#### [By Mrs. Elizabeth Kent, MacDonald College.] ADULTERATION OF VINEGAR.

No food nor food adjunct, except perhaps ground coffee or spices is so easily and so extensively adulterated as vine-Malt, white wine, glucose, and molasses vinegar, when properly manufactured and sold for what they are, are not objectionable; but, when made to look like and sell for cider vinegar, they are frauds which injure the pocketbook, though not the health. Most pocket books, however, can ill bear such fraudulent attacks.

Vinegar is most frequently adulterated with water. Its degree of acidity is afasked. Spirit vinegar is colored to resemble cider vinegar. Since acetic acid
has been cheaply produced, the old
redulterations with mineral acids, such
as hydrochloric and sulphuric, have
ceased to be profitable and have almost
disappeared. Colored spirit vinegar contains very little solid matter indeed, and
binations on bandings. Fancy draped

stopped and everything is drying, you
then are blessed with dry feet, during
the rest of the day.

By possessing shoes for both rainy and
dry weather you undoubtedly prolong
the life of both pairs of shoes, as well
as protect your health. can be distinguished from true cider vinegar by the evaporation of a small weighed quantity to dryness, and d termination of the solid remaining. In cider vinegar that solid residue should be a gram and thirty-one-hundredths per hundred cubic centimeters. Lime and soda are sometimes added to

colored spirit vinegar to give this necessary amount of ash. This can be detected by chemical analysis. In a country where apples rot on the ground in the orchards every year, it seems a pity that there should be any ack of good cider vinegar or any question of substitution or adulteration Cider vinegar should be cheap, good and ze its production as a profitable side

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### We Grow Thoughts!

Culled from the Best Brains in the World. Transplant the kind you want to cultivate.

Wendell Holmes Ltd. The Convenient Bookshop.

#### How to Make Pine Cough Syrup at Home

Has no equal for prompt results. Takes but a moment to prepare, and saves you about \$2. ......

You know that pine is used in nearly all prescriptions and remedies for coughs. The reason is that pine contains several peculiar elements that have a remarkable effect in soothing and healing the membranes of the throat and chest.

Pine cough syrups are combinations of pine and syrup. The "syrup" part of pine and syrup. The "syrup part is usually plain sugar syrup.

To make the best pine cough remedy that money can buy, put 2½ ounces of Pinex in a 16-oz. bottle, and fill up with home-made sugar syrup. Or you can use clarified molesce honey or corn syrup instead.

syrup. Or you can use clarified molasses, honey, or corn syrup, instead of sugar syrup. Either way, you make 16 ounces—more than you can buy ready-made for \$2.50. It is pure, good and pleasant—children like it.

You can feel this take hold of a cough or cold in a way that means business. The cough may be dry, hoarse and tight, or may be persistently loose from the formation of phlegm. The cause is the same—inflamed membranes—and this Pinex and Syrup combination will stop it—usually in 24 hours or less. Splendid, too, for bronchial asthma, hearseness, or any ordinary throat ailment.

did, too, for bronchal asthma, hoarseness, or any ordinary throat ailment.

Pinex is a highly concentrated compound of genuine Norway pine extract, and is famous the world over for its prompt effect upon coughs.

Beware of substitutes. Ask your druggist for "2½ ounces of Pinex" with directions, and don't accept with directions, and don't accept with directions, and don't accept thing class. directions, and don't accep-tion else. Guaranteed to give

# A SIMPLE REMEDY FOR **INDIGESTION**

way REDMAC overcomes stomach trouble. It neutralizes the harmful acid that's doing the mischief, and does it instantly. With the stomach free from this acid, there's no chance of fermentation, and the digestive organs can do their work unhampered. The following extract from a letter is typical of many written by grateful users:

Redmac has saved me so much pain, and it is so nice to feel I can eat quite what I fancy instead of just plain food. (Signed) A. SHEPHERD.

It makes no difference whether your Store, 390 Richmond street, sole agents.

## THE FASHIONS

(Copyright by the Fairchild Company.)

#### COSTUME ACCESSORIES

HEAVY DEMANDS. The costume accessories take on a new interest. Jewelry, laces, veils and know the advantages that shoes of this trimmings of various sorts are due to nature possess. If you leave home on a have most careful consideration. Cos-tume jewelry has reverted to the you get to work and as a consequence antique in style, dainty filigree work you have cold damp feet the whole and chains with pendant plaques being day. especially featured. Crystal jet and silver novelties are being emphasized, "seaworthy," is the only way to oversuch as dice to be worn on a chain, a come this. You can wear the old shoes sected by this, and one pays for water silver atomizer, and a jet buckle brace- on a wet morning, comfortable in the



sold with celluloid rings to old them in place, while large square mbroidered veils and those in plain | hospital mite mesh with borders of chenille pompoms are being worn extensively by the maton and maid who would be up to the inute where the latest fad is con-

erned. Leather, too, plays an important par the trimming of costumes and ouses, red leather with a scalloped dge making the collar and cuffs on a blouse of black Canton crepe, while blobon trimming with delicate emroidery emphasized the drop shoulder treatment of an orange georgette crepe. Ribbons, in fact, are favorite trimmings the moment, the cire continuing to e extensively used in both narrow and ide effects. Brocaded ribbons are aking their appearance, and it redicted that many a Christmas gift will be made of this beautiful pattern.

A new idea is shown in an imported

overly where a filling of either wool or tinsel is used in a straw ribbon. The various neckline treatments show an interesting development. The as a rival. Leather gilets are interest. ing, and they frequently have decoraions printed in gold. Velvet too comes n for this printed treatment, and whether it is plain or striped makes

Add Spanish lace to the long list of accessories, for it is being used extensively, as are also metal laces in the gold and silver. Dyed laces in the arrangement producing a very satisfactory substitute for embroidery. Point Venice is another lace of interest at the moment for vestees and for collarng dresses, especially velvet ones.

#### OFFERS TO HELP.

My Dear Miss Grey,—I received Dewdrop No. 2's address, also pillowcase pattern, and I am very thankful to Busy Isy. I hope the patterns arrived safe to the Mail-Box, also some I sent to Dewdrop 2. Did you receive the mite I sent in my

last letter, Miss Grey?
I noticed that Aunt Rose sent in a large number of seeds. Could I have a package of phlox, salpiglossis and nicotina?

Would you kindly send me Busy Isy's address, as I wish to find out about sweaters for sale.

If you send me the seeds per-haps I can be of help in some other I could send in some songs if you care for them.

I asked you, Miss Grey, to think of me when the sachets arrive in the Mail-Box again, so I do hope you won't forget me. If there is any way I can be of help to the Mail-Box please let me know.

I am waiting to hear something

from Jip in regards to her quilt. What has been offered so far? Inclosed find mite for fund.

remain, HEALTH.
You can be a big help to the Mail-Box, Health, if you will make me some trouble is Indigestion, Dyspepsia, Flatu-lence, Gastritis or Palpitation, Redmac is what you want, and what you must have if your stomach is to be put to I am sending you the seeds and Busy rights. Get a bottle of this wonderful Isy's address, also many thanks for Herbal Tonic today from your druggist. London by Taylor's Drug neglected to thank you for mite last Richmond street, sole agents. time.

### Your Winter Coal

ANTHRACITE costs consumers almost twice as much as it cost before the war. Metals, textiles, building materials, leather, etc., cost more than twice as much as they did formerly. Nevertheless it is perfectly natural that you do not like to pay present coal prices.

Neither do we. But-With wages at the mine fixed until next year at 138 per cent above pre-war levels, And freight rates 100 per cent higher;

With our profits per ton so small that if we took it all off it would not make any material difference to the individual consumer—

We do not see how prices can be reduced.
A ton of coal in the bin
is worth two in the mine.

### JENKINS FUEL CO.

493-499 YORK STREET.

PHONE 1391. b.

### Cynthia Grey's Mail-Box

[BY CYNTHIA GREY.] HAVE you ever thought that you may be able to lengthen the life of your

There are few people who have a pair of wet weather shoes, and these persons are the only ones who really wet morning wearing your ordinary

To have a pair of old shoes that perinstead of the acetic acid solution of a certain strength for which one has asked. Spirit vinegar is colored to resemble cider vinegar. Since acid acid solution of the completion of the careful costemble cider vinegar. Since acid acid solution of a certain strength for which one has asked. Spirit vinegar is colored to resemble cider vinegar. Since acid acid solution of the careful costemble cider vinegar.

#### Candy Recipe.

Dear Miss Grey,—Just a line to thank you for the piece you sent me. Have you a nice candy recipe you could send me? I am 11 years of age and want an easy recipe.

I would like to see my name in print. I have put in a few Morning

Glory Seeds. I will close now. Your reader, OLD WITCH. Thank you, Old Witch, for your seeds and I hope you will like this recipe. Butter Scotch—I cup molasses, I cup sugar, ½ cup butter. Boil till it threads. Flavor with vanilla and pour

Many thanks, Health, for the yoke catterns I received this morning.

#### Pepper Cake.

Dear Miss Grey,-Have been an interested reader of your page, but haven't had courage enough to write before. As Ginger wrote and wanted the words of a song, I copied it out, and am sending it, hoping it is the right one and is satisfactory to her. This is my first letter, so won't stay long, but will give you a recipe for Pepper Cake. Maybe someone will like it. Pepper Cake— (1 will do, I never put 2 in), 1 teateaspoon black pepper, 1 cup chopped raisins. Inclosed find mite for hospital

fund, and a self-addressed envelope, if any of the Boxites would care to write to JUST A BRIDE.
I am sure, Just a Bride, that the
Boxites will be pleased that you have wrote to the Mail-Box.. I will forward the song to Ginger. Many thanks for

Dear Miss Grey,—Here I come again to bother you. Last time I could not be of much help, but this time perhaps I can help one of the readers. As to bed sores, if the party would just take pure castile soap and make as thick a lather on palm of hand as she can, and then coat sore with same, if the sore it not broken, then just rub the damp soap on spot; this will save much time and be better. If a patient has incontinence it is pretty hard to prevent sores. Usually the soap applied each time bed is changed will prevent. If not troubled this way apply four or more times each day. I know this to be all right, as we used it in the hospital. Since writing you we have a baby boy at our house. He is a little treasure, also boss. I would like to hear from some of the knitters, it they would knit him some stock-ings if I sent yarn and paid to the hospital fund for the knitting. knit a little, but do not find time to do the stockings.' If anyone will do the knitting I would like to know right away, as his present stockings are small. He wears bootees made by knitting a strip  $2\frac{1}{2}$  inches by  $8\frac{1}{2}$ inches, and joining the one end to the side at the other end, and gathering the point for toe and sewing on a sole made of the top around too and run in a string to tie bootee on with. I also have a pattern to cut felt bootees from and if anyone wants it I will send it in. If there are any envelopes to send seeds into Mail-Box, may I have fifty, as I have seeds but no envelopes? Please send me some if you have any. Have you a baby coat pattern in Mail-Box or romper patterns. I would also like some double hollyhocks, also nicotina seeds. I see where someone has double white ones to exchange for double rem. I wonder if I could get some? Also I have not got any to exchange. Perhaps I would send some double pink poppies. They are beautles. They are among seeds I am going to send to Mail-Box. Just one more question, does anyone know whether the Calceolaria plant will chase flies out of house? If it is true I will put some in every room, if I can get started. If any-one has this plant, could they give me a start, by slip or seed, which, ever way they are grown? I will inclose a self-stamped envelope, also stamps. I hope you do not get tired reading my request, as it is long and I do not get a chance to

write often. Wishing the Mail-Box all kinds of success, I will sign as before. MANITOBA MAPLE. Will send you the seeds, Manitoba Maple, and hope someone will be able to help you with your knitting. I have not the patterns you wish, but some of our kind Boxites may lend them to ou. Thanks for hospital mite.

Halloween Party. Dear Cynthia,—How are you? I am just fine. As Halloween is drawing near, we are all beginning to feel witch-like, and are getting our chunky pumpkins ready for jack-o'lanterns. At school we always have a party, and this year our Sunday school teacher is going to have a party at her house. We all have to dress to represent some Halloween object. Would you kindly print some characters that would be suitable

Would it be inconvenient for you to send me the following recitations? "Meddlesome Matty," "Bill and the Widow," and "Grand-Could you and would you print some suggestions for a bazaar? Am

inclosing mite.

RILLA OF INGLESIDE. Am forwarding the recitation, and think if you dress as a witch, or have a dress made of orange tissue paper, trimmed with cats, cut out of black paper, or a black dress trimmed with pumpkins, cut out of orange paper, it would make a very nice costume for a

Halloween party.

I think any of the following would be suitable to be sold at a bazaar: Lingerie pins made with tiny gold safety pins and ribbon, shoe trees covered with ribbon, hand made hankies, baby pital fund. I remain, W. C. H.
I am sending you the flowers you ask lothes, such as knitted jackets, bootees or, also many thanks for hospital mite.

PERSONAL HEALTH [By William Brady, M D.]

# and bonnets, knitting bags may be made from old pieces of blanket dyed, finished with blanket stitch; handles can be made from small rope, covered with goods, and wool figures may be worked on bag. Home-made candies and cooking are always popular at a and cooking are always popular at a bazaar. Many thanks for hospita

WILL EXCHANGE SEEDS.

Hello there Boxites and all, here I am back again, all too soon, some may think. Well, here goes. Laugh

ing Liss, I can send you tiger lily bulbs, if you will send me your name and address and postage. There was someone asking for pink peony bulbs in exchange for crim-

Ever so many thanks, though,

the one who sent them, and let me

know, please. I have written out "Two Little Girls in Blue" for someone who was asking for it. Will

you please send me directions for making sachet bags? If songs asked for in another letter are sent in I will send self-addressed and stamped

ds and recitation you sent in.

WANTS SUGGESTIONS.

ladies? We have organized a book

ciub and we take turns in enter-taining once a month. Now the lady

that entertains at her home picks

out two other ladies to do the en-

tertaining, and as it is my turn I

We usually have a contest, could

you suggest some good games for a masquerade party on Halloween

night, and a good masquerade cos-

Forgive me, Miss Grey, for asking

so much, I know you have been so

SENDS SEEDS.

Dear Miss Grey,—Here I come

again with a few more seeds, sev-

enteen packets of watermelon, 21 of

Mammoth Russian sunflower, and

fourteen of pickling cucumbers. I

should have sent them before, but

one of my children fell ill and is still quite sick. I wonder if the

Boxites, who received envelopes from A Wife will make as many as I did? I sealed them, then folded,

halved and quartered them, then stitched the open side on the ma-

chine, filled the envelope, then

stitched the other side, this makes

them just the right size for seeds.

A Wife sent me three dozen, so that

I have just twelve dozen by cut-

ting them. This could be done with

any medium-sized envelope and three will make a dozen, if you

have a machine to work with. If

you have no envelopes use scraps

of material about four inches long and two inches wide, fold, stitch two sides, fill with seeds, put a slip

of paper between the seam, leav-ing the end outside to write the

name of the seeds on. I hope this will help someone. If any other Boxites have a better suggestion

please let us hear from you. Now I

wonder how many book-lovers have read St. Elmo, The Lamplighter,

East Lynne, Beyond Passion, Christie's Old Organ, Ministering Children and Uncle Tom's Cabin? If

you have read these books, Miss Grey,

what do you think of my selection I think the first two are lovely, East Lynne, to me, has rather a sad

ending. Beyond Pardon has a good

moral lesson. The last three olso are splendid, at least I think so.

I read a book some time ago called "Changed Brides," and would so

much like to get the sequel, "The

Bride's Fates." Could any of the Boxites lend me this book? I would

pay postage on it and return directly I have read it. Miss Grey, do

you think Tip would put my pen name on her block for this mite? It would save me the trouble of send-

ing my name to her, if not call me Miss White, Tip, but do let my name

shine on that quilt. Dear me, I only

intended to send a short note and I am sure it will fill half the column

if it escapes the W.P.B. Glad to hear from you, May Bride; have just posted a letter to you.

A DECEMBER BRIDE.

P.S.—I do not see anyone making

a bid for the quilt, so just for a start I will bid \$5, and please, Miss

Grey, will you send me one packet

of Aunt Rose's pinks and one of nicotina in return for 52 packages I

A December Bride, judging from the list you have named. I have never read the book, "A Bride's Fate," but

hope some of our kind Boxites will be able to lend it to you. I received the

box of seeds you mailed and I am sure many of the Boxites will be after them.

I hope Tip will be able to find space for your name on her block. Thanks for the mite to our hospital fund.

LOVER OF FLOWERS.

lover of flowers and see where a

number are sending in seeds. Would

you please send me some seeds of salvia, phlox and salpiglossis and

oblige? Will write again and send

TO BUY COT.

Dear Miss Grey,—Could you send me Mary's address? She wrote to me, asking for the words of "Over the Hill to the Poor House," but

did not give me any address or name, so I do not know where to send it to. I am sorry, Mary, that

I have not answered your letter, but will do so when I have your address. Did anyone bid on the quilt yet, Miss Grey? I think after it is

sold we ought to all put so much money together and buy a cot with Cynthia Grey's Club on it. Wouldn't it be nice, Miss Grey? HAZEL EYES.

We have collected over \$500 which entitles us to a crib, but we intend to

keep collecting in hopes that we wil be able to get a cot.

WANTS FLOWERS.

Dear Miss Grey,—I saw where Aunt Rose sent in flower seeds.

Kindly send me some phlox, dianthus, salpiglossis and nicotina, and

if you have double hollyhocks and asters would appreciate them very much. Inclosed find nite for hos-

I am forwarding you the seeds, and thanks in advance for hospital

SUN BEAM.

Dear Miss Grey,-I am a great

am mailing? Thank in advance. A. D. B.
You are a every good judge of books

come to you with the S. O. S. call.

for Mail-Box?

kind to others.

VITAMINS IN FOOD. as in vital and not short as in victual. No use in discussing the origin of the word, because it was coined rather too previously anyhow, and like the term hysteria, it doesn't mean just what it

Some laymen seem to know that one

Physician and Author.

son dahlias. I will gladly exchange, if you will write, as I have lost your pen-name. Then there was someone wanting huckleberry seeds. I will send you some, if you will must have plenty of vitamins in order to keep well, just as one must have plenty of calories and oxygen and sunight and sleep. I will send you some, if you will send me your address, for I have lost your pen-name also. Received roots, Elgora; many thanks. Will write soon. Was It Silverlands Road or Geraniums that sent me the box of silps or roots? I think it was Silverlands, but am not sure. Ever so many thanks though, to Milk and butter and cheese and skim nilk and natural buttermilk and source milk and fermented milk beverages all contain one of the three these food accessories, called in this instance fat soluble A factor, and these foods are all good for that reason

among others, in the daily regimen. But other comomn foods are quite as ood as milk as sources of fat solugood as milk as sources of lat sold-ble A factor (which vitamin seems to prevent rickets). Thus liver, fresh eggs, dried eggs, lettuce, spinach, beef fat, mutton fat, entire unmilled wheat, raw cabbage, salmon, herring and other foods will supply all the fat soluble A factor anyone needs so far as any scien-

envelope. Wishing all good health and good luck. I remain, PINE LIMB. P.S.—Will Juno please send me about 35 or 40 envelopes for seeds tist has yet learned.

In fact, few children or adults in America or Canada suffer from a defi-ciency of vitamins unless there is some hope Juno will be able to let you abnormal or unusual restrictions in th variety of foods eaten. Many infants, have the envelopes. I am sending you the flower seeds. Also thanks for the however, suffer grave nutritional im-pairment by reason of a vitamin defiency, for instance, infants whose diet is restricted to condensed or evaporated milk or to boiled milk or even to Dear Miss Grey,--Would you please tell me how to entertain about 30 hasteurized milk for many months.

Here is the verdict of a special com-nitiee of scientists of eminent fitness

> "It is safe to say that the individual always finds a sufficient supply of vita-mins in his food so long as that food nably varied and has received no artificial or accidental separation into parts, and so long as no destructive The food must be varied—the different kinds of food in your diet, different kinds of food in your diet, or the more kinds at one meal, the

who investigated the problem thorough-

The food must not be subjected to destructive influences—such as refining wheat flour to a deadly white powder that contains no vitamins, polishing natural or brown rice, "preparing" cer-eals which contain vitamins in their natural state but are robbed of vitamins in such processes.

#### QUESTIONS AND ANSWERS.

QUESTIONS AND ANSWERS.

The Office Pest.

I am employed in an office where a fellow worker has hay fever and sneezes all over the place. Sometimes you can feel a shower strike you when he sneezes. He does not use a handkerchief when he sneezes, and he is careless also in coughing. He only laughs when the rest of us fellows tell him to cover his nose and mouth when he cover his nose and mouth when he sneezes or coughs, and declares you cannot catch hay fever that way. Still, e'd like to know.—B. S. S. Answer—Perhaps you can't catch hay

fever that way, but commonly hay fever is associated with actual bacterial infec-tions of the nose which you certainly do catch that way. Regardless of the specific conditions you can or cannot eatch that way, the fellow is a menace

to all who work in the office, and he

#### Getting Thin.

I have recently been told that the con stant eating of grapefruit daily for breakfast will make one grow thin. But I don't want to grow thin, and I am very fond of grapefruit. I have also heard that sleeping in a bedroom where there is running hot and cold water in a stationary stand makes one grow thin. I shall be grateful for information about

these points.—A. B.

Answer—Of course neither eating grapefruit daily for breakfast nor sleeping in a room where there is running hot and cold water will make one grow thin

you advise to fumigate with in such a

been given an ordinary cleaning, and repapered or painted if paper or woodwork is soiled, there is no danger in moving in. Fumigation is a superfluous rite which adds nothing to the safety of the occupants of the apartment.

### Bring This to His Attention.

One of your articles which was Apartment of the Tuberculosis.

Is there any danger of catching tubergulosis by moving into a flat where one

Dr. Brady starts his article with "The Medical Theories of a Generation Ago Are the Popular Delusions of Today."

Is there any danger of catching tubergulosis by moving into a flat where one

Dr. Brady starts his article with "The Medical Theories of a Generation Ago Are the Popular Delusions of Today."

Is there any danger of catching tubershould have continued and said: The Medical Theories of today will be the Medical Theories of today will

who had tuberculosis has lived, if the popular delusion of a few years nence-flat has first been fumigated? What do especially vaccine and serum therapy. Answer.-Vaccine therapy is you advise to funigate with in such a case?—M. F. K.

Answer—If the room or rooms have been given an ordinary cleaning, and civilians, in the course of the

Kindly let me knew whether drunken-ness is inheritable. A. M. S.A. Answer.—Alcohotism or drunkenness is a form of degeneracy and degeneracy is an inheritable taint, though the of spring may manifest criminality, drug prought to the attention of a friend of habit, epilepsy or mental deterioration mine, prompts him to write the inclosed comments.

Dr. Brady starts his article with "The herited. A normal person, of course, herited.



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In 1920, the Touring price including taxes, was \$1455. In 1921, the Sedan price is \$1395, plus \$35.15 sales tax—a total of \$1430.15.

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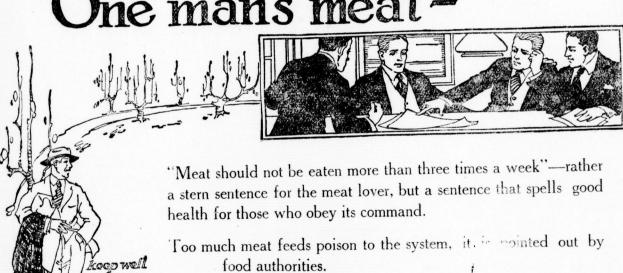


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keep young

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