

DRYGOODS  
MILLINERY  
WEAVING  
APPAREL

**Kingsmills**

FLOOR  
COVERINGS,  
DRAPERIES,  
FURNITURE.

## First Showing of New Fall Suitings

We invite you to visit our Dress Goods Department and see the many new novelties in suitings and coatings for the coming season—Kingsmills.

### BROADCLOTHES

We are showing a beautiful range of Broadcloths, always a popular suiting, in pretty autumn shades of burgundy, plum, wine, green, mid brown, African brown, navy and black. Priced at, yard

### GABARDINE

This is a much favored fabric for fall suits, in shades of Jap, blue, copen, navy and taupe. Specially priced, yard

### STRIPE SERGES

A beautiful soft finish serge, pure wool, with pin stripe of contrasting color, for separate skirts or suitings; 56 inches wide. Extra value, yard

### TWEEDS

See our excellent range of wool tweeds, for motor coats, suits, skirts, etc. These come in browns, greys and heather mixtures; 56 inches wide. Special, yard

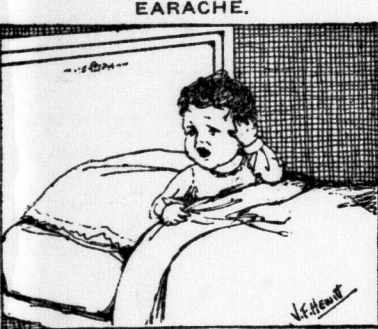
Dress Goods Department—Main Floor, Rear.

**Kingsmills**

London's Favorite Shopping Place.

## HOME ECONOMICS

MRS. ELIZABETH KENT, MACDONALD COLLEGE.



EARACHE.

Have forgotten, can recall the frantic pain of earache. Heat is by far the best remedy. Let the child lay with his ear upon a covered hot water bottle, or keep hot flannel clothes on his ear, changing them often enough to keep them really hot, at all times. A little piece of absorbent cotton may be dipped in hot olive oil and put into the ear, but very gently, and not far in. Or the ear may be gently syringed with water at a temperature of 105-110 F. No pus or blister should be applied except by a doctor's orders.

Among the many troubles which may beset a baby, and which he cannot explain to a solicitous world, is earache, and often a mother does not suspect that is what the baby is suffering from. Some times in teething or after a cold, a baby has earache. If he screams sharply and presses his head against his mother, or pulls his ear as if it hurt him, a mother may reasonably conclude that he has earache. Most of us, whatever else we may

If pressure just in front of his ear causes the baby to jump and cry out with pain, there is probably something wrong. In any case after a bad attack of earache, have a doctor examine the baby's ears. Much unnecessary deafness could be avoided if young mothers would do this promptly. The ear does not ache for nothing, and the fact that the ache stops does not prove that the cause of the trouble is gone. After scarlet fever particularly, a child's hearing should be tested, for deafness is a handicap second only to blindness, and far too common among us.

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## Baby Specialists.

THAT there are Physicians who specialize on Infant ailments you know. All Physicians understand Infant troubles: all Physicians treat them. It is his profession, his duty, to know human ills from the Stork to the Great Beyond.

But in serious cases he calls in the Specialist. Why? He knows as every Mother knows, or ought to know, that Baby is just a baby, needing special treatment, special remedies.

Can a Mother be less thoughtful? Can a Mother try to relieve Baby with a remedy that she would use for herself? Ask yourself; and answer honestly!

Always remember that Baby is just a baby. And remembering this you will remember that Fletcher's Castoria is made especially for Infants and Children.

## Children Cry For



## CASTORIA

The False and the True.

Advertising by the use of large space, the expenditure of huge sums of money have placed on the market, have put in your home, perhaps, many articles that today have been discarded, as you will readily admit. Do you recall anything that has more modestly appealed to the public than has Fletcher's Castoria: modest in all its claims, pleading at all times—and truthfully—for our babies?

The big splash, the misleading claims may win for a time, but the honest truth-telling advertiser is like the old story of the tortoise that beat the hare.

Mothers everywhere, and their daughters, now mothers, speak frankly, glowingly, enthusiastically in praise of Fletcher's Castoria. Speak of it lovingly as a friend that has brought comfort, cheer and smiles to their little one.

There are substitutes and imitations as there are for the diamond, for anything of value. One might almost say that that which is not copied has no value. So you have had the signature of Chas. F. Fletcher and a copy of the genuine wrapper kept constantly before you that you may guard against the false and the untrue.

NEVER SHOULD READ THE BOOKLET THAT IS AROUND EVERY BOTTLE OF FLETCHER'S CASTORIA

GENUINE CASTORIA ALWAYS

Bears the Signature of

**Chas. F. Fletcher**

THE CENTAUR COMPANY, NEW YORK CITY.

## PAGE OF INTEREST TO WOMEN

### SOCIAL and PERSONAL

TELL IT TO THE SOCIETY EDITOR.

Mr. and Mrs. T. Grosvenor have returned from a trip up the lakes.

Mr. Dave Watt leaves for Walkerville Saturday to spend the week-end.

Mrs. Lily Atkinson has returned from a visit among friends in Toronto.

Miss G. Williams of Port Burwell is holidaying with relatives in the city.

Mr. Clayton Storey of an extended trip to Lemarford, Sask.

Mrs. T. R. Allen and son Donald have returned from a trip to Chicago, Winnipeg and Brandon.

Mrs. G. M. Winkler of Saginaw, Mich., is visiting her sister, Mrs. J. F. Gory, 33 Stanley street.

Miss Etta Colbert of this city and Miss E. Macleod of Detroit are guests of Mrs. Dan Clark at Edmondville.

Mr. and Mrs. Ed. Hayden have returned to the city from a trip on the great lakes to Port William and Port Arthur.

Mr. and Mrs. Alfred White have returned to Minneapolis after a pleasant visit with their daughter, Mrs. Frank Wheeler.

Mrs. Arthur H. Jeffries and Miss Madeline Jeffries have returned after a delightful stay at "The Pincelands," Muskoka.

Miss L. Winters and Miss Jessie Sangster of the Ontario Hospital staff leave for Buffalo this week, where they will take a post-graduate course.

Mr. Basil McGregor (Brother Vincent), of De La Salle College, Toronto, paid a short visit to his uncle, Mr. John McGregor, of 652 York street.

Mrs. A. E. Pike and Miss Clara Pike of Ontario street are visiting Mrs. Pike's daughter, Mrs. A. Kirkpatrick, 445 Cannon street east, Hamilton.

Mr. and Mrs. John Danby of Cortland, New York, have gone to Brockville after a short visit with Mrs. William Gormany, Metropolitan Apartments.

Mr. and Mrs. A. R. Boug of 51 Thornton avenue left Tuesday for a two month motor trip to London and Port William, and from there through Western Canada to Vancouver.

Mr. and Mrs. Forrest McCutcheon and children of Kitchener have returned from a motor trip to London and Port Stanley, where they will be the guests of friends over the week-end.

Miss Rosa Christopher of Piccadilly street has returned home after spending a few weeks with her sister, Mrs. Whitehead, at Upperwash Beach. Her little niece, Marguerite, is remaining for the rest of the season.

Mr. Arthur Holman, the actor-manager, whose company has had so successful a summer stock season in Hamilton, is spending a few days with his mother, Mrs. H. Holman, at the Belvedere, before returning to New York.

A very delightful evening was spent at the home of William Sanham on August 16, when some fifteen friends gathered in honor of his birthday. He received many presents and enjoyed a large box filled with many humorous oddities, which caused much fun when opened.

Miss Isabel C. Armstrong is in the city for a few days, having returned from a delightful two months' holiday at the Elgin House, Muskoka. Miss Armstrong has been guest with Mrs. J. H. Young at their summer home "Wablin Cabin." She will resume her duties as editorial staff of the Toronto Star in September, having completely recovered from her long illness of pneumonia and influenza.

Mrs. W. R. Lackie gave a most delightful children's party at her cottage at Erie St. recently to celebrate the tenth birthday of her daughter, Miss Lackie. About fifty children were present.

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## TALKS ON HEALTH

BY WILLIAM BRADY, M. D., Noted Physician and Author.

### The Staircase Test.

After all, there is a lot of satisfaction in knowing positively whether one has 60 per cent or 90 per cent or 100 per cent health. A boy or young man who knows he can use his two fists if necessary to defend himself or in defence of a principle—who knows this from the lessons in boxing which every well-educated young man should have—is a manlier and better boy than the one who has not been taught the art. He has more quiet confidence in himself and he will meet a situation which is too much for the untrained competitor in actual life. Likewise, the individual who knows from the result of accurate tests, applied by a health expert, that he is up to par, physically or functionally, rather, is a greater success in actual life than the individual who is not so well acquainted with himself.

One of the best tests of an individual's functional efficiency, pointing particularly to the cardiovascular system (heart and arteries), but in a general way to the whole systemic state as well, is the staircase test. This is made as follows: Count the pulse after you have been sitting at rest fifteen minutes or longer.

Then quickly run up a flight of from fifteen to eighteen steps, and immediately count again. The normal average increase in pulse rate in the seconds immediately following this amount of exertion is not more than 25 beats in the minute. If the increase in pulse rate exceeds this figure, the heart is working radically wrong with your health and when your doctor has determined that there is no organic heart disease, treatment, you had better get busy and come back to life.

A still more informative test—like something under a gate that makes more noise than a pig—consists of running up two such flights of stairs, and then immediately acceleration of pulse rate thus produced has passed (which should be within three minutes), and better within one and a half minutes), and during the slowing of the pulse the force of the heart against your ribs when the pulse has almost or quite returned to its normal resting rate. This stronger or more forceful heart action following sudden brisk exertion, with pulse slowed down or slowing down toward the normal resting rate, is proof of the functional capacity of the heart to respond to exertion—and if he have this proof you need not worry about any murmur, valvular leakage or any other sign of heart disease the doctor may have covered. Your heart is functionally normal—and that is the important thing.

**Soap-Box Test.** A simpler test of the functional reaction of the heart to exercise may be made by standing before a soap-box or chair, eighteen inches high, and stepping up on it and down again five times in fifteen seconds by the watch. Both feet must be brought up on the box and down on the floor each time. The pulse rate should not increase more than 25 beats in the minute after this exertion, and should return to the standing rate before the minute is up.

**QUESTIONS AND ANSWERS.** Will the Baby Cry Cross-Eyed? Does it make a baby cross-eyed to look over his head. Our baby looks over his head when there isn't anyone standing there. (Mrs. G. I. P.)

**ANSWER—No.** The baby is merely looking the place over in that bewilderment way one does on coming to after an operation or a left hook under the chin. Don't worry. Pretty soon he'll get his bearings and then he will keep the rest of the family cross-eyed.

**Cough Medicine.** Last winter we found a recipe for a harmful cough medicine in your column. We tried it and found it very effective. We have lost the formula and are writing you for it. It contained sodium—No. 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30, 31, 32, 33, 34, 35, 36, 37, 38, 39, 40, 41, 42, 43, 44, 45, 46, 47, 48, 49, 50, 51, 52, 53, 54, 55, 56, 57, 58, 59, 60, 61, 62, 63, 64, 65, 66, 67, 68, 69, 70, 71, 72, 73, 74, 75, 76, 77, 78, 79, 80, 81, 82, 83, 84, 85, 86, 87, 88, 89, 90, 91, 92, 93, 94, 95, 96, 97, 98, 99, 100.

**ANSWER—Sodium chloride, 1 ounce; whole flaxseed, 1 dram (teaspoonful); spirits (oil) of peppermint, 4 drops; water, 1 pint. Steep the flaxseeds in the water twenty minutes, strain, add the other ingredients. Dose: For children, 1 teaspoonful; for child, 1 teaspoonful every two hours.**

### Cynthia Grey's Mail-Box

Just about the meanest person on earth is the dog poisoner.—From the Puppy Stories.

Requests.

Am writing to your column for help once again. Could you or some of the readers give a menu for a wedding breakfast in a soupy home? The breakfast and dinner both being served at the bride's home? I would like to have an answer to my letter before September 10, if possible. Thanking you in advance. **ESSIE MAID.**

**Ans.—**Chicken salad, rolls or bread and butter, coffee, ice cream and cake, is a customary menu for wedding breakfasts.

Dear Miss Grey—This is my first visit to your corner, and I hope I am welcome. I would like the recitation called "Those Faint That Mother Made." I am sending 10 cents for Children's Fund and a stamped envelope.

**Ans.—**The other requests in your letter I filled. The story about the hospital dime.

Dear Miss Grey—I saw in the Mail-Box a recipe for pickling green beans. As I have a lot of them, would you please reprint it.

Would anyone like to exchange some of the following sheets of music with me: Hello Central, Give Me Heaven; Tipperary March or Everybody Works But Father; I would like to return to you these—Smiles, Take Me Back to Dear Old Childhood, or The Songs My Dear Mother Taught Me.

**Ans.—**Here is a method sent in by Mignonette: Prepare beans as for ordinary use, that is steaming and ordinary use.

**Advertiser Patterns.** Owing to the pattern manufacturer's increasing the price of patterns to us, all patterns advertised from this date will be 15 CENTS EACH.

**Waist 3077.** Skirt 3078. A pleasing costume is shown in this combination of Ladies' Waist Pattern 3077, and Ladies' Skirt Pattern 3078. The dress is shown with a matching satin for vest, and for facings on collar and cuffs.

The skirt is shown with a matching attractive in black satin and crepe, or in velvet and satin, duvetyne, broadcloth, beco de maton, and crepe de chine are also desirable for its development. The waist is cut in eight sizes, 32, 34, 36, 38, 40, 42, 44, 46 and 48 inches bust measurement. It is a good model for mature figures.

The skirt is cut in seven sizes, 22, 24, 26, 28, 30, 32 and 34 inches, bust measure.

For a medium size 5 1/2 yards of 44-inch material will be required for the entire costume.

The width of the skirt at lower edge is about 17 1/2 yards.

This illustration calls for TWO separate patterns, which will be mailed to any address on receipt of 15 cents FOR EACH pattern in silver or stamps.

**Name** .....

**Town** .....

**Province** .....

**Age (if child or miss)** .....

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

**CAUTION:** Be careful to inclose the above illustration, and send size of pattern wanted. When the pattern is sent measure, you need only mark in 44, or whatever it may be. When in waist measure, 22, 24, 26, or whatever it may be. If a skirt, give waist and length measure. When misses' or children's pattern, give only the figure or representing the age. It is not necessary to write "inches" or "yards." Patterns cannot reach you in less than one week from the date of application.

There was a sound of steps from the house, and Johnny knew it was his father. Fan ran forward to meet him, and Johnny found his new legs carrying him up and found that he was not alone. He knew he was in spite of the change that had come over him; but Johnny's father did not know that Johnny was not alone. He patted Fan and Johnny, thinking, of course, that Johnny was Rocks, and put down two plates of food and found that it was to eat like a dog, but Johnny found himself eating away as if he enjoyed it. What a funny experience it was!

To be continued.

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**THE DOG THAT CHANGED PLACES WITH A BOY.**

**Part Three.**

Rocks knew that he would have to act like a boy—though he had never watched a boy enough to know just how he did act. When he heard someone at the bottom of the stairs call "Johnny," he felt his legs and least the legs that had changed places with his father's. He felt that he had to follow them. His strange hands, too, seemed to know just what to do for they started down the stairs and took him into the breakfast-room.

Johnny's mother and father were waiting for their little boy to come to breakfast, and of course, when Rocks came in, changed to Johnny, they did not know the difference. They spoke to him. What would Rocks do? Of course, he could not talk anything but dog-talk, and human beings could not understand that. Yet, while Rocks was wondering, he heard Johnny's voice answering his parents. Why, he did not have to worry about talking at all!

His new voice, like his new hands and feet, knew what was expected of it, and was answering on its own accord. How strange it was to be a boy! Rocks did not like to eat breakfast sitting at the table, for he knew that that was not a dog's place, and he was frightened at any moment Johnny's parents would know what had happened. But they did not. He had a nice breakfast, and he

just seemed to eat like a regular boy. Down in the kennel the real Johnny, turned into Rocks' old self was wondering what he was supposed to do now that he knew that those dogs had some way of talking to one another, so thought that when Rocks' mother woke up and found that he was not alone, he was not her puppy and would know he was not from the kennel. How strange it was to have hands that were feet and such long hind legs. Then, too, he was his tail. He was sure he would not be able to wag his tail, but he soon found out his tail wagged on its own accord. When old Fan, for that was what Rocks' mother's name was, woke up, she did not know that Johnny was not alone. He patted Fan and Johnny, thinking, of course, that Johnny was Rocks, and put down two plates of food and found that it was to eat like a dog, but Johnny found himself eating away as if he enjoyed it. What a funny experience it was!

To be continued.

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## Don't Trust to Luck—

When ordering Tea, but insist on getting the reliable—

## "SALADA"

The Tea That Never Disappoints

Black, Green or Mixed - Sealed Packets Only.

### WHAT'S IN A NAME

ZENAIDA.

[By Mildred Marshall.]

(Copyright, 1920, by The Wheeler Syndicate, Inc.)

Beloved of the gods is the name Zenaída. It comes from the ancient Greek and means "daughter of Zeus."

Though it has never belonged to other than pagan deities, and has at no time named a saint, it is very popular in all European countries, especially among the Russians. Of late years, France has made it one of her favorite feminine names, and it has crossed the channel into England, and thence to America.

Zenaída has a distinguished ancestry, which includes the Isaurian Emperor Zeno. At the beginning of the fourth century, it suffered a setback in popularity since the church forbade the bestowal of names coming from heathen gods. But there was a saint named Zeno, martyred under Gallienus, who restored it to Christian nomenclature.

Of the feminine versions, there have been many beside Zenaída. The brilliant Queen of Palmyra was named Zenobia. Her romantic history spread the use of all names descending from Zeus. When she was brought a prisoner to Rome, her name was perpetuated through her daughters, and one descendant, the Bishop of Milan, carried the name into England.

The star sapphire is Zenaída's talismanic gem. It is indeed fitting to adorn one who belongs to the gods. Ancient superstition claims that good fortune and success shall accompany the wearer of the star sapphire through life. Saturday is her lucky day and two her lucky number.

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