PAGE OF INTEREST TO WOMEN

Adjutant J. Wright of the local command of the Salvation Army is taking a few weeks holidays. Captain Escott will take charge of his command at No. 1

After a

hearty meal

you'll avoid

that stuffy

feeling, if

you chew

a stick of

WRIGLEYS

Other benefits: to teeth.

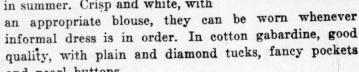
breath, appetite, nerves.

That's a good deal to get

### WHITE SKIRTS

#### That Are Smart, Tubable and Inexpensive

THE well-dressed woman depends on many fresh Tub Skirts for her smart appearance in summer. Crisp and white, with



\$5.50, \$6.00, \$6.50 UP TO \$10.50]

Brick & Dundas Limited

### TALKS ON HEALTH

BY WILLIAM BRADY, M. D., Noted Physician and Author.

Dr. Brady will answer all signed letters pertaining to health. Writers' names are never printed. Only inquiries of general interest are answered in this column, but all letters will be answered by mail if written in ink and a stamped, self-addressed envelope is inclosed. Requests for diagnosis or treatment of Individual cases cannot be considered. Address Dr. William Brady, in care of this

The Ole Swimming Bunk.

About this time of year and a little earlier a feller suffers something fierce from the heat and the reports of the condition of the water given by fellers who are not handicapped with pampering parents. It is certainly awful to have to hear the other fellers telling all about how many times they went in today and yet not have the privilege of joining them.

A boy is a boy but once, and he ought to stay a boy as long as he can. Forty

to stay a boy as long as he can. Forty day. hood for any boy with real stuff in him.

It is a shame that these all too brief forty or fifty years should be made unhappy just to please the superstitions and prejudices and whims of the old Saireygamps who never were boys, never liked boys, and never can see anything human in boys.

It is never too early in the season, nor too late I assure all boys and girls, to go in swimming, if you enjoy it. There is no hygienic rule about the length of time to stay in. Stay in as long as you enjoy it, and go in as often as you like. That is, provided you are not defective in the attic. or fifty years is a short enough boy-

anything human in boys.

There is no reason in the world; so far Three is no reason in the world; so far as health and hygiene are concerned, why any boy, or for that matter, any girl, old enough to swim and not old enough to quit swimming, should not go in swimming at any time of the year or at any time of the month. It is a'll nonsense, and very unwholesome nonsense, this old granny notion that a feller may this old granny notion that a feller may take cold" or "get cramps" or I don't know what all just because he goes in swimming at any time of the year or at any time of the would afford me pleasure to make it any time old granny notion that a feller may this old granny notion that a feller may the cold of the year or any time of the year or at a take cold or get cramps of tour throw what all just because he goes in swimming without a doctor and a trained nurse to look after him all the while he is taking his bath.

Yes, I blush to admit that a few old a for a day, thank you.

themselves instead of copying the ancient bunk of medical authors before them, do still sideswipe the question by hinting that, "while" this and that and ANSWER—Some beauty doctor or them, do still sideswipe the question by hinting that, "while" chis and that and the other, "however" it may be unwise for a girl to go in swimming if so and so or for a boy to go in and get his feet all wet when the weather is damp or something like that. But we must not believe all we read in medical books. There is a lot of bunk bandied by our more prolific medical authorities, take it from one who sometimes poses take it from one who sometimes poses curs from such unintelligent dieting. The wholesome, safe and invariably benefi-

A feller is justified, I sincerely believe, A feller is justified, I sincerely believe, who issome, sale and invariably benefin disobedience, when father or mother in all food elemists on spoiling a feller's rare days of sport just because they are afraid it isn't good for a feller's health. I don't know how many hundreds of times I have been guilty of such disobedience, eat, that determines weight.

All the world over

Canadian Chief Offices

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"BAYER"

now made in Canada.

is the household word for

**ONLY TABLETS MARKED** 

Not Aspirin at All without the "Bayer Cross"

The name "Bayer" stamped on tab-fets positively identifies the only gen-ume Aspirin,—' a Aspirin prescribed by physic : for over nineteen years and now made in Canada.

Always buy an unbroken package lets cost but a few cents. Druggists "Bayer Tablets of Aspirin" which also sell larger "Bayer" packages.

There is only one Aspirin-"Bayer"-You must say "Bayer"

spirin is the trade mark (registered in Canada) of Bayer Manufacture of Mo cacidester of Salicylicacid. While it is well known that Aspirin means Ba ufacture, to assist the public against imitations, the Tablets of Bayer Comp he stamped with their general trade mark the "Bayer Cross."



QUESTIONS AND ANSWERS.

some cases serious injury to health oc-

and pearl buttons.

SOCIAL and PERSONAL

TELL IT TO THE SOCIETY EDITOR.

Miss Aileen Boomer is holidaying at the former's parents, Mr. and Mrs

Fry of Wyoming.

Mr. Jack Cortese has returned from a successful concert tour through the western middle states, accompanied by his brothers, Mr. Angelo and Mr. Joe

Mrs. Robert Hague (formerly Miss Mary Love), is a guest in the city with Mrs. Allan McLean.

Adjutant Wm. Sproule who preached his farewell sermon at the Salvation Army citadel last evening, has been called to the States to take over a

Bayfield with her aunt.

man, of Winnipeg.

Miss Ila Eilber is spending the weekend with her parents at Centralia, Ont.

Rev. R. E. Charles and Mrs. Charles

Mr. Chester Clark of Toronto is in

is visiting her daughter, Mrs. Master- Cortese.

are the guests of Rev. Mr. and Mrs



Washing the hands at least three

# he is taking his bath. I blush to admit that a few old doctors, even a few medical author ought to learn to think for who ought to learn to think for who ought to learn to think for and fats from the diet. All I seem to learn to think for and fats from the diet. All I seem to learn to think for and fats from the diet. All I seem to learn to think for learn to the learn to the learn to the learn to think for learn to the learn to the learn to the learn to the learn

Huron W. C. T. U. Elects Officers at 23rd Annual Meeting at Clinton.

CLINTON, July 10.—The Women's Christian Temperance Union of the county of Huron held its 23rd annual convention in Wesley Church here. There was a large attendance of dele-

Miss K. Morton of Toronto addressed M. Skelly. Miss K. Morton of Toronto addressed the convention at both the afternoon and evening sessions, the theme of her addresses being "Sacrifice and Service." Boys chewing the specially with regard to the coming referendum and the future welfare of

ome of the gold and silver medalists of the county.

Among the resolutions passed was one urging that temperance in its various forms be made a subject for study in the day schools. The reports of department superinive wires in the union.

endents showed that there were some Zurich Union extended an invitation for next year's convention.

The following officers were elected: President, Mrs. Beavers, Exeter: vicepresident, Mrs. McGuire, Brussels; cor-responding secretary, Mrs. A. T. Cooper, Clinton; recording sector.
M. Aitken, Goderich; treasurer, Miss S.

#### **WORTLEY ROAD MOTHERS** PICNIC AT SPRINGBANK

Few Fathers Lucky Enough To Be

Clothespin race-Mrs. Hamilton, Miss Chewing the string-Mrs. Spencer, chewing the string-Elwyn

#### At the evening session there was W. CHRISTIAN ASSOCIATION also an enjoyable literary program by HOLDS REGULAR MEETING

At a recent meeting of the Women's At a recent meeting of the Women's Christian Association a resolution of sympathy was passed and forwarded to the sisters of the late Miss Frances Buckle, who was a valued member of the association and up to the time of her illness convener of the religious services committee. Her kindly presence is much missed by the members at the meetings. Expressions of sympathy were also tendered the president, Mrs. Marshall in her continued illness and ponding secretary, Mrs. A. T. Coop-Clinton; recording secretary, Miss Mrs. I. D. Kelly, treasurer, whose recent accident will prevent her from her active duties on the board for a time.

Routine business of the homes was transacted and the improvement comransacted and the improvement committee authorized to have a wire fence placed on the Wellington street side of the association property in the north end and the boulevard put in order. Plans were also formulated for the receiving of the new superintendent for the Home for Incurables, who takes the place of Mrs. Price. Favorable recents were heard from the various com-

Just beyond the end station at Spring-ports were heard from the various combank on Friday afternoon might be mittees. The treasurer's statement, found the Wortley Road Mothers' Club sent in by the treasurer and fead by

Would you believe it, Freddie and the foxterrier had a secret, too! You have thought all along that he had been a wandering dog all his life, but like Sammy the spaniel and Herbie the hound, he had not. No. indeed! Mr. Freddie was none other than the Honorable Ferdie, if you please. Perhaps the Honorable Ferdie is not a familiar name to you, so we had better tell you that it was the name of a great show dog who had disappeared at a show one time. And to think that Freddie had been wandering around like a tramp all this time!

fox-terriers had just been judged and all the men who owned show dogs were standing around talking about them. "There's none to come up to the Honorable Ferdie, "I wonder what has happened to him."

And right at that very moment who should stroll leisurely in but our friend Freddie. Then what a hue and cry was raised. "It's the Honorable Ferdie back." cried everyone, and Freddie was placed on a bench and evryone crowded round.

"It's just like Freddie," laughed his old master when he came and found the wood work were standing around talking about them. "There's none to come up to the Honorable Ferdie is not a familiar name to you, so we had better tell you that it was the name of a great show dog who had disappeared at a show one time. And to think that Freddie are not have the sen judged and all the men who owned show dogs were standing around talking about them. "There's none to come up to the Honorable Ferdie." I wonder what has happened to him." Would you believe it, Freddie and the foxterter had a sceret, too! You have thought all along that he had been a wandering dog all his life, but like Sammy the spaniel and Herbie the hound he had not. No. indeed! Mr. And right at that very moment who freddie was none other than the Honorable Ferdie, if you please, Perhaps the Honorable Ferdie is not a familiar name to you, so we had better tell you name to you so we had better tell you name to you so we had better tell you name to you so we had better tell you name to you so we had better tell you name to you so we had better tell you name to you so we had better tell you name to you so we had bette tell you name to you so we had better tell you name to you so we had bette tell you name to you so we

#### "COME AGAIN" WAS PETER M'ARTHUR'S FAREWELL MESSAGE

Women's Press Club Picnics At Ekfrid Farm.

FRIENDLY NEIGHBORS

Motor Bus Vies With Red Cow in Sweetness of Temper.

Mr. Chester Clark of Toronto is in London visiting his parents, Mr. and Mrs. James J. Clark, Wharncliffer road.

Ex. Alderman C. H. Merryfield of Glbbon. Nebraska, is in the city, and will remain in London for about two monts.

Miss Callista McDonnell. 272 Hamilton road, is spending her vacation with Mrs. P. Schille, 5253 Prairie avenue, Chicago.

Mr. Schille, 5253 Prairie avenue, Chicago.

Mr. And Mrs. Al. Bush and their two children motored from Lansing, Mich., and are visiting Mrs. B. Lewis, Hamilton road.

Dr. J. J. Davis of Gananoque and his small daughter Helen are visiting happy couple will reside in London.

HOME ECONOMICS

MRS. ELIZABETH KENT, MacDONALD COLLEGE.

By Mrs. Elizabeth Kent.

HEALTH GAMES.

Imagination can make a game of tasks, we can still get fun out of them by calling the way of colors of reveller, food and persons of cleating the way of colors of reveller, food and persons of cleating the way of city in the sale of the listinct of rivalry.

In this way the drudgery of the rules of cheating for shelter, food and persons of cleating the way of colors of reveller, food and persons of the cluth of residing the way of the color of rivalry.

In this way the drudgery of the rules of cheating for shelter, food and persons of the cluth of rivalry.

In this way the drudgery of the rules of cheating for shelter, food and persons of the control of the sale of the control of the more of the control of the may be a farmer's delight in working the soil, he haart the appearance of a farmer at all. He will say this much: the dilight in working the soil, he haart the original MacArthur homestead, of least the bouse temperature, and keeping this working the soil, he haart the original MacArthur homestead of the curculio served the visit of rivalry.

In this way the drudgery of the rules of the course of the curculions of the curculions of the curculions of the curculions of the course of the curculions of the curculi

belong. If I miss, I am it until he makes a mistake, and then he is it. His standards are painfully high, and his eye for mistakes sharp, but he recognizes the it is a poor rule that won't work both ways.

The food game teaches him the value of milk, green vegetables and fruit, and we have sugar prizes for the winner of certain records. He loves to catch me in mistakes in calories, which already mean more to him than they ever will to me, and his arithmetic often beats mine.

Original Manuscripts.

The party was invited inside by the gracious hosts, there to revel in sight of original manuscripts and letters of such cherished writers as Bliss Carman and Campbell Scott, shown willingly by their proud possessor, on request, for Peter MacArthur is the personal friend of many a well-known writer on the continent. That he counts many friends among the artists, too, was evinced in the color and blackamine.

Here, too, everyone became ac-Washing the hands at least three times a day, the weekly hot bath, the daily cold rub, constant care of the teeth, a regular bed hour, and what is very important, a daily movement of the bowels at a regular hour, these are all rules of nealth that must be learned somehow, the more easily, the better. Without undue emphasis, for children with sign to objectingly at too obvious advances of friendship. There was just a slight air of sadness in the atmosphere when the control of the same of the sa There is a sort of savage instinct in boys which makes them resent discipline of civilization, but there is also a play instinct so deeply rooted that we can teach them almost anything if we can make a game of it. When no amount of

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

The races of course, were the most important events of the day, excepting supper, which was spread out under the trees in sumptuous array. The results of the races were as follows:

Balloon race—Mrs. Rennie, Mrs. Emery.

Children's race from 4 to 6 years—
Verey Cockerill Lorne Bamford. Vercy Cockerill, Lorne Bamford.

Girls under 8—Elsie Ellis, Marguerite Finch.

Ladies' egg and spoon race—Mrs.

Chapman, Mrs. Jarvis.

Boys under 10—Murray Milner, Harrison Fyens.

Clares he was several vards away at

After supper several of the party, accompanied by their host, went to see the young forest, put in about ten years ago by Mr. MacArthur, thus making him the pioneer in Ontario reforestation. Some of the trees out in the open have grown to a goodly height already, while the smaller ones within the forest are gradually reaching up, some day to take the place of the growth now in different stages of maturity there.

By this time the sun had slanted down out of sight altogether and the carry-all was chugging at the cabin door. It was in a fretful mood, hav-

nust once more change her penname s she is sixteen no longer. Good luck to the Mail-Box. SUMMER BREEZE. P. S.—Those articles on nature which frequently appear on the editorial page are wonderful. Sometimes I suspect they are from your pen, Cynthia.

Inclosed is a dime for the fund.—S. B. Ans.—Thanks for your dime, Summer Breeze, and for the appreciation of our editorials. Tell me why you suspect Cynthia Grey. We all love to see letters like yours in the Mail-Box, and hope others in the same vein may be prompted. Write us again about a particularly lovely sunrise, won't you? We're lazy folks, some of us, you know. P. S .- Those articles on nature which

Sealed Tight-Kept Right! stealing anyone's penname, and wishing the Mail-Box every success. I am, ONLY A ROSEBUD.

Ans.—Thank you for your contribution. Your request is referred to reading. Wish. Gold and introduced most interesting program. Mrs. (Dr Husser gave a reading on "Tithing Miss Olive Gordon spoke on the "Worlds of the State of th

for 5 cents!

wanting. A high school book. It is nearly new. Have also six other high school books I don't need. Ans.—Address has been mailed Veranda Chats. I just dropped in to say I received the papers with the story all right, and if anyone else would like to read it I wil

gladly send it along. It doesn't start just where it left off in The Advertiser. It starts just where Grace Draper is out of prison and everyone is trying to keep been containing lately. Really, it is an inspiration to read them.

Someone suggested that in discussing her out of Madge's way I will leave my address with Miss Grey. If anyone wants the papers just send along some postage and I'll do the our favorite authors, we should tell just why we liked that particular author. Personally, my favorite authors are Ernest Thompson Seton and Gene Stratton-Porter. I love nature and everyteen authors are stratton-porter. rest. I will sign as before. BEAULESS SEVENTEEN Ans.—I am almost afraid to publish your kind offer, Beauless Seventeen, as I'm sure you will have a deluge of rething connected with it, so the works of these authors appeal to me. There is a charm about Gene Stratton-Porter's works that makes one long for more.

> am inclosing a dime for the called-for stocking-foot pattern. Is it compulsory or a matter of taste to have an engagement announced in the paper before the ceremony?



I am inclosing my envelope, Will you please send me "School Marm To Be" address, as I have a book she was wanting. A high school book. It is nearly new. Have also six other high

Grandmothers' meeting of the Pa myra Women's Institute will be held a the home of Mrs. H. Lampman of Tuesday, July 13, at 2:30 o'clock. Afte a short business meeting the program

will be given by the grandmothers. Children Cry FOR FLETCHER'S

## CASTORIA

In Jiffy-Jell desserts the fruit fla vors are abundant. For instance half a pineapple is crushed to make the flavor for one pint dessert. This is done in Hawaii from fruit too

All Jiffy-Jell fruit flavors are made from condensed fruit juice. They come in liquid form—in vials—a bottle in each package. That is true of no other quick gelatine dessert A few cents will serve a real-frui dessert for six people. No artificial flavor, no saccharine. It is the most delicious fruit dessert available, and it comes in ten choice flavors.

#### Nothing prevents sunburn

But Campana's Italian Baln will greatly relieve you from the effects of it, and if rubbed on the arms, necl and face once or twice day will prevent extrem discomfort and freckles 35c. At all druggists and stores.

#### Newest Arrivals OF SUITS, COATS AND DRESSES

Justrite Ladies' Wear

## There were one hundred the secretary, showing a balance on including children and a the right side. THE THREE TRAMPS.

fox-terriers had just been judged and all the men who owned show dogs were

rison Evans.

Egg contest—Fred Milner, Viola Emery.

Throwing the ball—Mrs. Cook, Mrs. Cockerill.

Girls under 10—Marguerite Finch, Peggy Willgoose.

Ladies driving the nail—Mrs. Uphall, Mrs. Cockerill.

Blind plg race—Howard Dicks, Eleanor Bamford.

Clothespin race—Mrs. Handles the chief fireman, although he declares he was several yards away at the time. But who knows what witch craft he may have learned from the Red Cow? Be that as it may, his intention could not have been to put a stop to the banquet altogether, for soon he had another scalding pot ready, and seemed as eager to begin as any body.

After supper several of the party, accompanied by their heat Cynthia Grey's

you Miss Grey, when you seem like an It was in a fretful mood, havdoor. It was in a frettul mood, having had a series of burst tires since its arrival at the MacArthur home, as if in defiance of the driver's attempts to bring it into a journey condition. It was therefore deemed wise not to delast it in the way!! lowers then processor. old friend to me.

As I am all by my lonesome tonight, I decided to have a little visit with you.

What lovely letters the Mail-Box has lay its irate will longer than necessary, so the press women obediently climbed aboard, bidding reluctant farewell to aboard, bidding reluctant farewell to their charming host and hostess and holding closely the club "guest book" bearing the "Peter MacArthur" signature and his added "Come again." Noisily cheering, the picnic party disappeared through the gate. Five delightful hours had been spent in the journey to the MacArthur home, rambling about its delightful nooks and picnicking in the woods. Little did the party think that five dragging, adventurous hours would be consumed before London was again reached, but such was the case. The press equipage preferred to exhibit its temper periodically in blow-outs. The charm of the woods, of the flowers, and all living things woven in with such glorious love stories as that of Freckles and the Angel has a sentiment which

such was the case. The press equipage perferred to exhibit its tempers.

Stranded.

A couple of miles along the way saw its stranded with the friendly country. It is tempers are not time as many as six or eight cars were not time as many as six or eight cars were not time as many as six or eight cars were not time as many as six or eight cars were not time as many as six or eight cars were not time as many as six or eight cars were not time as many as six or eight cars were not time as many as six or eight cars were not time as many as six or eight cars were not time as many as six or eight cars were not time as many as six or eight cars were not time as many as six or eight cars were not time as many as six or eight cars were not time as many as six or eight cars were not time as many as six or eight cars were not time as the provided and every lover of nature as the second it was a renewing of acquain tanceship, rather reluctantly because of the circumstances under which the meeting happened, but, nevertheless, sincerely. At the third—but why go into harrowing details? Suffice it to say that the friendly neighborhood kept turning up at each stop with assistincered turning up at each stop with assistance. Else where would the press party the total stop to read the pression of the result of the country of the details? Suffice it to say that the letter evidently went astray, as it was never in print. Well, limit as the probability of the country of the details of

Please find inclosed an addressed envelope for the stocking-foot pattern.

I wonder if any of the Boxites could supply me with words and music of "You're Still an Old Sweetheart of Mine," as I have tried several places and could not get it, and I would like to have it. Am inclosing mite for S.