REAL ESTATE FOR SALE REAL ESTATE FOR SALE

WE sincerely wish that all our clients past, present and future, may have a Merry Christmas, and that the coming year may be the happiest and brightest of all, and are here to help you to attain that desirable end.

BERT WEIR

REAL ESTATE *7 MARKET LANE*

2u

Greetings—Merry Christmas and Happy New Year.
TO ALL MY CLIENTS.
SAM D. CAMPBELL
Member London Real Estate Board and London Chamber of Commerce. Estate, Bond, Loan, Insurance, Broker and Valuator.
Bank of Nova Scotia Chambers, 422 Richmond Street, London, Ont. 2u

FOR SALE

Large office building on one of the finest central business sites in the city, which, from its location, must increase rapidly in value. The offices are always occupied, well rented and bringing a good revenue.
This property is on the market for sale, and will be sold within ten days.
For further particulars see
ANDERSON & CO.
12 MARKET LANE. zyxwv

MODERN BRICK COTTAGE, CENTRAL, driveway, $2,500. Large manufacturing plant reduced to $10,000, for quick sale. Apply M. D. McConnell. Phone 5250.

REELY, 795 YORK STREET, REAL estate. Agent for all reliable insurance companies. v

700 CHOICE FARMS IN ONTARIO—Catalogue sent free on application. Thomas Myerscough & Edy, 236 Darling street, Brantford. Bell phone 1233J

ALEXANDER & LECKIE — REAL estate and insurance. Write Royal Bank Building, Sarnia. Phone 303.

ROOMS TO LET

LARGE COMFORTABLY FURNISHED room, all conveniences. Apply 289 King. 2c

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100-ACRE FARM FOR SALE. SOIL clay loam, well fenced and tile drained, abundance of water, first-class buildings, seven miles from London on provincial highway. Owner retiring on account of old age. Address Box 295, Advertiser. 1c

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FAULDS & CO.
THE FARM SELLERS,
59 Dundas, Corner of Ridout Street.
Phone 6471.
100 acres—$9,000; 9 miles from London market; good brick house; basement barn, steel stanchions, water inside; straw barn, drive-house, extra well fenced and tiled, rich clay loam. Dec.22,24,25

76 ACRES, 7 MILES FROM INGERSOLL, splendid buildings, 1½-story brick house, new steel truss barn, stables, driveshed, hogpen, 4 acres wheat, 4 acres sugar bush, well fenced, well drained, good well, 2½ miles from station, choice orchard. R. J. Howe, Mossley. 39n

GEORGE COLBERT
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Phone 271, Residence 6207.
$2,700—South, nearly new cottage, containing seven rooms, large basement, 3-piece bathroom, on car line. Close to market.
16 acres, north, 15 minutes' walk from car line, cottage, contining six rooms, splendid barn, chicken coops, large pig pen, all kinds of fruit trees, best of garden soil, overlooking the city. Must be sold this month; reduced price.
$5,600—This is a bargain, immediate possession. Call at office for particulars.
Large list of city and country property.

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BROUGHTON THE MOVER — SPECIALTY, crating and shipping. Phone 1444.

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WANTED—FARM, BY EXPERIENCED farmer, 60 to 100 acres. Possession March or April. Best of references. Apply E. Purdy, Highgate. 98n

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DR. R. D. JARVIS — EXTRACTION only, painless method. 213 Dundas street.

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201½ Dundas Street.
First-Class Set of Artificial Teeth, $10. No Charge for Extraction.
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DR. R. C. BEST, DRUGLESS PHYSICIAN, 39 Belgrave avenue. 9 to 11, 2 to 5 and appointment.

A. W. MACFIE, DOMINION SAVINGS Building, chiropractic, electropathy, orthopedic-sanipractic, X-ray. Phone 4710. Residence 5710.

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W. B. WORTMAN, PUBLIC ACCOUNTANT — Audits, investigations, and systems. 600 Dufferin avenue. Phone 4987.

MARRIAGE LICENSES

MARRIAGE LICENSES ISSUED—W. C. Fitzgerald, 110 Dundas street.

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PATENTS

RIDOUT & MAYBEE, 156 YONGE street, Toronto, solicitors of patents and experts in patent law. Send for our handbook.

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NOW USED FOR THE MANUFACTURE OF CIGARS
To Let Immediately
Located at 184-190 Horton street; is 33 feet high by 120 feet; three floors, basement and attic; over 16,000 square feet floor space; hot water heated and fully equipped with all sanitary conveniences. Large customs bonded warehouse, storehouse and garage in the rear, etc. Suitable for light manufacturing or wholesale grocery. Convenient to G. T. R.
APPLY AT PREMISES. 2n

USED CARS FOR SALE USED CARS FOR SALE

Christmas Bargains

That you will not have the opportunity of getting again. Come early and drive home in the car you want. Easy terms can be arranged.

FORD SEDAN, only few months old	$1,050
FORD SEDAN, newly painted, a snap	975
FORD COUPE, almost given away at	675
FORD COUPELET, running fine, good tires	500
FORD TOURING, good motor, real snap	400
FORD DELIVERY, newly painted	365
FORD COUPE, good tires, starter	625
FORD TRUCK, stake body, overhauled	675
FORD DELIVERY, lots of pep; a real bargain	375

You would be surprised at the number of real snaps we have. Look them over. Pick out the one you want. We will teach you to drive it.

J. W. McLAUGHLIN
FORD DEALER. OPP. CITY HALL. b

BEEMER & CO., LIMITED

WE DO NOT HAVE MANY USED CARS
THOSE WE HAVE ARE IN GOOD CONDITION AND ARE REAL BARGAINS
COME TO
BEEMER & CO., LIMITED
Cadillac, Reo and Gray-Dort Cars
White and Republic Trucks.
127-133 QUEEN'S AVENUE. zxv

ANY NUMBER OF USED CARS IN first-class condition, tires, tubes, accessories of all kinds and used parts. People's Garage, 364 Dundas.

AUTO TIRE REPAIR COMPANY, Sarnia—The only expert vulcanizers in the city. Tires and accessories.

QUICK SALE!
Ford Coupe
1920 MODEL
Slightly used as a demonstrator. Will be sold at a real bargain immediately.
APPLY
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AS GOOD AS NEW.
Special Rates to Garages.
RELIANCE GARAGE
London Limited zxv

The Most Up-to-Date Shop in Town
Chains. Engine Covers. Antifreeze. SUDDEN SERVICE STORE Tires. Accessories Bulbs.
Vulcanizing, Retreading, Double Treading. All Work Guaranteed.
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ELECTRIC MOTOR REPAIR COMPANY
349 TALBOT STREET. PHONE 7174.
Motors and Generators Rewound, Repairs to Electric Apparatus. zxv

The London and Lake Erie Railway and Transportation Company.

NOTICE is hereby given that the London and Lake Erie Railway and Transportation Company will apply to the Parliament of Canada at its next session for an act empowering it, and, or the Fidelity Trusts Company of Ontario, trustee for the bond-holders of said railway company, to sell and dispose of the railway company's rights-of-way, lands, buildings, property, terminals, gravel pits, works, rolling stock, equipment and other accessories thereof, and confirming the sales of the lands and property of the railway company heretofore made.
DATED at London this 10th day of November, A.D. 1920.

Notice to Creditors

In the Matter of the Estate of Peter Harris, late of the City of London, in the County of Middlesex, Chef, Deceased.

Notice is hereby given, pursuant to Section 56, Revised Statutes of Ontario, 1914, Chapter 121, that all persons having claims against the estate of the above-named deceased, who died on the 7th day of July, 1920, are required on or before January 5, 1921, to send to the undersigned full particulars in writing of their claims duly verified, after which date the estate will be distributed, having regard only to those claims of which notice shall then have been received.
Dated at London this 16th day of December, 1920.
McKILLOP & DOUGLAS,
Solicitors for Executor.
D.17,24,31

IN THE MATTER of the estate of JACOB DICKEY, late of the Township of North Dorchester, in the County of Middlesex and Province of Ontario, Yeoman, Deceased.

NOTICE IS HEREBY GIVEN, pursuant to revised statutes of Ontario, 1914, Chap. 212, that all creditors and others having claims or demands against the estate of the said Jacob Dickey, yeoman, deceased, are required on or before the 5th day of January, 1921, to send by post, prepaid, or deliver to the undersigned solicitor for the administrator of the estate of the said deceased their names and addresses and full particulars of their claims, duly verified. And take notice, that after the said last-mentioned date, the said administrator will proceed to distribute the assets thereof among the parties entitled thereto, having regard only to the claims of which he shall then have had notice, and the said administrator will not be liable for the said assets to any person of whose claim he shall not then have received notice.
DATED at London, Ontario, this 16th day of December, A.D., 1920.
T. W. SCANDRETT, Esq.,
Solicitor for the Administrator.
D.18,24,31.

OFFICIALS PREPARE FOR CHRISTMAS RUSH AT ELLIS ISLAND

Thousands of Immigrants Seek to Reach America For Holiday.

NEW YORK, Dec. 23.—Immigration officials at Ellis Island are preparing for the greatest Christmas rush of immigrants in the history of this port. Special plans have been made to expedite the movement of between 20,000 and 30,000 newcomers during the few days preceding the holiday.

Thousands of immigrants timed their departure from Europe, so that they might spend Christmas with relatives in this country and the immigration authorities have speeded up the inspection machinery to make this possible.

Despite the extra efforts, officials say thousands will be disappointed. Christmas Day is expected to find Ellis Island overflowing with immigrants, and several ships awaiting to unload their human freight. Recently immigrants have been arriving at the rate of more than 2,000 daily, and more than 20,000 have been in transit on the ocean at one time.

Welfare organizations have offered their co-operation to the island officials to bring a bit of holiday cheer to the new-comers who may be there Christmas Day.

With the high-tide of incoming Europeans, there has also been a large emigration from this port during the past month. The outgoing are mostly persons who were returning to Europe for a visit and to pass the holidays with the "old folks." A small proportion announced their intention of remaining abroad, using their savings in the upbuilding of business under new conditions.

BLENHEIM FORESTERS' ELECTION OF OFFICERS

More Than 16,000 Vermin Killed in Two-Team Match.

BLENHEIM, Dec. 23.—Court Blenheim, C. O. F., held the election of officers for the year 1921 last evening. The following were elected: J. P. C. R., John Rigby; C. R., Budd Stewart; V. C. R., S. E. Irwin; R. S., W. J. Sterling; F. S., G. W. Riseborough; treasurer, Wm. Ferris; chaplain, Charles Burk; S. W., Charles Griggs; J. W., Jacob Remington; S. B., Arch McDougall; J. B., Wm. Marshall; auditors, A. J. McTavish and J. H. Collar; physician, C. B. Langford.

Safely Home.

Word was received yesterday by Dr. C. B. Langford from Troy, Ala., stating that Martin G. Folmar, father, brother and nurse had safely arrived. It will be remembered that Mr. Folmar, who belonged to London, recently met with a very serious accident on the Harwich and Howard town line a few miles from here, going to Government Park. So serious was the accident that he hovered between life and death for days. He was cared for at the home of Wm. Holdaway, and only on Saturday was he permitted by his physician, Dr. Langford, to leave for his father's home in Alabama.

Home for Christmas.

Blenheim students and others who have been attending institutions at various points, have begun to arrive home for Christmas. Among those already here are: Miss Zelma Knight, Alma College, St. Thomas; Miss Jean Grant, MacDonald College, Guelph; Grant Smith, teacher, Peterboro County; D. A. Henderson and Oral Shillington, Queen's University, Kingston; Wm. Riseborough, Dental College, Toronto; Gordon Rutherford, Woodstock College, Woodstock. Several of the teachers here leave today for their homes for Christmas. Principal Gould left this morning for Uxbridge.

Sparrow, Rat and Crow Hunt.

Considerable interest has centered in the Charing Cross neighborhood, a few miles west from here, in a great sparrow, rat and crow match which has been in operation for some days and nights. Sides were chosen and the competitors started out to see which would get the larger number of victims. Roy Cartwright and Lou Jacobs were captains, and when the heads and tails were finally counted it was found that Lou Jacobs' team had won, with 6,700 sparrows, 31 rats and 1,740 crows, while Roy Cartwright's side had gathered 7,600 sparrows, 44 rats and 55 crows. The winners had not only the satisfaction of being ahead, but also enjoyed an oyster supper at the expense of the losers. The neighborhood will notice a considerable decrease in the pest population as a result of the match.

WAS PRESENT AT QUEEN VICTORIA'S CORONATION

OWEN SOUND, Dec. 23.—Mrs. Ann Brown, the oldest person in this district, died today at the home of her son, Thomas Brown, the Glen, Sydenham. Mrs. Brown was born in Yorkshire, Eng., on January 10, 1814, and had been a resident of Canada for a great many years. She had the distinction of having been present at the coronation of Queen Victoria in 1837. She was probably the only person living during the past few years who had that honor. Until a week ago She was enjoying excellent health, but recently fell while walking about the house, though no bones were broken, the shock proved too great, and she never rallied, passing away at noon today. She is survived by one son, Thomas Brown, Sydenham, and two daughter, Mrs. William Kennedy, of Montreal, and Miss Julia Brown, at home. During the recent war Mrs. Brown did a great deal of knitting for the Women's Patriotic League.

Children Cry
FOR FLETCHER'S
CASTORIA

SIGNS

GLEN BROS., SIGN PAINTERS—Designs and estimates furnished free. 420 Talbot street. Telephone 1842.

SURVEYORS

F. W. FARNCOMB, CIVIL ENGINEER, surveyor. Room 307, Dominion Savings. Phone 552

EDUCATIONAL

PRIVATE SCHOOL — STUDENTS prepared for all examinations. J. A. Young, 379 Princess avenue.

MONEY TO LOAN

PRIVATE AND TRUST MONEY TO loan on farm and city property; lowest rates; terms to suit. T. W. Scandrett, 98 Dundas street.

In the matter of the Estate of PETER G. McINTYRE, late of the Township of Lobo, in the County of Middlesex and Province of Ontario, Yeoman, Deceased.

NOTICE IS HEREBY given, pursuant to Revised Statutes of Ontario, 1914, Chapter 212, that all creditors and others having claims or demands against the estate of the said PETER G. McINTYRE, Yeoman, Deceased, are required on or before the 12th day of January, 1921, to send by post, prepaid, or deliver to the undersigned solicitor for the executors of the estate of the said deceased, their names and addresses and full particulars of their claims, duly verified. AND TAKE NOTICE that after the said last-mentioned date, the said executors will proceed to distribute the assets thereof among the parties entitled thereto, having regard only to the claims of which they shall then have had notice, and the said executors will not be liable for the said assets to any person of whose claims they shall not then have received notice.
DATED at London, Ontario, this 21st day of December, A.D. 1920.
T. W. SCANDRETT, Esq.,
Solicitor for the Executors.
D.24,31,J.8

Notice of Dividend

DIVIDEND NO. 5.

The regular quarterly dividend at the rate of 8 per cent per annum on the Preferred Stock of the Mutual Finance Corporation, Limited, has been declared by the board of directors, payable on January 8, 1921, to paid-up stockholders of record December 28, 1920.
A. F. HEALY,
President.
Windsor, December 15, 1920. 100c

WESTERN ONTARIO BRIEFS

SARNIA CLAIMS PALM.

SARNIA, Dec. 23.—While certain Western Ontario cities, including Kitchener and Chatham, proudly announce the small amount of taxes in arrears and the large amount collected this year, the figures issued by City Tax Collector William Nickell today indicate that they will have to yield the palm in the matter of low arrears and large collections to the city of Sarnia.

The total arrears up to the end of 1919 as announced were $8,737, fully $2,000 less than Kitchener, while the total collections of taxes and water rates up to December 20, 1920, by Collector Nickell and one assistant are announced as $479,493, divided as follows: Taxes, $421,259.52; water rates, $58,233.48.

DEATH OF MRS. E. SANDHAM.

SIMCOE, Dec. 23.—Mrs. Elizabeth Sandham, widow of the late William Sandham, and mother of Reeve A. O. Sandham of Middleton Township, died of apoplexy yesterday evening. The attack, which was a severe one, came unexpectedly while Mrs. Sandham was attending a church concert on the previous evening. Deceased had been in the enjoyment of good health though in her 77th year. The funeral will be held Sunday at 1 o'clock from the home of Reeve Sandham.

HOME ECONOMICS

MRS. ELIZABETH KENT, MacDONALD COLLEGE.

SERVING BUTTER.

Nothing is more easily wasted than butter, yet butter is still one of the dearest foods. While we must have it, if only for the children's sake, equally we must not waste a bit of it.

Butter is usually bought for private use in pound packages wrapped in oiled paper or in tubs or earthen jars of five or ten pounds. The five-pound tubs are often cheaper and sometimes just as good, though of course they are much less convenient for serving, and the risk of waste is certainly greater. Butter, whether in package or tub, should be kept cold, but it is extravagant to serve butter very hard at the table. From pound packages it should be served either in one square on a butter dish, with a silver butter knife, or in individual squares with a butter pick.

Tub butter should be made up into butter balls for the table, a half pound or a pound at a time, and the balls should be kept cold in a covered bowl until served. Hard wood paddles with small grooves should be soaked in cold salted water. The butter should be roughly shaped into small balls by hand (dip your hands in cold water for the work), and then rolled between the paddles into the marked butter ball. Flat pats can with a little practice be made into little rolls and are pretty and effect economy in butter. Butter rolls or balls should be served on a butter dish with a silver pick by which the individual serves himself. In hot weather the butter dish should permit drainage for a small piece of ice, so that the butter will not get soft and greasy looking. Leftover butter if quite clean, can always be made presentable again, in balls.

It is customary not to serve butter at a formal dinner, because the usual roast meats provide sufficient fat without it. Bread or crackers may be served with the soup, but the meat course has neither bread nor butter. For the home dinner, however, where there are children, butter should be served.

(Copyright, 1920, the Metropolitan Newspaper Service.)

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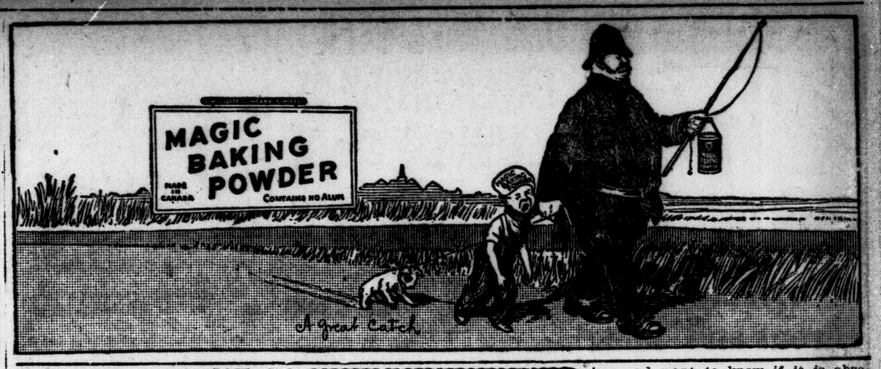
Wholesome-Cleansing-Refreshing
When Your Eyes Need Care



THE MARRIAGE OF ANNE

BY MAY CHRISTIE

(Copyright, 1920, by the McClure Newspaper Syndicate.)

XC.—Julie Decides.

"We want a ready-made motoring coat," my aunt informed the tailor.

As in a dream I watched her quick movements. She was generosity itself, but somehow I felt that I did not deserve her kindness.

A heavy leather garment was displayed.

"Too cumbersome," said Julie, critically.

The second offering of the sort was of tomato-red cloth, adorned with several little hoods on which were applied the most amazing flowers of leather!

"Too eccentric," said my aunt.

The third choice was lucky. A coat of blood wool velour was trimmed with leather strips, and had the cosiest of shawl collars, into which I could snuggle down. We purchased that.

"Blouses next," said Julie, in her business-like way.

Specimens were brought.

"I don't think I care for the high collars," I said timidly. "They'll scratch my neck."

"Rubbish! Pride and the fashion feel no pain. You must learn to be in the mode, Anne, now that you've secured an up-to-the-minute husband!"

I subsided meekly.

A severely-tailored blouse boasted a high collar of organdie with an outstanding ruche. (That was added to the collection.)

And two silk shirts.

The tailor took my measurements for the suits.

Then he managed to persuade aunt into buying me an ultra-smart wrap of dark blue tricotine, in cape style.

"I think we all deserve some lunch now," remarked my relative, briskly. "Afterwards we must get a wardrobe trunk for Anne, and a hat-box and some boots and shoes."

We left the tailor's smart establishment, and—turning into Fifth avenue—walked southward to the Ritz.

Julie kept up a running flow of chatter. I was grateful to her for her good spirits. They filled a gap. I felt that I had treated aunt very badly, and that she was now endeavoring to return good for evil. Such knowledge embarrassed me, and made talk impossible on my part.

Her remarks and warnings about Fred, too, had been completely justified, although I had not believed them at the time. To have been proved so definitely in the wrong was humiliating.

Lunch was a delightful meal. My aunt was well-known to the staff of the Ritz, being a regular patroness.

Therefore our particular table was in the choicest situation possible—not too close to the orchestra, and commanding the best view of the room.

Iced canteloupe was followed by iced consommé. Then came most delicious salmon—cold—with cucumber and mayonnaise.

Thereafter, tournedos, with French beans and new potatoes.

And a delicious course of asparagus. Peche-melba, biscuits and cheese and coffee concluded the meal.

We drank our coffee in the lounge, the orchestra playing a dreamy melody not far away.

What a contrast to my few miserable and lonely days in New York when I'd known the drabness of poverty!

Aunt and Julie chatted of my husband. Julie, it seemed, knew a lot about Neil Saunders.

She intimated, laughingly, that it was more by good luck than by good guidance that I had secured so eligible a husband.

"The foolish little Anne!" She shook a playful forefinger at me. "You have won the charming husband. Now you must endeavor to keep him."

I glanced at aunt, to see how she took this sentiment. To my surprise, she appeared in agreement with the very modern Julie.

"Women must put their best foot foremost these days," she said briskly. "As for you, Anne, you're not observant enough. Just keep your eyes open and learn a little wisdom in managing a husband. And don't let people get ahead of you."

Then she rose.

"We've no time to waste, dilly-dallying here, pleasant and restful though it is. We must get a taxi and on with our business."

In a few moments' time we were bowling along in search of a wardrobe trunk big enough to carry my frocks and frills and capes and costumes.

We found a suitable one at last, and it was sent to Madame X—to have it filled with our new-made purchases.

Aunt directed the modiste to dispatch the trunk to the railway station, where I could claim it.

Then off to a smart French bootshop. The thing was to be done thoroughly this time!

Two pairs of grey suede shoes, with high backs fastening round the ankle in a series of straps.

Two pairs of brocaded, buckled, high-heeled evening shoes.

Two pairs of black patent leather pumps, with shiny paste buckles.

One pair of black satin dress slippers, adorned with beaded pom-poms, and lacing in criss-cross style above the ankle.

Two pairs of ultra-smart walking shoes, one pair in brown kid, the other in black patent leather.

A pair of white buckskin boots, high-laced.

A pair of white buckskin oxfords.

Then the Plaza for tea!

As we sat in its quiet spaciousness, Julie announced:

"You can catch the 5:35 train back, Anne. It's an express. And"—here she smiled an enigmatic little smile—"I've decided that I'm coming with you!"

Tomorrow—Commonsense from Julia.

Personal Health Service

(By WILLIAM BRADY, M.D., Noted Physician and Author.)

Must Cataract Ripen?

In former years it was not deemed best to operate for cataract until the cataract was ripe, or in other words until the entire crystalline lens of the eye had become opaque and the patient was quite blind.

No doubt this older belief of the physicians will be retained by the laity at least another generation, although physicians no longer deem it necessary or advisable, as a general rule, to wait for the ripening of a cataract.

Greater skill and knowledge have proved that the most satisfactory results are to be had, in most instances, by early operation without waiting for the cataract to develop.

If both eyes are cataractous and vision is steadily decreasing, the eye surgeon nowadays removes the cataract which seems most advanced as soon as the sight of the better eye has deteriorated to the point where reading is no longer possible or it has become unsafe for the patient to go about the streets alone. Newer technical methods render the removal of the unripe cataract possible and safe.

Once successfully removed, of course it is impossible for a cataract to return.

The question arises sooner or later in every case of cataract: What shall I do? Shall I take the risk of an operation?

There need be no difficulty in settling that question. It is no longer justifiable to let the victim of cataract go blind or nearly blind become helpless or dependent on the care of others, merely because he or she is obstinately prejudiced against "the knife." Fake "eye specialists," with alleged cataract cures or absorbents to sell the unwary, may paint unpleasant pictures of "the knife," but it would be a difficult thing to indicate which of the delicate instruments used in the operation bears any resemblance to a "knife." The answer to the question is this: They're your eyes; would you rather lose them than risk them in a venture which will probably restore your sight?

QUESTIONS AND ANSWERS.

Raw Egg and Milk.

I drink raw eggs and milk each morning, and want to know if it is absolutely necessary to use strictly fresh eggs in order to receive full benefits. (Mrs. W. M. M.)

Ans.—It is immaterial, so long as the eggs taste all right. Of course, there is no more benefit, or rather there is less benefit to be obtained from a raw egg than from an egg cooked to taste.

Baby's Nails.

We have a five-weeks-old baby who has quite long finger nails. I thought of cutting them, but two old ladies in our neighborhood urge me not to. They say I should bite them instead. What would you do?—Mrs. O. T. C.

Answer—I think I would bite the old ladies.

Best Time to Remove Tonsils.

Which is the best time to have the tonsils removed?—G. W. C.

Answer—There is no better time than now.

Beauty Sleeps.

I am a girl fourteen years old and uncertain as to the number of hours' sleep I should have each night. Please inform me about that. (Alma.)

P. S.—This child is of nervous temperament and we have set 9 o'clock as her bed time. She thinks that is too early. We find when she gets less sleep she is peevish and irritable. I have intercepted her letter, as I wished you to understand, for she abides by your decision. Sincerely yours, Alma's Mother.

ANSWER—Assuming that you get up at 7:30 every morning, in order to keep well—and have the finest complexion into the bargain—you must be abed by 9:30 every night, Alma. Not less than ten hours' sleep every night till you are twenty years old. And even at that, a wee bit of beauty sleep after dinner, if possible, is a secret worth having.

The Constipated Habit.

Is constipation listed—as I suppose it is—among that vast number of diseases or ailments for which you refuse to prescribe in individual cases? (W. G. R.)

ANSWER—No. Constipation is just a bad habit and I'll be pleased to send you detailed suggestions for overcoming the habit if you will accompany your request with a stamped, self-addressed envelope.

Consumption Not Inherited.

Is consumption inherited? A.S.F.

Answer—No. That notion arose from the frequent occurrence of several cases of the disease in a family, but the truth is that one infected the other through prolonged intimate personal contact, as the contact between parent and child.

CHRISTMAS IN ALGONQUIN PARK.

There is an increasing desire among many city people to escape, during the Christmas and New Year holidays, from the cares of housekeeping and of life in the large centres, and seek the hospitality and good cheer to be found at the resort hotels. The Grand Trunk Railway System is meeting this desire in keeping open its famous hotel in the Algonquin Park of Ontario, the Highland Inn. This hotel is easily accessible through Ottawa or Toronto, and offers warm, cheery public and private rooms, excellent cuisine and the companionship of guests who have a common aim—to enjoy the healthful winter sports and invigorating climate that the great unspoiled wilderness of Algonquin Park affords. For rates, etc., apply to any Grand Trunk Railway Agent or write to Mr. N. T. Clarke, Manager, Highland Inn, Algonquin Park Station, Ont. D.18,24

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