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"You had better go back to Mother" "Well, then, you must send her back,"

"SYRUP OF FIGS" IS **LAXATIVE FOR CHILD**

Look at tongue! Remove poisons from stomach, liver and bowels.



the package, then you are sure you hild is having the best and most harmless laxative or physic for the littl stomach, liver and bowels. love its delicious, fruity taste. Fu lirections for child's dose on each bottle Give it without fear.

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Justrite Ladies' Wear 254 Dundas Street.

PAGE OF INTEREST TO WOMEN

Five V ctrola Records HOME ECONOMICS



A Cincinnati Barber Tells How to Make a Remedy for Grey Hair.

Mr. Frank Harbaugh of Cincinnati.

O. who has been a barber for more than forty years recently made the following statement:

"Anyone can prepare a simple mixture at home, at very little cost, that home, at very little cost, that home, at very little cost, the soft and glossy. To a half pint of water add 1 ounce bay rum, a small box of Orlex Compound and % ounce glycerine. These ingredients can be longed the cost. Apply to the hair twice a week until the desired shade is obtained. This will make a grey-haired person ook twenty years younce, sold to not here, to one by one, Poppy's brothers were longers and the form of the person ook twenty years younce, sold to now here are poppy as the only little sister than she was spied by a man with a suitcase.

No sooner was Poppy out in the street than she was spied by a man with a suitcase.

"Just the pup for my little boy," said than she picked Poppy up and sold the man, and he picked Poppy up and sold the twery dark and cramed in the coat, her big dark eyes, her little twisty tall, and the prettlest white shirt front. White socks, and white part down her a spiendid puppy, and would some day be sold and and account of his pocket. The rumbling of the train soon made Poppy shead ache, and she began to wish she had stayed by a man with a now interest than she was spied by a man with a suitcase.

"Just the pup for my little boy," said with the river as boom overcoat pocket. It was the pup for my little boy," said well and how proud of her, too, for she was a very dark and cramed in the remainded her in his overcoat pocket. It was the pup for my little boy," said well and how proud of her, to for she was a very dark and cramed in the remainded her in his overcoat pocket. It was the pup for my little boy," said well and how proud of her, for she was a very dark and cramed in the extra hours and he proved the man, and he picked Poppy unand and he picked Poppy unand her poppy son went to sleep.

White socks, and wh

But, by and by, when the last brother had gone and Poppy was left with no one to play with but her old Mother Janie and her Aunt Dalsy, she missed her playmates and became very lonely They had gone to new homes, she thought; well, so would she. So that very afternoon she ran away.

"Where are you goung, Poppy?" called one of her brothers who now lived nearby, and chanced to see her passing.

"I am going out into the world," Poppy answered.

"Stay and play with me for a while," ber brother pleaded.

Poppy played with him for a few min-

delicate scalp, is not sticky or greasy and does not rub off."

Ity. Of course,

It

ed with him for a few min- surprise. The man was her brother,

fabric, whether ft be wool, silk, linen, cotton or mixed goods—dresses, blouses, stockings, skirts, children's coats, feathers, draperies, coverings.

The Direction Book with each package tells so plainly how to diamond dye over any color that you cannot make a mistake.

To match any material, have druggist chow you "Diamond Dye" Color Card.

The Direction Book with each package tells so plainly how to diamond dye over any color that you cannot make a mistake.

To match any material, have druggist show you "Diamond Dye" Color Card.

The Direction Book with each package tells so plainly how to diamond dye over any color that you cannot wished she hold have been discovered, and liking, for she had seen little of the world. So she waited her chance and ran away before she could be taken the new Well, then you must send her back," "Well, then you must send her back," the actress-lady said.

So it was that Poppy arrived home in a box. How glad she was to be safe home again, and how she wished she had not had so many brothers, she might never have been discovered, and might have lived unhappy for the rest of her days.

(Rights reserved by the Vincent G. Perry Canadian Syndicate.) world. So she waited her chance and (Rights reserved by the vince ran away before she could be taken (Rights reserved by the vince Perry Canadian Syndicate.)

QUESTIONS AND ANSWERS.

TALKS ON

(Noted Physician and Author.)

Dr. Brady will answer all 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 mail if written in ink and a stamped, self-addressed envelope is inclosed. Requests for diagnosis or treatment of indlvidual cases cannot be considered. Address Dr. William Brady, in care of this

The High Cost of Sickness-Economy of the H. M. F. B. Most effective is the hot mustard foot | "close the pores" again-it will do no

bath in the early stage of any acute respiratory infection.

In order to obtain the best results the H. M. F. B. should be taken in bed, which implies a good nurse. Let us remark here that the best course one can possibly follow when coming down with such an illness is probably to get into bed and have a trained nurse to give the hot mustard foot bath, even if she remains only an hour or two. Any rood nurse could show you how to administer a H. M. F. B. much better than I can tell you how, but this is the isual technic:

Strip the patient and put him in bed between blankets. Give him a large between blankets. Give him a large if at all. At least it should be worn all the time, if at all. At least it should be worn all the time, and according to the first of the patient and put him in bed in the time, if at all. At least it should be worn all the time, and take the setting-up length measure. When misses' or conditions the figure of the patient and put him in bed in the patient in the patient is above illustration, and send size of patient wanted. When the patient is above illustration, and send size of patient wanted. When the patient is above illustration, and send size of patient wanted. When the patient is above illustration, and send size of patient wanted. When the patient is above illustration, and send size of patient wanted. When the patient is above illustration, and send size of patient wanted. When the patient is above illustration, and send size of patient wanted. When the patient is above illustratio which implies a good nurse. Let us

Strip the patient and put him in bed between blankets. Give him a large irink of anything very hot—hot lemonade, hot broth, or even hot water. Half ill a foot tub or other roomy recepacle with water a trifle hotter than our hand will endure, and stir a table-poonful of mustard flour in it. Let the patient lie on his back with the knees lexed and his feet in the tub under the darkets. Pile on several blankets. If he swears about the water burning his eet, swear right back at him. If he miles, smile back. Give him his due. But keep adding a dipperful of hotter vater now and then and dipping out a ipperful of the mustard water. This eeps the patient interested every minter.

e. As soon as the bath is under way, As soon as the bath is under way, ring out a cloth in cold water and lace it on the patient's forehead. hange this from time to time, to keep im from becoming hotheaded. Keep the bath going fifteen to thirty pinutes. Steady the tub with one hand nder the blankets if the patient is served and keep laying the water up der the blankets in the patient is rvous, and keep laving the water up er the legs Give him another pint of hot drink

five him another pint of not grink fore the bath is over. Do not permit him to throw off any the blankets. It is necessary to be trifle mean and determined about this, the blankets are consciently because the state of the constitution of the constitution. scause just before perspiration be-mes established the patient strongly arms to uncover and get cool. Keep e covers tucked close about his neck delet him tell his troubles to the arines.

live the patient now all the cold Give the patient now all the cold after he cares for. But see that he emains under the covers for an hour, hether he perspires freely or not. At the end of an hour or two, remove be blankets, dry the patient with wels, put on a nice dry nighty, and ss him good-bye—on your fingers. Let m sleep it off.

Should Mrs. Gamp happen in assure r there is no danger now, even if the atient uncovers. However, if she is orried, you may ease her mind by pathing the patient with alcohol to

Cynthia Grey's Mail-Box

What a Pal Was Mary.

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"Listen Letter Gems."

Any record you may call for in these parlors.

Heintzman & Co.

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242 Dundas St., London, Ont.

SOCIAL AND PERSONAL

BUCHANNAN-FULTON.

A cyste wedding took place in King.

A work an should not have to stand work the standard on the standard work of a stiff work of the standard work of a work of the stiff work of the sti bound, completed the cosy. When not in use roll it up and tie, then put into a bag made for the purpose and hang it up. This sounds like a lot of work, but I made mine in one afternoon, and have proposed to the complete the co

but I made mine in one afternoon, and have enjoyed the comfort of it every week for nearly three eyars. Any stout goods with blanket or battling filling would do as well as a big coat. I always set my yeast in a one-quart fruit jar, and made a cosy to fit it also. Will send along the recipe for yeast and bread shortly. It may help some.



3051—This is a good model for elours, velvet, cheviot and tweed mixthat it is quite possible person to become a paur afraid paper would crack. Hoppack in low outline, or closed to the neck edge, with the collar rolled high.

The rotter like to paper it, but am afraid paper would crack. Hoppack in low outline, or closed to the neck edge, with the collar rolled high.

SUNSHINE. The pattern is cut in five sizes, 6, 8, 10, 12 and 14 years. Size 12 will require 41/4 yards of 44-inch material.

A pattern of this illustration mailed to any address on receipt of 15c in silver or 1c and 2c stamps.

Nama

Age (if child's or misses' pattern) ...

Measurement: Bust..... Waist.....

Inclosed is 10 cents for the hospital, and may I loan the stocking-foot pattern, as my husband is wearing his out pretty fast, on the farm.

I am delighted with the country, and everyone has been most kind to me.

Am very fond of poetry, and enjoy the quotations from different authors, and hope they will continue.

Inclosed stamped, addressed envelope. With all good wishes for 1920. From FELIX STOWE.

Ans.—We are very glad to welcome you to our Mail-Box and to know you are happy in Canada. Glad, too you

are happy in Canada. Glad, too, ike poetry—one is never lonely Worth While Books,

Worth While Books.

I am sorry I do not know more about Charlotte Bronte's family, except she had a sister, and one brother named Bramwell. I have friends living in Haworth, and I used to visit there often, and Charlotte Bronte was like lots more good authors, not appreciated until they have passed beyond. I saw where one of the readers signed herself as Jane Eyre. I wonder if she has read the book? I have read it more than once in my younger days, and was not someone asking about books? Well, anyone wastes time and eyesight on any dian reserve, and this cure was tried formation recommunity kitchers.

I noticed some time since one of the Boxites asking why her Christmas cactus did not bloom. I have found it a good plan to pinch off the new growths in the fall, when I bring the plants in off the porch for the winter, and in a short time the buds take their places.

Some recipes sent to the Mail-Box are good. Have a book with a good lot of them in it.

I noticed some time since one of the box while it threatened to be one prolonged, useless argument about country and city life. It's a relief to have this and her slip had six flowers, and in a short time the buds take their places.

Some recipes sent to the Mail-Box are good. Have a book with a good lot of them in it.

Hello, Ura Kid's Pal. I read to be one prolonged, appear in about two weeks. A got a slip off a large one last so and her slip had six flowers, and city life. It's a relief, because as you say, Ivy, it was something the buds take their places.

Hello, Ura Kid's Pal. I read to be one prolonged, appear in about two weeks. A got a slip off a large one last so and her slip had six flowers, because as you say, Ivy, it was something the plants in the fall, when I bring the plants in off the porch for the winter, and in a short time the buds take their places.

Hello, Ura Kid's Pal. I read to women, appear in about two weeks. A got a slip off a large one last subdite to have this and her slip had six flowers, because as you say, Ivy, it was something the slip was slip off a large one last are good. Have a lot of them in it. lot of them in it. Putting the recipes in one column was fine. Many a helpful hint have I got from your page. You certainly have a great deal of patience in answering all the letters,

working their way through? MRS. B.

Could you or any of the readers suggest a good way to fix over a kitchen which is sealed with narrow boards gest a good way to fix over a kitchen which is sealed with narrow boards and painted? Would like to paper it, but am afraid paper would crack! Hop-

Like many of the Boxites. I, too, am

exceedingly fine. Well, Miss Grey, I am afraid I have taken up enough valuable space already, but will call again some time when I can be of more use.

Ans.—I do like your choice of books and authors, Xantippe. "The Amazing De not suffer another day with Itching, Bleeding, or Protru ding Piles, No surgical operation required. Dr. Chase's Ointment will relieve you at once and as certainly cure you. 60c a box; all dealers.

Your sanctum, and was so cordially received that I resolved to return soon. But all last summer space was at a premium, and I refrained, and now that you have come into your own again you seem to be fairly deluged with letters. I never miss reading one of them, and find then very helpful (sometimes amusgraham bread recipe. I have long looked for one without molasses in it, and since trying Slim's, use it all the time. Thank Peggy, too, for her cheap cocost cake recipe. We liked it fine. I passed

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36-Inch Dress Tweeds

Special price. At, a

Agents for the Butterick Patterns, The Delinearon and the Butterick Quar-

who wastes time and eyesight on any dian reserve, and this cure was tried for of Laura Jean Libbey trash, I am and proven among the Indians and white sorry their mind is not capable of readsorry their mind is not capable of reading anything better.

and proven among the individual sed find ten cents for the Chil- over a quarter of a pound of cream of it

MARCELLA.

I have got some good useful help from your page before so I thought maybe you could help me again. I have a feather quilt (cretonne covered), and the feathers will not stay in. They spread all over the bedeling the stay in have a feather quilt (cretonne covered), and the feathers will not stay in. They spread all over the bedclothes and get under the bed, in an awful mess. Is there anything to keep them from working their way through? MRS. B.

Could you or any of the content of the purpose I had instituted giving help to in the line of clothing. If a person has no earthly use of something and content to the purpose I had instituted giving help to in the line of clothing. If a person has no earthly use of something and content in the line of clothing.

CORNSTALK. This is the first call I have made on a regular bookworm. Miss Grey, have you read 'Les Miserables' by Victor Hugo, and "Tale of Two Cities," by Charles Dickens? Dich't you find them interesting? They are my two favor-its leading? They are my two favor-its leading to the second of the second Charles Dickens? Didn't you find them interesting? They are my two favorite books, and their respective authors, along with Sir Gilbert Parker and Alexander Dumas, are my favorite authors. In the line of authoresses I have no particular favorites, but prefer the works of Myrtle Reed and Mary Roberts Rhinehart. How many of the Boxites enjoyed "The Amazing Interlude" by Mrs. Rhinehart? I thought it exceedingly fine. Well, Miss Grey, I am afraid I have taken up enough valuable

It is nearly a year since I entered your sanctum , and was so cordially re-

Inclosed find ten cents for the Children's Hospital.

Ans.—I often think perhaps our first comes our way. It is very essential to guide youthful tastes and create a desire for the best in literature. Thank you for your splendid letter, Lighteliffe. It is one of many good ones received on the day I am writing this.

Over a quarter of a pound of cream of tartar, and when cool allow patient to dirink freely of this preparation. The disease germs will be killed at once.

A good way to use old umbrellas is to remove the broken transework and you will have a nice, fancy-headed stick for string a grate fire.

I have been reading your Mail-Box of the day I am writing this.

Cosy Corner Chats.

Over a quarter of a pound of cream of tartar, and when cool allow patient to dirink freely of this preparation. The disease germs will be killed at once.

A good way to use old umbrellas is to remove the broken transework and you will have a nice, fancy-headed stick for string a grate fire.

I have been reading your Mail-Box of late because it seems to be developing into a column of real value to women, for a while it threatened to be one pro-

Hello, Ura Kid's Pal. I read your latter in today's paper. I never thought about the bother I was going to cause you; won't you please forgive me? I'll admit I'm real thoughtless, especially admit I'm real thoughtless, especially way you keep all parties coming back and with so many different views. Must vinegar, soap suds and a pinch of sug (brown) to any kind of stove polis SATELLITE.

Ans.—Sent the "Santa Claus" clipping SPITFIRE.



