PAGE OF INTEREST TO



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Mr. F. De Cales, Princes and control of particular and the state of a point of the control of th

CHARACTER OF BADMINTON

Personal Health Service

(By WILLIAM BRADY, M.D., Noted Physician and Author.)

A Letter From a Grocer.

A Letter From a Grocer.

A Correspondent—a grocer, 'tis said min mpressed by almanase.

—seems much impressed by almanase.

—seems in the armories this afternoon attracts the interest of the public to the game itsuff, which, although much older than tennis, is not so frequently place

be careful about exposure so we want to eather catch cold. If germs are the devited that really lay us low, why hold authorities stress exposure of new hold authorities exposure and the properties of the colding cold. I've had some content of the colding cold. I've had some colding cold. I've had some content of the colding cold. I've had some content of the colding cold. I've had some colding colding cold. I've had some colding cold

B.)

ANSWER—The nose is provided to breathe through and should be used for that purpose at all times except under extraordinary need, as in running or otherwise exerting the muscles,

Badminton Association.

The Badminton Association was founded in the '90's, and tournaments began to be held in which teams from Ireland and Scotland as well as England took part.

(Copyright National Newspaper Service)

Have a good word for everybody. The only man who has a right to look down on others is the man in an aeroplane. Even the tombstones speak well of those beneath them.

My Dear Miss Grey,—I wish to express the great pleasure and profit I receive from your advice in the Mail-Box, and I wish to accept the blocks for quilt which Anchor offered, and

Advertiser Patterns Owing to the pattern manufac-



Byron and Moore are our favorite peets.

Dear Miss Grey,—It is some time since I have visited the Mail-Box, but have decided to come again. Would you please send me some morning glory seed? I would like to correspond with a girl of my age, about 13. I love reading and have read a great many books. Have any of the Boxites ever reading and have read a great many books. Have any of the Boxites ever reading and have read a great many books. Have any of the Boxites ever reading in the words of "Margie."

Chief of the Ranges, by Brady? It certainly is good. What do you think of my writing, Miss Grey.—I will leave now or you will be chasing me. Find mite for S. C. H. inclosed. JUDY. Ans.—Kindly send in a stamped, addressed envelope, repeating fequest, as I do not seem to have your address, Judy. You write a very good hand. Many thanks for hospital mite.

Attention, English.

Dear Miss Grey,—I see in the paper where English would like to hear from someone from Norwich, but I came from England eight years ago. I wrote to you last spring and sent in some candy recipes, also a dime for the S. C. H., but I would into the complishing and sent in some candy recipes, also a dime for the S. C. H., but I would into the complex of the words of "Margie" for sending in the words of "Margie."

ANNE AND ANITA.

P.S.—Here are the words of "Margie" for sending in the words of "Margie."

I have any of the Boxites ever read to my or sending in the words of "Margie."

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someone from Norwich. I am not from Norwich, but I came from England eight years ago. I wrote to you last spring and sent in some candy recipes, also a dime for the S. C. H., but I didn't see it in print. I hope this imeets with a better fate. Will close for this time, hoping I may call again. Inclosed find dime for S. C. H. Good luck to you and the fund.

ENGLISH EDYTHE.

Ans.—Many thanks for hospital dime. Possibly English will see your letter and write to you.

Requests and Mites.

Dear Miss Grey,—Here I come to bother you. I saw in the paper where Jumping Jemima has some silk patches which anyone could have. I would be pleased to get them, also a tiny bit of aster seed. Wishing your page every success.

ELIZABETH ANN. Ans.—There are no aster seeds left. Possibly Jumping Jemima will see your letter and send you the patches.

Dear Miss Grey,—It is such a lovely morning, and the song sparrows are

Inclosed you will find a small mite

letter and send you the patches.

Dear Miss Grey,—It is such a lovely morning, and the song sparrows are having a song service in the evergreen trees; they seem to enjoy it. As I am rather busy this morning, I will make a brief call. You will find inclosed 25 cents for the S. C. H., and please send me some of those white aster seeds and a few watermelon seeds that Jomping Jemima sent.

Miss Grey, would you kindly give me the lady's address that wishes to help Aunt Nannie? You will find inclosed a stamped envelope. Wishing you every success in your good work,

JENNIE WREN.

Ans.—Am mailing you seeds and address, Jennie Wren. Many thanks for hospital mite.

Mona.—Since your pattern has be-

THE LITTLE LAME DOG.

THE LITTLE LAME DOG.

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The provided mother of was all as winner and state of the purple of the part two.

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"And Be Sure to Order Neal's Wrapped Bread"

IN HOMES of refinement and wealth it is recognized that no other loaf is so high in quality as NEAL'S Wrapped Bread.

In the homes of the workers, where bread is the mainstay of every meal, the family wants the very best that can be had, and they find it only in NEAL'S

RAPPED BREAD

is a little higher in price than any other.

Yet it is easily the cheapest and best food in the world today. Taste and know how good NEAL'S Wrapped Bread is. Prove the truth of

... It's deliciously superior.

--- It's cleaner.

--- It's fresher. -- It's icher.

Get a trial loaf at your grocer's or from one of our many wagons.

NEAL BAKING COMPANY, LTD.

BREAD FACTORIES AT WINDSOR, LONDON, ST. THOMAS, SARNIA.

Attention, Anchor.



save a sachet bag; I will send Thister some pieces in next letter.

SILVERLOCKS OF AUBURN.

Ans.—There are no sachets left, but I have put your name down for one in case any are sent in. If Anchor sees your letter, possibly she will forward patches.

Dear Miss Grey,—It is some time the control of the cont

al-members, Miss Evelyn Mitchell telling ry the story of the first Easter. Readings is were also given by Mrs. McLean and st Miss May Paige. During the evening musical numbers were rendered by Miss Florence Dewey and Miss Itene Barty lett.

A very pleasing feature of the evening was the presentation of life members bership certificates to four members.

At the close of the evening a social time was spent.

At the close of the evening a social time was spent.

Edwards, Mrs. Hazelgrove and Mrs. Bryant: treasurer, Mrs. H. Peel; secretary, Mrs. Greenslade; assistant secretary.

Women's Act vities Wes ern Untario Address News For This Column to The Editor of Woman's Page.

BAILEY'S METHODIST LEAGUE. BALLEY'S METHODIST LEAGUE TO The regular fortnightly meeting of Pailey's Methodist League was held at the home of Mr. W. P. Thomson, Governor's Road, recently, the Rev. S. J. Trompson of Dorchester giving the paper for the day. After the league service Mr. Walter Montague was because with a handsome monogram ring, a remembrance from his immediate neighbors and fellow leaguers. Y. W. C. A. HOME HOUR.

Mrs. John Jones, Ontario superintendent of the slide department of the W. C. T. U., will show some of her scientific slides at the regular Sunday home hour held at the Y. W. C. A., King street, tomorrow. A splendid musical program was riafter which the serving of su brought to a close a very plea evening. Mr. Montague leaves she to reside on his farm, east of Than

> Spool Silks **Dutlast the Garment**

TALBOT STREET BAPTIST L. A.



ning or otherwise exerting the muscles, when the mouth may be used to sup-plement nose breathing. Ordinarily it

s harmful to health to breathe through

through the nose is moistened or dried to just the proper humidity, warmed

or cooled to the proper temperature, and freed of dust, before it enters the lungs. In mouth breathing these important conditions are wanting and the

Grandma's Hotfoot.

the mouth. You see, the air pas