A BELLE CHOCOLATION

Walter Baker & Co. Limited.

If you have never tried a freshly made cup of

you have never known the full measure of enjoyment that the tiny tea leaf can give. Every sealed packet of this famous blend contains genuine satisfaction. SOLD IN SEALED PACKETS ONLY.



HOTEL PLAZA

Opposite Detroit Athletic Club

DETROIT

A Tourist and Residential Hotel

Distinguished for its pleasant and convenient location, its exclusive clientele and the home-like atmosphere that pervades. In close proximity to the Detroit Athletic Club and the leading shops, the Plaza commends itself to those who visit Detroit on

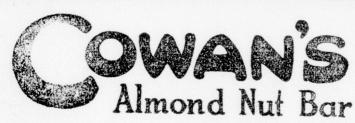
pleasure. A beautiful dining-room and the Table d'Hote Dinners at the Plaza are features that appeal to particular people. Every courtesy extended to ladies travelling unattended. There is no bar in the Plaza. RATES-EUROPEAN PLAN: Parlor Bedroom and Bath, two persons .

Rooms with detached bath SPECIAL RATES AMERICAN PLAN.

Out-of-town shoppers and automobile parties can make reservations by telephone—Cherry 4800.

Write for Booklet.

Irving G. McCulley Detroit a Million in 1920.

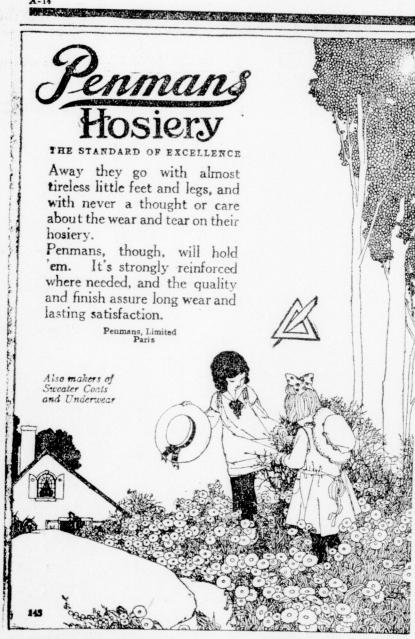


A rich, velvety, milk chocolate containing an abundance of plump almonds a quality that cannot be surpassed.

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Plaza Hotel Co.

Made in Canada.



EDUCATIONAL



HLMA LADIES' COLLEGE OPENS ITS THIRTY-7TH YEAR ON SEPTEMBER SEVENTEEN: NINETEEN HUNDRED & SEVENTEEN

Thorough courses in Music, Art, Oratory, High School, Business College, Domestic Science and Superior Physical Training. FOR TERMS, ADDRESS

R. I. WARNER, M. A., D. D., President, St. Thomas, Ontario

St. Andrew's College Toronto A CANADIAN SCHOOL FOR BOYS

AREFUL OVERSIGHT THOROUGH INSTRUCTION Autumn Term Commences Sept. 12, 1917 REV. D. BRUCE MACDONALD, M.A., LL.D.

A PAGE OF INTEREST TO WOMEN

SOCIAL AND PERSONAL

Readers are invited to phone all news of this kind to the society editor. Phone 3760,

Mr. and Mrs. A. M. Heaman are at Port Stanley, where they have a cot-

Mr. and Mrs. Whitman and Mrs Scarf and family are spending the summer at Fraser Heights, Port Stanley. Mrs. Bambrook of Detroit has re-umed home, after visiting her parents, dir. and Mrs. John Hunter, Wortley

* * *

Mr. and Mrs. D. S. Wright are holidaying at Port Stanley.

* * *

Mr. and Mrs. John Daly and family are spending the summer at Bayfield. They were recent visitors at Ipperwash Beach.

Mr. and Mrs. Charles White have taken a cottage for the remainder of the season at Port Stanley. Dr. and Mrs. Watson have returned to Campbellford after a pleasant visit with Mr. and Mrs. W. H. Braddon.

les, Sergt.-Major Thomson and Pte.

The Band of the 1st Hussars, under

Putting Pep and Punch into the daily job during the hot days is a matter of physical and mental fitnessand this comes from foods that supply the greatest

amount of real nutriment with the least tax upon the

digestive organs. Cut out meat and potatoes and eat Shredded Wheat Biscuit

with sliced bananas or other fruits and green vegetables.

Strengthening and nourish-

Made in Canada.

EDUCATIONAL

ST. AGNES' SCHOOL

Advisory Board — His Honor Judge Wills, H. F. Ketcheson, Esq., mayor; J. Elliott, manager Standard Bank.

Standard Bank.
Junior school and preparation for the universities.
School of Music—Ernest Wheatley, A.R.C.O., director. Special A. T. C. M. course.
Handsome thoroughly equipped building, beautiful, extensive grounds, outdoor sports, swimming pool.

Miss F. E. Carrell, Principal. School reopens on Sept. 12, 1917.

has been visiting Mrs. J. Allen, Simcoe street, has returned home.

* * *

Miss Nora Hicks, nurse in training at Harper Hospital, is spending her vacation with her parents, Maitland street.

Miss Adeline Brown is visiting in Dashwood with friends and relatives for a few days. Miss Lillian Davis is visiting her parents, Mr. and Mirs. J. Davis in North Exeter for a few days.

G. Forest and daughter are visiting Mr. and Mrs. William Forest of Bruce-field. Mrs. W. Smithers of Seaforth are ir town this week visiting Mrs. A Archibald. * * *

Miss Nettie Marr of Ridgetown nolidaying with friends here for a fe days.

with Mr. and Mrs. W. H. Braddon.

Dr. and Mrs. A. O. Jeffery have returned to town from New York.

The engagement is announced of Stoess, widow of the late Charles Stoess, who is at present in the city, to Major H. St. John Montizambert, Vancouver, son of Dr. and Mrs. Montizambert of Ottawa.

Mrs. Clark Missenet and Mrs. Smith of Brantford are in town visiting friends for z. few days.

Mr. Nivell has returned from Burford, where he has been visiting Mr. and Mrs. Jackson.

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Mr and Mrs. Wissenet and Mrs. Smith of Brantford are in town visiting friends for z. few days.

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Mrs. Hardford are in town visiting friends for z. few days.

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Cynthia Grey's

Mail-Box

DAILY BIBLE

QUESTION CLUB

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

August 19, 1917.
"The Captivity of Judah." II. Kings,

. 1-21. olden Text—As I live, saith the Lord

2068

Advertiser Patterns



Mrs. Stoeps, widow of the late Charles Stoeps, wildow of the late Charles for the stoeps of the passength of the late Charles for the stoeps of the passength of

ADVERTISER PATTERN DEPT Please send above-mentioned pattern, as per directions given below:

veu kindly ask for opinions, I am sending mine.

I quite agree with everything she says especially about the Government refusing to abolish the making of whisky, beer, etc. When the workingmen and his family valuable wheat to be used in such a way they certainly have lots of nerve to expect the workingmen and his family to skimp and very few are doing anything else just now. My husband have all I can do, skimping included, to make ends meet, pay our way, askee ourselves and five children. If anyone comes to me and asks me to promise anything I consider unreasonable or sign any pledge, I certainly shall not. I am quite willing to do mybit, but I can't possibly skimp any more than I am doing and keep my family properly, and there are plenty of others, who think as "White Ribbon" and I do. Hoping to see more discussions on this subject, I remain.

AN INTERESTED READER Ans.—Thank you for adding your word to that of the rest. It is interesting to note that so far the consensus of opinion is the same as expressed by "White Ribbon." One cannot but wonder just how general this feeling is.

Amusing the Kiddies.

Pickled Cabbage.

Plickled Cabbage.

Chop cabbage, take enough for one-half gallon can, put in tablespooning and bake very slowly two and one-half mustand over night, drain and add two tablespooning and have all I can do, skimping included, to make a first properly, and there are plenty of others, sait and let stand over night, drain and hake very slowly two and one-half enough for one-half with press tightly; then pour over cabbage, one pod of red pepper and horse-saits, mist and part of the control of red pepper and horse-laft subsciption of well and the control of red pepper and horse-laft subsciption of well and sugar. Turn into buttered buking dish, put and bake very slowly two and one-half the pour over cabbage. One-half english put dish in pan of water subsciption of red pepper and horse

oo much space, why just consign this to the waste basket and oblige.

Miss Grey, really I sure appreciated your words of praise; they give me much sourage to persevere in my ambition. Thank you very much.

And, by the way, I was just reflecting on the "power" of the words "thank you." I really believe that this imperfect world of ours would see more favors granted with hearty willingness if fewer "thank you's" were left unsaid. Of course, it is true that doers of kind deeds are not looking for effusive words of gratifude, but nevertheless if we acknowledge them even between our most intimate friends, or in our own families, we will be amply repaid in future kindnesses. But frequently we get to regard these little favors as a matter of course, and as a consequence our lack of appreciation leads to a discontinuance of kindnesses, and then we are apt to resent it, and feel slighted. Nothing is more natural than for a person who does a kindness and receives no "thank you" as an appreciation to interpret that it was not welcome. It is human nature, you know, and genuine politeness comes from the

ENO'S FRUIT



and bright eye. RUIT

tve received two lovely letters from r. She said in her last letter she ould write to you as soon as she was

would write to you as soon as she was atle.

Miss Grey, you will be pleased to know my eldest boy passed his entrance, and my second boy passed his examination into junior Fourth. Someone on our Page asked what would amuse a 2-year-old. Well, if it is a girl, I always found a dod and doll's buggy amused my three little girls the best, and my boys always liked a handur and some shingle nails and a small box. He would hammer the nails in the soft wood of the box, and, of course, I had to pull them out for him to hammer in again, but I have known him to sit and hammer away for two hours at one time. Some give them carpet tacks, but I am always afraid of them putting those in their mouth. Hope this will help.

My husband is still in England, and when he received a box from me he was in a hospital. He said they certainly had a feast in the ward that night, and the boys with him said it was the best calre they had ever tasted. No doubt it seemed good to them, for they do not use any white flour in England now. Good-bye for this time. I will sign as before,

ONE FROM "OLD BRISTOL."

Ans.—I am indeed pleased to hear of your lads' success. How proud their

Ans.—I am indeed pleased to hear of your lads' success. How proud their soldier-daddy will be when he gets the good news! I was wondering when we might hope to hear from "Aunt Nannie." It is a long time now since she wrote the Mail-Box or to me personally, and I am so sorry to hear of her continued illness.

One can imagine that foogst in the

The soldiers' complete the first of the sold of the standard property of the sold of the s Acknowledgement the receipt of \$100 for the Emptre throughout the country are assisting on local and national committees for educational work in this direction, and all Dausthers of the Emptre throughout the country are assisting on local and national committee for the second of the Emptre throughout the country are assisting on local and national committee for the second of the benefit of the second of the secon

Pickling Recipes

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on is the same as expressed by
Ribbon." One cannot but wonhow general this feeling is.

Amusing the Kiddies.

Amusing the Kiddies.

Miss Grey,—It is some time
wrote to the Mail-Box, so I
I would write a few lines to
know and those who wonder
Aunt Nannie" does not write,
he has been sick for some time.

Mixed Pickles.

One-fourth peck green tomatoes,
twelve large pickles, three dozen small
pickles, eight large onions, two heads
cauliflower, one pint salt. Place in jar, let
stand over night, rinse in cold water.
Take equal parts vinegar and water,
put in the ingredients, boil until tender (about ten minutes), drain, put
three quarts vinegar, one pound brown
sugar, one-half pound mustard seed,
5 cents' worth turmeric one-fourth
pound ground mustard, four tablespoonfuls black pepper, one ounce celery seed. Let come to a boil; put in
jar and seal.

Tomato Sweet Pickles.

For seven pounds of tomatoes make a syrup of one quart of vinegar and four pounds of sugar. Scald, skin and drain the tomatoes. Boil them in the syrup, adding a little stick cinnamon. Must boil a long time, or until quite thick, or they will not keep unless in name, no-reputation, worthless preparamentally tons may prove dangerous to your

Montreal Factory The Ideal Food Beverage BAKER'S

BREAKFAST COCOA Delicious and Strengthening

It has a delicate fragrance and flavor peculiarly its own, owing to the scientific blending of the cocoa beans and the perfect process by which it is made.

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Booklet of Choice Recipes sent free.

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Montreal, Canada Dorchester, Mass.

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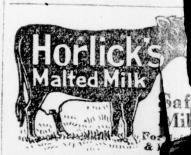
The matches with "no after-glow." EDDY is the only Canadian maker of these matches, every stick of which has been dipped in a chemical solution which positively insures the match becoming dead wood once it has been lighted and blown out. Look for the words "Chemically self-extinguish

Dr. Thomas Eclectri

UNDERCLOTHIN Guaranteed Not To Shrink

Ready For Service

35c Druggists J



A Nutritious Diet for Al Keep Horlick's Always Quick Lunch; Home



Jolden Text—As I live, saith the Lord hovah. I have no pleasure in the death the wicked. Ezekiel, xxxiii., 11. d all the equipment for fighting, to a ag, when he and his army are caped by the enemy?

7. Verses 18-21—If we neglect the rship of God as Judah did, why may God deprive us of priests and tema, as he did Judah?

8. What are the usages of war in ple, as he did Judah?

18. What are the usages of war in these days, in the matter of disposing of prisoners of prominence?

19. What would you say is the chief practical lesson for us in Judah being carried away captive?

Lesson for Sunday, September 2, 1917.

"The Shepherd of Captive Israel."

Ezekiel, xxxiv. system clean

with Eno's

Stomach Cramps COLIC

attacks are often sudden, and some-Salt tomatoes, salt and let stand over night; then drain well and place in a porcelain kettle and cover with vinegar; let come to boil, then lift out the slices with a fork, and place in cans previously heated. Have a syrup ready. Two pints sugar, one of vinegar, with spices to taste; let boil till thick, and pour over tomatoes, then spin tomatoes to the stomach and bowels, producing severe twisting, cramping pain, and often accompanied by vomiting. If you are troubled in this way, there is only one remedy to cure you, and that one is the stomach and bowels, producing severe twisting, cramping pain, and often accompanied by vomiting. If you are troubled in this way, there is only one remedy to cure you, and that one is the stomach and bowels, producing severe twisting, cramping pain, and often accompanied by vomiting. If you are troubled in this way, there is only one remedy to cure you, and that one is times fatal. The principal seat is in

tions may prove dangerous to your

WIN-THE-WAR RECIPES.

Every time cornmeal is used where wheat products were once used, we help to win the war. Have cornmeal mush for breakfast, with figs, dates or fruit for variety; use cornmeal in quiet breads, yeast breads, desserts. Omit all wheat breakfast cereals. Use rolled oats for muffins, rolls and yeast-raised bread.

Cornmeal Muffins.—One cupful sour milk, one and one-third cupfuls flour, two-thirds cupful cornmeal, one to two tablespoonfuls fat, one to two tablespoonfuls sugar, one egg, one-half teaspoonful soda, two teaspoonfuls salt, Mix milk, egg and melted

Mix milk, egg and melted burn Company, Limited, Foronto, Ont.