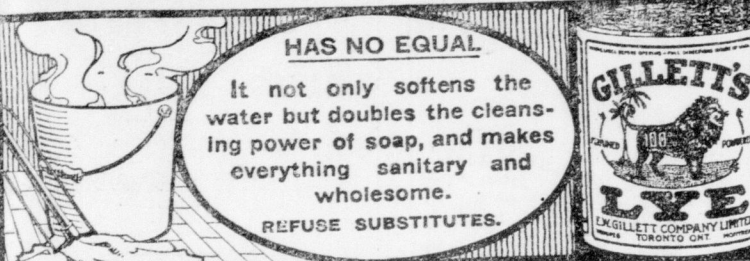


A PAGE OF GENERAL INTEREST TO WOMEN READERS

GILLETT'S LYE



Daily Bible Question Club

By Rev. T. S. Linscott, D. D.
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The six daily studies for this week consist of the International S. S. Lesson for next Sunday. Read the Bible Story on which this study is based, as you ponder the following questions:

"The Arrest of Paul" Acts xxi, 17-40.
Golden Text—"Thou shalt be a witness for Him unto all men of what thou hast seen and heard." Acts xxii, 15.
4 Verses 20-22—Why does a good man always "glorify God" at the success of others, and why is a man who is not truly good generally jealous at the success of others?
5. What either in heaven or on earth is the greatest cause for joy? (See Luke xv, 7.)
6. Why could, or could not, a Christian, either then or now, be fully led of the Holy Spirit, if at the same time he were "zealous of the law"?
7. There were "thousands of Jews" at that time who were Christians, notwithstanding they were propagating doctrines out of harmony with the Gospel; how much error may a man teach in these days, and still be recognized to God?

MORE POWDER.
"How so?"
"Has to keep her white shoes powdered as well as her face."

Just try this Coffee



SEAL BRAND COFFEE

In 1/2, 1 and 2 pound cans. Whole—ground—pulverized—also Fine Ground for Percolators.

Sold only in sealed tins 45c. Per Lb.

Rideau Hall Coffee

A Long Island teacher was recounting the story of Red Riding Hood. After describing the woods and the wild animals that flourished therein, she added:

"Suddenly Red Riding Hood heard a great noise. She turned about, and there do you suppose she saw standing there, gazing at her and showing all its sharp, white teeth?"

"Teddy Roosevelt!" volunteered one of the boys.

Oh, it's here too!

"So many homes I go to now are using Century Salt—and everyone remarks what a beautiful, white, clean, flavorsome salt it is—quite above the ordinary." "Yes, my Grocer says Century Salt is made by the newest, vacuum process and it's really the best salt on the market."

Century Salt

Domestic Salt Co. Limited - Manufacturers and Shippers, Sarnia

VERSE--New and Old

TO THE WEST, TO THE WEST.

[Sent By "Kerch."]
To the West, to the West, to the land of the free,
Where mighty Missouri rolls down to the sea,
Where a man is a man, if he's willing to toil,
And the humblest may gather the fruits of the soil;
Where children are blessings, and he who hath most
Has aid for his fortune and riches to boast,
Where the young may exult and the aged may rest,
Away, far away, to the land of the West.

Chorus—
To the West, to the West, to the land of the free,
Where mighty Missouri rolls down to the sea,
Where the young may exult, and the aged may rest,
Away, far away, to the land of the West.

To the West, to the West, there is wealth to be won,
The forest to clear is the work to be done,
We'll try it, we'll do it, and never despair,
While there's light in the sunshine or breath in the air,
The bold independence that labor shall buy,
Shall strengthen our hands and forbid us to sigh;
Away, far away, let us hope for the best,
And build up a home in the land of the West.

London Advertiser COOK-BOOK

Recipes Supplied by Cynthia Grey's Readers.

"Aunt Jemima."
Cabbage Salad—Two heads cabbage chopped fine, yolks of four eggs, two tablespoons mustard, one tablespoon cornstarch, one tablespoon salt, one teaspoon of black pepper, half teaspoon of curry powder. Stir all into the chopped cabbage, then add one pint of vinegar, quarter pound of butter, one cup brown sugar. Heat and pour over cabbage, and let boil. Stir well while cooking. Seal while hot. Will keep a year.

NATURE-FAKING.
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Cynthia Grey's Mail-Box

[Correspondents are requested to make their inquiries as brief as possible, and to write on one side of the paper only. It is impossible to give replies within a stated time, as all letters have to be answered in turn. No letter can be answered privately.]

Incomes Coupons.
Dear Miss Grey,—Am enclosing 18 Sweetheart coupons, 16 Magic Baking Powder, and 50 Comfort Soap. In exchange would like rolled oats coupons, either Quaker or Robin Hood. Yours very truly, KNIT.

For the Good of All.
Dear Miss Grey—I saw where someone was troubled with ants. Well, I copied them some time ago, but failed to send them. But I suppose you know that. I'm coming again soon, so will close, hoping no one will get into a white heat over the soldier's wife's money. I remain, DEARLY ON THE JOB. P.S.—I will try and get more pieces for "Spunk," and will also try and copy them with pen and ink next time. —J. O. T. J.

Help for Lightning.
Dear Miss Grey,—I have not written to your Mail-Box before, although I read it with interest every day. I see in your Mail-Box of Saturday that one of your readers would like some No. 18 P. coupons, and as I had ten by me, I thought I would send them. I wish you every success, and hoping the coupons will help, from

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thief," and read a book once in a while, and give the soldiers' wives a rest. If it's 27 years since she went to school, and ten years that she went, it's time she learned to give a good day from 6 a.m. to 10 p.m. God made heaven and earth in six days and rested on the seventh.

Best of luck to every soldier's wife, and may the best side of news await you all. Good-bye, Miss Grey; may I call again? What nationality do you think I am? MOTHER OF THREE.

Agrees With Disputed.
Dear Miss Grey,—I hope you will excuse me for writing to your Mail-Box again so soon. I am a regular reader of your page now, and seeing "Disputed's" letter on tobacco chewing I venture to make a brief reply. I do not think "Disputed" is a crank on the subject. I think she is perfectly right, the habit is decidedly filthy and unnecessary. It is very prevalent among the soldiers, and it makes it very disagreeable for those that do not like it. I think that it is like all other habits, it can be overcome by prayer and setting one's will to overcome it. I used to smoke cigarettes and take an occasional glass of beer, but when I left England to come to Canada I quit both of them, and I have not touched either of them since ten years ago last October, and I am going to try and leave them alone for good. I think the companionship of a good young woman can do much to keep a young man in the right way, and help to make life worth while. I will now close this scribble wishing your page every success. Yours, etc., COUNTRY LAD.

Plums and Elderberries.
Dear Miss Grey,—I see "Grateful" is asking about how to preserve plums that taste bitter after being cooked. The skins of the yellow and red-checked plums are always bitter, and some other varieties. Soak plums in water until they are plump, then drain off the syrup; when it boils, add some plums; when cooked clear put in crock till all are cooked, then cook syrup till it thickens and pour over plums.

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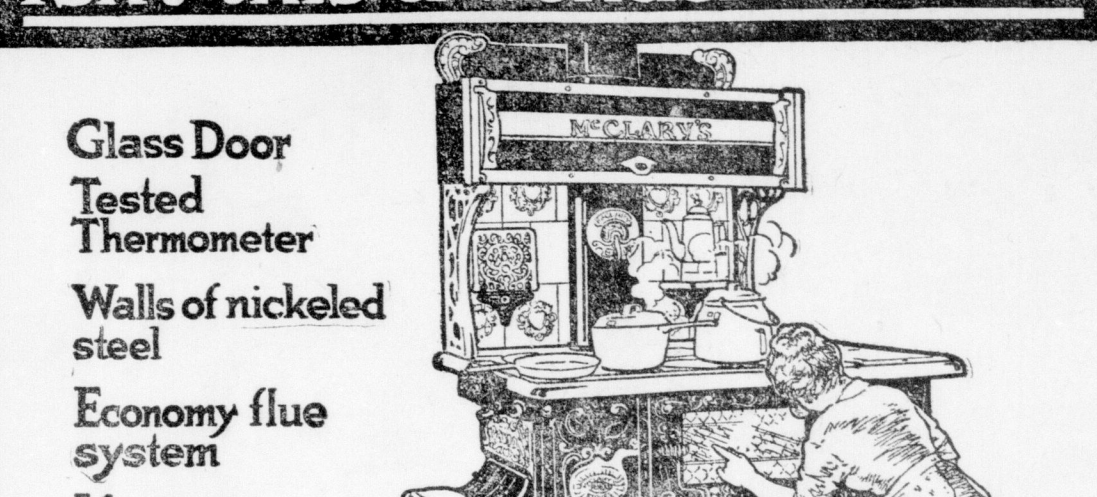
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Isn't this a wonderful Oven



Glass Door Tested Thermometer Walls of nicked steel Economy flue system Ventilation

WHAT more could be added? Here is an oven you enjoy using, an oven that saves your fuel, and that helps you serve finer meals than you ever thought you were capable of cooking.

1 The Glass Oven-door saves all the time you used to spend getting up and down to watch your baking. Now a glance, as you go about your other work, tells you how everything is baking in the oven.

2 There is no guess-work about the heat of this oven. That is because we test the Pandora Thermometers. When the Oven is right, the thermometer says so. Now, that means a lot in having your bakings always the same.

3 And should the cooking bubble over, the Pandora oven is so easily cleaned. The quick-heat steel used in making the oven walls is heavily nickel-plated.

4 But the saving of coal—one of the natural reasons for the success of this wonderful range—is not all made by the special walls of the oven. The nicked steel allows heat to penetrate into the oven very quickly, but it is the McClary flue system that directs the heat twice around the oven and stops the usual wastage.

5 The Ventilated Oven carries off all cooking odors. You know what that means—no smudge or disagreeable odors around the house at meal times.

McClary's Pandora Range

It won't be hard to decide which range you want to have in your kitchen, after you learn everything about the Pandora. You can study out its features of convenience and economy in your own home, by reading the booklet we have prepared, "The Magic of the Pandora." The whole book is clearly written and illustrated. There is a copy for every one who wants it. Send the coupon to the factory.

McClary's

London Toronto Montreal Winnipeg Vancouver St. John, N.B. Hamilton Calgary Saskatoon Edmonton

Sold by J. A. Brownlee, 385 Talbot Street; J. A. Page, 807 Dundas Street.

Between and Between.

"Madam," said the doctor to the mother, "you should send this child to the country for several weeks each summer."

"I am sorry to say, doctor," she returned, "that we are not rich enough for that."

"Then," suggested the physician, "have her sent by the fresh-air fund."

"Oh, doctor," exclaimed the woman, "we are not poor enough."

London Conservatory of Music

The London Conservatory of Music begins its new school year on Tuesday, Sept. 5. All the distinctive features which made the past year such a great success will again be in evidence—weekly recitals, lectures, orchestra, ensemble playing, scholarships, choral class, etc.

354-356 DUNDAS ST. Phone 1101.

Sunlight Soap 5c

The best and purest household soap made

FRY'S COCOA

SPECIAL SALE OF ALL SUMMER GOODS

Refrigerators, Reed Rogers, Veranda Chairs, Lawn Seats, Lawn Mowers, etc., all reduced 25 per cent for quick clearance.

H. Wolf & Sons

255 DUNDAS STREET. GREEN CORN

Fresh picked, per dozen, 20 cents. Main & Collyer TELEPHONE 2331. P. O. BOX 273