Better Jams and Jellies are made ecanamically with

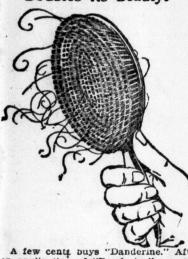
1/2 sugar

and 1/2 SYRUP



"DANDERINE"

Stops Hair Coming Out: Doubles Its Beauty.



few cents buys "Danderine." After an application of "Danderine" you can besides every hair shows new life, vigor, brightness, more color and thickness.



Give Cuticura the Care Of Your Skin

And watch that troublesome erup-tion disappear. Bathe with Cuticura Soap, dry and apply Cuticura Ointment. For eczemas, rashes, tchings, etc., they are wonderful. Nothing so insures a clear skin and air as making Cuticura your every-day toilet preparations. Soap 25c, Ointment 25 and 50c, Sold hroughout the Dominion. Canadian Depot: ymans, Limited, St. Paul St., Montreal.

LEMON JUICE TAKES OFF TAN

Girls! Make bleaching lotion if skin is sunburned. tanned or freckled

Squeeze the juice of two lemons into bottle containing three ounces of Orchard White, shake well, and you have a quarter pint of the best freckle. sunburn and tan lotion, and complexion beautifier, at very, very small cost, Your grocer has the lemons and any drug store or toilet counter will supply three ounces of Orchard White for a few cents. Massage this sweetly fragrant lotion into the face, neck, arms and hands each day and see how freckles sunburn, windburn and tan disappea and how clear, soft and white the skin becomes. Yes! It is harmless

Choice **Flowers**

For the Graduations.

West Floral Co. PHONE 2187. 249 DUNDAS ST.

London and Port Stanley Railway

Gummer Timetable Effective Sunday,
June 6, 1920.

TO ST. THOMAS ONLY—†*5:00 a.m.,
1:20, 6:20, 11:20 p.m.

TO PORT STANLEY—†*5:40, 6:15,
7:15, *8:20, 9:20, *10:20, *11:20 a.m.,
12:20, *1:20, *2:20, 3:20, *4:20, *5:20,
*Limited train,
TDaily except Sunday.

PAGE OF INTEREST

SOCIAL and PERSONAL

TELL IT TO THE SOCIETY EDITOR.

Miss Clara McPhillips has returned guests last week at the Lake View on an chiovable holiday in Mus- House, Grand Bend. Mr. James V McLaughlin of Chicago

Principal Beal of the Technical chool left last night to spend his

Mrs. J. A. McKay and children of 366 Oxford street are holidaying at the home of Mrs. Charles Weber at Zurich. Ont. Mr. Melville W. Rossie of the editorial staff of Toronto Globe, is spending a

two weeks' vacation motoring through Western Ontario.

Mrs. A. D. Davidson of Duluth, who motored to London recently, is the guest of Mrs. J. S. Ashplant, as is also her daughter, Miss Winifred Ashplant

Rev. Boyd J. Yorke and family of Caldwell, O., are the guests of the former's brothers, Messrs. James and Rolt Yorke of this city, and Mr. George Yorke of Eyron. Mr. and Mrs. J. H. Hitchens and son Billie of English street have returned from a trip to Honey Harbor, Georg-ian Bay, where they were the guests of Col. and Mrs. T. A. Duff.

al staff of Toronto Globe, is spending a wo weeks' vacation motoring through Western Ontario.

Mrs. Isabel McLeod, accompanied by her daughter, Mrs. Fred Essery, were Galloway of Smithville, Ill.

HOME ECONOMICS



Now that the price of olive oil has gone skyrocketing out of reach for most of us, we have returned to the boiled dressing of an older day. Or we have learned to economize oil by using it only in French dressing instead of in our beloved mayonnaise. Some of us even have learned that cream may be used instead of oil in marinating meat and

vinegar in the proportion of two of oil and one of vinegar, or for people who dike oil, three of oil to two of vinegar, thoroughly beaten with a fork, seasoned with salt and pepper, and, if desired, onion juice or celery salt. Cream may be used to replace the oil in this dressing, or melted butter. Only enough dressing should be used in marinating to spread the flavor all through the salad; ingredients should not be soaked in dressing and allowed to become soggy and mesy.

and mesy.

For boiled dressing, mix a tablespoonful of cornstarch with a teaspoonful each of salt, sugar and mustard. Add cayenne to taste. Stir in either one whole egg, or the yolks of two eggs, a cup of cold milk, and quarter of a cup of vinegar, and a tablespoonful of melted butter or crisco. Heat slowly, stirring constantly until thickened; whip while still hot with a Dover egg-beater until smooth and light.

Potato Salad—Cut two cups of cold boiled potatoes into half-inch dice, and marinate for an hour. Cut two hardboiled eggs into dice, and place with the diced potatoes in piles on lettuce leaves, just before serving. Serve with boiled dressing.

(Copyright, 1920, by the Metropolitan Newspaper Service.)

TALKS ON HEALTH

Some Education.

Stanley, aged fourteen, and his sister. Dorothy, aged thirteen, graduated in the same class from grammar school Stanley had dropped back a year because of an attack of St. Vitus' dance, from which he had made a perfect recovery in the usual time, under the regular observation and care of the family doctor. He was a fine type of boy and his sister was a bright, healthy girl with fine prospects. Their parents girl with fine prospects. Their parents were justly proud of them and meant to give them the best of educations each in his own preferred direction. They had attended the best school in a city of 200,000 population. Yet

Nearly ten minutes later two automobiles came along. In one was a man and his wife and children. The man and his wife and children. The man heard the cries of the people on the landing and being a swimmer he promptly dived and brought up Dorothy's body. In the class was one boy who had been trained as a Boy Scout to administer first aid to the drowned. This boy immediately began the best resuscitation that could spossibly have been applied, namely, artificial respiration by the prone-pressure or Schaffer. been applied, namely, artificial respira-tion by the prone-pressure or Schaffer method. But any small chance there may have been to revive the spark of submersion has not exceeded fifteen minutes—was ruthlessly brushed away by the grownups, who insisted on tak-ing charge, against the boy's mild re-monstrance and attempting to "roll monstrance and attempting to "rol

the body on a barrel."

Now, isn't it passing strange that presumably intelligent people should be utterly unfit to be of any service in an emergency like that? And isn't it stranger yet to graduate boys and girls from school who cannot swim a stroke and whose "education" fits them only to stand idly by, or worse, to interfere and obstruct, while a struggle to save life is being fought?

Now, isn't it passing strange that I wonder if you have ever used a saturated solution of chlorate of potash (all the water will take up), as a remedy for ivy poisoning. I wonder if you have ever used a saturated solution of chlorate of potash (all the water will take up), as a remedy for ivy poisoning.

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I wonder if you have ever used a saturated solution of chlorate of potash (all the water will take up), as a remedy for ivy poisoning. the body on a barrel."

QUESTIONS AND ANSWERS. The Peril Confronting the Profession. William Brady, E. H.,

(Degree as Health Engineer conferthe training in that school was pretty red by grateful readers, for no longer punk.

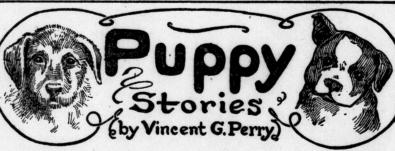
The graduating class, together with as a member.) of-the-way landing for the boat to pick them up in the evening, Dorothy somehow fell off the landing into deep water. Dorothy could not swim. And it seemed that no one else in the little party, not even the teachers, could swim. A pretty state of affairs, for presumably educated people.

Well, Stanley plunged in to the rescue of his sister, like the little man he was. He even reached her side and endeavored to support her. But in the struggle she clasped him about the neck, and while everybody screamed and bustled about on the landing in the settling gloom, Dorothy and Stanley drowned—not ten feet from the shore.

Nearly ten minutes later two auto-

adequate name. Food Containing Much Lime. Please give me a list of foods which are rich in lime salts. How much lime Answer—The daily need of the body for lime is about ten grains. This amount is present in these articles of

mount is present in these a	rticies
iet:	
Turnips 4	ounces
Chocolate 2	ounces
Oatmeal 51/2	ounces
Egg yolks 3	ounces
Oranges 8	ounces
Peanuts 2	ounces
Milk 18	ounces
Cheese 21/2	
Cabbage 11/4	ounces
-+	
Remedy for Ivy Poison	ing.



THE DOG THAT CHANGED PLACES
WITH A BOY.

Part One.

Rocks was a small puppy—not more than six months old. His life had not been an adventurous one, and he wished something would happen to make it worth while.

"Just you wait your turn," his mother told him. "Something will happen to you some day. You won't always be shut up here with me in this run. Soon you'll be old enough so that you won't run away when you are let out, and then our master will let us both run free."

What a wise collie Rocks' mother was! That very day their master decided that they had been shut up long enough, and that the garden was too far advanced for them to do any harm to it, so he opened wide the gate and freed the dogs. How Rocks and his mother did play about the yard. At first Rocks had an inclination to run away, but when he thought of the supper he might miss, he decided it was best to stay. Anyway, when he had run away once before he had been

YOUR OLD CARPETS

Made Into new, beautiful, fluffy, reversible rugs.

CANADA RUG COMPANY

88 Carling Street. Send for Leaflet.

Lin the house, Johnny, his master's sey-ear-old son, was complaining about the warm to the warm weather. Johnny was an a wiful boy to complain anyway. He was fired of playing, tired of playing, tired of pelaying, tired of playing, tired of

Western Ontario Women's Activities

Address News For This Column the Editor of Woman's Page.

The members of the Lady True Blues Fern Lodge, No. 19, of Wingham assembled in the Orange Hall and after the regular business initiated the following members: Miss D. Pullen and Mrs. M. A. G. Smith and R. Mason. Afterwards about 20 of the lodge enjoyed the hospitality of the newly-received members at one of the local cafes

PROVIDENCE W. I.

The Women's Institute of Providence met in the home of Mrs. Alex. Sim on August 12. A report of the West Lambton annual district convention held in Sarnia, given by Mrs. J. A. Shaw, contained several good hints for work for the coming year, which were well discussed by the members.

A paper given by Miss Hazel Abra on 'Thowers and Their Culture' showed a fhorough knowledge of the subject and was much enjoyed. Following this the audience were delighted with a solo by Miss Lyla Barwise. By request the paper on 'The Choosing and Cooking of Meats' by Mrs. John Heal, the July, meeting was read again.

At the close dainty refreshments were served by four of the ladies.

NEW "MASTER VOICE RECORDS."

It is a long time since I have written to you. I certainly enjoy reading the letters of the Mail-Box. I get so much held to you. I certainly enjoy reading the letters of the Mail-Box. I get so much held to you. I certainly enjoy reading the letters of the Mail-Box. I get so much held to you. I certainly enjoy reading the letters of the Mail-Box. I get so much held to you. I certainly enjoy reading the letters of the Mail-Box. I get so much held to you. I certainly enjoy reading the letters of the Mail-Box. I get so much held to you. I certainly enjoy reading the letters of the Mail-Box. I get so much held to you. I certainly enjoy reading the letters of the Mail-Box. I get so much held to you. I certainly enjoy reading the letters of the Mail-Box. I get so much held to you. I certainly enjoy reading the letters of the Mail-Box. I get so much held to you. I certainly enjoy reading the letters of the Mail-Box. I get so much held to you. I certainly enjoy reading the letters of the Mail-Box. I get so much held to you. I certainly enjoy reading the letters of the Mail-Box. I get so much held to you. I certainly enjoy reading the letters of the Mail-Box. I get so much held to you. I certainly enjoy read in the Mail-Box that Etak had a book of crochet edgings. If she would send it to me I would a book of croche

vegetables for salad.

Vegetables for salad.

Potatoes, cooked vegetables and diced cold meat should be marinated—that is, allowed to stand an hour or two in a thin acid dressing, before being used in salads.

French dressing is made of oil and vinegar in the proportion of two of oil and one of vinegar or for people who like oil, three of oil to two of vinegar, horoughly beaten with a fork, seasoned with salt and pepper, and, if desired nion juice or celevre.

NEW "MASTER VOICE RECORDS." by Geraldine Farrar, "Home," by Emmy Desti in, and a quartet by the "Zasa," by Geraldine Farrar, "Home," by Emmy Desti in, and a quartet by the "I am really ashamed of myself for in His Master's Voice Records that Ye Olde Firme, Heintzman & Co., Limited, 242 Dundas street, London, will be pleased to send to anyone desirous of adding something really worth while to their assortment of records. The price of each is \$1.25.

Dear Miss Grey,—How many of the Boxites are using their new potatoes?

We are. Here is a missing to make the owner of the lucky number.

If anyone has any crochet patterns they do not want I would be glad to get them.

I am really ashamed of myself for not having any help for the Mail Box, but you see, I am that selfish kind, always looking for help. BERNICE.

Dear Miss Grey,—How many of the Boxites are using their new potatoes?

We are. Here is a missing the owner of the lucky number.

If anyone has any crochet patterns they do not want I would be glad to get them.

I am really ashamed of myself for not having any help for the Mail Box, but you see, I am that selfish kind, always looking for help.

Dear Miss Grey,—How many of the Boxites are using their new potatoes?

We are. Here is a missing price of the owner of the lucky number.

If anyone has any crochet patterns they do not want I would be glad to get them.

I am really ashamed of myself for not having any help for the Mail Box, but you see, I am that selfish kind, always looking for help.

Dear Miss Grey Here is a myself for not having any help for the

[Francis Bret Harte.]
Above the pines the moon wa

drifting
The river sang below;
The dim Sierras, far bey
Their minarets of snow. and then, while round them

gathered faster.
And as the firelight fell,
He read aloud the book wherein Had writ of "Little Nell." Perhaps 'twas boyish fancy,-for the

reader Was youngest of them all-

The fir trees, gathering closer in the shadows.
Listened in every spray.
While the whole camp with "Nell"
English meadows.
Wandered and lost their way. Their cares dropped from them like the needles shaken From out the gusty pine.

"There is a gift of a beautiful face, And there is the gift of a heart of would you have, now tell me true,
Which of these gifts, were it left to you?

Education is pretty much a high-brow proposition even today, when pedagogy prides itself on its practical value as a preparation for life. Wonder what a pedagogue thinks of be
So she whose face will never be fair Needs not to give one sigh of despair: to me.
So she whose face will never be fair
Needs not to give one sigh of despair;
For she may, if she choose, have a heart

of grace, ch is worth far more than the love-liest face." Advertiser Patterns Owing to the pattern manufacturers increasing the price of pat-terns to us, all patterns adver-tised from this date will be 15 CENTS EACH.

Which is



3181 cut in 7 sizes: 22, 24, 26, 28, 30, 32, and 34 inches waist measure. The width of the skirt at its lower edge is 134 yards. It will require 3½ yards of 40-inch material. The waist will require 3 yards of 36-inch material. Serge plaid suiting, velours, linen, taffeta, gingham and gabardine may be used for the skirt. Madras, linen, crepe, washable satin, shantung and batiste are good for the waist. This illustration calls for two separate patterns, which will be mailed to any address on receipts of 15 cents for each pattern in silver or stamps. 3181 cut in 7 sizes: 22, 24, 26, 28, 30. each pattern in silver or stamps.

Name Town

CAUTION: Be careful to inclose the above illustration, and send size of pattern wanted. When the pattern is bust measure, you need only mark 38, 44, 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 the date of application.

Cynthia Grey's Mail-Box

The illusions that began for us when we were less acquainted with evil, have not lost their value when we discern them to be illusions, they feed the ideal better, and in loving them still, we strengthen the precicus habit of loving something not visibly, tangibly existent, but a spiritual product of our visible tangible selves.—George Elliot.

VERANDA CHATS.

Dear Miss Grey,—How many of the Boxites are using their new potatoes? We are. Here is a way to keep your hands from getting brown when peeling them. Take a piece of rough cloth or an old sugar sack that has been washed, and rub the potatoes between its folds, and the skin will come off easily, leaving the brown on the cloth.

Where is Heart of the North Wind gone to? I always liked her letters. I am sending my wee mite to the S.C.H. Now, Cynthia Grey, own up to it: You must be hot in the city. Won't you come out and stay with us in the country for a while?

I would be pleased if someone between 16 and 18 would correspond with GERTRUDE.

P. S.—My address is with Miss Grey,

P. S.—My address is with Miss Grey.
Ans.—Thank you for hospital gift.
Gertrude, and for your invitation to the
nice cool country. Thanks to our electric fans, we don't mind the heat very
much. Thank you for the good hint for
necessing new rotatoes. preparing new potato

A Newsy Letter.

Dear Miss Grey,—I have not written to you for a long time. I hope you have een enjoying yourself this summer. I hink with so many letters to read that you must be tired. I have to have my tonsils out this month. Dr. Thompson from London is coming to operate on nearly 60 children Have not been away on my yet, but hope to go in a week or so.

My sister is coming to visit us, so
will have my niece and nephew to

Which of these gifts, were it left to you?
The beautiful face will fade some day,
But the heart of grace will last for aye;
So better a gift of endless worth,
most cities. Conducting schools which
purport to be fine schools, but which
have neither gymnasium nor swimming

Which of these gifts, were it left to you?
The beautiful face will fade some day,
But the heart of grace will last for aye;
So better a gift of endless worth,
Than the dearest treasure in all the
earth.
All cannot have a beautiful face,
Would you like a bouquet?
It is nearly cucumber pickle time now It is nearly cucumber pickle time now and yesterday I found a cucumber about 10 inches long and 4 inches around I'm not exaggerating a bit.
This is an awfully long letter, but I had a lot of news. Your old pest, A BOOKWORM.
P.S.—Could anybody send me the
words of "You'd Be Surprised"?
Ans.—You certainly did have much
news for us, Bookworm, and we enjoy all. Let us hope you will so

A Visit From Mother of Six. A Visit From Mother of Six.

Dear Miss Grey,—I am returning bonnet pattern loaned me belonging to Faded Lily. Thank you very much. I have had it for three weeks, but you know it takes a mother of six quite a while to crochet a bonnet with six boys and girls to care for. I would like the rug patterns with the animal patterns; also a crochet lace pattern with butterfly or something suitable for children. Will be able to return these sooner as they will be copied with butterfly or something suitable for children. Will be able to return these sooner as they will be copied easier than the bonnet. Also would like to correspond with the lady who has something interesting to tell us about babies. Inclosed find recipe for tomato relish, which I have used for years. Everyone who visits me wents

these sooner as they will be copied easier than the bonnet. Also would like to correspond with the lady who has something interesting to tell as the complete of the complete

Requests.

Dear Miss Grey,—Will you please send me the words or music of "We Parted on the Shore" or "I Love a Lassie"?

BLUE BELL NO. 2. Ans.-Request referred to readers.

Dear Miss Grey,-Saw in the 'Tiser Dear Miss Grey.—Saw in the Tiser a while ago where Crippled Fingers offers to crochet bonnets to swell the hospital fund. I have a fine baby girl seven months old, so am sending my address to be forwarded to Crippled Fingers for suggestions. Hope I am not too late. ANOTHER NUISANCE. not too late. ANOTHER NUISANCE.

Ans.—Have forwarded your name and address to Crippled Fingers.

Dear Miss Grey.—Please send me the story that Beauless Seventeen offered. In Friday's paper (Aug. 6). I saw where Florence had pretty—crochet patterns for insertion and lace for pillowsilps and drapes and towels. Will Florence please send them? My address is with Miss Grey. Find inclosed stamped envelope and postage for the story. Thanking you for your trouble, I remain,

P.S.—Remainder of postage to be used for children's hospital fund.

Ans.—Have mailed your request with postage to Beauless Seventeen, and leave your other requests to the attention of Florence. Thank you for hospital gift.

Dear Miss Grey and all the Boxites,—Here I am once more, struggling through the heat to make a call; first thing I know you'll be thinking I am the original fat lady, or at least some relative of the Powerful Katrinka the way I complain of the warm weather. Yes, indeed, I do welcome your March Wind, only I am very sorry to know of your loss. Your letter was lovely—only the "minor key" seemed to be there all the time. I hope you are sleeping the night through now and

GRAY'S, LIMITED

Store Hours: 9 a.m. to 6 p.m., Saturdays Included.

Dollar Day Sale Thursday, August 19th

Immense variety and remarkable values at this great sale event. See the specially prepared list of moneysaving items in our Wednesday's advertisement. Shop early, as quantities in many lines are limited.

140 DUNDAS STREET

AGENTS FOR THE BUTTERICK PATTERNS. THE DELINEATOR. AND THE BUTTERICK QUARTERLY.

PHONES 115 and 116.



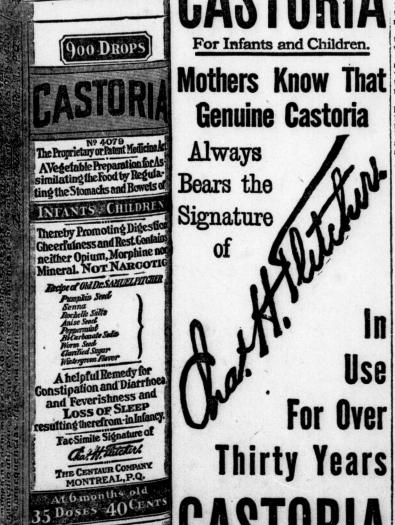
ry, hard, lasting lustre.

O-Cedar Polish, 25c. to \$3.00 sizes.

O-Cedar Polish Mop, without handle, \$1.50. The Handle
54 inches in length—is 25 cents extra.

Both Polish and Mop at your Hardware or Grocery Shop. CHANNELL CHEMICAL COMPANY,

Exact Copy of Wrappe



Be Careful What You Wash Your Hair With

Don't use prepared shampoos or anything else that contains too much alkali. for this is very injurious, as it dries the scalp and makes the hair brittle. The best thing to use is just plain mulsified cocoanut oil, for it is pure and entirely greaseless. It's very cheap, and beats anything else all to pieces. You can get this at any drug store, and a few ounces will last the whole family for

and rub it in, about a teaspoonful is all that is required. It makes an abundance of rich, creamy lather, cleanses thoroughly, and rinses out easily. The hair dries quickly and evenly, and is soft, fresh looking, bright, fluffy, wavy, and takes out every particle of dust, dirt and

Needed at Dances And the Seashore

(Aids to Beauty.) Here is a home treatment for removing hairs that is quick, painless and inexpensive: With some powdered delatone and water, make enough paste to thickly cover the objectionable hairs. apply and after 2 or 3 minutes rub off. wash the skin and it will be left soft. clear and hairless. This treatment will not mar the skin, but to avoid disappointment, be careful to get real delatone. Mix fresh as wanted.-Advt.

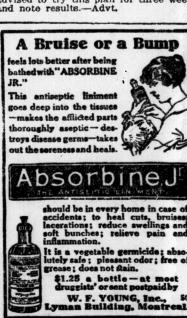
Summer-Spoiled Skin

Removed by Absorption As undue summer exposure usually leaves an undesirable surface of tan, redness or roughness, often freckles, too, the sensible thing to do is to remove such surface. There's nothing better for this than ordinary mercolized wax, which actually absorbs an unwholesome complexion. The thin layer of surface skin is itself absorbed, gently, gradually, so there's no inconvenience, no detention indoors. Spread the wax lightly over the entire face at bedtime and take it off in the morning with warm water. off in the morning with warm water It on in the morning with warm water. If you will get one ounce of mercolized wax at the drug store, use it for a week or so, you may expect marked improvement daily. When the underlying skin is wholly in view of your complexion will be a marvel of spotless purity and beautiful whiteness.

Don't let those summer wrinkles worry you; worry breeds more wrinkles.
Banish them by bathing the face in a
solution of powdered saxolite, one curce,
dissolved in a half pint witch hazel.
Used daily for a while, this will be found
wonderfully effective.—Agyt.

DYSPEPTIC DIET NO LONGER NECESSARY

The old plan of prescribing strict diet for dyspeptics and stomach sufferers is no longer popular among progressive medical men partly because of its weakening effect, but mostly because of the discovery that nearly all stomach trouble is due to excessive acidity. The organs of digestion are themselves all organs of digestion are themselves all right, but acids in the stomach irritate and inflame the delicate stomach lining and cause sourness and premature food fermentation. The logical treatment, therefore, is to get rid of the acid, when natural painless digestion will follow. For this purpose a teaspoonful or four tablets of Bisurated Magnesia in a little material stress the acid store the features. tablets of Bisurated Magnesia in a little water neutralizes the acid, stops the fermentation of the food, dispels the gas, and thus permits the stomach to proceed with its work without hindrance. Owing to its prompt and certain action Bisurated Magnesia, which is obtainable from any druggist, in either tablet or powder form, should always be used in preference to the other forms of magnesia, such as the milks, citrates, carbonates or oxides. Stomach sufferers are advised to try this plan for three weeks and note results.—Advt.



Cuticura Talcum