## PAGE OF INTEREST TO WOMEN

#### HOME ECONOMICS

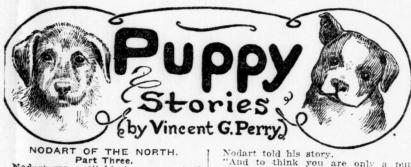
MRS. ELIZABETH KENT, MacDONALD COLLEGE.

HOUSE HUNTING. When you go house or flat hunting,



you can pay. Do not even pause until of desirables, and look for your list of desirables, and look for them, too. The first is a sensible arrangement of rooms: living and dining room on the south, and the kitchen next to the dining-room, also a place near the kitchen where you can keep fresh food within easy reach. You can live reither the south and the control of the co easy reach. You can live without this arrangement; most people have to, for few houses are built right yet, but don't unless you must. The second desirable is beauty; don't live with ugly wallpapers, ornate mantels, and ove papers, ornate mantels, and overdone trimmings of any sort if you can help it. The third is convenient lighting, all too rare, but such a joy when found. Lighting is a new art, and there is much to learn about it, but already you can have low lights for reading, well-placed lights for cooking, and becoming lights for social uses, at dinner and card table, which add greatly to the joys of home. A fourth desirable is "cleanability"; and it implies hardwood floors, plain

ave, and of those you would like to a fourth desirable is "cleanability"; and it implies lardwood floors, plain fixtures and fittings for lights and ing, some sunlight, plumbing, simple washable woodwork, enough rooms for the family, and a rent and no inaccessible corners.



Part Three.

Nodart ran until his legs were tired. It had rained all day, and now it was coming down in torrents. Nodart's coat was thick, and the water couldn't was the rain. They tapped poor Nodart on the nose, causing him great pain, and at his he was driven to shelter in a doorway.

Nodart told his story.

"And to think you are only a pup and are so big already, while I have been full-grown for years and am so little!" exclaimed the small dog when Nodart had finished his story.

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most forlorn-looking dog Nodart had ever seen. It was wet to the skin, and it was much colder than Nodart, for the cold had gone through its coat and its skin had turned blue.

"Please don't step on me." whined the little dog.

"Too," asked Nodart.

"No," Fifo answered sadly. "I never had a home that I can remember. I am running away now to find one. I hate being a performing dog, and Speers is a cruel master. I couldn't stand his beatings any longer."

"My, how cold you look! Cuddle up declared angrily. to me and get warm." to me and get warm."

The poor little dog cuddled up to the half-grown pup from the north country, and soon its shivering stopped.

"Who are you?" asked the little dog.
"I have never seen you before."

He find to be a cred master, Nodart declared angrily. "I hope I do grow big enough to punish him some day."

"Hush!" cried Fifo in frightened tones. "I hear his step now. Hide me! Hide me!"

Nodart's heart trembled as he push-

Just as Nodart was about to lie down he spied what looked like a wet rag. It seemed to be shivering, and then it moved closer, and he discovered that it was a tiny dog—the tiniest and most forlorn-looking dog Nodart had ever seen. It was wet to the skin, too?" asked Nodart.

"He must be a cruel master." Nodar

### OPPORTUNITIES!

### Clark's Economy Stores

We are doing our best to help keep down the high cost of living by selling groceries at fair prices-prices that save

soda Biscuits, in bulk, fresh, crisp stock, per lb. . . . . 20c Packages, each ... 190 Dominion Vegetable Soup. per Dominion Tomato Soup, per tin 10c

CHOICE FINNAN HADDIE at a fair price. 15c

Lima Beans, per lb. ... White Beans, finest Canadian-grown stock, 2 lbs. for .....25c Pot Barley, 3 lbs. for ......25c Pearl Barley, per lb. ..... 10c Robin Hood Oats, large pkg. 33c Cream of Barley, cooks in three minutes, per pkg. . Roman Meal, large pkg. .....33c

NAVEL ORANGES Medium size and firm stock. Friday and Satur-39c day, per dozen ....

LENTEN SEASON. Lay in a stock of Canned Fish Sardines-Brunswick Brand-

King Oscar Brand, finest Norwe-ilehards— Half-pound tins, two for ..25c One-pound tins, each
Herrings in Tomato Sauce Kippered Herring- ......19c Per tin ..... 19c Chicken Haddie— Per tin ...... 23c Half-tins Pink Salmon
Half-tins Pink Salmon
Half-tins Red Salmon Half-tins Sockeye Salmon 28c One pound tins Salmon 20c One pound tins Pink Salmon 25c

DRIED GREEN PEAS Friday and Saturday only 2 LBS. ....

One pound tins Red Salmon .. 42c

One pound tins Sockeye Saln

One-pound bricks

OATMEAL

Finest quality Manitoba oats rolled into thin flakes

3½ LBS. 25c Friday and Saturday only

Large size per dozen Laundry Starch, 2 lbs. for ...25c Cornstarch, 2 pkgs. for .....25c Canned Pimentos, per tin .....20c Molasses per tin ......14c Royal Excelsior Brand, pkg. 20c Dromedary Brand, pkg. ...23c

BLACK TEA SPECIAL. 60c VALUE. OUR PRICE,

Another fortunate purchase enables us to again offer you this big Tea bargain.

Corcestershire Sauce—Regular 15c value, per bottle 10c Holbrock's Imported, bottle 24c comato Catsup, large bottles, Worcestershire Sauceomato Catsup, large better fine flavored, thick catsup, per ...... 25c Devon Brand, per tin .... 73c Glassco Brand, per tin .... 78c Kellogg's Cornflakes, per pkg. 11c Red Rose Tea, per pkg. ....32c Salada Tea, per pkg. ....33c Domestic Shortening—

One-pound package ... Three-pound pail .... GRAPEFRUIT Extra large, juicy fruit, 3 for 25c

One-pound package ......

## ECONOMY Carry STORES 3

WHERE YOU PAY LESS FOR GROCERIES.

No. 1-721 RICHMOND STREET, Cor. of Piccadilly Street No. 2-574 ADELAIDE STREET, Corner of Elias Street. No. 3-754 DUNDAS STREET, Corner of English Street. ed himself in front of the little dog, and he could feel Fifo trembling, too.

There was a sound of heavy footsteps close by, and then Speers hove into sight. He peered in the doorway, caught sight of Nodart, and kicked at 'him. Nodart showed his teeth angrily, but did not get out of the way of the boot.

You would, would you?" cried and with that he grabbed by the collar and lifted him from his feet with a shake. Then he spied Fifo. He dropped Nodart and grabbed the other little dog, who was terrified, and cuffed poor Fifo unmargifully. recively.

Before Nodart had recovered from had carried Fifo

and Nodart trotted off in pursuit of his new friend and his cruel master. (More about Nodart and Fifo tomor-

#### SOCIAL AND **PERSONAL**

John, N. B., are visiting Mr. and Mrs. Allan McCurdy of Grev street.

WARK-STACKHOUSE. A pretty wedding was solemnized in A pretty wedding was solemnized in St. John, N. B., when Marie, only daughter of Mr. W. J. Stackhouse of that city, was united in marriage to Robert E. Wark, formerly of London, Ont. After the wedding supper the happy couple left on an extended trip to Montreal, Toronto, Niagara Falls and London. The bride's going away dress and hat were navy blue with rose trip. and hat were navy blue with rose trimmings, and she wore a seal coat with squirrel trimmings, the gift of the

#### **WESTERN ONTARIO WEDDINGS**

BAKER-RONNENBERG.

STRATFORD, Feb. 18.—The marriage was solemnized at the Central Metho-dist Parsonage of Miss Alice Smith, ter of Mrs. Smith of Plumas, formerly of Linwood, to Dr. D. A. Kidd of Atwood. The bride graduated from the Stratford General Hospital as a nurse in 1917.

VON NEUBSONN-MITCHELL. KITCHENER, Feb. 18 .-- A nuptial

ALLACEBURG, Feb. 18.—The wedof Miss Kate Harris, daughter of
and Mrs. Walter Harris, and AuDupant took place quietly in the
un Catholic Church on Monday at
look. Miss Pearl Hart of Detroit
as bridesmaid, while J. Dupant

Twonder if you ladies know, how
we have very dear friends in both. I
know I have. I am sending small donadrying these cold days, if you just
stitch narrow tape along the edges of
them.

Inclosed please find a few S. F. P's.
Which I promised you when I caked for
when Lagled for
which I promised you when I caked for
your children's hospital fund. I appres-WALLACEBURG, Feb. 18 .- The wed-9 o'clock, Miss Pearl Hart of Detroit acted as bridesmaid, while J. Dupant of Marine City assisted the groom. The roung couple will reside in Wall-

laughter, Isabel Stewart, became the vife of A. E. Yeager of Saskatoon, sask. Rev. W. Wallace of Centre Bruce Church officiated. Mr. and Mrs. Yeager ters will spend part of their honeymoon in Rochester, N. Y., after which they will nake their home in the west.

WOODSLEE, Feb. 18.—A quiet wed-ing was celebrated at the Roman atholic Church on Wednesday, Feb-uary 11, when Miss Theresa Chevalier, aughter of Mr. and Mrs. Joseph Chevaer of Rochester, was united in mar lage to Harry, son of Mr. and Mrs. farry Hayes of Rochester. The young eople were attended by Miss Mary layes and Thomas Sheehan. Mr. and

Mrs. Hayes will reside in this section. MacLENNAN-MacDONALD. LUCKNOW, Feb. 18.—An event of ocal interest took place last Wednes-ay, when Margaret Katherine, eldest aughter of Mr. and Mrs. James Mac-

doctored with two different doctors and seemed to get better, although the fainting spells would not leave me. I would take such terrible falls, wherever I was, that it was not safe to leave me alone at any time. At last I decided to resort to proprietary medicines and took several kinds, but seemed to receive but little benefit from them. One day, noticing the advertisement of Milburn's Heart and Nerve Pills I decided to try them, and before I had ed to try them, and before I had ed to try them, and before I had established to resord to proprietary medicines and took several kinds, but seemed to receive but little benefit from them. One day, noticing the advertisement of Milburn's Heart and Nerve Pills I decided to try them, and before I had ed to try them, and before I had each to resord to proprietary medicines and produce some with actualities and produce some gallstones. Kindly let me know if this is so. (Mrs. S. B. B.)

ANSWER—Have to keep the tradic.

ANSWER—Have to keep the tradic clear for traffic, Mike, but if you will clear for traffic, Mike, but if you will elear for traffic, Mike, but if you will elear for traffic, Mike, but if you will clear for traffic, Mike, but if you will all clear for traffic, Mike, but if you will elear for traffic, Mike, but if you will elear for traffic, and bring the served envelope this time, I'll send dressed envelope the served envelope this time, I'll send dressed envelope the served envelope the served envelope the se taken more than two boxes I could see they were helping me. I have taken they were helping me. I have taken the hoof, tres in diem. Amen. about ten boxes, and am almost cured of those terrible spells. I sincerely feel

the state of the s

#### Cynthia Grey's Mail-Box

When we oppose our personal opinion to the thing as it is and have our minds set upon what should be, according to our ideas, it makes an edge. I think it is the finest art of living to see things as they are and make the best of them. There is so little we can change! If the colors break over us, it is the fault of our sharp edges and not of the light.—Myrtle Reed.

Choosing the Month.

I enjoy reading the Mail-Box very much and also obtain many good recipes. I noticed some time ago where you printed "Married in January, Feb-mary, etc., and what each signified. wary, etc., and what each signified.
Will you please reprint? BLUE EYES. (Rights reserved by the Vincent G. Perry Canadian Syndicate.) Married in January's hoar and rime, Vidowed you'll be before your prime. Married in February's sleety weather, Life you'll tread in tune together

Married when March winds chill and roar, Your home will be on a foreign shore. Mr. and Mrs. R. E. Wark of St. Married when bees o'er May blooms

> Strangers around your board will sit. Married in the month of roses—June, Life will be one long honeymoon. Married in July, with flowers ablaze, Bitter-sweet memories in after days. Married in August's heat and drowse. Lover and friend in your chosen spouse. Married in golden September glow.

Cosy Corner Chats. am a little girl of 11 years, and think the pattern will be very useful to mother. I am inclosing 50 cents for to mother. I am inclosing to the Sick Children's Hospital.

BONNIE JEAN.

At Monkton the wednesds of Hazel M. Ronnenberg, daughter of Mr. and Mrs. Henry Ronnenberg, to Selyn K. Baker, son of Mr. J. K. Baker of Brussels. Mr. and Mrs. Baker will reside on the groom's farm near Monkton.

I saw in your Page where one of your readers wished the song, "The Baggage Coach Ahead," which I am inclosing, tickled that I come with some help. I am inclosing 10c for Children's Hospital.

your already overcrowded auditorium of interested ones. Your interesting colfelt I might help a wee bit, as Belgian Rose asked for a recipe for eggless doughnuts. This is one I always use, and those who try it will not be disap-pointed, as they do not dry out if kept in a cool place, as those do with eggs: Two cups baking sugar (brown), 1 cup sour milk, ½ cup cream, 1 teaspoon svent of wide interest took place here today, when Miss Rose Mitchell became the bride of Louis Von Neubsonn. The ceremony was performed by Rev. R. F. Dehler at St. Mary's Roman Catholic Church. After a honeythey will reside in this city.

ted as bridesmaid, while J. Dupant which I promised you when I asked for the pattern as I did not see my last letter in print will sign a new pen-PAISLEY, Feb. 18.—A quiet wedding vas solemnized on Wednesday last at he residence of Mrs. John Young, consession 8, Bruce, when her eldest layerher, Isabel Stewart, became the

I wonder if you ladies know, how

QUESTIONS AND ANSWERS.

TALKS ON HEALTH

Dr. Brady will answer all signed letters pertaining to health. Writers' names

are never printed. Only inquiries of general interest are answered in this column, but all letters will be answered by mall if written in ink and a stamped,

self-addressed envelope is inclosed. Requests for diagnosis or treatment of Indi-

vidual cases cannot be considered. Address Dr. William Brady, in care of this

Nightmares.

proved suggestions.

proved suggestions.

Cosy Corner Chats.

Inclosed find 10 cents in stamps for your fund. Thanks for the pattern; we have had it nearly a year now, and have found it very useful. We bake and wash and do many other things according to recipes found in your column. Inclosed find a few stocking-foot patterns to help you. Could you or any of your readers give lead to the property of the meeting of the Daughters of the Empire held in Hamilton, February 6, we note the could you or any of your readers give

It is about a year since I last wrote to your lovely Mail-Box, so thought I would come again. Talk about books: I think I would rather read than do anything else. I read "Seventeen," and thought it was great, also "The Oriole," by the same author. How many have read "Rainbow Valley," the latest of the "Anne" books? It is just splendid I am also very fond of the Alger books. Grace S. Richmond and Gene Stratton Porter are favorite authors of mine. Polly, where have you gone? I wrote to you not very long ago, but have never received an answer. Mother made a date loaf yesterday off Merry England's recipe, and it is just lovely. Yours till Niagara Falls run dry.

LEE.

Servence last week told of putting Servence I ast week told of putting the policy of and pride in the British House of Common said:

"It is about a year since I last wrote to you had "Talk about books? I think I would come again. Talk about books? It is just splendid. I am atter of pride and rejoicing—that the great dominions beyond the seas are becoming great nations in themselves."

The dominions are no longer colonies; they are sister nations of the British Empire," stands at the head of our Dominion charter and is the rock upon which our organization is built.

Our Aims and Objects Are:

1. To develop a spirit of true Canadamism based on love of and pride in

It is amusing to see city letters and then the farmers.' But we all have our then the farmers.' But we all have our then the farmers.' But we all have our the farmers and the farmers and the farmers are t then the farmers. But we all have our advantages and disadvantages. What one has the other hasn't, but I think

Inclose 25 cents as a mite towards your children's hospital fund. I appredom, peace and prosperity of this, our to be able to help some time.

Making Book of Puppy Stories. What a wonderfully patient soul you conservative are, too. Every day I learn something Women and

I have just finished reading the letters in today paper and enjoyed them immensely. I would like to hear more talk about books. I like the books by the author A. J. Evans Wilson such as Buelah, St. Elmo, etc. I got two books for Christmas by the author. Gene Stratton Porter, the Limberlost series. Might I please have mitt pattern? I think the fund was an excellent idea. We are enjoying the Puppy Stories. I cut them out, and am pasting them in a book. Wouldn't that be nice to get the good not know to what particular thing one of your regents referred when she charged us with being a "menace," but we hope to prove a menace to anything that obstructs the freedom, peace and prosperity of Canada. Yours very truly.

cook this and that acid food in. Of

rack just held 8 jars, so I had the divi-sions removed, and cut the arms and legs from old underwear and stitched across the cut end; insert the jar, twist the neck of the bag and lower it into the water. They can then touch one another without fear of breaking. The thickness of the bag permits the water to flow around them, also conducts the heat evenly, more can be done at once, and they are carrier permoved, with a and they are easily removed with a

As this is my first letter to your cozy corner I will not stay long.

Ans.—You were fortunate in your Christmas presents, Rosa Lea. There are accurate nature stories in Gene Stratton—Porter's books. She has explored "The Limberlost" at great danger and discomfort to discover the secrets we sit down and read are accurated. hristmas presents, Rosa Lea. There accurate nature stories in Gene tratton Porter's books. She has extended and discomfort to discover the erects we sit down and read comfort-bly.

Has Been Watching Mail-Box.

Could you or any of the readers tell he when is the proper time to re-pot erms? I know nothing at all about lants, and am watching Mail-Box watch reduced the pile is down even. If it looks hopeless, try this: Wring a thick cloth (I use an old bath towel doubled) out of watch reduced the pile is down even. If it looks hopeless, try this: Wring a thick cloth (I use an old bath towel doubled) out of watch reduced the pile is down even. If it looks hopeless, try this: Wring a thick cloth (I use an old bath towel doubled) out of watch reduced the pile is down even. ferns? I know nothing at all about plants, and am watching Mail-Box closely for hints. Also would like to ask how long the daily bath should be given a child—I mean until what age? Our baby boy is one year old now, and growing so nicely. We call him Bruce. Am also inclosing small donation for children's fund from Bruce.

FARMER JOHN'S WIFE Ans.—How nice to send your contribution in your baby's name. I hope some successful fern growers can offer me successful fern growers can offer the Puppy Stories is splendid. Everyone

Married in August's heat and drowse.
Lover and friend in your chosen spouse.
Married in golden September glow.
Smooth and serene your life will flow.
Married when leaves in October thin,
Toil and hardship for you begin.
Married in veils of November mist,
Dame Fortune your wedding ring has kissed.
Married in days of December's cheer.
Love's star burns brighter from year to year.

Cosy Corner Chats.

Married in August's heat and do many other things according to recipes found in your column. Inclosed find a few stocking-foot patterns to help you. Could you or any of your readers give me directions for playing "Rook," or "I Am a Millionaire," as we have both games, but no directions? Will be willing to return if asked for.

Ans.—How lovely of you, Bluebell.
Many thanks, I hope someone can give you the directions you want.

It is about a year since I last wrote pire.

Someone last week told of putting dianism based on love of and pride in Someone last week told of putting butter in the starch to keep the froms from sticking. You can have just as good results if when the starch is hot you stir a tallow candle in about an inch or so. I am sending 10 cents for the sick kiddles' hospital. Do you know, I can see the hospital from our garden? BONNIE ENGLISH ROSE.

resources and strive for equality of opportunity in the production and dis-tribution of wealth.

6. To welcome strangers within our gates, help them to understand our institutions and encourage them to

We have no quarrel with any other organization of women. We have among our members some who are also mem-bers of the Woman's Canadian Club, What a spiendid work you are doing.

What a wonderfully patient soul you re, too. Every day I learn something Women and Labor organizations, as rom your Page.
Please find inclosed a "shin plaster."
Might I please have mitt pattern? I

> DAUGHTERS OF CANADA. ZOE F. STEVENS, Cor.-Sec Mrs. W. J. Stevens, 49 Hazleton Ave., Toronto.

#### Advertiser Patterns

Owing to the pattern manufacturers increasing the price of pat-terns to us. all patterns advertised from this date will be 15 CENTS EACH.



Age (if child's or misses' pattern).... Measurement: Bust..... Waist..... Caution: Be careful to inclose the

above illustration, and send size pattern wanted. When the pattern bust measure, you need only mark 38, 34, or whatever it may be. When in for some of the cloth.

In fact, that is my prescription for ground glass phobia—the newspapers nightmares—two miles of oxygen on the hoof, tres in diem. Amen.

QUESTIONS AND ANSWERS waist measure, 22, 24, 25, or whatev waist measure, 22, 21, 20, 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 neces-gary to write "inches" or "years."

of those terrible spells. I sincerely feel that your medicine has proved a blessing to me, and I advise anyone troubled with their heart to try them, as I am confident they will find relief."

I have leakage of the heart. Was discovered six weeks ago. I suffer no pain, but do not do much. If I do too much there is a drawing sensation in my chest.

Milburn's Heart and Nerve Pills are 50c a box at all dealers or malied direct on receipt of price by The T. Milburn Company, Limited, Toronto, Ont.

QUESTIONS AND ANSWERS.
Valvular Leakage.

I have leakage of the heart. Was discovered six was discovered six weeks ago. Is usfer no pain, but do not do much. If I do too much there is a drawing sensation in my chest.

L. D. L.

Answer—It is impossible for a physician to advise a patient with such a condition unless he has personally ex-

Get a Packet, and Realize what an infusion of Really Pure Fine Tea Tastes like



Black, Green or Mixed - Never Sold in Bulk

# walk without becoming tired, Next take two five grain tablets of NUXATED IRON three times per day for two weeks. Then test your strength again, and see how, much you have gained. Many people have made this test and have been astonished at their increased strength endurance and energy. Nuxated, Iron is guaranteed to give saiss faction or money refunded. All all good druggists.

Malted Milk for Invalids A nourishing and digestible diet. Contains rich milk and malted grainextract. A powdersolubleinwater.

Sioan's Liniment, Kept Handy, Takes the Fight Out of Them.

SLOSHING around in the wet and then—the dreaded rheumatic twinge! But not for long when Pains, strains, sprains - how soon his old family friend penetrates without rubbing and helps drive 'em away! And how cleanly, too-no muss, no bother, no stained skin or clogged pores. Muscles limber up, lumbago, sciatica, neuralgia are promptly lieved. Keep a bottle handy all the time. Get one today if you've run out of Sloan's Liniment.

All druggists-35c, 70c, \$1.40. Made in Canada.



#### If every child wore Hurlbut Shoes

There would be no deformed feet in later life

BECAUSE Hurlbut tifically shaped to nature's demands. They are not only

roomy to give every

toe its right to grow,

but they support in-

step, arch and heel, and develop the growing foot. Hurlbut's are comfortable - Hurlbut's

heel sewn to the up.

are flexible. Sole and

pers by the patent welt makes them more flexible. The shoe gives to the bend of the foot.

No tacks, -no ridges

-cushion sole from

heel to toe, prevents

jar and jolt. This all adds to the length of life.

There isn't any question that Hurlbuts are the highest quality children's shoes in Canada to-dy.

## Shoes & Children

Sold only through your local dealer. If he does not handle Hurlbuts, write us and we will see that you are supplied. 43 Many Dan Dan Dan Dan Dan Dan Dan

#### CARBON MAKES MOTOR KNOCK

Waste-Clogged Liver and Bowels Cause Thumping Head and Other Misery. Take "Cascarets"

Like carbon clogs and chokes a motor, | and poisons which are keeping you upso the excess bile in liver, and the con- set, stipated waste in the bowels, produce Take Cascarets and enjoy the nicest, foggy brains, headache, sour, acid stom- gentlest laxative-cathartic you ever ex. ich, indigestion, sallow skin, sleepless perienced. Cascarets never gripe, sicken, nights, and bad colds. or cause inconvenience. They work while Let gentle, harmless "Cascarets" rid you sleep. They cost so little, too. the system of the toxins, acids, gases,

