A PAGE OF INTEREST TO WOMEN

Georgia Hominy Spoon Bread.



from the ingredients specified on the label.

NO

CONTAINS NO A

E. W. GILLETT CO. LTD. TORONTO, CANADA

JERSEY CREAM

Sodas

Are Made in a New, Snow-White, Sunshine Factory-the Largest, Most

Modern and Most Sanitary

Factory of Its Kind in Canada

Cleanliness is the watchword at McCormick'sthe building is pure white, both inside and out,

and is kept immaculately clean, thoroughly sani-

tary and perfectly ventilated throughout. And all employees-both men and women-are dressed in

McCormick's Jersey Cream Sodas are packed in air-tight, waxed-paper lined boxes, and will reach your table in all their original purity and crispness. Order a package to-day.

Sold Fresh Everywhere in Different Sized Packages. 73

MAYBE BUYING MATCHES never struck you as being

an important jeb. But it is. It is important that you buy

CHEMICALLY

SELF-EXTINGUISHING

"SILENT 500"

The matches with "no after-glow." EDDY is the only Cana-

dian maker of these matches, every stick of which has been

dipped in a chemical solution which positively insures the match becoming dead wood once it has been lighted and

blown out. Look for the words "Chemically self-extinguish-

spotless white uniforms.

none but EDDY'S

ing" on the box.

SNSax

IN CANADA

the

ordinary

kinds.



Our Free Beauty Book tells you how and our New Complexion Treatment, called "SEELY'S DOUBLE CREAMS" accom-A postal brings the Beauty Book free and your druggist has "SEELY'S DOUBLE CREAMS" -or upon receipt of \$1.00 we will send you the pair of Creams direct.

SEELY Perfumer Detreit, Michigan-Windsor, Ontaria

CEETEE UNDERCLOTHING Guaranteed Not To Shrink.

Ready For Service

"Compass Oil" on your medicine shelf is always ready to give instant and efficient aid when used for the many emergencies happening about the some. "Compass Oil" gives quick relief, and heals, with smallest possible scar, burns, scalds, cuts, etc; takes out the inflammation and pain from bruises and sprains, reduces swellings, and cures piles of every form. In fact, "Compass Oil" is an allround, home remedy, pure, antiseptic and harmless. See that your home is supplied.

35c All Druggists 35c

Don't fail to send for this book TO-DAY—it is now going to press and will be mailed as requests are received HALLAM, \$ 1917-18

FUR STYLE BOOK

SOCIAL AND PERSONAL

Our readers are invited to phone all news of this kind to the society selftor, phone \$070.

DIRGE OF SUMMER.

The yellow leaves fall from the trees, Lifeless, and frail, and pitiful.

No more to nurmur in the luil of swentide. Cold winter's breath Begins to wake and wheeks again. The prince of the parents at the parents are the parents at the parent

around."

And the two hunters soon reached the camp. It was now midnight and it was pitch dark, and Jimmy and Peter could see little William, the farmer boy, and his two boy chums sound asleep in their While they were tip-toeing around the

camp to see how they could get inside, a Screech Owl, in a dead spruce, gave a sudden scream, "Whoo! Whoo!" and Peter Rabbit was almost scared to death and tumbled over himself. After he got calm, he whispered, "Jimmy Coon, how can you get the breakfast bacon inside



You see that bright camp-

This looks like a foolish question in this enlightened age, but there are nearly a million people who knew nothing of Internal Bathing a few years ago and are now eager to testify that they are fully as essential to health as External Baths.

By a purely natural process of properly using warm water, the "J. B. L. Cascade" removes ALL the poisonous waste from the Lower Intestine, which, physicians agree, is the cause of 95 percent of all human aliments.

It instantly relieves constipation, properly regulates the bowels and prevents all the dragging-down which Blibusness and Liver Troubles always create.

E. W. Southall, M.D., of Genesee

By Dr. Warren G. Partriage.

By Dr. Warren G. Partriage.

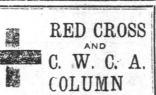
By Dr. Warren G. Partriage.

CHAPTER VI.—How Jimmy
Coon has a fine appetite.

But Jimmy Coon has a fine appetite.

But Jimmy Coon has a fine appetite.

Coon called the control of the contr



boys,
's stronger, stronger far,
n ail the hosts the enemy can muster in the war.
God of Right in all His might is fightling on your side,
I the souls of all your comrades

our soldiers,

"And the hands of all your mothers true,
Who sew and knit and toil for you,
Are fighting on your side."

MARIAN KEITH,
Convener Press Committee. Who fought and dared and died for you, They are fighting on your side.

And the poet might have added that another mighty force is behind the boys one that is also "stronger far than

the camp? You see that bright camping the minimal part of the many is accorded. The camp is the many that the many is a compart of the war while she is outside the ranks of this supporting host?

"Teter Rabbit." said Jimmy Coon, and the boys who fall may be bacon. Let's go home."

"Well. look at the faces of those three boys when the camp fire shing part them?" I wake up, and doed the camp of the said the camp is the said the

There are 20.363 wounded men of Canada in the hospitals in England at this present date.

And there is the great army in the field, and the ever-flowing stream of wounded and gassed and maimed men pouring from it into the hospitals in France.

Every one-of these men need the attention of the women of Canada.

From the lad at the farthest listening

DAILY BIBLE QUESTION CLUB

SUGGESTIVE QUESTIONS ON THE SUNDAY SCHOOL LESSON.
By Rev. T. S. Linscott, D.D.
[All Rights Reserved.]
"Esra's Return From Babylon." Exra,

Create.

E. W. Southall, M.D., of Genesee,
N. Y., writes:

"T challenged the doctors in this town last week in regard to what I can do with your 'Cascade.' I can say for a truth that I know the reason for my success with many serious illnesses was due to having the bowels washed out once and sometimes twice a day. I only wish I could make the people in general believe in the efficiency of a good bowel washing. Sincerely yours."

The Standard Drug Company, Limited, London, have filled a tremendous domand for "J. B. L. Cascade" in the past few years, and will show and explain it to you on request. A free and interesting booklet on Internal Bathing. "Why Man of Today Is Only 50 Per Cent Efficient," can also be obtained for the asking, If you prefer, write to Dr. Chas. A. Tyrrell, 163 College street, Toronto, for same.

[All Rights Reserved.]

"Ezra's Return From Babylon." Ezra, vilit. 15-26.

Golden Text.—"The Hand of Our God Golden Text.—12 the Hand of Our God Is Upon All Them That Seek Him, for Good." Ezra, vilit. 22.

18. Verses 31-32.—How far was it from Babylon to Jerusalem, and how long did it take them to make the journal many more individual churches than there are individual banks; but what is the proportion of defaulting church treasurers, compared with defaulting bank presidents or cashiers?

20. Which gets the greater happiness, the one who honestly discharges a plan it to you on request. A free and interesting booklet on Internal Bathing.

Why Man of Today Is Only 50 Per Cent Efficient," can also be obtained for the asking, If you prefer, write to Dr. Chas. A. Tyrrell, 163 College street, Toronto, for same.

The Standard Drug Company Limited, the proportion of defaulting church treasurers, compared with defaulting bank presidents or cashiers?

20. Which proportion of defaulting church treasurers, compared with defaulting bank presidents or cashiers?

20. Which proportion of defaulting the proportion of the faulting that the proportion of the faulting that the proportion of the faulting that the propor

The Real Home-Made Kind butter into the milk, and add the liquid to the flour, making a min catter. Bake in greated cups or a tin pan in a hot oven.

RED CROSS

AND

C. W. C. A.

Behind the work of the women's help.

And what are we going to leave the work to the willing few, knowing that it can, at boys, That's stronger, stronger far, Than all the hosts the enemy can must have dry socks in abundance, to the boy in a Canadian hospital who has come home to fight and the pads of all your mothers true.

Watch the Barometer.

The shipments do not grow as fast little scrap of homeyness into the dirt and direction of the battle trench. There is a special fund being raised for these as whether they grow larger then week. On October 23 the Red Cross shipped as follows: Thirty-seven boxes, containing 180 shirts, 237 pyjamas, 24 bed willing few, knowing that it can, at boys, That's stronger, stronger far, Than all the hosts the enemy can must have dry socks in the shipments do not grow as fast little scrap of homeyness into the dirt and direction. There is a special fund being raised for these as the need. Keep an eye on them, and see whether they grow larger the will grow and see whether they grow larger the need. Keep an eye on them, and see whether they grow larger the need. Keep an eye on them, and see whether they grow larger the need. Keep an eye on them, and see whether they grow larger the need. Keep an eye on them, and see whether they grow larger the need. Keep an eye on them, and see whether they grow larger the need. Keep an eye on them, and see whether they grow larger the need. Keep an eye on them, and see whether they grow larger the need. Keep an eye on them, and see whether they grow larger the need. Keep an eye on them, and see whether they grow larger the need. Keep an eye on them, and see whether they grow larger the need. Keep an eye on them, and see whether they grow larger the need. Keep an eye on them, and see whether they grow larger the need. Keep an eye on them, and see whether they grow larger the need. Keep an eye on them, and see whether they grow larger the need. See and the offiction of the satilettes crap of homeyness into the dirt and

LOST, STRAYED OR STOLEN. The east end branch of the Red Cross Society wishes to extend their kindly loaned them tables. The work all the hosts the enemy can muster." It at the corner of Queen's avenue and is the great army of mothers and wives, Adelaide street is going forward like is the great army of mothers and wives, sweethearts and sisters, who are toiling night and day that the boys in the front line may be made mightier and braver, and the boys who fall may be be been dependent of the space upon which to work. No less than four other organizations of war workers have joined their ranks, and How can any true woman endure the it is no wonder that they need more

ROYAL COLLEGE OF SCIENCE. 709R Spadina Ave., Toronto.

LIFEBUOY HEALTH SOAP

Infants-Mothers

You don't like the cheap tea you are using. Do you?



Before the war so increased the cost of living, many people used to drink better tea than they are now using.

Perhaps, this is true in your case? Of course, you are not drinking poor tea

because you like it, but because you think it necessary to save money. But are you really saving anything?

Cheap, common teas only make about 150 cups to the pound. You are lucky if you can stretch them out to 185 or 200.

On the other hand, Red Rose Tea easily makes 250 cups. It goes further because of its fine quality, consisting chiefly of Assam teas, the richest and strongest in the world.

You may almost doubt if so many cups of tea can be made from a pound of even such good tea as Red Rose, but you can readily prove the economy of Red Rose without waiting for a package to be used up. Just use a few leaves less of Red Rose for a brewing than you use of common tea—the result we are sure will please and surprise you.

Kept Good by the Sealed Package



T. H. Estabrooks Co., Limited St. John, Toronto, Montreal, Winnipeg, Calgary, Edmonto

and C.W.C.A. work, a visit to Hyman Hall, even without such a gift, would be profitable, and visitors are always welcome, and if anyone not interested should happen to drop in and see the hurry and hear the hum of all this great work, the inrush of bales and the outrush of boxes—why, she will go away with some work in her hands and e back soon for more. There is a reception committee at Hyman Hall always ready and anxious to show visitors around.

Watch the Barometer.

Watch the Barometer.

IS PURE

Purity in cocoa means carefully selected, scrupulously cleaned cocoa beans, scientifically blended, skilfully roasted, and with the excess of fat removed, reduced to an extremely fine powder by a strictly mechanical process, no chemicals being used, the finished product containing no added mineral matter.



AND IT HAS A DELICIOUS FLAVOR

Trade-mark on every genuine package Booklet of choice recipes sent free

Made only by

WALTER BAKER & CO. Limited Montreal, Can. Dorchester, Mass.

Established 1780

Your Neighbour's Children Cry for Food!

WHO is your neighbour, if not Belgium, who held back the Hun when the issue was at stake? If you think you have done all you can for Belgium, remember the daily food ration there is a bowl of soup and a slice of bread. The grown up folks accept this gratefully. But how can the little children be made to understand? Their growing bodies demand more, and there is an appalling increase in hildren's diseases due to mainutrition! These cases demand immediate attention or death will follow. As far as funds will permit, children broken by slow starvation are taken to Holland for special care and feeding. They cannot be given more than tix weeks treatment because about 15,000 more children are waiting for this much. If more is to be done it must be through generous response to the appeal made for the Belgian Children's Health Fund. Funds are badly needed too for the Belgian Orphans' Fund.

A contribution of \$3.70 feeds, clothes and educates a friendless waif for a month. As you plan your three meals a day, think of their

Your contributions will go entire through the Belgian Minister of the Interior (in Le Havre, France) to Dutch authorities, who administer the relief work under the approval of the British and

BELGIAN RELIEF FUND 80 King St. West

J. W. Woods, Esq., Chairman of the Advisory Board,
Mrs. Arthur Pepler, Chairman of the Committee.

Send contributions to Miss Isabella L. George, Hon. Treasurer,
or to Local Committee

Make cheques payable to the Belgian Relief Fund

Don't forget Mrs. Agar Adamson's Canal Boat Fund for work among
Brigian refugees behind the allied lines in Flanders.

HALLAM Guaranteed

The Select Family Hotel

Centrally located—Just off Yonge Street

Write for descriptive booklet. 71 Grenville Street. Toronto, Ontario

Rates:
American Plan - \$2.50 up per day.
a Plan - Single \$1.25 up per day - Double \$1.50 up per day.

BY MAIL TRAPPER to YOU

Why We Can Sell at Such Low Prices

Such Low Prices

Because, in the first place, we buy our skins direct from the Trapper, and sell direct to you for cash, saving you a great share of the middleum? a cocium-high store rent—bad accounts—salesman's salaries. Then you are such on the post of the middleum? A cocium to the salaries of the middleum? Then you are the articles in your own home and can examine them without interference—if the goods do not please YOU in any way—you can simply send them back AT OUR EXPENSE, and we will cheerfully refund your money—you are not out one cent—we are thus compelled to give extra good value as we cannot afford to have goods returned. The articles illustrated in this advertisement are tast samples of Hallam's great values and will be sent prompt."— eccept of price.

1896. Driving Cost of Fine Meskrat.
43-inch length, beautifully designed.
Skins are of fine quality: eve., dark colors, earefully matched, and work-manship is faultless. Lined with heavy guaranteed brown sattm—new style collar, which can be worn as a high Chin-chin or flat as in small tileustration. Finished at waist line with half belt. In sizes 32 to 42, bust.

\$75,00, delivered to you.

John Jallam

\$13.50 per set, delivered to you. 257 Hallam Building





















