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All over the world the name Sunlight stands for purity in Soap. Our \$5,000 guarantee of Purity is something more than an advertisement. It marks the high standard we have set for ourselves to give you the best laundry soap it is possible to produce at any price.

Sunlight Soap

CEETEE UNDERCLOTHING
Guaranteed Not To Shrink.

Cup Quality

Our coffee is selected from the world's best plantations blended by experts; roasted and ground in an up-to-the-minute plant.

Rideau Hall Coffee is packed into airtight, moisture-proof tins. Not one atom of dirt can get in—not one iota of its surpassingly delicious aroma, gratifying strength or exquisite flavor can get out. At all grocers.

POUND TINS, 45c. SMALLER TINS, 25c.

GORMAN, ECKERT & CO., Limited
London and Winnipeg

A PAGE OF INTEREST TO WOMEN



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

Mr. and Mrs. Kennedy of 917 Colborne, announce the engagement of their only daughter, Mary, to Wilfred Langford of this city. The wedding will take place early in October.

Mr. and Mrs. Allan H. Bins, who have been visiting with friends here for a few days, have left for Chatham and Detroit.

A pretty wedding was solemnized at the home of Mr. and Mrs. William Stephens of Birt on Wednesday, when their only daughter, Gertrude, was united in marriage to Sherman Needham of Ilderton. Rev. T. E. Sawyers officiated. The bride looked pretty in her traveling suit of navy serge and a tailored hat to match. After a dainty repast they left for a trip to Toronto. The groom's gift to the bride was a beautiful Persian lamb muff, to the pianist, Miss Bertha Springett, a gold pin.

A kitchen shower was given at the home of Mrs. C. Lindsay on Friday

evening for Miss M. Kennedy, who is to be married October 2.

A delightful time was spent on Thursday along the river bank, when Mr. Somerville's class of the Centennial Methodist Sunday school entertained Mrs. Allen's class at a corn roast. About twenty-five enjoyed roasting corn and marshmallows.

Professor and Mrs. B. H. Hayden, formerly of London and now of Milligan College, Tenn., are visiting friends in this city. Professor Hayden preached at the Dundas Street Christian Church on Sunday, of which he was formerly pastor.

Miss Neslie Canfield has returned to her home in Iowa after an extended visit with friends in town.

Rev. H. A. Harris has returned to the city after a short visit to Frome with friends.

A quiet wedding took place at the

Wellington Street Methodist parsonage on Wednesday, when Miss Lowndes Barrows was united in marriage to John B. Alda, both of this city. Mr. Alda will reside on the Hamilton road.

Miss Nina Gibson and Miss Lavanda O'Halloran have left for an extended visit to Chicago and other western points.

Mrs. Charles Walter and Mr. and Mrs. Sullivan are spending a pleasant holiday with friends in Michigan.

Superintendent G. W. Bartlett of Algonquin Park, with Mrs. Bartlett and Miss Eunice Goldworthy of Rondeau, were in town Saturday on their way to Rondeau Park.

Leut. George K. of this city is visiting in Chatham.

Mr. and Mrs. Robert Milner have returned to their home in Chatham, after spending the summer at their summer home, Springfield.

attain any height—if we really desire and strive for it.

4. Yes, I do. Under ordinary circumstances, I am no friend of the cigarette, but if there is one place they are needed it is in the front-line trenches.

5. Do I know any girl guides? No, unfortunately, although I should like to. If any members of the G.G. reads this, would she correspond with "Dimple"?

6. Yes, you may call again.

A Dying Hero. Dear Miss Grey—Could you or any of the readers get me the song that runs like this:

Near a water tank on a cold and frosty morn.
"Twain" in empty box car a dying hero lay.
"I am going to a land that is fair and bright, and no man has to work."

On a morning bright and clear,
To my old home I drew near.
Just village down in sunny Tennessee.
Someone to love and cheer you sometimes who think you are wise.

2. Can you tell me what colors I would look good in? My hair is dark brown, medium complexion, my eyes are either grey or blue. I would like to look good in either white or maroon?

Here is a recipe for popovers. I use filling in them and have them for cream puffs: 2 eggs, 1 cup of milk, 1 cup of flour, 1 teaspoon of salt, a pinch of nutmeg. Beat eggs good first, then add milk, beat again, then add the rest.

3. I guess I have stayed long enough for being a stranger, but I have read the page for over five years. I will sign myself "A GRIMMAN" and send you a few requests referred to readers.

4. I fancy you should look well in these colors, but really the only way to tell is to have some one whose judgment you rely on, help you decide on favorable shades.

5. Your popovers sound nice—and so there's a German in our midst! How careful we shall have to be. But you have permission to cut again. Yes, we have a large circle of subscribers in your vicinity, and quite a few write to the Mail-Box.

Disapproves the Midway. Dear Miss Grey—I thought I would write and ask some of the Pagettes what they thought of London's Fair. I can tell you, I thought it was a disgrace to the city. My husband and I went to see it, and I thought building the first thing to meet our view was side shows. Just imagine! For my part, I think this time with war, the men who run them should be conscripted, but no, they will take all

Advertiser Patterns



A PRACTICAL, COMFORTABLE AND POPULAR UNDERGARMENT.

218—Mullin, cambric, lawn, batiste, satin, silk and crepe may be used for this model. The ruffle supplies fullness at the lower edge. The garment may be finished in drawers style, or serve as a chemise, or chemise piece.

The pattern is cut in four sizes: Small, 32-34; Medium, 36-38; Large, 40-42; and Extra Large, 44 inches bust measure. Size medium requires 2 1/2 yards of 36-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 or miss) pattern.....

Measurements: Bust..... Waist.....

CAUTION: Be careful to inclose the above illustration, and send size of pattern wanted. When the pattern is received you need only mark 23, 34 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 date of application.

WAR MENUS

How to Save Wheat, Beef and Bacon for the men at the front. Issued from the Office of the Food Controller for Canada.

MENU FOR TUESDAY

Apples. Pork Sausages. Tea or Coffee. Baked Beans. Baked Potatoes. Baked Peas. Creamed Onions. White Bread. Raisin Pie.

The recipes for Cornmeal Porridge and Baked Beans, mentioned above, are as follows:

Cornmeal Porridge. Into one quart boiling water add slowly one level cup of cornmeal, and stir rapidly. To avoid lumps cook vigorously over the fire for five minutes, then place in a double boiler and cook slowly for one hour.

Boston Baked Beans. Soak one cup of white beans overnight. In the morning, drain, cover with water and cook slowly until nearly tender. In an earthen bean pot put the rinsed and a few pieces of salt.

Add the beans with a little pepper and dripping, salt and a little molasses. Keep sufficient water on these to prevent burning. Cover the pot and put in the oven. Cook slowly for several hours.

Recipe by Domestic Science Dept. of the Food Controller's Office.

our good young men, not alone the farmer, but from other sources as well, and let the showmen go scot free. The board of control shut the tags for Red Cross off the grounds, and let the showmen in. A great example for the young men of "fair London" is it not? And London gentlemen pretend to be so very patriotic, the money spent in those kind of things for the showmen that is worthy the name of man. Why, Miss Grey, I would rather see a man drunk than see him come out of one of those shows.

Well, Miss Grey, I will be wearing my welcome for a newcocker, hoping the W. P. B. is not hungry. I am certainly A BASHFUL.

She Hears From Them. Dear Miss Grey—A short time ago I received a letter from you, and I was very interested in the discussions regarding the addresses of a couple of soldiers, which you had kindly and promptly forwarded to me.

I wrote to both of the boys and they answered me very promptly. I was wounded a year ago and returned to France only last April, was again wounded in August and is now in a hospital in England, but his letter is most interesting.

Writing letters to our brave boys is a bit of cheer so much to give. I am sure each of them will be glad to hear from you. Please say "yes" to CLOVER-LEAF.

Ans.—Of course you may, Clover-leaf, and I'll have the printer set the "YES" in big type if that makes your welcome more pleasant. I will be glad to know you hear from the "lonelies" and there's no doubt they enjoy your letters.

A First Form Girl. Dear Miss Grey—A short time ago I received a letter from you, and I was very interested in the discussions regarding the addresses of a couple of soldiers, which you had kindly and promptly forwarded to me.

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THE FASHIONABLE FALL SILKS AT GRAY'S

An extensive and charming assortment of Plain and Fancy Silks, Silk Crepe de Chine and Georgette Crepes, in the season's most popular weaves and colors, at the lowest possible prices.



PLAID SILKS in rich color combinations, 36 inches wide, at \$1.75 and \$2.75 yard

DUCHESS SATIN in a full range of new shades, 36 inches wide. At \$1.75 yard

PAILETTES in a complete range of colors, 36 inches wide. At \$1.25 yard

VOGUE FABRICS, a rich satin-finished silk, in pretty stripes on gold, burgundy, grey, navy and green grounds, 36 inches wide. At \$2.50

TRICOTINE SILKS in burgundy, nigger brown, navy, myrtle, pink and sand, 40 inches wide. At \$3.00 yard

SILK POPLIN in navy, Nile green, myrtle, burgundy, royal and old rose, 36 inches wide. At \$1.50 yard

SATIN CHARMEUSE, a popular fabric this season, colors are brown, grey, peach, fawn, cadet and light navy, 40 inches wide. At \$2.00 yard

KABE SILK CREPES in ivory, sky, rose grey, fawn, prunelle, brown, black, Russian and reseda green, 36 inches wide. At \$1.25 yard

GEORGETTE CREPES in ivory, black, apricot, taupe, green, maize, burgundy, brown, pink, Nile, mauve and prunelle, 40 inches wide. At \$1.50 and \$1.75 yard

SILK CREPE DE CHINE in a complete range of colors, including the more popular shades as prunelle, Nile, burgundy, apricot and nigger brown, 38 inches wide. At \$1.50 yard

CORDED SUITING SILKS in myrtle, taupe, brown, navy and black, 42 inches wide. At \$2.35 yard

SHIRTING SILKS (washable) in a range of pretty colored stripes. At \$1.50 yard

HABUTAI SILKS, the kind that washes and wears well, in a full range of shades; 36 inches wide. Very special at \$1.00 yard

BLACK SILKS, a splendid range in the various weaves—duchess, charmeuse, habutai, tricotine, paillette, and corded silks in different widths, all reasonably priced.

SILK DEPARTMENT ON SECOND FLOOR.

AUTUMN MILLINERY
A charming assortment of new models, rich and varied and authentic in style, for women of discrimination who seek the exclusive at moderate prices. If you haven't yet secured your fall hat it will be to your advantage to see our showing on Fourth Floor.

GRAY'S LIMITED.

AGENTS FOR THE LADIES' HOME JOURNAL PATTERNS.
Phones 115, 116.
140 DUNDAS STREET.

GRAY'S LIMITED.

powder, half cup seeded raisins, half teaspoon each cinnamon and nutmegs. Add enough milk to mix. Bake in a moderate oven 45 minutes.

Ans.—I think you are getting on well. 3. Sounds as though you were fairly so. 4. Yes, of course. I hope you have a successful term at high school.

Would He Be Best. Dear Miss Grey—I have seen so many lonely soldiers, and am sure some of them are to be given to someone, so they might receive a change, is there never a soldier, or is London boys "The Tiger" now would be gladly accepted with an additional bonus of course. If you will send me one or two I'll do my best to cheer the boys, so they won't feel they are entirely left out when they are sacrificing so much. I see a recipe for carrot jam. If half rhubarb is used as well, find it a great improvement. Put oranges in some and ginger in some. Makes a change. Is there never a soldier to be an end to this terrible bloodshed? It seems long in coming, doesn't it?

Ans.—Have located the names of two from this district, at least. If they are not city boys, and are sure some paper as well as the celery leaf sounds well worth trying.

Spare a Few Moments. Dear Miss Grey—A hurried visit to your page, as we're very busy getting ready to change our school, but can spare a few moments to send in a little help to the page. I saw when some readers asked for a "sure" cure for warts, corns and bedbugs. Five cents each of acetone, alcohol, kerosene and corns. "The poison, and is applied night and morning with a match stick. For bedbugs get a tin of Dettol for-maldehyde at a drug store; dilute it with half a pint of water, and spray, and put in a sprayer and do waistcoating, beds, anywhere where there are bugs, and it will be gone. It is applied in the forenoon, as it almost takes one's breath away, but believe me, it's sure to cure, save some time. I thought someone asked what to do with a stove that rusts. I cleaned mine with a good stove polish moistened with turpentine. Some people grease them over lightly with warm vasoline. This is rather late, but better late than never.

A Very cheap cake recipe is rather nice considering the ingredients: One cup brown sugar, half cup lard, butter, one egg, two cups flour, a little salt, one heaping teaspoon baking powder.

Art in Crochet. Dear Miss Grey—May I have the pleasure of being one of your many Pagettes? I am certainly one of the most interested readers of Miss Grey's Mail-Box you ever saw. Also, The Advertiser Patterns. I would like to get a pattern of a wee child's coat. I am inclosing patterns for "Mrs. Isist" of a crocheted waist, if you will, or placed flat on blue paper. I have found great benefit by doing my work in a "lonely" the brave lad will have a box of the best established, I still am doing my bit, even though I'm not lost all. Yours, "PARTHING."

Ans.—You are mistaken in saying the farmer is exempt from military service. The only classes exempt are the clergy and members of religious denominations whose creed is against fighting—Quakers and Mennonites, for instance—and even those, I believe, may be enlisted for such service as forestry, railroad work, etc.

Where Are They Gone? Dear Miss Grey—Just a few lines to say hello to all your Pagettes, and to send the names of a couple of very "lonely" ones. "Uncle Joshua" (Mrs. Homebrd), etc. Maybe they are writing under other names, as I am doing. What education is necessary to get in the civil service?

Can you read these hieroglyphics? ADIOS. Ans.—So many inquiries have assailed the old "Grey Box" this past few days for the names of "lonelies" that already your two addresses have been sent out to several kind readers. So we need make no special request for "adapters."

Re the evil service, there are different requirements for different branches of the work. Write to Women's Branch, Civil Service Association, Ottawa, for full particulars. Yes'm.

Washed Poplin Suit. Dear Miss Grey—In your answer to "Beatrice" (Monday, Sept. 17), I notice you advise a gasoline wash for her tan silk poplin dress. I have a tan silk poplin suit, which turned out beautifully when washed, with lace according to directions on the package—in fact, one would hardly think it had been washed; it looks like new. Lux, besides being far cheaper than gasoline, is a far more simple operation and there is no danger of disagreeable odor connected with it. Yours sincerely, "BIDDY."

Another Beatrice. P. S.—The dress should be hung on the line, and ironed before it is quite dry. Do not dry first and then dampen in order to iron.

Dear Miss Grey—I am here for help this time. Can you please tell me when they first started to register births in Canada?

My mother was just telling me her father helped survey London. At that time, there were only a few huts around London. The first hotelkeeper's name was McGregor. I see where "Adelaide" wants a tonic to darken the hair; this is real good!

"Wellington" Recipes. Pudge Cake—1 cup brown sugar, 2 tablespoons cocoa, 1/2 cup butter, 1 egg, 1/4 teaspoon salt, teaspoon Magic soda

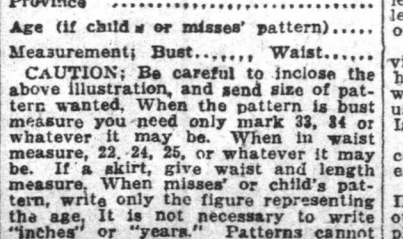
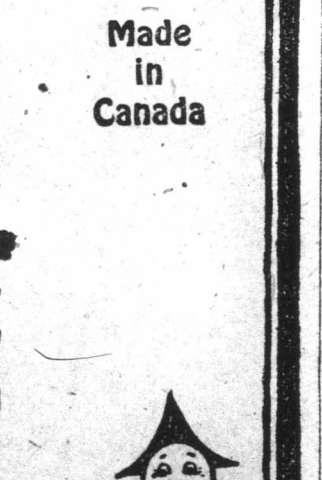
WRIGLEY'S

gives us a wholesome, anti-septic, refreshing confection to take the place of the cave man's pebble.

We help teeth, breath, appetite, digestion and deliciously soothe mouth and throat with this welcome sweetmeat.

The Flavour Lasts!

(Beware of imitations—none can equal the WRIGLEY quality—materials, flavour and lasting goodness)



COMPASS OIL

the handy remedy that quickly heals all cuts, scrapes, bruises, etc.

FERNS

A choice lot of Boston and other ferns at

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PICKLING SEASON

Onions, per quart—Silver 20c
Yellow 15c
Beets, per quart 15c
Red Cabbage 15c
Cauliflowers 15c
Cucumbers, per 100 50c
Peppers, 3 to 5 inches, per 100 15c
Green, sweet 25c
Pick, sweet, extra also 40c

MAIN & COLLYER
PHONE 2321, 23XV