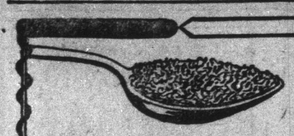

Save that spoonful

Four and often five spoonfuls of ordinary tea do not go any further than three of Red Rose Tea.

Less Red Rose is required because it consists chiefly of rich, strong, full-flavored Assam teas.

Use Red Rose Tea and save that extra spoonful.

Kept Good by the Sealed Package

637

TILBURY I. O. D. E. HOLDS SUCCESSFUL PATRIOTIC CONCERT

TILBURY, Oct. 22. — One of the largest crowds which has ever attended an entertainment in Tilbury was out tonight for the "Trip Around the World," staged by the local Daughters of the Empire in aid of its funds for patriotic work. Those attending were delighted with the show. The itinerary included the British Isles, Italy, France, United States, Japan and China. Every effort was made by the group of committees to produce an entertainment full of fun and instruction to all participating, and they succeeded nobly.

The packing committee of the local I. O. D. E. chapter has been busy packing comfort boxes for local boys in France. The assortment comprises two pairs socks, tobacco, cigarettes, soap, sugar, candies and pulverized coffee. Within the course of a month a second shipment will be made, when every local boy in France or England will receive a substantial box of Christmas "cheer" from the folks at home.

WROXETER WOMEN DOING GREAT WORK

WROXETER, Oct. 22.—The Ladies' Sewing Circle in connection with the Red Cross Society has sent 64 pairs of socks to Camp Borden, 3 quilts for Belgian relief, and the following articles to Red Cross headquarters, Toronto: 393 towels, 35 helpless shirts, 1 pillow, 92 pillowcases, 1 parcel old cotton, 12 bedpan covers, 23 hot water bottle covers, 84 flannel shirts, 259 suits pyjamas, 506 pairs socks.

The annual report of Wroxeter branch of the Red Cross Society for the year is as follows: Balance on hand, October, 1916, $199.46; subscriptions and donations, $240.40; concert (Brussels talent), $108; Red Cross teas, $164.16; moving pictures, $7; sale of waste paper, $17.65; grants, $330.30; total, $1,066.97.

Expenditures — Material for Red Cross Circle, $603.90; Mrs. McPhedran, yarn, $80; cash to Canadian Red Cross Society; balance on hand, $198.07.

The Housewife Who Orders

McCormick's Jersey Cream Sodas for her table gets full value for her money. For, besides being a light, easily-digested, appetizing food,

McCormick's JERSEY CREAM Sodas

are a most economical article of diet—cheaper than milk, more nourishing than bread. These delicious sodas are packed in tightly sealed boxes to insure their reaching your table in all their original purity and crispness.

Sold Fresh Everywhere in Different Sized Packages

SOCIAL AND PERSONAL

Jack Sharp of Battle Creek, Mich., is spending a few days with his sister, Mrs. J. McKenna, Princess avenue.

* * *

Mrs. W. E. Turville will receive for the first time since her marriage on Thursday afternoon, October 25.

* * *

Miss Eva Smith of St. Thomas is spending a few days with Mr. and Mrs. Philp of this city.

* * *

The Campbell Becher Chapter, I. O. D. E., held a rummage sale on Friday and Saturday last, and raised $75 for the general fund of the chapter.

* * *

While visiting in London Madame Hughes-Thomas, principal of the Royal Welsh Ladies' Choir of Cardiff, Wales, will be the guest of Sergt.-Major and Mrs. Harry Edwards at Ingleside during the coming week.

* * *

Mr. W. H. Hicks, inland revenue officer, was a recent visitor in Listowel.

* * *

The Ladies' Guild of the Church of St. John the Evangelist realized over $200 last week from a rummage sale. The money will be devoted to church improvements.

* * *

Mrs. W. T. Darch and sons Kenneth and Harold have returned after a short holiday with Mrs. D. J. Campbell of Lynnhurst, Aylmer.

* * *

Mrs. Catherine Hobbs and granddaughter, Gertruda O'Neill, have returned home after spending a month's vacation with the former's sister, Mrs. F. Faircloth of Onaway, also at her brother's home in Mariette, Mich.

* * *

Earl Williams, chief Grand Trunk clerk, and Mrs. Williams left yesterday for Wheeling, Va., owing to the critical illness of Mrs. Williams' father.

* * *

Miss Margaret Atchison of Wardsville has returned home after a short visit with friends in town.

* * *

Pte. Wilbert and Mrs. Beatty have returned from a visit with relatives in Hepworth.

JIMMY COON STORIES

By Dr. Warren G. Partridge.

Chapter II—Jimmy Coon Drinks Lots of Milk.

Jimmy Coon was running along the banks of Mirror Pond and called to Sammy Muskrat, who sat on a rock eating a fresh-water clam: "Hello, Sammy! Come on and go out for a frolic tonight with me." "All right, Jimmy," called out Sammy Muskrat. "I'll go. But wait a minute until I run into the house and get my new brown sweater."

And in a jiffy the two scamps started off for a night's adventure.

"Where are you two rascals going tonight?" called out Peter Rabbit as they passed his house. And Jimmy Coon called back: "We're going after milk; you like milk, Peter Rabbit, so come with us."

And Peter ran after them, and soon they came to the edge of the Great Woods.

And Peter ran after them, and soon they came to the Great Woods.

It was moonlight, and they saw the cows of Farmer Jones in the old pasture. And Peter's big eyes sparkled, and he cried: "Jimmy, how do you get the milk from the cows? Will you hold a cow while I help myself to some milk?"

And Jimmy Coon and Sammy Muskrat fell down and rolled over with laughing at Peter Rabbit.

"Why, Peter, what a simpleton you are," laughed Jimmy Coon. "Do you suppose I'll hold any old cow for you to milk. Don't you know she would kick your head, with its long ears, into the middle of next week?

"Ha! ha! ha! Do you suppose Sammy Muskrat and I get our milk nights from those old cows?"

And Peter Rabbit looked very sheepish. When they reached the cornfield Jimmy exclaimed: "Peter Rabbit, here are barrels of the freshest and sweetest milk you ever tasted, even better milk than you had when you were a baby; so help yourself."

And Peter Rabbit's big eyes rolled about and seemed about to pop out of his little head, and he stammered: "Jimmy Coon, ar-are you crazy? There is not a drop of milk in this whole field; and there is not a cow or goat in sight in this cornfield."

"Well, you come, Peter Rabbit," commanded Jimmy Coon, "and I'll show you the sweetest milk you ever tasted since you were an infant in arms." And Peter Rabbit opened his mouth in wonder as he saw Jimmy Coon pull down a stalk of growing corn and pull the husks from the ear, and begin to bite off the green corn.

The corn was so juicy and sweet that little streams of fresh milk ran down both sides of Jimmy's mouth. And Peter tried to do the same, but he didn't know the trick.

He tasted of the corn, but didn't seem to like it as well as Jimmy did.

"Say, Jimmy," exclaimed Peter Rabbit, "what makes you trample down so much of the farmer's corn? You waste it terribly, and Farmer Jones will be awfully angry!"

"Oh, that don't matter," explained Jimmy Coon. "I'm here about every night when the corn is in milk, and Farmer Jones is so busy cutting his hay that he doesn't have time to look after his corn. So I'm helping him with his corn."

Then they both went around to find Sammy Muskrat. "What in the world are you doing with that pile of ears of corn, Sammy Muskrat?" asked Peter Rabbit in great curiosity.

"Why, I'm going to take them home, you simpleton," answered Sammy Muskrat. "Did you think I was going to carry them to Farmer Jones?"

"Well," said Peter, "can't you eat enough corn and milk here, as Jimmy Coon does, without carrying off the ears of corn to your home? Don't you know that's stealing?"

And Jimmy Coon laughed, and nearly split his sides to hear Peter lecture Sammy Muskrat on stealing, when Peter Rabbit, about every night, was helping himself to Farmer Jones' carrots and turnips! And Jimmy shouted: "Peter Rabbit, don't you know Sammy Muskrat's habits? Why he is a perfect little gentleman in a field of corn; and he simply takes a few ears of corn with him to his home, for they will come in handy when he wants some milk on his fresh clams, and so he can make clam chowder."

(Copyright by Warren G. Partridge.)

WARTIME FASHIONS

Utility is the keynote of the true Parisienne's completely suitable toilette. Once a leader of fashion, she now dons for her occupation in hospital, or ouvroir refuge, or canteen, the plainest dress she happens to have. She covers it with an ordinary coat, which is discarded on her arrival and replaced by a long white linen blouse. Her sober hat is laid aside for a small white muslin veil that protects her simply arranged hair from dust.

"A simple tailleur, what else?" was the invariable answer of each dressmaker, when asked his or her idea of a costume for women's practical war work. But Worth, with his usual crispness of expression, said that the women he knew were too much occupied in the work to give a moment's thought to what they wore while doing it.

In keeping with this guiding principle of suitability, the Parisienne's good taste forbids jewelry when working. Even her traditional pearl necklace is discarded.

It is the women of fashion who can thus adapt themselves to the conditions around them. Women wage-earners replacing men as porters, tram drivers, conductors, munition workers, chauffeurs and postmen, have sadly needed a well-planned working costume, now, alas, prohibited by small means. But probably when their present clothes are worn out they will be glad enough to choose more sensible garments. These brave women, doing the heavy work left by their men, cling pathetically to feminine gauds—cheap rings, jewelry, and foolish shoes. Nevertheless, the fact remains that all French women, from princess to scrubwoman, are thinking more of how to save their men than of their clothes.

When officers and soldiers first appeared on Paris streets, smart features in the uniforms appealed to feminine fancy, and immediately there were launched street costumes modeled nearly exactly on war uniforms. Naturally, what at first seemed smart became cheapened, and the fad, frowned upon by that inexorable law of Parisienne, good taste, had a short run to an absolute finish. From the beginning the Parisienne of war-time refused all conspicuousness of gowning, and what thought she gave to the subject was concentrated on an endeavor to unite elegance to simplicity. The "little dress" that has ruled so long in Paris came into being from the recognized need of busy women who, under the strenuous new conditions, demanded a dress that could be quickly put on and easily adjusted. Achieved immediately, it is still the prevailing fashion in Paris.

The first model was a straight back chemise, loosely belted and closed in front. The sleeves were cut in one, and the neck was collarless. From this developed many variations that extended into the afternoon and evening toilettes, for by degrees more elaborate gowning appears at special charitable functions and matinees.

We have lived in the midst of war conditions in Paris nearly three years, and with the approach of each opening season dressmakers have felt considerable uncertainty over the movements of foreign buyers. The gratifying fact that America has become an ally has caused no excitement among Paris gown-builders. The usual effort to provide extraordinarily striking costumes for the foreign trade will cease, as it is supposed that under the circumstances the French taste for beautiful artistic simplicity will now be thoroughly accepted by all; and on these lines Worth, Lanvin, Jenny, Paquin, Premet, Weeks, Bulloz, and Martial et Armand have prepared for a good season. It is possible that fewer personal orders will be given, but this will be balanced by large orders sent by post.

Pessimistic and unknowing ones bewail the lack of materials, but one has only to visit manufacturers to learn the contrary. Houses mentioned here, and others, are veritable hives of industry, taking orders and dispatching goods, which when sold are certain to be turned into artistic garments. This liveliness is more marked than at any time since the beginning of the war. Rodier presents a large and comprehensive collection of new woolen fancy reigns and embroideries. Coudourier-Fructus' new silk equals in richness of design any former exhibition, and Ramboudi has an incomparable display of fancy velvets, novel transparencies and wonderful many-colored ribbons.

French ingenuity is using these attractive possibilities to wonderful advantage. A length of gold-embroidered ribbon hung from the belt becomes a train, and a morsel of metal-embroidered brocade becomes a waistcoat.

Great possibilities are also suggested by the new narrow ribbons of one color edged by metal fringes or narrow gold cord. Great success attends Oriental designs and colors in trimmings and motifs to be appliqued on materials. Machine stitching cunningly simulates soutach braiding. Black transparencies shadow white faille silks, or veil colors. Grey is much used for trimming in contrast to darker colors.

White faille is replacing taffeta. A skirt of faille combined with a chemise blouse of black silk jersey makes a smart costume. Another black and white toilette is composed of a long tunic of black mousseline de soie, which may be embroidered in black or in a medley of colors. It also is worn over a white faille silk skirt. New belts and sashes are cut in one with the jacket and with the skirt front. High, straight collars are noted on several models. One new skirt has a whole front breadth, that dwindles at the side into a narrow sash that, passing to the back, ties there in a soft bow.

A new cape for autumn shows a smart military suggestion. It is three-quarters long, with a high cape collar richly embroidered, and edged with fur. Another cape of red serge, with a burnous loop in the middle, is gathered to a deep shoulder yoke. Grey fox finishes the neck, and the loop is tipped with a fox tail.

Chapman's

FALL MILLINERY, SECOND FLOOR.
PATTERN DEPT., NEW IDEA PATTERNS.

FLANNELETTE GOWNS. Tucked yoke, nice soft finish $1.25

OVER-SIZE FLANNELETTE GOWNS, lined yokes, white flannelette. Special $1.89

KNITTED UNDERWEAR. White and natural, vests and drawers, brush lined. Each 45c

CASHMERE WOOL. V neck and high neck, vest and drawers, white and natural ..... $1.00 each

KIMONOS. Good warm colors. Special value .....$3.50 and $6.00

TEN DOZEN CORSETS. Heavy coutil, steel filled, medium bust, hose supporters, 18 to 30 .....$1.00 pair

REDUCING CORSETS. Extra heavy steels, elastic section in back, strong make ..... $2.50 pair

KIDDIES' TOQUES. Brush wool.....60c to 75c

SCARFS. Brush wool, full length, $1.25

TEDDY BEAR SUITS. Grey, white, red, extra value ..... $3.00 and $3.50

COLUMBIA MEDALION PHOTOS.
SAVE YOUR SALE CHECKS AND HAVE YOUR PHOTO FREE.

New Beaver Cloth Coat, brown, green, navy, and black, button trimmed, buckle front and back, new flare style, set in pocket. Special garment value $22.50

NEW COATS FOR THE GIRLS 4 TO 14 YEARS ..... $5 and $10.75
Very pretty brown tweed, large cape collar, velvet trimmed, pretty pockets and buttons. Strictly new.

SPECIAL BARGAINS IN COATINGS AND SUITINGS

Ten pieces Heavy Coatings, 54 inches, Broadcloths, Velours, Chinchillas and Scotch Tweeds, specially adapted for fall and winter coats; present value $4.00 and $5.00. Sale prices ..... $2.50, $3.00 and $3.50 yard

Two pieces Navy Blue and Black Serge, 54 inches wide, all wool, old permanent dye; present value not less than $2.50 yard. Sale price ..... $1.50 per yard

Two pieces Navy Blue and Black Serge, 54 inches wide, all wool, old permanent dye; present value, $3.00 yard. Sale price ..... $2.00 yard

CHILDREN'S FURS, MUFFS AND SCARFS
Ages 4 to 6 years, white and cooney .....$6.00 set

WHITE THIBET FURS.
Muff and Scarf; special values; just the thing for style; 6 to 10 years .....$8.00 to $14.00 set

LADIES' FURS, NEW STYLES.
Special value in Muffs and Scarfs.

SILK WAISTS. Special value, new styles, extra value, large collars $1.50, $2.00, $2.75

BLACK WAISTS. Repp, Cashmere and Silk, convertible collars. Prices ....$1.50, $2.00 up to $5.00

SKIRT VALUES. Black taffeta finish, fast color, 36 to 42 .....$2.00

CHILDREN'S ALL-WOOL SWEATER COATS. Red only, fine weave, sizes 30, 32 and 34 .....$3.00

CHILDS' WHITE AND BLUE SWEATER COATS. Fine weave, belt trimmed $2.50

SILK FLEECE HOSE. Ladies' sizes, 8½ to 10. At three pairs for $1.00

CASHMERE HOSE. Black and white, ladies' sizes. Special value.....60c pair

DARK SHAKER. 28 inches wide, stripe and check designs. Extra value ..... 15c yard

UNION WOOL BLANKETS. Blue borders, full sizes, extra value. Prices range, per pair ..... $4.50 to $6.50

GREY COTTON BLANKETS Blue, pink and grey borders, 72x81 inches. At..$1.75 pair

Advertiser Patterns

2136

A Neat and Becoming House Dress.
2136—In seersucker, gingham, linen, percale, drill or lawn, this design will be very attractive. It is also nice for wool fabrics, for tub silk, challie, crepe and serge.

The Pattern is cut in 7 sizes: 34, 36, 38, 40, 42, 44 and 46 inches bust measure. It requires 7 yards of 36-inch material for a 36-inch size. The skirt measures about 2 3-4 yards at the foot.

A pattern of this illustration mailed to any address on receipt of 10 cents in silver or stamps.

ADVERTISER PATTERN DEPT.

Please send above-mentioned pattern, as per directions given below:

Name .....

Town .....

Province .....

Age (if child's or misses' pattern)

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

Caution: Be careful to inclose the above illustration, and send size of pattern wanted. When the pattern is bust measure you need only mark 33, 34 or whatever it may be. When in waist measure, 22, 24, 25, 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 date of application.

Cynthia Grey's Mail-Box

Did Not Inclose Them.

Dear Miss Grey,—I notice where several "Maple Leaves" wanted soldiers' addresses. I inclose four brothers who I know will be glad to hear from people here and be glad to receive little dainties, as they only have a widowed mother to care for them. Tell "Maple Leaves" to let us know through the Mail-Box if they are well when they write. I may say they are all single boys, ages as near as I know, 21 to 28.

A SOLDIER'S WIDOW.

Ans.—Sorry, but I could find no list of names inclosed. You may have noticed the oversight, and it's possible that ere this sees print the names may be in my possession.

Share a Home.

Dear Miss Grey,—I have been a reader of your page for a long time, but could never find enough courage to write before. I am a lonely soldier's wife, living in the country. I wonder if you know any other soldier's wife who would care to share my home. I have three little girls of my own, and would not mind another little boy or girl.

If you hear of any, kindly let me know. MAGGIE MURPHY.

Ans.—"Maggie Murphy's" address is listed, and I shall be very glad to put anyone writing into communication with her. It may be a good opening for some woman who is also lonely.

Care for the Pennies.

Dear Miss Grey,—Here I am again, but I won't stay quite so long this time. Have you the recipe for butter substitute? If so, will you please reprint? I cut it out of the paper, but cannot find it, so presume the children have destroyed it. When things are so high-priced one likes to take care of those "economy recipes." I saw a few days ago where someone wanted to know how to take care of pumpkin. This is how I can it, and have had it keep for two years: Cut the pumpkin in two, round-ways, put it in the oven with a moderate fire and bake it. When it is done it will be soft. Remove from the oven, and with a sharp knife cut around the edge next to the rind and lift away all the dried skin from the inside. Then with a spoon scrape out all the pulp, put into a preserving kettle, with one cup of granulated sugar for every quart of pulp. When sugar is dissolved, can into hot sealers, keeping pumpkin boiling all the time until all is canned. When wanted for use add milk and eggs as for freshly cooked. Have you any other Mail-Box members from here? With best wishes for everyone,

BABY'S MOTHER.

Ans.—Yes, ma'am, several of our regular members are from your district. Now, won't you view everybody with a suspicious eye? Here are the two butter substitutes recently published. The first is "Faded Lily's" way: Take a cup of fresh milk and a good fresh egg and beat well, then chip in one pound of butter and churn all together till it all goes into butter, and salt to taste. This will make two pounds of butter. But if you use two cups of milk, two eggs and two pounds of butter you will have four pounds, and it is real good. Try it, "Mother." It takes about three-quarters of an hour to make it, and your arm will get tired, but it is worth while. I churn mine in a granite kettle with a glass pickle bottle. There are six of us, and we used to buy four pounds of butter a week, but all summer I have just bought two pounds and made four by doing it this way.

Substitute No. 2—One pound of good butter, two pint bottles of milk, or one quart, one heaping teaspoonful of Knox's gelatine, two teaspoonfuls salt. Take the top cream of two pint bottles of milk and add enough of this milk to make one pint. Soak the gelatine in two tablespoonfuls of the milk for ten minutes, place in a dish of hot water until gelatine is thoroughly dissolved. Cut the butter in small pieces and place same in a dish over hot water until the butter begins to soften, then gradually stir the milk, cream and dissolved gelatine into the butter, with a Dover egg-beater. After the milk is thoroughly beaten into the butter, add the salt, to taste. If the milk foams keep on beating until all is mixed in. Place on ice or in a cool place until hard. If a yellow color is desired use butter coloring.

Who Conducted Contest?

"Blue Eyes."—You're the second reader who inside of a fortnight has asked about a contest of this kind. And I know absolutely nothing about it. Perhaps if you could tell me who was conducting the contest and for whose benefit, I might be able to find out something about it.

"W. A. R." is thanked for three recipes for overseas dainties and a copy of "Solitude."

Think and Act, Too.

Dear Cynthia Grey,—Where is Original Lonely" that he comments no more on the ladies' hats? Has he fallen under the spell of some velvet sailor or succumbed to a pair of dark eyes beneath a jaunty tam? Where are you, "Lonely"? Speak up. "In Hope's" letter said all the women could do was talk. Well, if she could see our little corner of busy, thinking women she would say that 'ere long we will do more than talk. Everything good has a small beginning, and so the Canadian women have been thinking silently for a long time, weighing the men who have been in power, sizing up others as to their fitness to be there, and it's only a question of time now when the women of Canada shall demand a hearing and get it. We are through with pleading, and through the war we have found ourselves. The lesson has been hard, but a good surgeon cuts deeply, that he may be certain of a cure, and we can never go back to the old ways. But I must not preach.

"Mrs. Homebird," your letters are fine. Do not be stingy with them. So the "Scotch Laddie's" having a furlough by the sea. May all our boys be home soon on a lasting furlough. By the way, the women of this community would not sign the service cards, and have written our reasons why. Isn't that doing something? In union there's strength, so all together, now, and remember that all things come to her who goes after it.

A FARMER'S DAUGHTER.

Ans.—Your bright letter is most welcome. I am sorry the "lonely's" name was delayed in the sending, but you would receive it about the time I was in receipt of this second letter.

Little Western Housekeeper.

Dear Miss Grey and Pageites,—I have been reading with interest the many useful hints given by members of the Mail-Box, and they have helped me very much, for I am a very young housekeeper. I am not quite 17, and keep house for my father and family of five. My mother is a school teacher, but is away from home the greater portion of the time.

As some readers have adopted a lonely soldier or two, I should like you to send me a "lonely's" name. I am very fond of writing.

Mercy, what kind of a headgear called forth that outburst from "O. L.," I wonder? I live in fear and trembling as to what he would think of mine if he happened to see it; though it is only a small, tight-fitting hat, because I live in the country, and a large hat is worse than none, don't you think so?

Have you a recipe for mushroom ketchup handy? Also a real nice cake that would be suitable for sending overseas? I have some boxes to pack this Christmas. Can anyone give me some hints on packing boxes? I am a novice, as I never had to send any before. I am sending a recipe for a light fruit cake which we all enjoy: Two eggs, 1 cup sugar (white), ½ cup golden syrup, 1 cup currants, 1½ cups raisins, 1½ cups milk, 3 teaspoons baking powder and 4 cups flour, vanilla or spices to suit taste. I must close now. Will sign my name,

YOUNG HOUSEKEEPER.

Ans.—You have come a long way, little "Housekeeper," and so we'll just give you the most comfy seat in the nest. Here is a recipe for the ketchup: Put the mushrooms in layers with salt sprinkled on each layer; let stand four days; then mash fine and to each quart add two-thirds teaspoon black pepper; boil it two hours in a crock set in boiling water; strain it from the liquor without squeezing; boil the liquor; let it stand to cool and settle, then bottle and seal.

Now, I never tried this method myself. It is copied from a reliable book. But if any reader has a tested one to offer, I'll gladly print it for "Young Housekeeper." And will someone also please tell us a good rich cake recipe? One they know will travel well to the trenches. For overseas box, use tin, "Y. H.," and after packing it securely, wrap in stout wrapping paper; then put a layer of corrugated cardboard around, and tie in place; next sew factory cotton around the parcel, and stitch on two labels bearing the address; make these of white cotton, starched, and print name on in good ink before attaching.

MAYBE BUYING MATCHES never struck you as being an important job. But it is. It is important that you buy none but EDDY'S

CHEMICALLY SELF-EXTINGUISHING "SILENT 500"

The matches with "no after-glow." EDDY is the only Canadian maker of these matches, every stick of which has been dipped in a chemical solution which positively insures the match becoming dead wood once it has been lighted and blown out. Look for the words "Chemically self-extinguishing" on the box.

ywt

Children like CROWN BRAND CORN SYRUP

—on Bread instead of butter.
—on Puddings and Blanc Mange.

All grocers sell it.

2, 5, 10, 20 pound tins and "Perfect Seal" Quart Jars.

Write for free Cook Book.

THE CANADA STARCH CO. Limited MONTREAL. 7

OPEN NOSTRILS! END A COLD OR CATARRH

How To Get Relief When Head and Nose are Stuffed Up.

Count fifty! Your cold in head or catarrh disappears. Your clogged nostrils will open, the air passages of your head will clear and you can breathe freely. No more snuffling, hawking, mucous discharge, dryness or headache; no struggling for breath at night.

Get a small bottle of Ely's Cream Balm from your druggist and apply a little of this fragrant antiseptic cream in your nostrils. It penetrates through every air passage of the head, soothing and healing the swollen or inflamed mucous membrane, giving you instant relief. Head colds and catarrh yield like magic. Don't stay stuffed-up and miserable. Relief is sure.—Advt.

Buy This Canadian Cocoa

Now-a-days Canadians must stand by each other. Canada needs to keep all the money in the country that is in circulation. Every time you buy a foreign article made abroad, out goes that much money into some foreigner's pocket. Inversely, every time you purchase a Canadian made product, that much money stays in the country, to your own benefit and the community at large. Without question, Canadian goods are equal if not better than foreign. If you have not patronized your home market, start to-day and begin by trying

COWAN'S COCOA—"Perfection Brand" Purest and Best

DAILY BIBLE QUESTION CLUB

SUGGESTIVE QUESTIONS ON THE SUNDAY SCHOOL LESSON.

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

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"Ezra's Return From Babylon." Ezra, viii., 15-36.

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

5. Verses 15-20—What steps should the present day church take, to supply the great lack of ministers?

6. Verses 21-23—Where was this company of devout men at this time?

7. Having the fit men for the work, what is the next necessity as suggested by this story?

8. What results invariably follow when a company of Christians spend several days together in fasting and prayer?

A Pound of Whole Wheat contains 1700 calories, says the chemist—but it doesn't contain any calories for you unless you can digest it. It is what you digest, not what you eat, that supplies nourishment for the day's work. It is a time to cut out expensive foods that generally contain little nutriment. **Shredded Wheat Biscuit** is 100 per cent. whole wheat—nothing wasted, nothing thrown away. It is real man-power food. Two or three of these little loaves of baked whole wheat with milk and fresh fruits make a nourishing, strengthening meal at a cost of only a few cents.

Made in Canada.

It's Easy To Get Rid of Dandruff

Gently rub spots of dandruff, scales, itching and irritation with Cuticura Ointment. Next morning shampoo with Cuticura Soap and hot water. This treatment every two weeks is usually sufficient to keep the scalp clean and healthy.

Sample Each Free by Mail. Address postcard: "Cuticura, Dept. N, Boston, U.S.A." Sold throughout the world.

Infants—Mothers

Thousands testify

Horlick's

The Original Malted Milk

Upbuilds and sustains the body
No Cooking or Milk required
Used for ⅓ of a Century
Substitutes Cost YOU Same Price.

LIFEBUOY HEALTH SOAP

Use Lifebuoy for the hands, the bath, the clothes, and the home.

Whenever the children suffer from earache, think of

COMPASS OIL

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

CEETEE UNDERCLOTHING

Guaranteed Not To Shrink.