### A Daily Treat— Always Acceptable and Delicious.

Black, Green or Mixed

Get a package and enjoy a cup of Tea "In Perfection".

A Spring Bath

With the breaking up of winter, and again during June floods-when our

With the breaking up of winter, and seal during Jun floods—when our ablet a good deal of reduced one which cannot be deally job during the hot days is a matter of physical and mental fitness—and 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 nourishing.

\*\*Strengthening and nourishing.\*\*

\*\*Made in Canada.\*\*



none but EDDY'S

### **CHEMICALLY** SELF-EXTINGUISHING "SILENT 500"

MAYBE BUYING MATCHES never struck you as being

an important job. But it is. It is important that you buy

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-

## A PAGE OF INTEREST TO WOMEN

### DAUGHTERS OF THE EMPIRE



Contents of bales packed and shipped overseas, July 20, by the Daughters of the Empire of London,

Empire of London, Ont:
Bale 413 — 30 grey flannel shirts.
Bale 414—30 grey flannel shirts.
Bale 416—96 pairs socks.
Bale 416—132 pairs socks.
Bale 416—132 pairs socks.
Bale 416—132 pairs socks.
Bale 416—60 hospital shirts, 56 gauze handler cheeks raging rivers.
Trees were felled to span the deeper of these, making a narrow footbridge, over which school children passed, albeit a good deal of courage and cool-headedness was required. One

While the Daughters of the Empire are constantly engaged in making and sending comforts to our brave lads at the front, assisting in every campaign for patriotic purposes, they are not forgetful of the men in training, the sick in the hospitals. The Central Military Hospital, Byron Sanatorium, Wolesley Barracks Hospital are visited weekly by members of the order, and flowers, fruits and other dainties taken. Each Monday morning the returned wounded day morning the returned wounded are given a picnic lunch, being ided by the Soldiers' Aid Associa-To make the picnic more home-some of the members of the Camp-Becher Chapter, with Mrs. Tobias, rener, go down and arrange the ay morning the returned wounded

Eczema Wash ind jars, and trying to put by to feed her family till, next year's harvest.

All that is as it should be, and once the trying to put by the should be and once the street was a well-authenticated

### For Ten Years In By the time the Department of

Public Health and Charities States That Tests Made With Nuxated Iron

On Stubborn Cases Where Other Tonics Had Failed Absolutely Convinced Him of Its Remarkable and Unusual Power-Says That When He Took It Personally the Rapidity With Which His Energy and Endurance Increased Was Most Surprising.

Philadelphia, Pa.—Probably no remedy has ever met with such phenomenal success as has Nuxated Iron—over three million people annually take it in this country alone, to say nothing of the vast number who are using it in France, England, South America and other countries. It has been highly indorsed and used by former United States Senators and Members of Congress; physicians who have been connected with well-known hospitals have gress: physicians who have been connected with well-known hospitals have prescribed and recommended it; Monseigneur Nanini, a prominent Catholic Clergyman, recommends it to all members of the Catholic Church. Former Health Commissioner Wm. R. Kerr, of Chicago, says it ought to be used in every hospital and prescribed by every physician; Former First Assistant Post Master General of the United States, C. P. Grandfield, strongly indorses and recommends it to the tens of thousands of civil service employees who know of civil service employees who know his name and signature. Sarah Barnhardt — "The Divine Sarah" — the world's most noted actress, has ordered a large quantity sent to the French soldiers to help give them strength, power and endurance.

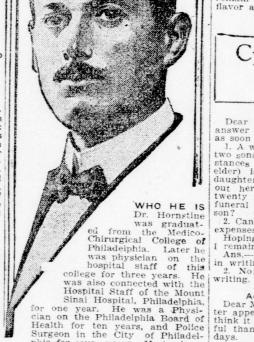
Former United States Senator Wm. E. Mason says the results he obtained from its use in his own case were so beneficial that he feels it should be made known to every nervous, rundown man, woman and child. The famous "Cyclone" Davis, Member of the 64th United States Congress, says the effect of Nuxated Iron on him was almost magical, that after taking it nothing seemed to tire him out, no matter how strenuous it might be. Former United States Senator Charles A. Towne, the silver-tongued orator of Minnesota, Nuxated Iron to all who feel the need renewed energy and the regularly followed by functions, and that hence for the shall not be without it. Dr. J. Newman, late Police Surgeon of the City of Chicago, and former House Surgeon Jefferson Park Hospital, Chicago, says Nuxated Iron has proven through his own tests of it to excel any preparation he has ever used for creating red blood, building up the nerves, strengthening the muscles and correcting digestive disorders. Dr. Schuyler C. Jagues Visiting Supreon St. Filian. remiss in his duty not to mention it.
Dr. Ferdinand King, New York Physician and Medical Author, says that in his recent talks to physicians on the grave and serious consequences of iron deficiency in the blood of American

fact that doctors should prescribe more organic iron—Nuxated Iron—for their weak, rundown, nervous, haggard look-ing patients

SPECIAL TO PHYSICIANS. Doctor, What Do You Recommend to Renew the Supply of Iron in the Blood of People in a Weak, Nervous, Rundown State?

Dr, Hornstine, for ten years Physician in the Department of Public Health and Charities of Philadelphia, says: "TAKE NUXATED IRON." So says

Now, doctor, why not give your patients the same kind of Iron that Dr. Honstine and other physicians felt was best for them to take—Nuxated Iron. Your patient's health and welfare comes first—medical ethics second. If a remedy is best for the doctor, why is It not best for the patient. Two fivegrain tablets of Nuxated Iron taken three times per day after meals will often increase the strength and endurance of delicate, nervous, rundown folks 100 per cent. In two weeks' time. Your drugglst will refund your patient's money if it doesn't.



### Read Below What Dr. Hornstine Says:

Read Below What Dr. Hornstine Says:

During my ten years' connection with the Department of Public Health and Charities as District Physician, and with the Department of Public Safety as Police Surgeon, also as a member of Important hospital staffs, I was often asked by both physicians and laymen; "Doctor, what do you recommand to renew the supply of Iron in the blood of people in a weak, nervous, rundown state? While knowing that iron deficiency was the cause of this debilitated condition, and that iron must be supplied before renewed strength could be obtained, I nevertheless always hesitated about giving an opinion. This was simply because of my lack of confidence in the ordinary forms of metallic iron salts, with which there has been so much dissatisfaction. After carefully examining the formula of Nuxated Iron, I realized that here at last was organic iron—the only kind I could conscientiously recommend, prepared in such a way with other ingredients as to be easily assimilated and calculated to act as a quick revitalizer of the blood and a easily assimilated and calculated to act as a quick revitalizer of the blood and a true strength builder. ITS ADMINISTRATION IN A NUMBER OF STUBBORN CASES WHERE OTHER TONICS HAD UTTERLY FAILED, ONLY SERVED TO CONVINCE ME ABSOLUTELY OF THE REMARKABLE AND UNUSUAL POWER OF NUXATED IRON. WHEN I PERSONALLY TOOK IT, I FOUND THE RAPIDITY WITH WHICH MY ENERGY AND ENDURANCE INCREASED MOST SURPRISING. The fact that this preparation of iron does not injure the teeth, nor upset the stomach, makes it especially desirable. In my opinion, the widespread use of Nuxated Iron is bound to make a nation of stronger men, lovelier women and healthier children.

D'hathand Hornstone

weak, rundown! nervous, haggard, looking patients.

Tv Cobb, the greatest baseball batter of all time, took it to help give him renewed energy and great staying power newed energy and great staying power newed energy and great staying power of all time, took it to help give him renewed energy and great staying power newed energy and great staying power newed into all this day get such prominent men to indorse a nemedy that has no value—doctors, lawyers, politicians, athletes—a great array, all have used and now recommend Nuxated Iron has studied both in this country and part newed in the same power of the said. "Nuxated Iron has studied both in this country and great European Medical Institutions on the saming with the buoyancy of youth, said: "Nuxated Iron is a wonderful remedy. Not long ago a man came to me who was nearly half a century old and asked me to give him remedy. Not long ago a man came. I was astonished to give him remedy was many the died.

Tv Cobb, the greatest baseball batter of all time, took it to help give him renewed energy and great staying power recommended and power to the secret. He said, was taking iron—
MNH Hornstine with such supprising results. The sexty yellow him the may in fact, a young man he young man; in fact, a young man he young man; in fact, a young man to power recommended and power such while he is nearly in the mater, and power than a preliming the said, was taking iron—
MNH Hornstine with such supprising results. The which is power than the mater in the power of the he may be found, call ye upon him while he is an antient study as a young man; in fact, a young man the power from the mater in the



A Smart, Attractive Dress for the Growing Girl.

2055—This style is good for linene, percale, tub silk, gabardine, voile, repp, drill, chambrey and linen. The sleeve may be in wrist or elbow length.

The pattern is cut in four sizes, 6, 8, 10 and 12 years. It requires 33% yards of 44-inch material for an 8-year size.

A pattern of this illustration mailed to any address on receipt of 10 cents

"on leave" will return promptly to accustomed places, or at least as near to them as they can get. For every nook and corner of Hyman Hall is full to overflowing with socks and shirts and pyjamas, and other generous gifts from our country contributors. They have taken no holiday during the hot weather, but have continued to sew and ship with wonderful regularity; so that if the townspeople do not come forward in great numbers, to sort and fold and pack, etc., it will soon need a laden work tables.

ARE YOU A CANNY CANNISTER?

Measurement.

AUTION: 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. 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.

Every patriotic housewife is helping the food controller by preserving, confruit and vegetables for which she can find jars, and trying to put by enough to feed her family till next year's har-

By the time that the new sanatorium opens, the canning season will be over. But need that mean that our soldiers will have no sweetmeats? The Government provides for these men, it is true—food, lodging and attendance. It is left to the women to put the personal finishing touches to the place. Don't you think that jam and jelly and preserves "like mother used to make" will be needed and welcomed, to take away the taste of that perennial "plum and apple" that has been so much in the mouths of our soldiers?

If every housewife in Military District No. 1 will set aside one jar of every fruit that she preserves, the official efficiency of the sanatorium will remain unimpaired. But it will have a flavor and a taste of home.

MAPLAN KAUTH

flavor and a taste te of home.

MARIAN KEITH,

Hon. Press Sec

### Cynthia Grey's Mail-Box

A Legal Inquiry.

Dear Miss Grey.—Would you please answer the following questions for me as soon as possible?

1. A widow in poor circumstances has two sons one who is interesting. two sons, one who is in as poor circumstances has two sons, one who is in as poor circumstances as herself, and the other (the elder) is well-to-do. She has three daughters who have kept her throughout her widowhood, which has been twenty years. At her death, can the funeral expenses be sent to the elder ten accompanied by vomiting. If you son? 2. Can he be forced to pay the funeral are troubled in this way, there is only

in writing.

2. No; unless he agreed to pay in

Hospital Staff of the mountain Sinai Hospital, Philadelphia, for one year. He was a Physician on the Philadelphia Board of Health for ten years, and Police Surgeon in the City of Philadelphia for seven years. He is also a writer of plays and has written and produced more than 30 plays and dramas.

Could you or any of the readers give me a recipe for salad dressing? Also one for your kindness and trouble, I will sign myself,

THE ORIGINAL JEFF.

Ans.—Do you wish a boiled dressing

mustard, tablespoon sait, teaspoon mustard, tablespoon sugar and tiny pinch cayenne, all beaten together with half a cup vinegar. Stir the mixture into the flour, butter, and milk, and stir until it thickens. The milk may be left out if liked, and a little sweet cream added just before using. For potato salad, boil the "taties" with their "jackets" on; when cold, peel, cut in small cubes; mix with some of the above dressing, and let stand an hour or so; serve in a salad bowl lined nicely with

DAILY BIBLE QUESTION CLUB

Advertiser Patterns



Age (if child's or misses' pattern) ...

Belgians and Prisoners.

Dear Miss Grey,—I inclose \$5 for the prisoners' fund, and \$2 for the Belgian fund.

rings of radishes may be used as a gar-

nish for the top.

CAN'T YOU CAN A CAN FOR CANADA'S BROKEN BOYS?

By the time that the new sanatorium one. I will leave my address and hope "Toronto Mothe the promised photo, and we have the promised photo, and we have the promised photo.

Such lovely letters I get from my Indian brave; they are just lovely, and I can't wait till they come. I got one today.

KILLARNEY. today.

Ans.—Since penning the above will be in receipt of the "Tore

# Stomach Cramps

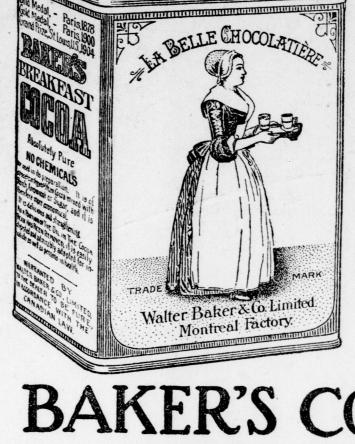
Ans.—1. No; unless he agreed to pay one remedy to cure you, and that one of the print soon, RED INK.

Ans.—1. No; unless he agreed to pay one remedy to cure you, and that one of the print soon, Pr. Fowler's Extract of Wild Strawber-ry. It has a record of cures extending one remedy to cure you, and that one is over 72 years, and we have yet to hear of a case where it has failed to either relieve or cure.

Beware of imitations and substitutes sold by unscrupulous dealers for the sake of greater profits, as these noname, no-reputation, worthless preparaons may prove dangerous to your health.

Mrs. H. Miller, 735 Mark street, Fort William, Ont., writes: "Last summer my husband came home from work, and ald hardly straighten up for cramps. The first thing I gave him was a dose of Dr. Fowler's Extract of Wild Strawerry, and I hadn't repeated it very long perry, and I hadn't repeated it very long until he was all right again. It is the only remedy I give my children in the summer for cholera or cramps in the stomach. I have never been without it in the house for the last two or three years.

Price 35c. Put up only by The T. Mil-burn Company, Limited, Toronto, Ont EDUCATIONAL



Three Good Reasons

1. Its delicious flavor is natural, produced by a scientific blending of high grade cocoa beans.

2. Its absolute purity is unquestioned; for more than 136 years the cocoa and chocolate preparations made by WALTER BAKER & CO. LIMITED have been on the market and are the recognized standards of the World.

3. Its healthfulness is attested by the consensus of opinion of the best physicians of all schools who unite in pronouncing it an ideal food drink, supplying the body with some of the purest and most valuable elements of nutrition.

BE SURE THAT YOU GET THE GENUINE WITH OUR TRADEMARK ON THE PACKAGE. IT IS A GUARANTEE OF QUALITY.

57 Highest Awards in Europe and America. All of our goods sold in Canada are made in Canada.

WALTER BAKER & CO. LIMITED

Established 1780

DORCHESTER, MASS.

prisoners' fund, and \$2 for the Belgian fund.

Ans.—Both donations gratefully acknowledged. The five dollars will materially add to the funds on hand, and the latter will be turned over to one of the local treasurers for Belgian relief.

Mother's" address, and also that of her son. Which of our readers sent in the names of the others? It does seem too bad that "Killarney" and her friends do not hear from them in return for their kind gifts. I am glad the Indian lad responds more frequently.

MONTREAL, CANADA



A Nutritious Diet for All Ages. Keep Horlick's Always on Hand Quick Lunch; Home or Office.

## Sunlight Soap

THE BEST AND PUREST HOUSEHOLD SOAP MADE.

### Announcement Owing to the continued high

rices of all ingredients of "Dr. Mahan's Compass Oil," and in order not to lessen the quality of the oils ed, we have been compelled, much against our will, to advance the price of the regular bottle from twenty five cents to thirty-five cents, and the quart bottles (equal to 16 regular

### CEETEE UNDERCLOTHING

Guaranteed Not To Shrink. EDUCATIONAL

ST. AGNES' SCHOOL BELLEVILLE, ONTARIO.

Patron-The Lord Bishop of Patron-Prie Lord Bishop of Ontario. Advisory Board — His Honor Judge Wills, H. F. Ketcheson, Esq. mayor; J. Elliott, manager Standard Bank. Junior school and preparation for y, A.R.C.O., a...
C. M. course.
Handsome thoroughly equipped extensive extensive sports, swimming grounds, outdoor sports, swimming Miss F. E. Carroll, Principal. School reopens on Sept. 12, 1917.



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

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



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An Electric Fan will raise the efficiency of every worker in the

It enables one to forget the heat and concentrate on the work at hand.

There's no other investment so small as the price of a

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which will yield such big re-

Call us up. We can supply your needs immediately.

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