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**BIG PERCENTAGE
OF PUPILS HAVE
DEFECTIVE EYES**

Medical Inspection Shows That
About One-Quarter Have
Poor Sight.
Authorities Say Question Is Not
Receiving the Attention
It Should.

[Canadian Press.]
Buffalo, N. Y., Aug. 29.—Dr. Lewis C. Wessels, ophthalmologist for the Philadelphia Board of Health, addressed the Fourth International Congress on School Hygiene today. His subject was the defective vision of school children from an economic standpoint and he said in part:

"Medical inspection of school children has revealed the fact that at least 25 per cent. of all children attending school have defective vision or eye strain sufficiently grave to require the constant use of glasses. In the majority of cases suitable glasses cause these children to advance and take their places in class along with the normal child."

Not Looked After.
In consideration of these facts, the correction of defective vision in the school child is not receiving the attention that its importance deserves. Such corrections not only increase the efficiency of the pupil and teacher, but have an important economic value as well, because if a child is backward and remains in the same class for two or three years, it is costing the state two or three times as much as is necessary to teach that child."

A Big Expense.
In Philadelphia each pupil costs about \$35 per year to teach. Under normal conditions a pupil of fourteen years old should reach the eighth grade at a cost to the state of \$280. If on account of defective vision the child only reaches the fourth grade in that time, it has still cost the state \$280, but with only \$140 worth of result, a loss to the state of \$140.

The loss to the child is considerably more, because at the age of fourteen it is likely to be put to work, poorly equipped for the struggle for existence, his earning power is curtailed for the want of an education, so he can contribute but little toward his own support, that of his family, or that of the state. So again the state loses and all for the want of suitable glasses."

While it is quite easy for the medical inspector or teacher to detect defective vision, the recommendations for glasses cannot always be carried out on account of poverty or ignorance. These cases can procure free treatment at the dispensaries, but they are too poor or too indifferent to buy the glasses prescribed, and so they continue to struggle along greatly handicapped and fall behind on account of their eyes."

Give Free Glasses.
"The department of public health and charities has solved this problem in Philadelphia by establishing a division of ophthalmology under the bureau of health, where poor children can be refracted and furnished with glasses free. We are now refracting nearly 2,500 cases a year. If we save each one of these children but one year during its entire school life there will be an annual saving of over \$87,000, not counting the child's time and its increased efficiency. So the furnishing of free glasses to school children is not a charity per se, but is a duty and an economic problem. Many children have come to the dispensary wearing glasses bought from some refracting optician or from a five and ten-cent store. These glasses were not only unsuitable but were positively injurious to the child's eyes."

Few Remain.
"But few children remain in school after the age of fourteen, the legal age at which children are permitted to work. This fact emphasizes the necessity of examining the eyes of children in the kindergarten and the first grades. During the period of school life this paper is the importance of municipalities establishing their own eye dispensaries for the refracting and the furnishing of glasses free to the poorest pupils. This is an economic problem rather than a charity, as it reduces the cost of education and at the same time it increases the efficiency of both the pupil and the teacher."

Mind-Making.
"Mind-making Through Sight-Saving" was the title of a paper read by Dr. P. Park Lewis, of Buffalo, who spoke in part as follows:

"It is a generally accepted fact that near-sight is developed and increased during the period of school life until maturity more than one-quarter of the school population have acquired myopia. It is not an accidental occurrence, nor is it due in its beginning to bad hygienic surroundings. It is caused as frequently in the children of the rich as of the poor."

Escape Entirely.
Many living under exactly similar conditions as do those in whom it develops escape it entirely. It starts primarily as a result of a strain of the eyes having that congenital irregularity of the front part of the eyeball known as astigmatism. In order to produce a clear image on the retina of eyes so malformed an abnormal strain is put upon the muscles of accommodation within the globe. This weakens the resistance of the eye, allowing it to gradually stretch more especially in the back part. The stretching having begun, it is steadily but surely increased by continued near work, such as reading or writing."

Rigid Curriculum.
"Notwithstanding the fact there is no modification in the rigid curriculum of our schools for pupils having eyes so affected, and we have as a result the development of a condition which predisposes to other and later destructive changes in the eyes."

The Remedies are Obvious. First, the correction of the focal defect at the earliest possible opportunity; but when the stretching process has begun this is not enough. The additional strain of near work in the already weakened resistance of the eyeball will inevitably increase the myopia. Near work, such as reading and writing, must cease. Happily the training of the mind and the development of the brain can be carried on as effectively if not more so without the use of books for study than with them."

Not Essential.
"Book study is convenient but not essential. In looking on the printed page we often see without thinking. The child should learn to think without seeing. Teaching from the concrete object, the use of pictures, the developed sense of touch, and of smell bring into play various parts of the brain through the association fibres, and lead to more clear, exact and rapid thinking, than, where the student is obliged to interpret the symbols employed in the printed page, and which require an added mental effort for their understanding. It is, therefore, good pedagogy to use books."

less, not only when the necessity arises, but in all teaching. This is but an elaboration of the idea of Froebel and of Montessori, and finds expression in the technical school, and the hospital.

Should Be Segregated.
"All children in whom near sight is beginning should be segregated into special classes. The same curriculum could be employed as for the others of the same class, but for these book study should be replaced by oral graphic illustration and other methods of study. In this way and in this way only the development of progressive near sight in school children can be arrested."

Standard Diets.
Mabel Hyde Kittredge, chairman of the New York School Lunch Committee, chose as her subject the relation of menus to standard dietaries, and spoke in part as follows:

"The difficulty of this education for the eradication of malnutrition is realized by everyone. In 1910, the chief medical officer of London for the board of education in London, stated that 'While effective nutrition stands in the forefront as the most important of all physical defects from which school children suffer, there is no condition harder to grapple with than this complex and interwoven cause.'"

A Step Forward.
"Not underestimating the complexity of this problem, I still believe that we will have taken one step forward when we realize clearly that the penny lunch, if taken alone without the perfectly possible accompanying education in foods, food values and education in buying, does but little toward lessening the evil of malnutrition among school children."

'Public Feeding of Elementary School Children.' The greatest danger, perhaps of a provision of meals is that they act as a salve to the conscience of the community who, seeing the children being fed and thinking all is well, look no further."

"I believe the school luncheon will lessen the causes of understanding just so far as it gives to those children who buy the full knowledge of the kind of food they are buying, knowledge of its preparation and its value over impure, unwholesome food."

Poverty First.
"In a list of causes of malnutrition, I notice that in England poverty is put first, but it seems to me in this country ignorance comes first, and this ignorance cannot be conquered by lading out a penny's worth of soup and tempting children to buy graham crackers and rice pudding and fruit from a penny table. The general raising of standards will, of necessity, be slow, but we are doing all we can to change the habits of the families of the children, who buy luncheons from us. Take, for example, the habit of setting the table at home, and having no regular time for meals. This habit among many of our immigrants comes from the confusion of living. The school hour at noon does not fit into the husband's hour off, little children demand food more frequently than their elders, the rooms are small and overcrowded, and after a time it seems too much trouble to set the table."

Should Be Regular.
"Every child in our schools should be taught that health is only possible with regular meals; not taught it once, but repeatedly. Every mother, through mothers' meetings, or by circulars printed in her own language, should be made to understand that the school lunch is simply one way to make more possible regular hot meals for her children, that we are not feeding her children because of poverty, but because we realize the confusion of conditions that she is obliged to meet; and incidentally that if she does not give her child at least three cents a day for his lunch she has not done her part."

Need Education.
"But even before we get our universal ideal educational system, I believe we who are serving luncheons can do a great deal more than we are doing. For example, in New York next year we are to serve a noon meal in seventeen elementary schools. We estimate that we shall feed 5,000 children a day. If these 5,000 know each day the name of the soup they have eaten and go home and tell their mothers about it, something will have been done."

"I cannot but have on the classroom blackboard the ingredients used in the soup, and, possibly, a short explanation of their food value, showing, for example, the food value of a bean soup or a candied apple, both being the same price, and the latter very popular."

It would make the lunch much more interesting, and children do care whether they are strong and big or not. The boy would like to get his money's worth from the penny table. When he saw on the blackboard that the penny he spent today for rice pudding gave him four times as much as the penny he spent yesterday for a sweet cake, it would arouse something in him that would be one step toward better health for that boy."

HENSALL.
Hensall, Aug. 29.—Twenty-six of the residents of this section went on the harvesters' excursion to the West.

An union raised of many years' experience states that he has the best crop this year that he has ever had.

Hensall has a real estate boom on. Five residences and accompanying lots were recently sold in one day, and every few days new purchases are made. It is a difficult matter to find a house to rent and soon the erection of new ones will be a necessity.

A new dentist, Dr. McDonald, of London, is about to locate here shortly.

A large number of citizens are going and coming to and from Toronto Fair, and shortly London will receive a big contingent, as this section usually sends an immense crowd to the Western Fair.

The Salvation Army at Seaford has made Hensall an outpost, and street meetings are held once or twice a week. The union services of the Methodist and Presbyterian churches held on Sunday last were attended by large congregations and were greatly enjoyed.

The late rains have improved the root crops and the late fall and winter apples. The bean crop in this section is excellent. If it can be harvested without receiving too much rain the farmers will be satisfied.

The flax is all pulled and threshing and spreading are now being assisted in harvesting the crop have returned to the reserve.

A report is in circulation that the late varieties of potatoes are rotting badly.

MARINE

At Detroit.

Aug. 28.—Up: Pendennis White, 7:10 p.m. Wednesday; Pontiac, 7:30; S. F. C. Morse, 8:10; Chase S. Osborne, 8:15; Bourke, 9:20; Attikokan, Miami, 9:40; Elba, 10:50; Nicholas, Dustin, 11: Wolf (wood), 12:40 a.m. Thursday; Coffinberry, C. B. Jones, D. R. Hanna, 2:10; Byers, 3:10; Cowie, Goulder, 4: Yates, 5:10; Schiller, 5:50; Arlington, 5:55; J. J. Boyce, Tokio, 6:30; Osler, Coulby, 7: Price, W. E. Corey, 7:20; Dickinson, 7:40; Snyder, Jun., 7:50; Huron, 8:20; Crowe, 8:25; Bessemer, 9:20; Carnegie, 9:30; Mary Boyce, Thunder Bay, 10: Phipps, 11; Morrell, 11:20; Gratwick, 11:40; Saranac, 12:15 p.m.; Nye, 1; Howe, Martian, 1:15; Matos, 2; L. B. Miller, J. E.

BEDDING SALE—Cotton-Filled Comforters. See Special Line at \$2.75 Each.

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SMALLMAN & INGRAM

BEDDING SALE—Silkoline Comforters, Cotton Filled. See Special at \$1.19.

Festival of Fall Fashions

Opens Saturday

OPENING EXHIBITION OF MILLINERY AND LADIES' READY-TO-WEAR

FOR FALL AND WINTER SEASON, 1913-14



This Exhibition is certainly the most extensive and interesting we have ever held and tells the complete fashion story of Fall Millinery, from the original conceptions from Paris to the copies and adaptations of the best American Designers.

YOUR PRESENCE IS CORDIALLY INVITED
COMMENCING SATURDAY and continuing Tuesday and Wednesday, Next Week. The baskets of autumn foliage and flowers strewn amongst the ledge decorations on the main floor will give the whole scene a tinge of autumn beauty.

Millinery
High mounts and rolling brims are strongly featured in Paris and New York and are very much in evidence in this our first autumn display—Velvet plush and satin brocades, which allow such scope in adaptation and fashioning of models, are seen in most charming effects.

Many small and medium shapes are seen with most distinguished decorations, side-upturned brims, etc., also the soft, flat toques with very light touch of trimming or ornament. Purple, blue-berry, petunia and Russian green are most conspicuous colors. The latitude in size and variety of shapes is so great that no one can say there is no hat I can wear this season. Everyone will find in this display a hat as if it were made specially for you.

Coats and Suits
The cutaway coat with pointed back, and the narrow-around-the-ankle skirts with broad hip effect, are the prominent features in ladies' suits, and the materials most favored are of soft velour, eponge, Jacquards, Bedfords, whippcords and diagonals. Skirts are mostly draped in front or on sides.

Some of the choicest models from Paris and New York will be seen in the opening display Saturday.

Here, too, you will see the newest separate coats and cloaks, mostly three-quarter lengths, full backs, and cutaway fronts. Many suggest the peg-top effect. The most popular materials are double-faced goods, two-toned rough surfaced cloths, boucles and chinchillas.

Furs
Adjoining this section will be displayed our first showing of Ladies' Furs, demonstrating every new feature for winter season, 1913-14, in mink, sable, fox, etc. Muffs, Stoles and Coats. This display will interest you.—SECOND FLOOR.

See Dundas Street Windows and Main Floor Opening Downstairs

Millinery Display Second Floor

Ladies' Suits and Coats—See Opening Display Second Floor

MIDDY WAISTS.
Final Clearings,
79c and 98c.

SMALLMAN & INGRAM
LIMITED

THORNDALE.
Thorndale, Aug. 29.—Messrs. Bert Logan and Geo. VanHorne are spending the week in Ottawa.

Mr. R. H. Harding is attending the exhibition in Toronto, where he has been appointed manager of the sheep exhibit. Miss Ada Buckle, of Stratford Hospital, is visiting her father, Mr. A. Buckle.

Rev. I. Hoskin, of Arva, conducted the service in the Methodist Church on Sunday evening.

Misses O. and V. Kernohan sang a duet in a very acceptable manner.

Miss M. Harris, of St. Marys, visited friends here recently.

The Thorndale Woman's Institute will hold their regular monthly meeting at Mrs. Skelton's on Thursday, Sept. 4.

DO NOT SUFFER
another day with itching, bleeding, or protruding PILES. No surgical operation required.

Dr. Chase's Ointment will relieve you at once and as certainly cure you. 50c a box; all dealers, or Edmanson, Bates & Co., Limited, Toronto. Sample box free if you mention this paper and enclose 5c stamp to pay postage.

ROYAL YEAST
MAKES PERFECT BREAD

Upson, 2:30; Sinaloa, 2:40; Keefe, Jas. Brown, 3:15; Shenango, Montezuma, 3:25; steamer Lilly, 4:20; Nottingham, 4:30; Corrigan, 5:40; Taurus, 6:10.

Down: Scottish Hero, Cort, 9 p.m. Wednesday; Calcutta, 9:10; Westmount, 9:20; Eunsen, 9:40; S. M. Simpson, 10:40; Robert Fulton, Bell, 12:30 a.m. Thursday; Umbria, 1; Laughlin, 1:15; Glide, Bennington, 2:40; C. H. Bradley, Brights, Woolson, 3:20; Eunsen, 3:40; S. M. Simpson, 4:10; North Wind, 7; Wolverine, U. S. Niagara, Hart, 7:20; D. O. Mills, 7:40; A. C. Minch, Bixby, 7:50; Rochester, 9:20; Earling, 10; Hemlock, 10:20; A. E. Stewart, 10:30; India, 10:40; Mohawk, 11; Samuel Mitchell, Chickamauga, 11:20; Louisiana, 11:30; Ber-

lin, 1:40; Van Vleck, Forster, Mitchell, noon; Wyandotte, 12:30 p.m.; Saunders, Clement, 12:45; Farrell, 2; Munro, Veronica, Athens, 2:45; Allegheny, 3:50; Stanton, 4:15; C. M. Warner, 4:25; H. W. Smith, 5; Aurora, 5:10; Gilbert, J. J. McWilliams, 6:35; B. Lyman Smith, 6:40; Palmer, 6:45; William Livingstone, 7:05.

At the Soo.

Aug. 28.—Up—Harvester, 8:30 p.m. Wednesday; Harvey Brown, Hartnell, 9:30; Superior, 11; Sheade, 11:30; Western Star, midnight; Rockefeller, Corlies, 2 a.m. Thursday; Rosedale, Snyder, 2:30; Northern Queen, 3:30; Ream, Venus, 4:30; Siemens, Marsala, 5; M. T. Green, McWilliams, 6; Spalding, Warr, Roebeling, 7; Butler, Davock, 8:30; Stadacona, 10; Neilson.

BUNIONS NO JOKE.
Not to the man who has to move about, but a slight application of "Putnam's" softens the thickest tissue and cures the bunion quickly. Just as good for warts, lumps, and callouses is Putnam's Painless Corn Extractor. Use no other, 25c, at all dealers.

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No. 22, plain 10 for 15c
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Maspero Cigarettes are universally recognized as being the most perfect Egyptian Cigarettes on the market.

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