ou will do so again.

Who Makes Haggis?



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Doctors Stand Amazed at Power of Bon-Opto to Make Weak Eyes Strong --- According to Dr. Lewis

Guaranteed to Strengthen Eyesight 50%

In One Week's Time in Many Instances

A Free Prescription You Can Have Filled and Use at Home Philadelphin, Pa. Victims of gy strain and other cye weaknesses, and to know that according to Dr. Lewis there is real hope and help for them Many whose eyes were failing say them have had their eyes restored by this remarkable prescription, and many who once wore glasses say they have thrown them away. One man says, after using the receipting right from the store of the time. It was almost blind. Could not see to read at all. Now I can read everything them and the time. It was almost blind to glasses. The distribution of the walk last a mixed and the time and multitudes more will be able to strengthen their eyes to so to be spared the trouble and expension of the walk and the strengthen their eyes as to be spared the trouble and expension of the walk and the strengthen their eyes as to be spared the trouble and expension of the walk and the strengthen their eyes as to be spared the trouble and expension of the walk and the strengthen their eyes as to be spared the trouble and expension of the walk and the strengthen their eyes as to be spared the trouble and expension of the walk and the strengthen their eyes as to be spared the trouble and expension of the walk and the strengthen their eyes as to be spared the trouble and expension of the walk and the strengthen their eyes as to be spared the trouble and expension of the walk and the strengthen their eyes as to be spared the trouble and expension of the walk and the the same and multitudes more than the strengthen their eyes as to be spared the trouble and expension of the spared the strengthen their eyes as to be spared the trouble and expension of the trouble and the proposition o

which for several years have looked like a dim green blur to me. I cannot express my joy at what it has done for me."

It is believed that thousands who like a dim green blur to me. I cannot express my joy at what it has done for me."

So per cent in one week's time in many instances or refund the money. It can be obtained from any good druggist and is sold in this city by the sold in the sold in this city by the sold in the sold in this city by the sold in the sold in this city by the sold in the sold in this city by the sold in the sold in this city by the sold in the sold in this city by the sold in the sold in this city by the sold in the sold in this city by the sold in the sold in the sold in this city by the sold in the s

Cynthia Grey's Mail-Box

School Debates. Dear Miss Grey,—1. Would you lease publish for me some subjects or a public school debate?
2. Do you think that fifteen is too 2. Do you think that fifteen is too old to try the entrance??
3. I am thirteen, and I am in the fourth class at public school, am I for enough advanced, and if you had the chance to try the entrance this summer would you take it, as I have only spent one year in the fourth class?

4. Do you get any other letters from 4. Do you get any other letters from his place? 5. How is my writing for a 13-year

old?
Please do not say that this letter is too much of a variety, because I do not ask all for myself. Hoping to see this in print, I remain,
TANTA MARICA.

Ans.—These may appeal to you; Resolved, that public ownership of a city's street railway is for the best. Resolved, that n untity good natural. commands and the best and the best and the best and the sesolved, that an untidy, good-natured oman is more desirable than a clean, ank. Resolved, that the oldtime region made for greater contentment in community than present day fads. will benefit by women having the

No. 3. Personally, I believe best to get thoroughly grounded in the work before trying this important examination, but your parents and teachers are the ones to decide. 4. A few. 5. Very good.

Dear Miss Grey,—Inclosed find check or \$2, to be given to the Belgian chilren. Am in a hurry. Enjoy the Maildox. May write more again. Will lign, AGNES, A WELL-WISHER. Ans.—This kind gift will be paid in t once, as requested.

To Remove Paper.

Dear Miss Grey,—I saw where a reader asked how to take paper off the walls. You replied that you thought Gillett's lye would help to do it. No doubt it would, but I sincerely hope she did not try it, as it would most likely take the skin off her hands too. It is a preparation which needs to be used with great caution, as it burns severely if it touches the skin. Have used a great deal of it the past few months in housecleaning, but always made sure to have rubber gloves on at the time. The way we took the paper of the walls was just to soak well with clear cold water applied with a brush (whitewash). Then when it was well saturated, two or three times if necessary, take a scraper (which can be purchased in the hardware department of local stores for 15 cents), and scrape it all off. It is not an easy job, but the set satisfactory thing to do if you

not express my joy at what it has done for me."

It is believed that thousands who wear glasses can now discard them in a sand Strong's Drug Store.

If is believed that thousands who was glasses can now discard them in a sand Strong's Drug Store.

If can be obtained represent to be able to give her a visit. Housely world"; of or exhall the money. It can be obtained from any good druggist and is sold in this city by standard Drug Company, four stores, and I'm glad my funior, we world"; of or exhall the mose of the control of the property of the property



A NEAT, ATTRACTIVE DRESS FOR HOME OR CALLING.

Waist—1988. Skirt—1976.
Comprising Ladies' Waist Pattern 1988, and Ladies' Skirt Pattern 1976.
Satin or taffeta silk could be used for the waist, likewise fiannel or al-

ADVERTISER PATTERN DEPT.

MADAME'S WAR - TIME TROUBLES

will make any difference to the army o that my writings will ever penetrate to a the sealers after they're washed? I hink it's a good idea. And I wonder ow many use tissue paper to clean amp chimneys? "It makes 'em shine."

May Easter bring cheer to all. Yours, FORGET-ME-NOT.

Ans.—Yours is such a cheery message that you need not fret about not "being of help." I am glad you wrote, and hope you will do so again. Madame --- was the only one of her sex so ashamed of having cried and so fearful of it "getting out" that I will shroud her name in mystery so, when my fellow-trippers pass this shop, those of them who may have stumbled across Dear Miss Grey,—Inclosed find crochet attern for pillowcases for "Grandpa's is the woman who cried." this erratic guide will not say, "Here

I. I would like a recipe for haggis.
Someone asked how to clean a light straw hat. I had excellent results from rubbing with salt and corn meal.
Spice Cookies—Half cup molasses, 3 level tablespoons lard or dripping, 2 tablespoons milk, 2 cups flour or enough to roll, 1 teaspoon soda dissolved in about a third of a cup warm water. Use spice desired—cloves, allspice, ginger.

MARRIED NOW.
Ans.—"Grandpa's Girl" will be pleased with the lace. And, who will send along a haggis recipe?

I should like to tell it to the world, so that all might go to her shop and get her on her feet again. Yet she would not care for it. Like the bell inert upon the floor in the Barcy Church, her shop would not be serving the purpose of a shop, which is no place for charity, even though its mistress put her head down upon a crate of unsold stock and wept—wept because she was cold and underfed and alone, her man at the front.
I should like to tell it to the world, so that all might go to her shop and get her on her feet again. Yet she would not care for it. Like the bell inert upon the floor in the Barcy Church, her shop would not be serving the purpose of a shop, which is no place for charity, even though its mistress put her head down upon a crate of unsold stock and wept—wept because she was cold and underfed and alone, her man at the front. I should like to tell it to the world, I would like a recipe for haggis.

I should have given her a great dea! Finds Town Lonesome.

Dear Miss Grey,—In the Mail-Box there sure is some very interesting letter-writers, and again they do remind one of the foolish virgins, "Some wise and some foolish." Imagine people talking about country people, and again others about city folks. Isn't there anything else to talk about these times? Surely we can find something else to do that would be much nicer and more becoming than talk about our neighbors. of money in recognition of her services to me, for she drew back for an instant the curtains of the petite bourgeoisie behind which lurks anxiety and a necessary economy unthought of among our wasteful people. We travelers rarely see behind those curtains, for a wellthe little shopkeepers do not apply. The admit the slackness of their trade. The munitions give to the poorer class more money than they believed existed, but the petite bourgeoisie remains behind the darned Nottingham. It was risking the business quite enough, she told me,

the darned Nottingham. It was risking the business quite enough, she told me, to apply for the franc.

This remark of hers struck me, for I had thought that any soldier's wife was entitled to the eighteen cents a day without shame. I had vaguely supposed that the amount came by letter each week, and that all along the street the housewives would be proudly opening the envelopes and shaking the sum out of them. But it is not asked for by the lower middle class until it is gravely

DAILY BIBLE QUESTION CLUB

By Rev. T. S. Linscott, D.D. (All Rights Reserved.)

Purity! Purity! Purity!

The one dominating note that runs all through the making of Sunlight Soap is Purity. The \$5,000 Guarantee you get with every single bar is not a mere advertisement. It marks a standard set for the buyers who select the choice Sunlight Soap materials-for the soap boiler-for the expert chemists-for the girls, even, who wrap and pack Sunlight.

All are mindful of the Guarantee -it is a source of gratification to all the Sunlight workers.

Sunlight Soap

needed, until the husband comes home, drink do well; to perhaps on his short "permission," and (which I would I says: "It is your right; I must help first economy), ar France—I cannot help you. It is your sternly included in the company of the company trade. (All Rights Reserved.)

The six daily studies for this week institute the International S. S. Lesson or next Sunday. Rea. the Bible Story a which this study is based, as you onder the following questions:

"Jesus Raises Lazarus From the lead." (Easter Lesson). John, xi., 17-4.

Golden Text—"Jesus Said Unto Her. I

len Text—"Jesus Said Unto Her, I has Resurrection and the Life."

All 25.

Verses 23-24—What is the evidence the dead will all be resurrected, and Werses 25-26—Jesus here states in I, that the matter of the resurrector of our bodies rests with him, what he proof that his claim is true?

All unconverted people are spirituadead, and Jesus alone can resurrect the dead, and Jesus alone can resurrect the conditions may such in the matter of the resurrect that it was the proof that his claim is true?

All unconverted people are spirituadead, and Jesus alone can resurrect that all were feeling the same pinch, she returned that it was the same pinch in the days in the same pinch in the days in the falls as per full explanation in large article soon to applicate the same pinch, she returned that it was the same pinch, she returned that it was the same pinch, she returned that it was the same pinch in the falls as per full explanation in large article soon to applicate the same pinch, she returned that it was the same pinch, she returned that it was the same pinch in the fall were feeling that the same pinch is true?

All the same pinch is called to his colors, and it seemed—a to seemed—a the same pinch and never made as much out of the shop as was was per cent in the days in many instances; \$100 forfeit if the falls as per full explanation in large article soon to applicate the same pinch, she returned that it was the same pinch is called to his colors, and it seemed—a the same deal was a such out of the shop as was was per cent in the days in many instances; \$100 forfeit if the falls as per full explanation in large article soon to applicate the same pinch is the same deal during the same and the called to his colors, and it seemed—a the



VERY woman makes a reputation as a good cook who uses White Swan Biscuit Flour. With a beautiful golden, crispy crust-a snow-white flaky interior-a wonderful flavorthese are indeed biscuits to be proud of. Economical because you get a big pack= age for 15c. No ingredients to addno further cost.

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Mix White Swan Pancake Flour with an equal quantity of water or milk. Some people add an egg or brown sugar for flavor. Cook slowly on a moder-ate griddle. The result is pancakes of exquisite lightness and flavor. Wheat, corn and rice nature's three most nourishing grains—are the only constitu-ents of White Swan Pancake Flour; 15c.

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Use White Swan Wheat Flakes—made from the finest selected Canadian White Winter Wheat. Delicious, creamy, nourishing. Rolled thin so as to cook easily and digest readily. A fine satisfying starter for the day's work. No one ever tires of Wheat Flakes; 250.

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stomach and con-

common with children. Moth-





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and, believe me, a mess tin full of Chocolatta with French bread and butter makes a meal fit for a king."

Gunner H. S. Merson, 34th Battery, R.C.H.A.

In a letter from "Somewhere in France," January 8, 1917.

Chocolatta has gone across "big" with the boys in the trenches. It not only makes a wonderful stimulating drink for the long, dreary hours, but also nourishes and renews the strength such as no artificial drink could possibly do.

Chocolatta is scientifically correct. There are no better foods known to man than chocolate, milk and sugar-all are nourishing, wholesome and of wonderful food value. Chocolatta contains the essential elements of brain and muscle energy. Chocolatta averages higher in actual food value than 90 per cent of the foods eaten by men and women in everyday life.

Chocolatta has made good, has proved itself under the most severe tests.

The extract quoted in our heading is only one of hundreds received from France in the last few months. Men all along the line are asking for Chocolatta. Your man at the front will be glad to have Chocolatta.

It comes ready prepared for serving. All you need is to add boiling water and your Chocolatta is ready.

You will be glad to drink Chocolatta regularly instead of tea and coffee, once you know its splendid qualities. For Chocolatta contains all the stimulating powers of alcohol, without the bad effects, and all the food value of the essential elements of chocolate, milk and sugar in easily digestible, soluble form.

It is easy to make for breakfast, lunch, afternoon teas and "snacks" before going to bed.

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