WOMEN'S HOME AND MAGAZINE PAG

Seeing Week-End Market With Aunt Maria's Eyes

It's a weary business hanging on her troubles in this respect to a at the end at the week-end market. friend. Some people must be last, to be sure, but, it is a near tragedy when the last as well, and the way my raspberries acted. I did ave the experience of seeing later them over again, and they all went omers sold cut while they wait on to pieces and had rather a washedndeavoring to dispose of all their out look, instead of the lovely ruby to Toronto. produce before going home. And red I had hoped for." produce before going nome. And "Some of mine did the same Mrs. H. B. Trebilcock of Detroit, sometimes they don't achieve, and thing," said the second woman, "and and two sons, Jack and George, are thing," said the second woman, "and two sons, Jack and George, are

And some of the townspeople have

deal table bird, and the price asked let them boil about ten minutes. turkey.

appetite days. The quest is for the tender broilers, and these were fairly reasonable, ranging from seventy- It was delicious, not stiff, but nicely ive, ninety cents, one dollar to one thirty-five for a beautiful bird of an early hatching.

Ducks were alleged to be twentytwo cents a pound. But, who ever the purchaser usually follows the stepping-stones to new preserving ead of the original owner in putting kettle triumphants. through the deal. Ducks were all iew by the throngs of people seeking fruit. Saturday afternoon and Aunt Maria's readers (if she has evening must have been strenuous any). times in scores of London kitchens, judging by the numbers of baskets of cherries that were carried away, Montmorencies, \$1.25 a basket, gooseberries at a shilling for the green big, plump, ripening ones; raspberries by the crate, 20 to 22 cents; the "black caps" to give color, at 20 cents, and the red at 121/2 cents.

have canned or preserved with infinite care, sterilizing fars, rubbers and all filling rapidly when the berries or cherries, or whatever may be, are boiling hot, and then chasing the bubbles with a silver knife before sealing securely?

Made Failure Stepping-Stone. One woman was heard confiding

Full Flavor and Color in your jams and jellies

The more you boiled the fruit the old way, the less flavor and color remained in the jam or jelly. By using Certo the boiling

period is reduced to one minute; thus the full goodness Your jams and jellies will have the full original flavor



ell." Certo never fails.

You can make perfect jams or jellies with any fruit because Certo supplies the necessary amount of pec-tin to make them jell" properly.
—and you get 50% more from the same amount



How to make delicious Quince Jam

leveled cups (2 lbs.) Cooked Fruit 71/2 leveled cups (31/4 lbs.) Sugar. 71/2 leveled cups (3½ lbs.) Sugar.
1/2 bottle (scant ½ cup) Certo.

Use about 2 qts., or 3 lbs., ripe
quinces. Peel, remove steen and
blossom ends, and core. Put through
food chopper, or chop very fine by
hand. To about 3½ cups chopped
fruit add ¾ cup water and juice
1 lemon. Stir, until boiling and
simmer ½ hour in covered saucepan. Measure 4 level cups cooked
fruit into large kettle, adding if
necessary, enough water to the
fourth cup to make it level full.
Add sugar and mix well. Stir mixture hard and constantly and bring
to a vigorous boil over the hottest
fire. Boil hard 1 minute, stirring
continually. Take from fire, add
Certo, and stir it in well. Skim
and pour quickly.

Douglas Packing Co., Ltd., Cobourg elling Agents: W. G. Patrick & Co., Limited, Toronto and Montreal.

TRY A MEAL AT THE NEW, CLEAN Lascelles Cate ZEV

After Outdoor Sports URINE

"It was simply heart-breaking,"

thing," said the second woman, "and and two sons, Jack and Georgit was a real grief to me, because visiting relatives in this city.

Fortunately for the tardy city folks, I have so little time to repair damages. I'm rather glad now they did.

Mr. Fred Screaton of Paris, I nately for the tardy city folks, usually a large display of because I have a new kind of conwares still remaining after 12 o'clock. serve as a result. I tried mixing red currants with the raspberries, using a shrewd idea they get better if they a quart box of the currants for each to late. Sometimes they do. Quite quart jar of the preserved raspberries. I put the currants in the pre-Somebody got a mammoth fowl for serving kettle and mashed them with song Saturday, compared to prices an old-fashioned potato masher, just some months back. It wasn't over as if I were preparing to make curlat or over lean, guaranteed to be rant jelly. I added a little water, just a year old, Plymouth Rock, so they wouldn't stick and burn, and was just \$1.75. With its companion, added an equal quantity of sugar, k was almost mistaken for a young heated, and let that boil a few min-But, the public evidently isn't ap- cooked raspberries and stirred up the 43 St. Andrew street. preciating "old birds" these summer mixture. I boiled it all together briskly for about three minutes, then filled a quart far and a smaller container, keeping some out for a taste.

quart of the raspberries that must be done over." "Did you ever do black currants old home at 609 Colborne street. heard of buying poultry by the pound with rhubarb?" queried a farmer's at the Covent Garden market on Sat- wife, what at that moment was fillurday forenoon? It simply isn't done, ing a sack with currants for the city At least, it isn't sold that way, and woman who is making of her fallures

jammed. Now I'm going to try a

quart of black currants with another

Talking of black currants, gone by the time Aunt Maria ar- which our grand-mother's laid such rived, or they were hidden from store, a real grandmother's method was passed along for the benefit of

Two For One.

Daughter-in-law said: "Grandma always covers her black currants with water, covers them well, then lets them boil hard five minutes. pnes, and 15 cents a quart for the She pours off most of the juice and makes jelly of that, using an equal amount of sugar and liquid. doesn't bother heating the sugar first, cents a box; the black currants, 25 just boils it with the juice about ten minutes, and it turns out beautifully. Ever have bubbles rise up and feer I did mine the other day that way, at you from the jars of fruit you and the jelly was lovely, and no and the jelly was lovely, and no trouble at all. From the pulp and juice left she makes jam, adding whatever amount of sugar she destres, and so, you see, she has both

the black currants and the jelly." Peas were offered in abundance, 25 and 30 cents a quart, shelled, and 10 cents or three boxes for a quar-ter, unshelled. Has the edge been ter, unshelied. Has the edge been of Hamilton are spending their vacation at the home of their grand-that they are not quite so sweet, parents, Mr. and Mrs. T. J. Kiley, aren if an army of the first offer. even if as tender as the first offer- 82 Thornton avenue. ings of the season some weeks ago? People were selling and buying new potatoes by the bushel, instead

young farmer stated he was willing to sell for \$1.40 a bushel, because his potatoes weren't "big as some." The prevailing price for eggs was

New honey was a good deal in evi-Chinese Cabbage.

A new variety of vegetable was discovered, though it may be familiar to a number of people, Chinese cab-Cook it or make salad of it, just like J. Kearney. ordinary cabbage, according to the grower.

gorgeous bunches of peas and snapvarieties of the marigold family, corn Mrs. Robinson, who has been the erine blossom resembling honey- several days. suckle, only it wasn't.

Wouldn't it be wonderful if the

in dull, shut-in days of fall, winter the London Hunt, Tuesday, coming and early spring when the houses so up in the forenoon and playing s much need their cheering presence? match in the forenoon. Several of fruit, but there are times when the match in Brantford Monday, will most ardent enthusiast over jamming, play again Tuesday. felling an canning wishes in depths of her soul the desirable small fruits wouldn't come on with such a rush when the days and the bride-elect, Miss Ella McKay, whose evenings are so perfect for staying

SPARTA

Special to London Advertiser. home of Mrs. Schooley with an at-tendance of about twenty. Mrs. Mill-Webster, Donald McLean, Eric Reid man, the president, presided. The and George Belton. They will rechief feature of the program was an turn home by the International address on "What the world needs Limited, Monday evening. most," by Mrs. Wells of Toronto. This gifted speaker showed in a most is the only remedy for the world's will take place early this week, is the ills. At the close a dainty lunch was final match for the Tillmann prize, a served. The August meeting will be full set of golf clubs, to be played off held at the home of Mrs. McKenzie, by Mrs. Frank Spry and Mrs. G. Q.

Y. M. C. A. campers are there at the with outside clubs. present time. W. B. and Mrs. Smith of Learning-ton, were guests at the Methodist Tuesday night. Parsonage, Smith, who is a traveler, is a brother

of Mrs. Dr. Husser. Harry Marshall's Sunday Chase's Ot School class picnicked at Port Bruce, Thursday afternoon.

Montreal, where she will spend two

Mrs. A. Lamond of this city has returned home after visiting friends

Mr. Robert DeHart, who has been holidaying in London, has returned

Mrs. H. B. Trebilcock of Detroit,

Mr. Fred Screaton of Paris, France, has been a visitor in the city, staying with his father, Mr. A. Screaton.

Mr. and Mrs. William McLeod of Buffalo, have returned home after visiting friends and relatives in this city.

Mr. Wm. Johns of Wanaconda, Il. has returned home after attending tne funeral of his sister, Mrs. D. Carter.

phrey of Detroit are visiting Humphrey's aunt, Mrs. D. W Palmer, Dr. J. R. M. Martin of Merlin, is visiting his family, at 60 Tecumseh

Mr. E. Humphrey and Mrs. Hum

Pepper, also of Merlin. Mrs. A. T. McMahen of Hamilton

Prof. Fred Abbott and Mrs. Abbott of San Antonio, Texas, are ar-riving in the city the end of July for last \$300

an extended visit with relatives. Mr. W. C. Mathews and Miss Pauline Mathews of Selma, Ala., are visiting Mr. Mathews' sister, Mrs. William Michael, 317 Bathurst street.

Mrs. George Victor and son, Dewar B. Victor, of Omaha, Nebraska, arrived in London, Friday, and are visiting relatives at 6 Victor street.

Mr. and Mrs. W. H. Abbott are expected in the city next week after an extended trip to Honolulu, Los Angeles and through the Canadian West

Mrs. Charles Leonard and her sister, Miss Christie of Toronto, formerly of London, are spending several weeks in the city after wintering in

Mr. and Mrs. George Fraser and children, of Victoria Apartments, are motoring to Bronte to visit at the summer home of Mrs. William Smillie

Masters Pat and Jackie Richardson Mr. and Mrs. Ronald Harris. "El-

don House," and children are going of the peck, half-peck, quart or pound, as they were doing a few weeks ago. The lowest price discovered was near 1 o'clock, when a

don, spent the week-end at Port Stanley, joining Mrs. Adams and little daughter Anne, who have with 30 cents, and for butter 38 cents to Mrs. Adams' sisters, taken a cottage

Rev. Beverley Ketchen, Hamilton, dence, 90 cents or \$1 a pail for the is holidaying in the city, accompanied new clover extraction, depending by Mrs. Ketchen and children. They who was doing the selling are the guests of Mrs. Ketchen's comb honey disappeared early in the mother, Mrs. A. T. McMahen, at the forenoon at 30 or 35 cents a section. old McMahen home in Colborne street.

Rev. Dr. D. L. McCrae, Mrs. Mc-Crae, Mr. and Mrs. Geoffrey Wheable bage. Only a couple of "heads" were and babe, have returned home after left when Aunt Maria arrived to in- a happy motor trip and visit in quire about the unfamiliar, long, Guelph, where they were guests in green leaves. How do you use it? the home of Dr. McCrae's sister, Mrs.

Mr. Stanley Robinson came up The flowers were in riotous bloom, from Hamilton to spend the week-end in town with Major Frank Spry and dragon for just 5 cents and 10 cents, Mrs. Spry, "Norwood House," joining flowers, pinks and a coppery tang- guest of her sister, Mrs. Spry, for

Several players from the Woodstock flowers could be bountiful and cheap Ladies' Golf Club will be guests at housewife appreciates the the London players taking part in the

Next week's hostesses who are entertaining in honor of the popular marriage takes place next week, inoutdoors, far from maddening gas clude, Miss Edith Johnson, who is sizes, 34, 36, 38, 40, 42, 44 and 40 inches on the control of the control gas clude, Miss Edith Johnson, who is Thursday.

> Members of the London Hunt Ladies' Golf Club, who are playing a friendly match with the Brantford

An event of keen interest to Lon convincing manner that Christianity don lady golfers, which it is expected Lorenzo Banghart is building three Warner. The match has been postcottages at Port Bruce for summer poned since the end of June, owing visitors. They will be ready for occupation by the end of this week. more recently, owing to the fact that Port Bruce is becoming an attractive the two in the contest for honors place for summer resorters. The have been taking part in matches

CAUTION: Be careful to inclose the above illustration, and send size of pattern wanted. When the pattern is bust measure, you need mark only 38, 44 or whatever it may be. Unternations, It relieves at once and gradular ally heals the skin. Sample box Dr. hase's Olintment free if you mention this aper and send 20. Stamp for postage. 60. a or all dealers or Edmanson, Bases & Co. implied, Toronto.



TO PICKLE CORN.

Dear Miss Grey,-I am a con stant reader of your page, and enjoy it very much, although I have never written before. I saw where Rose asked for a recipe to pickle small corn cobs, and thought I might be of some help have often taken recipes from this page. Take just tiny cobs and remove husks and silk. Boil in salt water from 10 to 15 minutes, drain water off, put cobs in jar and pour vinegar over. do not make water too salty, just enough to make corn taste nice. Please tell me, if you can, what days the following dates fell on May 1, 1898; December 27, 1891; June 21, 1894; October 17, 1902; May 15, 1896. Inclosed find dime for hospital fund. Wishing Miss Grey and the Boxites good luck. BETTY BROWN.

May 1, 1898, fell on Sunday; De cember 27, 1891, Sunday; June 21, has arrived in the city for a visit 1894, Thursday; October 17, 1902, Friof some weeks, and has opened her day: May 15, 1896, Friday. Many thanks for remembering the hospita fund with a mite. We have collected over \$700 now and are going to make an extra special effort to raise the

SENDS HOSPITAL MITE.

Dear Miss Grey,-Just a line for your Mail-Box. I have been a reader of your column years. I wrote you a long time ago to say how much I have enjoyed it, and am writing to say se again.

I have tried many recipes the readers sent in and have wund them splendid. I am inclosing a dime for the kiddies as I am always interest-

ed in them. Wishing all our dear readers the very best of happiness. Will sign myself, MARY ANNE. Thank you, Mary Anne, for you tribute to our page, also for the hospital mite. We will be looking for a letter from you again soon.

HAS NOT RECEIVED PARCEL. Dear Miss Grey,—I saw in Mon-day's Advertiser that "Contented" had some clothes for one to cut down for the children. I wondered if I should do right by sending for her address, as it in the city, and I could send for them when convenient to her. also saw, dear Miss Grey, where you mentioned that I had had one parcel from the Boxites. I thought would mention this, as there may be a mistake, for I have not receive one as yet. Some kind soul sent me a \$1 bill, for which I was very grateful, and you

ADVERTISER PATTERNS



An Up-to-Date Comprising over-dress 2939 and wais pattern 3312. The dress is cut in seven sizes, 34, 36, 38, 40, 42, 44 and 46 inches The over-dress requires 31/2 yards of 40

inch material.

Gingham, pongee, ratine, voile, chambrey, linen, taffeta and crepe de chine are good for both waist and dress.

Age (if child's or misses' pattern).... Measurement: Bust..... Walst.....

are asking for my address, which has been lost. Please send it to Five Roses and J. A. G. The parcels will be very acceptable, as I have four boys of school age and two younger at home, and it seems as if I always need pants and shirts for them. I am inclosing mits for hospital, and only wish it were more, as I dearly love kiddles. Wish the Mail-Box every success.

APRIL SHOWERS. ment in Monday's paper. It was very kind of Pansy and Hertford-

> through the summer months. ANXIOUS

ing you. I am, yours truly, I am sorry to hear, Hope, you have not received any help as yet. I mis-understood your letter. I thought you said you had received one parcel. I am mailing you Contented's address, so that you may get in touch with

printed my letter of acknowledge-

shire to mention me so kindly,

and dear Miss Grey, I feel as

though I love you for your great consideration. You see, I appre-

ciate it so much, because I have

nobody in this country. I left my

parents and nine brothers and sisters in England, besides some

very dear friends. Again thank-

her, and I am sure she will help you. ONE YEAR OLD TODAY. Dear Miss Grey,-May I become a correspondent of your interest-ing and useful Mail-Box column, which I have so often enjoyed, and always with the hope of one day becoming a Boxite. I am a mother of three healthy children. My baby is one year old today, my boy is past three, and my oldes girl is five, and she is through the primer book. But as a result from overwork I have got run down, and last January developed

neuralgia on my lungs, and I am very delicate and unable to do my work at present. I often wish I was qualified in some light work so I could earn a little at home for my children and myself. I be very grateful for any sympats, y rendered to my family and myself from any of the kind readers of The Advertiser. I will leave my address with Miss Grey

I have found these recipes very beneficial for one in poor health. Substitute for Coffee. — Take whole corn and roast very brown, then take and plunge into boiling water and boil 15 minutes. Serve same as tea or coffee. I have also following manner is very agreeable: Take whole corn and very brown (not burnt), then grind the roasted corn in a food chopper. It makes a fine flour or meal, which you make the same as any cereal. It seems so soothing to the stomach. My babies always do well with it, as it does not sour readily. CENTREE.
Please remember to write on one

ide of the paper only next time you write. It is a blessing your children are healthy. Centree. I have placed your name on file, and anyone wishing may have it from the Mail-Box. Many thanks for passing on the ecipes.

WASN'T SUPPOSED TO. Dear Miss Grey,-Here I am again, although I didn't expect to be strolling along so soon again, but as you were so sure you sent me some cinnamon vine bulbs ! have been so sorry to think they have been lost. I have called at both express offices and the post office. After sealing your letter I found I had left the donation out which I intended then to send as soon as I received more stamps. but I guess I was not supposed to get any of those vines as it all went wrong, didn't it? Oh well, perhaps some other time you may have some, or something else that I can make for our home, some nice crochet patterns or something to copy and return. Anyway, my donation went into the envelope first this time, and hope to send more next time. Feet wishes from SUNFLOWER.

I am sorry you did not receive the bulbs, but better luck next time, Sunflower. Many thanks for the gener-ous hospital mite, which was in the letter all right this time.

THINKS MAIL-BOX WONDERFUL Dear Miss Grey and Mail-Box Friends,—Glad to see so many letters in the Mail-Box again. What a wonderful good the Mail-Box is doing, so many receiving help. I must thank the two kind friends who sent me parcels. I only wish they could know the good they have done. I was all discouraged, wondering how I could manage to dress my hove, when along came two par-Friends,-Glad to see so many letmy boys, when along came two par-



Corns?



to your druggist Stops Pain Instantly

The simplest way to end a corn is Blue-jay. A touch stops the pain in-stantly. Then the corn loosens and comes out. Made in two forms—a colorless, clear liquid (one drop does it!) and in extra thin plasters. Use whichever form you prefer, plasters or the liquid—the action is the same. Safe, gentle. Made in a world-famed laboratory. laboratory. Sold by all druggists. Free: Write Bauer & Black, Toronto, Dept216 for valuable book, "Correct Care of the Feet."

cels, just what I needed. I am trail ing my boys to always help others, and hope I may be able to help others in the near future. I see by this morning's paper where several Western Ontario Address News For This Column to The Editor of Woman's Page.

I am mailing your address to those asking for it. I was wondering where you had gone, as I asked for your address so many times. Many thanks for the hospital mite. I am delighted to know you received such lovely parcels

TO DESTROY ANTS.

Dear Miss Grey,—Please tell me what will destroy ants, and drive them away, as they seem to come in from out of doors, and trouble me

Dissolve two pounds of alum in three Dissoive two pounds of aium in three or four quarts of water, and let it stand for some time. Apply with a stiff brush to every joint or crack in shelves, bedsteads or floors. Keep the wash boiling hot while using. This is very effective.

SEND IN ADDRESS.

Dear Cynthia,—I see in The Advertiser an inquiry for April Shower's address, and as I have it I thought I would send it on to you. I sent her a parcel, and hope it was of some use to her, but I never saw an acknowledgment of it in the paper. I always enjoy the Mall-Box paper. I always enjoy the Mall-Box, and often find good recipes, as well as other helps. Inclosed please find a hospital mite. I hope to see the remaining \$300 added soon, but money is scarce, and there are always so many ways to spend it. I am very sorry for all those in trouble, and hope they will soon obtain work, so that they will soon obtain work, so that they will not be in need.

AUNT HEM.

It was very thoughtful of you to send in April Shower's address, which had

in April Shower's address, which had been mislaid. She wrote the other day was a knowledging your parcel. Many thanks for the hospital mite. The Boxhouse. tites have grown lax since the hot weather, but I hope soon they will return with renewed energy.

PETROLEA

Special to London Advertiser. PETROLEA, July 16 .- The monuin the late war, has been completed Toronto, and will be ready for erection early in August.

hydro line was staked out Thursday, spent and enjoyed and work will be commenced on the EMBRO CONGREGATIONAL W.M.S erection of poles and wires the later part of next week. Hon. F. C. Biggs, minister of high-

Women's Activities

HONOR BRIDE-ELECT. The spacious and beautiful home of Mr. and Mrs. J. Carling Gray, con. London Township, was the scenof a miscellaneous shower given in sold. honor of one of Melrose's most popu-

lar young ladies, Miss Gladys McIn-

tyre, whose marriage takes place this

The beautiful grounds were artistically decorated with Chinese lanterns and seats were placed beneath

In the course of the evening, while game of blind man's buff, little Arlene Bowman, who looked sweet in her little bridal dress with veil, and carrying a shower bouquet of roses, accompanied by Master Lonson Randall, dressed as a little groom, appeared drawing an express wagon decorated in pink and white and laden with gifts. The handkerchief was then removed from Miss McIntyre's eyes, and after opening the lovely gifts she thanked her many friends.

Refreshments were then served by Misses Stella, Mary and Edna Gray and Mr. Mackey Gray. Among those present from a distance were: Miss Mackey, Parkhill; Mrs. O'Neal, Calgary; Mr. and Mrs. Herbert Thompson, Thorndale: Mr. and Mrs. Cecil Tuckey and Miss Eleda Gray, Lon-BIBLE CLASS HOLDS PICNIC.

The Bible class of St. George's Church, London Township, held a picnic at Springbank Park last week. One of the most interesting features was a ball game, the captains being Elliott Shipley and William Road-The latter won by a few Supper was served at 5:30 to a folly

group numbering over 30. Sports concluded the afternoon's program.

JOINT PICNIC AT EMBRO.

The W. M. S. of Knox Church, Embro, met at the manse on Wednesday afternoon. Mrs. Lane and Miss ment to be erected here in honor of Graime McDonald gave good reports the Petrolea and North Enniskillen of the convention held at Chesterfield. boys who made the supreme sacrifice Mrs. W. W. Murray and Mrs. Lane gave two interesting missionary by the Thompson Memorial Company, papers. Arrangements were made for the mission band and this society to hold a joint picnic next Friday Plans have been completed to afternoon, July 21, at the manse. electrify the Petrolea waterworks After the meeting refreshments were pumping station at Lake Huron. The served and a social half hour was

Th W. M. S. of the Congregational Church, Embro, met on Wednesday afternoon at the home of Mrs. Fred rays, will visit Petrolea on Aug. 3 Day, president. Mrs. Cody presided to meet the good roads delegation of and after the usual opening exercises the Petrolea and District Chamber of and a short time spent in talking over Commerce, that waited on the county business matters, Mrs. G. M. McKenzie gave an interesting paper and

several selections were rendered on the phonograph. The hostess, Mrs. Day, served very dainty afternoon tea and a social half hour was enjoyed.

BUNYAN ATHLETIC CLUB.

A very lively lawn social was held on the lawn of Mr. J. B. Maitland Sarnia Township, on Friday evening, July 14, under the auspices of the Bunyan Athletic Club.

Raspberries with whipped cream, cake and coffee were served. At a booth, ice cream, watermelon, banof a very pleasing event in the form apas and other refreshments were

Early in the evening a game of baseball was played between the Townline team and the local team. The score was 8-12 in favor of the

Townline team. Rev. Mr. Rothby of Petrolea acted s chairman for the program during the later part of the evening. An orchestra under the capable leadership the guest of honor was enjoying a of Mr. Fisher of Petrolea gave some splendid music. Some very entertaining songs were given by Misses Webb and Polly and excellent readings by Miss Thompson. These artists from Petrolea deserve high praise for the fine type of program which they gave. The proceeds of the social amounted to \$9, and young people of the athletic club are now in a position to make their club one of the best in the county.

Many Times It's a Guide to Health as is This One

Women-Read It

Marmion Ontario.—"Before using Lydia E. Pinkham's Vegetable Compound I was a total wreck. I had terrible pains in my sides and was not regular. Finally I got so weak I could not go up stairs without stopping to rest half-way up. I saw your medicine advertised in the newspapers and gave it a trial. I took four sottles of the Vegetable Compound and was restored to health. I am married, am the mother of two children and do all my housework, milk eight cows and do a hired man's work and enjoy the best of health. I also found the Vegetable Compound a great help fer my weak back before my babies were born. I recommend it to all my friends."—Mrs. Henry Janke, Marmion, Ontario.

Letters which you read in the

newspapers recommending Lydia E. Pinkham's Vegetable Compound are genuine expressions from women who have been helped by this eplendid medicine. They are anxtous for other women, who may be suffering as they did, to know of the great merit of this medicine.

Lydia E. Pinkham's Private Text-Book upon "Aliments Peculiar to Women" will be sent you free upon request. Write Lydia E. Pinkham

Medicine Co., Lynn, Mass.



Here is the food for growing children

Nitrates for muscle and bone-

Sugar and starch for energy-

Sweet, palatable pork fat for body building and heat-And then the delicious flavor and aroma of Victory Pork and Beans, no youngster can resist-no coaxing is needed to get them to eat a full, nourishing meal. With Chili or Tomato Sauce.

Made in Canada-Dominion Government inspection.





Keep a row of Victory meals on your shelf

NATIONAL CANNED MEATS LIMITED, TORONTO, CANADA

Summer's piercing sun-