PAGE OF INTEREST TO WOMEN

HOME ECONOMICS

MRS. ELIZABETH KENT, MacDONALD COLLEGE.

VEGETABLES ALL THE YEAR.
An increase in the use of vegetables
would mean more roses in the cheeks
wetter circulation and better general



should be cooked so that the family will say that they aste like "more."

While vegetables always taste best when they are just taken from the carth, there will be little deterioration be cultivated by the use o. a variety, especially in the winter when cooked and served simply, steamed, boiled or baked, and served with butter or its equivalent, or with milk or

cream sauce, and the sauce should never be so highly seasoned as to conceal the desirable vegetable flavor.

In the cooking there is a point at which they are done, and if they are cooked beyond that point, the food value is impaired, those vegetables

cooked beyond that point, the food value is impaired, those vegetables that have a strong flavor turn bitter, and the good appearance which should be taken into account is lost. To prevent overcooking, drain as soon as the test shows that they are tender and save the stock for soup.

Two classes of vegetables require different handling; those containing a targe quantity of starch, such as potatoes, should be put on in boiling water. covered closely, and boiled gently, while non-starchy vegetables such as cabbage should be left uncovered and poiled rapidly. If the flavor is very pronounced the water should be drained off and replaced with more boiling water during the process of cooking. One thing can bear repetition, there should be a greater amount of well-cooked vegetables in common use.



Part One. lived in the land of ice and His father and mother were both big pack dogs. You see, dogs in the north country are not made pets to work. Now, Nodart's father and mother had pulled sleighs in teams and singly from time to time since they were pupples, and were so used to and singly from time to time since they were pupples, and were so used to their hard work they did not mind. No doubt Nodart would have been

Welch's

a playmate.
"I wouldn't like to be a north dog,"
Bingo confided to Nodart. "My, how
hard dogs have to work here!" "But that's what dogs are

Nodart answered. His mother had told him that.

their hard work they did not mind.
No doubt Nodart would have been broken in at an early age too, had not Bingo the bull-terrier pup come up north with his master on a pleasure trip.

The older dogs had no time to talk to Bingo, but Nodart was so small he was left to play by himself, so wel-

MUFFINS and Grapelade. Split and spread them piping hot with

this new jam. You'll like its smooth-

And Grapelade is absolutely pure. Made of choicest grapes, without seeds, skins or acid crys:als—with the addi-

tion of pure sugar, it is real "honey

From your grocer in glass jars and

Limited, St. Catharines, Ontario

of grapes".

enamel-lined tins.

ness. Its color is a joy to the eye.

should be sick. I long for ice cream and candy. They are my favorites." Bingo went on telling Nodart so many wonderful tales of the south that

the northland puppy soon became discontented with his lot.
"Why not come home with me," said Bingo. "You can hide away in my hamper. There is lots of room for you, and you will help to keep me warm on the towners." and you will help to keep me warm on
the journey."
So the plot was hatched, and when
Bingo's master opened up the hamper
after they had arrived home, out
jumped two dogs. Nodart had come
as a stowaway to the south country.
(Nodart's experience in the south
country will be told tomorrow.)
(Rights reserved by the Vincent G.
Perry Canadian Syndicate.)

SOCIAL AND **PERSONAL**

Master Frank MacDonald, 298 Wolfe treet, is suffering from an attack of

Mr. and Mrs. John Grant, Amherst-burg, announce the engagement of their daughter, Elizabeth E., to Cuddle E. Davidson of Chicago, the marriage to take place the latter part of February. Miss Grant is expected home for a few

Cynthia Grey's Mail-Box

"Warm all your words with love before you speak them."—A. Eugene Bartlett,

Requests. am inclosing 10 cents for your

I wonder if any of the Boxites would exchange pieces of silk or velvet for crochet patterns. I am Irish, but, unlike Irish, I am pro-Sinn Fein.

DARK ROSALEEN.

Ans.—Kindly send in your name and address, with pen name, in case of replies to your request. visited your Mail-Box once before and received such good help that I am coming once more. I would be very pleased to get some yoke patterns that Molly Ben. Veronica, Freckles and Bunchy offered. I will send my contribution to the children's hospital later. FLORENCE.

Another bird on your bush asking for help, and do not intend to take up too much space of your valuable page. I would like to get "The Lazy Daisy" crochet pattern, and could anyone oblige me with a nice crochet edge for a centrepiece? GOLDEN LOCKS.

From a Soldier Boy.

Dear Miss Grey.—While reading your Mail-Box I happened to see a letter signed Swastika, and if I may I would like to thank the young person for the good-will toward the returned boys. I find just lately among the younger people that the boys are not appreciated as they were when they were overseas. I am a returned boy, and although I was not old enough to go. I felt it my duty to go. I cannot be called a man yet, as I am under 21 years of age. Inclosed you will find 10

please get the words of will inclose to well.

East"? Thanking you, I will inclose to children's hospital fund, hoping that it will do well.

FLEUR-DE-LEE.

Ans.—1. Wednesday. 2. Sunday. Please send your name and address for request of song.

Cynthia Grey's Mail-Box sure is the best part of The London Advertiser. I always turn to it first. I live on a farm, like Girl With the Apron, and am also it felt it my duty to go. I cannot be called a man yet, as I am under 21 years of age. Inclosed you will find 10

cents, as I see by your letters nearly everyone sends that. I would like to know what it is for, and with your kind permission I will send all the small change I get during the next week and following weeks also. Once again I use this opportunity of thanking Swastika for her good thoughts for the boys. Should she desire to see the one who wrote this I will forward a picture and also my address may be sent if she so desires it. Thanking you for the trouble, etc., and hoping you will allow me to write again, I beg to sign myself as "one of the boys."

HARRY E. H.

A REMNANT OF THE CANADIANS. They're coming! Look! The Canadians! coming from the firing line!
See, they're hatless, torn and crumpled, branded with a dark red stain; Every man a Canadian warrior, carry-ing still a noble stride, As their heads and thoughts turn back-ward—half have crossed the Great Divide.

ened by the bursting shell Bloodstained, wounded, but still cheer-

ful, after storming gates of hell
"Left incline!" the order given, and
eyes right are slowly turned—
There's a cross upon the wayside marks
a spot: their true hearts burned. There we laid our noble leaders. "Why," you ask, "the grave so large?"
There our major and his company fell most nobly in that charge:
We'll go back again tomorrow with our sacrifice in hand,

For our wives and loved ones waiting in our dear Canadian land. And when the war is over, and we bow wonderful stocking pattern, if you will
be so kind as to send it to a stranger,
and also would like K. K. Katy's crochet
butterfly pattern. Would ask for the
crochet yoke patterns if Freckles will
let me have them. HOME LOVER.

And when the war is over, and we bow
at the peace shrine,
Canadians kept the line,
How they dropped the tools of labor,
took up bayonets, guns and went,
Left their homes and all their loved

Fought and died like sons of Ghent. HARRY E. H. Ans.—It was just very nice of you to write your appreciation instead of just thin!—ag it. Although our space is valuable, we have made room for your verses. Thank you for the 10 cents, which is for the sick children's memorial hospital fund. We appreciate your interest without knowing the cause we are contributing to. Really fine people have not forgotten, and never will forget what our splendid Canadian boys have done for Canada. We are glad you wrote to us.

I have been an interested reader of your Mail-Box for some time, and find your Mail-Box for some time, and find it is a great help in many ways. On what days did December 8, 1897, and February 3, 1901, fall on, and could I please get the words of "Star of the East"? Thanking you, I'will inclose 10 cents for children's hospital fund, hoping that it will do well.

FLEUR-DE-LEE.

Ans.—1. Wednesday. 2. Sunday. Please send your name and address for request of song.

TALKS ON HEALTH

I would like to get the Old Shanty Boys' Song or Gary's Rock, and I have been wondering if it would be asking too much of A Lumberjack, who wrote the letter which appeared in Mail-Box for the famous stocking-foot pattern, which I want for a friend. I am a newcomer to your page, and hope there will be room for me. I am ten years old. I'm taking music lessons, and in the Fourth Book at school. I would like the song called "Everyone Was Out of Step But Jim." I'm a lover of books. My favorites are the Bessie Books.

Ans.—Send me your name and address, little Bookworm, mentioning what your request was, so that I can mail your song as soon as it is received in the Mail-Box. Another Mickey wants copy of reci-tation "The Kaiser's Dream."

pole and back down to the floor and raimer John's Wife, do I know you?

You have swiped my apple pie wrinkle anyway. Original Lonely, your letters are amusing. Come oftener. I would like a correspondent who lives, well, the farther away the better, "Odd," you'll say. Well, yes, I am odd, but someone please write, and as Miss Grey says he brief, here goes. My envelope awaits some kind reader's address. THE OWL.

P.S.—Inclosed please find 10 cents

I enjoy all your Boxite letters very much; was ruffled at Beanpole for some days, but as someone else squared my account with her I will not say anything. Cynthia says be brief, so here goes for some help. Can any of you tell me how to make a paper bead rope portiere? I saw one completed, but as

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



The pattern is cut in three sizes, 16

BY WILLIAM BRADY, M.D. (Noted Physician and Author.)	to any address on receipt of 15c in silver or 1c and 2c stamps. Name
Dr. Brady will prove all signed letters pertaining to health. Mailtean server	Town
Dr. Brady will answer all signed letters pertaining to health. Writers' names are never printed. Only inquiries of general interest are answered in this olumn, but all letters will be answered by mail if written in ink and a stamped,	Province
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	Age (if child's or misses' pattern)

Measurement: Bust..... Waist..... Caution: Be careful to inciose the

above illustration, and send size of pattern wanted. When the pattern is oust measure, you need only mark 38, 34, or whatever it may be. When in waist measure, 22, 24, 25, or whatever waist measure, 22, 24, 25, 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 neceseary to write "inches" or "vears."
Patterns cannot reach you in less than
ten day from the date of application.

Had Eczema FOR OVER 28 YEARS.

or Salt Rheum manifests itself in little round blisters, which contain an extremely irritating fluid. These break and subsequently a crust is formed, and the intense burning, itching and smarting, especially at night or when the part is exposed to any strong heat is almost unbearable.

The success which Burdock Blood Bitters has met with in skin diseases of such severity is due to its wonderful blood-cleansing and purifying properties, and we know of no other remedy that has done or can do, so much for those who are almost driven to distraction with the terrible torture.

Mr. James Walker, 152 Niagara street, using Burdock Blood Bitters for some months past, and find it an excellent remedy for skin eruptions. I have suffered with eczema for over 28 years, could think of. I was recommended to use Burdock Blood Bitters, and I am now clear of my skin trouble. It is certainly a good remedy and I shall

Manufactured for over 40 years by The T. Milburn Company, Limited, To-YOUR OLD CARPETS

Made into new, beautiful, fluffy, reversible rugs. CANADA RUG COMPANY 48 Carling Street. Send for Leaflet.

Cut F owers, Fern, Plants. Etc. Funeral Designs Our

West Floral Co.

A DOUGHNUT RECIPE that means Success

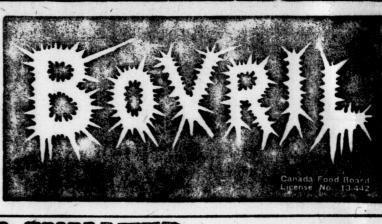
2 eggs.
1 cup white sugar. 1/2 teaspoonful salt. cup sweet milk. 1/2 teaspoon nutmeg.

and nutmeg. Sift flour, baking powder and salt twice. Mix with above ingredients. Roll out, cut with doughnut cutter and fry in hot EASIFIRST.

ing any flavors.

cartons and tins. Costs less and goes farther than butter or lard.



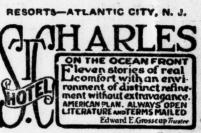


Can you, Miss Grey, or any of the readers tell me through the Mail-Box, who composed the sacred piece of music entitled, "Compassion." The first line, I think, is "Callest thou, oh, Savious, Calleth Thou to Me." I would like very much to get this piece as soon as possible, but don't know who the composer is possible, but don't possible, but don't posser is.

If Peggy K. would soak her aprons in a handful of salt dissolved in some cold soft water it will set the color before washing. This is good for all CORDA.

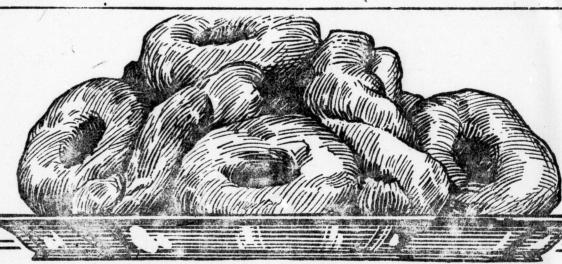
HORLICK'S Malted Milk for Infants

A safe milk diet, better than cow's milk alone Contains rich milk and malted grain extract.



You Get What You Demand Your grocer is ready to meet your demands. If you insist on getting Diamond Flour you can get it. The reason why so many thousands of housevives and cools insist on getting Diamond Flour is because it is the best flour possible for all kinds of domestic baking. Diamond Flour is a perfectly balanced blend of Manitoba Hard Wheat and Ontario Soft Wheat, milled to perfection by the most modern milling machinery obtainable. Once





Doughnuts that melt in your mouth!

The EASIFIRST way

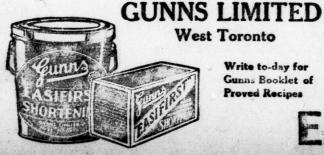
What is the secret? Well, the cook and the recipe both count, but the big factor is really the frying fat you use. You see, EASIFIRST will stand a high temperature-you can make it 100 degrees hotter than lard and 200 degrees hotter than butter before it smokes or burns. This means that when the doughnut is dropped into the hot EASIFIRST a protecting crust is instantly formed around it - no grease soaks in to make the doughnut heavy or soggy.

1 heaping teaspoonful EASIFIRST

3 level teaspoons baking powder Mix sugar and EASIFIRST to-gether. Add well beaten eggs, milk

The EASIFIRST that's left over may be used again without carry-

Be sure you get EASIFIRST-vour dealer will supply you. In



Leunns West Toronto Write to-day for Gunns Booklet of Proved Recipes EASIFIRST



course, as unconsciously of a course, as unconsciously as a hysterical woman has a seizure under exciting circumstances. When the soldier's endurance of horror has become exhausted he can't turn and run away; he develops a neurosis and goes into the hospital, where comfort and safety are to be had. The loss of an arm would bring the same solace; and in that case the neurosis would not occur.

In peace this nerve specialist points out neuroses develop when the individual can find no other way to surmount an obstacle. "Perhaps he can push it away or can surmount it; but he prefers to go around. For our patients the way anound is often insomna, 'nervous breakdown,' backache, dysmenorrhea, asthenopia, indigestion, headache, abdominal pain, etc." The neurosis is not always recognized as such. Frequently it is considered an organic or functional lesion; sometimes the patient is even subjected to opera-SO SORE SHE COULD

troubles.

"Three boxes of Dodd's Kidnev Pills cured me."

That all Miss Forlonski's ills were caused by the kidneys is evidenced by the fact that she found the relief's he was looking for in Dodd's Kidney Pills They are a kidney remedy. For more than a quarter of a century they have been relieving the kidney ills of the women of Canada The good work they have done is shown by the friends they have made.

Thousands of Canadian women claim that they owe their good health to Dodd's Kidney Pills. If you haven't tried them ask your neighbors about Intervals for the next two or three years.

Will Children Have Father's Diseases?

I am a widow 22 years old with two children. My hosband died of tuberculosis four months ago. Do you think my children will some day have their father's disease? I am very heathy, and am sure I have not caught the disease. Am I likely to have it in later years?

Answer.—If the children were not infected during the father's illness, there is no reason why they should ever have tuberculosis. But children may be infected without showing symptoms now; the infection may remain latent or smoldering for years then become active tuberculosis if the children neglect hygiene or ignore the laws of health. You and the children should have examinations by your physician at regular intervals for the next two or three years.

Why Is a Neurotic? What is a neurotic? A neurotic is an individual who is not necessarily neurotics go from one doctor to another, "nervous" in the ordinary sense, but who magnifies all his troubles and trouble from every consultant. They would not have been proposed and the consultant of the proposed and the consultant of the consulta

"nervous" in the ordinary sense, but who magnifies all his troubles and overlooks all his blessings, and feels "symptoms" from trifling causes which normal individuals would not notice at all.

"Shell shock" was a war neurosis, and the victims was, for the time being, at least, typically neurotic. A nerve specialist with rather more common sense than many of his colleagues teaches that this war neurosis is precisely the same in quality as the everyday neuroses of civil life. The soldier levelops shell shock as a means of getting out of the trenches and back away from danger—quite unconsciously, of course, as unconsciously as a hysterical woman has a seizure under exciting circumstances. When the soldier's endurance of horror has become exhausted he can't turn and run away; he develops a neurosis and goes into the hospital.

I like this need from edector to another, and receive different versions of their same the joy and life of all the new-fangled plausible healing fads. They like to have the "treatment" explained so they understand it about as well as they think the healer understands it. They write the glowing testimonials for the twentieth century nostrums.

"The neurotic," continues the nerve specialist, "is an individual in trouble with no easy or direct means of escape; a psychological dugout in which to hide."

There, now, I intended to conceal the fact that this is a psychological subject. But a good metaphor refuses to hide. Psychology, as it applies to healing, has two ugly black eyes, and deservedly. Nevertheless, you have to use a little psychology even in selling soap.

I like this nerve specialist's view of

Nevertheless, you have to use a little psychology even in selling soap.

I like this nerve specialist's view of psychasthenia—which he calls a better term than the older neurasthenia—because it agrees so well with mine. That is what I meant when I said at the beginning that he had good sense. People with good sense are those who agree with us about something. "Common sense" we freely impute to anyone that says something we think may be

"Female trouble" in a considerable

"Female trouble" in a considerable number of cases is a neurosis, a dugout in which the woman hides to escape the thraidom of potwalloping, perhaps. The w. k. T. B. M. is a neurotic dodging competition by means of "stomach trouble" or some such thing. In either instance a remarkable cure follows the latest treatment—if the dishwashing or competition is removed. QUESTIONS AND ANSWERS.

NOT GET OUT OF BED

To Mrs. I. E. K.

Your question should be answered, but I cannot answer it in print. Repeat the question, and inclose a stamped envelope addressed to yourself. There are many subjects which I am unable to discuss in print, for one reason and another.

Dodd's Kidney Pills
Cured Her.

Miss Annie Forionski Had a Compilca.

A. M. F.

Answer.—No. "Brain fever" is an old-fashioned name for meningitis—that is, inflammation of the membrane which covers the brain and lines the skull.

Meningitis is caused by the invasion of germs through the nasal cavity or by way of the blood, or from the middle ear and mastoid cells. Thus the dear of Laura Jean type of "brain fever" from "unrequit love." or, in bad cases standard remedy for all kidney troubles from "spurned passion." passed with Laura.

The Trouble With Candy.

was perhaps never before better demonstrated than in the case of Miss Annie Forlonski, of this blace. Let her tell cher story in her own words.

"My back was sore," Miss Forlonski states, "and my body was so sore I could not get out of bed. My bladder also bothered me, and I had urinary troubles.

Laura.

The Trouble With Candy.

Answer.—That is the great trouble with candy. If it is pure candy it is so very nounrishing. It would be diffficult to eat anything more nourishing or more directible than good candy.

Will Children Have Father's Diseases? I am a widow 22 years old with two

Specialty.