

—your first duty
is to buy a
VICTORY BOND
your second duty
is to buy
"SALADA"
TEA

This Coffee
Is Tested
In the Cup



The splendid flavor of Rideau Hall Coffee results from selecting choicest growths; blending and roasting these by the most modern methods and testing and retesting the flavor and quality in the cup.

**Rideau Hall
Coffee**

will certainly please your taste. If you have never tried it, do so today. Sold by all grocers in sealed tins only.



One pound - 45c
Smaller size - 25c

**Gorman, Eckert
& Co., Limited**
London and Winnipeg

**So Digestible That Even
Babes Thrive Upon It**

ASK your doctor what sort of cereal food is best of all for easy and thorough digestion. Answer: A balanced food that is non-constipating, granulated to allow free play of digestive juices, and complete with the natural salines and coarse brans retained. All of these essentials are abundantly provided by

Dr. Jackson's

Roman Meal

Even babies may use it freely (from the eighth month) with greatest benefit to not only their health but their development and growth.

When grains are "refined" the brans, salines and nutritive dark parts are removed. Only the highly starchy white parts are retained. These fine, starchy particles pack and clog the digestive tract, and ferment. The poisons thus produced enter the blood—and you feel the nasty, debilitating sensation due to indigestion and self-poisoning.



when you eat freely of Roman Meal. If Roman Meal does not positively relieve constipation we will refund your money. If you load up your system with foods that are impoverished and lack waste, the muscles of the digestive tract just stop working, and then you have constipation. Let Roman Meal relieve it.

Roman Meal is also a perfectly balanced food. Your digestion is never upset by too much starches or too much protein. That is why it "agrees" with everybody—it is properly balanced. Ask your doctor about it.

Roman Meal has all the nutritive value of entire berries of wheat and rye, and the seed of flax rendered both tasteless and odorless by electricity. Roman Meal makes the most satisfying porridge (must never be stirred except while mixing meal and water). It is also used for making pancakes, gems, bread, etc. At all grocers.

Roman Meal Company, Toronto, Canada; North Tonawanda, New York; Tacoma, Washington.

A PAGE OF INTEREST TO WOMEN
SOCIAL AND PERSONAL

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

Mrs. J. D. McCowen has returned to Ingersoll after a short visit in town with relatives.

Mrs. Gordon Tennant and daughter, Eloise, have returned to the city after a delightful visit with Mrs. H. O. Ead, St. Anne's Place, St. Thomas.

Mrs. Anthistie and daughter have

closed their cottage at Port Stanley and have returned to town.

F. F. McMartin is visiting in St. Thomas.

Nurse Victoria Webb of this city has gone to Boston to take a four months' course in social service at St. Simon's College.

Mrs. D. J. Campbell, Aymer, is spending the few days with her daughter, Mrs. Wilbur K. Darch, Hellmuth avenue.

JIMMY COON STORIES

By Dr. Warren G. Partridge.

Chapter IX.—Jimmy Coon Becomes a Customer in Store.

Teddy Possum and Jimmy Coon sat on the mossy bank of Mirror Pond one moonlight night, with their little legs crossed, and they were telling stories.

"Tell me truly, Jimmy Coon," asked Teddy Possum, "did you ever live out in the Great Wide World, as Peter Rabbit says you did?"



"Why, yes, didn't you know that?" asked Jimmy Coon, with wide-open eyes of wonder. "Well, tell me how you got there, for I would like so much to see the big World, and travel as you have done," entreated Teddy Possum.

"You see, we had a very big family," continued Jimmy Coon, "and our bedroom was on the top floor of the Hicklock Apartments.

"I was a little kid then, and slept with my five brothers in one bed. And we were so crowded that one summer night I was sleeping next to the open window, and I fell out of bed, and rolled out the open window and fell to the ground.

"Didn't it kill you when you struck the ground?" innocently asked Teddy Possum.

"Well, hardly," laughed Jimmy Coon, "for I'm here to tell the tale. You see, a hunter was hunting Coons that night, and he found me under the tree asleep, and he picked me up and carried me to his home. I was terribly scared at first, when he put me in a bag and swung me over his shoulder.

"What did he do with you when he got home? Did he cook you for his supper?" asked Teddy Possum. "Oh, you little goose, what makes you ask such silly questions?" snapped out Jimmy Coon, "he stop kidding me and listen to my story. The hunter had a nice boy, Freddie, continued Mr. Coon, and he fed me, and kept me for a pet. And we were great friends, and I followed him everywhere.

"Oh, how lovely that would be!" said Teddy. "I wish I was a boy's pet possum."

"Well, I guess you'd change your mind," answered Jimmy, "if the boy was cruel, for I saw some boys who were awfully mean and cruel to their pets."

"Was the hunter good to you, Jimmy?" asked Teddy Possum.

"Well, he was very nice to me when I was good, but once when I was bad he gave me an awful licking," said Jimmy. "I wish I could lick him for it."

"You see, it was like this," answered Jimmy Coon, "he kept all good things to eat, and people brought their eggs and exchanged the eggs for sugar and molasses."

"Tracing how I'd like to keep a country store," exclaimed the ever hungry Teddy Possum.

"I'd like to see the country store you'd keep," laughed Jimmy, "if guess you'd have nothing left but empty boxes, empty tin cans and empty barrels."

"Now, do tell me what you did in the country store," inquired Teddy Possum.

clean, pine board. Wet the board and lay the ribbon on, face up. Rub it over with a cloth to smooth out the wrinkles. Have ready a small container of water, and a bowl of soap. Then sponge the ribbon freely up and down until the dirt and grease disappear. Turn the ribbon over and sponge the other side. Repeat this until the ribbon is perfectly clean, using fresh water if necessary. Remove the ribbon, rinse the board with clear water, lay the ribbon on the board again and sponge with ever water until it is thoroughly rinsed. Wring out the cloth and sponge and press the ribbon until as much water as possible is pressed out, having the ribbon face up. Fasten the ribbon, and both ends to the board with pins and

Each person in the family should have a set of these boxes and boxes being carefully marked as to its contents. They will not occupy as much space as you fear. If you do not have an attic in which to store them, the boxes may be put on a shelf in the room where they are used. They take up far less room than do the boxes of summer gowns hanging from crowded closets, and have all so often seen them.

These boxes are as useful for winter as for summer clothing. When the summer things have had their day's wear one day's work for each member of your family will suffice to carefully pack away his or her clothes.

The first essential is to have the clothing clean. Starched clothes should be washed, rinsed and dried. Clothes laid away starched turn yellow and do not wear well. Go over each article carefully and mend each tear. Replace each lost button and mend, and carefully folded away. If they are silk, washed and mended, and carefully folded away. If they are silk, washed and mended, and carefully folded away. If they are silk, washed and mended, and carefully folded away.

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Advertiser Patterns



A Jaunty Coat For Girls.
2192—This model has inserted pockets in pouch effect. The fronts are lapped at the reverse edges, but may be rolled high, as in the small collar view. The sleeve is a two-piece model. This style is nice for cheviot, albatine and other coatings, also for velvet corduroy and silk. The pattern is cut in five sizes: 6, 8, 10, 12 and 14 years. It requires, for a 14-year size, 4½ yards of 34-inch material.

A pattern of this illustration mailed to any address on receipt of 10 cents in silver or stamps.

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

Name

Town

Province

Age (if child's or misses' pattern)

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

Caution: Be careful to include the above illustration, and send size of pattern wanted. When the pattern is sent measure you need only mark 33, 34 or 35 inches, or "years." Patterns cannot be sent by mail, but will be sent by express, if desired, at extra cost.

Several folds of twisted newspapers make ideal padding. Slip the coat on the hanger over the skirt, filling the sleeves with tissue paper. Button the coat and stuff with plenty of tissue paper. It is now ready to slip into a muslin bag. Unbleached sheeting makes excellent bags. If the skirt be too long for the bag, it should be fastened up with tape sewed to the hanger. Put a soft roll of tissue paper in the fold of the skirt. Pin long newspapers to the hanger to envelop the skirt, then slip it into its muslin cover, which may be tied securely at either the top or bottom.

If you wish to pack the suit in a box or trunk, lay the skirt front down on the bed, turning its sides toward the back. In these folds place rolls of tissue paper. Whenever the skirt or coat is folded these rolls of tissue paper must be used. Lay newspapers in the trunk, place the skirt in and cover with more newspapers. Lay the coat with the fronts on top, stuff the sleeves with tissue paper and button the coat. Stuff the side fold and bust with roll of softly crinkled tissue paper. Fold the sleeves over the front, using the paper rolls freely wherever there is a fold or crease.

Chiffon or lace blouses should be most carefully packed away. They should be fastened up and fully padded with tissue paper to retain their shape. They should be laid in the box and covered with tissue paper, each fold or crease having tissue paper beneath. White or light colored or flowered materials should never be packed away with white tissue paper. It makes them turn yellow. Use only blue tissue paper for them.

Shoes should receive far more attention than they do. Most women carelessly slip them into shoe pockets or bags, or let them lie on the closet floors. Shoe trees may be had as low

as 25c a pair, and they would not be considered an extravagance, did women know how greatly they add to the wear and appearance of a shoe. If you do not possess the trees, wipe the shoe free from dust and pack carefully and tightly with newspapers. All white shoes should be cleaned, wrapped in blue tissue paper and then treed or stuffed.

When summer comes again, you will find that your care of all these clothes has been genuine economy, and you will also have the genuine satisfaction of knowing that your family's wardrobe needs but a few touches to make it ready for the first warm day.

"HOW IS YOUR LIVER?"

No question is more important. As your liver is so are you. Take Hood's Pills—best for a sick, torpid, miserable liver. Biliousness, constipation, bad taste in the mouth, etc. Sugar-coated, easily swallowed. Do not gripe. Price 25c. of all druggists or promptly by mail of C. I. Hood Company, Lowell, Mass.

SUNLIGHT SOAP is made from the sweetest and choicest of edible oils and fats. It contains no harsh or strong ingredients.

It is the purest and most efficient of soaps and, if used judiciously, the most economical of soaps.

Whenever you sprain your ankle or your wrist, think of

COMPASS OIL

The oil that soothes, strengthens and limbers up the joints.

SPINACH, PEAS, BRUSSELS SPROUTS, BOX COLDY, HEARTS, BUNCH.....40c

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**Special Sale of Women's and Children's
Underwear**

THURSDAY MORNING at 8:30

WINTER-WEIGHT UNDERWEAR OF DEPENDABLE QUALITY SELLING AT JUST ABOUT PRESENT WHOLESALE PRICES AND IN SOME CASES LESS. BE ON HAND EARLY AS QUANTITIES ARE LIMITED.

Women's Grey Ribbed Union Vests, with high neck and long sleeves; drawers to match, in open style only; regular 35c value. Sale price 29c

Women's Extra O. S. Vests, heavy ribbed union quality, with high neck and long sleeves, to be had in white or grey; regular 85c value. Sale price 59c

Women's Grey or White Union Vests, with high neck and long sleeves; drawers open or closed to match; regular 50c value. Sale price 39c

Women's Fine Quality Union Combinations, good weight, "velva knit," which is unshrinkable, cream color, high neck, long sleeves and ankle length; sizes 36 and 38 only; regular \$1.25 value. Sale price 89c

Women's Unshrinkable Combinations, "Zenith Brand," heavy quality, high neck, long sleeves and ankle length; regular \$2.00. Sale price \$1.79 suit

Women's Heavy Fleece-Lined Vests in grey or white; drawers to match; in white only. Specially priced at 69c

Women's Fast Black Tights, with elastic or band top. Special sale price 79c pair

Fine Quality Cotton Vests in a winter weight, either low neck and sleeveless or Dutch neck and elbow sleeves; drawers in knee length to match; sizes 36 to 44; regularly sold at \$1.00 and \$1.25. Sale price 89c

Women's Natural All-Wool Vests and Drawers, either open or closed, to be had in all sizes. Sale price at \$1.19 garment

The Sale Items in Children's Underwear

Children's All-Wool Black Tights, "Turnbul's make," in sizes from 1 to 14 years; regular prices range from \$1.00 to \$1.50. All sizes to be sold at 89c pair

Children's Cream Colored Union Combinations with high neck and long sleeves, buttoned over back, for girls 10, 12 and 14 years. Sale price 89c suit

A lot of Children's Cream and Grey Vests and Grey Drawers in broken lines and sizes, worth up to 50c garment. To clear at 29c garment

**Gray's
Limited**

Agents for the Ladies' Home
Journal Patterns.
140 DUNDAS STREET.
Phones 115, 116.

**Gray's
Limited**

**Miller's
WORM
Powders**

Contain No Narcotics

WHEN your child is restless, peevish, nervous, or when convulsions threaten, it indicates the ravages of worms and that the little one's strength is being sapped and undermined. Miller's Worm Powders get to the root of the trouble, and restore the digestive organs to a healthy condition. Price 25 cents. At your druggist or mailed direct on receipt of price.

Northrop & Lyman Co., Ltd.
Dept. E. W., Toronto

FERNS

A choice lot of Boston and other ferns at

WEST FLORAL CO.

Phone 2187. 249 Dundas Street, E.W.

SPECIAL

Spinach, peas, Brussels sprouts, box coldy, hearts, bunch.....40c

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Sugar Prices Drop

Atlantic Sugar Refineries Lead in Reduction of Price of Sugar

Official announcement issued today reads as follows:

It is our opinion that the price of sugar in the United States and Canada will be gradually reduced during the next three months, and, in accordance with this view, this company has today marked down all grades of LANTIC 10c per 100 pounds.

In following the markets through the year 1917, this company has been consistently correct in its advice.

No Sugar Famine Threatens

Our refinery has been operated steadily throughout the year, and, while we have not a large stock of sugar to distribute at the moment, we intend to continue to keep the refinery running continuously, and we are doing everything possible to meet the demands of the purchasing public. We believe that there has been sufficient raw sugar contracted for to fill the normal Canadian requirements, if hoarding and speculating are eliminated until the new sugar crop is available.

Further reductions in price will be made by us from time to time, as conditions warrant.

Atlantic Sugar Refineries, Limited

ST. JOHN, N. B.

MONTREAL, P. Q.

**DAILY BIBLE
QUESTION CLUB**

SUGGESTIVE QUESTIONS ON THE SUNDAY SCHOOL LESSON.

By Rev. T. S. Linscott, D.D.

(All Rights Reserved.)

"Defeat Through Drunkenness." (World's Temperance Sunday.) I. Kings, II, 1-21.

Golden Text—"Let not him that girdeth on his armor boast himself as he that putteth it off." I. Kings, XX, 11.

1. Verse 12—Would this war, which was so disastrous to Benhadad, likely have taken place if he had not been influenced by drink?

2. Verses 13-14—How did this prophet know, in advance, that Ahaz was going to conquer the powerful Benhadad?

3. Which army is more likely to win a battle, and why, one of ten thousand with its officers partially drunk, or one of five thousand with its officers sober, other things being equal?

4. What part does God, or the laws of God, play in modern warfare? (This is one of the questions which may be answered in writing by members of the club.)