

A PAGE OF GENERAL INTEREST TO WOMEN READERS

GILLET'S LYE

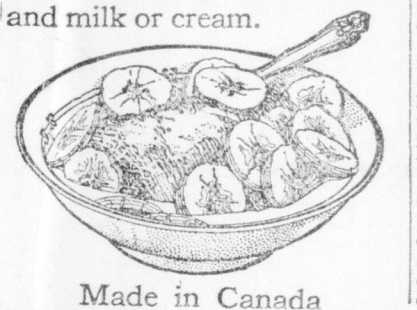


SEWING SHEER FABRICS.

To the inexperienced seamstress making small seams look smooth is a problem when the material is smooth. It is necessary to cut the stuff very even and smooth before putting the edges together. First overcast them closely, then turn them over, crease down to make them flat and then sew the French or double seam as close to the edge as possible to make as small, neat a line as possible. Use fine thread in a fine needle for this second sewing.

When sewing sheer material on the machine be sure to adjust the stitches and needle correctly and then proceed with the sewing after cutting strips of tissue paper or thin manila wrapping paper to put under the material while stitching it.

A Man's Meal for Five Cents. Living on mush makes a mushy man. A man who works with hand or brain must have a man's food. Two Shredded Wheat Biscuits with milk or cream will supply all the strength-giving nutriment needed for a half-day's work or play at a cost of not over five cents. Simply crisp a few Shredded Wheat Biscuits in the oven and serve with fresh fruits and milk or cream.



Made in Canada

For the Laundry

For nearly 60 years, Edwardsburg "Silver Gloss" has been the standby. In one pound packages and six pound fancy enamelled tins. THE CANADA STARCH CO. LIMITED 236 MONTREAL, CARDINAL, BRANTFORD, FORT WILLIAM. Makers of "Crown Brand" and "Lily White" Corn Syrup and Borden's Corn Starch.

Silver Gloss Starch

Turn over a new leaf

Now that the warm days are here leave the heavy, over-heating foods for something lighter and easily digested. Kellogg's Toasted Corn Flakes supply plenty of nourishment to the body to enable it to do its morning's work in comfort. The thin, brown flakes are palatable as well as being quite digestible.



IS YOUR CHILD NERVOUS?

An Article To Be Read With Care by Mothers of "Fidgety" Children.

In a recent lecture on "Early Symptoms of Nervous Disease in Children," a physician of distinction said among other things: "The proper treatment of nervous cases depends on comprehension of the individual cause, and this, in an ever-growing number of cases, involves research and examination into the history of early childhood. Apart from this consideration, too, nervous ailments are naturally far more easily cured in early days than when they have been allowed to persist, while most valuable preventive work is possible when early symptoms are properly recognized and development along wrong lines checked."

"It must be remembered, however, that there is no sharp line between the normal and abnormal symptoms of nervous and physical trouble may, and frequently do, appear in normal children. But they are then more or less transitory, and they persist, a case of abnormality is to be feared."

The Fidgety Child. "The commonest symptoms to be noted are those classed together as twitching and irregular muscular movements; the child so affected cannot sit still for any appreciable time, is always fidgeting, picking its fingers, etc.; also regular twitches of face or limbs may be present, involuntary movements which are beyond control, and which only become intensified when made the objects of correction or notice."

"The second class of symptoms comes under the head of undue timidity. Here come cases of apparently unreasoning fear of people or surroundings, in which, however, an expression is really given to fears which have developed though have never been mentioned. Night terrors come under the same category, as do many cases of somnambulism, and those rarer and more serious attacks known as day terrors."

"The third class is of more serious import, or, at any rate, is commonly supposed to be; it includes many forms of epilepsy, which is often purely a nervous affection, asthma, nervousness, nervous origin of both in children and adults; palpitation of the heart, increased pulse and similar symptoms are all to be included in this description of nervous symptoms."

"In addition to such physical manifestations of nervous or physical mischief, certain traits of temperament have also their important bearing upon the question. Among these are irritability, peevishness, outbursts of temper, without apparent cause, depression, and moodiness. Such signs developing in children should always be regarded as danger signals, and call for careful treatment directly after searching into their causes. Children of abnormal nervous or physical condition are nearly always specially af-

fectionate, developing later an extreme sensitiveness in many cases; they are also often of more than average intelligence.

"Such temperamental traits as these manifest themselves in quite early childhood; later they develop frequently into shyness and self-consciousness, which may certainly be present always, but far more generally develop later.

"The question which immediately suggests itself is as to whether such evidences of abnormality are hereditary or due to environment, and the answer is that which is practically impossible to determine. It must be remembered, however, that environment has an immense bearing upon such cases."

Understand Emotions. "The key to understanding such conditions—and such understanding must prelude wise treatment—lies in understanding the emotional life, for a child is just as emotional as an adult and possesses the same emotional powers of control over the emotions. "Of these three are supreme, and are often closely connected. These are love, which is closely related to jealousy, and this in its turn leads to the reversal of the first, in hate. A great number of cases of nervous children can be traced directly to some interaction of one or more of these primary emotions, and successful treatment can only follow the discovery of the cause and its removal, or at any rate, amelioration. A fourth emotion, and one which to the uninitiated seems most obvious, is fear; but this is generally of serious menace to nervous stability where found in conjunction with one of the others, as, indeed, traced absolutely to its root, it usually is."

"The emotional results of such considerations on those who have the care of children will suggest themselves to all thoughtful people. Foremost among them comes the need of understanding, and this undeniably comes to the fore, and signs of abnormality should be noticed carefully, and then their cause sought with all the care possible. This is a both intricate process, for children are both inarticulate and reserved, and only by gaining their confidence can any hope of discovering causes hidden in their minds be formed. In most cases any direct questioning frustrates its own ends, for it fixes the child's attention on a condition which will in the natural law become intensified by such notice. As a rule, careful watching in an unostentatious manner which escapes the child's notice will help to discovery, and in others the key lies in the history of past events which memory will furnish. That any amount of trouble is more than repaid is a foregone conclusion; indeed, it is a matter for regret that such symptoms of abnormality should be promptly traced to their source, so that a wise treatment administered early may result in complete cure and the prevention of what might be a serious menace, if not a real disaster, later."

WHEN YOU MAKE CAKES. Make up the fire, and see that the oven is the right heat. Get all the utensils and ingredients for the cakes ready before beginning. Grease any tin that will be wanted. Put cakes containing baking powder into the oven as quickly as possible after mixing. Gingerbread, sponge cakes, and large fruitcakes require a moderately hot oven. Small cakes and sandwich cakes require a quick oven. Go to the oven as seldom as possible after putting in the cakes. Open and shut the door gently. Do not open the oven door until the cakes are baked enough, stick a small skewer or knitting needle into the center and withdraw it; if none of the cake mixture sticks to it, the cake is done. When the cakes are removed from the oven, put them either on a stove or in such a position that the steam can escape. Leave them until they are cold.

COURTESY. Love's perfect blossom only blows Where noble manners tell defect. Angels may be familiar; those Who were each other must respect. —Coventry Patmore.

Butter, as established by recent investigation, is one of the most valuable foods we have. It is poor economy, so far as the health of the family is concerned, to reduce its use to a minimum.

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ADVERTISER PATTERNS



A Smart Summer Gown.

Waist, No. 1732. Skirt, No. 1725. This combines Ladies' Waist Pattern 1732 and Ladies' Skirt Pattern 1725. In white linen, with trimming of blue or tan, this would make a smart "sport" dress. In parole, seersucker, striped or checked gingham, chamber or lawn, it will serve nicely for a morning dress or one for porch wear. Skirt and waist may be developed separately. One could choose serge, poplin or taffeta for the skirt and linen, lawn, batiste, madras or tub silk for the waist. The skirt pattern is cut in seven sizes, 22, 24, 26, 28, 30, 32 and 34 inches, waist measure. It will require 3 1/2 yards of 44-inch material for a medium size. The waist pattern is cut in six sizes, 34, 36, 38, 40, 42 and 44 inches, bust measure. Size 36 will require 2 1/2 yards of 36-inch material. The skirt measures about 34 yards at the foot. The illustration calls for TWO separate patterns, which will be mailed to any address on receipt of 10 cents EACH pattern in silver or stamps.

ADVERTISER PATTERN DEPT.

Please send me the pattern, with all per directions given below.

Name

Town

Province

Age (if child's or miss's) pattern)

Measurement: Bust..... Waist.....

Cautions: Be careful to inclose the above illustration of pattern when wanted. When the pattern is sent measure you need only mark 22, 24, or whatever it may be. When in waist measure, 22, 24, 26 or whatever it may be. If a skirt, give waist and length measurements. When pattern is sent, write only the figure representing the age. It is not necessary to write "inches" or "yards." Patterns cannot reach you in less than one week from date of application.

HOW THEY RUN.

The great Jehovah speaks to us in Genesis and Exodus;

Leviticus and Numbers see, Followed by Deuteronomy,

Joshua and Judges away the land; Ruth gleams a sheaf with trembling hand.

Samuel and numerous Kings appear, Whose Chronicles we wondering hear, Ezra and Nehemiah now!

Next comes Esther's deeds her goodness show.

Job speaks in sighs, David in Psalms; Ecclesiastes then comes on.

The sweet Song of Solomon, Isaiah; Jeremiah then With Lamentations takes his pen.

Ezekiel and Daniel close The greater prophets' hopes and woes. Hiccups, Joel, and Amos Begin the lesser prophets famous.

Obadiah, Jonah, Micah come, Nahum and Habakkuk find room.

Zephaniah, Daniel, and the Rapt Zechariah builds the walls.

While Malachi, with garments rent, Concludes the Ancient Testament.

"I'm sure I don't know why they call this hotel The Palms. Do you? I've never seen a palm anywhere near the place."

"You'll see them before you go. It's a pleasant little surprise the waiters keep for the guests on the last day of their stay."

An extremely interesting article appeared lately in a foreign paper, written by a Russian lady, on the position the women of Russia are taking in literature. A very strong point brought out was that they do not try to separate the lot of woman from that of mankind in general, or specialize in women's emotions, but that they treat of mankind in general, including both sexes. This singular freedom from sex limitations amongst the woman writers of Russia will go far towards adding the cause of woman in that country, doing away as it does with so much unnecessary prejudice. Last season three of the leading theatres in Petrograd produced plays written by women.

Daily Bible Question Club

By Rev. T. S. Linscott, D. D.

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The six daily studies for this week constitute the International S. S. Lesson for next Sunday. Read the Bible Story on which this study is based, as you ponder the following questions:

4 Verses 4. 5. What kind of machinery, or organization, has the average Christian church for caring for those who are in financial need?

6. What reasons are there for or against the proposition that the church is as much responsible for the physical as for the spiritual needs of the people?

6. To what extent, if any, should the members of a church or church "be ashamed" when they allow one of their faithful brothers to go to the poor-house?

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A DREAMER OF DREAMS

[By Elsieph Wilson.]

How prone is human nature to seek for signs and omens in dreams, regarding them as premonitions of coming calamity. For the benefit of any who may be oppressed by a peculiarly vivid dream I shall try to tell my experiences as a dreamer of dreams, or rather a dream, for my sleeping thoughts run in one groove. Were I superstitiously inclined my waking hours would be an agony of suspense lest some terrible disaster befall me. While still a child my first dream visited me. In it I lay a-dying while dear sorrowing friends noted the shortening breaths, as I strove to bid farewell, meanwhile petitioning heaven for forgiveness of sins, with fast ebbing strength. From this I awoke with a scream, just as the midnight hour rang out, exhausted and shivering in reality.

This style of dream is a weakly visitant, sometimes with variations, as for instance, on one occasion it was due to smallpox that I breathed my last. My face seemed all swollen and blistered, while my friends, who strove to prevent my husband from kissing me lest he too contract the loathsome disease.

Once I dreamed I had actually "crossed the bar" and was permitted to enter the realms of the blest. Emerging from a dark passage and gateway I appeared to immediately enter a garden of shadowy forms and magnitude no pen of mine could describe. The brilliant light in the place dazzled me so it was with difficulty I could discern objects, but presently became aware of shadowy forms surrounding me. Soon I was joyously welcomed by an angel form, whom I at once recognized as an uncle of mine who when I was but a child, evidently, my coming was anticipated by him, at least, and he seemed to comprehend my great desire to see the supreme Ruler of this magnificent splendor. I have been using profane language rather freely, but this is wrong. Believing as I do when dreaming that my last hour has come I pray fervently, while dreaming.

All through my life this style of dream has visited me and yet, though I have been comparatively uneventful, I have been comparatively uneventful. Nor have I been able to recall any of my waking visions cause me waking uneasiness for one moment since I attach no importance to them. Of one thing I am sure, however, should calamity await me and dreams be sent as forebodings, I certainly have been well warned.

At Mrs. Grammar's Ball

Old Mrs. Grammar once gave a fine ball.

To which she invited eight persons in all.

First came Mistress Noun and her Adjective maid.

And then Mr. Verb, a dashing young blade.

He brought a young Adverb to wait upon him.

And then Preposition, slender and slim.

Conjunction and Pronoun were next on the floor.

Then late Interjection slipped in at the door.

They danced and they sang, as young people can.

And were very happy till boasting began.

"Then," said Conjunction, "I favor repentance."

We'll join the two first and then pass the sentence.

"Or to use the broad 'A,' which is thought not a farce."

We'll join the two first and the sentence we'll parse."

"Yes," chirped Preposition in the great elation.

"I know they are kin, for I show the relation."

"All speak of my name," said blushing Miss Noun.

"My doings," said Verb, "are the talk of the town."

"I stand for Miss Noun!" the Pronoun then cried.

"And I help the Verb," the Adverb replied.

"I speak of fair Noun," sweet Adjective vowed;

"I point her name out in all of the crowd."

"I tell of what kind, how much and how many."

Her beautiful virtues are, better than any."

"For deeds of the Verb I, Adverb, declare."

In answer quite plain, the how, when and where."

"While poor little me they angrily throw."

Right into a sentence, some feeling to show."

When out spoke a voice: "I call it a sin."

Such wrangling and jangling for you to get in."

"Now each one is happy and has his own place."

The meaning of which is easy to trace."

"Forget your own quarrels in tearful On the troubles and trials of poor Interjection."

And so it was ended, the fuss and the worry."

They kissed and made up and said they were sorry."

And all lived together in peace, I am told."

In a house that was blue, with trimmings of gold."

LAMBETH, Aug. 7.—Miss Lizzie Weir is visiting friends in Clinton.

Miss Hale of London is visiting with Miss C. Routledge.

Miss Carrie Webster of St. Mary's spent the week-end the guest of Mrs. (Rev.) Anderson.

Mr. and Mrs. Welch and daughter Dorothy were visitors with Mrs. G. H. Westlake on Saturday.

Mr. and Mrs. Maurice Hooper spent Sunday at Port Stanley, the guest of Mrs. Gordon Mann.

Miss Stella Mann is visiting in Toronto.

Mrs. Will Earl and family have returned from a pleasant visit with Mrs. (Rev.) Garbutt, Lucknow.

The true secret of complexion lies in the blood. Keep it rich, pure, nutritious, and above all, keep the system regular. No aid to complexion compares with Dr. Hamilton's Pills. They tone and enrich the blood, clear the system of waste products, promote good digestion, and, in short, establish sound health, which, after all, is the keynote to all happiness and well-being. Don't delay; the charm of a lovely complexion and all the blessings of health are yours, once you employ this old-time family remedy. All dealers sell Hamilton's Pills in 25c boxes.

Lifebuoy Soap, 5c

A CLEANER AND A DISINFECTANT.

HUNT'S DIAMOND FLUOR

ALWAYS THE SAME

During the process of drying pull the sock carefully into shape, paying special attention to the lace and ribbon.

MIDSUMMER SALE OF TOWELS

See Window Display

We guarantee that most of these towels on sale cannot be sold again less than 25 to 33 1/3 per cent advance on prices we are quoting. During the past two years we have been buying up great quantities and at this season of the year we realize it a great opportunity to give to our customers some excellent values which will certainly be appreciated.

-- HUCK TOWELS --

| Hemmed or fringed Huck Towels, linen or cotton 2 for 25c; \$1.50 per dozen. | Hemmed Huck Towels, small size, 100 each. | Hemmed Huck Towels, pure linen, 200 each. | "Old Bleached" Hemmed Pure Linen, 250 each. |
|---|--|--|---|
| "Old Bleach" semi-bleached hem-stitched, pure linen, 30c each. | "Old Bleach" Hemstitched, fine huck, pure linen, 65c pair. | Fancy Bordered Hemmed shamrock or scroll design, 35c each. | Fancy Bordered hemstitched, special values at \$1.00 and \$1.25 pair. |

-- BATH TOWELS --

| 20 dozen White Bath Towels, 2 for 25c; \$1.50 per dozen. | Colored Bath Towels, 200 Each. | Large white bath towels, splendid weight, hemmed or fringed, 250 each. | Guest bath towels and baby towels, blue or gold border, 250 each. |
|--|--------------------------------|--|---|
| 25 dozen colored bath towels, 2 for 25c; \$1.50 per dozen. | Colored Bath Towels, 250 Each. | Blue bordered bath towels, large size at 89c pair. | Large size white bath towel, hemstitched or plain hemmed, 50c each. |

GRAY'S LIMITED.

AGENTS FOR THE LADIES' HOME JOURNAL PATTERNS

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GRAY'S LIMITED.

GIRLS! ACT NOW!

HAIR COMING OUT MEANS DANDRUFF

25-Cent "Danderline" Will Save Your Hair and Double Its Beauty.

Try This! Your Hair Gets Soft, Wavy, Abundant and Glossy at Once.

Save your hair! Beauty it is only a matter of using a little Danderline occasionally to have a head of heavy, beautiful hair; soft, lustre, wavy and free from dandruff. It is easy and inexpensive to have pretty, charming hair and lots of it. Just get a 25-cent bottle of Danderline. Danderline now—all drug stores recommend it—apply a little as directed and within ten minutes there will be an appearance of abundance; freshness, softness and an incomparable gloss and lustre, and try as you will you cannot find a trace of dandruff or falling hair; but your real surprise will be after about two weeks, when you will see new hair—fine and downy at first—yes, but really new hair—sprouting out all over your scalp—Danderline is, we believe, the only sure hair grower; destroyer of dandruff and cure for itchy scalp and it never fails to stop falling hair at once.

If you want to prove how pretty and soft your hair really is, moisten a cloth with a little Danderline and carefully draw it through your hair—taking one small strand at a time. Your hair will be soft, glossy and beautiful in just a few moments—a delightful surprise awaits everyone who tries this.

Whenever the children suffer from earache, think of

COMPASS OIL

Three drops, heated in spoon, and dropped into ear, cures.