

An Interesting Letter
Jam-Buk has proved a great comfort to me, as it has now something like two months since it cured my little girl of eczema from which she suffered for a year.

THIS is but a fragment of a very interesting letter received by the Jam-Buk Co. from Mrs. E. Cossett, of Joplin Bridge, Digby Co., N.S. The letter continues: "When the sores first broke out I called in a doctor; but his treatment did no good. I tried salves and lotions and washes of all kinds but the sores still spread. The disease finally became so bad that the child's face and shoulders were completely covered with sores. Imagine the pain the poor child (two years old) had to suffer!

"One day a friend advised me to try Jam-Buk. I did not have much faith as that time that Jam-Buk would be able to work a cure, but as there could be no harm in trying it, I obtained a supply. At that time the disease had defied all remedies I had tried for over a year. By the time I had tried one box of Jam-Buk there was a marked improvement. I continued the Jam-Buk and day by day the sores showed signs of improvement, until the eczema was confined to the child's shoulder, one sore on which had been particularly deep. By degree this, also, was healed, and finally Jam-Buk banished every trace of the disease.

"I have waited several months before mentioning this case to you, in order to see if there was any return of the eczema. There has not been any return; the cure being permanent, and there is no scar or trace of the disease from which the child suffered so long. You may publish this information if you wish, so that every mother may know the value of Jam-Buk.

Jam-Buk is just as good for cold sores, chapped hands, piles, blood-poison, ulcers, bad leg, varicose ulcers, scalp sores, frost bite, baby's chapped cheeks, eczema, etc. All Druggists and Stores, 50c box or Jam-Buk Co., Toronto, for price.

Jam-Buk EVERY HOME NEEDS IT

GENERAL MEETING JANUARY 3 ON CHILD'S PROTECTION ACT

The movement in favor of a Children's Protection Act gathered additional force yesterday, when the Associated Charities decided to ask all churches and benevolent organizations to send delegates to a meeting to be held in Trinity school room on Friday evening, January 3, to adopt resolutions and appoint a delegation to present them to the municipal council.

There was also some discussion relative to the unsatisfactory state of some tenements in the city, and this matter will be further dealt with.

How She Obtained Good Bread
"I have been baking bread for twelve years," writes one housekeeper, "and have never had good bread till I used White Swan Brand Flour." Sold at grocers in packages of six cakes for 5c. Write White Swan Spices & Cereals, Limited, Toronto, for sample.

Since Australian Federation became a fact the number of factories in New South Wales has increased by more than 100 per cent.

Twitching of the Nerves

A Distressing Symptom of Nervous Exhaustion Cured by Dr. Chase's Nerve Food.



Mrs. John McKellar, 11 Barton street east, Hamilton, Ont., writes: "I was afflicted some years ago, and that left me with a broken-down nervous system. I could not sleep, and suffered from twitching of the nerves and disagreeable nervous sensations. I then began using Dr. Chase's Nerve Food, and can say that I never used any medicine that did me so much good; in fact, am entirely cured of my old trouble. The Nerve Food not only strengthened the nerves, but also built up my system in every way." Under date of Aug. 29, 1912, Mrs. McKellar writes, confirming her cure, and states that she has had inquiries from many people who had heard of the great benefits she obtained from Dr. Chase's Nerve Food, 50 cent box, 6 for \$2.50. All dealers, or Ed. Mansson, Bates & Co., Limited, Toronto.

Little Beauty Chats By BLANCHE BEACON

Colors the Elderly Beauty Should Make Her Own

HOPE of you who have passed your fiftieth year should be careful what colors you wear! To begin with, don't always wear black, as it is a color that can only be worn successfully by a young woman whose glowing skin, sparkling eyes and satiny hair makes a pretty contrast to garments of sombre hue. If you are the foolish woman of middle age who garbs herself in clinging black



Dark eyed women with "pepper and salt" hair and flaming cheeks, will look most attractive in crimson and cinnamon. Grey will also prove becoming. Women between the ages of forty-five and sixty can wear, nearly all the right colors—tradition to the contrary notwithstanding—with considerable aplomb. The modistes take the same view of this matter

garments, resolve to forewear this sombre color. I suggest wearing some of the pastel shades, as they are always popular and will make you look years younger, which is a result not to be despised. I will particularize. If, upon looking in your mirror, you find that your blue eyes have lost their old-time lustre and that your coiffure is more grey than brown or gold, make a special memorandum of the fact that wistaria or greenish blue will be vastly becoming to you, also white.

HON. GEORGE E. FOSTER'S VIEWS ON THE PROPOSED CONTRIBUTION

"The first and greatest objection which I have to a fixed money contribution is that it bears the aspect of hiring somebody else to do what we ourselves ought to do, as though a man, the father of a family, in busy health and strength, should pay his neighbor something per month for looking after the welfare and safety of his home instead of doing it at his own hand. It goes still further than that. Suppose you contribute this year your sum, and next year your central sum, and thereafter year after year. After ten or twelve or twenty or thirty years, you will have paid out an immense amount of money. You will have been protected in the meantime; but in Canada itself there will be no roots and no seed at once and cultivate it, and there will be no preparation of the soil, or beginning of the growth of the produce of defence. Yet some true or other, no one can doubt that, with resources and with a population constantly increasing, we must find and have in this country a naval force of our own for our coast and home defence.

"The interest that we take in a contribution spent by another is not the interest that I desire for Canada. I want to see something grafted on the soil of Canada's nationhood, which takes root and grows and develops until it incites the spirit of defence in its country, leads to a participation in the defence, leads to that quick interest in it, its glories, its duties and its accomplished work, which is after all the one great thing that compensates a people for great expenditure, either on land or on sea, in the way of defence and of the maintenance of the rights of the country. "Again, it dispels what has been joined together from earliest days of the world's existence—commerce and the protection of commerce. After all, the basic idea of a naval force is the protection of the commerce of a country. It is a commerce side by side with its protector and its protector side by side with the growing commerce of a country, their best allies, and are the surest helpers to each other. That is the idea which is in my mind—that when we make our contributions in the way of a fixed sum and it goes from us, and we are not responsible for it, we have none of the inspiration resulting from the growth and development of a system of

Famous "Pint of Cough Syrup" Recipe

No Better Remedy at Any Price. Fully Guaranteed. Make a plain syrup by mixing two cups of granulated sugar and one cup of warm water and stir for two minutes. Put 2 1/2 ounces of pure Pinex (fifty cents' worth) in a 16-ounce bottle, and fill it up with the Sugar Syrup. This gives you a family supply of the best cough syrup at a saving of 52. It never spoils. Take a teaspoonful every one, two or three hours. The effectiveness of this simple remedy is surprising. It seems to take hold instantly, and will usually stop the most obstinate cough in 24 hours. It tones up the jaded appetite and is just laxative enough to be helpful in a cough, and has a pleasing taste. Also excellent for bronchial trouble, throat ticks, sore lungs and asthma, and an unequalled remedy for whooping cough and croup. This recipe for making cough remedy with Pinex and Sugar Syrup (or strained honey) is a prime favorite in thousands of homes in the United States and Canada. The plan has been imitated, though never successfully. If you try it, use only genuine Pinex, which is the most valuable concentrated compound of Norway white pine extract, and is rich in germicidal and all the natural healing pine elements. Other preparations will not work in this recipe. A quantity of absolute satisfaction, or money promptly refunded, goes with this recipe. Your druggist has Pinex, or will get it for you. If not, send to The Pinex Co., Toronto, Ont.

And it tastes as delicious as it looks LIPTON'S JELLY TABLETS Every Little Tablet has a Flavor all its own

Sensible, Suitable Gifts For The Little Ones!

Baby Morris Chairs, upholstered in green or red velour, oak frame, reclining back with brass rod and castors, made same as ordinary Morris Chair—\$3.50. Doll Carts, English Perambulators, Folding Carts and Doll Carriages. Shoo Fly Rockers and Rocking Horses at all prices. Baby Morris Rocker to match chair \$3.30. Baby Couch, upholstered in green or red velour, has large roomy box underneath, equipped with castors \$3.50. REMEMBER—these are not small, cheap toys—they are strong and serviceable furniture for little ones.

J. MARCUS, - 30 Dock St.

Daily Hints For the Cook

CORN MUFFINS. One cup flour, three-quarters cup can beef corn, chopped fine; two teaspoons baking powder, four teaspoons sugar, quarter cup milk, two eggs, half teaspoon salt. Mix and bake as usual. CHOCOLATE CAKE. One cup sugar, two eggs beaten with sugar, two squares melted chocolate, one teaspoon melted butter. Put into sugar and eggs, half cup milk, salt, one cup flour, one teaspoon baking powder, one teaspoon vanilla. Bake in quite hot oven. PEANUT CANDY. Shell one quart peanuts, chop slightly and sprinkle with a large pinch of salt; melt one pound of sugar in a porcelain kettle, stirring constantly, round the edge especially, as it burns easily; as soon as melted remove from fire, stir in peanuts and stir quickly into buttered tin; be careful to remove sugar as soon as melted or it will be spoiled; have your peanuts handy as it hardens quickly. MARSIMALLOW FUDGE. Three cups brown sugar, three-quarters cup milk; boil together until gummy

CHILDREN NEED "CASCARETS" WHEN CROSS, FEVERISH OR CONSTIPATED. Any child will gladly take "Cascarets Candy Cathartic" which act gently—never gripes or produce the slightest uneasiness—though cleanses the little one's Constipated bowels, sweetens the stomach and puts the liver in a healthy condition. Mothers can rest easy after giving this gentle, thorough laxative to children. Full directions for children and grown-ups in each package. "CASCARETS WORK WHILE YOU SLEEP."

Before you board your car—



buy your SPEARMINT

BUY IT BY THE BOX

Wrigley's Spearmint Gum. Refreshes your mouth—brightens your teeth—eases digestion after breakfast—lunch—dinner. The fragrant mint leaf juice purifies your breath for the evening kiss—makes your food tastier. Wm. Wrigley Jr. Co., Ltd. 7 Scott Street, Toronto, Ont. Look for the spear The flavor lasts