PAGE OF INTEREST TO WOMEN READERS

DONATIONS COMING IN FROM ALL SIDES FOR CHILDREN'S HOSPITAL

Committee Met Yesterday To Hear Latest Reports of Work.

Women's institutes, women's organizations of every kind and many chapters of the I. O. D. E. in Western Ontario, as well as in London, have become very much interested in the building of a new sick children's hospital, which the I. O. D. E. of London has undertaken as a war memorial.

At the meeting of the sick children's hospital committee held yesterday afternoon in the Western Fair rooms, letters were read by the secretary, Mrs. F. J. Greenaway, from different parts of Western Ontario, pledging support. The date of the campaign to be held to raise funds has not yet been decided upon by the committee, but generous subscriptions have been coming in constantly since the movement was put on foot by the I. O. D. E.

Mrs. Cl. T. Campbell, honorary treasurer, has received the sum of $10 from the "Coo[illegible] on" Club of New St. James' Church, accompanied by an interesting note saying that the donation was small, but it was part of the funds allotted to Christmas cheer.

The Trafalgar Chapter and the Campbell Becher Chapter have pledged themselves to raise each $1,000, and many other local organizations are asking that they be allowed to buy a cot or furnish a room or do some other thing for the cause. The I. O. D. E. is delighted with the enthusiasm with which this worthy object has been met. Mrs. Arthur Smith presided.

MURINE FOR YOUR EYES Rests, Refreshes, Soothes, Heals—Keep your Eyes Strong and Healthy. If they Tire, Smart, Itch or Burn, if Sore, Irritated, Inflamed or Granulated, use Murine often. Safe for Infants or Adult. At all Druggists in Canada. Write for Free Eye Book. Murine Co., Chicago, U. S. A.

Bolshevik Stomachs

which kick up a fuss and cause all kinds of pain and suffering every time you eat, will become quiet, orderly and peaceable in five minutes, if you take three or four 1 grain Bi-nesia tablets in a little hot water immediately after eating or whenever pain is felt. This is because Bi-nesia quickly, surely and safely neutralizes the acid, stops the food fermentation and gives your stomach a chance to proceed with its work in a painless, normal manner. Hundreds of folks right here in London know from their own experience that Bi-nesia is the only thing that helps them—that it's the only thing that enables them to eat hearty meals of the good things they like without worrying about after-effects. Better deposit 75 cents with your druggist today and try Bi-nesia. You can have your money back if you want it. J.10.17

Lovely Jewelled Bar Pin, Sparkling Ring and Handsome Bracelet Watch

Just think, without spending a cent of your money you can secure this exquisite Imported Jewelled Bar Pin and Ring and a handsome gold filled Bracelet Watch that is quite the equal of any you could buy in a jewelry store for $8.00 or $10.00.

This handsome bar pin is over 2 1/3 inches long, has the lovely new Platinum finish and is set with seven beautiful brilliants that sparkle like the finest diamonds. The Ring, which we send in your exact size, is solid gold-filled and set with exquisite manufactured rubies, sapphires and diamonds in the handsomest design you could imagine. The costly bracelet watch is in the new Octagon shape, small and dainty as can be, and a reliable timekeeper. It has the new style expanding bracelet that fits snugly to any wrist.

All these magnificent presents are being given FREE to quickly advertise and introduce a wonderful new perfume that we have just brought out. Send your name and address to-day and we will send you just 20 packages of this lovely new perfume called "Dew-Kist Bouquet" which we ask you to introduce among your friends at only 15c per package. It is easy. Everybody wants two or three packages at once because one 15c package will perfume more articles than a dollar bottle of perfume. It's no trouble at all to sell them in your spare time. Then return our money, only $3.00 and we will promptly send you, postage paid, the beautiful Bar Pin and Ring, and the lovely Bracelet Watch you can also secure without selling any more goods by simply showing your grand rewards among your friends and getting only four of them to sell our goods and earn our fine prizes as you did. Don't delay. Write to-day to

REGAL MANUFACTURING COMPANY

Dept. W. 7, Toronto, Ont. 6d

Cynthia Grey's Mail-Box

The mere accident of relationship does not give one the right to be insulting.—Myrtle Reed.

A Proud Mother.

Dear Miss Grey,—It has been two years and past since I made a call to the Mail-Box, and hope I am welcomed again. I am coming this time to ask for the stocking-foot pattern, and I am sending the 10 cents as suggested by another reader, for the Children's Hospital, and hope that everybody else will follow suit. I have four little boys, and think that all who have children should help this good cause along, for we never can tell when our children may need a little bed there. I am glad to think that London has taken to the child welfare. There are too many people who look upon children as a nuisance. I heard a woman say one day last summer that a woman was a fool to try to raise a family these hard times. She is one who does not like to be bothered with babies. Well, I do; I have two boys going to school, and one 27 months old, and a baby 6 weeks, and I am a very proud mother of them all.

Miss Grey, have you any copies of The Gipsy's Warning, also the reply on hand you could please send me? I wish to send them to a friend in Ohio, who asked me to try and get them for her.

Thanking you in advance, I am,

MRS. C. F. L.

Ans.—I do like your letter, Mrs. C. F. L., and I'm sure you know what it is to be tired and sacrifice for those little kiddies that are so dear to you. But you have found it all so worth while, haven't you? Your contribution to the fund is gratefully added to the little box of dimes. We're hoping to need a bigger box soon. Am pleased to mail you pattern and poems you ask for.

Glad to Help Good Cause.

Dear Miss Grey.—Am so glad a small fee of 10 cents was suggested to help along a good cause. Have wanted the pattern, but hesitated sending for it for nothing. Am inclosing stamps for the amount. A bright and prosperous New Year for you and all, is my best wish.

A. D.

Ans.—Such a nice little note, A. D. Our fund is increasing, and we're very proud of it. Am sending pattern and wish you, too, a happy New Year.

Has Three Little Chaps.

Dear Miss Grey,—We get The Advertiser every day and I read so much about your stocking-foot pattern. Will you please send one to me, as I have three little boys, and thought it would help out a lot.

AUNT JANE.

Ans.—Gladdest send you the pattern and help a little.

Some Choice Recipes.

Dear Miss Grey—I haven't written to your column for sometime, but I have been a constant reader of the Mail-Box and I find it a great help at times. Here are some recipes which I trust will help some one.

Potato Soup — Peel and slice four medium potatoes and one medium onion, also sliced, cover with hot water and boil till soft. Drain and mash, then take four cups sweet milk, 1 teaspoon salt, 2 tablespoons butter, and pepper to taste when all is done, 1 tablespoon flour, bring milk to a boil then add all together.

Jelly Roll—3 eggs, 3-4 cup sugar, 1 teaspoon cream tartar, ½ teaspoon baking soda, 3 tablespoons sour milk, pinch salt, 2 tablespoons melted butter, 1½ cups flour. Mix thin and spread thin on bake tins. When done roll up with jelly inside.

Now I would like to ask if anyone could give me any comic recitations, not too long, as soon as you could. I would exchange comic recitations with anyone wishing to do so. There are some recitations I would like very much to get. They are: "Betty and the Bear," "There is Something in the English After All," "Flag the Train." Will sign myself, ANN MARIA.

P. S. If there are any come in please let me know through the Mail-Box.

Ans.—I could have supplied one of above readings had you inclosed your name and address. The others will no doubt be supplied you gladly.

Little Daisy Calls.

Dear Miss Grey,—Just a few words. How are you keeping yourself in this cold weather? It is nice out today, the sun is shining bright and warm. Dear Miss Grey, could you do me a little favor? I would like to know the address of a poultry farm situated in Canada. Will watch for it in the paper. Thanking you for same, I remain,

LITTLE DAISY.

Ans.—John Martin of Port Dover is the outstanding proprietor of poultry farms from the standpoint of prize-winning poultry, and Lewis N. Clarke, Port Hope, is noted for production results. Glad to "do you the little favor," Little Daisy.

To Reduce H. C. L.

Dear Miss Grey,—Here I am again, but first of all I must send my very grateful thanks to Mother's Pal for being so very kind in copying "Passing Under the Rod" so promptly and well. I am so glad to get it. I used to sing it some time ago, but had missed a lot of it. Well, Miss Grey's family is quite an agreeable lot. So many ask for things, and there are always some able to come forward with help. There is one subject I would like taken up in the circle, and that is, how can we most easily overcome the high cost of living? This is something that appeals to us all who are home keepers. Every day it is before us—but how to make ends meet. To begin, I might say that I use no eggs in any baking I do except Christmas cake. Gingerbread, light cake, a cheap cake with fruit in, pancakes, cookies, and many other things—but no eggs. I think I use a little more flour, but no difference in anything else. If any Pageite would like any of my recipes, I will gladly give them. I guess I had better stop for this time, or you will not want me to come again.

SIXTY YEARS YOUNG.

Ans.—Your suggestion should call forth a host of economical hints. Here's one I saw just today: "When making white sauce for any purpose, make an extra amount. It will keep perfectly well for a couple of days, and may be warmed quickly over hot water it tightly covered."

Wants Poem.

Dear Miss Grey,—Could any of the readers supply me with the words of the "Jolly Coppersmith"? I will inclose a stamped addressed envelope for same.

HARRIGAN.

Ans.—But you didn't inclose your name and address, Harrigan. I shall forward cure you inclosed.

For Moles.

Dear Miss Grey,—Will you please send me that wonderful stocking-foot pattern that so many are asking for? Will find stamped envelope inclosed. I would also like directions of crochet tam, as we have lost paper with directions. If any readers have any moles on their faces they would like to get rid off, get a thin piece of leather, put a hole in it the size of the mole, then strip leather over mole; get a little nitric acid, dip end of match in it, and touch mole; it sometimes takes two applications, but is tried and true.

MARY ANN.

Ans.—Am mailing pattern and tam directions. Please return the latter to Mail-Box, as there seem to be a number of Boxites who lose their papers.

Just To Say Thank You.

Dear Miss Grey,—Many thanks for the stocking-foot pattern, so promptly forwarded to me, and please thank High School Girl, who so kindly sent the words of "In the Baggage Coach Ahead." I shall forward them to friends in England, who no doubt will use it as a recitation at some public gathering—Sunday school, maybe—where I am sure it will be much enjoyed and appreciated. Again thanking you for kindness, Yours,

E. J. N.

Mail-Box Notes.

That there are many mother-hearts in the Mail-Box circle is evidenced by the number of cures for whooping cough which have been received for the distressed mother. In this connection I beg to acknowledge, with thanks receipt of contributions from the following: Reine, July, Sub Rosa, Mrs. Cyriel D., Amethyst No. 2, Mrs. O. P. M., Mother of One. Patterns have been mailed to A Constant Reader, Mother of Three, Mother of Five, Miss G., Lucan, and A Reader.

Will English Buttercup please forward her name and address to the Mail-Box and secure a letter waiting here from Short.

Helps Poor Kiddies.

Dear Miss Grey,—I read your letters in The Advertiser so much, and I would like to help some children, poor little ones without mitts this winter. Please send me the pattern, as I can use it for bits of cloth I have saved for that purpose. I am nearly alone in this life, and I am glad to have this interest. If you send me the S. F. pattern, too, I could use it in fitting up lots of little ones for winter.

MRS. E. E., SARNIA.

Ans.—Glad to send you these patterns to help on the good work of making the kiddies comfortable. It is a lovely thought of yours, and so I pass it along to the Boxites.

Miriam's Wishes.

Dear Miss Grey,—I am a girl of 12 years of age, and I wish I could get the stocking-foot pattern, and the words of the hymns, "The Holy City" and "The Star of Bethlehem." I am sending a stamped envelope for reply. Thanking you in advance, I remain, yours truly,

MIRIAM PARKE.

Ans.—You'll have the pattern by this time, Miriam, and someone will want to send you copies of the songs.

Hints Worth While.

Dear Miss Grey,—I read in the Mail-Box last Saturday that M. H. V. wished for a cure for whooping cough. Here are three I cut out of the Mail-Box quite a while ago, hope they will be some help. I have copied them off in my book, so you need not send them back.

Here are a few more hints if you think them worth printing: To color a pretty yellow, save onion peelings, boil them—making a strong "tea," strain through a cloth, add a small piece of alum, and you have a good dye at little cost. For proudflesh in sores, use fine granulated sugar. This is a tried and true remedy.

Recipe for Apple Glace Marian—Select bright red apples, core without peeling, and cut in half-inch rings or thicker. Place one cup of sugar with one-third cup of water in a saucepan. Cook until a syrup is formed, then drop in the apples and cook until clear, but not too soft. Remove one at a time and place around a platter of sliced ham or fowl. In the centre of each slice of apple, put a cranberry or slice of pickle. The remaining syrup may be used for a pudding sauce or apple sauce. Trusting this letter is not too long, so it will be thrown in the W. P. B. Will sign myself,

STAR OF THE EAST.

Ans.—Many thanks for your splendid helps. Will forward the cure to M. H. V. with others that are waiting here.

For Ferns.

Dear Miss Grey,—Here is a hint in regard to "Aunt Maggie's Ferns." Mother is very fond of flowers and takes a pride in her ferns. Her method is very simple. Take some hen (fertilizer) in a pail and pour water on it, let it sit awhile, then pour the liquid off and apply a little at the roots of your fern. This is a sure cure as it has been tried on show flowers.

Now for the member with chilblains. One sure method is to wash your feet and darn your stockings, or if this fails run a mile in the snow. Tee! Hee!

Your Mail-Box is sure helpful, especially in recipes. We have tried some which turned out great. There are some very hot arguments in the Mail-Box, too, especially the one in connection with the farmers. I am a farmer's daughter and am very easily irritated, especially when our city cousins find fault with us when they are so green in connection with farming. How would they feel if they fed and watered all winter five nice Durham calves, and the following summer see them die of black leg and couldn't do anything for them, but for all that we have good times in the country.

Well, I had better stop, or I will be getting into trouble. Hoping every one escaped the smallpox, and wishing the Mail-Box every success. VICTORY.

Ans.—How nicely your letter was written, Victory! Thank you for the hints for fern production and we want to know if the "mile in the snow" sprint cure has been proven, don't we, Box people. There are disheartening discouragements in every one's plans which ought to make us "wondrously kind."

Another Cure.

Dear Miss Grey,—It is several years since you have heard from me—no, I'm not so very ancient as that might lead you to believe. The last time I wrote I asked for a lonely's name, which you sent me. I don't know whether he was killed or not, as I heard for about a year, and then his letters ceased.

The reason I am writing now is to give M. H. V. a remedy for the whooping cough. Take a pinch of quinine (just what can be pinched up between the thumb and first finger) and sprinkle it under the child's tongue and all through the mouth. Do this two or three times a day and always upon retiring. Make the child swallow it if possible. This is a proven remedy, and will prevent children from taking whooping cough and cure those who have it.

Best wishes to all. WAYNE.

Ans.—Thank you, Wayne, for coming after many years with kind help. Can someone tell about Lonely?

What Sally Is Wondering.

Dear Miss Grey,—I am very interested in your letters and certainly make good use of them.

I would like to know if, when a horse looks at you, you look twice as big as you are or not, because I don't see how a big horse would be afraid of such small persons as us, compared to them?

I hope you and all the rest of the Boxites have had a merry Christmas and a happy New Year. I will sign myself, SALLY OATBOX.

Ans.—Did you ever read "Black Beauty," by Marshall Saunders? If you are interested in what a horse sees and thinks, read that book.

A Mitt Pattern!

Dear Miss Grey, — Another silent reader crowds into your busy family. Someone has asked for a mitt pattern. I am inclosing one I used for my husband's chore mitts. I usually make the outside of old overalls and the inside of flannelette. Have you worn out the stocking-foot pattern? If not, may I have one. Now, Miss Grey, may I come again. Your Mail-Box is so very interesting. I wonder how many would take The Tiser if it were not for your corner. Wishing the Mail-Box all success. I sign myself, ANOTHER.

Ans.—At last a much-wanted mitt pattern! Thank you so much, Another. I shall be able to fill many waiting requests. Thank you, too, for the kind words of appreciation for our corner.

A Little Walk Around Yourself.

When you're criticizing others, and are finding here and there
A fault or two to speak of, or a weakness you can tear:
When you're blaming someone's meanness or accusing someone of pelf,
It's time you went out to take a walk around yourself.

There's lots of human failure in the average of us all,
And lots of grave shortcomings in the short ones and the tall;
But when we think of evils men should lay upon the shelves,
It's time we all went out to take a walk around ourselves.

We need so often in this life this balancing of scales,
This seeing how much in us wins and how much in us fails;
But before you judge another—just to lay him on the shelf,
It would be a splendid plan to take a walk around yourself.

—Sent in by Sparks.

For Six Years.

Dear Miss Grey,—May I ask for that much-called-for stocking-foot pattern? Have been a reader of The Advertiser for six years. Sincerely wish you and the pageites a happy New Year.

E. J. S.

Ans.—Glad to mail pattern to such a faithful reader. Hope you will write us again.

Railroad Cake.

Dear Miss Grey,—I am a new-comer. I wrote before, but I did not see my letter in the paper. I hope this one will be in. I read your corner every night. We have taken The Advertiser for a number of years. My mother is away and I am keeping house. There is just father and I.

Fordwich Blossom, your kisses for Christmas recipe looks good. I have not tried it yet, but I cut it out. I am sending a recipe for a cake. It is good. When I made it father said it was the best he had ever eaten for a great long while.

Now, Miss Grey, I hope I am not taking up too much room. May this year bring peace and happiness in the world. ALICE IN WONDERLAND.

Railroad Cake—Break two eggs in a cup. Fill it up with sweet cream. One cup of sugar, 1½ cups of flour, 1 teaspoonful soda, a little nutmeg and salt.

Ans.—Glad to have the cake that daddy pronounced so good. Blanche, white, Gertrude, spear-maiden, Helen, light, Thomas, a twin, William, helmet of resolution. Yes, come again soon if you would like to. Your writing would be very good with a little more care.

Snowflakes Flying.

Dear Miss Grey,—May I enter into your interesting Mail-Box. I have been a silent reader for some time, waiting to help someone before I wrote, but I have decided to wait no more.

What odd names some of the Boxites have? Pretty, some of them, too. Wherever did they get them all from?

May I trouble you for that famous stocking-foot pattern, and also the crocheted tam pattern, if you have them? Could you tell me the meaning of Ena?

Now, Miss Grey, I will close, hoping to see this in print soon. I will sign myself, SNOWFLAKES.

P. S.—I hope I have not troubled you too much? May I come again when I can help someone?—Snowflakes.

Ans.—Have mailed you patterns and directions. Come again any time.

Advertiser Patterns

Owing to the pattern manufacturers increasing the price of patterns to us, all patterns advertised from this date will be

15c EACH.

2986

SKIRT 2865

A Pretty Gown for Home or Afternoon Wear.

Blouse 2986 and Skirt 2865.

Comprising lady's blouse pattern 2986 and lady's skirt pattern 2865. In this instance figured silk voile and crepe de chine was used. The skirt could be of serge, and the blouse of matched silk, crepe or velvet, with lace or embroidery for trimming.

The skirt pattern is cut in seven sizes, 22, 24, 26, 28, 30, 32 and 34 inches waist measure. The waist in six sizes, 34, 36, 38, 40 42 and 44 inches bust measure. A medium size requires 7½ yards of 44-inch material. The width of skirt at lower edge with plaits extended is 2⅝ yards.

This illustration calls for two separate patterns which will be mailed to any address on receipt of 15c for each pattern, in silver or 1c and 2c stamps.

Name .....

Town .....

Province .....

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

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

Caution: Be careful to inclose the above illustration, and send size of pattern wanted. When the pattern is bust measure, you need only mark 38, 34, or whatever it may be. When in waist measure, 22, 24, 25, or whatever it may be. If a skirt, give waist and length measure. When misses' or child's pattern write only the figure representing the age. It is not necessary to write "inches" or "years." Patterns cannot reach you in less than ten day from the date of application.

MRS. E. C. DRURY

MRS. E. C. DRURY, wife of the Premier of Ontario, from her latest photograph.

SOCIAL AND PERSONAL

Miss Minerva Smith, R.N., of Wingham, is visiting with Mrs. H. Pococke, 532 King street.

Maurice Maeterlink, the famous Belgian dramatist and philosopher, is now on a trip to the United States, accompanied by his youthful wife.

Miss Marjorie Stinson, Dean street, was pleasantly surprised on Wednesday when a number of her girl friends gave her a shower in honor of her approaching marriage. All sorts of lovely gifts were received by her. A happy evening was spent in games and dancing.

DOCKERILL—CHAMBERLAIN.

At St. Paul's Church, Stratford, a pretty wedding took place when Alice Chamberlain, daughter of Mr. and Mrs. W. G. Chamberlain, was united in marriage to Albert Dockerill of Stratford. Miss Gladys Chamberlain, sister of the bride, was bridesmaid, while Mr. Fred Dixon, brother of the groom, was best man.

BUSTEED—PROUSE.

A quiet wedding took place on New Year's Eve, at the Presbyterian manse, Forest, when Rose Udine Prouse, youngest daughter of Mr. and Mrs. Philip Prouse, of Forest, was united in marriage to George Sylvester Busteed of Blenheim. The ceremony was performed by the Rev. H. D. Cameron, the bride wearing a suit of navy blue broadcloth, with black picture hat. The young couple will reside in Sarnia.

WARD—OSBORN.

A very pretty wedding took place at St. George's Church on Wednesday, January 7, at 11:30 a.m., when Edith Alberta, daughter of Mr. and Mrs. A. E. Osborn became the bride of Mr. Thomas M. Ward of Toronto, son of Mr. and Mrs. W. T. Ward of this city, the Rev. Canon G. B. Sage officiating. The bride, who was given away by her father, looked very becoming in a taupe suit trimmed with fur and hat to match. She wore a corsage bouquet of Ophelia roses and sweet peas. Miss Gladys Osborn assisted as bridesmaid, while Mr. George Glennie supported the groom.

The groom's gift to the bride was a diamond necklace, to the bridesmaid a pearl ring, and to the groomsman a gold penknife. After the ceremony a dainty wedding breakfast was served at the home of the bride's parents, 78 Albion street. Later Mr. and Mrs. Ward left amid showers of confetti and good wishes for their future home in Toronto.

JELLICOE AND BORDEN ARRIVE AT HAVANA

HAVANA, Jan. 9.—Admiral Viscount Jellicoe and Sir Robert Borden reached here shortly before noon today on board the British cruiser New Zealand from Key West. The guns of Morro Castle, the French cruiser Jeanne d'Arc and the Cuban cruiser Cuba fired salutes in their honor.

The maritime officials immediately boarded the New Zealand to welcome the distinguished visitors.

BOBS AND THE GREY SQUIRREL

(Part II.)

Bobs was so surprised to see the grey squirrel Bristles he tried to bark, but the weight on his chest was so heavy he could not.

"Goodness me!" exclaimed Bristles. "How did you get there?"

"The snow fell on me," whined Bobs, for even an old enemy was welcome at such a time.

"And how are you going to get out?" Bristles asked.

"I don't know," Bobs whined. "I guess I will never get out. The ice is as heavy as can be."

"Poor fellow," said Bristles, and with that the little grey squirrel turned her back and departed.

Poor Bobs! How dreadful it was to be left under all that snow alone. He knew his master was out there somewhere, but how was Harry to know what had become of his dog? And Harry would likely think that Bobs had run away. Oh, that was too dreadful to think of! How mean the little grey squirrel was not to have tried to dig him out, Bobs thought, but then he knew that he had been mean to Brisdes and deserved no favors from the little fellow.

Crunch, crunch, crunch! What was that overhead? Bob's keen ears had heard a sound in the snow above him. Nearer and nearer came the sound, and then Bobs could hear voices. Good for Harry! He had come to the rescue of his pet and with the help of the other boys was digging Bobs out.

How weak and shakey Bobs was when at last the boys pulled away the last chunk of ice that covered him. How had they learned that he was there?

"I just knew that something was the matter when the grey squirrel ran around us like that and chattered so. She brought us right there to Bob's tracks, and we followed them to the place where the snowslide had covered him up," Harry told his father that night, and Bobs was filled with dismay at the knowledge of who had been his rescuer. How mean Bobs felt when he thought of the injury he had tried to do Bristles, and the little squirrel had returned good for evil by saving his life. Someday he would do something for the little squirrel, he resolved.

"Hello, Bobs," said a merry little voice from out of the trees one night some time after; and Bobs recognized the voice of Bristles, the squirrel.

"Is that you, Bristles?" he asked, knowing all the time that it was. "I am so sorry about the way I treated you. I thank you for helping me the other day."

"You treated me fine," Bristles said, "and I owed you a good turn."

"What do you mean?" Bobs asked.

"Why, you gave me the freedom I longed for. You let me out to roam my beloved forest. What more does a little squirrel want?"

Bobs sat down to think it out. So Bristles didn't want to be made a pet. By trying to do the little animal harm he had done good instead. Bad deeds usually don't work out that way, but how glad he was this one had. Bobs resolved right there to never dislike a squirrel again.

"Woe-betide any cat that tries to catch a squirrel when I'm around," he declared stoutly, and from her place in the tree Bristles applauded this champion of squirrel rights.

(The End.)

$3.50 Vacuum Washer $1.50

Coupon Below Worth $2.00

IF SENT IMMEDIATELY.
ONLY ONE TO EACH CUSTOMER.

Throw Away Your Washboard
Get a Rapid Vacuum Washer

This is what you have been waiting for. We have purchased the patent right to manufacture the Famous Fisher-Ford Rapid Vacuum Washer and now have a large stock made up. For advertising purposes we are going to sell a few thousand at cost price, $1.50.

WHAT YOU WILL GET FOR $1.50.

You will get a Washer that:

Will wash a tub full of anything washable in 3 minutes.
Is the best and strongest made.
Has been awarded prizes over $50 machines in competition.
Will wash the heaviest blankets in 3 minutes.
Is the easiest machine to work.
Will save you many dollars a year by not wearing out your clothes.
Is capable of washing anything from lace to carpets.
Can be operated by a child of 10.
Will save you many hours of needless toil and will last you a lifetime.
Can be used equally well in boiler or washtub.
Can be dried with a cloth in ten seconds.
(Nothing to take apart, nothing to lose).
Will do all we claim for it or we will return every cent of your money.

No More Boiling. No More Rubbing.
You Can Throw Your Washboard Away.

COUPON
GOOD FOR $2.00 CASH.

Send this coupon and only $1.50 cash immediately, and we will send you the $3.50 Rapid Vacuum Washer, postage paid, to any address. Send TODAY before it is too late.

Duplex Manufacturing Company,
Dept. W 17, Barrie, Ont.
b

TALKS ON HEALTH

BY WILLIAM BRADY, M.D.
(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 individual cases cannot be considered. Address Dr. William Brady, in care of this paper.

Color Blindness.

There is no color in nature. What we call red is a sensation in the retina or sensitive film in the back of the eye produced by the longest light waves, and what we call orange, yellow, green, blue, indigo and violet are sensations produced by light waves shorter and shorter in length. When the wave becomes too short for the eye to register, its invisible power is still capable of causing chemical changes, in the body and outside of the body, as ultra-violet rays and X-rays. Sunlight and all forms of artificial light are combinations of light waves of varying length. The light of the sun may be fractured in passing through a prism of glass, breaking into its component rays—the spectrum—of the colors mentioned. This may happen on a large scale when the sun shines through rain drops, producing the rainbow of red, orange, yellow, green, blue, indigo, and violet, always in that precise order from one end to the other, ROY G. BIV. Beyond the red rays are invisible heat rays. Beyond the violet are invisible chemical rays, which act upon the photographic plate or film.

Four per cent of males and less than one-half of one per cent of females are more or less color blind; that is, they are unable to distinguish all of the seven primary colors of the spectrum. A very few are totally color blind, unable to recognize color, seeing everything in varying degrees of grey—which is not a color.

Inability to distinguish red and green is the most frequent. Individuals may be born with this inability, inherited almost invariably from the mother. While color-blind males almost never have color-blind children, their daughters married to men of normal stock will have color-blind sons. This transmission of the defect reminds us that bleeders show the same peculiarity of heredity.

Color-blindness may be acquired by one with normal heredity. Any disease which causes change in the retina or sensitive film of the back of the eye may produce it, and any poison which causes irritation or degeneration of the optic nerve may produce it. Alcohol, moderately used, and tobacco, used before mature development (before the age of 25 years) may produce color-blindness. In this acquired color-blindness, which is often curable, the oculist (one c, I beg of you, George) generally finds the ordinary vision impaired also by the disease underlying; in congenital or heredity color-blindness, which is not curable, the oculist finds no other defect of vision, and the eyes are not diseased.

Usually those who are red-green color blind are unaware of it until a test is made, preferably by having the individual pick out all the skeins from a heterogenous pile of colored skeins of yarn to match one of the chief colors (green or red). When he begins to add blues and browns and greys to the green sample or the red sample, he is obviously not a safe person to run an engine, pilot a boat or travel in Ireland.

QUESTIONS AND ANSWERS.

Chronic Sinusitis.

Will you be kind enough to tell me if you know of any effective treatment for chronic sinusitis. (Mrs. K. M.)

ANSWER—The natural drainage opening of the sinus into the nasal cavity must be freed of obstruction, either by topical (local) treatment or by surgery, if necessary. General hygiene must be corrected. Suggestions along this line will be mailed on request if a stamped envelope addressed to yourself is inclosed. In many cases treatment with autogenous vaccines is helpful (bacterins prepared from the bacteria present in the secretion from the infected sinus). Open air life, even though it be only a few weeks' camping or outing, is always beneficial.

Electric Credulity.

Would an electric massage remove blackheads and help to clear the complexion? I use cold cream, but it does not help. (B. S.)

ANSWER—No. Electric massage and vibration is mere amusement. Cold cream serves but one purpose—it supplies oil or grease to the skin, and that is generally not necessary at the age when blackheads and pimples occur—in youth—but only in later years, when the skin begins to become dry and rough. Send a stamped envelope carefully addressed to yourself, for advice about the management of blackheads and pimples.

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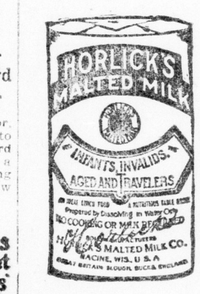

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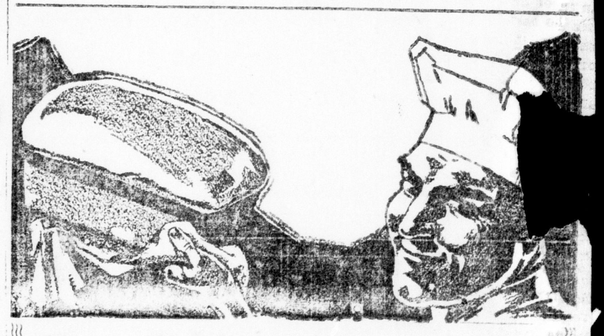

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