

Success and Health in a box of Milburn's

FAIN'I make never won fair lady," an old proverb, but certainly a true one, and it is equally certain that faint hearts accomplish very little in any other path of life.

Business Controllers, Statesmen and Professional Leaders are men of stout hearts. They are careful to repair the waste caused by continual strain upon their mental and physical system.

There are still thousands among our own population who ignore the heart, the most important of all organs. All toilet tables find room for some restorative—many find room for a box or two of Milburn's Heart & Nerve Pills. Their users are the wise ones who know the necessity of keeping the heart young-with a well heart there are no nervous complaints or ailments of any kind.

Grateful people all over Canada convey the facts of regained health through the use of wilburn's Heart & Nerve Pills. Read this one, chosen at random

MILBURN'S HEART & NERVE PILLS

Mr. H. Maxwell, Woodhouse Alta., writes: "I was in the army when I got heart trouble The two doctors told me there was little hope for me to get better. I have doctored with other doctors, but with no relief. A year ago a friend told me to try Milburn's Heart & Nerve Pills. I laughed at him at the time, and told him they were only a fake, but as I got worse I thought I would try a box. I have taken six boxes, and can say that they are the first thing that helped me, and I feel as if I were a new man. I sure can thank them, and feel that with

To your nearest druggist is but a short distance. He will hand you the key to good health and happiness—a box of Milburn's Heart & Nerve Pills, or send 50c. and they will be mailed direct by The T. Milburn Co., Limited, Toronto, Ont.

seld at the home of Mrs. Wm. Dawes ras largely attended. The president, flss M. McLeod, in the chair. It was ecided to hold a progressive enchre and dance in the town hall, the proseeds to go to the memorial fund. The branch also intends donating a um of money to the "Trail Rangers" Jub." Miss Eva Cody read an exellent report of the Women's Institute convention which was held in London flss Helen Ross gave a piano solo and Mrs. R. M. Ross gave a paper on What Should Christmas mean?"

an church was a great success the self-serve supper creating much fun. All the guessing contests were well atronized, but the centre of attraction has the home-made baking booth.

The proceeds amounted to \$217.

HARRIETSVILLE W. I. The November meeting was held at he home of Mrs. E. Burchmore with hirty present. Mrs. L. L. Yorke gave very interesting address on "The nfluence of Dress and Character" and astrumental and vocal selections were liven by the Misses Furchmore and Mrs. Yorke. Mrs. Ewins and Mrs. McVicar gave interesting reports of the London Convention. Next meeting will be held at the some of Mrs. J. Butler on Thursday, December 9.

LISTOWEL HOSPITAL AUXILIARY. The Women's Hospital Auxiliary, Lis-

noking—No Spraying—No Snuff Just Swallow a Capsule RAZ-MAH Is Guaranteed

o restore normal breathing, stop mucu patherings in the bronchial tubes, give ong nights of quiet sleep; contains no sabit-forming drug. \$1.00 at your drug-list's. Trial free at our agencies or write femple/ons, 142 King W., Toronte

Western Ontario

Women's Activities

Women's Activities

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

EMBRO AND WEST ZORRA W. I.

The Embro and West Zorra Woman's Institute meeting which was largely attended, The president, fiss M. McLeod, in the chair. It was social was president, fiss M. McLeod, in the chair. It was social was meeting in the council chamber, with Mrs. John Sangster in the chair. It was decided to provide flowers for each patient during the winter months, and the visiting committee was instructed to secure cut flowers each Friday. The committee in charge of the picture show entertainment reported over \$170, and a note of appreciation will be sent Mr Payne, manager of the movies, for his generosity. After paying for the new rubber stair pads and matting, there is still over \$250 in the treasury. Plans for a "baking sale" and a "mile of coppers" for raising funds were left over till the January meeting.

KINTORE WOMEN'S INSTITUTE.

A meeting of the Kintore branch W. I was held recently, with Mrs. W. J. Dunster in the chair. The roll call was answered by the naming of an

THEDFORD LADIES' AID,

The annual bazaar and supper held a Crawford's Hall under the auspices at the Ladies' Aid of Knox Presbyter and church was a great success the elf-serve supper creating much fun. It the guessing contests were well atronized, but the centre of attraction as the home-made baking booth. The proceeds amounted to \$217.

HARRIETSVILLE W. I.

Who was married to Mr. Sherman Quinnie on November 24. The hall was tastefully decorated for the occasion, and looked cosy and homelike. A pleasant evening was spent in games and singing, after which a miscellaneous shower was presented to the guest of honor, to which she made an appropriate response. Much amusement was afforded when the original insorptions were read on the many useful gifts.

MELROSE MISSION SHORED SIMCOE W. M. S.

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A LISA CRAIG BAZAAR.

A very successful bazaar was held in the parish hall of the Anglican Church, Alisa Craig, under the auspless of the Girls' Guild. The president, Miss K. Fox, has been active since starting this club and spent considerable time preparing articles for the bazaar and receiving donations from friends. The girls were in different costumes according to the ideas carried out in the various hooths, where everything from fancy work to soap was sold. Refreshments were served during the evening, the total proceeds amounting to \$133, which will be used towards missions and improvements to the church.

MOUNT BRYDGES REBEKAH LODGE.

Steltla Rebekah Lodge, M. Brydges, held their eleventh annual at home in the lodge rooms this week, about 60 of the Rebekahs and their friends being present. In the early part of the evening keen interest was taken in a carpetball match, in which the team captained by Mr. Will Hardy proved too much for Mr. Homer Snelgrove's "Colts." About 9 o'clock Mrs. Elsey.

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BURGESSVILLE W. I.

A bazaar under the auspices of the Burgessville Women's Institute will be held on Friday evening, December 10, in the I. O. O. F. Hall

MELROSE GIRL HONORED.

About 50 young people met at Melon Forse Hall on the evening of November 22 to honor Miss Lizzie McNelles, and Serving. For the next pudding.

BURGESSVILLE W. I.

A meeting of the Kintore branch W. J. Dunster in the Chair. The roll call was answered by the naming of an appropriate Christmas gift. A splendid paper was given by Mrs. Dunster on "Is Good Behavior Giving Place To Vulgarity?" and when the opinion of the audience was asked for the answer was invariably in the affirmative. A remedy suggested was better home training and discipline.

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MELROSE MISSION CIRCLE.

A bazaar will be held under the auspices of the Melrose Circle on the afternoon of December 8. In the evening a program will be put on by the members of the Junior League.

Allsa Craig Bazaar.

A very successful bazaar was held in the parish hall of the Angilean in the parish that the the annual meeting of the W. M. S. At the annual meeting of the W. M. S. Of St. Paul's Church, Simcoe, the following officers were elected: President, Mrs. Campbell; first vice-president, Mrs. D. E. Foster; secretary, Mrs. John Francis; treasurer, Mrs. J. Dell; home department, Mrs. S. Simcoe in the annual meeting of the W. M. S. At the a

ter.

The membership was reported at 54, home helpers 26, and funds raised during the year \$415.

ADVOCATES CHAIN.
The regular monthly meeting of the Delaware Women's Institute was held to the home of Mrs. Henry James re-A small committee was ap-to consider the advisability

pointed to consider the advisability of enlarging the present institute library into a community library and how to support the same.

Rev. W. G. Rose gave an address on "Education In Rural Ontario," in which he advocated the substitution of township or municipal boards of education for the present true):e board of the school section, and the establishment of community consolidated schools.

Chain of Universities

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LXXVIII.—A Real Pal.

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I didn't think it odd. Since she and Nell had been inseparable at the winter a control that the state of the property of the control that the deep inseparable at the winter and the state of the property. The already told me that he'd gone very near to marrying Margery?

I felt as though I could pitch those pletures out of the open window!

"Do look at the others," Margery pletures out of the open window!

"Do look at the others," Margery pletures out of the open window!

"The next revelation was of a group of five, all roped together, climbing the Alps, but feared to betray my ignorance by asking! all the property. Margery was immediately below Nell, on a ledge of snowy rock.

In all the five of us and guide had to sleep out in a cave! I won't forget it in a hurry!"

The last photograph was of Margery, seated amid the snows on a falien forest tree.

"It felt that a comment was expected of me.

"It now a margery was the proposed cordially. This was too much! My equanimity was sorely tried.

"Well, then, why don't you go?" I rapped out, sharply. It was stupid of me. But I couldn't help it.

"Deaf Anne, it isn't the season for switzeriand," drawled Margery. "This was too much! My equanimity was sorely tried.

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"What's to hinder the three of us going next winter?"

Miss Margery smiled.

"That arfaid Anne isn't athletic enough fees that type of holiday. Something less that

"Unusual?"
She nodded,
"Yes, of course it is. Most women are merely parasites, hanging on for all they can get. Oh, I don't blame them! I'm a parasite, too. But I combine palship with it. See?" I drew a sharp breath.

"You're perfectly right." I felt like adding: "Two's company, and three is

But I refrained.

"Dear Mrs. Brown was with me, of course," proceeded Margery. "Yes, it was an adorable time."

I could stand these reminiscences no longer. I must put an end to them.

"If you two don't mind leaving me, I'll get up and dress. It must be nearly 6 o'clock." I sat up on one elbow.

Margery, however, was not disposed to remove herself.

"them! I'm a parasite, too.

"Your prowess at sports, you mean?"
I asked, again with that sinking feeling round the region of my heart.

"Yes—and other things," she answered, complacently. Then:

"You're a dear, Anne—and awfully sweet and old-fashioned. But you aren't a real pal to a man—and unless you buck up and change a lot, you never will be!" o'clock." I sat up on one elbow.

Margery, however, was not disposed to remove herself.

"You run off, Neil," she said. "Till stay with Anne, and help her with her

A long time ago, someone was asking how to make cheese at home, and the other day I came across the inclosed clipping, and thought it might be just what she wanted. GRANDMA. How To Make American Cheese—One hundred pounds sweet milk, I rennet hundred pounds sweet milk, I rennet tablet, 1-5 coloring tablet, salt generously. Heat milk to 86 degrees Fahrenheit. Stir rennet tablet which has been dissolved in two tablespoons of water lined with cheesecloth. A syrup pail into the milk. Then stir into this mix—



Fry's Pure Cocoa

Easily and quickly made this way:-

Mix four tablespoons FRY'S COCOA with two cups powdered sugar; then add two tablespoons melted butter, two tablespoons of milk and a teaspoon of vanilla. Beat until smooth, when it will be ready for your cake. Try it once - you'll want to make icing this way OFTEN.

Remember: "Nothing Will Do But FRY'S"

Presentation de la constitue d

Cynthia Grey's Mail-Box

Monday-Margery's Schemes.

got it clipped out (for, of course I always wait till the rest of the family have read the paper). I wonder if any of the readers could supply me with that paper It was Wednesday, November 24. Inclosed find 25 cents for fund, and would like cosmos seeds, or any others you have, if I do not forget to inclose an envelope.

Ans.—Am mailing seeds. Many thanks for mite.

How To Make Cheese.

Dear Miss Grey,—Like the rest of the Mail-Box, I am coming for a little help. Not long ago I saw where someone wanted to exchange knitted lace patterns, and I would like to get some if she will be kind enough to write out the directions with samples. I will return them to her. Inclosed are two samples for her with an envelope if she sends in some for me.

They came to tell your faults to me, They named them over one by one, I laughed aloud when they were

One cup grated carrots, 1 cup grated potatoes, 2 large apples grated, 1 cup of sugar, 1 cup of raisins, 1 cup of currants, 1½ cups suet, 1½ cups flour, 1 teaspoon baking soda. Steam three

Ans.—Am mailing patterns. If reciations are sent in I shall forward nam. Thanks for dime and recipe.

Peggy's Walnut Cake, Dear Miss Grey,—I saw in today's paper where Isabel wanted my walnut cake recipe, so here it is: One egg, 1 cup granulated sugar, 1 cup cream, flavoring (vanilla is best), ½ cup chopped walnuts, 2 teaspoons baking powder and about 1½ cups flour.

As Isabel would like to correspond with someone about "sweet sixteen," I should like her address. PEGGY.

Ans.—Many thanks for filling Isabel's request. Am mailing you her address. equest. Am mailing you her address

Attention, Chestnut.

Dear Miss Grey,—Inclosed find change for a 4-year-old sleeper pattern offered by Chestnut in yesterday's paper, if she would be kind enough to send one in. I will also put postage in for mailing. All good wishes for the corner.

SALOME. Ans.—If Chestnut sends in pattern

Wants Patterns.

Dear Miss Grey.—Am inclosing a few patterns for use of Mail-Box, also child's sleeper, which someone requested. If you have any crochet insets or corners, would be glad of them to copy. What a good idea of Christmas gifts to S. C. H.; hope all will respond.

ETAK. Ans.—Thank you for patterns Etak.
If someone sends in crochet patterns I shall be pleased to forward them.

Every Little Bit.

Dear Miss Grey.—I am again going to intrude in your Mail-Box, hoping your W. P. B. will not receive this communication. How is the S. C. H. F. coming along? Inclosed find 50 cents, as every little bit added to what you've got make a little bit more.

SEARCHLIGHT.

Ans.—Many thanks, Searchlight, for such a generous mite. Yes, "every little bit helps," and the little Christmas mites have already started to come in quite freely.

Around the Grate Fire.

Dear Miss Grey,—Here I am again, but instead of coming for help I hope I come with help. Seeing so many requests for recitations, I thought I would copy! this one "The Country Girl," and send it into the Mail-Box. I received "When Huldy 'Spects Her Beau," and so I am sending a recitation in exchange. Best wishes.

MAID O' THE MIST.

Ans.—Thank you Maid o' the Mist, for copying recitation for Mail-Box use.

Dear Miss Grey.—This is my second letter to the Mail-Box, which I read every night, and find very interesting. I would like to ask a few questions:

1. Do you think it would be all right to give my picture to a boy whom I have known about six months?

2. When introduced to a boy, what is the best thing to say, "Pleased to meet you," or "How do you do"?

I would like to correspond with a girl or boy of 14 or 15.

Will leave my address with Miss Grey, if any wish to write.

Wishing the Mail-Box every success HAZELL

Ans.—1. Yes. 2. I prefer "How do you do Mr." "receiving the had."

Ans.—1. Yes. 2 I prefer "How do you do, Mr. —," repeating the boy's name, to "Pleased to meet you."

Dear Cynthia Grey,—I get a great deal of help from your column, and also from "Home Economics." I could dispense with "The Marriage of Anne" very nicely, It seems a pity to waste valuable space with such a silly story. But I think the column, "What Do You Know About Canada?" is splendid. If one would learn and remember the answers to all those questions the result would be a well-stored mind, and a cultivated memory. I have been clin-

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