

First Showing of New Apparel FALL SUITS

Guard milady's health by buttoning up close to her chin. Jackets vary in length. One belted model of navy chevrot broadcloth, sells at \$45.00. Satin lined.

Smart New Waists

Crepe and Georgette
\$6.75 to \$20.00.

Brick & Dundas Limited
188 DUNDAS STREET.

IF THOSE MEN
IN BALD-HEADED ROW
HAD USED
Newbro's Heppicide
THEY WOULD BE
SITTING IN BOX SEATS
TODAY, NOW.

STANDARD DRUG COMPANY,
Special Agents.

For Freckled, Tanned,
Red or Blotchy Skin

Just beneath that freckled, tanned or reddened complexion there's an exquisitely beautiful skin of youthful tint and delicacy. If you could only bring this complexion to the surface, discarding the discolored one! You can—in the easiest, simplest, most natural manner imaginable. Just get at any drug store an ounce of ordinary mercurized wax, apply nightly like cold cream, removing it mornings with warm water. The wax assists Nature by gradually peeling off the lingering particles of scorched and half-dead surface skin, causing no discomfort whatever. Cutaneous defects like pimples, blotches, liver spots, moth patches, freckles, of course, disappear with the old skin. Nothing else will accomplish such wonderful results in so short a time.—Adv.

PAGE OF INTEREST TO WOMEN SOCIAL AND PERSONAL

TELL IT TO THE SOCIETY EDITOR.

Mrs. H. Smith, Euclid avenue, has gone to California for a stay of several months.

Miss Anna Clerk has returned from Toronto. She also spent a few days in Muskoka.

Miss Kathleen Farncombe, King street, has gone to New York to train for a nurse.

Miss Nellie Smith of Chicago has returned after a week's visit with relatives and friends in this city.

W. T. Edwards of New York City spent Sunday with his parents, Mr. and Mrs. George Edwards, Pine Lodge, Komoka.

The Misses Dorothy and Elsie Mulhern, Wellington street, have returned home after a delightful holiday in Digby, N. S.

Master Teddy Wright, Tecumseh avenue, is in Hamilton visiting his grandparents, Mr. and Mrs. Wright, Hickman street.

Mrs. Elizabeth Anderson announces the engagement of her granddaughter, Bessie Gladys Ramsay, to Oscar Lloyd Hart, Wilfrid, Ontario, the marriage to take place in September.

Dr. and Mrs. Robert Colgan of St. Catharines, Ontario, announce the engagement of their daughter, Tira Mildred, to Mr. Freeman Clide Woodley of Fullerton, Ontario, the marriage to take place in September.

Mr. and Mrs. T. S. Culp, Canton, Ohio, announce the engagement of their daughter, Viola Corine, to David Elliott, B.S.A., of Buffalo, N. Y., eldest son of Mr. and Mrs. James F. Elliott, Agincourt, Ontario, the marriage to take place quietly early in September.

Mr. and Mrs. Robert Sharpe, R. R. No. 2, Campbellford, announce the engagement of their daughter, Ida Leora, to Robert H. Stewart of Oshawa, formerly of Campbellford, and late C.S.M. in the 21st Canadian Battalion, the marriage to take place late in September.

Mrs. Henry Sinclair, 93 Beatty avenue, Toronto, formerly of Orillia, Ontario, announces the engagement of her daughter, Kathleen Edith, to Mr. William Harold Grindlay, son of Mr. W. D. Reavey, 244 Huron street, Toronto, the marriage to take place in a moderate oven.

Miss Peters of Grosvenor Lodge left Sunday afternoon for Mount Arlington, New Jersey, the summer home of her aunt, Mrs. Augustus T. Roberts of Philadelphia. Before returning home Miss Peters will visit her uncle, Mr. Joseph D. Roberts of Paterson, New Jersey, and her aunt, Mrs. Lewis, wife of Judge Lewis, also of Paterson.

KITCHEN ECONOMIES

By Isabel Brands, of the Appliance Experiment Station.

What You Can Do With a Can of Salmon.

The quickest of all cold dishes to prepare is probably canned salmon. For it can be served immediately from the can with no more preparation than a bowl of dressing. Or it may be spread on sandwiches with a dash of lemon juice or mayonnaise.

Salmon may seem expensive when you hear the price of what seems a small can. But when you remember that it is solid meat with not an ounce of waste and that it is exceedingly nourishing you will see that it really is one of the cheapest of all solid foods.

Here are a number of ways to make a tempting dish of canned salmon:

Curry of Salmon.
1 can of salmon.
1 cupful of cream sauce.
Scant half-teaspoonful of curry powder.
1 teaspoonful of capers.
1 hard-boiled egg.

Turn the fish into a shallow pan carefully to preserve the shape. Heat in a moderate oven until very hot. Make a cream sauce and before serving from the fire add the curry, moistened with a very little hot water. Stir well and pour over the salmon.

Press the hard-boiled egg through a pure sieve over the fish and add the capers. Serve at once with mashed potatoes.

The salmon can be best removed from the pan after heating with a large pancake turner. The oil in the can should be heated with the fish and poured over the fish before the cream sauce is added.

Canned Salmon Salad.
1 can of salmon.
1 chopped onion.
Cup of finely chopped celery.

Lettuce.
Empty the salmon into a bowl and make with a fork. Mix in a cup of finely chopped celery and the chopped onion. Place on lettuce nest and cover with French dressing.

French Dressing.
2-3 cupful of oil.
1-3 cupful of vinegar.
14 teaspoonfuls of salt.
14 teaspoonful of mustard.
14 teaspoonful of powdered sugar.

Mix the ingredients as mentioned. This can be placed in a pint preserve jar, fastened and chilled. Always be sure to shake the mixture well before using.

A Very Important Meeting.
From headquarters in Toronto comes the following important notice:
"There will be a conference held in Toronto of all Red Cross branches in the Province of Ontario on Wednesday, Sept. 3, at 2:30 p.m. The meeting will be held in the main hall of St. James' Parish House, 40 Church street. The parish house is directly north of St. James' Cathedral, on the corner of Church and King streets, and is easily reached from the Church, King, Bell Line and Harbour cars.

The meeting will be held for the purpose of discussing the future work of the Red Cross in Ontario and forming a provincial headquarters. The Canadian Red Cross, along with all other national Red Cross societies, is pledged to peace-time activity by the existence of the League of Red Cross Societies. Remembering that the sound health of the individual is the basis of all real progress."

Mennen's Talcum for Men.
A real shaving companion is Mennen's Talcum for Men. Most men like to top the shave with a dust of talcum. Makes the face feel smooth, clean and well-groomed. Mennen's Talcum for men is especially prepared for after-shaving. It is a natural tint that does not show and is antiseptic and protective, distinct in character and package, retaining all the high qualities of Mennen products.

The Complete Mennen Line—
Shaving Cream
Dentifrice
Talcum for Men
Toileted Talcum
Violet Talcum
Flesh Tint Talcum
Cream Tint Talcum
Mennen's Baby Soap
Cold Cream
Tar Shampooing Cream
Korin-Konia

THE MENNEN COMPANY Factory: MONTREAL
Sales Office: HAROLD F. RITCHIE & CO., LIMITED, TORONTO

Red Cross News

How Does Your Garden Grow?

While most folk are away holidaying the Red Cross Society still carries on its work. There are a large number of new patients in our hospitals, lately arrived, and they need the cheering visit of the society. After the voyage by ship and train, and the glimpses of the beautiful country in passing, the hospital wards look rather bare and dreary to these weary travelers. The Red Cross visitors can always make the hospital a little more cheerful by bringing with them a bouquet of flowers.

Everyone's garden is full of bloom this time of year and the soldiers should have all we can possibly spare. Please send us flowers, as many and as often as possible. They bring such cheer to the men and help to shorten the long hot days. Flowers left at the Red Cross headquarters any morning in the week will find their way to the hospitals.

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Why Lose Dandruff and Itching; The Remedy Your Hair Cuticura

For free sample Cuticura Soap, Ointment and Talcum address: "Cuticura, Dept. B, Boston." All druggists.

Advertiser Patterns



A DAINTY DRESS FOR THE LITTLE MISS

2875—Figured voile, or organdie, soft silk, lawn, balise, dimity, dotted Swiss and challie may be used for this style. It is good also for gingham, chambray and percale.

The pattern is cut in four sizes, 2, 4, 6 and 8 years. Size 6 requires 2½ yards of 36-inch material.

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

Name.....
Town.....
Province.....

Age (if child's or misses' pattern).....
Measurement: Bust..... Waist.....

Caution: Be careful to inclose the above illustration, and send size of pattern wanted. When the pattern is sent, you need only mark 2875, or whatever it may be. When in waist measure, 22, 24, 26, 28, 30, 32, 34, or whatever it may be, give waist and length measure. When misses' or child's pattern, give only the figure representing the age. It is not necessary to write "inches" or "yards." Patterns cannot reach you in less than ten days from the date of application.

using. Keep in the ice box and use as needed.

Luncheon Salmon.
2 tablespoonfuls of bacon fat.
4 cupfuls of cabbage, coarsely chopped.
1 can of salmon.
14 cupful of boiling water.
14 teaspoonful of salt.
14 teaspoonful of pepper.

Heat bacon fat in frying pan, add cabbage and cook for five minutes, stirring frequently. To this add water and seasoning and cook 15 minutes or until cabbage is tender. Rinse salmon with hot water, separate into flakes and add to cabbage.

Salmon Souffle.
1 cupful of hot milk.
14 cupful of soft bread crumbs.
14 cupful of shortening.
14 teaspoonful of salt.
14 teaspoonful of paprika.
14 cupful of flaked salmon.
14 cupful of peas.
Whites of 2 eggs.

Cook crumbs, shortening and seasonings in the hot milk for three minutes. Add the salmon and peas. Fold in the whites of the eggs, which have been beaten very stiff. Place in a greased baking dish and bake about 25 minutes in a moderate oven.

success and happiness in life, the future program of the Red Cross as an auxiliary to the public health bodies assumes importance. It is hoped that each branch will make a determined effort to send one or more representatives to the meeting held at St. James' Parish House, 40 Church street, Sept. 3.

"Two delegates from each branch, that is, the president and secretary, or their proxies, will be permitted to vote, but any number of visitors will be welcomed. An opportunity will be given for the discussion of problems and special information concerning the lack of medical and nursing services in various isolated districts is requested."

Here, then, is the opportunity to say what you think of the future of the Canadian Red Cross Society, now that the fall is over. And it is hoped that all branches will see that they are represented at the meeting. Remember the date, Sept. 3.

MARIAN KEITH,
Press Secretary.

Cynthia Grey's Mail-Box

Re Political Science.
Dear Miss Grey—Kindly give me the names of two or three of the best magazines on political science. Thanking you in advance, remain, yours truly,
GENE VIEVE.

The Political Science Quarterly, published by Ginn & Co., Boston, Mass., is considered a good volume. Apart from this, I really know of no magazine which carries such articles frequently. If you live near London's public library, you will find there numerous books dealing with the subject from all sides.

Painting a Rug.
U. K.'s Friend—Here are the directions for painting a rug, supplied to the Mail Box by Mrs. Homebird: Turn over your tapestry or Brussels rug over and paint the wrong side. You will have a smoother surface and save paint and labor. Cook your flour and water paste very thick, just so you can dip it up on a brush, and get down and brush it right into the carpet; let it dry over night and repeat. When the second coat is dry it is ready for the paint. Be sure and use the floor paint, and for patience's sake don't use a dark color, as it shows every bit of dry mud or dirt. I used a plain centre with a border of another color. Some recommend glue.

By Cliff Sterrett.

BENSON'S Corn Starch



Desserts—Rolls Sauces

BENSON'S is pure prepared corn starch, delicate and nourishing, unexcelled for all cooking purposes.

It improves the texture of bread, biscuits and rolls if one-third of the flour is substituted with Benson's Corn Starch. It makes pie crusts light and flakey.

There is a recipe for the most delicious Blanc Manger on the package, together with a dozen other uses. Benson's is the best Corn Starch for making sauces and gravies smooth and creamy.

LEMON PIE

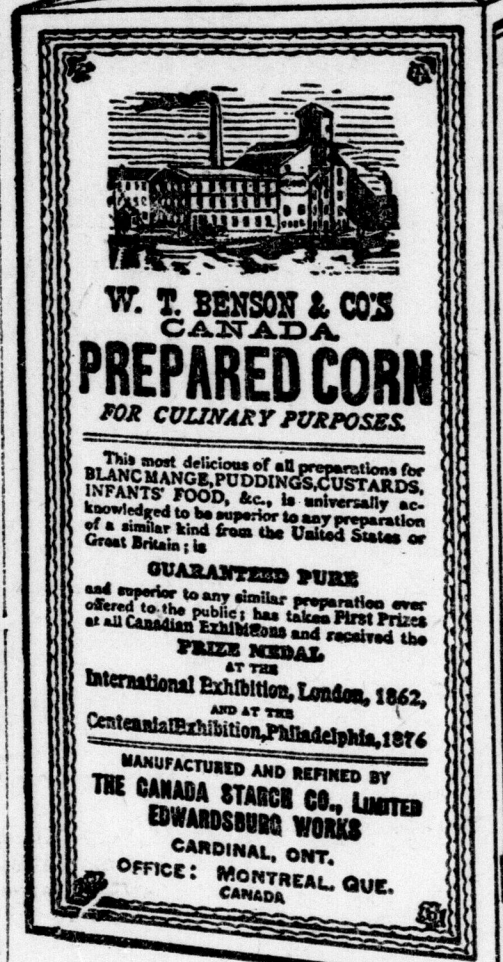
(Enough for one medium sized pie)
1/2 cup sugar, 6 tablespoonfuls Benson's Corn Starch, 1/2 cup boiling water, juice and rind of two lemons, 2 egg yolks, 2 egg whites, 3 tablespoonfuls powdered sugar.

Mix corn starch, sugar, lemon juice, grated rind and beaten egg yolks. Add boiling water slowly, stirring constantly. Cook until thick and boiling. Cool, fill a baked pie shell and cover with a meringue made of the stiffly beaten egg whites, and powdered sugar. Brown meringue in a slow oven.

Pie Crust

2 cups flour, 1 teaspoonful baking powder, 1/2 teaspoonful salt, 1/2 cup shortening, 1/2 cup iced water.

Write for booklet of recipes



Good Night
Stories
By Abner S. Sargent

DICKY VISITS MAMA AND DADDY

One day as Dicky was at play out in the yard he saw two strange-looking black birds, each with two white bands extending downward from their throats to their glossy black plumage. First, one shook his head, bending it to one side, and then to the other side, and made a queer noise. Then the second little fellow did the same thing. Then both puffed out their feathers, lifted their heads and opened their mouths so wide Dicky could see their little tongues, and they poured forth a wild, merry song.

"Well, I never heard two birds singing a duet before," mused Dicky. "They must be brothers," he guessed.

"Wrong!" laughed a merry voice, and Dicky's little friend, Squeedee from Joyland, hopped up from the grass at Dicky's feet. "That's Mama and Daddy Parson Bird singing their duet daily."

"I never knew that lady birds had singing voices," mused Dicky. "I'm glad to hear them. I only wish—" "You wish you could visit them!" laughed Squeedee. "And we shall."

Before Dicky could blink his eyes he and Squeedee were perched up beside Mama and Daddy Parson Bird on the limb of the tree.

Daddy Parson Bird laughed gayly when Squeedee told him that Dicky had mistaken his wife for his brother.

"Well, that's one thing we have over most of our friends," he chirped merrily. "The ladies of our nest can sing as well as the men, and we can talk as well as parrots if folks would take the trouble to teach us their language. Build nests? Say, you should see the one she helped me build; it's a dandy!"

Without more words, Daddy Parson Bird led Squeedee and Dicky to their lovely nest built in the fork of a great, big bush.

Here, on a foundation of stout twigs and dry sticks, a few feet from the ground, was quite a large nest. The walls were built of coarse moss, and it was lined with fine, soft grass.

Mama Parson Bird let Dicky peep into the downy nest. Three little white eggs, powdered over with reddish-brown spots and specks, nestled in the grasses.

"And with all your help in building, laying eggs and hatching your wee ones, you still can find time to sing," laughed Dicky. "How lucky you are to have such an accomplished wife!"

"Indeed, I am!" chirped Daddy Parson Bird. "All birds aren't as lucky as I am. I'm very proud of Mama Parson Bird's voice and we certainly enjoy our evening duet, which we offer as a song of thankfulness."

"Oh, sing it now!" exclaimed Dicky.

By Cliff Sterrett.

A Three-Day Rate From Port Stanley To CLEVELAND

You wanted it, so you could see a ball game and have a look around Ohio's metropolis.

THE MAGNIFICENT EXPRESS STEAMSHIP

Theodore Roosevelt

Will hereafter carry you at the following rates:

\$2.50—Port Stanley to Cleveland and return, good going Monday and returning Wednesday; going Tuesday and returning Thursday; going Wednesday and returning Friday; going Friday and returning Monday. (Friday to Monday tickets not accepted on intermediate days).

\$2.75—London to Cleveland and return, good going any day and returning the next.

\$4.50—London to Cleveland and return, good for 30 days.

\$2.25—London to Cleveland, one way. A convenient, pleasant rail and lake trip, that is a time and money-saver for travellers.

SPECIAL NOTICE

CHANGE OF SCHEDULE ON WEDNESDAY, AUGUST 27, ONLY.

The Theodore Roosevelt, at request of, and for the convenience of, members of London Chamber of Commerce and St. Thomas Board of Trade will leave Port Stanley on August 27, only, at 8:30 a.m. (Daylight Saving), and will leave Cleveland for the return trip the same night at 7 o'clock (Canadian Daylight Saving Time). The afternoon lake ride from Port Stanley for that date is accordingly cancelled.

Regular daily sailings from west harbor dock, Port Stanley, Lake Ride Days, 6 p.m. Other days, including Sundays, at 4 p.m. (daylight saving).

BOOK RESERVATIONS EARLY THROUGH LONDON AND PORT STANLEY RAILWAY.

ALMA LADIES' COLLEGE

Canada's National Residential School for Girls combines all the advantages of health, culture, and practical and aesthetic training.

Thorough courses in Music Art, Oratory, High School, Business, Domestic Science, and Superior Physical Training. Opens its thirty-ninth year on September the fifteenth, nineteen hundred and nineteen.

PERRY S. DOBSON, M.A., Principal. R. L. WARNER, M.A., D.D., Principal Emeritus. For terms address Registrar; ALMA LADIES' COLLEGE, ST. THOMAS, ONTARIO.

"Maybe Squeedee will let me understand the words." Squeedee laughed and Mama and Daddy Parson Bird hopped upon a limb. And these were the words that poured from their glossy throats:

"Tu-whit, tu-whit, tu-woo. Now we'll sing our praise to you. Thanks for all the lovely flowers, Sunny dells and shady bowers. Thanks for sunshine—thanks for rain. We are happy just the same. Tu-whit, tu-whit, tu-woo. These are the thanks we sing to you."

When the duet was ended Daddy and Mama Parson Bird bid Dicky and Squeedee good night, and Dicky went home to bed.

Miller's Worm Powders

Contain No Narcotics

WHEN your child is restless, peevish, sleepless, or when convulsions threaten, it indicates the ravages of worms and that the little one's stomach is being starved and undermined. Miller's Worm Powders get promptly at the root of the trouble and replace 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. L. A. Toronto.

