

Brick & Dundas Limited

Famous Old Recipe for Cough Syrup

Thousands of housewives have found that they can save four-fifths of the money usually spent for cough preparations, by using this well-known old recipe for making cough syrup at thome. It is simple and cheap but it really has no equal for prempt results. It takes right hold of a cough and gives immediate relief, usually stopping an ordinary cough in 24 hours or less.

Get 2½ ounces of Pinex (50 cents worth) from any druggist, pour it into a 16-oz bottle, and add plain granulated sugar syrup to make 16 ounces. If you prefer, use clarified molasses, honey, or corn syrup, instead of sugar syrup. Either way, it testes good, keeps perfectly, and lasts a family a long time.

It's truly astonishing how quickly at acts, penetrating through every air passage of the throat and lungs loos ene and raises the phleum, soothes and heals the membranes, and gradually but surely the annoying throat tickle and dreaded cough disappear entirely. Nothing better for bronchitis, spasmo-dic croup, whooping cough or bronchial

Pinex is a special and highly concentrated compound of genuine Norway pine extract, known the world over for ats healing effect on the membranes. Avoid disappointment by asking your druggist for "2½ ounces of Pinex" with full directions and don't accept anything else. Guaranteed to give absolute satisfaction or money promptly refunded. The Pinex Co., Toronto, Ont. Pinex is a special and highly concen-

Cocoanut Oil Fine

For Washing Hair

condition, be careful what you wash it

thing else, that contains too much alkali. This dries the scalp, makes the hair brittle, and is very harmful. Just plain mulsified cocoanut oil (which is pure and entirely greaseless), is much better than anything else you can use for shampooing, as this can't possibly injure the

ke an abundance of rich, cream;

coated, breath hot or stomach sour.

"California Syrup of Figs" can't harm tender stomach, liver, bowels.



and you have a well, playful child again. When its little system is full of cold, throat sore, has stomach-ache, diar-rhoea, indigestion, colic-remember, a good "inside cleansing" should always be the first treatment given.

the first treatment given.

Millions of mothers keep "California Syrup of Figs" handy; they know teaspoonful today saves a sick child tomorrow. Ask your druggist for a bottle of "California Syrup of Figs." which has directions for tables, children of all ages and grown-ups printed on the bottle. Beware of counterfeits sold here, so don't be fooled. Get the gonuine, made by "California Fruit Syrup Com-

Next to Sunshine pure air and deep breathing, the best medicine for the stomach, nerves and blood is Beecham's Pills

Page of Interest to Women

A Woman For Health Board

"Do the next thing," city of London, and place a woman member on the poard of health. Her presence is needed here as in the board of education. A very big percentage of the health work in the city, especially the preventive work, is in the hands of women nurses. And there are always coming before the board of health problems dealing with nurses and their work, which are not easily understood by man. What man, for example, can appreciate the value of a nurse's laundry bill or the linen necessary to keep a patient in comfort. And these are but two of the infinite number of small problems which are constantly coming before the board of health. Women are trained in the appreciation of details. While the man looks upon a matter with a more or less broad outlook, the woman at once sees the details, and both viewpoints are necessary to sucessfully pass judgment on any matter.

The mothers' clubs in the city saw the need of a woman on this board, and cordingly sent a delegation to the city council asking that such an appointment be made at the first council meeting of the new year. Perhaps their reason was more or less concerned with the welfare of the children in the city. They, as mothers, felt that the health of their children was so important, that they would like to see a mother on guard in the board of health to present the

Whether a woman will be appointed, and who that woman will be, is ye ertain. The name of Mrs. W. S. Partridge has been recommended by the Child Welfare Association and indersed by many other women of Lon in, and here is no doubt that Mrs. Partridge would make an excellent representative should the council choose to support her.

The excellent run made by the women for the board of education, which resulted in all three being elected, would certainly signify that London is ready for women to take a hand in public affairs. It is almost certain that the men of the council appreciate this, and that there will be no doubt as to the ap-

JOINT CANADIAN CLUBS GENEROUS DONATIONS WILL HEAR ZEEBRUGGE TO ORPHANAGE AND HERO SATURDAY NIGHT HOME OF PROVIDENCE

Julia Arthur and Agnes Laut Sisters of St. Joseph Express To Speak Before Woman's Gratitude to Citizens

The Khaki Chapter, Order of the Eastern Star, held their annual installation of officers for the ensuing year. Bro. Dutton, past worthy patron, actlation of officers for the ensuing year. Bro. Dutton, past worthy patron, acted as installing officer, and Mrs. Barrett was installing marshal. The officers are as follows: W. Matron, Miss Cronk; W. Patron, Mr. Jones; associate matron, Mrs. A. Rapson; secretary, Mrs. P. Wilson; treasurer, Miss Hastings; conductress, Mrs. Armstrong; chaplain, Mrs. Last; marshal, Mrs. Rapson; organist, Mrs. Dickerson; starpoints, Adah, Miss A. Coombs; Ruth, Mrs. J. Cuddie; Esther, Mrs. W. A. Cole; Martha, Mrs. Taylor; Electa, Mrs. Stevnson; warden, Mrs. Thomson; sentinel, W. A. Cole, After the installation Bro. Dutton was presented with a past patron's jewel from the chapter, Mrs. MacMonagle making the presentation. Mr. Dutton suitably replied, thanking the chapter for the gift. A most enjoyable fourth degree was afterwards spent.

Gratitude to Citizens
Of London.

The prospective program of the
Women's Causatian Club for the next
of the House of Providence and the
Women's Causatian Club for the next
of the House of Providence and the
phasasses, return success thanks to the
sphasasses, return success thanks to the
phasasses, return success thanks to th

And rub it in. Ohe or two teaspoonfuls will make an abundance of rick, creamy lather, and cleanses the hair and scalp thoroughly. The lather rinses out easily and removes every particle of dust, dirt, dandruff and excessive oil. The hair dries quickly and evenly, and it leaves it fine and silky, bright, fluffy and easy to manage.

You can get mulsified eccoanut oil at most any drug store. It is very cheap, and a few ounces is enough to last, everyone in the family for months.

Advit

CROSS, FEVERISH

CHILD IS BILIOUS

OR CONSTIPATED

Look, Mother! See if tongue is coated, breath hot or butter, tea and catsup; Mrs. (Dr.

Jimmy Coon and His Friends

MAKING THE NEW CITIZENS COMFORTABLE.

At last the Beaver travelers reached, and straw. They found the softest dry grass on the other side of Mirror Pond. Milror Pond. And Father Beaver's cousins from Beaver by houses had been burned by the Great Forest Fire, who made their very thing they saw. That this is their ideal laxative, because the love its pleasant taste and it thoroughly cleanses the tender little stomach, liver and bowels without griphns.

When cross, irritable, feverish or breath is bad, stornach Sour, look at the tongue, Mother! If coated, give a teaspoonful of this harmless "fruit laxative," and in a few hours all the foul constipated waste, sour bile and undigested food passes out of the bowels, gested food passes out of the bowels, gested food passes out of the bowels, gested food passes out of the bowels, and straw they searched the Beaver travelers reached, and straw. They found the softest dry grass on the other side of Mirror Pond.

At last the Beaver travelers reached, and straw. They found the softest dry grass on the other side of Mirror Pond.

At last the Beaver travelers reached, and straw. They found the softest dry grass on the other side of Mirror Pond.

It was a funny bidged to the bank of Mirror Pond.

And then each little Beaver with a big bundle of dry grass on his head, and and twas a sistent believe to the bank of Mirror Pond.

And then each little Beaver travelers the short of the bride and groom and Jerry Beaver neighbors, "Come on with us, every youngster, and let us were under water, and all you could be were under water, and all you could when they reached the short of the property of the property of the property of the brides of the property of the property of the brides of the property of the propert



And after the beds were all made with these fine straw mattresses, they had their supper. And after supper, Father Beaver gave his orders (for he was the Leader of all work and play in

was the Leader of all work and play in Beavertown.)

In fact, Father Beaver was the Mayor of the Beavertown. He was old and very wise; and he had been their Mayor for many years. And everybody listened and obeyed when Father Beaver spoke, and this gave Beavertown a splendid city government.

Their houses were all kept very neat and clean; and their city streets were clean, and their canals were kept supplied with pure water, and they had many nice parks.

In fact, Beavertown, as a city, was a h cleaner than many of our cities. And the village of Beavertown didn't have any dirty streets, or slums, or filthy back alleys. It was Spotless Town.

ACTUAL SIZE—the "Bigger Bar"

Without Premiums

To the Mail-Box folks, who so kindly thought of me during the Yuletide season with cards, booklets, and greetings, and to the countiess friends who have contributed towards the success of the column in the past year my graymant. column in the past year, my warmest thanks and appreciation is extended. May the new year be one of even

of outfiting the hostel and managi it, after it has been opened, has be undertaken by the Soldiers' Wiv League of this city. The great need immediate accommodation for t

women and children accompanying their husbands from England was recognized, and it is greatly to the credit of this organization that a move was made to secure it.

SOCIAL AND

PERSONAL

Readers Are invited to Phone All

A quiet wedding was solemnizel at the Memorial Methodist Church in this city on New Year's Day, when Miss Margaret Williams, second daughter of Mr. and Mrs. John Williams of Ilderton, was united in marriage to Mr. William Ewart MacNeill, second son of Dr. D. G. and Mrs. MacNeill of St. Johns. The bride was becomingly attired in a navy blue velour traveling suit, with large

blue velour traveling suit, with large black picture hat and Hudson seal furs,

black picture hat and Hudson seal furs, trimmed with ermine. The groom's gift to the bride was a platinum lavalliere set with diamonds. The young couple were the recipients of many useful presents, among them a substantial check from the bride's parents. Mr. and Mrs. MacNell left for Toronto and points east, after which they will reside in their new home in St. Johns. Prior to her marriage Miss Margaret Williams was the recipient of a beautiful silver reflector, a present from the office staff of the Somerville Paper Box Company, of which she was stenographer.

Miss Hendrica Vander Flier is leaving today for Youngstown, Ohio, after a three weeks' visit with Mrs. A. T. Ed-

A very pretty but quiet wedding was solemnized at the home of Mr. and Mrs. William Hyslop of Thamesford on Tuesday, December 24, 1918, when their

rdiesday, December 24, 1918, when their eldest daughter, Jessie Agnes, was united in marriage to Mr. Harry Haynes of Kintore. The bride, dressed in grey silk poplin, and wearing an amethyst brooch, mounted with pearls, but her father and

\$ 75.000. NEEDED

GANADIAN

RED CROSS

SPACE CONTRIBUTED BY

Gray's, Ltd.

News of This Kind to the Society Editor, Phone

Space for Compliments.

Dear Miss Grey,—Your column is se

Advertiser Patterns



DID "ALL THROUGH THE 2602—This is an ideal model for the cusy woman. It may be fastened with nap hooks. The fulness over sides and back is held in place by the belt. The model is in one piece style and

Nothing Bigger or Better

Her New Year's Resolve. New Year's Day, 1918.

Dear Cynthia, - Scuse me for peste ng you with letters. If I come too oft Dear Cynthia,—'Scuse me for pestering you with letters. If I come too often you just feed me to the billy goat or to the dicky bird, ha, ha! But, honest, Cynthia, this is the day we are supposed to make good, brand-new resolutions. I resolved to do a kind deed once in a biue moon, so I copied "Red Wing" for Lifeless, and hope it brings her to life with its catchy words.

I enjoyed Seventy Years Young's letter immensely, and hope she writes often. Ahem, how old is that young millionaire now? And is there any chance for us, S. Y. Y.? Well, a Happy New Year to all, and many of 'em.

URA KIDD.

Ans.—Same to yourself, U. K., and do you know, I don't think you waited until 1919 to begin on those kind deeds. Or how do you account for the bundle of "foot patterns" received by C. G. a few weeks ago?

Miss Billy's Desires.

Dear Miss Grey,—I received the addresses you sent, and I have written two of the girls, Canadian Belle and—I forcet the other one's pen name. But Miss Billy's Desires.

Another Little "Romper." Dear Miss Grey,—Would Really Anxious to Help cut me one of her comper patterns for my boy of 10 months? I think Mrs. All Trades asked for it.

A New One, could you get me the words of the old song, "Fair Charlotte"? I would like to have the music also. I would pay for it, or copy it, and send it back. Would it be too much to ask your friend to copy it for me? This is one of my mother's pieces, but I have forgotten it. Next time a come I will try and be a little help to others.

A MOTHER WAITING FOR HELP.

Ans.—This mother's queries referred Ans.—This mother's queries re to helping readers.

Nice For Company.

Measurement: Bust..... 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 33, 4, or whatever it may be. 'Vhen in waist measure, 22, 24, 25, or whatever it may be. If a skirt, give weist, and length measure. When misses' or child's pattern, write only the figure representing the age. It is not necessary to write "inches" or "years." Pattorns cannot reach you in less than one wasted in this way, and do not in much.

Hoss was manue. Some young men on which these red rings were, and in each case I have had to throw the fruit out. The first jar I opened I tried to forget the taste and became ill afterwards.

A few days ago I opened a jar of plums which were tainted with this phenol and boiled them over, but it did not take away the taste. I have also left the fruit exposed to the air, but it did not make any difference. What I would like to know is, Why is this phenol used in rubber rings, as rings without this have been used for years and the fruit kept very nicely? I think that be marrying and having the care of a family their progress to the eminency of distinguished ability think that be marrying and having the care of a family their progress to the eminency of the wild they ownlide them over, but it did not take away the taste. I have also left the fruit exposed to the air, but it did not make any difference. What I would like to know is, Why is the previously been a scholar, a legislator, and a defender of the weak. I have also left the fruit kept very nicely? I think that be marrying and having the care of a family their progress to the eminency to which these red rings of distinguished ability think that be marrying and having the care of a family their progress to the eminency to which these red rings of distinguished ability think that be marrying and having the care of a family their progress to the eminency to which these red rings of distinguished family their progress to which they aspire and having t

two of the girls, Canadian Belle and—I forget the other one's pen name. But the third address I lost, so would the girl who has not heard from me please send her address again to Miss Grey? I am sorry to have kept her waiting.

Pollyanna, I believe you must be my fairy godmother. Will you please send the directions for the sweater to Miss Grey, and thank you very much for them. Would Original Q. be kind enough to let me have that tam pattern? I would be glad to get it. Can you or any one of your readers supply me with the words of "Just as the Sun Went Down"? What is the meaning of Harold, Ernest, Clotilde and Mary?

Ans.—I have no information beyond the doctors agreed there was no danger in using this fruit, and that the consumer should try and "forget the flavor." I shall endeavor to find out something further in this regard shortly, and let you know.

"Ring In the New."

Grey, and thank you please send with it necessary to eat fruit flavored with this phenol.

Some might say to scald them, but I have done so without results. Will you please send me that stockings on this subject?

A SUBSCRIBER.

Ans.—I have no information beyond what you mention yourself, viz., that the doctors agreed there was no danger in using this fruit, and that the consumer should try and "forget the flavor." I shall endeavor to find out something further in this regard shortly, and let you know.

"Ring In the New."

Will you please send me that stockings the subject?

Ans.—I have no information beyond the doctors agreed there was no danger was no danger in using this fruit, and that the consumer should try and "forget the flavor." I shall endeavor to find out something further in this regard shortly out are a busy mother as well as a sorrowing one? When we have wholesome occupation for our hands and minds, the burden and the loneliness

"English Buttercup" asks for a copy of the stockingfoot pattern and sends this pudding recipe for a "company" dinner: Plum Pudding—2 eggs, 114



For 25 years "Comfort" has

been Canada's favorite-for 25

years the biggest seller. Re-

member, Comfort washes per-

fectly in hot or cold water, hard

or soft. It reduces work. It cuts

expenses. The big chunky bar

"It's All Right"

PUGSLEY. DINGMAN & CO., LIMITED

fits the hand.

Grafton & Co., Limited

"Ring in the New."

Dear Miss Grey,—Please accept my thanks for all the benefits. I have received from the page throughout the year that is closing. How glad we are

Club

ONE GOLDEN TEXT SUGGESTION.

By Rev. T. S. Linscott, D.D.

Moses the Leader of Israel.—Exodus,

Contain No Narcotics atore the digestive organs to a healthy con-dition. Price 25 cents. At your dealers of mailed direct on receipt of price.

Memorial Wreaths EST FLORAL COMPANY Phone 2187. 249 Dundas Street.

Northrop & Lyman Co., Ltd. Dept. E. W., Toronto

Heal Itching Skins With Cuticura