

"A little good stock"

The cookery books tell people to use it; and you know what a difference it makes to the stomachic soup, stew or hash for a summer dinner. In summer, people like a dish of Bovril. This far better than any other. Bovril gives the dish a delicious flavour. And there is more! Real goodness in Bovril is in the richest stock or gravy. Bovril has a very building power of from 10 to 20 times the amount of meat.

BOVRIL simplifies Summer cooking

"Flatterers"

The Shadow of the Future.

CHAPTER XXX.

"Oh, why not?" she returned, her brightness all evaporating. But to this Mr. Hurst only made indistinct responses as to "trespassing too much," and walked away, leaving Sydney to begin her asseverating monologue and end. Mr. Babington dined with them the next day. Before the meal he talked some while aside with his hostess, and presently at the table asked Mr. Hurst if he were intending to go to the Jersey on Friday, these being people who for a couple of summer months rusticated and fished at Perristone, a little higher up the river. Slight acquaintance, begun the previous year with Mr. Hurst, was followed up this season by invitation to dinner.

"For you only, Gilbert," Miss Hurst had commented on the note, arrived that morning. "Mrs. Jervis is down, I understand, but they have not known me. Oh, dear, no! Perhaps they do know never noticed me. Or if they do know there is such a person, why, I'm only your sister. I have no position to make any one take account of me. Don't be offended at it, Gilbert. I'm not. I'm above being offended, though I can't help feeling it. You'll go?" But Mr. Hurst had told her gently to decline. He cared nothing whatever about it, and Miss Jean seemed gratified. Now she appeared to have altered. Answering for her brother—"Oh, he must certainly accept," she said; "to oblige me, Gilbert, you really, really must. Etiquette is nothing at all to me, so long as you get a pleasant evening."

"So I will call round and walk up with you," offered Mr. Babington; but Mr. Hurst replying, "It brings you out of your road. I would rather make my way there alone." "Then I will return with you, at any rate," persisted the clergyman, with a meaning glance at Miss Jean; "your sister will feel easier if you agree to that, I know." And Mr. Hurst acquiesced rather than combat such a trifle.

At seven o'clock on the day of this dining at Perristone, Sydney wandered from garden to drawing-room, intending to write there part, at least, of her letter to Jacob Cheene. Miss Hurst was cutting out jackets for the small Babingtons in the study. Mr. Hurst she imagined gone. But there was a mistake. Not due for another half-hour at his entertainers, he was standing on the hearth-rug, waiting, before he started, for the farewell inspection his sister had required, and Sydney halted on the window-step, letting her gaze, first of surprise, then of some-

YOUNG GIRL FINDS RELIEF

Wants to Tell Other Girls All About It

Evansville, Ind.—"I am eighteen years old and have been bothered for several months with irregular periods. Every month my back would ache and I always had a cold and felt drowsy and sleepy. I worked in a mill and would have such cramps, I had seen Lydia E. Pinkham's Vegetable Compound advertised and had heard several women talk of it, so mother got some. This Vegetable Compound is wonderful and it helped me very much, so that during my periods I am not now sick or drowsy. I have told many girls about it and would be glad to help anyone who is troubled with similar ailments."—SUE LUKWILL, 6 Second St., Evansville, Ind. Some girls had lives of luxury, while others fell for their lives. But all have suffered in proportion to their condition. When such symptoms develop—irregularities, headaches, backaches, bearing-down sensations and "the blues," girls should profit by Miss Pinkham's experience and use Lydia E. Pinkham's Vegetable Compound.

Side Talks by Ruth Cameron

WILL WOMEN QUIT?

Women are going to fight the edict of Paris that skirts shall be long again. So I read in the newspapers, and my Letter Friends who read my screed on my fear that Paris would some day force us back to the long skirts that swept up all dust and germs, hasten to tell me. It is good news. I hope it is as true as it is good. Not So Simple a Thing as Making One's Life. It takes a great deal of courage to fight Paris, you know. Of course women have developed courage in these last few years. But many a woman brave enough to nurse wounded men within sound of the roar of the guns would not be brave enough to wear them short when Paris said they should be long.

Defying a fashion edict whether it emanates from Paris or New York is something that one cannot do alone or in a small group without tremendous courage and conviction. And whether women will stand together long enough to put down this enemy is yet to be seen. And yet, when you come to think of it, women have not been so complaisant in the past few years as they used to be to having uncomfortable and ugly fashions put over on them.

There have been several attempts to bring back the blouse with the high neck and long sleeves but how successful have they been? We have seen a sprinkling of long sleeves on summer dresses but there have been half a dozen elbow sleeves to every long one. And as for the high collar, except for use with tailored suits where it has a certain charm and effectiveness, women would have none of it. Blouses open at the throat are just five times as becoming to the average woman, and ten times as comfortable and I don't believe she will ever give them up.

Where is the Bustle of Yesterday? Then the bustle has never come back and I don't believe it ever will. Shoes are tending more every year to combine attractiveness with comfort and sanity. More attention is given year after year both in the shops and in the patterns gotten out by fashion magazines to beauty of line. Women can buy simple, inexpensive dresses nowadays in which the lines are as good as gowns of costly material. In the old days everything that was inexpensive was also cheap, and usually lawdy and overtrimmed. It is not so to-day and I do not think it ever will be again.

Women Will Always Welcome Becoming Fashions. Of course the cynic who wishes to prove that women are just as much in bondage to the edicts of fashion as ever may point to that extraordinary feat of advertising genius, the putting over of the Summer fur. Nothing, he will say, could be more absurd than that uncomfortable fashion. But he should also remember that nothing in the world is so becoming as a fur and that women naturally welcomed the chance to wear them in Summer as well as in Winter.

I do not mean to claim that women are going to reform and go in altogether for common sense fashions to the exclusion of becomingness. What I mean is that women are going to be more critical and less slavish in their acceptance of fashions; they are not going to let unbecoming ones be put over on them, and when possible they are going to demand both comfort and beauty.

Fashion Plates.

A CHARMING ONE PIECE PROCK. Pattern 3697 is here portrayed. It is cut in 3 Sizes: 16, 18 and 20 years. An 18 year size will require 5 1/2 yards of material 44 inches wide. The width of the skirt at the foot is 2 1/2 yards. Serge, taffeta, broad cloth, satin, tricotine, twill, poplin, linen and glassine may be used for this design. A pattern of this illustration mailed to any address on receipt of 15c. in silver or stamps.



A COMFORTABLE SUIT FOR THE SMALL BOY. Pattern 3711 is shown in this illustration. It is cut in 4 Sizes: 3, 4, 5 and 6 years. A 6 year size requires 3 1/2 yards of 37 inch material. If made as illustrated trousers and collar will require 1 1/2 yard of material and blouse 1 1/2 yard. A pattern of this illustration mailed to any address on receipt of 15c. in silver or stamps.



NOTE:—Owing to the continual advance in price of paper, wages, etc., we are compelled to advance the price of patterns to 15c. each.

New Season's Goods.

ELLIS & CO. LIMITED, 203 WATER STREET.

Fresh New York Turkeys. Fresh New York Chickens. Fresh New York Ducks.

Whole Chicken in Aspic.

Green Pickling Tomatoes. Pickling Spices. Chow Chow Spice. Spanish Onions. Green Peppers. Pickling Vinegar. Bleached Ginger. Whole Pimento. Dried Chillies. Whole Black and White Pepper. Red Chillies. Whole Macé.

Honey in the Comb.

New Cauliflower. Ripe Tomatoes. New Cucumbers. Sweet Potatoes. Vegetable Marrows. New Beetroot. Fresh Green Peas. Fresh String Beans. New Carrots.

Red Cherries in Marshmallow. Green Cherries in Creme de Menthe.

"Bent's" Water Biscuits. "Fort's" Bath Oliver Biscuits. H. & P. Breakfast Biscuits. H. & P. Dinner Biscuits.

Ellis & Co.

Cycling Through the Clouds?

(By F. T. BIDLAKE.) The so-called flight of the celebrated French sprint-cyclist, Gabriel Poulain, has attracted fresh attention to the possibility of a flying machine operated by man-power only.

Poulain fitted planes to a bicycle, and drove it by the back wheel, as usual. He attained a high speed, and was able, by tilting his planes, to leap five, ten, and thirteen yards on three successive trials.

Poulain, however, cannot be said to have flown, but only to have glided through the air. He had no propeller, or any means of maintaining flight. It is interesting to find that he could put out enough power to get a glide.

Further experiments did this by turning down a slope, or letting fly over the edge of a machine called the hydrocyle. His chief feat was a river trip from Oxford to Putney. The craft was propelled by the three occupants sitting tandem-fashion. More recently, Miss Zetta Hills proved that such a cycle can be propelled by a single driver. She almost succeeded in crossing the Channel last summer.

All the same, water-cycling is not likely to revolutionize aquatic. There was a time when it was thought worth while to experiment with road machines, by reproducing the carman's action, and such hand-propelled cycles were marketed for a time.

THE BACK SEAT.

I often rode with Stephen Stuss, in his green super-eight; it was a large and powerful bus, and strictly up to date, and was admired by every cuss who marked its easy gait. I do not like to boast or knock it, but I would say, doesn't seem refined, but I would say,

on every block, "It aggravates my mind, the way you turn your head to talk with those who sit behind. The man who drives a motor car should always look ahead, and know just where the culverts are, and when the machine dreads, or he may ditch us with a jar, and leave us lying dead. The people in the seat behind would feel much better, too, if you would keep your people mind on what you have to do, and make your boat in safety ground, until this jaunt is through." But Steve kept turning

round to say his bright and witty things, and ran into a load of hay, and busted all the springs; they took us home upon a dray, in plaster casts and allings. And foolish Stephen Stuss was hurt the worst of all, his said; he landed squarely in the dirt upon his bonny head, and ruined his

Brick's Tasteless can be purchased at T. McMurdo & Co's., Water Street. Price \$1.20 bil. Postage 20c. extra.—sept.17

Sweeping Reductions!

We have decided to clear out a large quantity of our stock at Reduced Prices and are offering exceptional value in the following lines—

- \$5.50 GILLETTE SAFETY RAZORS for \$3.85
\$6.00 GILLETTE SAFETY RAZORS for \$4.20
\$7.50 GILLETTE SAFETY RAZORS for \$5.25
\$1.85 CLEMAK SAFETY RAZORS for \$1.40
ORDINARY RAZORS, 40c., 75c., 95c., \$1.00, 1.25 RAZOR HONES, Great Value, 10c., 12c., 15c., 25c. to \$1.40
BENGALL RAZORS for \$2.10
WOSTENHOLM RAZORS, \$2.00, 2.10, 2.40, 2.75
\$1.25 POCKET KNIVES for 75c.
\$1.75 POCKET KNIVES for \$1.25
\$2.40 POCKET KNIVES for \$1.50
\$3.00 POCKET KNIVES for \$2.00

Hand and Library Lamps.

- Glass Stand Lamps. Nickel Kettles. Wringers. Zinc Washboards. Washing Machines. Coal Vases. Round and Flat Brass. Stair Rods. Oil Stoves. Oil Cookers. Silverware. Brassware. Enamelware.

DON'T FORGET TO CALL AND GET SOME OF THE BARGAINS.

Martin-Royal Stores Hardware Co., Ltd.

sep15,31.th.f.m

HUNTING BOOTS!

We're ready for the hunting season with a choice line of Sportsmen's Boots.

Our Sporting Boots are made by a manufacturer who makes a specialty of Hunting Boots and who knows exactly how to make them.

MEN'S BLACK HIGH LACED, two full soles, high bellows tongue, only \$9.00 the pair.

MEN'S BROWN NORWEGIAN CALF BLUCHER, regular cut (as illustrated), half bellows tongue, two full soles, viscolized; guaranteed waterproof, only \$10.00. Same style in Black, only \$10.00 the pair.

MEN'S BLACK ELK BLUCHER, regular cut (as illustrated), with two full soles, viscolized, half bellows tongue, handsewn; guaranteed waterproof, at \$9.00 the pair. Same style in Dark Brown, only \$9.00 the pair.

NEW STOCKS AT NEW PRICES.

Parker & Monroe, Limited

THE SHOE MEN

twelve-dollar shirt, all striped with green and red. And as I said to that poor toad, I say to every gent: When you are driving on the road keep your glances bent, or you may have your abode beneath a monument.

We have many testimonials from Wholesalers stating that VICTORY BRAND CLOTHING is the most saleable line they handle. THE WHITE CLOTHING MFG. CO., LTD.—sept.17

North

Best

A.E.

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Out of

Sails

Post

PRIME MINISTER

The text of Lloyd George's speech received your light and observe the claim that you meet us as represent and independent to see me in July to meet me in the chosen leader of the Southern-Ireland that invitation. For our conversation I cannot meet them a sovereign authority and Empire that until the of your letter is once between us I

DE VALERIA

Emonn De Valera to Lloyd George your latest telegrams are only to say accepted your inv words which you letter of the sever must understand his self-recognition on for cancellati with you and in t my written con ever ceased to that I was and an that on your ready recogniz centre to add to t Ireland's right, the ties of internatio now introduce, we ready the adva consequences whi ow from the ro stas. Now believ object at least, th France on such reality, as would secure through t people of these nate. I am sir, t Ma De Valera."

Prime Minister say to the con De Valera of the Sinn approved Confer are of an Indep are would con tial recogniti one from the good George sa De Valera insist confer as dependent and tance is impos