



It bears the Seal of Purity. 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. Binn, 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 Birr on Wednesday, when their only daughter, Gertrude, was united in marriage to Sherman Needham of Iderton. 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 Miss Gann 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 Nellie Canfield has returned to her home in Iowa after an extended visit with friends in town.

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

A quiet wedding took place at the

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

Miss Nina Gibson and Miss Lavanda O'Holland 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 C. W. Bartlett of Algonquin Park, with Mrs. Bartlett and Miss Dunlop Goldworthy of Rondeau, were in London on Saturday on their way to Rondeau Park.

Lieut. George Kerr 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, Springbank.

Cynthia Grey's Mail-Box

Dimple's Ambition. "Dimple"—You forgot rules, little girl, and wrote on both sides of the paper, so I shall just give you the answers in print. You are a brave lass to be "housekeeper" and I feel sure you try to make father very comfortable. 1. Candidates for nurse-training must be 18 years old at least before being accepted. If other qualifications are satisfactory, it is sufficient to have passed entrance examination. 2. An afraid nothing will fade the blue of your collar. It is too bad when color runs this way but I know of no remedy. 3. Better wait at least a couple of years before thinking of gentlemen friends. Why, my dear, you are but a child and should hardly have graduated past the doll stage. May I make a suggestion? Since you have an ambition to be a nurse, you might improve your education very much by joining an evening class this winter. If you're a city girl, such preparation might be invaluable later in life, and there's very few of us but what can

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

4. Yes, I do. Under ordinary circumstances I am no friend of the arrette, 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.
'Twas in an empty box car a dying hobo 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 some-time when this world's wrong.

2. Can you tell me what colors I would look good in? My hair is dark brown, medium complexion, my eyes are blue, and I am sure none power. I think I would look good in either wine color or maroon?

Here is a recipe for pop-overs. 1. Use filling in them and have them for cream puffs. 2 eggs, 1 cup of milk, 1 cup of flour, 1 teaspoon of salt, and a pinch of salt. Butter can be omitted if liked. Beat the eggs good first, then add milk, beat again, then add the rest.

Well, 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 as a subscriber, 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 think I thought it was a disgrace to the city. My husband and I went and after the building the first thing to meet our view was side shows. Just imagine! For my part, I think in this time of war, the men who run them should be conscripted, but no, they will take all

the good young men, not alone the farmers, but from other jobs just as needed, and let the showmen go scot free. The board of control, that the Pagettes 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 these kind of things for the week of the fair only, would go a long way toward making some poor soldiers comfortable. They play figures for the showman that isn't worthy the name of man. Why, Miss Grey, I would far rather see a man drunk than see him come out of one of those shows.

Well, Miss Grey, I will be wearing out my welcome, so I will close, hoping the W. P. B. is not hungry. I am certainly, A. BLANCKE.

She Hears From Them. Dear Miss Grey—A short time ago I ventured to ask you to your page, asking for the addresses of a couple of soldiers, which you kindly and promptly forwarded to me.

I wrote to both of the boys and they answered me. One of them had been wounded a year ago and returned to France only last April, and again would in August and is now in a hospital in England, but his letter is most interesting to read.

Writing letters to our brave boys is a bit of work so many can leave. I think I will write to you. Please say "yes." CLOVER-LEAF.

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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

BREAKFAST

Apples. Cornmeal Porridge. Tea or Coffee. Milk. Sugar. Baked Beans. Brown Bread. Baked Peas. Tea. Milk. Sugar.

Baked Trout. Creamed Onions. Mashed Potatoes. White Bread. Raisin Pie. The recipe for Cornmeal Porridge and Baked Beans, mentioned above, are as follows:

Into one quart boiling water add slowly one level cup of cornmeal and stir rapidly. Then 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, wash with fresh water, and cook slowly until partly tender. Into earthen bean pot put the rinsed and soaked beans, add one tablespoon of molasses. Keep sufficient water on these to prevent burning. Cover the pot closely and put in the oven. Cook slowly for several hours.

(Revised by Domestic Science Exports of the Food Controller's Office.)

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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

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

PAILLETES 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 fescuda 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 CHINES 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.

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AGENTS FOR THE LADIES' HOME JOURNAL PATTERNS.

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Advertiser Patterns



A PRACTICAL, COMFORTABLE AND POPULAR UNDERGARMENT.

2158—Muslin, cambric, lawn, balise, 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 petticoat.

The pattern is cut in four sizes: Small, 32-34; Medium, 36-38; Large, 40-42; and Extra Large, 44-46. Each size requires 2 1/2 yards of 36-inch material. A full 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, per directions given below:

Name

Town

Province

Age (if child or miss) (pattern)

Measurements: Bust, Waist, Hips, Length

CAUTION: Be careful to include the above illustration, and send size of pattern wanted. When the pattern is sent measure your neck and bust, and if possible, measure your waist and hips. When measure, use a soft tape, and measure over the hips, and not under. When measure, use a soft tape, and measure over the hips, and not under. When measure, use a soft tape, and measure over the hips, and not under.

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'S quality—materials, flavour and lasting goodness)

Made in Canada



COMPASS OIL

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

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