PAGE OF INTEREST TO WOMEN

woman who left her mark indelibly on the life of the city. She is Miss Jean k. Laidlaw, at one time professionally superviser of the kindergartens in London, but incidentally one of the chief workers for the Woman Teachers' Guild, a leader in the novement which has now bastioned the city with Mothers' Clubs, and an energetic worker of the old Froebel Society, mo disgrace on the children, as I see whise June, I think it was, did not agree with me on the community school. She says we draw the milk to the factory and why not draw the milk to the factory, June, but how eise could we get it there, worker of the old Froebel Society, no disgrace on the children, as I see where June, I remain.

Ans.—This subject has been introbuced two or three times in the Mail-Box, and no one has taken it up. There are so many of the circle who could write intelligent, helpful views of these modern ideas of labor-saving for women. Please let us hear from you as a diversion from the usual topics of our letters.

Which made it rossible for the people it. It is only exercise for children to walk? This is subject has been introbuced two or three times in the Mail-Box, and no one has taken it up. There are so many of the circle who could write intelligent, helpful views of these modern ideas of labor-saving for women. Please let us hear from you as a diversion from the usual topics of our letters.

Rent a Farm.

Dear Miss Grey.—I see where June, I think it was, did not agree with me on the community school. She says we draw the multiple to the factory, June, but he factory, June, but here in the factory and why not draw the milk to the factory, June, but how eise could we get it there, letters.

Rent a Farm.

Dear Miss Grey.—I see where June, I see where J

"The latter empty during the past three years of drought," she says. But the farmer in this district of indefinite seasons, takes himself to mixed farmering, so Miss Laidlaw has among her possessions cattle, sheep, pigs, poultry and horses.

Her ranch extends for half a mile on

by June he realized that he would not even get feed off the land, and this in the face of two previous years of bad luck. But, instead of being discouraged, he got out his 80-horsepower engine and began plowing up the land he had drilled in for next year's crop. "I think that shows as much prostled." think that shows as much practical faith as is displayed in our churches,"

The people of the East do not realize the great hardship which attends the ploneers of the West when the season's are hard up. but they are still hoping that next year their fortune will change. The soil in this part of the country is of the very best, but it

Official Reduction flower. Hope some more will speak On All Suits

of the best materials obtainable in all the season's shades. Regularly grom \$35 to \$65. Sale price \$27.50 to \$55.

Justrite Ladies' Wear 254 Dundas Street.

FROM A CHILD WAS CONSTIPATED

According to the best medical authorities, fully three-fourths of the people of the civilized world suffer in some form from costiveness or irregular action of the bowels. There is no doubt that many distressing diseases are caused by constipation. It gives rise to sick and bilious headaches, faundice, heartburn, floating specks before the eyes, catarrh of the stomach, biliousness and the painful, troublesome piles. Therefore, it is of supreme importance to health that the bowels be kept regular. Simple food, fruit, etc., should be used, and rich food and stimulants of all kinds avoided. This, how he with the use of Milburn's Laxa-Liver Pills to regulate and establish healthy action of the bowels cannot fail to give permanent relief in the most

Mrs. Letitia Wainman, Orillia, Ont. vrites: "From a child I was always very badly constipated, and I can well mber when quite young my mother tving me senna tea nearly every orning, and I got to dread it. After aking Milburn's Laxa-Liver Pills tor while I am not troubled with contipation any more.'

Milburn's Laxa-Liver Pills are 25c. vial, at all dealers, or mailed direct of price by The T. Milburn Limited, Toronto, Ont.

Doctors Recommend **Bon-Opto for the Eyes**

which made it possible for the peopie of London to hear such eminent speakers as Professor Moulton and others of his class. Miss Laidlaw comes back a rancher on her own responsibility from Souther liberta, with these words on her lips:

The West is a wonderful country, with a wonderful future. One gets a better view of the whole world out there, for one is not shut up as in cittes. Although there is much hardship, especially for women, and some of the years have been very bare, I do happen to like it. There is a charm about the West that one cannot explain. Even if the prairie Bungalow.

Miss Laidlaw's delightful prairie bungalow looks with its southern windows towards the Kootenay Pass and the mountains, while backward is the farm with its stock shed and granaries. "The latter empty during the past three years of drought," she says. But the

Come out on the farm, a lot of you ther ranch extends for half a mile on e side and a mile on the other been McLeod and Pincher Creek in uth Alberta, and for two winters she ed alone in the section.

South Alberta, and for two winters she lived alone in the section.

"Lonely? Why I couldn't be lonely with all my animals," she says. Besides very many delightful cats and dogs, there are Lucy and McGinnis, two fascirating pintos, Mandolin, a pet of oats. He only was to pay about 14 oats. sides very many delightful cats and dogs, there are Lucy and McGinnis, two fascirating pintos. Mandolin, a pet lamb which got its name from its resemblance to that instrument when very small, and "Pinkle." a perfectly delightful little pig. Of course, there are heaps of others, but these seem to have been the favorites.

Ploneer's Life.

It is really the life of a pioneer that she leads and she finds a fascination in growing food for her country and forging a way for the hordes of people that will some day occupy that territory.

"I never before realized what a work it was that the pioneers of this country did and are doing, and if that was all that the West had taught me it was worth going for." she says.

Miss Laidlaw is not only a practical rancher, she is an enthusiast, and a little bit of philosopher. Not only does she personally look after her animals, attend to her garden, milk, make bread,

One writer said after two country, is lead that a couple of hundred of oats. He only was to pay about 2 should that a couple of hundred of oats. He only was to pay about 2 should that a couple of hundred of oats. He only was to pay about 2 should that a couple of hundred of oats. He only was to pay about 2 should that a couple of hundred of oats. He only was to pay about 2 should that a couple of them beside that a couple of hundred of oats. He only was to pay about 2 should that a couple of hundred of oats. He only was to pay about 2 should that a couple of them beside that a couple of them beside that a couple of them beside that a couple of oats. He only was to pay about 2 should that a couple of tent and \$50 or so of taxes. He of oats. He only was to pay about 2 should that a couple of value in them beside that a couple of value in the head of oats. He only was to pay about 2 should that a couple of value in the he only was to pay about 2 should that a couple of value in the head of oats. He only was to pay about 2 should that a couple of each that a couple of value in the head of oats. He only was to pay about 2

she personally look after her animals, attend to ber gaiden, milk, make bread, churn butter and boss the Peigan Indians who work for her, but she finds in it all an intensely absorbing interest, and she is constantly learning something from her occupations which many another would miss.

Practical Faith.

Here's an instance. A rancher near her had put in 900 acres of wheat, an inthis curse?

Here's an instance. A rancher near her had put in 900 acres of wheat, an inthis curse?

Of course we know there are lots of people in the world. Of course we know there are lots of people in the world who like to live without hard work, like the hotel keeper, on what other people work

without hard work, like the hotel keeper, on what other people work thard for, but that is no reason for keeping these things in the cities. Now, Miss Grey, begin to pity Sunflower, for no doubt someone will come down on her with a sledgehammer, so I will wish you and all a happy New Year and slip away before I get hurt. I see you have another Sunflower, so I will have to sign a I will have to sign a P.S.—It isn't the farmers who are going to benefit by Ottawa putting up the price of wheat, but the millers and elevator men who have already more than two-thirds of the wheat bought.

What About Them? What About Them?

Dear Miss Grey.—Would you kindly send me the stocking-foot pattern?

Please find inclosed addressed envelope.

Would like to hear what your readers think of the community kitchen and laundry, as it is much talked of just now in this locality, where help is so

Rent a Farm.

Dear Miss Grey,—I see where I have all the hayseeds after me. Never was I so happy a spark. I can see Amethyst blushing yet I see where a poor farmer wants me to come out by her and rent a farm. I'll see what I can do and let her know, and if I do. I'll sell my hen's eggs, not pack them in summer and sell them in winter, when prices are high, and say strictly fresh eggs, as I do not talk honestly and the opposite. And when I farm I'll raise my goods; if not, what is the use of farming. And how I will make things hum when I get some of that wholesome country air. Notice Bean Pole stretch and grow some more, for every knock is a boost. I am going to send in a verse or so, and if there is room, please let me see it in print. I sign myself

P. S. —Please, Lazy Ann. read this P. S. -Please, Lazy Ann, read this verse.
Ans.—The Sparks must be friendly to be effective. I like your verses very

Watermelon Cake.

Dear Miss Grey.—Well, this is my first letter to the Mall-Box. I read where someone asked for watermelon cake recipe, so I am sending same, hop-ing I. cake recipe. so I am sending same, hoping I am not too late, although I am
sorry I haven't the green icing recipe,
which I think would be very pretty if a
person could get it. Well, Miss Grey, I
am another one of those after that
famous stocking-foot pattern. Please
find inclosed stamped, addressed envelope for same. Thanking you, I will
sign myself.
Watermelon Cake.—White of 6 eggs. find inclosed stamped, addressed envelope for same. Thanking you, I will sign myself, ELUE JAY.

Watermelon Cake.—White of 6 eggs, 2 cups of sugar, 1 cup butter, 1 cup sweet milk, 4 even cups flour, 1 teaspoon, baking powder, flavor with lemon or vanilla. For the red part, take the whites of 2 eggs, % cup red sugar, ½ cup butter, 2 cups flour, ½ cup milk, 1 teaspoon baking powder, cup milk, 1 teaspoon baking powder, a stiff froth, take half of the quantity of the white mixture for the bottom layer, then add the red mixture, ay on two rows of seeded raisins so they will be an inch apart, then add the rest of white for the top layer. Bake in loaf tins.

Ans.—Many thanks for supplying the

Ans.—Many thanks for supplying this recipe, Blue Jay, and I hope the Boxite who asked for it will see it. Glad to mail you the pattern.

Dear Miss Grey,—This is my first let-Dear Miss Grey.—This is my marked the other letters this long time. When reading, I noticed that some people were asking for recitations, and I would be very pleased if you would send me some recitations and also the words of the song "Til. We Meet Again." Inclosed you will find a stamped envelope.

MIRIAM. Ans.—I have been able to fill your requests from the Mail-Box, Mirlam, as several copies of song and some recitations have been supplied re-

Crocheted Slippers.

Dear Miss Grey,—No, I am not going to ask for that stocking-foot pattern, but I wonder how many thousands of toes it has kept from freezing this winter? Ima Sport wants directions for making slippers, I see. I made several pairs for Christmas, but did not have any directions (a friend showing me), but I have written out my method and hope she will understand it. Don't make them too large or loose, because they stretch a great deal, and will get sloppy. Glad to see the Mail.-Box growing. It is quite a long time since you had so many letters, isn't it?

Crocheted Bedroom Slippers.—Chain ten, chain one to turn on, and turn. One single crochet into the firth chain. One single crochet into the firth chain. One single crochet into each chain to end of row. Turn and repeat, always chaining one to turn on and making two single crochet into the centre stilical in each row, thereby increasing one stitch each row. Make twelve ridges.

two single crochet into the centre stitch in each row, thereby increasing one stitch each row. Make twelve ridges. You should then have thirty-four stitches. This is the front of slipper. To make the back, crochet a strip eleven stitches across, or about one-third of the width of the front, and make twenty-two ridges of this. Join to other

THE STORY OF MIKE THE SECOND.

Part 1.

In a certain city there was a very famous dog. His name was Mike. Mike had never won a prize in his fife, or a considerable had never won a prize in his fife, or a considerable had never won a prize in his fife, or a considerable had never won a prize in his fife, or a considerable had never won a prize in his fife, or a considerable had never won a prize in his fife, or a considerable had never won a prize in his fife, or a considerable had never won a prize in his fife, or a considerable had never won a prize in his fife, or a considerable had never won a prize in his fife, or a considerable had never won a prize in his fife, or a considerable had never with the firemen he could hardly remember had been owned as the firemen he could hardly remember had been owned had been as with the fire hall when he had one caped death when some of his bad escaped death when some in the fire hall and provide had been as will be the former when the fire bell range. The heart him his place.

"The mew Mike, indeed!" miffed the second, but like all other dogs, Mike's the purpose had been as will be medically as a buried in a grave near the sound of the high medical had been as well the were him in his place.

"The new Mike, indeed!" miffed the second been downed and the fire new Mike, indeed!" miffed the second been as well as the sell of the provide had been death him the provide had been death of the him the provide had been death of the him the him the him to he fire a him the him the him to he fire a him the him to he fire a him the him the

Let's Talk Books Dear Miss Grey,—Well, I guess I am too late to wish you a merry Christmas, but hope you had one all the same. Here's wishing you and all the Mail-Box readers a very happy New Year. Now that the Christmas rush is over, Miss Grey, don't you think that it

Advertiser Patterns Owing to the pattern manufac-turers increasing the price of pat-terns to us, all patterns advertised from this date will be



A Good Dress for School or General Wear.

3043—Here is a splendid style for gingham chambray, Indian Head, linen, drill, gabardine or serge. One could have plaid silk for collar, cuffs and belt, or have these parts of self material, with braid or embroidery for decoration.

RANCHER IN ALBERTA,
PAYS VISIT TO CITY

Miss Jean Laidlaw Is Welcomed by Friends.

Pioneer Life

Pio

there is going to be high prices on Miss Grey, I would like the Boxites to join me in voting down gossip. I had a beautiful friendship spoiled by a woman's evil tongue, and would like to know, when there are so many interesting things to talk about, why some folks persist in gossiping.

For the baby's name I suggest Leland, Lynden, Perley, Delbert, Durward, Morris, Murray.

Wishing you all a happy and prosperous New Year, I remain,

VICTORY BOND

To distinguish myself I'll sign,

PEGGY MAC (18).

Ang.—Isn't "Seventeen" just delightful, Peggy Mae? Am so glad you read lit. I'd love to see more letters about books in the Mail-Box. Oh, it's quite all right to dream over the dish-pan. You might just as well be doing something altogether congenial in fancy, while your hands are busy peeling potatoes or washing dishes. It's a fine chance to memorize, too. Ever try pinning up bits of verse or prose you wish to remember, somewhere where you can refer to them occasionally as you work?

VICTORY BOND refer to them occasionally as you work?
'Fraid I can't divulge Bluebird's whereabouts. Why not write her again?

Silverbelle's Candy. Dear Miss Grey.—This is my first let-ter to the Mail-Box. I hope you have a happy and prosperous new year. I have a recipe for candy. It contains: Two cups brown sugar, 1 cup maple syrup, pinch of cream of tartar. Boil till it pinch of cream of tartar. Boll till it threads. Do not stir while boiling. Set aside until cool, and then stir until creamy. Nuts may be added while stir-ring. I think this letter is long enough for a beginner. for a beginner. SILVERBELLE,
Ans.—Thank you for coming with
your good recipe, Silverbelle.

SOCIAL AND PERSONAL

Miss V. Childs of Florence was a Des Moins. Iowa.

McHardy-Smith are leaving for Toionto to appear in concert at the Toronto Conservatory of Music on Wedesday night. They are Miss Madeline Simson, Miss Cleta Ford and Miss Iva Smith. with flowers, the Tecumseh

House dining-room was the scene of a jolly tea-dance on Saturday aftera joby tea-dance on Saturday after-noon. The hotel orchestra played de-lightful music. This form of enter-tainment is becoming more popular every Saturday at the Tecumseh.

with palms and flowers, and the young people danced away two merry hours to delightful dance music played by the Harold Skinner Orchestra.

son of Mr. and Mrs. G. L. Brownlee of Shelland, was united in marriage to Miss Evelyn Long of Denfield. After spending a short honeymoon, they will

Wednesday, December 31, Miss O'Neil and Mr. John McAlpine, both of Orford, were united in mar-riage, the Rev. T. Jewitt, pastor of Turin Presbyterian Church, officiating. After a honeymoon trip to Toronto, Mr. and Mrs. McAlpine will reside or the groom's farm, concess
Orford.

TALKS ON HEALTH BY WILLIAM BRADY, M.D.

(Noted Physician and Author)

Dr. Brady will answer an signed letters pertaining to health. Writers' names are never printed. Only inquiries of general interest are answered in this column, but all letters will be answered by mall if written in ink and a stamped, self-addressed envelope is inclosed. Requests for diagnosis or treatment of indi-vidual cases cannot be considered. Address Dr. William Brady, in care of this

Crawl, Dyspeptics, Crawl.

For Infants and Children In Use For Over 30 Years

were in the city attending the funeral of Mr. George McBroom, who died last

delegate representing the students of Alma College, St. Thomas, to the Volunteer Students' Convention held at Three of the advanced pupils of Mrs.

A jolly party of young people were entertained by Miss Ann Macbeth at her home, Ridout street, when she gave a tea-dance on Saturday.

BROWNLEE-LONG. A pretty Yuletide wedding took place on January 1 when Delbert Brownlee,

MCALPINE-O'NEIL.

Everything found within the abdominal cavity of civilized man—with the exception of an occasional towel or forceps—has been found displaced, and elbows bent out and the chest close to the floor) or even doing an imitation apparently more frequently so with each succeeding generation. This is consistent enough when we consider that the abdominal organs are or should be supported from the spine, hung from the spine like a mealbag in a hammock. This is an effective sling as long as the animal retains the horizontal, but it becomes inefficient just as soon as he gets up on his hind feet.

Once the animal has learned to retain the floor), or even doing an imitation of a stalled ox has given marked relief in numerous cases of circulatory trouble such as palpitation, attacks of tachycardia (excessively rapid heart action), swollen veins, and just "poor including the product of the floor).

CASTORIA

Please print something to keep the hands white and soft. (N. J. L.)

ANSWERS—Boil, constantly stirring, for twenty minutes or until all dissolved, one dram of tragacanth powder, three drams of boric acid powder, one ounce of glycerin and a pint of water. Apply a little of this lotion to hands two or three times a day after washing and before the skin is quite dry.

GRAY'S, LIMITED

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

A Straight Tip

It will pay to look ahead and buy ahead for your spring and summer dress materials. All silk, wool and cotton fabrics are still soaring in price. The goods we are now opening up and placing in stock were bought many months ago and are better values than can be given later in the season.

NAVY BLUE THE EVER-POPULAR SHADE.

Though many colors will lay claim to first favor for this spring and summer, it is safe to say NAVY BLUE will remain the favorite

A fine assortment of NAVY BLUE FABRICS are here for suits, coats, dresses and skirts. NAVY BROADCLOTH of extra fine quality and finish, width 54 inches. Price, a yard

NAVY SERGE, woven from the finest wool yarns. It has a fine twill, and is much in demand for women's better-grade suits, width 56 inches. Price, a yard......\$7.00 NAVY SERGE, all wool, heavy weight, that tailors well, width 58 inches. Price, a yard

NAVY SERGE, fine twill, all wool, for suits, dress or skirt, width 50 inches. Price. a yard \$5.50

NAVY SERGE, all wool, medium weight, width 54 inches. Price, a yard\$5.00 NAVY SERGE, fine twill, soft finish, for dress or separate skirt, width 50 inches

Price, a yard\$4.00 NAVY SERGE, all wool, medium weight. and suitable for girls' dresses and skirts. width 50 inches. Extra value at, a yard, \$3.00 NAVY SERGE, all wool, heavy weight, for boys' and girls' wear, width 52 inches. Price.

SHEPHERD CHECK

Shepherd Check, black and white, width 54 inches. Prices, a yard.....\$2.25 and \$2.50 Shepherd Check, black and white, width 42 inches. Price, a yard\$1.75 Shepherd Check, navy, rose, green and light blue, pretty for separate skirts and children' dresses, width 50 inches. Price, a yard

PRINTED GEORGIA CREPE, \$1.50

Georgia Crepe, a dainty fabric of silk and cotton, having all the beauty and effect of high-priced georgette crepe, in new and pretty designs, rich color combinations, on grounds of navy, Copenhagen, sand, champagne, Nile and reseda; ideal goods for dress, waist or smock; width 36 inches; exceptional value. At, a yard \$1.50

NAVY WOOL POPLIN Heavy cord, width 56 inches. Price, a yard

NAVY WOOL POPLIN

Fine cord, width 56 inches; but one width required for skirt or one-piece dress, exceptional value. At, a yard\$5.00

NAVY CHEVIOT SERGE

All wool, medium and heavy weight, semirough finish and will give reliable service in suits, skirts and children's wear; width 58 inches; but one width required in skirt; a yard \$2.50 | splendid values. At, a yard, \$4.00 and \$6.00

CRAV'C Agents for the Autterick CRAV'C

and the Butterick Quar

PHONES 115, 116.

tepid water and letting my eighteenmonths-old baby paddle in it naked.
She enjoys it immensely for from five
to thirty minutes every day. But when
I told "Sairey" about it she nearly had
a fit. She declared it is "weakenin'."
Is it? Baby seems perfectly well and
strong. (H. W. A.)
ANSWER—The effect on Sairey is
weakenin'. The effect on the baby is

140 DUNDAS STREET.

weakenin'. The effect on the baby is Which has the greater food value, tea with or without milk and sugar? Is tea a better stimulant than water and

systement: is a spinning style for singham chambray, indian Head, lilmen, drill, gabardine or serge. One could have plaid silk for collar, cuffs and bett, or have these parts of self material, with braid or embroidery for decoration.

A quiet wedding was solemnized at Chatham when Edith M. L. daughter of the late Mr. and Mrs. daughter of the late Mr. and Mrs. arms Dobyth of Shetland, was united madian West for the Hambra and sugar? Is tea a stimulant at all? (G. C. S. ANSWER—Tea has practically no daughter of the material.

A pattern is cut in four sizes, 10, 12 and 14 tears. Size 10 requires 3% 16 can shape of the size of the angle of the size of th

Please inform me through your col-umn of a good remedy for removing corns. (L. J.) corns. (L. J.)

ANSWER—The old standard formula consists of thirty grains of salicylic acid dissolved in half an ounce of flexible collodion. This is peinted on the corn each night for a week or so, preferably following a prolonged hot soaking of the foot. The corn finally softens and comes away. Of course, no remedy has permanent curative effects. The corn is sure to recur unless the cause—friction from tight shoes and pressure from poorly fitted shoes—is removed. People confined to bed for a number of weeks always get rid of their corns.

Lemons.

Lemons. Will the habitual use of lemons, say the juice of half a lemon, in water with-out any sugar taken before breakfast All Want to Try New Drug every morning, injure health in any way? Some years ago there was a theory that tomatoes caused cancer. Please tell me if tomatoes are harmful, raw, cooked or canned, and whether they increase acid in the system. (L. S.)

ANSWER—The lemon habit is a healthful one. Tomatoes are wholesome in any form, and will rather increase alkalinity in the blood. The cancer notion was just somebody's imagination.

The Best Kind of Milk.

What kind of milk should have the

HORLICK'S THE ORIGINAL MALTED MILK id Amitations & Substitu



She Rests while Sunlight Works

Why not? That's what Sunlight's for. How does this happen? Very simple. Sunlight's gentle purity is alone sufficient to cleanse the clothes without wearisome rubbing. Of course, this is easy on the clothes, too. How is it done? Just read the directions.

Insist on getting the Soap you ask for-SUNLIGHT SOAP. LEVER BROTHERS LIMITED, TORONTO

SEEMS EVERYONE HEARD ABOUT IT

That Dries Up Corns So

They Lift Out. Good news spreads rapidly and drug-lsts here are kept busy dispensing circulation."

The condition of swollen or dilated veins (varicose veins, varicosele and hemorrhoids—piles) is so very rare in quadrupeds that some observers say it never occurs.

Our erect posture brought with it not only a soul but many things to try the soul.

QUESTIONS AND ANSWERS.

Salrey Shocked.

I am in the habit of preparing a tub of

or even irritates the adjoining tissue.

This discovery will prevent thousands of deaths annually from lockjaw and infection heretofore resulting from the suicidal habit of cutting corns.

"Laxative Bromo Quinine Tablets"

To Cure A Cold

in One Day

Take

Be sure you get the Genuine Look for this signature

