HOME ECONOMICS

tion of starch and some oil, are far nore nutritious than other fruits, and should be used with this fact in mind. In the places where they are native they form, with plantains, from which they differ little, the staple article of

## **BUSHELS OF EGGS ON** SATURDAY MARKET HERALD EASTER TIME



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

XLII.—AT THE RAILWAY STATION.

May Agree by he and, he shows have a close of their delighted structure teacher the product of the first and structure teacher of their delighted structure teacher the product of the first and structure teacher of their delighted structure teacher the product of the first and structure teacher of their delighted structure teacher the product of the first and structure the product of the first and structure the product of the former and structure that the structure that the product of the former and structure that the structure tha

### Cynthia Grey's Mail-Box

If you have gracious words to Oh, give them to our hearts today; But if your words will cause us

## GRAY'S, LIMITED

STORE HOURS 9 A.M. TO 6 P.M. DAILY.

# New WOOLEN MATERIALS

For SPRING and SUMMER

STANDARD WEAVES AND FASHIONABLE NOVELTIES GOODS THAT ARE RIGHT IN FASHION, QUALITY AND PRICE.—Dress Goods Department, Second Floor.

French serge weave, attractive designs, in the new spring and summer colors; ideal for suits or separate skirts; light grey with pin stripe of mauve, fawn with light blue, grey with overcheck of mauve, sand with light blue; width 50 inches; exceptional value At, a yard ......\$5.00

FINE WORSTED NOVELTY PLAIDS, light shades, in dainty color blendings, grev with blue, blue with tan; width, 54 inches; priced in keeping with quality. At, a yard, \$7.50

FINE CHECKED WORSTEDS, in medium and dark grey, with overcheck of white; a neat-appearing and serviceable fabric for spring suits; for the quality, extra good value. At, a yard ...... \$6.00

NOVELTY PLAIDS in the new sport color effects, lovely fine soft twill; width, 54 inches (one width to skirt); splendid value

MISS HAGEN in charge of Ladies' Tailoring and Dress-Making Department.—Fourth Floor.

ALL-WOOL PLAIDS AND STRIPES, GABARDINE, TRICOTINE AND SERGE, materials you may depend upon for smart appearance and long service. All are moderately priced.

> GABARDINE, one of fashion's most favored fabrics for spring wear, fine Australian wool, suitable for suits or separate skirts; colors of navy, copen, taupe, fawn, browns and black; width, 54 inches; extra value. At, a yard

> TRICOTINE, in a lovely fine soft twill, for the better-tailored suits, black and navy; width, 54 inches. At, a yard ...... \$6.50 56-inch width. At, a yard ...... \$8.00

...... \$6.00

SUITING SERGE of reliable quality and dyes, in a full line of spring colors, navy, browns, greys and black; in a big range of prices. From ..... \$3.00 to \$10.00 a yard

> THE DELINEATOR APRIL, 1921,

Smart spring styles.......... 25c a copy Special at ..... \$1.50 a year On sale at Butterick Pattern Counter.

are of the best.

it might not be too late to send to the Mail-Box a remedy or preventive.

So thought I would write again. The last time I wrote I sent some Shirley poppy seeds from Flanders Fields to matilda Jane in exchange for some orange perennial poppy ageds, but I never received any from her.

I am glad that you are discussing books now in the Mail-Box. I like L. M. Montgomery's books, "Anne of Green Gables." and am just reading the last one "Rainbow Valley"; also Nellie Mc-Glung's "Sowing Seeds in Danny" and "The Second Chance." are favorites. Aren't you all glad spring is coming soon? I have had spring fever early this year, as I have been looking forward to spring time and flower time all winter.

I am inclosing another mite for the last condition and use in a spring tone and interest of Mineral Oil and 1 dram "Oil of Proceeds of Mineral

As Simple Texas Device With Sileve In 2011—Percell and the service of the Control Street In 2011—Percell, eignificant chambers, lawn, financistic and drill are good making from the finished in write length with a bands of the finished in write length with a band of the finished in write length with a band of the finished in write length with a band of the finished in write length with a band of the finished in write length with a band of the finished in write length with a band of the finished in write length with a band of the finished in write length with a band of the finished in write length with a band of the finished in the

To look your best, your corset must be a perfect fit. La Diva corsets, fitted on living Canadian Models, and made in Canada's most successful and argest factory, are produced in styles to suit every figure. Materials NON-RUSTABLE

"When you eat let it be the Best"



Ask your grocer for

"Canada's Most Famous Dessert" Bridgeburg Ontario

Everywhere in

the Dominion