

Are You Worried About Baby?

Are there frequent attacks of Colic and Summer Complaint? Do you dread the hot spells, because Baby is so pale and weak, and cow's milk entirely fails to strengthen the little one. If you are unable to feed Baby yourself-use without delay

Allenburys Foods

MILK FOOD No. 1
From 8 to 8 months.
From 8 to 6 months.
From 8 to 6 months.
From 6 months and unwards.

"I Owe My Baby's Life to your Foods"

has been written to Allen & Hanburys by thousands of mothers. They have realized that proper feeding saved their babies. And they know that the 'Allenburys' Foods prevent bowel troubles of babyhood and bring their little ones safely through the much dreaded 'first summer".

BABY BOOK FREE

embodying the experience of many years in preparing foods for babies. We have a free copy for you. Write us for it.

There are three 'Allenburys' roods-each for a specific period of baby's life-each containing the essentials for baby's perfect development, supplying the food properties needed for flesh, blood and bone, for vigor, strength and vitality.

Your baby will digest and assimilate the 'Allenburys' Foods when cow's milk cannot be tolerated. There will be a steady increase in weight and strength. The gain in health will protect baby against the depressing effects of hot weather. The 'Allenburys' Foods will guard baby against the danger of improper feeding, and help baby very much during the troublesome teething time.

Do not risk your baby's life any longer-use the 'Allenburys' Foods. Many thousands of babies that were "not doing well", have grown healthy and strong on these wonderful foods.

THE ALLEN & HANBURYS COMPANY, LIMITED 66 Gerrard Street East, Toronto

Isn't this the Salt you have always wanted -a Salt that stays dry and free running, all the year round—and especially in damp, rainy weather? SANITARY "Regal" Salt is the finest grain of AND FREE Windsor Salt prepared by a new process RUNNING

under perfectly hygienic methods making a pure

and perfect free running Table Salt.

of "les Ecossais"? Of course, history repeats itself, and again in the French-Canadian province the sisters of the veil, like the rest of women, are busy making garments for the

The Imperial Order "At It."

Now leave these busy workers, and for one moment visit the home of the Daughters of the Empire on Bleury Street. They are preparing the means to keep "Tommy" comfortable on the field. This pile of Balaclava helmets are much softer and cozier than their name implies. When one is pulled over the head of a soldier lad, as he lies down to go to sleep, the night frosts will have little chance at his ears or his nose. Think of the different women who have knitted them and helped to build such a pile. Women of the surrounding country towns, and farm houses; women of wealth, and women of very, very small means; women of leisure and women with only a few moments snatched from a million household cares! And the result is all the same, and lies before you now.

and lies before you now.

The little housewives, too, The little housewives, too, with their tiny skeins of black wool, and khaki wool, bachelors' buttons, and safety pins! Close your eyes for a moment and see the picture they bring to you: a little group of riflemen or Highland lads sitting in front of a tent, knees drawn up and eyes screwed upon the vastly serious business of threading a needle. I incline to think that the linen "housewife" will conjure up many additional thoughts of a tender sort for "the girl I left behind me."

Meanwhile, you and I are proud,

girl I left behind me."

Meanwhile, you and I are proud, and every Canadian woman is, likewise, to be helping the cause of country and empire, in our different way from the men's way—which is, none the less, like theirs, alert and hearty.

C. W. P. C. Patriotic

M ISS ANNE MERRILL has been elected President of the St. John's Ambulance Brigade in Edmonton and is organizing classes to render first aid to the injured. Mrs. Arthur Murphy has organized a branch of the St. John's Ambulance Association in the same city for the purpose of making garments and hospital requisites for the men at the front.

Mrs. Arthur Murphy, of Edmonton, the President of the C. W. P. C., was elected to the Central Committee of the Women's Hospital Ship, and appointed Miss Edith Macdonald, the President of the Toronto Branch, to

act as her proxy.

A movement is being inaugurated this month whereby the different clubs of the C. W. P. C. will send a home letter from each Province to the soldiers at the front, whether on active service or in the hospitals. This letter will contain home news and bright messages of cheer to "Our Boys."

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special meeting of the Toronto A special meeting of the Toronto Branch was called on Wednesday last to discuss the part that the Press women shall take in forward-ing the work of relief to war suf-ferers that will be carried on in that city.

Mrs. Ambrose Dickins, the Dominion Secretary, addressed the Calgary Club this month at the Palliser

Mrs. Annie Anderson Perry, "Philistia," of Winnipeg, who made a climb of Mount President in the Rockies last month, has been visiting in Calgary and Edmonton this month where she addressed the local



THE CUDAHY PACKING Toronto. FOR OUR BOOKLET "Hints to Housewives.