PAGE OF INTEREST TO WOMEN

SOCIAL and PERSONAL

TELL IT TO THE SOCIETY EDITOR.

Mr. and Mrs. A. Lapointe of Flint, Mich. have been visiting friends and relatives in Essex.

Mr. and Mrs. J. R. Shuttleworth are leaving on Thursday for England and the Isle of Wight to spend the summer with friends.

Little Aileen and Billie Turner, children of Mr. and Mrs. W. W. Turner of Chatham, are spending a week here with their aunt, Mrs. J. B. Wright.

Mr. and Mrs. John Welsh of Chatham announce the engagement of their daughter, Theresa E., to Mr. Albert J. Johnke, the marriage to take place at an early date.

A very pretty miscellaneous shower was given on Tuesday evening in honor of Mrs. Osborne McGugan, nee Miss Isabel Blake, when about 35 of her friends gathered at her home on Dufferin avenue and showered her with many useful and pretty gifts.

From an arch hung a large white parasol tied with white roses and lilies, wherein the gifts were hidden.

Dainty refreshments were served by Mrs. Gordon Thomas, Miss Marguerite Blake and Miss Margaret Tambling.

In an effort to revive an interest in tennis, the London Hunt and Country Club has been holding a tennis tournament for the last month, the committee in charge of the events including Mr. Allan McLean, Mr. Gordon Ingram, Mr. Eric Reid, Mrs. Charlie Hunt, Miss Alice Leonard and Miss Eula White. Seventy-five players in all entered, the finals being played off last Saturday by Mrs. Allan McLean and Mr. Jim Boucher against Miss Louise Beck and Mr. Hugh Hunter, Mrs. McLean and Mr. Bucher being the winners of the handsome cup donated by Mrs. F. E. Leonard.

The score stands as follows:

McLean-Boucher	6	5	4	6	6
Beck-Hunter	3	7	6	4	2

The formal opening of the Soldiers' Aid Commission welfare camp at Port Stanley, which was to have taken place yesterday afternoon, was postponed on account of the rainy weather.

WILSON—HORNE.

A pretty wedding took place yesterday, when Mrs. Lucy Horne of 203 Wellington street became the bride of Mr. Frank Wilson, an ex-A. M. C. man, also of this city. The Rev. Mr. G. Young officiated.

KIMBALL—MASON.

At the Baptist parsonage, Lobo, on Wednesday, June 30, Miss Lona Mason became the bride of Mr. Ward Nelson Kimball, son of Mr. George Kimball of Bryanston, the Rev. W. E. Mason, father of the bride, officiating.

The bride was given away by her brother, Mr. William S. Mason if Simcoe, and the wedding march was played by her sister, Mrs. George Ronson of Courtland. The Misses Helena Farrow and Laurel Mason, nieces of the bride, acted as flower girls.

After the ceremony a banquet was held at which Mr. J. Alex. Wallace of Simcoe, brother-in-law of the bride, acted as toastmaster.

Mr. and Mrs. Kimball left for Toronto, where they will take the boat for the Thousand Islands. On their return they will reside at Hyde Park.

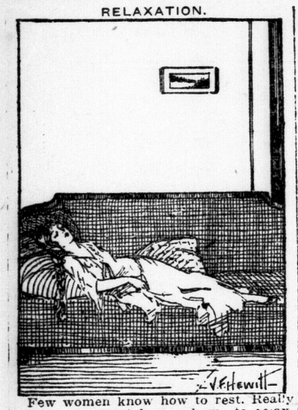
BARR—SHORE.

Trinity Church, Sebringville, was the scene on Saturday morning, July 3, of a pretty wedding, when Jennie Barbara, daughter of Mr. and Mrs. Thomas Shore, became the bride of Mr. Ivan Bradshaw Miles Barr of Kitchener. The ceremony was performed by the rector, Rev. T. L. Armstrong, the church being prettily decorated with orange blossoms. The bride was given in marriage by her father, wearing a softly frilled gown of white silk georgette crepe over white silk trimmed with pearls and lace and the accustomed veil with orange blossoms. She carried a shower bouquet of carnations. A reception at the home of the bride's parents followed the ceremony, decorations of orange blossoms and carnations adding to the charm of the occasion.

HOME ECONOMICS

MRS. ELIZABETH KENT, MacDONALD COLLEGE.

RELAXATION.



Few women know how to rest. Really to rest we must know how to relax, that is to release all the muscles of the body from tension. In the middle of every woman's busy day there should be a time for rest—if she knows how to relax, it need not be long.

A woman should not wait until she is utterly tired out before she lies down; it is much more difficult then to relax, and recuperation takes much longer. She should have a time each day when she can shut herself away from responsibility for at least a few minutes, let down her hair, take off her corsets and shoes, and stretch herself upon her bed or couch with no restriction upon any part of her body anywhere, but especially with freedom for her breathing and circulation from head to foot. To let the bed really hold up all her body is to rest. Once a woman knows that feeling of not carrying a bit of her own weight, she has learned to relax, and five minutes of such release from nerve strain is worth more to her than an hour of pretended rest. A short nap is, of course, better still, for it is complete rest, and the woman who has learned to relax soon learns how to sleep quickly and easily, and to wake refreshed.

A good deal of our fatigue is due not to overwork in any real sense. Many of us work less than we ought, but to bad habits of work, and bad habits of rest, so that we are worth just about half of what we might be to ourselves and to others.

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A NEW BLOOD-FOOD HAS BEEN DISCOVERED THAT WORK WONDERS

Said To Put New Life Into People That Are Run-Down.

For years doctors have been searching for a combination that would enable them to inject into thin blood the elements it lacked. This can now be done, and any weak-blooded person can quickly be made strong and well.

Already a small army of ailing people has proved the merit of taking after each meal with a sip or two of water, two chocolate-coated Ferrozone Tablets. This is easily done, and even one week's use of this wonderful blood-food will prove how nourishing and strengthening and flesh-building the treatment is.

Just think of it—Ferrozone uplifts the entire nervous system, removes the blood, makes it rich and red—gives the sort of aid that's needed in throwing off weakness and languor.

Tens of thousands enjoy the advantages of renewed health through Ferrozone—if you'll only use it, you'll surely grow strong, too; its beneficial action is noticed even in a week. You see it goes right to work, removes the causes of the trouble and then quickly makes a cure.

For those who sleep poorly and have nervous apprehensions, Ferrozone is a boon; it is a specialist in such cases.

Where there is paleness, poor appetite and languor, Ferrozone makes the patient feel like new in a few days.

In tiredness, nerve exhaustion, spring fever and debility, the power of Ferrozone is known from coast to coast and universally used with grand results.

Let Ferrozone build you up, let it win you back to robust health—it will do so quickly if you give it the chance. Sold by all dealers; 50c per box or 6 boxes for $2.50. Remember the name Ferrozone.

Cynthia Grey's Mail-Box

"My own experience and development deepens every day my conviction that our moral progress may be measured by the degree in which we sympathize with individual suffering and individual joy."—George Eliot.

CHILDREN'S HOSPITAL FUND.

Dear Cynthia Grey,—Again I have to thank you and your correspondents for a contribution to our Children's Hospital fund. This is the fourth time, and the $25 you send will be a material help. It is wonderful how the ten-cent pieces, packed up by an occasional quarter, runs up into hundreds of dollars. The Advertiser Mail-Box has been one if our best friends, and we will not forget it. Sincerely yours,

L. K. CAMPBELL,
Treasurer Hospital Fund.

A Story of Wrens.

Dear Miss Grey,—I have just read Garnet's letter about the wren. How I love the wren. I felt as if she and I were old friends. I love the birds and flowers. You should see my roses. They are grand. I love to give them to my friends. I wanted to tell Garnet about my wrens. Some years ago two came and built their nest in our gatepost. There was a hole in the post. He would get on the fence or post and how lovely he would sing. Next summer they came again to the same place. I think it was the third summer something killed the female and destroyed the nest. Her male came back twice after, but only sang one day on the post, then went away. This summer he has returned to the same place, but not alone. He has another little wife with him. He sings all day long. I am not able to get out much, for I have neuritis and am not sorry the birds are here. We live in a pretty place in summer, so much woods to be seen.

I have lots of little chicks and ducks to care for, so I don't get lonely. We two old folks are alone now, and this is our forty-fourth wedding day. Well, Miss Grey, if I may I will send in a few hints for sick chickens. Give them an aspirin tablet. They may need two or more, but I did it with perfect results. I make six good loaves of light bread with a quarter of a yeast cake. Make yeast at noon next morning, set sponge after breakfast, mix down and it will be light for the pans in a short time. A nice way to fix liver: Soak it through, but not too long. Then run it through your food chopper (largest plate). Put salt, pepper and a little butter to one cup of sweet milk. Put in one egg. Stir all together. Then put it in the fryer with some fat of any kind. It's fine. Guess if I don't stop I will get the G. B., so with best wishes I am still TIRED.

Ans.—Thank you for writing us the story of your little wrens, Tired. So sorry about the loss of the first little mate and the tiny home. We are glad, too, you wrote to us on your wedding anniversary. Let me say on behalf of the Mail-Box we wish you many beautiful years of health and happiness together. Thank you for the useful hints.

Veranda Chats.

Is it hot in London today? It's just lovely and cool where I'm sitting. Come and sit in the shade and help me watch these three wee girlies. I've a dear, dimpled baby, six months old, that's saying things at her hands and knees, because they won't work as she wants them to.

I'm inclosing two pieces that have been asked for "A Woman's Question" and "Hello Central, Give Me Heaven." I wonder if the reader who asked for the poem, "No Sects In Heaven," some time ago has received it? If not, I'll copy it for her if she will let me know.

Next time you burn yourself, just rub a piece of soap over it and see how quickly you get relief. Just moisten the bar and draw it over the burn. As my girlies all have hazel eyes I'll sign myself,

MOTHER OF 6 HAZEL EYES.

Ans.—What a pretty letter about your little girls. We love being introduced to them. Thank you for the poems inclosed.

As this is my first letter to your page I must try and not stay too long for this time, as you may let me in again if I don't. I am a young girl, always lived in the city until late years, now I am on the dear old farm and love it. I am very fond of horses, and love to be in the woods with wild flowers. I am 16 years of age, and at times in the winter months I am a very lonely little girl, and love writing; so if there are any young folks that would like to write me I will be so pleased to write to them. I am very dark, have dark hair and eyes, but I am English. I am leaving my name and address with Miss Grey. Hoping to hear from someone soon. LONESOME ALONE.

I've often thought of writing you. We have taken The Advertiser for years, but I feel more acquainted with you since you called next door. I feel I know you well enough to come to you for help. Can any of the Boxites tell me why suckers come on a fern. It's a maiden-hair fern, and great long stems grow on it, but no leaves. I've been told they will kill the plant. I gave it castor oil. I'll watch the Mail-Box for the answer. Have you another stocking-foot pattern left for me? Inclosed find 10 cents for C. H. fund. FLOUNCING MAPLE.

Ans.—Am glad to welcome you to the Mail-Box for the reason you mention, because I have a deep liking for your lovely home-spot. Hope somebody can advise you about your fern. Glad to mail the pattern, and thanks for the contribution to the fund.

I wrote to you a long time ago, but did not see my letter in print, so thought I would try again. Would you please send me the S. F. P.? Inclosed find a dime for the children's hospital. Could you also tell me what to use to kill lice on a rosebush? We have a crimson rambler nearly reaching the eaves of our white cottage, and it is just loaded with flowers, but the horrid green lice spoil them. We have tried several sprays, but they seem to spoil the leaves.

Ans.—Pattern mailed, and thank you for contribution. Get nicotine and make a spray of one tablespoonful to a gallon of water for your rosebushes. How lovely the roses must be at such a height, and so profuse in bloom.

It is over a year since I have written to you, owing to illness. However, I am very pleased to be able to write again. Could you or any of your family tell me the best time to plant a grape vine, that has been buried for transplanting. I have one ready and would like to know the best time.

I will inclose you a few stocking-foot patterns. TIERRAH TENRUB.

Ans.—Thank you for your patterns, Tierrah Tenrub. If your vine has not started growth you can transplant it at any time. Otherwise it should be transplanted in the spring or fall. Hope you won't wait a year before coming again.

Advertiser Patterns

Owing to the pattern manufacturers increasing the price of patterns to us, all patterns advertised from this date will be 15 CENTS EACH.

3172

A Pretty Frock for the Growing Girl.

Pattern 3172 is shown in this illustration. It is cut in four sizes, 8, 10, 12 and 14 years. A 12-year size will require 4⅛ yards of 36-inch material.

Voile, batiste, lawn or organdie with lace edging and insertion would be good for this style. It is also attractive in taffeta, challie, crepe and charmeuse.

A pattern of this illustration mailed to any address on receipt of 15 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 bust measure, you need only mark 38, 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 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 the date of application.

Comfort Feet That Itch And Burn With Cuticura

For tired, aching, irritated, itching feet warm baths with Cuticura Soap followed by gentle applications of Cuticura Ointment are most successful.

Soap 25c, Ointment 25 and 50c. Sold throughout the Dominion. Canadian Depot: Lymans, Limited, St. Paul St., Montreal. Cuticura Soap shaves without mug.

MISS BLANCHE MILLS TELLS OF THRILLING ESCAPE FROM TURKS

London Girl To Arrive Home Shortly After Year in Armenia.

The many friends of Miss Blanche Mills, niece of Mr. and Mrs. T. N. Way, Elmwood avenue, will be glad to welcome her home to the city at the end of this month, after she has spent over a year in reconstruction work in Armenia. Miss Mills, who sailed from New York a year ago last February with a party of two hundred and fifty doctors, nurses and teachers sent out by the United States Government, had signed up for but a year's service in Armenia. So pressing was the need there, however, at the end of the year, that she decided to remain longer, only leaving the country when the whole commission was compelled to evacuate, the 1st of May, on account of the invasion of the Turks and Bolsheviks.

Her description of their flight from Armenia is graphic and interesting. It appears in a letter dated May 15 and written on board the steamship Huntsville in the Aegean Sea.

The Escape.

"We are on our way to Egypt. Things have happened within the past two weeks with such kaleidoscopic swiftness that I cannot realize it. On the 1st of May an Armenian officer brought us the order from our high commissioner, Col. Haskell, to evacuate at once and to leave everything behind. At first we begged to stay, but being in the army, we could only obey. So we packed our souvenirs and left them with a responsible Armenian officer to send on later, if possible. But I fear it is good-bye, souvenirs!

"The officer told us that the Bolsheviks and Turks would soon be in the town, and we could do nothing; our flour had given out and the people were clamoring for bread, and having bread riots already; the trains would run only a week longer and then our supplies would be cut off.

"We closed up our work and turned over $1,000,000 worth of property and supplies to a responsible Armenian. (My heart aches for them—the Turks on the south and the Bolsheviks on the north are going to wipe out the Armenians entirely, I fear).

Train Held Up.

"We left Erisan on a special train on Tuesday morning, but a few miles out the Tartars held us up with an armored car, which pointed its guns at us. They took our engine and would not let us go until our officers had signed over to them all our flour and foodstuffs. At first Col. Tilford refused. Then they threatened to keep the 80 women on board as hostages and so he had to give in and let them have everything. Then they let us go on.

"We reached Batume on Thursday and were safe once more. Then on to Constantinople, and from there 57 of us were taken to 'Halki,' one of the Princess' islands in the Dardanelles.

"The next day I heard of this transport going to Egypt and I hustled and got my passport and papers fixed up and got two trunks sent home in bond to San Francisco and went on board this ship. There are twelve of us, two colonels, five Red Cross nurses and five relief workers. We expect to reach Alexandria tomorrow, then to Cairo, from there to Jerusalem, Damascus, then to Rome, Paris, Geneva, London, New York, Montreal, Toronto and then London, my old home town, reaching there about the end of the last week in July."

Work Among Orphans.

Miss Mills' work has been chiefly among the Armenian orphans, whom she has grown to love very dearly. In one week alone she gathered up 600 of these little bundles of rags from the streets and put them in homes where they shortly began to look human again. In one of her earlier letters she says:

"For several mornings now the major and I have got up early and visited the soup kitchens and orphanages before breakfast. We found the orphan corps drilling at 7 o'clock and the major gave them a good running exercise. My, I am proud of my twelve orphanages and 2,000 orphans, all so clean and nice and dressed in white 'godan.'

"We decided to stay three months longer in Armenia because there is such need of workers there, and so few coming to our relief. We are just putting in a crop of 1,000 acres of wheat, rice, potatoes, beans, cabbage, etc. I want to see it finished. In fact, it seemed cruel for us to leave, as in June the crops will be harvested and I'll feel the people will have food and seed for the future."

Western Ontario Women's Activities

Address News For This Column to the Editor of Woman's Page.

COLDSTREAM W. I.

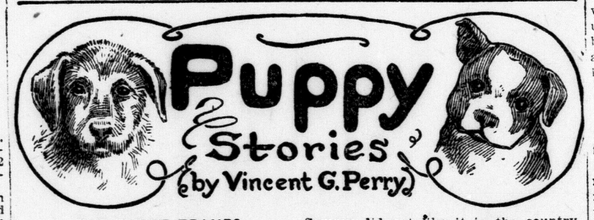
The next meeting of the Coldstream Women's Institute will be held at the home of Mrs. N. P. Campbell on July 13. Roll call will be answered by the name of a noted woman, and a brief account of what has made her famous. There will also be a review of the nursing lessons.

KERWOOD W. I.

The Kerwood Women's Institute will hold a garden party at the home of Mr. Eldon Langford, on Friday evening, July 9.

ISOBEL GOVENLOCK CIRCLE.

The Isobel Govenlock Mission Circle of the Ridout Street Methodist Church held its monthly meeting in the Church last night, where a report of the W. M. S. convention held at Kincardine June 22 to 24 was read, and an enjoyable evening was spent.



THE THREE TRAMPS.
Part Eleven.

Sammy the Spaniel was acting peculiarly. Ever since the day before when he had rescued the little boy from drowning he had not seemed like the same dog at all. He had made out he was very tired and so Herbie and Freddie had stayed near the home of the little boy to rest for a time. It was not such a disagreeable thing to do either, for the little boy and his friends brought lots of good things for the dogs to eat. Herbie and Freddie did not like children. Herbie had once had his tail pulled by a bad little boy, and Freddie had had a tin can tied to his tail by another little boy, so they had learned to keep their distance from the little folks. However, Sammy had no such scruples. He liked children and he did not care who knew he did.

That night he confessed to Freddie and Herbie. He hadn't really been a tramp dog all his life. Once he had had a nice home and a nice little boy to love him, but his master had moved into an apartment house where they would not let them keep a dog, so Sammy had been sent to the country. Sammy did not like it in the country. They did not make a fuss over him there and there were no children to play with, so he had become a wandering dog.

Herbie and Freddie knew what would happen next. The next morning they found that Sammy had disappeared, and after waiting for him for some time they decided he was not going to come back. They started off without him. All this time Sammy was hiding in the bushes nearby to see what they would do. When he saw they weren't angry with him, he was glad, for he had learned to like the other two tramp dogs and hated to part with them. As soon as the two wandering dogs were out of sight Sammy started toward the home of the little boy.

"I knew the little dog would come to us, mother," said the little boy when he spied Tommy. "I'm so glad we saved this breakfast for him." So Sammy had found a home and all his heart desired. How he wished Freddie and Herbie could find such happiness too.

To Be Continued.

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Millinery Sale

The First Real Millinery Sale of the Season, Starting Friday (Tomorrow) and Continuing for 9 Days.

490 BEAUTIFULLY TRIMMED SUMMER HATS

MUST BE SOLD IN THE NEXT 9 DAYS. WE BOUGHT THESE FROM A WELL-KNOWN MAKER AT LESS THAN HALF PRICE, AND YOU MAY BUY THEM THE SAME WAY IN THIS SALE.

45 Beautiful Trimmed and Untrimmed Leghorns
Regular up to $18.00. On sale at
$4.95 $6.95 $9.75

65 Beautiful Trimmed Milans
Regular up to $18.00. On sale at
$4.95 $6.95 $9.75

85 Tailored Milans
Regular up to $12.00. On sale, while they last
$5.75

90 SPORT HATS
The newest now worn; regular up to $8.00. On sale
$3.95

25 Beautiful Silk Tams
The newest now worn; regular up to $10.00. On sale
$5.75

95 Trimmed Panamas
Regular up to $7.50. On sale at
$1.95 $3.95 $4.95

Extra Special
85 Untrimmed Panamas
Regular up to $4.00. On sale, while they last
95c

Here, Men!
125 Hats, in Sennits, Panamas and Sailors; worth up to $5.00. On sale
$1.85

Royal Millinery Co.

OPEN EVENINGS. 246 DUNDAS STREET OPEN EVENINGS.

TALKS ON HEALTH

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

Dr. Brady will answer all signed letters pertaining to health. Writers' names are never printed. Only inquiries of general interest are answered in this column, but all letters will be answered by mail if written in ink and a stamped, self-addressed envelope is inclosed. Requests for diagnosis or treatment of individual cases cannot be considered. Address Dr. William Brady, in care of this paper.

The Control of Diarrhea.

Diseases of which diarrhoea is the prominent symptom are the chief cause of the excessively high death rate among babies, and most of these diarrhoaeal diseases are preventable.

Diarrhoea is of three types: (1) From simple mechanical irritation of the bowels by such things as raw fruit, which should never be fed to a child under 4 years, grape skins, cucumbers, peanuts and the like. Parents and ignorant or irresponsible guardians are to blame for these mistakes. (2) Diarrhoea from excessive fermentation in the bowel, attributable either to an excessive quantity of sugar (or even starch as in some alleged infant foods) in the diet, or to the introduction with the milk of an excesive number of bacteria due to uncleanliness in the handling or marketing of the milk or to lack of proper refrigeration of the milk before it is fed to the baby. If too much sugar is present, as in condensed milk feeding and other cloying, if fattening, canned substitutes for a child's birthright, of course, some of the sugar remains undigested and passes on into the larger intestine, where it undergoes fermentation, with the production of irritating acids and diarrhoea. (3) Diarrhoea caused by infection of the wall of the intestine with some specific germ, such as the dysentery bacillus, the gas bacillus or the streptococcus—and in this type the distinguishing sign is the presence of blood or pus or both in the bowel discharges.

Mechanical Diarrhoea — Don't "try" knicknacks on the baby. Don't offer the baby tastes or samples of things you know are not in his daily ration. Treatment consists of limiting the child's diet to barley water for twelve hours, giving plenty of water, keeping the child at rest in bed, administering a single dose of castor oil, and calling the doctor if the trouble persists more than twelve hours.

Fermentative Diarrhoea—Don't let Tom, Dick and Harry supervise the choice of the baby's diet. If the baby is worth keeping he is worth feeding intelligently. Merely because some substitute for fresh milk properly modified, seems to "agree" for the time being is a darn poor excuse for inflicting it on a baby. Many of these "agreeable" things are responsible for scurvy, rickets, angemia and malnutrition, not to mention diarrhoea and "cholera infantum." Determining the proper diet for an artificially-fed baby is not a matter of luck; it is a matter of science, and parents who fail to seek medical advice and supervision in this vital matter are false to their trust. Fermentative diarrhoea sometimes supervenes upon an acute rhinitis ("cold," as it is usually called), or bronchitis. These feverish illnesses temporarily impair digestion, so that more food remains to ferment in the bowel, unless the baby's diet is reduced considerably during the illness. Overheating from too much clothing in hot weather is a frequent factor of impaired digestion and consequent fermentative diarrhoea. Bad milk, meaning unclean or unrefrigerated milk in hot weather, is a very important cause of the same trouble. Characteristic of fermentative diarrhoea are the sour acid stools, often greenish and containing much mucus ("slime"), and the irritation of the skin of the buttocks from the acid stools. In severe cases the child becomes very weak—the familiar "cholera infantum."

QUESTIONS AND ANSWERS.

Bowlegged.

I am 17 years old and very bowlegged, and I want to have my legs straightened. A friend told me to bind my knees tightly with a towel at night, but this did no god. Another friend tells me she knows a little girl who had her legs operated on and the result was excellent. Should I have such an operation done?—P. M. C.

Ans.—Operation is the only remedy for bowlegs, except in infants. An orthopedic sugeon could tell you whether operation is advisable.

Mumps Not Carried.

Can a person who has never had mumps, but who has been exposed to a school child coming down with mumps carry the disease to a third person I am a teacher and this question worries me.—R. M. S.

Ans.—Probably not unless she happens to be coming down with mumps herself.

Swimming to Grow Graceful.

I am 26 years old, 64 inches tall and weigh only 115 pounds. While learning to swim I lost two pounds, and people tell me I should stop swimming. Please give me your opinion.—Mrs. A. S.

Ans.—Keep on swimming. You will probably regain the loss and add weight when your physical development is bettered by the training. This was the general rule among young men in the army camps.

YOUR OLD CARPETS
Made into new, beautiful, fluffy, reversible rugs.
CANADA RUG COMPANY
68 Carling Street. Send for Leaflet. tf-yw

Lantic Brown Sugar
On cereals in the morning

Oat foods, wheat foods, all sorts of breakfast foods—glorify them with *luscious* LANTIC Brown! Tastier than white sugar, more nutritious and wholesome, but you get it for less!