



easily digested food; you never tire of it because you can enjoy it in so many different ways.

Dr. Jackson's

Roman

has all the delicious flavor and nourishing food value of entire berries of wheat (30%), rye (35%), flaxseed (25%) and wheat bran (10%). Flaxseed is these times as nourishing as wheat, rye or oats. It is rendered

We have from thirty to forty feet of digestive tube because our ancestors for many ages ate food that contained more waste than nutrition. Man's forty foot than nutrition. Man's forty foot digestive tract is mostly muscle which has nothing to do with actual digestion. These bowel muscles positively will not function unless there is sufficient waste in the food to stimulate them to nat-

ural action. Lack of waste means constipa-tion. Meat, white flour ALLOWED have but little waste. poverished foods like white flour and highly refined cereals causes the muscles of the tract to weaken

SPOONING ALLOWED

from lack of exercise, and then the constipation becomes

Roman Meal has the full, proper amount of branny waste to stimulate the bowel waste to stimulate the bowel muscles to action and thus relieve constipation; its flax-seed acts as a lubricant. When used alone, brans cause catarrh of the bowel. In Roman Meal this is constructed by the this is counteracted by the soothing flax. Roman Meal positively relieves constipation, or the Roman Meal Company

will return your money.

No wonder the medical profession everywhere endorses this great food. For it is made from the prescription of a phy-sician—a specialist in Dietetics.

Roman Meal is the most delicious and the most nourishing food ever invented. Do ever invented. Do not stir the porridge except while mixing meal and water or you positively spoil it.

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SPECIAL.

There is no other underwear made in Canada by the same process.

It is so clean, soft and smooth that a baby could wear it. Only the very finest Merino Wool is used.

selvedge edges knitted together net sewn. A comfy garment guaranteed ALL WOOL and NOT TO

Order yours early THE C. TURNBULL CO. of GALT, Limited GALT, Ont.



A Page of Interest to Women

SOCIAL AND PERSONAL

Cynthia Grey's

A 135th Man.

Dear Miss Grey.—May I trespass upon your valuable time by asking you to put my name upon your list of "Lonely Soldiers"? I would be very pleased to receive books, etc., from my home town, and the from freed of the one from the first of the one of the of their own eye and then get after Mr. Hanna."

I declare I hadn't intended writing so much, but when a follow gets wound up and started—well,
Good night, good luck, sweet dreams, merry Christmas and a happy new year to you all. JUST ANOTHER.

Ans.—That last paragraph quite relieved my pent-up feelings Anybody who can fire so many bullets all in a breath, and then bid adleu with an alry graciousness like that, deserves a special invitation to call again! Am so glad you took that crack at the consumption of tobacco, for really I was getting quite annoyed at myself for being a woman and hence one of the extravagant shee-and-hat-wearing persons. And now one of these mere men, reading your letter, wants to know "How about powder for women's noses?"

"Melba's" Sympathy. Dear Miss Grey.—No doubt you will think I am coming back very soon after my last letter, but I wish to extend the state of my sinderest sympathy to "Khaki Kid" and her girl friend, Only too well do I know what their sorrow is, and I am

DAILY BIBLE QUESTION CLUB

SUGGESTIVE QUESTIONS ON THE SUNDAY SCHOOL LESSON.
By Rev. T. S. Linscott, D.D.
[All Rights Reserved.]
"The Temple Rebuilt and Dedicated."
Exra, ill., \$-1\$; vl., 14-1\$.
Golden Text—"Enter Into His Gates With Thanksgiving, and into His Courts With Praise." Ps., c., 4.

1. Verse 1—How long had they likely been in the land when this general pathering at Jerusalem took place?

2. Which should have the right-o'way, or first place, our own business or that of the church?"

3. When the people as "one man," give up their business to attend to refigious gatherings, what is the effect upon their general prosperity?

Advertiser Patterns



Q7 Delicious "Meatless Dishes -how to cook them are included in the recipe book called

"The Girl at Catelli's"

sent free to any address.

MACARONI is the perfect substitute

The C. H. Catelli Co., Limited. MONTREAL, Que.



Showing New and Attractive Styles in Women's and Misses' Serge Dresses At Popular Prices

Plainly-Tailored Dresses in navy, brown, burgundy and black serge, having white silk poplin collar, self cuffs, wide girdle in front, with colored embroidery, having long sash at back; sizes 16, 18 and 20 years, Special value at \$13.50

The New Coat Dress, in dark plaids or plain navy serge, has pockets, girdle, wash satin collar, buttons all the way down front, in 16 and 18 years. Special price \$15.00

Coat Dress of black serge, in a style suitable for the woman of middle age; sizes 38 and 40. Price \$15.00

An Attractive Coat Dress, in navy and brown serge, having a stylish wide collar with long lapels, a girdle with large buckle, turn-back cuffs, neat pockets and collar with colored embroidering; sizes 14, 16 and 13

Pretty Pleated Dresses with deep pointed collar with tassel, amart lapels, and girdle, collar and cuffs bound with narrow silk braid; to be had in navy, brown, black, burgundy and green; fine quality serge; sizes 16, 18 and 20 years. Price...... \$22.00

New Tunic Dresses in navy and black serge, having pleated skirt, deep pointed collar with tassel on point; sizes 38 and 40. Price\$22.00

Silk and Silk Poplin Dresses

Messaline Silk Dresses in a pretty style, obtainable in navy, brown and black; sizes 36 38 and 40. Special value at \$13.50 Black, Navy and Brown Silk Poplin Dresses in attractive styles. Priced at

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Smart Fall Suits of Gabardine, Fine and Heavy Twilled Serge, in plain tailored styles, belted, semi-belted and shirred effects, interlined with flannelette and lined with satin, all the new style touches; colors are navy, brown and black; sizes range from 34 to 42.

Our	regular	\$18.00	and	\$18.50 su	its clearing	at	 \$13.9
Our i	regular	\$22.50	suits	clearing	at		 \$15.9
Our i	regular	\$25.00	suits	clearing	at		 \$17.9
Our	regular	\$27.50	suits	clearing	at	,	 \$19.98

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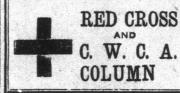
Gray's

Dear Miss Grey,—I have been interested from time to time in reading your letters in Cynthia Grey's Mall-Box. We feel we cannot do enough for our brave men who are fighting at this time, or the ones who have returned.

Would like some addresses of the "lonlies" to send reading matter to, as I have heard they appreciate that very much at the front, Hoping to hear from you, yours sincerely,

Ana.—I'm sorry, but you did not inmuch at the front. Hoping to hear front you, yours sincerely.

Ans.—I'm sorry, but you did not inclose your name, and while I fancy know it, would rather make sure before sending the lonlies' names.



abundance, surely we dare not fail them.

For if we fail them see what will be the consequences. "We must curtail many of our activities." Think what that curtailing must mean. It means more pen for the wounded soldier, and less care in his hour of extremity. It means that he will lie longer on the battlefield before being rescued and have less careful treatment at dressing stations and hospitals. It means that he will suffer all his life from wounds that strict attention at the first could that the first could have permanently cured. And all this will be because the British Red Cross



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RED CROSS AND

C. W. C. A.

COLUMN

"OUR DAY—OCTOBER 18."

"If Canada fails us in October, we must curtail many of our activities."
This is the portentous message that has come across the seas from the British Red Cross Society. It is from the greatest Red Cross agency in the world, the agency that ministers to the fighting men of Britain and her allies; also, in every region of the war.

In South Africa, in Egypt, in Mesopotamma and Palestine, along the fearful stretch of that band of death, the western front, on every navigable mileage of the Seven Seas, waves the red as follows; 1.584 pairs socks, 162 day as follows; 1.584 pairs s

One Price 10c. Everywhen in Canada

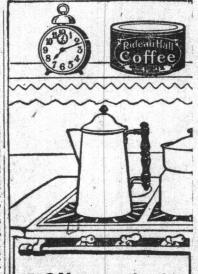
Also, in every region of the war.

In South Africa, in Egypt, in Mesopotamia and Palestine, along the fearful stretch of that band of death, the western front, on every navigable mileage of the Seven Seas, waves the red crossed banner of this great and merciful association. Is it any wonder, then, that they are spending over \$15,000,000 a year? Or \$300,000 a week? Or \$30 a minute?

And is it any wonder that the mother country is turning to her colonies and asking them to give a helping hand in this colossal task?

We have our own soldiers to care for, we say, and our own Red Cross to support. But what is our work compared to this? Our women in Canada have not commenced to dream of such sacrifices as is the daily lot of the women of England. They give days to Red Cross work where we give minutes; they spend pounds where we spend five-cent pleces. And now when they ask us for a little help out of our abundance, surely we dare not fail them.

For if we fail them see what will be the consequences. "We must curtail many of our activities." Think what



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