TOMORROW

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Coupons

BIG DAY! =

DAILY PAGE FOR EVERYBODY

Secrets of Health and Happiness

Why a Child With Whooping Cough Should Be Quarantined A.—Sunlight, fresh air, sleeping of warmly. A.—Sunlight, fresh air, sleeping of warmly. You make it easier for me to ask three hours, bathing and swimming may help you. A.—Sunlight, fresh air, sleeping of warmly. "You make it easier for me to ask three hours, bathing and swimming may help you.

By DR. LEONARD KEENE HIRSHBERG, A. B., M. A., M. D. (Johns Hopkins University.)

Weather condi theria, diarrhoea and typhoid fever has ons at this time decreased within that space of time. ncertain that Answers to Health Questions taken to safeguard me what causes cold feet, also what I can use to remedy the trouble?

A.—Cold feet may be be believed. possible must be 'cold." If you find

the child's cough they are caused by tight shoes, sedenheavier, and if you too little ventilation of the feet or the notice that it stockings are too thick the relief is not becomes more and more prolonged, you may expect, perhaps, at the end active exercise outdoors, especially

regularly developed walking, than by inactive indoor life.

Frequent daily washing of the feet reping cough. coping cough is caused by a defin- stores their warmth. ind of bacteria and is easily com-leated from child to child. To comparatively, it is about as con-the formula to be used for frostbitten us as measles, but perhaps more feet? In the first place, there are

children who are fortunate enough the feet each night: have what is known as a "mild" case of whooping cough. Although this may be true of measles, it cannot often be said of whooping cough, because this much strain and energy for every effort compound of syrup of hypophosphites to cast cut of the bodlly mechanism the in water at bed time. impurities and poisons which impede

Complications Sometimes Follow. Not only does whooping cough entail be glad to help you. leave behind it are, perhaps, more to be feared than the malady itself.

Whooping cough is very apt to leave the sufferer predisposed to infectious The inflammation of the bronchial tubes may become so serious as to lead to a disease of the lungs. Deterioration, then, not only of the lungs so rapidly develop that it sometimes is ecoming fatal.

ly possible to keep pneumonia from ming fatal.

some instances the child is apt to ver from the complications caused with an abnormal mechanism that the parameter may be too weak to fight as bacteria. Thus very frequently a child succumbs to tuberculesis or eight wicked role in the weaker mechanism cough usually plays its wicked role in the weaker mechanism cough usually plays its wicked role in the weaker mechanism that the possible class entertained at a valentine the authoromal mechanism that the guest of Mrs. Frank C. Morrow.

Miss Maud Davidson has arrived in the city from Saskatchewan, where she was connected with the nursing staff of the hospital there.

Miss Fred Jones of Adelaide street is visiting relatives in Strathroy.

Miss May Sullivan of Kerwood is visiting in town. cover from the complications caused ! Isease bacteria. Thus very frequently such a child succumbs to tuberculosis or Whooping cough usually plays its st wicked role in the weaker mechanns of children under one year. These mbative agencies against hostile foes visiting in town. this reason children must oe tes only a "cold" or something more

ause they don't often like to mind and keep away from nating little 'baby brother' or A kiss, however, is not the only means of the youngster, disease germs | tha?

n the past fifteen years there has been infants who have succumbed to to straighten out matters now. baby victims of tuberculosis, diph-

DAILY BIBLE QUESTION

Suggestive questions on the Sunday chool Lesson, February 24, 1918. One colden Text Suggestion. By Rev. T. Jesus Teaching by Parables — The situated into the hall and took down rowth of the Kingdom.—Mark iv.,

1-34. QUESTIONS FOR TODAY.
7. Verse 26.—What does "the kingdom f God" here refer to, and what relation does the seed bear to this king-Verse 27.—After a minister, or any

ther Christian, has sown the 'seed," what should be his state of mind conerning it, as to anxiety or restful-9. Verse 28.—The earth produces a eat variety of things by self-propa-tion, without human instrumentality;

ould you say or not, and why, that learned to hate and dread, overspreadiristianity is in any way analogous ing her face. 10. In preaching the gospel in heathen unds, what are generally the first re-ults, and what are the various stages

Golden Text-The earth shall be full

f the knowledge of Jehovah, as the raters cover the sea.—Isa. xl., 9.
HE ADVANCE OF EDUCATION IS SPREADING THE KNOWLEDGE OF JEHOVAH.

OF JEHOVAH.

A multitude of things which were not reamed of in the past, and which then hinted at, were thought not to be ossible, are now matters of assured ertainty. The telescope, the microcope, the testing tube, and scientific cally. "Kate's absence from the house actual tears in my august mother-induction actual tears in my actua the facts of every day experience. In science is a step and went up the stairs to Mother Gra- to see you. But isn't there something I er to the absolute proof of God. ham's room. Secretly I was relieved can do, not to take her place, of

K. B., London, Ont.-Q.-What can A .- Sunlight, fresh air, eleeping on

C. E. H. Q.—I am at present suffering with carbuncles. Will you please

A.—Take 10 grains of bicarbonate of soda every four hours and sulphide of calcium, 1 grain, after meals. Ammoniated mercury ointment should be applied to the carbuncles themselves.

N. C. J. Q .- am troubled with an A READER, Q.-Will you please tell itching of limbs. How can I get re-Mef?

A .- Apply a little of the following to A.—Cold feet may be habitual, constitutional or from ill-health. Commonly, the affected parts:
Prink Calamine 21/2 drams Zinc oxide 2 drams Lime water 2 ounces Rosewater 2 ounces

G. M. P. L. Q .- I have a habit of biting my nails. thing to stop this?

A.—You should have a careful examination made to discover remediable defects that may be causing the irritation. The daily bath is very important. If you are anaemic you should take 10 drops of the syrup of lodide of Iron three times daily, after meals, in water. Constipation should be corrected if it exists. The half-biting should be regarded as an expression of nervous irritation or of nervous energy denied. A .- You should have a careful exam-Benzoln 1 dram
Take internally two teaspoonfuls of tation or of nervous energy denied

NIGHTMARE, London, Ont.—Q.—
Please tell me what I can do for nightmare.

NIGHTMARE and so for nightmare.

NIGHTMARE and so for nightmare. A.—Restless dreams arise from skin answered personally, if a stamped and irritations, nose, throat, intestines, teeth, addressed envelope is inclosed. Address head, stomach or other troubles. Have ALL INQUIRIES to Dr. L. K. Hirshthe source removed and the active berg, care this, office.

SOCIAL AND PERSONAL

Ichthyol ... i dram
Tannic acid 1 dram
Rosewater ... 1 ounce

Miss Lillian Thompson of Napinka, Manitoba, who has been visiting her aunt, Mrs. Karey, for the past two weeks, left yesterday for Toronto, where she will spend a few days. Miss Thompson will also visit friends in Mrs. Ratph Millar is entertaining at a patriotic bridge on Wednesday evening, the proceeds to be devoted to patriotic purposes.

Mrs. Ratph Millar is entertaining at a patriotic bridge on Wednesday evening, the proceeds to be devoted to patriotic purposes.

Mrs. E. M. Scott has returned to her home in Woodstock, after spending a month at her home, "Fairview Farm."

ADELE GARRISON'S NEW REVELATIONS OF A WIFE

tered the kitchen, "where is Miss Aga-

psphere of the room, and if in that harmonic in the room, and if in that harmonic in the room, and if in that harmonic in the room, and if in that ically. There was a half-sullen note in the room, and if in that ically. There was a half-sullen note in the room, and if in that ically. There was a half-sullen note in the room, and if in that ically is the room, and if it is the room in the room is nder babe under one year of age, it is cheeks. I suspected that Cousin Agatha to fall an easy victim.

In the past fifteen years there is a couch looking out at the setting that the setting the country of the past fifteen years the country of the past fifteen years the country of the past fifteen years the country of th "Do you think she will be there for the next five minutes?" I asked, ignoring

the trouble signals flaming in Katie's days. tear-stained cheeks. "I no tink nuttings." Katle returned. "Dot cousin vome", she do always shoost vot you n tink she do. She say she go lie down. I bet she coom down-

stairs maybe two minnits." With a mental hope that Katie's pessimism might for once be wrong, I noiselessly shut the door which led bicky. from the room where the telephone was

lian's number in the city.
Lillian herself answered the 'phone. "This is Madge," I said, speaking quickly and softly. "Call me as quickly as you can, making some imperative

excuse for my coming to you at once. Important. Good-bye." 'All right," returned Lillian promptly. I hung up the receiver and turned just in time to see the door open cautiously Cousin Agatha stood on the threshold, the sly, suspicious look, which I had

Did She Hear? Had she heard what I had said? I eyes usually held.

was almost sure she hadn't, for I had she had heard and should mention her oh, how I miss Harriet!" knowledge to Dicky.

e, the testing tube, and scientific riments, have demonstrated things when she wanted her rather upset her. tch were thought to be impossible, when she wanted her rather upset her, be would have thought possible a conduction of the telephone. And the wishes to see you, but I must cauch the rather that I hadn't done all that I could be wishes to see you, but I must cauch the rather that I hadn't done all that I could be wishes to see you, but I must cauch the rather upset her.

"Katle," I said abruptly, as I en- that Cousin Agatha's fine nursing in-In her room," Katle answered lacon- | could by retailing the news of William's

preoccupation in caring for William to hector Katle anew. But I hadn't time recovery from the accident which had the bed which had kept her prisoner for

"Well, Margaret!" She held out her uninjured hand to me. "I haven't seen you since early this morning." Her voice held just a hint of re-proach, but her eyes were very kind.

"I know." I stammered remorsefully. "I have been ousy 'ooking ever my wardrobe, and then I . hk a walk with

"You don't need to nake excuses, child," my mother-in-law said, and there was an unwonted note of kindness in her voice, "I didn't send for you to catechize you as to your reasons for not coming here, but for something else."
She turned her eyes again to the setting sun I noticed with a little pang of apprehension that her face was m thinner than it had been, and that her was in painful contrast to the rather high color which her cheeks had . held before her accident.

I waited quietly for her to speak, for she doesn't like intermintions her eyes rested on my face again I saw with surprise that there was a wistful look in them far different from the cold, rather haughty expression which her

"I am an old, old woman, Margaret process to the ripe fruit of made my voice almost a whisper, and she said at last, and there was a note anity?

The earth shall be full the door had been closed between us. of finality in her voice that warned me But the possibility troubled me greatly, not to dispute her. "I have never real-The could do me incalculable harm if ized it before until this accident. And,

However, there was nothing for me to actual tears in my august mother-in-

With a little guilty feeling at my g machine; who would have that ridiculous old William's accident. Things like that annoy her and retard her recovery."

"I am not going to speak of anything about to solace her ioneliness, I ventured to with the solace her ioneliness, I ventured to with the solace her ioneliness, I ventured to solace her i but her recovery."

"I am not going to speak of anything daughter, and I do hope she will be "I am not going to speak of anything daughter, and I do hope she will be daughter. so upsetting to her," I returned coldly, able to come back from France soon

tines. Take a hot bath and drink a for your loneliness without her? You glassful of hot milk before bedtime. dear, and I'd like to do things for you

She put up her uninjured hand, drew

have you take care of me until I am Jimmy Coon Stories

> JIMMY COON HAS A GYMNASIUM. Jimmy Coon likes Playthings, and a Jimmy Coon likes Playthings, and a Gymnasium, just as boys do; and he planned to fool the Farmer Boy and use his traps for playthings. And Jimmy Coon walked carefully, and his wonderful eyes saw those cruel traps, and he crawled under the trees and pulled off every trap to the ground, by getting his cunning little hands hold of the chains which were fastened to each trap.

By Dr. Warren G. Partridge.

And then Jimmy Coon could trave safely along his wooden path, on the fallen trees. And then Teddy Possunsaw the funnlest sight in all his check-What would be a good ered life; the Farmer Boy had fastene a tin can, a tomato can, by a string to a limb of a tree, directly over one

with the bright tin can and then get so excited playing that he wouldn't notice the steel trap and walk right nto danger.

In water at bed time.

D. H., London, Ont.—A.—Send a self-addressed stamped envelope and I shall be glad to help you.

NIGHTMARE, London, Ont.—Q.—
NIGHTMARE, London, Ont.—Q.—
NIGHTMARE, London, Ont.—Q.—
A.—Restless dreams arise from skin A.—Restless dreams arise from skin A.—Restless dreams arise from skin addressed envelope is inclosed.

Dr. Hirshberg will answer questions for the smare questions for readers of this paper on medical, hygienic and sanitation subjects that are of general interest. He cannot always undertake to prescribe or offer advice for individual cases. Where the subject is not of general interest letters will be an an an Jimmy began to play with that tin can in the moonlight.

gain.
And Teddy Possum rolled over and

And Teddy Possum rolled over and over on the ground, laughing to se Jimmy Coon play with that tin car and all the little wood folk came is see the fun. And the wood folk sain a circle to watch Jimmy Coon play for hours with that tin can.

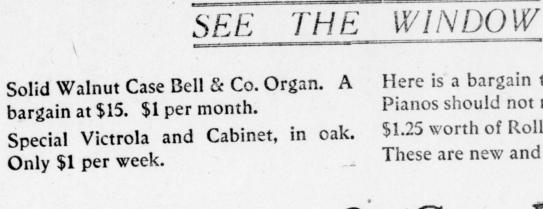
And Jimmy said, "Fellows, wasn't the Farmer Boy awrully kind to come and fix this plaything just for me? It's more fun than I ever had before in my life. I want you fellows to try it, too. You see, it makes the muscles in my arms very strong to strike this nice punching-bag It is fine exercise."

Tomorrow: Jimmy Coon Plays Blind

Patriotic Western Ontario

Address All News for This Column to the Editor of the Women's

AILSA CRAIG.—The Khaki Dramatic Club are putting on their new play, "Deacon Dubbins," a three-act comedy, I in the Beechwood Hall, for two nights, Thursday, February 28, and Monday evening, March 4. The attendance usually is so large at these plays that they have to be repeated, so it was decided to set two evenings. The club will be assisted by the Red Cross Orchestra of Alsa Craig, with Mr. Allison leader. Proceeds in aid of the Red Cross. A Red Cross dance will be held in the town hall on Friday evening, February 22, with music furnished by the Kineto Orchestra, with Miss McIntosh of Wyoming leader. A good crowd is expected, as these dances held by the girls are considered the best yet, and proceeds always for Red Cross.



Here is a bargain that owners of Player Pianos should not miss. \$1.25 worth of Rolls, for \$1.00

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tion. Only \$200

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month) \$90

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A merry group of girls of the D. S. Perrin Manufacturing Company met at the Y. W. C. A., King street, on Monday evening for the purpose of organizing a club under the supervision of the extension secretary. The club is to be known as the "Pollyana" (The Glad Girl). The officers are: Honorary president, Mrs. D. S. Perrin; president, Miss Lily Brooks; first vice-president, Miss Flore Rell Taft; secretary, Miss Minnie ident, Mrs. D. S. Perrin; president, Miss Lily Brooks; first vice-president, Miss Flora Bell Taft; secretary, Miss Minnie Davies; treasurer, Miss Ethel Kerridge; convener lookout and welcome cmmit-tee, Miss Myrtle Cameron; convener of Red Cross committee, Miss J. Davles, Miss Gladys Turner; entertainment, Miss Susie Evans. The club will meet every Wednesday, evening at the

Wednesday evening at the A AN APPEAL FOR MONEY

Please, Peggoty.

Peggoty: I've mislaid your address, and as there's a communication here for you may I have it again, please?

Send a Stamp.

Once more would Miss Grey remind all those desirous of obtaining names of "lonelies" overseas to send a stamped ed envelope when asking for same. Or if not the envelope, at least inclose a stamp—please.

He's a Prisoner.

On March 25, a lotter was not only extremely instructive and interesting but brought in net proceeds of \$89.75. On several different occasions members offered their services for tag days held by other chapters. Early in the winter on a memorably coid, stormy day, they undertook to canvass the whole of London West for the sailors' fund. On October 4 it was decided to furnish a recreation room for the military hospital at the barracks. The members entered most heartly into the undertaking, and

EXETER—The Hot Meat Pie support
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· By Genevieve Kemble THURSDAY, FEBRUARY 21.

AN APPEAL FOR MONEY
POR HALIFAX V.M.C.A.

Red Cross dance will be held in the town held on Friday evening. February 22, with music furnished by the Kineto Orchestra, with Miss McIntosh of Wyoming leader. A good crowd is expected, as a these dances held by the girls considered the best yet, and proceeds always for Red Cross.

WAFFORD—Lambton's 145 I.O.D.E. selling raffie tickets on a handsome it he chapter. The society is sending a more been met and passed, and more been men and more permanent needs. Among the chapter. The society is sending a more by business meeting of the Kent Bridge.

KENT BRIDGE—The regular monthally when the same in the chapter. The society is sending a more of women's Christian Association is the oldest in the by business meeting of the Kent Bridge. Women's Christian Association is ness arrangements, it was decided that as it hag burst upon it, since the termination and the chapter of the same in the chapter building odd, tierly into the undertaking, and their success far exceeded at their during strength of the undertaking, and their success far exceeded at their and the during strength of the undertaking, and their success far exceeded at their and the during strength of the undertaking, and their success far exceeded at their and the during strength of the undertaking, and their success far exceeded at their and the during strength of the undertaking, and their success far exceeded at their and the success far exceeded at their and the success far exceeded at their and the success far exceeded at their success far exceeded at their success far exceeded at their and the success far exceeded at their and the success far exceeded at their and the success far exceeded at their success far exceed The prognostications for this day born on this day may well remain in the employment of others, though it will have a very active and wise mind.

High Or Low?

Dear Miss Grey,—Could any of the readers supply me with the song, "Someone More Lonesome Than You"?

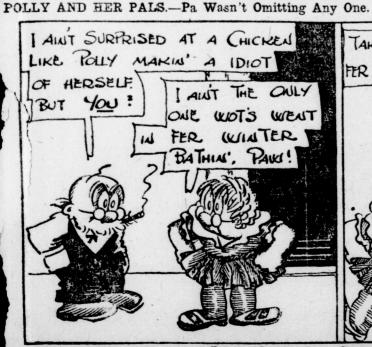
2. Which will be worn the most this spring low heels or high ones? Signed, EL-DORADO.

Ans.—1. Referred to readers. 2. Really difficult to say, yet as there bids fair to be a decided vogue for both styles. For street wear, however, the low flat heel will likely lead.

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