday is her lucky day, and 5 her tearing of the fingers on the grater.

Reknitting Old Wool-Unravel the wool in a colander or a wire-strainer. Place it over a vessel of boiling water-and cover until the rising stream straightens the wool. Set the colander n the air and when the wool is dry rewind for knitting.

The Invalid's Tray-When sending a treat to a sick neighbor use pape cups and plates, with paper doily. Thi trouble of returning dishes. In the case of contagious disease in the house, a

Bad Breath IS CAUSED BY CATARRH

canadians suffer more from Catarrh than from any other disease. On this account Catarrh is dangerous and should be checked at the outset. It isn't necessary to take internal medicine to cure Catarrh. There is a far better method. Doctors now treat Catarrh by sending

purifying, healing vapor through the breathing organs. In this way the germs of Catarrh are destroyed. The only successful vapor treatment is CATARRHOZONE, which the patient breathes through a special inhaler to the real seat of the trouble. The rich, piney essences of Catarrhozone heal and soothe all inflamed surfaces.

They effectively treat the nose, throat and lungs with a powerful antiseption that destroys irritation at once. Catarrhozone brings into the system A Popular Style.

3087—For the growing boy there is no better suit than the blouse and straight trousers. As here shown, galatea in blue and white stripes and white drill are combined, making a serviceable suit. Serge, velvet, cheviot, flannel and corduroy are good for the trousers, and gingham, madras, flannel and chambray for the blouse.

Catarrhozone brings into the system the balmy air of the pine forest. It cures completely coids, coughs, catarrh, weak throat, and bronchitis.

Once tried. Catarrhozone is always used. Nothing so pleasant, so simple, so quick to relieve, so absolutely sure to permanently cure. Accept no substitute. Large size lasts two months, and

Large size lasts two months, and costs \$1; small size 50c; sample trial size 25c: at all dealers.

YOUR OLD CARPETS Made into new, beautiful, fluffy, reversible rugs. CANADA RUG COMPANY 48 Carling Street. Send for Leaflet.

Choice **Flowers** For the Graduations.

West Floral Co. PHONE 2187. 249 DUNDAS ST.

GRAY'S, LIMITED

On Wednesdays of May, June, July and August this store will close at 1 o'clock. On Wednesdays one delivery only at 10 a.m.



Early Bird Bargains For Wednesday Morning

It pays to get up in the morning, as the following list proves.



Early Bird Specials

\$1.08, About Half Price, \$1.08 **GREY STRIPED SUITING**

and white, an ideal material for a summer suit, dress or skirt; note the width, 54 inches; one width to a skirt. Shop early for this bargain Wednesday morning.

\$2.50 --- A SILK SPECIAL ---

Striped Shirting Silk, heavy quality, a delayed shipment of this fashionable tub silk, but just in season for outing costumes, pretty color combinations of gay or subdued colors on white grounds, width 36 inches. Don't fail to secure a waist, smock or skirt length of this lovely silk. On sale Wednesday morning. Priced at, a

98c --- A VOILE SPECIAL

WHITE VOILES, beautiful fine white materials for the summer days near to hand, all white voiles in stripes and plaids, striped dimity and dotted Swiss, \$1.25 values. On sale Wednesday morning. Special price, a yard



Early Bird Specials

Ladies' Ready-to-Wear Department



Sale of Sample Lingerie

Slightly soiled. Wonderful values will be offered in dainty garments. The models are all attractive, the fabries and trimmings are excellent.

LADIES' CAMBRIC GOWNS, in slipover or button front style. V or square neck, lace and embroidery trimmings. Specialy priced at\$1.00, \$1.25, \$1.50 and \$1.75 WHITE UNDERSKIRTS, with flounce of embroidery or lace and insertion. Specially

Wednesday Morning Specials In Middies

ALL WHITE MIDDIES, sailor collar, trimmed with braid, plain cuffs, \$1.69

Dainty Blouses Specially Priced For Wednesday Morning

GEORGETTE BLOUSES in plain tailored style, with hemstitched sailor collar, tucked front and self-colored buttons, long sleeves, hemstitched cuffs; colors flesh and white, regular \$11.00. Wednesday morning, special

CREPE DE CHINE WAISTS, convertible collar, plain front with pearl buttons, long sleeves with turnback cuffs, others with sailor collar, fancy hemstitched designs in front, long sleeves, with turnback cuffs; colors white and flesh, all sizes; regular \$5.00. Wednesday morning, special price

Apron Specials Wednesday Morning

Bungalow House Dresses of indigo blue print, medium and large of indigo blue and light colored print, braid

sizes. Wednesday morning \$1.69 trimmed. Wednesday special



Sample Sale of Infants' Vests and Bands

All wool and cotton, slightly soiled, values up to \$1.25. Wednesday morning's special price, each 39c

CORSET SPECIAL FIVE DOZEN CORSETS of pink coutil, low bust, free hip, embroidery trimmed top, four

hose supporters, sizes 19 to 26. Wednesday morning special, at a LINGERIE RIBBONS, broken lines, of 34,

1, 11/4, 11/2 inch; white, sky and pink; values up to 25c. Wednesday morning special, 2 yards for 25c

MILL-ENDS

Another lot of 40-INCH VICTORIA LAWNS

500 YARDS OF WHITE DUCK, cheaper than cotton at Wednesday morning's special price. A yard 290

1 to 434 yard lengths. Special 19c

Fancy Bordered Huck Towels

Size 18x45, suitable for stand covers, efe Wednesday morning special at, 350

140 DUNDAS STREET.

PHONES 115, 116,