

PAGE OF INTEREST TO WOMEN



Mr. and Mrs. E. Wood and Mr. and Mrs. A. Bidey were in Windsor last week.

Mrs. Austen McLeish of Chatham is visiting her parents, Mr. and Mrs. McLean of this city.

Col. and Mrs. Claude Brown are leaving shortly to spend the summer in Banff and Calgary.

Mrs. McCorquodale of Montreal and her two small children are visiting Dr. and Mrs. George Fraser, Central avenue.

Mr. and Mrs. Claude Gregory of Wingham were guests with Mrs. W. T. Gregory, Wortley road, for the Gillmore-Gregory wedding on Saturday.

Mrs. Mara Waterloo street, is lending her home this afternoon for the annual meeting of the "Inasmuch Society" of the First Methodist Church.

An attractive little dinner party was that held at Wong's Cafe on Saturday, when a number of the employees of the McLaughlin & Granger Co. gathered there to bid farewell to Miss Elva Pearn, who has been a member of the office staff for the past four years. During the evening they presented her with a handsome club bag as a farewell gift.

Immediately following the presentation of "The New Lady Bantock" under the auspices of the London Drama League on Monday evening next, the cast will be held in honor of the cast, Mr. and Mrs. A. D. Jordan having kindly lent the Institute of Musical Art for the occasion. The committee in charge of the reception includes Mrs. E. H. Johnston, Mrs. Lynne Evans and Miss Grace Blackburn. Those taking part in the play are Mrs. Arthur Beckenden, Col. Lynne Evans, Mr. E. Reynolds, Mr. S. P. Sims, Mr. Kenneth Greene, Mrs. E. H. Johnston, Miss Bartram, Miss Madeline Simons, Miss Aileen Neville, Miss McMillan, Mr. John McCallum, Miss W. Dance, Miss Shirley Johnston, Miss Katharine Beltz, Miss Lorna Rumball, Miss McIntosh, Miss Regina Kennedy and Miss McLean, with Mr. J. G. Meredith as director, and Mrs. David Arnott as prompter.

"Brescia Hall," Wellington street, was the scene of a pretty reception on Saturday afternoon, when the Mother Superior entertained the members of the Senator Coffey Chapter, I. O. O. E., at the tea hour. The spacious old rooms were filled with spring flowers for the occasion, Mrs. Frank Forristal, regent of the Senator Coffey Chapter, and Mother General Claire of the Ursuline Convent, Chatham, which Brescia Hall is a branch school, received with Mother St. Anne, in the tea room Mrs. Coffey and Mrs. E. B. Smith presided, assisted by the young girls of the college. During the afternoon the guests were taken through the school, and before leaving short speeches were made by Miss Dorothy McCann and Mrs. A. A. Campbell, who

expressed their appreciation of the entertainment given them by the school. Brescia Hall is in affiliation with Western University.

The lovely home of Mrs. G. H. Gooderham, St. George street, Toronto, was the scene of a pretty post-nuptial reception on Friday afternoon last, Mrs. Henry S. Gooderham, formerly Miss Dorothy Mulken of this city, receiving for the first time since her marriage. The bride wore a pretty frock of nigger brown georgette, with touches of brown lace, a diamond bar pin and carried an armful of Sweetheart roses, while Mrs. Gooderham, who received with her, wore a handsome violet gown, embroidered in gold and violet, with orange bouquet of pansies. Mrs. McLachlan of St. Catharines, who received with them, was smartly gowned in a French frock of black tulle. The tea table, attractively arranged with lace and flowers, was presided over by Mrs. W. B. Stark and Mrs. Harold Ball, the assistants being Mrs. Alan Hargrave, Mrs. Rowland Cottrell, Miss Lilian Irish, Miss Mary Gooderham and Mrs. Winnett Thompson.

JONES-QUICK.
The marriage took place at Windsor on Saturday last of Ray S. Jones of Windsor, and Miss Eunice Quick, also of Windsor, at the Lincoln Road Methodist Church, Rev. H. A. Graham officiating. Mr. and Mrs. Jones will make their home in Windsor.

GOVERN-JENETTE.
The marriage of Miss Annie Edna Gooven of Sandwich and William John Jenette of Hamilton was quietly solemnized on Tuesday evening at the Lincoln Road Methodist parsonage, Windsor. Rev. H. A. Graham officiated. Mr. and Mrs. Jenette will reside in Hamilton.

TAYLOR-ANTHES.
A very pretty wedding took place on Wednesday, April 27, at the home of Mrs. Sylvanus Anthes, Toronto, when Florence, her youngest daughter, was united in marriage to Mr. J. W. Roy Taylor, B.A., 86, of Toronto, son of R. Newton Powell of Toronto officiating.

The bride looked very charming in a gown of ivory Canton crepe with lead trimmings, with a shower bouquet of Sweetheart roses and a diamond pendant, the gift of the groom. Her bridesmaid, wearing a white tulle dress, with overalls of beaded georgette and corsage bouquet of Ophelia roses. The groom was supported by his cousin, Mrs. W. E. Taylor of Peterborough. Miss Elizabeth J. Wilson played the wedding march, and during the signing of the register "Until" was sung very sweetly by Miss Vera McLean. About 40 friends were present at the ceremony, after which a buffet luncheon was served in the dining-room charmingly decorated with American Beauty roses. Mr. and Mrs. Taylor left on the 7:15 train for a trip to York and Albany, Ontario. They will reside at 31 Lauder avenue, Toronto.

Personal Health Service

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

Privation in Plenty.

Infants, children and adults frequently suffer from privation in the midst of plenty. The diet may be ample in ordinary caloric or fuel value for the nutrition of the individual according to the best available method of estimating nutritive values, yet fail to furnish an adequate something which is indispensable for perfect nutrition, growth and health. That something has been tentatively termed vitamin, although no one has isolated or chemically identified any particular substance as a vitamin. Physiologists have arrived at a deduction, not a conclusion, that there are at least three groups or types of vitamins: (1) Fat-soluble vitamin, (2) Water-soluble A, and (3) Water-soluble B.

In some parts of the United States cattle cannot be kept in good healthy condition unless the forage is improved by fertilization of the soil. In Victoria cattle raised on certain pasture lands develop paralysis and other infirmities which can be prevented or cured by proper soil fertilization. Which reminds us that the problem of human nutrition goes back to the chemistry of the soil from which our food is derived. Even such a food as cow's milk probably varies within wide margins in vitamin content with varying kinds of food. Fresh raw milk is generally recognized as an anti-scurvy food (prevents outright or slight forms of scurvy). Yet milk from cows which were fed for three weeks with fodder without vitamins was found devoid of the anti-scurvy factor. In some parts of the United States, one of the foremost authorities on the subject, tells us that such facts raise the question whether the milk of stall-fed animals in winter is as balanced or complete food. He further observes that human milk varies in vitamin content according to the woman's food. Every physician knows the harm often done when nursing mothers, influenced by legendary notions, deny themselves this and that valuable fresh vegetable, relish or fruit because some gossip opines it will harm the baby at the breast. In the winter months the lack of fresh vegetables, relishes and fruits among the poorer people in cities probably renders the food of the nursing baby unsatisfactory in vitamin content, even though it be adequate as to fat, sugar, protein and mineral content.

Scurvy, rickets, pellagra, beri-beri (a form of multiple neuritis occurring in certain tropical countries), and xerophthalmia or keratomalacia (a dryness and scaldiness of the conjunctivae attributable means the only conditions attributable to a lack of vitamins in the diet. Various degrees of growth and nutrition not so clearly defined and quite commonly unrecognized in their true character, are ascribable to deficiencies of the diet in these accessory factors, regardless of the ample food values as computed in the ordinary way. Among the less definitely recognized conditions which are probably due to vitamin-privation are impaired vision or night blindness, certain cases of ordinary neuritis, impaired conditions of the skin, hair, nails, softening and decay of the teeth, some cases of unaccountable loss of appetite and constipation, some cases of anaemia, underweight, and so-called "neurasthenia."

More on this subject will follow.

QUESTIONS AND ANSWERS.

Red Nose.

Please tell me something that will

you first began to contribute to our paper.
Answer.—The formula I suggested was for corns and calluses and maybe now and then a wart, but not for bunions.
Sulphuric acid 30 grains
Flexible collodion 1/4 ounce
Paint the corn or callus with this every night for a week or more, when the corn will be easily wiped away.

Piles.
I am troubled with protruding piles. Would it be a serious operation to have them removed? How soon after operation would I recuperate?
J. L.
Answer.—In the hands of a reputable physician the operation for piles is less serious than the piles unremoved. Usually three or four days of rest, and resumption of usual vocation in a week or ten days.
(Copyright National Newspaper Service)

Women's Activities
Western Ontario

Address News For This Column to
The Editor of Woman's Page.

APPIN W. I.

The annual meeting of the Appin Women's Institute took place on Thursday last at the home of Mrs. John Jones, the meeting being well attended. After disposing of many items of old business the election of officers for 1921 took place, ably conducted by Mrs. James Allen. Mrs. Peter McArthur, the president for the past two years, was again elected, but was obliged to decline, although regretting to do so. Mrs. John McFie was then elected president, and the following officers with her: Vice-presidents, Mrs. Allen, Mrs. McArthur; secretary, Mrs. Dan McCall; treasurer and librarian, Mrs. John Jones; re-elected; directors, Mrs. Campbell, Mrs. Fletcher, Mrs. Brownlee, Mrs. J. S. McCraut; delegates to June convention to be held in Appin, Mrs. James Lotan and Mrs. McArthur. The yearly reports read showed that the institute has spent a successful year, both financially and in work accomplished, the membership being over 60. Refreshments were then served by the committee, Mrs. James McMaster, Mrs. W. Johnston and Miss Hudson.

LAMBETH CHEERIO CLUB.
A very large and enthusiastic audience greeted the charming three-act play "Lighthouse Nan," by Sheldon Farmer, put on by nine members of the Cheerio Community Club of Lambeth in the Masonic Hall on Friday evening last, in aid of the London Children's Hospital, the proceeds amounting to about \$100. In act one and two the scenes are laid in a doorway of a lighthouse on the sea coast. The part of the old keeper of the lighthouse "Ichabod Buzzer" was taken by Floyd Buzzer and his wife "Moll" by Miss Gwenyth Ead. Their summer boarder from the city was admirably taken by Clarence Sharp, who played opposite Miss Blanche Sileo in the title role of Lighthouse Nan. The part of the Hon. Judge Enlow, president of the Sea Coast Banking Company, was splendidly acted by Harold Fox, and that of his daughter "Hortense," by Miss Melina McGugan. Their two guests from England of the nobility were well portrayed by George Hardy and Miss Alice Carley. The villain of the play "Injun Jim," was very well acted by Mr. William Anguish.

The stage was very attractive, the music was furnished by J. Arthur Nichols, violinist, and his brother, pianist. The Cheerio Club, whose members were congratulated on the success of the play, bore all its expenses, the proceeds taken at the door by George Routledge being turned over to the Children's Hospital fund. After the play the girls of the cast entertained the players at the home of Miss Alice Carley.

Y. W. C. A. NEWS

Y. W. C. A. RECEPTION.
The Y. W. C. A. residence, King street, was the scene of a reception on Friday evening last, when the members of the Travelers' aids department of that association entertained there in honor of the overseas women of London, with whom the local travel aids have come to a goodly number attended the reception, Mrs. Thomas Rowe, convenor of the committee, Mrs. Ross Thomas and the travelers' aids, Miss Anderson and Mrs. Parker receiving. A splendid program included numbers by Mrs. Harman Westland, Miss Laura Taylor, Mrs. Parker, Miss Margaret Taylor, Mrs. Fadden and Mrs. Thomas Rowe. At the close of the evening refreshments were served by Mrs. Mitchell.

Y. W. C. A. ANNUAL MEETING.
Rev. Mr. Roy will address the annual meeting of the local Y. W. C. A. on Tuesday, May 10, at the King street residence.

Bunions Are Not Big Corns.
About a year ago you published a formula for bunions, and I found it wonderfully good. But when the Hotel "burned" me, I found it wonderfully good. I had on, including my precious formula. Aside from the practical value of your idea, your letters have always been a source of genuine pleasure to me since

overcome redness of the nose. My nose "lights up" on the slightest provocation. There is often a little pimple or sore place for a few days. (Miss G. E. S.)

ANSWER.—Each night for two weeks mop the nose with some of this mixture and allow to dry on:

Zinc sulphate 30 grains
Potassium sulphide 30 grains
Rose water 2 ounces
If the nose is shiny or oily it is well to mop it first with a bit of benzine or gasoline on a wisp of cotton.

Everybody's Doing It.
I have a wart in the centre of my forehead the size of a small pea, but I think it is getting larger. Some of my girl friends suggested a corn plaster. Some one else suggested acetic acid. The wart is soft but has a rough, hard ragged top. (Mrs. F. C.)

ANSWER.—The clean, safe, painless and most satisfactory treatment is usually excision by a physician, which may be followed by some X-ray treatments if there is evidence of malignancy. (Skin cancer.) It is dangerous to apply caustics or other irritants to a wart or similar lesion on the face.

THE LITTLE LAME DOG.
(Part Nineteen.)

"Where can the 'rot of gold' be?" asked Limpy, as L. and his friend Ting, the tramp dog, started off on a journey next morning before it was daylight. "How I wish we could get word from the wise old owl!"

"And word you shall have from the wise old owl," said a friendly voice from a tree top just above them. "But the word must be said quickly, for it will soon be dawn and I shall lose my wisdom."

"It's the wise old owl!" cried Ting and Limpy in chorus.

"That's just who it was," said Limpy. "I know all about your troubles," said the wise old owl.

"Then the word must be said quickly, for it will soon be dawn and I shall lose my wisdom."

"To be sure he did, but I knew anyway," the owl said, shaking his wise old head. "I know everything that happens. The winds of the night tell me all."

"Where are we to find the pot of gold?" asked Limpy.

"I most desired in the world," the owl declared. "It is owned by one that takes away my sight and makes me stupid in daytime, so I can be of no help to you there."

"Then we will not find it and we won't be able to take it to the golden-tailed blackbird, so that he will give us

a golden tail-feather for Dr. Will o' the Wisp," Ting protested.

"And Dr. Will o' the Wisp won't fix my poor lame leg until we carry him to the golden tail-feather," Limpy added sadly.

"Be of courage," he owl answered. "I have a friend—the bald old eagle, who fears not the owner of the pot of gold, and perhaps he can carry you up there."

"But where is it? How are we to find it?" the dogs asked.

"When it is noon hour look right into the sun and then you will see the pot of gold. The sun, who is my worst enemy, is the owner of the pot of gold, and each day at noon it brings it out for the whole world to see, but of course, being jealous of my wisdom the sun has made me blind in daylight so I will never be able to look upon the pot of gold."

"And at that very minute, as if to anger the wise old owl the more, the sun peeped out for the first time, and the poor old owl was stricken blind. And blind he would have to stay until night came again."

With most humble words of thanks the two dogs departed, their hearts beating eagerly for they wanted noon hours' vision that they could gaze on the pot of gold.

[To Be Continued.]

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FOR LOVE OF BETTY

[BY MAY CHRISTIE.]

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

LXXVI.—"YOU AREN'T MY BETTY!"

Miss Crowell smiled an incredulous little smile.

"I don't want to disappoint you," she said slowly, "but it's early days yet to talk of marriage."

"What, do you mean?" A high, shrill sharpness was in April's tones. The nurse laid a warning finger to her lips.

"Hush—don't disturb the patient," she whispered.

But April continued: "Why can't we marry when he's better?"

"Mr. Trevor—if he does recover"—here Miss Crowell paused—"if he does get better, may be an invalid for a very long time."

"Nonsense—you're a pessimist—an alarmist!" April could not suppress an angry sneer.

She thought she was near fellow at her for a moment.

"Has it never occurred to you," she began slowly, "that any growing girl might possibly be affected? That he may never be himself again?"

April drew back startled. "You're trying to frighten me," she whispered.

"Oh, no, upon the contrary," came the quiet response, "I only thought you ought to know—and no one else seems disposed to tell you the whole truth."

"She thought Miss Crowell throwing a compassionate glance at the still face lying on the pillow near them both. "She's wondering if the sacrifice of marrying him would be worth the money."

April was intensely worried. It put a different complexion on her marriage—this information! If it were possible that Jack might never quite recover, the institute couldn't possibly run the risk of marrying him. . . . She had heard of cases where gay young wives were tied for life to hopeless imbeciles. . . . Or with husbands shut up in lunatic asylums, making all thoughts of remarriage impossible. . . .

Would it not be feasible now, her old idea of getting Jack to make a will? Ah, but such a will would be invalid, if the maker of it were not mentally responsible for his actions! This dragon of a nurse would see to that!

"Detestable, interfering woman!" It was with difficulty that April refrained from uttering the words aloud.

There was a sudden movement from the hitherto still figure on the bed. In a second Miss Crowell was by the patient's side.

"Betty," he was whispering, "where is Betty?"

His eyes were closed, but he moved a hand out in the direction of the nurse, as though he were groping desperately for something to hold. She put her hand in his. She turned and motioned to April Moore.

"He is calling for you—you'd better come here and take my place. There's a vague chance that he may recognize you," she said softly.

April rose reluctantly. She was afraid of illness of any kind, and hated to be brought into close contact with the patient. But now she must go boldly through with the part she had assigned herself.

"Poor boy!" she whispered, her fingers entwining themselves about his hand. "Don't be—don't worry!"

Trevor did not unclose his eyes, but immediately he moved his hand restlessly away from April's as though—in that vague shadowland where his mind

was wandering—he surmised that this was not the hand he wanted. "Stay with him—he may fall asleep," commanded the nurse.

How still the room was, April thought. How early the little clock was ticking on the mantel-piece! Trevor had turned his head away from her.

"Betty—Betty Gordon!" he was muttering.

No twinge of conscience disturbed Miss April's calm.

"I've the first right to Jack Trevor, anyhow," she told herself composedly. Miss Crowell had left the little room for a moment. Now was April's chance to speak to Jack, to try to make him understand the situation. She didn't believe he was so ill as they had tried to make her understand.

"Jack," she whispered, leaning forward and stroking his brow, "Jack, don't you know me?"

No answer.

"Jack, I've come to help you to get better," April's tones were unusually sweet and low.

Still no answer.

The moments ticked their length away. How desperately annoying that he did not recognize her!

"Betty—Betty Gordon!" he kept muttering, turning his head away from April.

There was a rustle of starched skirts and Miss Crowell was back into the room.

"Who does he want?" she asked of April.

"He's calling for me—Betty Gordon—but he doesn't recognize me!" came the answer.

Miss Crowell turned and addressed the patient.

"Miss Betty Gordon is here—beside you," she said softly.

Trevor turned on his pillow and tried to struggle into a sitting position. His eyes were staring straight at April. The new light had faded suddenly from April's face.

"That—that isn't—Betty Gordon, he whispered hoarsely, pointing a finger at the girl. "That's only—only April Moore!"

Tomorrow—A Clash.

Cynthia Grey's Mail-Box

One Side Only.
Dear Miss Grey,—Having read quite a few of your letters, and find them very useful and interesting I thought I would come to bother you too.

I think we are having quite a story in our daily paper and sincerely hope April will get her share of disappointment too.

Will you kindly send me that wonderful stock-foot pattern if it is not altogether exhausted?

Am enclosing small mite for S. C. H. and also self-addressed envelope for S. P. P. Will also send a cake recipe which is very delicious and nice for a big family, as it is a large cake. Will sign myself

SHECKY.
Black and White Cake, Light Part—One cup of white sugar, 1/2 cup of butter, 1/2 cup of sweet milk, 1 cup chopped raisins, 2 cups flour, yolks of 3 eggs, 2 tablespoons of syrup, 1 teaspoon soda, 1/2 teaspoon cream of tartar. Flavor with spices and vanilla. Four dark part in pan and light part over it.

Ans.—Am mailing you pattern. Many thanks for hospital mite and recipe. Please remember to write on one side of paper. In future any letter or card on both sides of the paper will not be printed. Please note this announcement.

thought I would write to your cheery Mail-Box. I saw where some of the Dixies had crocheted patterns, and have received benefit from it in many ways. I have cut many recipes from your page which are now in my scrap books. I have a separate index scrap book for nearly every department of cookery; i.e., a separate book for cakes, with best methods for making, and selected recipes given. I also have scrap books for other branches of household science; i.e., a separate book on cleaning, sewing hints, care of children, etc. Some might think that this would be more bother than it is worth, but to me it is a source of great pleasure, and gives me increased interest in improving my methods of daily work. Well, as my episode is getting rather lengthy for a first one to your page, I shall conclude with a request for the stocking-foot pattern. (I guess some of the hoosier dealers will have to go out of business soon. Ha! Ha!) I must go now and not, ADELINE MORE.

Ans.—Your systematized scrap books are excellent. Adeline More, I'm sure you will be glad to know of such splendid methods of handy reference. Pattern is on its way, and please come again with hints and helps.

Suppers for Cold Nights.
Dear Miss Grey,—Having received much help and pleasure from reading your page, I am sending two recipes, which we like as a supper dish for these cold nights.

Vegetable Chowder.—One cup chopped onions, 1 cup carrots, 2 cups sliced potatoes. Put on to boil in three cups boiling water and cook half an hour. Do not drain. Add 1 cup milk, tablespoon of flour, tablespoon melted butter, also mixed with the flour, and season to taste. Cook a few minutes and serve.

Chop Suey.—Three cups spaghetti cooked in boiling, salted water till soft. Drain and add 1 pound hamburger steak, 1 quart can tomatoes, 2 small onions cut fine; season to taste, and bake one hour.

Either of these is sufficient to serve my family of eight. MRS. H. M. J.

Ans.—Thanks so much for the clippings which we shall request returned for you, and for the above recipes that make us hungry.

Cheese Straws.
Dear Miss Grey,—I've been a silent but interested reader of your page for some time. I am corresponding with Lady Evelyn and I would like to correspond with someone else near my own age (15). Here is a recipe for cheese straws: Two cups grated cheese, 1 cup flour, pinch salt, 1 teaspoon baking powder, 3 teaspoons water. Roll thin and cut in strips. My address is with Miss Grey. Wishing the Mail-Box every success. PINK SUNBONNET.

From Norwich.
Dear Miss Grey,—Here I come again. Boo-hoo. It's chilly out today, so I

Cleanliness in our bright sunshine factory and quality of materials explain the constant increasing sales of

MCCORMICK'S JERSEY CREAM SODAS

MCCORMICK'S B SCUITS

JERSEY CREAM SODA

WRIGLEYS

"AFTER EVERY MEAL"

Mint leaf, peppermint or luscious juicy fruit, either flavor is a treat for your sweet tooth.

And all are equally good for you. Teeth, appetite and digestion all benefit.

Your nerves will say "thank you," your vim will respond.

WRIGLEY'S is liked for what it does as well as for its BIG value at small cost.

The Flavor Lasts!

SEALED TIGHT KEPT RIGHT

WRIGLEYS SPEARMINT
THE PERFECT GUM
MINT LEAF FLAVOR

WRIGLEYS DOUBLEMINT
CHEWING GUM
PEPPERMINT

WRIGLEYS JUICY FRUIT
CHEWING GUM
THE FLAVOR LASTS

WARDSVILLE

Wardsville, April 30.—The Wardsville Methodist Sunday school held its annual meeting this week, when reports too, am a great book worm. I read and crocheted an awful lot. I have a separate index scrap book for nearly every department of cookery; i.e., a separate book for cakes, with best methods for making, and selected recipes given. I also have scrap books for other branches of household science; i.e., a separate book on cleaning, sewing hints, care of children, etc. Some might think that this would be more bother than it is worth, but to me it is a source of great pleasure, and gives me increased interest in improving my methods of daily work. Well, as my episode is getting rather lengthy for a first one to your page, I shall conclude with a request for the stocking-foot pattern. (I guess some of the hoosier dealers will have to go out of business soon. Ha! Ha!) I must go now and not, ADELINE MORE.

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Lumbago

like rheumatism is caused by poisons left in the blood by defective kidney action. Correct this condition by using Dr. Chase's Kidney-Liver Pills. One pill a dose. 25c. a box, all dealers.

Dr. Chase's Kidney-Liver Pills

DIAMOND FLOUR has a record for good baking

HYDE PARK SCHOOL.
The following is the monthly standing of pupils in order merit:
Senior IV.—Willie Douglas, Kenneth

JELLO

"Canada's Most Famous Dessert"

Made at Bridgewater, Ontario