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PAGE OF INTEREST AND WOMEN

HOME ECONOMICS

MRS. ELIZABETH KENT, MacDONALD COLLEGE.

If a mother cannot nurse her baby, she is fortunate to live in these days when medical science has given her child a better chance to live without his natural sustenance than ever child has had before. She must, however, realize that a bottle-fed baby runs many risks, and she must give care and thought to the preparation of his food, to make up for his loss.

Cleanliness is essential, and eternal

CASTORIA

For Infants and Children

In Use For Over 30 Years

Always bears

Signature of *Chas. H. Fletcher*

vigilance is necessary to attain it. Sterile bottles and sterile nipples, and really pure milk, to have these require unceasing care, but at that it is easier than the care and headache a sick baby takes.

Modified cow's milk is generally accepted as the best substitute for mother's milk, much better than any prepared food, which should be used only by a physician's orders.

Excellent books at small cost are to be had, giving clear and minute directions for the modification of cow's milk to meet the needs of a normal baby, from month to month.

A very simple method of modifying milk, for the first month only, is as follows: Skim off the top six ounces from a quart bottle of pure milk; add to this top milk 24 ounces of boiled water, in which are dissolved three teaspoonsful of granulated or six of milk sugar (milk sugar is better for babies, but is expensive), and either a pinch of bicarbonate of soda, or an ounce and a half of lime water. Mix these well, and then pour into each of ten clean nursing bottles, the correct amount for each feeding during 24 hours, is one to two and a half ounces the first week, then two to three and a half ounces for the rest of the first month. These bottles should be tightly corked with clean absorbent cotton, and then pasteurized by being stood in a vessel of water which is rapidly brought to the boiling point, removed from heat, and cooled as quickly as possible. The bottles should then be placed on ice and kept below 50 degrees F., until used. The bottle should be warmed in hot water to 98 degrees F., when it is to be given to the baby.

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SOCIAL AND PERSONAL

Mrs. E. J. Liddicott, Hellmuth avenue, has returned from a two-weeks' stay at Upperwash Beach.

Mr. and Mrs. Wm. Auet, Hellmuth avenue, spent a pleasant holiday at Huron Beach, and have returned home.

Mr. and Mrs. Arthur Butchart and family, Wellington street north, are home from a pleasant vacation at Upperwash.

Mrs. W. J. McRoberts has just returned from a motor trip with Mr. and Mrs. Eric Williams of Chicago, stopping at Niagara Falls, Oakville, Quebec and Listowel.

Mr. and Mrs. Darcy Finn of Ottawa, accompanied by their daughter and two sons, are in London, the guests of Mr. and Mrs. A. P. O'Rourke, 14 Hope street. They motored here from Ottawa, and on returning will spend a few days in Hamilton and Kingston. Mr. Finn is managing editor of the Ottawa Citizen.

Cynthia Grey's Mail-Box

People feel the need of amusements less and less, precisely in proportion as they have solid reasons for being happy.—H. B. Stowe.

Answer to E. V. C.—You get married, and while technically speaking you are under their control until you are 21, and you can support yourself and your future wife there is very little use of them doing anything to restrain you.

A Protest.—Dear Miss Grey—You will no doubt be surprised but I have been taking The Advertiser for some time and read the Mail-Box daily. I noticed in today's paper where Mrs. C. wanted a girl or boy to help in the home. She

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.

3190
An Attractive Model Apron.
Pattern 3190 here depicted is cut in four sizes: Small, 32-34; medium, 36-38; large, 40-42; and extra large, 44-46 inches bust measure.

Percale, gingham, lawn, drill, cambric, linen, chambray and cotton could be used for this style. A medium size will require 5½ yards of 36-inch material.

A pattern of this illustration mailed to any address on receipt of 15c in silver or stamps.



CAUTION: Be careful to inclose the above illustration, and send size of pattern wanted. When the pattern is sent measure, you need only mark 32, 34, or whatever it may be. When a waist measure, 22, 24, 26, or whatever it may be. If a skirt, give waist and length measure. When a misses' or child's pattern, write only the figure representing the age. It is not necessary to write "inches" or "feet". Patterns cannot reach you in less than one week from the date of application.

Name
Town
Province
Age (if child's or misses' pattern)
Measurement: Bust Waist

QUESTIONS AND ANSWERS.
Soda Water.
I wish you would let me know in what way soda water is helpful for a person. I just assume it may be helpful because it is largely sold in drug stores.

(L. W. P.)—Water containing carbon dioxide gas and flavored with various natural and artificial flavors is an irritant to the lining of the stomach, like

THE DOG THAT CHANGED PLACES WITH A BOY.
Part Six.
Rocks had not enjoyed himself one bit. He knew that if he had been himself he would have had a fine time at the river swimming, but being a boy that could not swim made it different.

"Your mother will give it to you," he heard one of the boys say, but he did not know then that he hated him. "Your hair is all wet, and you know she said you weren't to go in swimming."

Poor Rocks he had reason to know very soon what the boy meant. "Johnny, you have been in swimming again," cried Johnny's mother when Rocks came home with Johnny's wet hair. "I'll call your father and he'll call his father, and his father called Rocks upstairs and spanked him soundly. Poor Rocks would have liked much better if Johnny's father had bitten him, but, of course, fathers don't bite their sons—it's only dogs that bite their pups."

Yet that wasn't the worst. Rocks was put to bed without his supper. How he hated that! How he hated being a boy. Anything was better than that, he thought. Oh, why had he wished he was a boy when he had been leading the happy life of a dog. And down in the kennel the real

spoke of people with large families who would be glad to get the offer. Now Miss Grey, the mother of three little kiddies and my own mother raised thirteen and neither one of us thought we had too many.

I don't think Mrs. C. has any children or she wouldn't think it so easy to part with them.

A Good Chocolate Cake.
Dear Miss Grey—May I drop in for a minute or two; if so, I would like first to speak to "Sweet Pea" concerning those two books she had. She said in her letter that if anyone wished to have them they could, so if Miss Grey will be kind enough to send you my address will you please send them to me, as I am a "bookworm," too.

I am inclosing a delicious chocolate cake recipe, which I am very fond of and always have good luck with.

Chocolate cake—One egg, 1 cup gran. sugar, ¼ cup butter, 1 tablespoon soda, 1 teaspoon vanilla, ½ cup sour milk or cream, 1 teaspoon soda, pinch of salt, 1½ cup flour. Bake in long tin.

1 tablespoon butter, 1 tablespoon cold water, 1 teaspoon vanilla, 1 cup hot water, 1 cup cornstarch or cornmeal, 1 teaspoon salt.

Ans.—Your letter has been turned in to Health Department and your request forwarded to Sweet Pea. Thank you for recipe.

Wants Butterflies.
Dear Miss Grey—Just a line to ask you. Hope you got it all right. I only wish you would have been with me one or two weeks ago. My girl friend and I went to the beach about 11:30. We took our lunch with us. When we got to the beach, we went back to the back of the bush, and on our way there we saw three big trees with the roots right up to the water. We went twice as high as our heads. We went on farther back until we came to a huge tree born over. We sat down and ate our lunch and had a really good time. The birds sang so sweetly and the water was so warm. Things were very pleasant. And we enjoyed ourselves very much. And if you had been there, you would have enjoyed it thoroughly. Probably you will come out for a few

weeks for your holidays. I would be more than pleased to have you. And would give you as good a time as I possibly could.

Would any of the readers who have any spare time catch butterflies for me? The best way is take an old hat with the top off. Pin the top on and when you have got them in the hat, take one pin out and gradually put hat in and get it. I will give you a pattern, recitations or songs or anything you wish in return. Excuse long letter.

CHARLIE CHAPLIN'S WIFE.
P. S.—Would you please send to Miss Grey for my address and send the butterflies direct to me? Please put in a box and fix so they won't get broken or damaged any.

Ans.—Indeed I did receive the flowers, Charlie Chaplin's Wife, and it was most kind of you to send them, also to invite me to visit you. Your trip to the woods must have been interesting and we are glad you wrote us about it.

WHAT'S IN A NAME?
Facts about your name; its history, its meaning; how it was derived; its significance; your lucky day and lucky jewel.

BIANCA.
Few more romantic histories attach to any name than that of the exquisite version of Bianca. Bianca signifies "white"; it comes, of course, from the French blanc, representing the absence of color, or opposite of black.

The first historical character who here the name from which Bianca was directly evolved was Bianca of Navarre, the Queen of Sancho IV. of Castile, from whom it was bestowed upon her granddaughter, the child of Eleanor Plantagenet, whom her uncle, King John, employed as the lure by which Philippe Augustus was detached from the support of Arthur of Brittany. The treaty stated that Philippe should wed one of the daughters of Alfonso of Castile; the choice was left to the ambassadors, and they, dishing the sound

mustard, pepper and the like. It is not a healthful beverage, but frequently a cause of digestive disturbances.

Baby Knocks Out Teeth.
My baby, 14 months old, fell and knocked out two of his front teeth. Will those teeth come back before he is six years old? (Mrs. K. P. M.)

ANSWER.—The second or permanent front teeth are cut at the age of seven or eight years.

Mackinac Island for Hay Fever.
Our little girl, aged eight years, has suffered with hay fever several seasons. Usually she finds relief in Mackinac Island. But that is so far. I understand Two Rivers, Wisconsin, is a good place for relief. Please advise me. (W. A. L.)

ANSWER.—It is, Duluth, also, is comparatively free. (Copyright National Newspaper Service)

George is a very obese railroad engineer, now about 40. Fifteen years ago he had his third or fourth attack of quincy, which should never be, for anyone who has had quincy once (quincy is abscess around the tonsil) should certainly have the tonsils removed, not George. George, however, was a conservative chap; he believed in saving everything, except health. The quincy was clearing up—George refused to permit lancing of the abscess, but stoically suffered several days waiting for the doctor to break it up. He was covering when there began a multiple arthritis (joint inflammation) with high fever—rheumatic fever, acute articular rheumatism, multiple infectious arthritis as we variously term it. (George was cured with a maiden aunt who boasted much lore of herbs and such.)

Well, after a few weeks' torture by the doctor, aunt and wife, George consented, feebly, to try his luck at the hospital. First he happened after he arrived in the hospital was acute inflammation of the heart lining (endocarditis). This was unusually severe, though painless, and George was for exploring the attic or picking pears off the rose bushes twice a week or more. Finally, the endocarditis began to subside and then George pulled his ready stunt—he developed a beautiful double pneumonia. Aunt thought he must have been exposed to the cold on the way to the hospital or perhaps he had got his feet wet early in the spring. We doctors, in our chubby, heartless way, were delighted with the case, which presented so many curious and instructive aspects. We had, of course, culture from the tonsil, another from the sputum, and others from the blood, and our good friend, the pneumococcus, proved the whole thing in every culture. George's troubles were not over when the pneumonia began to clear up. He completed his performance by staging an acute pericarditis (which is inflammation of the sac in which the heart lies) with a large effusion of serum or water and great embarrassment of the heart action, but with ultimate recovery.

Many months later a group of doctors examined George, who was walking about, and certified that he had a bad valvular leakage which would permanently disable him. I was one of the group, and, as usual, very positive in my bad prognosis. George was given a sort of pension by his employer and he retired to conduct a little garden truck patch.

Four or five years later George had a heart which acted perfectly, was again running his engine, and I defy any doctor to find anything wrong with him. Nature is sometimes pretty good to us and sometimes pretty cruel. George happened to be one of the lucky beneficiaries.

But most cases of valvular leakage, even though the leakage be a permanent one, do not and will not disable the victim. The heart is capable of compensating, by increased muscle development, for the amount of blood which leaks back into the ventricle, the damaged valve at each beat. This process of compensation is the thing on which all treatment hinges.

QUESTIONS AND ANSWERS.
Soda Water.
I wish you would let me know in what way soda water is helpful for a person. I just assume it may be helpful because it is largely sold in drug stores.

(L. W. P.)—Water containing carbon dioxide gas and flavored with various natural and artificial flavors is an irritant to the lining of the stomach, like

"Just to think I'm a dog," Johnny began to whimper as he woke up. But what a surprise was in store for him. There he was back in his own warm bed—there was the porridge steaming on the range in the kitchen—there was his mother stirring about. He had been changed back!

In the kennel Rocks was waking, too. The first thing he felt was his tail. It had come back. There was his long nose, his long legs were curled up behind him, and his front paws were holding up his muzzle.

It was not until they were wide awake that Johnny and Rocks knew the Sandman had played a trick on them—it had all been a dream, and they had not changed places at all. Just the same, from that time on they were contented with their lot. Johnny was glad he was a boy and Rocks was glad he was a dog.

The End.
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of the name of the elder sister, Urraca, adopted Bianca also. Bianca soon acquired the name of Bianca, as she is now regarded as English rather than Italian. The ruby is Bianca's talismanic gem. It is believed to bring its wearer courage, wealth and good health. Monday is Bianca's lucky day and 2 her lucky number.

Though England

Rinso

Saves Your Clothes from being "Rubbed Out"

NO need for the wash board any more. Use Rinso. It is so rich in cleansing power that all the dirt in the clothes is loosened while they are soaking in the bubbly Rinso suds. Think of it—no work for you—no wear for the clothes.

At Night—
put the clothes to soak with Rinso.

Morning—
rinse them, that's all. The clothes are sweet, spotless, clean.

Rinso does the work yet it's so pure that the clothes are as safe as in pure water itself.

Don't wash even once more the old-fashioned, hard way. Get Rinso—one package does the week's wash.

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