PAGE OF INTEREST TO WOMEN



SOCIAL AND PERSONAL

Readers are invited to phose a first of the control of the c



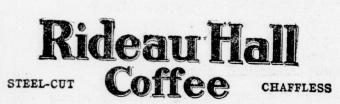
Evenly Ground Coffee

BECAUSE of its "steel-cut" grinding and because all the grains are uniform in size and shape, you get from Rideau Hall Coffee an ideal cup-rich, strong, smooth and stimulating.

Rideau Hall Coffee is blended, roasted and ground to produce that kind of a cup and it is packed in air-tight sealed tin packages to preserve those

Sealed tins only, 50c a lb., at your grocer's. Smaller size 30c.

qualities for your use.



GORMAN, ICKERT & CO., Limited, LONDON and WINNIPEG

I DON'T SEE WHY ITS ANY

WORSE FOR DELICIA

TO WORK FOR THE

STREET RAIL WAY

TO FARM.

THAN IT IS FOR YOU

POLLY AND HER PALS .- So Far As Delicia's Concerned, It's Mere Hearsay.



"To Mrs. Campbell. London: "Dear Mrs. Campbell,-With great pleasure I acknowledge the safe arrival of your shipment of January 25, bales 496 to 501 exclusive. The bales

JESSIE M. COLEMAN, Con. Press Com

Quite a Rush. Readers who have sent envelopes for a stocking-foot pattern, "lonelies" names, songs, etc., please be patient. Miss Grey hopes to send all out in due

DAILY BIBLE QUESTION CLUB

UNIFORM LESSON FOR SUN-DAY, JUNE 2, 1918. ONE GOLDEN TEXT SUGGESTION (By Rev. T. S. Linscott, D.D.) Jesus warns and comforts his friends -Mark xiii., 1: xiv., 9. QUESTIONS FOR TODAY.

19. Verses 1-9.-Which, as a rule, gets the greatest blessing from a pure love offering, the giver or the receiver?
20. Many in these days are in need 20. Many in these days are in need of physical comfort, but vastly more are starving for love and sympathy; what would you say is the relative importance of these two great needs?

21. If the money spent in sending flowers to the sick, and to funerals, were spent on the poor, would it be for the better or worse, and why?

Golden Text.—He that endureth to the end, the same shall be saved.— Mark xiii., 13.

Final Victory Will Come.

No matter how fierce the fight, or how subtle its temptations, if we will constantly look to Jesus we shall find that he is a friend that sticketh closer than a brother, and that he is a very present help in trouble. It was a great pity when Peter's faith failed him, on his attempt to walk on the lake, in answer to his master's request; but it was a very great blessing that when he was sinking he called out to Jesus, "Lord, save me." Peter's example, in allowing his faith to fail, should be imitated. If we do this, we shall surely endure to the end. Alas! it seems that the majority of men do yield to temptations, and thus fail into sin; but it is a glorious fact that Jesus is always on hand to rescue us.

Name

Town

Town

Town

Caution: Be careful to inclose the above illustration, and send size of pattern wanted. When the pattern is bust measure, you need only mark 33, 34, 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 one week from date of application.

WHEREAS EVERY

OTHER MAN YOU

MEET ON A

STREET CAR IS

A MASHER!

Copyright 1917 by George Matthew &dams.

JIMMY COON STARTS SOME GOSSIP.

has been played successfully in different places by the Cariyle Dramatic Club, will again be played in the Masonic Hall, Lobo, on Wednesday evening, June 5, in aid of the Red Cross.



2330—For this model, the blouse foculd be of drill, madras, linen or flannel, and the trousers of serge, cheviot, or of wash fabrics. The suspender portions are a new feature. They could be omitted.

The pattern is cut in 4 sizes: 2, 3, 4 and 5 years. Size 4 requires 11-4 yards of 44-inch material for the waist and 2½ yards for the trousers.

A pattern of this illustration mailed to any address on receipt of 10 centrals silver or stamps.

in silver or stamps. ADVERTISER PATTERN DEPT. Please send above-mentioned pattern, as per directions given below:

TRUE!

I NEVER

THOUGHT

OF THAT

MAIL BOX

Against "Pink Teas."

Dear Miss Grey,—I wonder if you remember me? I wrote you once before. I am a steady reader of the Mahl-Box, and I am often surprised by some of the views entertained there. I cannot agree with "Amarilly." I believe that a certain amount of recreation is necessary even in wartime, and if it can be got no other way, why let them dance. Take for instance my own home community. We are very scattered, and the only times we can get together is Alberta, May, 1918. munity. We are very scattered, and the only times we can get together is at one of our dances or school concerts and dance at the schoolhouses. You must consider, "Amarilly," that we cannot live like hermits, or brooding would send some of us crazy. I have relatives and dear friends at the front; one I have not heard of since last October. Still, although I am worried and anxious, I do not think it my duty nor necessary to make a big fuss and act as if I believe it a sin to take any simple pleasures that come within my reach. I think, instead, if those people who condemn dances would think for a few moments and compare a little country dance with some of the elaborate "pink tage" which are think instead to get the Great Food Cur country dance with some of the elaborate "pink teas" which are taking place every day, they would soon see which is the worst. Miss Grey, we are being urged to save food. Is it saving food when someone gives a "silver tea" and serves tea, cake, sandwiches and sugar -all of which we are asked to save as much as possible—and for the paltry sum of 10 cents. And this is generally in the afternoon, between noon and the

'awful hungry' sometimes.
Well, I must close now. Wishing the

page every success, I am, YOUNG HOUSEKEEPER. Ans.—I recollect you quite well as a western visitor. Writers from the prairie lands are always welcom

EXCELLENT PROGRAM AT FIRST MUSICAL CYCLE

The Lord Kitchener Nursing Division will present two exceptionally good musical programs on Monday and Tuesday night of next week in the Masonic Temple. Among the interesting numbers to be given by the famous prima donna, Madame Enrichetta Onelli at the first cycle are the following: "My Mother Bids Me Bind My Hair" (Haydn), "O Heart, My Heart" (Loepke), "Saida" (Mathews), "Autumn" (Rogers). Another group is composed of "Sunbeams" (Landon-Ronald), "Since You Went Away" (Johnson), "The Rose and the Bee" else failed, and they have benefitted me greatly. I can now rest well at night; whereas formerly I could not sleep even under the influence of strong opiates. I can recommend the use of Dr. Chase's Nerve Food to anyone suffering from nervous trouble of any kind"

Dr. Chase's Nerve Food, 50 cents a box, a full treatment of 6 boxes for \$2.75, at all dealers, or Edmanson, Bates & Co., Limited, Toronto. Do not be talked into accepting a substitute. Imitations only disappoint.



DROP a little LUX into hot water. Stir it about. Instantly it dissolves, giving a thick, creamy lather. Drop in the garments and move them about. When clean, rinse in 2 or 3 relays of fresh warm water—press out the water and dry.

What happens? Your clothes are exquisitely clean and NEW. Nothing matted or shrunken. Colors gleaming and un-faded. Why? Because LUX-silken little flakes of soap—is pure essence of soap and cannot harm

Remember-LUX can't shrink wool-

anything that clean water may touch.

Shirtwaists, silk sweaters - dainty woolens anything washable, from crepe - de - chine, lamp shades to baby's carriage cover is beautifully and easily washed with LUX.

LUX-sold by all good grocers. British made by Lever Brothers Limited, Toronto.

WILL NOT INJURE THE FILMIEST FABRICS

them we hope they will continue to help us in Red Cross work."

Wabash certainly takes no back seat when it comes to patriotic work. On Empire Day the Wabash War Workers contributed a sum of money in aid of the Overseas Club. As a result each contributor was presented with a small Union Jack and had his or her name written on a large scroll of honor, entitled "Children of the King," to be hung on the school-room wall.

In the Wabash general store a large Red Cross basket is placed in a conspicuous place as a receptacle for donations given by customers, such as now on hand a large supply of yarn, and the members are utilizing every spare moment in knitting socks for overseas. The annual district meeting of the Institute will be held in the Foresters' Hall on the afternoon of June 19. The speaker will be Mrs. George Crain of Beamsville. Her subject will be "Woman's Opportunity in War Time."

CYNTHIA GREY'S

MAIL BOX

of soap and cannot harm

Remember—LUX can't shrink ens—it will clean them.

Remember—LUX can't shrink ens—it will clean them.

WILL NOT

(Milligan), and "When the Boys Come Home." She will also sing an arria (selected), "Songs My Mother Taught Me" (Povorak), and "It Snows." Signor Phillip Sevasta, the noted harpist, will also appear on the program, playing "Il Tempo Pastorale-Maestoso" (Bellotta), "Les Arpeges Concert Etrude" (Thomas), "Traumerei," in double notes (Schumann-Bocksa), "A Tol" serenade (Hasselmans), and "Babilage" (Vitrano).

Malcolm Maynier, planist, will present the following interesting program: Prelude (Stojowski), "Humoresque" (Rachmananioff), "Nocturne" (Cyril Scott), "Etude in F Sharp" (Berringer), "Danse Espagnol" (Granados), and "Caprice" (Albeniz).

KING'S DAUGHTERS WILL ATTEND CHURCH IN BODY

On Sunday next the King's Daughters

Gives Further Proof That the Exhausted Nervous System Can Be Fully Restored by the Great Food Cure.

Sparta, Ont., May 31 .- For five long months Mrs. Abraham of this city was under the care of her doctor suffering from nervous collapse. Even strong opiates failed to enable her to sleep and she became extremely exhausted. A Comfortable Sult for the Little Boy.

2330—For this model, the blouse could be of drill, madras, linen or flannel, and the trousers of serge, cheviot, or of wash fabrics. The suscheviot, or of wash fabrics are successful to the suscheviot wash fabrics. The suscheviot wash fabricated the successful to the suscheviot wash fabrics. The suscheviot wash fabricated the successful the susched wash fabricated the successful the susched wash fabricated the successful the susched wash fabricated wash fabricated the susched wash fabricated wash all nonsense. If people can give a few cents to a worthy cause, let them give it without unnecessary consumption of needed food.

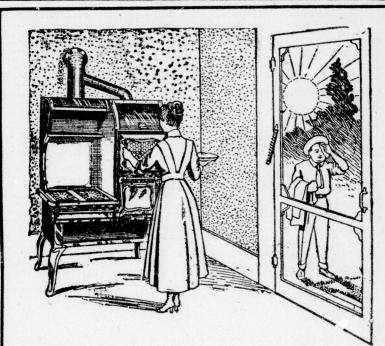
ter to learn now and made her well.

Mrs. C. W. Abraham, 368 Christina street, Sarnia, Ont., writes: "I had a needed food. needed food.

I had a cousin in England, a soldier, serious nervous collapse, and doctored and he wrote to me and also to his for five months without any benefit. I mother, and asked if we couldn't send tried various treatments, including the him something to eat. He said he was treatment of a chiropractor, but the relief gained was only temporary. The nerves on my right side were affected so that at times I could not keep my glasses on long enough to read a let-ter. When I was a little girl at Ann Arbor, I remember having seen Dr. Chase, and knowing of his practice, had great confidence in him and his medicines. Consequently I commenced

using Dr. Chase's Nerve Food when all

else failed, and they have benefitted



Hot weather drudgery or hot weather comfort

STOOPING over a hot range in a hot kitchen will take the bloom off the cheek of youth, put wrinkles on the face of middle age, put an ache in the back of any woman, and make each day a long torrid drudgery.

Why not decide now to use a McClary gas range, no stooping; a high oven; heat only where and when you want it for cooking; no ashes, no dirt; perfect control of your fire; the moment your cooking is done, the fire is turned out.

A booklet that gives complete information about McClary's gas cooking and heating appliances will be sent free on application

McClary's Gas Ranges

On Display at the GAS APPLIANCE CO., 213 Dundas St.; J. A. BROWNLEE, 385 Talbot St., or at our Showroom, corner York and Wellington Sts.

TEN LEAVING BEELMORE. BELMORE, May 31. - The Y. P. S., which includes the Methodist Church here and MacIntosh Presbyterian Church, gave a farewell social Tuesday evening to the boys who have been called up by the recess draft. The so-

KINGSTON ONTARIO -By Cliff Sterrett. EDUCATION APPLIED SCIENCE Mining, Chemical, Civil, Mechanical an Electrical Engineering. HOME STUDY or School Navigation School July and August GEO. Y. CHOWN, Registre STAMMERING AND STUTTERING PERMANENTLY REMOVED

Our method marks a new advance. Write for folder. References given. REV. CHAS. P. WELLS, B.A., B.D. 86 Elmwood Avenue. London, Ont. Phone 6109. 73bc wty

HORLICK'S

Malted Milk for the Home A nourishing food-drink for All Ages. Anywhere at anytime.

Delicious sustaining. No cooking

ARMERETTES

SO I'VE HEARD, DELICIA. DID YOU EVER) BUT Y'COULDN'T PROVE IT BY ME! STOP TO THINK OF ALL THE FLIRTS YOU RUBS ELBOWS) WITH ? WHY EVERY OTHER MAN ON THE STREET CARS IS A MASHER!

