ROYAL YEAST

Has been Canada's favorite yeast for over a quarter of a century. Bread baked with Royal Yeast will keep fresh and moist longer than that made with any other, so that a full week's supply can easily be made at one baking, and the last loaf will be just as good as the first.

MADE IN CANADA

E.W.GILLETT COMPANY LIMITED
WINNIPEG TORONTO, ONT. MONTREAL

Jimmy Coon and His Friend

The Adventures of the Little People of the Great Forest.

NAUGHTY BENNY MINKAND SAMMY MUSKRAT.

Now the evening Concert that Peter Rabbit and Ned Chipmunk had heard at Beavertown had many listeners that were not seen. Many little people heard the music, and crept softly through the silent wood to hear the Robins sing, as the musicians stood so safely on the roofs of the Beaver houses.

Some of the Little People had private boxes in the branches of the trees, and were hidden by the beautiful green curtains of the trees.

Others were perched in the bushes fringing Mirror Pond. And the feathered people were so happy that they couldn't help pouring out their joy in song.

It was lovely to hear the song of a Bobolink, joining in the evening song; and now and then a Thrush added his sweet voice to the big Choir; singing its happy anthems at eventide, which echoed through the woods.

But I'm sorry to say that two scamps heard that Concert, who planned mischief. But the two rascals hid themselves. They had seats in the water at the Concert. I am awfully sorry to say that the two rascals were Benny Mink and Sammy Muskrat.

Yes, these two scamps swam down Mirror Pond when they heard the lovely music and they swam under water so as not to be seen.

And then they came up, silently, to the surface of the water and hid behind tufts of brown bulrushes, so that they could see who was at the Concert.

And Benny Mink whispered to Sammy Muskrat, "Look on the roofs of the Beavers' houses! Do you see those nests? Those belong to the Robins!" And Sammy ran out his long tongue and licked his lips, as he whispered, "Oh, Benny, I love to eat Robins, better than any birds in the Great Forest, because they are so fat and sweet."

"Do you mean that their voices are so sweet in song?" sheepishly whispered Benny Mink.

I'm Awfully Sorry To Say That the Two Rascals Were Benny Mink and Sammy Muskrat.

"No, I don't mean anything of the kind," whispered Sammy Muskrat. "You know I don't care for their music any more than you do; but I do love their sweet meat."

Now you know that any people who don't like to hear the lovely songs of Robins, and other songbirds, and talk in that way, must be very greedy indeed, and you would expect them to do mean tricks.

And on that very same night, after midnight, two little brown heads could have been seen swimming down Mirror Pond toward the Beaver houses.

You know to whom those brown heads belonged without my telling. They belonged to those two furry scamps, Benny Mink and Sammy Muskrat.

Tomorrow—The Beavers Save the Robins.

The White Wagon and the Red Cross

SOMEBODY remarked the other day that the White Wagons of the Forest City Laundry deserve to have the sign of the Red Cross marked upon them, for they relieve suffering, bear away burdens, lend the strong arm of assistance to tired, sick, worn-out women.

Let one of our White Wagons call at your door each week and carry away that heavy wash that drags your life out every time you do it. You will pay us far less than the doctors, and have health, happiness, a tidy house, pleased husband, time for reading or shopping, and a brighter outlook for the future.

PHONE 3881 TODAY

FOREST CITY LAUNDRY
"Dye your serges"
DRY-CLEANERS & DYERS

HOW TO CURE GOITRE OR THICK NECK.

By a painless home treatment of roots and herbs, which build up the entire system, we have cured goitre of forty years' standing in a few weeks' time. This treatment is guaranteed to be harmless and will not harm the most delicate system. Write for information to

PROFESSOR MARLO,
345 Wortley Road, London, Ont. ywt

BEAUTIFUL HAIR, THICK, WAVY, FREE FROM DANDRUFF

Draw a moist cloth through hair and double its beauty at once.

Save your hair! Dandruff disappears and hair stops coming out.

Immediate?—Yes! Certain?—that's the joy of it. Your hair becomes light, wavy, fluffy, abundant and appears as soft, lustrous and beautiful as a young girl's after an application of Danderine. Also try this—moisten a cloth with a little Danderine and carefully draw it through your hair, taking one small strand at a time. This will cleanse the hair of dust, dirt or excessive oil, and in just a few moments you have doubled the beauty of your hair. A delightful surprise awaits those whose hair has been neglected or is scraggy, faded, dry, brittle or thin. Besides beautifying the hair, Danderine dissolves every particle of dandruff; cleanses, purifies and invigorates the scalp, forever stopping itching and falling hair, but what will please you most will be after a few week's use, when you see new hair—fine and downy at first—yes—but really new hair growing all over the scalp.

Danderine is to the hair what fresh showers of rain and sunshine are to vegetation. It goes right to the roots, invigorates and strengthens them. Its exhilarating, stimulating and life-producing properties cause the hair to grow long, strong and beautiful.

You can surely have pretty, charming, lustrous hair, and lots of it, if you will spend a few cents for a bottle of Knowlton's Danderine from any drug store or toilet counter and try it as directed.

Daily Bible Question Club

UNIFORM LESSON FOR SUNDAY DEC. 29, 1918.

ONE GOLDEN TEXT SUGGESTION.

(By Rev. T. S. Linscott, D.D.)

Review: Faith's Victories. Selection for reading.—Heb., xi., 8-22.

The question for this week may be used as an original lesson, or as a review of the twelve preceding weekly lessons. The date and title of each lesson where found, golden text and one question selected from each lesson follow during the present week.

QUESTIONS FOR TODAY.

Nov. 17.—Jacob Fleeing From His Angry Brother.—Gen. xxviii., 10-22. Golden Text—He hath not dealt with us after our sins, nor rewarded us after our iniquities. Ps. ciii., 10.

7. Verse 16.—What in all probability was Jacob's state of mind when leaving home?

Nov. 24—Jacob Wins Esau.—Gen. xxxiii., 1-11. Golden Text—A soft answer turneth away wrath.—Prov. xv., 1.

8. Verse 3.—Why does God allow the fear of the consequences of forgiven sin to haunt us in after years, as Jacob's sin of years before haunted him?

Golden Text—This is the victory that hath overcome the world, even our faith.—I. John v., 4.

THROUGH FAITH WE ARE SAVED.

We are not sent out to fight with jealousy, selfishness and hatred, without being adequately equipped for the great contest. Christ himself is our captain. He fights in our ranks. He inspires our hearts with valor. He saves us from all fear, and with faith in our cause and in our leader we are bound to have the victory. We are saved ourselves by faith; all evil is cast out of our own hearts by simply trusting in God. We do not, and cannot, of ourselves bring the victory over the evils of our own selfish natures, nor resist the temptations which we have to overcome, but God gives us the strength and in his name we shall conquer. The Scripture lesson for the day gives us a number of examples of the marvelous victories of faith.

Ride a cock horse
To Banbury Cross,
To see a young lady
Upon a white horse.
Her fingers are spotless,
Her toes are snow white,
She washes thrice daily
With "Infants-Delight."

INFANTS-DELIGHT
TOILET SOAP

THE very thought of purity conjures up a vision of whiteness. INFANTS-DELIGHT is pure white, fragrant, soothing and refreshing. It is borated to soften the water. Conveniently curved to the hand.
¶Send us three of these ads—all different—for beautiful Mother Goose Book in colors.

JOHN TAYLOR & CO., Limited,
Dept. 41 TORONTO.

PAGE OF INTEREST TO WOMEN

Secrets of Health and Happiness

"A Good Night's Rest"—What It Means to You

By DR. LEONARD KEENE HIRSHBERG,
A. B., M. A., M. D., (Johns Hopkins University.)

DR. HIRSHBERG

When you speak of a good night's rest you sometimes do not think what these words mean. Most frequently the idea suggested is simply that you feel fit to work the next day.

A good night's rest really means that the physiologic functions which go on during sleep are efficiently carried out. Sleep during the quiet hours restores what life or action during the day has broken down. Sleep is a restorer of muscle tissue as life is its destructor.

Imagine the wear and tear that goes on in the heart of a large engine where a train is in motion. See, in your mind's eye the water consumed to be turned into steam and back again into water. Think of the coal consumed to produce energy. Steam, coal consumption, fire, ashes and many more details—all produce motion for a train of cars.

Life in the human engine goes on in a similar process. The food you eat creates water, gas, ashes. Out of these elements the human engine selects those which produce energy.

During the life process many of the tissues which form a large part of the bodily frame are consumed and turn into what corresponds to ashes in the steam engine. When these are broken down in unduly proportion the mechanism suffers with what is ordinarily known as fatigue. This means that muscle-tissue waste has become harmful to the rest of the mechanism and that the freedom of the life process has been harmed.

Sleep the Restorer.

During the sleeping hours, when you are undisturbed, when the mechanism is quiet and digestion goes on in a degree undiminished in vigor, the tissues which have been broken down and made part of the general waste of the mechanism become replaced by new ones. Sleep, therefore, acts as a builder, a restorer of muscle and makes the anatomy fit for another day's work.

It is when sleep is soundest that this repair of torn-down tissues becomes accomplished. When the mind is at complete rest, and the food manufactured in the digestive apparatus need not be divided between feeding muscle and mind at the same time, repair of muscle tissue is most proficient. For this reason, therefore, whatever disturbs the night's sound sleep should be carefully avoided.

A poorly made bed is often the source of many wakeful hours. A lumpy pillow, a hard, uneven mattress, too heavy or too light covers, lack of absolute cleanliness—all might work to attract the mind to the mechanism and often produce insomnia.

Preparing for Slumber.

Not only are actual physical discomforts apt to disturb the night's sleep, but foul air is almost bound to react on the anatomy and prevent sleep from being sound. Lack of oxygen creates closeness, and the process of breathing again the air once breathed out makes for internal disturbance and sleep is interfered with.

During a disturbed rest at night sleep may be light and restless or else you may be wide awake at intervals and use additional energy in trying to fall asleep again. You may even use up tissue fibre in lying awake thinking. Under any of these circumstances time is divided between rest and action, and the process of absorption into the scarlet fluid of the substance digested be becomes impaired, and as a consequence tissue is not being rebuilt with sufficiently great celerity.

In order to insure a good night's rest it is necessary to have a comfortable bed and purity of air. Do not eat a heavy meal just before you retire. If you do so you tax the digestive apparatus in its initial effort to churn the food, and this is very apt to produce wakefulness. When you have adjusted your physical comforts and taken care that you have not heavily loaded your digestive mechanism and you have dispelled worry from your mind, a good night's rest is easily secured. absorption of food into the scarlet fluid is readily accomplished, tissue-building goes on proficiently, and in the morning you are prepared to resume your daily duties with added vigor, energy and skill.

Answers to Health Questions

CONSTANT READER: Q.—Kindly advise what to do for wrinkles.

A.—Massage your face with a little of the following every night before retiring:

Almond milk	1½ ounces
Rosewater	6 ounces
Alum	60 grains

B. M. C.: A.—If you will send a stamped, self-addressed envelope with your query repeated I will be glad to answer your questions.

M. I. F.: Q.—Kindly advise what to do for a double chin.

2.—Kindly advise a good hair tonic.

A.—A double chin is something to be proud of. It shows a jolly disposition and a liberal tendency toward sweets, oils, breads and luxurious foods.

2.—Use a little of the following for the hair:

Quinine	1 tablespoonful
Sage	1 ounce
Sulphur	1 tablespoonful
Boracic acid ..	1 tablespoonful
Rain water	1 pint

Steep the sage over night after pouring the pint of boiling water over it. Strain and add the other ingredients. Let this stand to wdays, strain and use with a massage every night, applying directly to the scalp. If the scalp is very dry, two ounces of glycerine is a good addition.

B. R.: Q.—Kindly advise how to remove a wart from my nose.

A.—Some warts require radical treatment such as a little caustic soda, salicylic acid, 1 dram to the ounce of collodion, or the surgeon's lance.

NASHVILLE: Q.—Kindly advise what will reduce the size of my legs.

2.—Please give me something for freckles.

A.—Massage of the legs, swimming, dancing, tennis and other exercises will help to reduce the legs.

2.—Some so-called freckle remedies contain irritants, such as mercury. These cause serious local as well as other trouble. Commonly, no matter what is used, freckles usually return, and if the skin peels it is better to stop the use of all remedies, because more harm may be done than benefit received. As a trial try a little of 1 dram salicylic acid to 1 ounce of alcohol.

To-morrow's HOROSCOPE

By Genevieve Kemble

FRIDAY, DECEMBER 27.

Important planetary figures points to radical changes for this day with the probability of making sudden changes, removals or journeys with benefits received from unexpected sources or interests. Uranus governs the day bringing these abrupt and out-of-the-routine circumstances, probably in connection with the public, with means of transportation or in new enterprises, a possibility in this instance indorsed by the friendly Saturn, also favoring large enterprises through the gifts of patience, industry and perseverance, or with the help of elderly persons or old establishments. Care should be used in signing all papers, and the household and health should be protected.

Those whose birthday it is are likely to make some unplanned but advantageous changes. A child born on this day will be inventive, steady, dependable, but of original and advanced views.

MY SOLDIER HUSBAND

ADELE GARRISON'S CONTINUATION OF

REVELATIONS OF A WIFE

What Lillian Wrote for Madge to Advertise.

Curiosity is not usually one of my besetting sins, but it consumed me flamingly in the few minutes of banishment to the other side of the library on which Lillian had insisted.

I could see her before her writing desk, idly making marks I knew were meaningless on the blotter by her side, the while she gazed straight in front of her as if she were trying to look a hole in the side of the wall. The simile is one her small daughter, Marion, frequently uses when she's impatient with her mother's preoccupation.

Presently Lillian straightened herself with a jerk, and fell to writing rapidly upon a sheet of manuscript paper. Then she read over what she had written, crossed out something in one place with a vicious slash of her pencil—Lillian always corrects her copy as if she were operating the guillotine—added another word or two, read it over again and then swung around to me.

"How's this?" she asked, and by the tone of her voice I knew that she had satisfied her severest critic—herself.

"Former teacher New York high schools, specialist history and civil government, also qualified teach English course, wishes position high school in Long Island town not less than ten no more than thirty miles from city. Lives Long Island, married, husband in service. Highest references given. Address X. Y. Z."

She read it slowly, then handed me the paper on which she'd written it.

"Had to read it aloud first," she said with a wry grin. "It's a little preliminary always necessary with my fist."

I smiled back at her lovingly as I took the paper. In truth, I was glad of the momentary respite from an expression of opinion concerning it. For there was one part that jarred upon me.

"It's splendid, Lillian," I said when I'd read it through. "Only—is it necessary to put in those personal details about being married and my husband in the service?"

Lillian Explains.

"I knew it!" Lillian ejaculated, addressing the nearest door as if I weren't in the room. "I knew her reticent, don't-exploit-my-personality-nature would rise up and protest. Now listen to me, my dear"—she turned to me with a complete change of tone.

"You want this job, and you don't want to make a weary pilgrimage from village to village of the territory surrounding Marvin. On the other hand, these principals are naturally going to be suspicious of an advertisement.

"'Why?' they will ask, 'if this woman is any good, is she willing to take a low-salaried position in a village when she could do much better in the city?' But those words, 'lives Long Island, married, husband in service,' tells the whole story. They'll guess the baby, of course, and decide that with such a reason for wanting work near home there's a chance that you were really some pumpkins in your line, and therefore a prize for them. Now do you savvy?"

"Indeed, I do," I returned promptly. "And am awfully ashamed of myself for picking flaws."

Taking the First Step.

"Never mind that," Lillian said carelessly. "Now let's make out a list of the papers you'll want to put this in. The Brooklyn papers, of course, one New York paper, and five or six of the biggest weekly papers in your section. I'd like to prophesy that you won't need but one or two insertions."

I didn't share her confidence, but I kept my doubts strictly to myself.

"Let me make the copies, at least," I pleaded.

"Why, of course," Lillian assented promptly. "I shan't need the old machine for a couple of hours at least. Go to it. You'll find plenty of paper in the drawer beneath, and—I wouldn't make carbons. Give each office a clean-cut copy, then there won't be the chance of mistakes."

I never really learned typing, but I've picked up a smattering of it from Lillian, who copies her jingles on a typewriter after she has once written them out in pencil. It is, as she says, a necessary precaution on her part, for her chirography, especially when she's in the throes of composition, is a fearful and wonderful thing to contemplate. I'm sure that both her typing and mine would exasperate a trained typist, for we "pick it out," as Lillian says, with two fingers. But by dint of taking infinite pains I finally laid before her a sheaf of creditable copies of her advertisement.

"Good girl!" She examined them critically, then folded them carefully, and slipping them into a large envelope, snapped a rubber band around it. "Let me see. This is Tuesday. Most of those country papers go to press on Friday or Saturday. You've quite a little job before you if you make the rounds. You'd better telephone the city papers from here, and then start out early tomorrow morning on those others. Telephone from downstairs please. I've got a few things to clear out of the way. Then we'll have a good old gossip. I'm not going to let you go home until after dinner."

To one who didn't know and love her, her abruptness would have seemed discourteous. But Lillian's library is not only the place where she receives her closest intimates, but it is her workroom as well. She never has the slightest hesitancy in bundling anyone out unceremoniously when she has work to do.

As I went downstairs to take the first steps in my quest for work I realized as never before how tremendously busy a woman Lillian was, how royal her spending of her time, influence, money and mentality in the service of those she loved.

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Patriotic Western Ontario

Address All News for This Column to the Editor of the Women's Page.

EMBRO RED CROSS.—This is the third annual report of Walkers Red Cross Society. During 1918 this society held 24 meetings, with an average attendance of 23 members. Eight shipments have been made to Hyman Hall, containing 18 pillows, 32 trench shirts, 78 suits of pyjamas and 260 pairs of socks. One hundred pairs of socks were sent to local boys overseas. During the year eighteen Christmas boxes were also sent. No officers have been elected for the coming year, as it has not been decided whether the society will go on with the work or not.

TILLSONBURG RED CROSS REPORT.—A special meeting of the Red Cross workers was held in the library hall to make arrangements to increase the supply of garments to Belgium, Serbia, Montenegro, etc. The following is the secretary's report for November:

Receipts—Monthly collections, $270.91; Milk Producers' Association $24.21; Tillsonburg Bowling Club, $6.50; Huntley dance committee, $845.65; Miller Red Cross Society, 3 pairs bed socks, 5 flannel binders, 35 pillowslips; Otssana Red Cross Workers, 9 suits pyjamas, 5 personal property bags, 24 face clothes; Delmer Red Cross Society, 12 pairs socks, 1 shirt; Dereham Red Cross Workers, 6 pairs socks, 6 suits pyjamas.

Disbursements—For flannel, flannelette, etc., $319.97.

The following supplies were shipped to Montreal: 108 pairs socks 42 flannel shirts, 60 suits pyjamas, 12 pneumonia jackets, 6 A. D. covers, 18 many-tailed bandages, 180 hospitals bandages, 36 housewives, 72 personal property bags, 36 pillowslips, 6 flannel binders, 6 chin bandages.

WALKERS RED CROSS SOCIETY.—The treasurer's report for the year is as follows:

Receipts—Balance from 1917, $425.45; collection at meetings, $130.20; West Zorra council grant, $330; East Nissouri grant, $108; donation from Mrs. C. H. Crawford, $10; proceeds from concert, $24; proceeds from aluminum demonstration, $2.05; interest, $2.91; sale of goods, $92.42; making a total of $625.03.

Expenditures—Prisoners of war, $16.80; material for sewing, $138.02; yarn $271.38; flowers, $15.10; overseas boxes, $43.82; postage, telephone, rent, etc., $29.98; making a total of $515.10, and leaving a balance on hand of $309.93.

SOCIAL AND PERSONAL

Readers Are Invited to Phone All News of This Kind to the Society Editor. Phone 3670.

DENNISON—QUEEN.

The marriage of Miss Pearl Queen, formerly of Lambeth, to Howard E. Dennison was solemnized Wednesday at 3 o'clock at the parsonage of the Pilgrim Congregational Church, Buffalo, by Rev. Ansell Johnston. The bride wore a traveling dress of black velvet with hat to match and carried pink roses. Mr. and Mrs. Dennison left for New York, and will be at home after January 1 at 50 Park street, Buffalo.

CYNTHIA GREY'S MAIL-BOX

Some Seasonable Recipes.

Dear Miss Grey,—I am sending in some recipes, which are tried and true, and which I hope will be a help to someone, especially as Christmas is drawing near—that is, if I am not too late.

Fruit Cake—Two cups brown sugar, 1 tablespoon butter, 2 cups sour milk, 2 teaspoons soda, 1½ lbs. raisins, 1½ lbs. currants (or twice the amount of raisins), 1 lb. dates, 5c nuts, 10c lemon peel, 1 teaspoon of vanilla, spices to suit taste, 4 cups flour. This recipe is quite a saving, when eggs and butter are so dear.

Suet Pudding—Two cups raisins, 1 cup brown sugar, 2 cups suet (chopper very fine), 1 teaspoon cinnamon, 1 teaspoon nutmeg, 5c lemon peel. Stir together thoroughly, and add 2 teaspoons of soda, dissolved in boiling water, then add 1½ cups boiling water and mix in well 2 cups flour. Steam 4 hours over constantly boiling water. This mixture does not look very nice before cooking, but just you wait till it is done. For a Christmas pudding a little more fruit may be added if desired.

Oatmeal Cookies.—Three cups oatmeal, 3 cups flour, 1 cup sugar, 1 cup of shortening (melted), 1 cup blackstrap, 1 teaspoon soda, dissolved in a little boiling water. Don't roll them very thin. After they are baked they get quite hard, but put in a box and put in the cellar for a few days and they'll soften.

Wishing you all a merry Christmas and happy New Year, I am.

A NEWONE.

P.S.—Some little time ago I noticed that a reader asked for the words of the old song "Fair Charlotte." If no one else has already supplied her with the words I may be able to get them for her, as I have a friend who sings the song.

Ans.—Your seasonable recipes are most welcome, and well deserving of a place in our cook-books. Copies of the song "Fair Charlotte" have been received, so we need not trouble you, thanks all the same.

Wanted to Help.

Dear Miss Grey,—I see where "Village Girl" wanted the song entitled "Joan of Arc." Well, I have it, and I have copied it for her, hoping she will get it O.K. I have never seen an opportunity of helping any of the readers until today, so I am doing so at once. I also see several requests for the most valuable stocking-foot pattern, and I am inclosing several, also hoping they will be useful.

Wishing your Mail-Box every success, I remain, A JUNE ROSE.

Ans.—"Village Girl" will be grateful for your kindness in sending this copy. It is good of you to wish to help, and I sincerely appreciate your kindness in clipping out the inclosed patterns.

Used Her "Real Mean."

Dear Miss Grey,—Here I am for the fourth time coming to your corner, and really, Miss Grey, you have used me real mean every time. The first three times someone took my name, but that wasn't your fault, was it, and the last time I asked for songs and someone sent them in. Then I sent a stamped, self-addressed envelope to get them, and that's the last I heard of them. Guess they must have got lost in the mail. Well, anyway, I'll forgive you, so let's make up and be friends. Now, to show your good-will, answer these questions for me if you can, and to make up I'll send you a cake recipe my sister uses when her best beau comes. You can guess how good it is.

1. Do you know of arything that will take rust stains out of pink silk crepe de chine? I have tried salt and lemon juice, but it failed.

2. What will take chocolate out of navy blue taffeta? I have tried gasoline and French chalk.

3. If there is anything that will bring back the shine to blue silk poplin?

4. Anything to clean grey Nu-Buck shoes? Mine are not very dirty, but the gasoline left them spotty.

I suppose, Miss Grey, you will be thinking me a very careless young lady of my clothes, but when you wear them a long time something will happen to them. BABE 17.

Spiced Devil Cake.—One cup sugar, one-third cup butter, creamed together, two eggs, separate white and yolks (add beaten yolks), one cup flour, one teaspoon baking powder, one-half teaspoon cinnamon, one-half teaspoon of cloves, quarter of a nutmeg; have ready quarter cup hot mashed potatoes, beat one square of chocolate into them, add to flour and egg mixture; add half cup chopped walnut meats, and lastly the beaten whites of eggs; ice with white icing; be sure to have potatoes hot.

Ans.—Babe, if you dare to say I used you "real mean," I'll stand you in a corner with your face to the wall! How in the name of common sense could I help it if other folks "cribbed" your name? I'm sorry about the songs never reaching you; had you dropped me a postal card at the time I might have hunted 'em up. However, in consideration of that recipe for sister's "beau-cake," and if you promise not to "sass" me again, we'll call accounts square.

I'm afraid, though, that you will not be pleased when I confess my inability to answer your questions satisfactorily. Stains of this kind are practically impossible to remove. For the shoes, why not have them dyed black?

Try Making Your Own Cough Remedy

You can save about $2, and have a better remedy than the ready-made kind. Easily done.

If you combined the curative properties of every known "ready-made" cough remedy, you probably could not get as much real curative power as there is in this simple home-made cough syrup, which is easily prepared in a few minutes.

Get from any druggist 2½ ounces of Pinex (50 cents worth), pour it into a 16-oz. bottle and fill the bottle with syrup, using either plain granulated sugar syrup, clarified molasses, honey, or corn syrup, as desired. The result is 16 ounces of really better cough syrup than you could buy ready-made, and saves easily $2. Tastes pleasant and never spoils.

This Pinex and Syrup preparation gets right at the cause of a cough and gives almost immediate relief. It loosens the phlegm, stops the nasty throat tickle and heals the sore, irritated membranes so gently and easily that it is really astonishing.

A day's use will usually overcome the ordinary cough and for bronchitis, croup, whooping cough and bronchial asthma, there is nothing better.

Pinex is a most valuable concentrated compound of genuine Norway pine extract, and has been used for generations to break up severe coughs.

To avoid disappointment, ask your druggist for "2½ ounces of Pinex" with full directions, and don't accept anything else. Guaranteed to give absolute satisfaction or money promptly refunded. The Pinex Co., Toronto, Ont.

Your Old Carpets

Made into new, beautiful, fluffy, reversible rugs.

Canada Rug Co.

98 Carling Street. Send for leaflet. yw

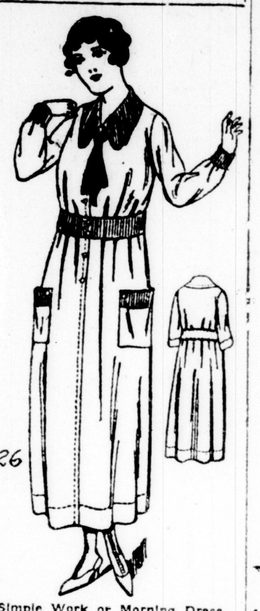
Here's Milk Convenience

No muss or fuss with Klim. No tickets to buy, no bottles to wash. Pasteurized separated milk in the form of a dry powder that will not freeze or sour. Always on hand for any use when such milk is required. Buy Klim with your Groceries. One and ten pound tins.

Klim is genuine—the flavor proves it—drink it.

Canada Food Board License No. 14-242

Advertiser Patterns



A Simple Work or Morning Dress.

2626—This model is easy to develop, and comfortable to wear. The sleeve may be in wrist or three-quarter length. Gingham, seersucker, chambrey, percale, lawn, linen and khaki cotton gabardine, repp and poplin may be used to develop it.

The pattern is cut in 7 sizes: 34, 36, 38, 40, 42, 44 and 46 inches bust measure. Size 38 requires 4 3-4 yards of 44-inch material. Width at lower edge of skirt is about 2 3-8 yards.

A pattern of this illustration mailed to any address on receipt of 10 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 33, 34, or whatever it may be. When in waist measure, 22, 24, 25, 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.

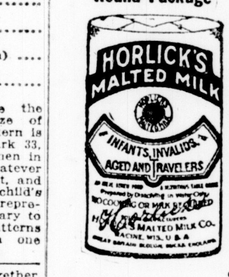
Touch Toes Fifty Times

Fine exercise! Keeps skin clear and complexion rosy by forcing the delayed food, poisons and waste from the stomach, liver and bowels. Splendid!

But most people take their exercise in an easy chair. They become headachy, bilious, sallow, dyspeptic, constipated. Such folks must take Cascarets occasionally. No other cathartic or laxative "works" like harmless Cascarets. They act on the bile-clogged liver and constipated bowels gently—no inconvenience! Cascarets cost only 10 cents a box.

The DIET During and After INFLUENZA

The Old Reliable Round Package



Horlick's Malted Milk

Very Nutritious, Digestible

The REAL Food-Drink, Instantly prepared. Made by the ORIGINAL Horlick process and from carefully selected materials.

Used successfully over ¼ century. Endorsed by physicians everywhere.

Ask for and get Horlick's The Original

Thus Avoiding Imitations

Canada Food Board License No. 14-305.

300 cups to the pound

Lipton's guarantee to sell a higher grade tea for a lower cost than you can get in any other packet tea.

Sir Thomas Lipton is the only Planter actually blending, packing and selling tea in Canada. His Tea comes direct from the Plantation to you.

Say to your grocer, "I must have Lipton's."

LIPTON'S TEA LARGEST SALE IN THE WORLD DIRECT FROM THE TEA GARDEN TO THE TEA POT

The same care and skill is used in milling PURITY OATS as in our more famous product

PURITY OATS MAKES Better Porridge

Canada Food Board License Nos. Cereal 2-009 Flour 15, 16, 17, 18

PURITY FLOUR

Government Standard

"MORE BREAD AND BETTER BREAD AND BETTER PASTRY"

Western Canada Flour Mills Co. Limited

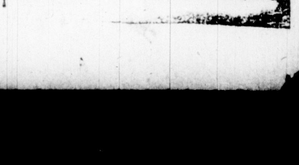
HEAD OFFICE—TORONTO, ONTARIO

THE NEW FRENCH REMEDY.

THERAPION No. 1
THERAPION No. 2
THERAPION No. 3

No. 1 for Bladder Catarrh. No. 2 for Blood & Skin Diseases. No. 3 for Chronic Weaknesses.

SOLD BY LEADING CHEMISTS. PRICE IN ENGLAND 3s. DR. LECLERC Med. Co., Haverstock Rd., N.W.5, London. SEE TRADE MARKED WORD "THERAPION" ON GOVT. STAMP AFFIXED TO GENUINE PACKETS.



Gray Hair use Hay's Hair Health

A preparation for restoring natural color to gray or faded hair, for removing dandruff and as a hairdressing. It is not a dye. Generous sized bottles at all dealers, ready to use. Philo Hay Co., Newark, N.J.