PAGE OF INTEREST TO WOMEN

THE CHILD WELFARE **ASSOCIATION HERE** SEEKS HEADQUARTERS

May Be Located in Red Cross Rooms - Nurses Get Advance of \$10 Monthly.

The work of the local Child Welfare Association has become so large that the association is looking for headquarters in the centre of the city. At guest a meeting of the association held in the Y. M. C. A. yesterday afternoon the North Ekfrid announce the engagemodation in the rooms of the local Red Cross Society was brought up and there. is every probability that the Child Weifare headquarters will be located there

C. Currie, a graduate of Amasa Wood
for a time at least. An increase of \$10
a month was granted the child welfare

a month was granted the child welfare a month was granted the child welfare cent illness in St. Joseph's Hospital.

mr. McDonald, the treasurer, gave a Mr. and Mrs. Alex M. Wilkie. Koreport on the Child Welfare Exhibit, which cost in all \$214.88. Miss Bertha their eldest daughter, Ruby Laurine, Description of Mr. Which coat in an extraor also included the Smith's monthly report also included the Welfare Exhibit, showing that 453 and Mrs. Charles Foster, son of Mr. and Mrs. Charles Foster, Komoka, the bables had been examined for the prize competition, 82 of these coming in the final test for "best baby" and being

distinct improvement over last year both in the nutrition and general wel-fare of the babies who came for ex-Miss Smith expects to folow up the exhibit, by calling this month on every mother who brought her child for examination at the clinics, and pointing out the defects which the official exhibit score card records, and exhibit score card records, and giving her instructions as to how the baby should be cared for to overcome

report also referred to the individuals and organizations who gave help during the exhibit, to the doctors who gave their time in examining the Miss Annie Murray was tendered a miscellaneous "shower" by a large number of her friends on Friday night at her father's home in Oneida. The street, I. O. D. E., Alumnae Victoria Hospital, Alumnae St. Joseph's Hospital, Miss Stanley and nursing staff of Victoria Hospital, the mother superior and nursing staff of St. Joseph's Hospital, the domestic science, kindergarten and art departments of the public contact of the feet. J. D. McRae, Permiscellaneous "shower" by a large number of her friends on Friday night at her father's home in Oneida. The guests were uninvited, presenting the bride-elect with a number of useful and valuable gifts. After refreshments provided by the guests had been served the party broke up.

Miss Annie Murray was tendered a miscellaneous "shower" by a large number of the Rev. J. D. Mcroellaneous "shower" by a large number of the freela, on Monday afternoon, when Miss Mary MacColl. daughter of Mr. and Mrs. A. MacColl of that town. was solemnized to was solemnized by the Rev. J. D. Mcroellaneous "shower" by a large number of the freela, on Monday afternoon, when Miss Mary MacColl of that town. Was solemnized to was solemnized by the Rev. J. D. Mcroellaneous "shower" by a large number of the freela. On Monday afternoon, when Miss Mary MacColl of that town. Was solemnized by the Rev. J. D. Mcroellaneous "shower" by a large number of the freela. On Monday afternoon, when Miss Mary MacColl of that town. Was solemnized to was solemnized by the Rev. J. D. Mcroellaneous "shower" by a large number of useful at her father's home in Oneida. The guests were uninvited. Provided by the Rev. J. D. Mcroellaneous "shower" by a large number of the freelaneous "hold aughter of Mr. A. MacColl of that town. Was solemnized by the Rev. J. D. Mcroellaneous "hold aughter of Mr. A. MacColl of that town. Was solemnized by the Rev. J. D. Mcroellaneous "hold aughter of Mr. A. MacColl of that town. Was solemnized by the Rev. J. D. Mcroellaneous "hold aughter of Mr. A. MacColl of that town. Was solemnized by the Rev. J.

Prizes Given. Prizes Given.

The ice cream cones supplied during the exhibit by Col. Wm. Gartshore and another member of the committee, as well as the prizes donated by Mrs. Ronald Harris and Mrs. G. Gibboned L. Th., who has been appointed to the committee of the committee of the reverse of the Rev. George H. Vrooman, P.A. L. Th., who has been appointed to the committee of the committee of the reverse of th well as the prizes donated by Mrs. Ronald Harris and Mrs. G. Gibbons of Toronto were also mentioned.

In addition to the exhibit clinics there In addition to the exhibit clinics there were nine other clinics held in the city last month, with an attendance of 143 babies and four prenatal clinics with an attendance of five patients; \$3 was a trendance of five patients; \$3 was a trendance of milk tickets issued, and contain the Ontario Hospital at the disposal

Western Ontario Women's Activities

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

CAYUGA W. I.

The May meeting of the local Women's Institute was especially intercating, as it closed the year's work and showed that \$1.121.81 had passed through the treasurer's hands during the year. The balance on hand to begin operations for a new year's work is \$253. An important motion was passed. It was the voting of the sum of \$190 to the fund for recognition of the services done at the front by recognized and solved the fund for recognition of the services done at the front by recognized and solved the fund for recognition of the services done at the front by recognized and solved the fund for recognition of the services done at the front by recognized and solved the fund for recognition of the services done at the front by recognized and solved the fund for recognition of the services done at the front by recognized the fund for recognition of the services done at the front by recognized the fund for recognition of the services done at the front by recognized the fund for recognition of the services done at the front by recognized the fund for recognition of the services done at the front by recognized the fund for recognition of the services done at the front by recognized the fund for recognition of the services done at the front by recognized the fund for recognition of the services done at the fund for recognition of the services done at the fund for recognition of the services done at the fund for recognition of the services done at the fund for recognition of the services done at the fund for recognition of the services done at the fund for recognition of the services done at the fund for recognition of the services done at the fund for recognition of the services done at the fund for recognition of the services done at the fund for recognition of the services done at the fund for recognition of the services done at the fund for recognition of the services done at the fund for recognition of the services done at the fund for recognition of the services done at the fund for recognition of the ser the services done at the front by re-

meeting of the Canfield branch, to be held in that village on June 14, as Miss Jean Grant, a government speakbe present and address the

MOUNT BRYDGES W. C. T. U. MOUNT BRYDGES W. C. T. U.
The regular meeting of the Mount
Brydges W. C. T. U. was held in the
Methodist Church on the evening of
May 27, when an excellent address on
the work of the union was delivered
by Mrs. Harrison of London.
Vocal solos were rendered by Miss
Nettle Jones and F. Waters, and Mrs.
Rev. Chidley gave excellent selections
on the mandolin.

Sunday, and motored over to Strathroy to attend a special meeting there on Wednesday evening.

SOCIAL and PERSONAL

TELL IT TO THE SOCIETY EDITOR.

Mr. and Mrs. William Smith of Los black hat

Mr. Jack Smith and Miss Olga Coates of Cleveland were visitors with Mrs. Smith, 647 Waterloo street. Mr. Billy Smith of California, is also a with Mrs. Smith.

Mr. and Mrs. William Chisholm of

The many friends of Miss Margare

William Skelly, 137 Tecumseh avenue, examined by Dr. Allan Brown of Toronto.

Big improvement.

Miss Smith referred to Dr. Brown's observation on the London bables, the Toronto doctor declaring that there was a distinct improvement over lear twenty of the component of the componen

The engagement is announced of Elizabeth Elma (Bessle), daughter of Mr. and Mrs. E. G. Ryckman, Hensall, to Mr. Benjamin Stirling Case to Mr. Benjamin Stirling Case, son of Mr. and Mrs. A. Case of Exeter, the

marriage to take place in June.

Miss Kathleen MacCallum of Dorchester left on Monday for an extended trip to Winnipeg, visiting relatives in Niles and Chicago. Miss MacCallum spent the week-end of the 24th with spring flowers and foliage. After a short wedding trip, Mr. and Mrs. Ross will reside in this city. spent the week-end of the

friends on a motor trip to Hamilton and Niagara Falls. Miss Annie Murray was tendered a

schools and friends of Child Welfare in Miss Caroline L. Vrooman, R.A. Miss Caroline L. Vrooman, B.A., a stu-dent at the Faculty of Education, Toacumbency of Desboro and Holland Centre.

solemnized at the Hamilton Road Presbyterian Church, London, on Tuesday, June 8, the entire proceeds to be in aid of the Sick Children's Hospital. A bus will be at the gate to take the guests from the car to the scene of the party.

A great deal of enthusiasm is being shown over the post-graduate piano recital, which is to be held at the London, on Tuesday, June 8, the entire proceeds to be in aid of the Sick Children's Hospital. A bus will be at the gate to take the guests from the car to the scene of the party.

A great deal of enthusiasm is being shown over the post-graduate piano recital, which is to be held at the London, on Tuesday, June 1, at 11 o'clock forencon, when the len Victoria, only daughter of Mr. Alexander Gunn and the late Mrs. Gunn, of Leamington. The young couple were unattended. The ceremony was performed by the Rev. Dr. D. L. McCrae. The bride, who was given away by her father, was very becomingly gowned in cadet blue charmeuse, with georgette overdress. She wore a white Milan for the father was very becomingly gowned in the late overdress. She wore a white Milan for the father was very being the Hamilton Road Presbyterian Church, London, on Tuesday, June 8, the entire proceeds to be in aid of the Sick Children's Helen Victoria, only daughter of Mr. Alexander Gunn and the late Mrs. Gunn, of Leamington. The young couple were unattended. The ceremony was performed by the Rev. Dr. D. L. McCrae. The bride, who was given away by her father, was very becomingly gowned in adet blue charmeuse, with georgette overdress. She wore a white Milan for the father was very epidemic of the past search with the care and uplift of those alread afflicted or threatened with consumption, we must, as a society, take in the care and uplift of those alread afflicted or threatened with consumption, we must, as a society, take in the care and uplift of those alread afflicted or threatened with consumption, we must is deal examination for active services. While our work is directly with the care and uplift of those a 31 visits were made by child welfare at the Ontario Hospital at the disposal

WEYLIE-McCLUNG.

Dr. Henry Meek has returned after spending four months at Miami, Florida.

Miss Doris Strickland of Hamilton is visiting her sister, Mrs. Rex Gale, 346
Piccadilly street.

Caledonia. The bride, who wore a pretty gown of maize crepe de chine was unattended. After the wedding dinner Mr. and Mrs. Weylie left for a short trip to Niagara Falls and other points, and upon their return will reduce near Caledonia. The bride trayled in a harmonic face of suit with eled in a hary blue tamorea suit with

> GWALCHMAI-WALKER. GWALCHMAI—WALKER.
>
> A very pretty wedding was solemnized at the manse, Hyatt Avenue, this city, on Tuesday, June I, when Ethel Olive, daughter of Mr. and Mrs. Edward Walker, was united in marriage to Mr. W. D. Gwalchmai, son of Mr. and Mrs. H. D. Gwalchmai, The ceremony was performed by the Rev. Dr. D. L. McCrae, in the presence of immediate relatives and friends. The bride, who was given away by her father, wore a very smartly-tailored suit of navy biue and corsage bouquet of roses, and lily of the valley. Miss Doris Walker, the bride's sister, was bridesmaid, and Mr. Charles Arnold acted as groomsman. After a honeymoon trip they will take up their residence on May street, this city.

A pretty June wedding was solemnized in St. Paul's Cathedral on Tuesday evening, when Miss Emily Louise Cooper was united in marriage to Mr. Alexander Ross, both of this city. The bride wore a pretty gown of navy blue taffeta with a chip-straw hat faced with pink and trimmed with French flowers. Her bouquet was of roses and lilies of the valley. The bridesmaid was Miss Mary Robertson, and the groomsman, A. E. Cooper, brother of the bride. The Rev. Clarence Foreman performed the ceremony in the presence of the immediate friends and relatives of the ride and groom. Following the ceremony a recention

TUCK-MacCOLL. A pretty wedding took place at the manse of the Rev. J. D. McRae, Petrolea, on Monday afternoon, when Miss Mary MacColl, daughter of Mr. and Mrs. A. MacColl of that town, was united in marriage to Mr. W. Wilson Tuck of Sarnia. The ceremony, which was solemnized by the Rev. J. D. McRae, Petrolea, on Monday afternoon, which was solemnized to Mr. W. Wilson Tuck of Sarnia. The ceremony, which was solemnized by the Rev. J. D. McCann, which follows:

After the ceremony the party return-ed to the home of bride's parents, where luncheon was served. The happy couple departed later by motor for Toronto. Buffalo and points east, where they will spend their honeymoon. Mr. and Mrs. Tuck will spend the summer at Blackwell Beach, one of Sarnia's summer resorts. They expect to make their home in Sarnia, Mr. Tuck being a prominent businessman of that city.

GUNN-MCFARLANE. A very pretty June wedding was solemnized at the Hamilton Road Pres-

hat with pink ostrich tips and her corsage was of palest pink roses.

The wedding music was played by Mr. A. B. Stein, and during the signing of the register Mrs. Hugh McCormack sang very sweetly "I Love You

After the ceremony a dainty wedding after the ceremony a dainty weeding breakfast was served at the home of the bride's parents. The happy young-couple left in the early afternoon for a motor trip through Michigan. On their return they will reside in London. The gifts were numerous and very beautiful. The bride has been one of the most ropular and active members.

the services done at the front by returned soldiers. Among other things was the making of a donation to the soldiers' memorial fund. The annual county meeting will be held on June S in the Methodist Church, Cayuga. It is expected that a number of members of Cayuga will attend the meeting of the cayuga will attend the meeting was solemnized at the home of Mr. D. W. McClung in North Cayuga on Saturday by the Rev. W. G. Blake, when Margaret Hazel, his escond daughter, was united in the most popular and active members of Hamilton Road Church, and the cayuga will attend the meeting will be well at the most popular and active members of Hamilton Road Church, and the most popular and active members of Hamilton Road Church at the most popular and active members of Hamilton Road Church at the most popular and active members of Hamilton Road Church at the most popular and active members of Hamilton Road Church at the most popular and active members of Hamilton Road Church at the most popular and active members of Hamilton Road Church at the most popular and active members of Hamilton Road Church at the most popular and active members of Hamilton Road Church at the most popular and active members of Hamilton Road Church at the most popular and active members of Hamilton Road Church at the most popular and active members of Hamilton Road Church at the most popular and active members of H

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

BY WILLIAM BRADY, M. D., Noted Physician and Author.

Save the Wrapper—Aligator Hide.

Nettle Jones and F. Waters, and Mrs. Rev. Chidley gave excellent selections on the mandolin.

MELBOURNE REBEKAHS.

The members of Anna Rebekah Lodge of this village entertained the sisters of of this village entertained the sisters of son Friday evening. 21st ult.. when about forty were prisent. The visiting sisters demonstrated the degree work in a very creditable manner. At the close refreshments were served by the members of Anna Lodge.

Miss B. C. Buchanan has been appointed to represent Anna Lodge at the assembly which will be held in London in June.

Save the Wrapper—Aligator Hide.

A few packages of humanity come wrapped in alligator hide. Being at a loss to explain this condition of the skin, we physicians dub it ichythyosis, in the difference between dry skin and xeroderma is about \$5.

Although subjects are born ichthyotic, the conditions is not invariably inherited, so far as observation has shown. An ichythyotic man married his cousin and five children with normal skin were born to them. But heredity is usually evident.

Both sexes and all classes of people have the disease. It is usually better in warm climates and in warm weather. The patient's general health and vigor are unimpaired. There seems to be simply a congenital lack of some-

it perhaps seems advisable to make a still greater impression on the patient.

department.

Ichythyosis, as nearly as my sketchy glimmering of Greek enables me to determine means fish-skin. The scaly condition of the skin accounts for the Sunday, and motored over to Strathroy sunday, and motored over to Strathroy it perhaps seems advisable to make a special meeting there on it perhaps seems advisable to make a special meeting there on it perhaps seems advisable to make a special meeting there on it perhaps seems advisable to make a special meeting there on it perhaps seems advisable to make a special meeting there on it perhaps seems advisable to make a special meeting there on it perhaps seems advisable to make a special meeting there on it perhaps seems advisable to make a special meeting there on it perhaps seems advisable to make a special meeting there on it perhaps seems advisable to make a special meeting the seems to be simply a congenital lack of some-determine means fish-skin. The scaly condition of the skin accounts for the suggestion. Then, in mild cases, when it perhaps the seems to be simply a congenital lack of some-determine means fish-skin. The scaly condition of the skin accounts for the suggestion. Then, in mild cases, when it perhaps the seems to be simply a congenital lack of some-determine means fish-skin. The scaly condition of the skin accounts for the suggestion. Then, in mild cases, when it perhaps the seems to be simply a congenital lack of some-determine means fish-skin. The scaly condition of the skin accounts for the suggestion. Then accounts for the seems to be simply a congenital lack of some-determine means fish-skin. The scaly condition of the skin accounts for the suggestion.

age.

The skin is dry, harsh, rough and destitute of moisture or the natural skin oil. It constantly exfoliates a fine, dry, dandruff-like accumulation of scales. This is most pronounced on the outer or exterior surfaces of the arms and legs and particularly over the elements. and legs, and particularly over the el-

and legs, and particularly over the el-bows and knees.

The mildest degree of dry skin is called "gooseflesh." The most marked degree is termed "alligator skin." per-sons with pronounced "alligator skin" being sometimes exhibited in freak shows to the morbid-minded public.

The skin offen has a dirty realized The skin often has a dirty yellowish or brownish color, as though it were unwashed, in spite of the individual's scrupulous cleanliness.

Removal to an environment where

A New and Stylish Gown.

Removal to an environment where the warmth and moisture of the atmosphere will give the greatest comfort, is advisable in severe cases of fish-skin disease.

The subject must constantly employ suitable ointment or oils to supply what is lacking for the affected parts of the skin and for this purpose daily applications of small quantities of sweet almond oil, lanolin (wool fat), cod liver oil, cocoanut oil or sesame (benne or teel oil), or benzoinated lard are found satisfactory by different individuals.

Frequent prolonged soaking baths containing sode

Salicylic acid 10 grains

whatever, is likely to be more or less "nervous," which really conveys no particular meaning.

Makes 'Em Thin.

I would like for you to tell me what it is that you give to people that makes them thin. (Mrs. E. H. A.)

ANSWER—Advice, Mrs. A. Then there are other things. I used to give mother anxious moments which kept thin in order to pay the doctor bill. But all these fat folks who tell here how lithe and siender they are growing are doing it by means of the Karell regimen. That is no pill or anything, but just a regulation of the intake of nutriment. Glad to send it to any one over 19 years of age who will furnish and splendid donation of sweaters, warm and the new patients 116. The clinics held on Tuesday and Thursday at Victoria Hospital have been largely attended, 664 patients presenting themselves for treatment. This will give some idea of the extent of the work which is being done, but it does not tell of the many homes which have been cheered by the nurses' visitors, or the many comforts which have found their way into those homes. Food Donated.

"According to our usual custom large baskets of groceries, meat and vegetables were given at Christmas to upwards of flity families. The cost of the work which is being done, but it does not tell of the many homes which have been cheered by the nurses' visitors, or the many comforts which have found their way into those homes. Food Donated.

"According to our usual custom large baskets of groceries, meat and vegetables were given at Christmas to upwards of flity families. The cost of these baskets was \$504, this being paid flor by gonations from our benefactors. over 19 years of age who will furnish a stamped self-addressed envelope.

MRS. JOHN STEVELY IS AGAIN PRESIDENT OF SANATORIUM AID

Local Delegate To Attend Tubercular Convention in Toronto.

The annual meeting of the Women's Sanatorium Aid was held vesterday af

realize the wonderful possibilities for recuperation from this disease, which is often considered by the uninformed incurable. The late war has taught us many lessons. One in particular which comes home to us in connection work is the fact that so many our young men could not pass the med-ical examination for active service

Governments. also by the Provincial and Dominion epidemic of the past season was a severe drain on our re-sources. We were called upon to furnish

son was a severe drain on our resources. We were called upon to furnish large supplies of bedding and warm clothes, in addition to nourishment, which was required to help our patients regain their strength. Our nurses labt two halves smoothly together. Place lettuce leaves to form nests on individual service plates, place one egg in each nest, and surround with the added to our already large list. A partial report of Miss Hanson and Miss. Barrons gives the following particulars: They have paid 3.627 visits during the year; the number of patients

Cheese Scramble.

Cheese Scramble.

Cheese Scramble.

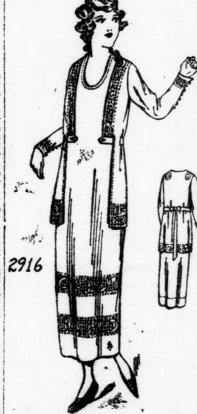
Cheese Scramble.

Half cup cheese. ½ cup thick cream, 3 eggs, pinch of cayenne, ½ teaspoon of salt, buttered toast.

Melt the cheese in a frying pan.

Melt the cheese in a frying pan.

Advertiser Patterns Owing to the pattern manufacturers increasing the price of patterns to us, all patterns advertised from 15 CENTS EACH.



A New and Stylish Gown

Name

tin in one-fourth cup cold water and stir into the hot stock. Add to the mixture, and then pour into the mold. When firm, turn out and garnish the edge of the plate with parsley or tiny cucumber pickles. Mayonnaise or boiled dressing may be used instead of the cream sauce, and you have a salad. Slice and serve on a bed of lettuce leaves. Lima Beans and Potatoes with Pork Lima Beans and Potatoes with Pork Two or 3 pork chops, 1 pound Lima beans, 1 pint raw potatoes, water, stock or milk, 1 teaspoon sugar, salt and pep-

Cut up the pork chops into small pieces. Parboil the beans about five min-utes in boiling water after they have been soaked ah hour or so in cold water.

Under the Apple Blossoms

Drain off the water and place in more hot water in which a teaspoon of salt and a fourth teaspoon of soda have been placed. Boil for about ten minutes in this, then drain again, and cover with water, add sugar and allow to simmer until nearly tender. Lay the potatoes around the edge o the casserole or baking dish and place the meat in the centre, then pour over the beans, liquor and all, and add about for by conations from our benefactors. A splendid donation of sweaters, warm underwear, socks, etc., from the Lon-don Red Cross helped greatly in keep-ing our patients warm through the a cup of water, stock or milk. The po-tatoes should be sprinkled with salt and ing our patients warm through the cold winter, and provided comforts which we should have been unable to sprinkle the pork with salt and pepper. Provide, as owing to the increased cost of all food, our expenditure has been greater than in former years, the milk alone costing \$1,174.69 for ten months.

Rose Day.

"Our annual Rose Day," was a great then a little should be added. Rose with the point with salt and pepper. Cover and bake in the oven for an hour or more, or until potatoes and meat are tender, adding water or milk as needed to keep the beans from getting too dry. If there is no fat on the chops, then a little should be added. Rose with

"Our annual 'Rose Day' was a great success. Maids and matrons carrying saily decorated baskets filled with roses for the pork chops. wares for sale. As a result of labors our treasury was enriched by the splendid sum of \$2,183.58."

DELIGHTFUL CONCERT AT LORD ROBERTS SCHOOL LAST NIGHT

A PERSON SCHOOL CARE AND A SCHOOL WITH

Mothers' Club in Aid of

Hospital.

SCHOOL LAST NIGHT

A PERSON SCHOOL WAS A SCHOOL WAS

Cynthia Grey's Mail-Box

A simple flower involves the existence of the universe; earth and sky are met and married in its bloom and fragrance.—Mabie.

bloom and fragrance.—Mable,

SPECIALLY SELECTED FOR MAILBOX.

Egg-and-Sardine Relish.
Hard-boiled eggs, sardines, lettuce, mayonnaise or boiled dressing.
Use one egg to each person to be served and one small sardine to each egg. Cut the hard-boiled egg into halves and remove the yolks. Remove all the bones from the sardines. Mince sardines. Rub into the egg-yolk, and add enough stiff mayonnaise to season nicely. Fill the mixture into the whites and press the two halves smoothly together.

When soft, add the cream and the sea-sonings. Mix thoroughly, then break in the eggs and cover for two min-utes until they begin to set. Remove the cover and stir vigorously with a

the cover and stir vigorously with a large spoon until the yolks of the eggs are cooked without being hard. Pour over the toast and serve hot.

Tomato and Egg Salad.

Buy as many small tomatoes as there are persons to be served. Dip the tomatoes in boiling water to remove the skins; then scoop out the seeds and a part of the pulp. Boil several eggs until hard, then chop up, add part of the tomato-pulp and the chopped eggs, season with salt and pepper and dress with son with salt and pepper and dress with mayonnaise. Heap up in the tomato-cups. Place a small spoonful of mayonnaise on top of each cup, and place the cups on lettuce leaves. Serve one

Two cups toasted croutons, 1 quart canned tomatoes, ½ cup chopped celery, 3 chopped onions, 1 tablespoon cornstarch, salt, pepper and sugar. To make the croutons, toast the bread, butter and then cut with a sharp knife into small squares. Place the cnions, celery, and strained tomatoes in saucepan and simmer for about twenty minutes, then season to taste with salt, pepper and about a tablespoon of sugar. Thicken with the cornstarch blended in about one-fourth cup of cream or good milk. Pour over the crou-

Egg-and-Vegetable Mold. Four hard-boiled eggs, 1 cup cream sauce, 1 cup cold-boiled peas, 1 cup cooked carrots, 1 tablespoon minced parsley or mint leaves, 1 tablespoon gelatin, cup stock.
Line a mold with hard-boiled eggs sliced, using only the centre slices, chop up the ends and add to the cream sauce. Stir the cooked peas and carrots into

SYMPTOMS THAT TELL OF BILIOUSNESS

the well-seasoned cream sauce also, add the parsley or mint. Dissolve the gela-

How To Prevent and Cure

Are you dizzy? Does everything turn dark when you rise after stooping? Are you constantly suffering from headache? Are you short of breath after going upstairs?

Is your tongue coated and furred? These symptoms give warning that your system needs a thorough cleansing -all poisons must be flushed out. The remedy is Dr. Hamilton's Pills. Marked benefit immediately follows their use. These famous pills loosen the bowels and stop constipation; they act on the liver and kidneys, make them strong

Wherever tea is liked to-day, you will find the favorite is always LIPTON'S.

Thomas Liplon TEA COFFEE NO COCOA PLANTER

Canadian Chief Offices

24 Front St. West, Toronto

old harp every once in a while, and once in a while I lifted my head up, and the sight I saw did me good. I laughed to see the cows and horses, especially the colts, look up so quickly, and the colts seemed to like the music best of all. If you think my letter is too long to print. I wont feel hurt. I tried Comic's way of bread-making, and must say it cannot be improved on. It was great. Twenty-five cents for the C. H. F.

REBECCA OF SUNNYBROOK.

Ans. We are so gled you found time. Springtime gladness to all of you.

Sure, there goes a robin with a nice juicy worm in her mouth for her weel to enjoy the birds and flowers, Rebecca

juicy worm in her mouth for her wee ones. Her nest is right above our ones. Her nest is right above our were reveling in that delightful "loafing the bedroom window. And say, did you see that little canary fly through the orchard. My, don't I wish I could fly like that. And yes, there goes an every breath of the woods we can get, like that the contribution of your letter. We all need clusion of your letter. We all need think I will close, as my letter than the contribution of your letter. We all need the country a little bit better than the contribution of your letter. We all need the country a little bit better than the contribution of your letter. We all need the country a little bit better than the contribution of your letter. We all need the country a little bit better than the contribution of your letter. We all need the country a little bit better than the country a little bit better than the country as it will close, as my letter is get the letter than the country as it will close, as my letter is get the country as it will close, as my letter is get the country as it will close, as my letter is get the country as it will close, as my letter is get the country as it will close, as my letter is get the country as it will be the country as the country as it will be the country as the c

spring water as it runs on its way to the creek.

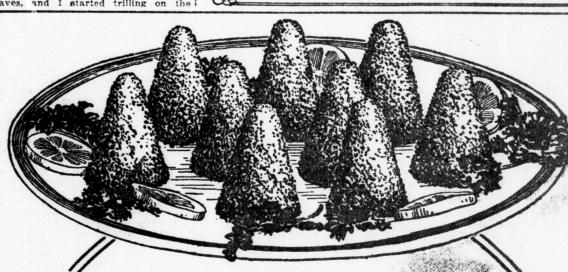
I want to thank Married Trix for the trouble she took in writing out "Father, Dear Father, Come Home With Me Now." I received a copy of same some time ago from Lancaster Lass. I wrote and thanked her. I am returning the copy of "The Cowboy's Lament," Miss Grey, with thanks. I have not seen the rules for chess yet. Suppose they are hard to get: perhaps it's not such a well-known game here soft body some support and prevents CASTORIA

For Infants and Children In Use For Over 30 Years

Signature of Chaff thiteher soft body some support and prever

Always bears

THE JAR OF SATISFACTION. ASK YOUR GROCER FOR UPTONS-IN GLASS JARS OR GOLD LINED TINS



Codfish Croquettes The EASIFIRST way

A DAINTY, satisfying and economical dish—when properly cooked! Use the recipe given here—just a wee bit of skill—and EASIFIRST. Your Codfish Croquettes will be light and delicious indeed.

Why? Because in deep frying EASI-FIRST may be brought to an intense heat without burning. This means that foods fried in it have a quickly-formed, protecting crust which prevents the fat from soaking in. The interior cooking is done by heat alone, as it should be.

The EASIFIRST left over may be used again. It will not carry any flavor.

Here is a Good Recipe -Try It!

1 cup boiled codfish 2 cups mashed potatoes I cup thick white sauce 1/2 teaspoon pepper Salt to taste

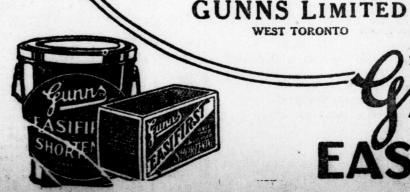
l tablespoon chopped parsley

Shred the codfish, add potatoes, pepper and parsley, then add the cream sauce. Shape, roll in crumbs and egg, then again in crumbs, and fry in a deep kettle of EASIFIRST.

For Cream Sauce, 1 level tablespoon EASIFIRST, 2 level tablespoons flour, l cup hot milk, 1/2 teaspoon salt.

Every package of EASIFIRST bears the Government's stamp of approval. Your grocer will supply you. Sold in cartons and tins.

Write today for a copy of Gunns Proved Recipe Booklet.



WEST TORONTO

Newest Arrivals OF SUITS, COATS AND DRESSES, in the season's latest styles and shades, at reasonable prices. Your inspection is invited. Justrite Ladies' Wear 254 Dundas Street, EXY Phone 2614. Under the kennel to that hole she could get to her pupples. Quickly she started digring. It took a long time and Dolly was exhausted when her work was finished, but she wiggled her way through the hole in the floor and hurried to her box. Alas! Her puppies had all died of the cold. Was ever there such an unhappy and dismal dog in the world as poor old Dolly? Tomorrow—"Two Little Orphans." (Rights reserved by the Vincent G. Perry Canadian Syndicate.)

Part I.

Old Dolly was very proud of her four little puppies. They were all fat and wiggley, and as she lay among them keeping their white snow white and seeing to it that they were warm and to let her into her little family. The results of the control of the c seeing to it that they were warm and eing to it that they were warm and manify, she was the happiest little old by in the world—for although Dolly as nearly 10 years old these were the try first puppies she had had to look to howl and it became quite dark. More

was nearly 10 years old these were the very first puppies she had had to look after. All her other puppies had died before their eyes were open, you see. But, alas! Poor Dolly was to have more sorrow. One day before her puppies were two weeks old Dolly's master took his family and went away for the day. He left lots of food and drinking water for Dolly just outside the door. Dolly was too proud of her family to leave them unguarded, so she stayed all morning and nearly half the afternoon without a drink of water, but then

Frequent prolonged soaking baths containing soda, to soften the skin are helpful, and should be followed after drying by an application of oil.

This unguent, sparingly applied once a day is beneficial for fish-skin limited to small areas:

Age (if child's or misses' pattern)..... Glycerine 1 dram
Lanolin 2 drams
Benzoinated lard, enough to make one ounce.

QUESTIONS AND ANSWERS.

Nervous.

What is the best treatment which can be given a nervous woman of 43 years? (M. M.)

ANSWER—You do not mention the condition for which the nervous woman degires treatment. Any one whose health is below par, from any cause (In claims of misses pattern)..... 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 38, 44, or whatever it may be. When in waist measure, 22, 24, 26, or whatever it may be. When in length measure. When misses' or cure biliousness, headache, dizainess, 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 health is below par, from any cause