Save that spoonful

Four and often five spoonfuls of ordinary tea do not go any further than three of Red Rose Tea.

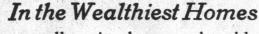
Less Red Rose is required because it consists chiefly of rich, strong, full-flavored Assam teas.

Use Red Rose Tea and save that extra spoonful.

Kept Good by the Sealed Package







as well as in the most humble domicile, cocoa has become a necessity — in the first instance

because of its invigorating and nourishing effect, in the second instance from its economical and high food value. But, placing comparisons aside, every thrifty Canadian housewife knows that the most wholesome, sustaining and health-giving cocoa is



MAYBE BUYING MATCHES never struck you as being an important job. But it is. It is important that you buy none but EDDY'S

CHEMICALLY SELF-EXTINGUISHING "SILENT 500"

The matches with "no after-glow." EDDY is the only Canadian maker of these matches, every stick of which has been dipped in a chemical solution which positively insures the match becoming dead wood once it has been lighted and blown out. Look for the words "Chemically self-extinguishing" on the box.

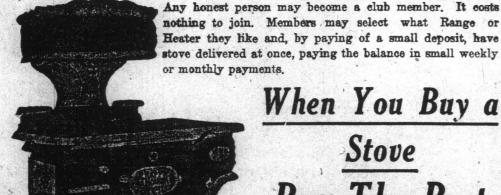
CEETEE UNDERCLOTHING Guaranteed Not To Shrink,





Join the

Happy Thought Stove Club Members May Have Their Stoves Delivered Now and Pay As They Use It



When You Buy a

Stove Buy The Best

For years this stove has been recognized as Canada's finest. It costs a little more, but it is well worth the difference, Visit our basement and see the spleadid display. Everything in Stoves is here.

Prices on Ranges run from \$38.00 up.

Prices on Heaters run from \$7.50 up.

Ontario Furniture Co., Limited

LONDON'S LARGEST HOME FURNISHERS.

226-228-230 Dundas Street

WE CARRY ALL HAPPY THOUGHT REPAIRS IN STOCK.

A PAGE OF INTEREST TO WOMEN

visit with her father, Mr. J. R. Chris- city from Sparta. They will be great tie.



Mr. H. Elliott of Port Arthur has returned to his home after a pleasant

returned to his home after a pleasant visit with his aunt, Mrs. Clara B. Mc-

across No Man's Land, and you are on sentinel duty; these are the things that make life, even in the front line bear-able, and reminds the boys facing death that their mothers have not forgotten them

Our readers are invited to phone all news of this kind to the Society Editor. Phone 3670.

Mrs. Phillips of Woodstock, and Miss their homes, after a delightful visit with Mr. and Mrs. Walter Stevens,

Mrs. J. Parsons and Mrs. M. Parons of Delaware have left to spend he winter at Acme, Alta., with rela-

* * * *

Mr. and Mrs. Albert Kennedy announce the engagement of their only laughter, Mary, to Mr. Wilfred Lang-lord of this city, the wedding to take early in October.

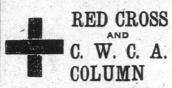
Mrs. Herbert Smith of Aylmer has returned to her home after a pleasant with their family, have moved to this city.

September 29.

Mr. and Mrs. Roy Kitchen and little daughter are visiting relatives in St. Thomas.

* * *

Principal Waller of Huron College was a visitor in Woodstock over the week-limited to her home after a pleasant.



RED CROSS
AND
C. W. C. A.
COLUMN
TO COMPORT OUR BOVS.
These are the days in which we are preparing our households for winter-canning fruit per continuing the bows face and more seak winter of the wise woman in Proverby se "food well to our own households," do not let us for the winter woman for the wom



on Puddings and Blane All grocers sell it.

2, 5, 10, 20 pound tine and "Perfect Seal" Quart Jars. Write for free Cook Book. THE CAHABA STARCH CO, Limited MONTREAL. 7

DAILY BIBLE **QUESTION CLUB**

SUGGESTIVE QUESTIONS ON THE SUNDAY SCHOOL LESSON. By Rev. T. S. Linscott, D.D. (All Rights Reserved.) August 19, 1917.

view—"The Goodness and Severity od." Daniel, ix., 3-19. iden Text—"Jehovah Is Merciful Gracious, Slow to Anger, and dant in Loving Kindness." Ps.,

cili., 8.

The questions for this week may be used as an original lesson, or as a review of the thirteen preceding weekly lessons. The date and title of each lesson, where found, Golden Text, and one question from each lesson follow.

July 15—"Hezekiah, the Faithful King," II. Chron., xxx. Golden Text—"He that cometh to God must believe that he is, and that he is a rewarder of them that seek after him." Heb., xxi., 6.

of them that seek after him." Heb., xi., 6.

3. Verses 6-9—When the nation is in a decadent condition religiously, what should the leading Christians do?
July 22—"Sennacherib's Invasion of Judah." II. Kings, xxiii., 13; xix., 57.
Golden Text—"God is our refuge and strength. A very present help in trouble." Ps., xivi., 1.

4. Verses 13-16—What is the compensation, if any, when an innocent nation is overpowered by an unscrupulous nation, and compelled to pay an enormous tribute? (This is one of the questions which may be answered in writing by members of the club).

which may be answered in writing by members of the club).

A Pound of Whole Wheat contains 1700 calories, says the chemist—but it doesn't contain any calories for you unless you can digest it. It is what you can digest, not what you eat, that supplies nourishment for the day's work. It is a time to cut out expensive foods that generally contain any address on receipt of 10 cents For EACH pattern, is sliver or stamps.

A PLEASING COMBINATION.

Waist—2117. Skirt—2126.

Here is a smart skirt that is most attractive for the new sports materials for serge, gabardine, silk and wash fabrics. The waist may be of crepe lawn, batiste, volle, silk, linen or pique, or both skirt and wash made of one material. The waist pattern 2117 is cut in 7 sizes: 34, 36, 38, 40, 42, 44 and 46 inches bust measure. It equires 2½, yards of 36-inch material for a 36-inch size. The skirt measures about 2½, yards at the foot. This illustration calls for TWO separate patterns, which will be mailed to any address on receipt of 10 cents FOR EACH pattern, in silver or stamps. foods that generally contain little nutriment. Shredded Wheat Biscuit is 100 per cent. whole wheat—nothing Town wasted, nothing thrown away. It is real man-power Age (if child's or misses' pattern) food. Two or three of these little loaves of baked whole wheat with milk and fresh

Made in Canada.

fruits make a nourishing, strengthening meal at a cost of only a few cents.

How to Save Wheat, Beef and Bacon for the men at the front. Issued from the Office of the Food Controller for Canada.

MENU FOR WEDNESDAY

BREAKFAST.

LUNCHEON. Potato Soup. Bran Gems. Butter. Cold Tongue. Apple Sauce. Tea. Milk. Sugar.

DINNER.

Pork Chops. Cabbage. Baked
Potatoes.
White Bread.
Carrot Pudding.
The recipes for Carrot Pudding and Bran Gems, mentioned above, are as follows:
Carrot Pudding—1 cup sugar.

Mrs. MacKillop of Calgary is visiting her sister, Mrs. (Col.) Grant, at her home on Central avenue.

Miss Kate Eastman is visiting in Port Stanley for a few days. i cup sugar.

1 cup beef suet.

1 cup raisins.

1 cup grated apples.

1 cup grated carrots.

1 cup pread crumbs.

1 cup flour.

1 teaspoon cinnamon.

1 feaspoon cloves. Miss McMillan of this city is visiting Mrs. John Wing of Rodney

Mrs. Somerville, president of the C.
W. C. A., and who was instrumental in organizing the Elgin branch. Will speak at the annual meeting to be held in the Great War Veterans' rooms, Talbot street, St. Thomas, on Saturday, September 29.

Mr. and Mrs. Sen. Smith of Tal-botville have returned to their home after a short visit with Mr. and Mrs.

Mr. and Mrs. Roy Kitchen and little daughter are visiting relatives in St. Misner of this city.

Steam three hours.

Bran Gems—

11/2 cups flour,

%-cup bran.

1 cup sour milk.

1-3 cup molasses.

%-teaspoon soda.

1 teaspoon salt.

2 tablespoons melted dripping.

Mix and sift dry ingredients; add
milk to molasses and combine mix
ture; then add butter.

(Recipes by Domestic Science Ex-

Cynthia Grey's

sort of gift from home. And that gift can be sent through that Fairy Godmother of the soldier, the C. W. C. A. A gift of money to the special comfort fund means a Christmas gift to the boy who is fighting for you.

Let us show the boys we are thinking of them and working for them, and always standing behind them with our support and comfort till the end of the war.

MARIAN KEITH,
Convener Press Committee.

Advertiser Patterns



Province

WAR MENUS

Oatmeal Porridge. Milk. Sugar Omelette. Toasted Graham Bread. Pear Marmalade.

1 teaspoon cloves.
1 teaspoon cloves.
1 teaspoon salt.
4 level teaspoons molasses.
½-teaspoon soda.
Steam three hours.

(Recipes by Domestic Science Experts of the Food Controller's Office.

the men in hospitals only; none might be sent from Canada to the trenches. The news brought a chill reminder of how serious the problem of transportation has become. These stockings for the hospitals had to be prepared in a tremendous hurry, and sent off before the list of October to insure there arriving in time, so the matter was handed over to a special committee, and already the work is almost complete, and many of the gifts are on their way to the sea.

But the rest of us do not need to think that it is now impossible for us to do anything, We must see to it that the boys on the battlefield have some sort, of gift from home. And that gift can be sent through that Fairy Goddon there of the soldier, the C. W. C. A. A gift of money to the special comfort fund means a Christmas gift to the seans a Christ

Skin

ment ment

to speedy healment in most cases when it seems nothing would do any good.

This is only one of the many things Cu-

ticura does for the skin when used for

every-day toilet purposes.

Cuticura



ADVERTISER PATTERN DEPT. Please send above-mentioned patter as per directions given below: Name

Measurement: Bust..... Waist.....

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. When in waist measure, 22, 24, 25, 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.

Have You Tasted

If not, there is a treat in store for you. Sold only in metal packets NEVER IN BULK

bonnet might be more suitable for the little head in wintry weather.

3. The name Middred signifies mild speaker; Irene, peace. Do not know the meaning of the other names.

4. Shall try to do so some day soon. You must write us again, although, no doubt, you are a busy woman, with the four bairns to look after.

To Preserve Leaves. Dear Miss Grey,-Could you or any of the readers of your column tell me how to wax maple leaves. Also let me know if it preserves the colors better than pressing in a book.

Also could you tell me if those colored preparations for tinting walls will stick to a smooth-finished plaster. Don't tell me to ask my dealer, as I have found out before now very few of them ever have any experience in doing the regi thing. Yours truly,

THE MAPLE LEAF.

Ans.—I have heard of some success.

Ans.—I have heard of some successfully waxing colored leaves by placing them between sheets of the thin papers that comes around laundry soap, and pressing with a moderate iron; shall, however, welcome any other ideas from our readers.

2. Also referred, or if you like I can tell you the name of one preparation that I know to be most pleasing on plastered walls.

Turpentine or Kerosene.

Miss Grey,—Can any of your
s tell me how to get paint off
I should be very glad if I could gats: I should be very glad if I could get to know.

FIVE YEARS A READER.

Ans.—Have you tried moistening the spots with turpentine or kerosene! Either liquid is generally very effective for this purpose.

THE GROWING GIRL

hrough a critical period of her life. through a critical period of her life. If your eyes or lids are sore; if turity is not always easy; consequently, in many cases health breaks vision is blurred, your eyesight dim; down entirely and the girl goes into a decline and dies young. If she escapes this fate, she may fall into a state of the permanent ill-health. It is of the utmost importance, in order to insure
normal and healthy development, that
proper precautions be taken, and notiing has proved more helpful than the proper precautions be taken, and nothing has proved more helpful than the faithful use of Lydia E. Pinkham's Vegetable Compound, the great woman'

LOGICAL DYSPEPSIA

During the past two or three years reports have frequently appeared in the press concerning the remarkable value of bisurated magnesia as an antacid; and its ability to promote normal, healthy digestion by preventing food fermentation and neutralizing dangerous stomach acid has often been demonstrated. Until recently druggists could supply bisurated magnesia in powder form only from one to two teaspoonfuls of which, taken in a little water after meals, almost instantly stops all fermentation and neutralizes acid, but sufferers from stomach trouble **Burning**

fails to remove dandruff completely and that is to dissolve it. This de-stroys it entirely. To do this, just get about four ounces of plain, ordinary liquid arvon; apply it at night when retiring; use enough to moisten the scalp and rub it in gently with the finger tips. By morning most, if not all, of your dandruff will be gone, and three or four

It's wonderful how quickly a hot bath with Cuticura Soap followed by a gentle anointing with Cuticura Ointment relieves itching, burning eczemas, rashes and chafings, permits sleep for infant and rest for mother, and points of the scalp will stop instantly, and the scalp will stop instantly, the scale of the scalp will stop instantly, the scale of the scalp will stop instantly, the scale of t digging of the scalp will stop instantly, and your hair will be fluffy, lustrous, glossy, silky and soft, and look and Chaumbers 3 to 5 inches por 100, 50c,

A real cough remedy

There's a remedy that will help you conquer it—a remedy that speedily re-lieves all irritation of the respiratory

354 Cod Liver Oil & Tar Infants-Mothers

Thousands testify Horlick's The Original Malted Milk

Upbuilds and sustains the body No Cooking or Milk required Used for 1/3 of a Century Substitutes Cost YOU Same Price.

Eyes Sore?

make the world look brighter: Note: Doctors say Bon-Opto strengthens eye

IF YOUR EARS RING WITH HEAD NOISES

Importance of Eliminating
Acidity and Food Fermentation.

During the past two or three years reports have frequently appeared in the press concerning the remarkable value of bisurated magnesia as an antacid; and its ability to promote normal.

Dermatologist Gives

Complexion Secret/ stops all fermentation and neutralizes acid, but sufferers from stomach trouble will be glad to learn that, after a long series of experiments, a leading firm of manufacturing druggists has now succeeded in producing a 5-grain tablet which combines all the valuable antable twhich combines all the valuable antable of properties of the ordinary bisurated magnesia in a very convenient form. This new tablet of bisurated magnesia can now be obtained of druggists everywhere and many physicians are already prescribing them instead of the powder form.—Advt.

TRY THIS IF YOU

HAVE DANDRUFF,

There is one sure way that never falls to remove dandruff completely and that is to dissolve it. This determined the surface skin is constantly dying, falling off in imperceptible particles, except in some diseased conditions, when the same appear like dandruff. The same result is obtained by the live skin. "To have the dermatological surgeon peel off the entire outer skin at one time is a painful and expensive operation. The same result is obtained by applying ordinary mercolized wax, as you would cold cream, allowing this to remain on over night, then taking it off with warm water. One ounce usually suffices. The process is both painless and inexpensive. The wax, which is procurable at your drug store, hastens the natural shedding process. It gradually absorbs the dead and half-dead skin, revealing the new, healthy, voluntiful-looking skin underneath."—Advt.

LIFEBUOY

Cucumbers, 3 to 5 inches, per 100...\$1.25

Sample Each Free by Mail. Address post-card: "Cuticura, Dept. N. Boston, U. S. A." Sold throughout the world. JERSEY Sodas

All soda biscuits are food, but McCormick's Jersey Cream Sodas are highest in food values as well as best in freshness.

If you could take a trip through our new, snow-white, sunshine Factory-the largest and most modern in Canada - and see the care, cleanliness and skill with which these delicious biscuits are made, you would understand why they are so-supremely good and satisfying.

Order a package from your grocer to-day.

THE MCCORMICK MANUFACTURING CO. LIMITED General Offices and Factory: London, Canada. Branch Warehouses. Montres Ottawa, Hamilton, Kingston, Winnipeg, Calgary, Port Arthur, St. John, N. B. Makers also of McCarmick's Fancy Biscuite

