

BECAME SO THIN
SHE WAS AFRAID"Fruit-a-tives" Made Her
Well, Strong and Vigorous.

MADAME ARTHUR BEAUCHER.

"I suffered terribly from Constipation and Dyspepsia for many years. I felt pains after eating and had gas, constant headache, and was unable to sleep at night. I was getting so thin that I was frightened and saw several physicians who, however, did not seem able to help me.

"At last a friend advised me to take 'Fruit-a-tives.' I did so and soon I felt some relief. I continued with 'Fruit-a-tives' and in a short time, the Constipation was banished. I felt no more pains or headache or the disagreeable sensations that follow dyspepsia. Now I am well, strong and vigorous.

"MADAME ARTHUR BEAUCHER."
Fifty cents a box, 6 for \$2.50; trial size, 25c. At all dealers or from Fruit-a-tives, Limited, Ottawa, Ont.

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PAGE OF INTEREST TO WOMEN

SOCIAL and PERSONAL

TELL IT TO THE SOCIETY EDITOR.

Miss Ulah Kennedy is spending her vacation in Detroit.

Dr. Ceber McCoomb of Port Arthur is spending a few days with his brother, O. L. McCoomb, 55 Windsor avenue.

Mr. H. Frank Whetter, clerk of the division court, leaves on Saturday for a two weeks' vacation in Beaumaris, Muskoka.

Mr. H. M. Manning of Boston, Mass., who has been the guest of his sister, Mrs. George Kelly, Dundas street, has returned home.

Miss Gertrude Manning, who teaches school in Hamilton, is holidaying at the home of her mother, Mrs. John Manning, 536 English street.

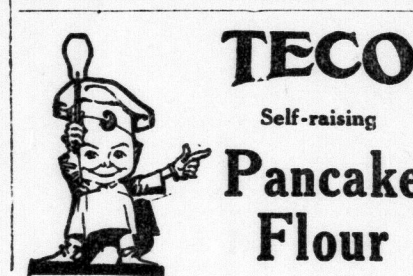
Miss Marion Sutherland of Saginaw, Mich., is the guest of her aunt, Miss H. Sutherland, of the Y. W. C. A., Wellington street.

Mr. and Mrs. C. S. Manuel and family of Marley Place leave on Monday for their cottage at Ipswich Beach, and will be absent from the city until September.

Mr. and Mrs. P. Terry of Detroit, who have been visiting a few weeks with relatives on this side left for their home on Friday. Their place, Miss Genevieve Terry, accompanied them. Miss Terry will spend the summer with her parents in Detroit.

Miss Blanche Mills, whose relief work in the near east has been a source of much interest to Londoners, and who was expected in London about the end of July, is making a brief tour of Europe and will not sail from Liverpool until August 10.

The many friends of the Rev. and Mrs. Marshall Hawkins will be glad to learn that their small son, Edwin, who was the victim of a serious accident



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SORE, TIRED FEET

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People who are forced to stand on their feet all day know what sore, tender, aching, burning feet mean. They use "Tiz," and "Tiz" cures their feet right up. It keeps feet in perfect condition. "Tiz" is the only remedy in the world that draws out all the poison, exudations which puff up the feet and cause tender, sore, tired, aching feet. It instantly stops the pain in corns, callouses and bunions. It's simply glorious. Ah! how comfortable your feet feel after using "Tiz." You'll never limp or draw up your face in pain. Your shoes won't tighten and hurt your feet. Get a box of "Tiz" now from any druggist. Just think! a whole year's foot comfort for only a few cents.

some days ago, is progressing favorably at St. Joseph's Hospital, and is considered out of danger.

Mr. and Mrs. J. S. Campbell of Rutherford, Ont., announce the engagement of their third daughter, Mary Mildred, to William Ernest Elliott, son of Mr. and Mrs. William Elliott of Campbellville, Ont., the marriage to take place quietly the latter part of August.

Mrs. H. A. Brazier and her two children left Thursday evening for New York, and they will sail on the Aquitania for England, where Mrs. Brazier will spend a few months with her people in Bourneville. Mrs. Brazier accompanied them as far as New York.

Mr. and Mrs. C. P. Le Sueur, Belle Vue, Tecumseh avenue, left on Saturday evening last on an extended trip to Los Angeles, California, where they will visit the former's mother, Mrs. B. Le Sueur, and Miss Anna Le Sueur. They will return home by way of the Canadian Rockies, accompanied by Mrs. B. Le Sueur, who has spent the last year in Los Angeles.

MARTIN-CUTHBERT.
Miss Margaret Cuthbert and Mr. John J. Martin of London were quietly married at the residence of the Rev. A. C. Bingham, 84 Avenue Road, on Wednesday, July 28. The bride's mother arrived from Scotland in time to witness the wedding. The happy couple will reside in London.

BUCHANAN-ZUEFLE.
A quiet wedding was solemnized July 25, at the home of the bride's parents, when the Rev. G. W. Rivers, B.A., B.D., pastor of the Methodist Church, after the wedding breakfast, the happy couple left for Toronto, where they intend making their future home, the bride traveling in a suit of navy serge with hat to match.

SINDEN-YELLAND.
"Ocean Terrace," Ingersoll, the home of Mr. and Mrs. George Yelland, was the scene of a very pretty wedding on Wednesday, July 25, when their third daughter, Miss Nellie Yelland, was married to Mr. William Sinden of Belmont. The Rev. Mr. Kellum of Belmont officiated at the ceremony. The bride, charming in white georgette and veil caught with orange blossoms, and carrying a beautiful bouquet of roses and snapdragons, was given away by her father, Miss Ruby Barons of Belmont, in pink organdy, with tulle hat to match, and carrying pink carnations and roses, was bridesmaid, while Mr. Norman Taylor of Belmont was groomsmen. Miss Ada Campbell played the wedding march. The groom's gift to the bride was a gold watch, and to the bridesmaid a pearl bangle, and to the pianist a sapphire brooch. Following the ceremony and wedding breakfast, Mr. and Mrs. Sinden left for their honeymoon, the bride traveling in a grey tulle gown, with black hat.

WHAT'S IN A NAME

ABIGAIL.
Quaint and simple and old-fashioned as Abigail is considered in this country, the name has an interesting history in England. It signifies "father of joy," and was used by the Eastern nations to represent the abstract quality of joyfulness. The Biblical Abigail, in her courtesy to David, so recommended herself to early readers of the Holy Book that her name appeared frequently in church registers. In the reign of Queen Anne, Abigail Masham exerted such a back-stair influence upon the worthy sovereign, that the name became a sobriquet for lady's maid. Other etymologists explain, however, that it owes its reputation for belonging to a wailing-woman to Beaumont's comedy, "The Scornful Lady."



WILSON'S
FLY PADS
Kill them all, and the germs too. 10c a packet at Druggists, Grocers and General Stores.

played in 1616, where the waiting gentleman was called Abigail.

In a play of King Lear, some thirty years later, the term Abigail was used for a maid servant, and its sudden failure was attributed to its reference to the influence of the famous Abigail Masham. After that time the name was considered a cant term for lady's maid, but with the coming of the Puritans to America, it sprang again into favor among the higher classes, and is today much used in old-fashioned families, especially in New England, especially among iron, and are stone. It is believed to protect her from evil of every kind, and to be particularly potent in guarding her from deceitful acquaintances. Sunday is her lucky day and 6 her lucky number.

Cynthia Grey's
Mail-Box

Well, well, let us put a merry face on life—we all have our thousand faults—Suzanne Marny.

This is my first visit to the Mail-Box. But I read the letter every day. Some of them are very interesting. I like the letters Ura Kidd writes. I guess she's a real Kidd. I saw in Thursday's paper where Lady Belle wanted a correspondent. I am very glad to hear that. I will forward enclosed letter to her, please? Also could I have the famous S. F. P. I find enclosed a wee bit for C. H. fund. BILLIE BURKE. Ans.—Letter has been forwarded and pattern mailed you. Thank you for postal contribution.

Advertiser Patterns

Owing to the pattern manufacturers increasing the price of patterns to 15c, all patterns advertised from this date will be 15 CENTS EACH.



A Good Dress for Work or Leisure.
Pattern 3115, cut in 7 sizes: 34, 36, 38, 40, 42, 44 and 46 inches, bust measure, is here portrayed. Size 38 will require 5 1/2 yards of 36-inch material. The pattern, which includes a collar, is made in a neat check pattern or percale in dots or figures, would be good for this model. It is excellent for linen, drill, repp or cotton poplin, also flannel, lawn and serge. The width of the skirt at lower edge is 2 yards. A pattern of this illustration mailed to any address on receipt of 15c in silver or 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 material is just measure, you need only mark 34, 44, or whatever it may be. When in doubt, mark 44. If a skirt, give waist and length measure. When misses' or child's pattern, give only the figure representing the age. It is not necessary to write "inches" or "yards." Patterns cannot reach you in less than one week from the date of application.

HOME ECONOMICS

MRS. ELIZABETH KENT, MACDONALD COLLEGE.



An omelet is made of eggs, with or without other ingredients. Eggs are rich in protein, fat and mineral matter, especially sulphur, iron, and are, therefore, very nourishing food. In the preparation of omelets, eggs are beaten, to enfold air and make them light. The amount of beating depends on the sort of omelet desired. If it is desired to enfold air and make them light, the eggs are beaten separately with a Dover egg beater, and the whites on a platter with a wire whisk. We say that eggs are stiff, when the beater comes out clean.

TALKS ON HEALTH

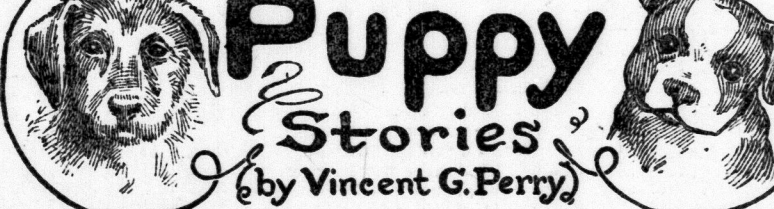
BY WILLIAM BRADY, M. D., Noted Physician and Author.

A Safe Vacation (Conclusion)—What To Eat on Vacation.

Although we have passed through the antiseptic era of surgery and travelled far in the aseptic era—the era of absolute cleanliness as opposed to the older use of germ-killing and tissue-drying chemicals—there are still people so benighted as to imagine that "blood poisoning" is caused by such things as iron rust, veridigris, the dyes in clothing, and most deplorable of all, by "taking cold." While such false notions prevail there are bound to occur many venereal diseases which should have been preventable. If an individual with a trifling scratch, puncture or abrasion of the skin, doesn't know how such little wounds lead to serious septicemia ("blood poisoning"), he is not likely to apply intelligent prevention in the way of first aid.

When we started out on this vacation journey I have a list of the essentials of the emergency kit and if you saved the list you will find that it contains two drams of tincture of iodine—enough to prevent at least forty cases of wound infection or blood poisoning. Iodine is useful as well as ornamental. Daub or swab it upon every scratch, cut or abrasion early—but not often. Once is plenty. Do it immediately. Then let nothing touch the wound unless sterile. A sterile dressing, which is excellent for small wounds which are not bleeding, is a coat of flexible collodion, two drams of which you will find in the kit. Or if the edges of the cut or wound are not too ragged, you may use the swabbing, they may be drawn together with strips of adhesive plaster, with every scratch, cut or abrasion, adhesive is applied, the wound and skin must be perfectly dry. Take care that neither fingers nor anything else not sterile shall come in contact with the surface of the adhesive or with any other surface which is to be placed upon the wound.

A larger wound may be swabbed with the iodine and then immediately covered with a pad of sterile gauze, two sealed envelopes of which you



TOODLES' MUSICAL CAREER.
Toodles was a clever little dog. He had learned to do ever so many tricks, and his master was quite proud of him. Why he had played "dead dog" and rolled over to beg for his supper long before he was six months old. Now that he was a year old he could do wonderful things, such as jumping through a hoop, standing on his hind legs, and rocking little Rosemary's doll's cradle.

Of course Toodles knew that it would never do to go into the house, for that would just mean he would be turned out again. So he walked up to the window, stood on his hind paws and peeped in. There sat Rosemary on the piano stool running her fingers up and down the keys. So that accounted for the strange noise that came from the parlor so often, thought Toodles. (The parlor was the one room at home he was not allowed to enter.) Well, it looked easy enough. He watched Rosemary right up to the end of her lesson, and then he had made up his mind he knew how to play the piano. He would just wait his opportunity to try out what he had learned.

Toodles' opportunity came sooner than he expected. That very night someone left the parlor door open, so the little dog waited until the whole family was in bed and all was still. He felt a trifle ashamed stealing into the parlor like a thief, but he believed his chance would be excused when the family learned how clever he had become.

It took three jumps before Toodles got a firm place on the piano stool, for it was very slippery and he fell off twice, but the third time he dug his nails in firmly. The piano stool was too low, though, and he had to jump up onto the shiny keys of the piano. What a loud bang of music there was then. It came so unexpectedly it startled Toodles. But he remembered what it was, and sat down to figure out what to do next. Rosemary had run her fingers up and down the piano. Well, she had had only two hands, but he had four, he thought, so he had sat up and down the piano keys. Faster and faster he walked, turning each time as he came to the end of the keys. What a noisy mixture of sound came from that piano, and how it delighted Toodles! He had really become an accomplished player, he thought. But just as he was thinking this, the lights flashed on and there stood his master in the doorway. Of course the strange notes of the piano at that late hour had roused him from his sleep, and he had come down to investigate. When he saw Toodles he began to smile, but then he spied the deep scratches on the piano stool, and some smaller scratches on the piano itself, and he became very angry.

Toodles! He was given a good spanking and locked up in the kitchen. What a disastrous ending to his musical career! Needless to say he never tried to play the piano again, and contented himself with doing the tricks his master taught him.

The End.
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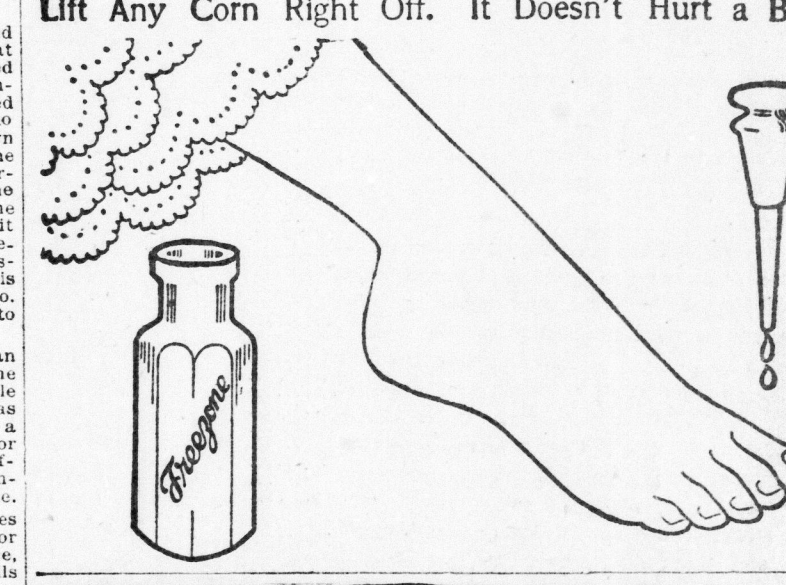
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