

A PAGE OF GENERAL INTEREST TO WOMEN READERS

Your morning cup of coffee should be appetizing and brightening

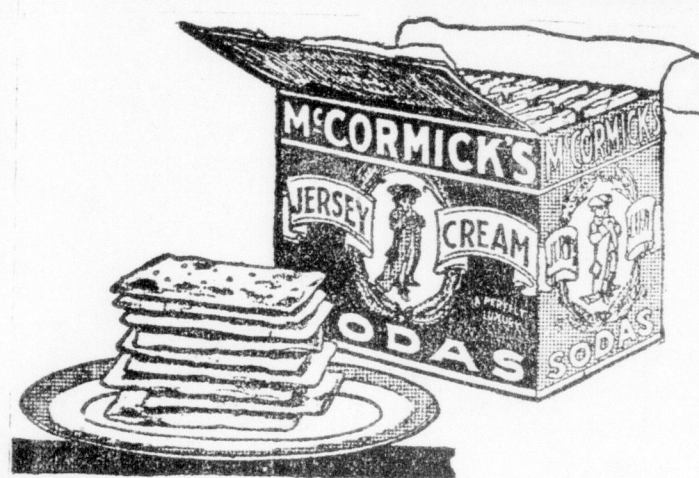
Rideau Hall Coffee

Is just such a coffee because it is ground from choice whole beans with all their original, true, coffee flavor. All this original goodness is sealed up in the tins.

Why not try this fine coffee?

Pound tins 45c
Smaller tins 25c
Tins only

Gorman, Eckert & Co., Limited
London and Winnipeg



Possibly you are one of those who have been serving McCormick's Jersey Cream Sodas only at mealtimes. There are, however, any number of occasions when they may be conveniently and appropriately eaten.

For the bedtime light lunch with a glass of milk; with the afternoon cup of tea; or simply spread with jam, honey, cheese, marmalade or butter, and given to the children after school.

McCormick's Sodas are so appetizingly crisp, so light, and so easily digested that they may be eaten at times when heavier, coarser foods perhaps would cause discomfort.

They come by their wholesomeness naturally, since they are made in a new model million-dollar snow-white bakery where purity and cleanliness form a part of every step of the baking process.

McCormick's Sodas

So good that butter seems unnecessary.

THE MCCORMICK MANUFACTURING CO., LIMITED 56A

General Offices and Factory: London, Canada. Branch Warehouses: Montreal, Ottawa, Hamilton, Kingston, Winnipeg, Calgary, Port Arthur, St. John, N.B.

Makers also of McCormick's Fancy Biscuits

Whenever you sprain your ankle or

COMPASS OIL
The oil that soothes, strengthens and lubricates the joints.

CEETEE UNDERCLOTHING
Guaranteed Not To Shrink.

Cynthia Grey's Mail-Box

[Correspondents are requested to make their inquiries as brief as possible, and to write on one side of the paper only. It is impossible to give replies within a stated time, as all letters have to be answered in turn. No letter can be answered privately.]

Deplores "Slap-Banging."

Dear Miss Grey—I do wish the slap banging of the farmers and soldiers' wives would cease. We all know there are good, bad and indifferent in all classes and in all positions. To my mind khaki has become a sacred color and ought to be respected. Men donning it are giving up all that they count most dear, friends, home, loved ones and in many cases their life. This is hard, terribly hard, but I think the heaviest burden-bearers and the greatest "soldiers" are the mothers and wives left behind, who wait for what they dread to put into words. It is easier for the men at the front in many ways, when they can give vent to their feelings by aiming a blow or a shot. The enthusiasm of conflict makes many a man a hero, who would simply go under if shouldering the weight many of the women are carrying today. But to the broken-hearted wives, whose enforced inactivity adds to their sorrow, and the burden of bringing up their little ones single-handed, why no words can express our sympathy and heartache for them. How would it be to look at them through rose-colored spectacles, for while the war lasts at least?

Would like to say to "Twenty Years Young" how pleased I was with her "kittish" things. They do help to make an appetizing dinner. Also "Kelly's" walnut macaroons were delicious, and "Mrs. M.'s" biscuits were good. They brought beautifully.

Am including the song "Daddy," someone asked for some time ago. It is one of my favorites.

Can anyone tell me the best method of cutting up a cake? I have tried both using a knife and a string, but soap only breaks, and leaves a lot of waste.

Will some kindly suggest a few good sopranos, also duets, for bass and soprano, either sacred, or something between sacred and humorous? Not comic, please.

Am curious and silly enough to wonder if you remember my scrawl. Will change my signature to

AMARILLY.

Ans.—Yes, ma'am, I remember it quite well, but it is cruel to change your name and thus conceal your identity. Somehow, though, in my mind you are connected with a man, or was it a person? Please let me know, for I shan't sleep until I do. Only eight or nine hours per diem, you know.

The soap you are buying must be too dry. If you could buy "green," it is at once and store on your shelves, I believe you should have no trouble. Perhaps some other housewife will "speak her say."

Singers please tell "Amarilly" of some nice pieces.

"Tention, Old Maid!"

Dear Miss Grey—With reference to

Fatigue from Poisoned Blood

Stagnant action of the liver, kidneys and bowels leave impurities in the blood which render it poisonous. Poisoned blood is the cause of tired, languid feelings, as well as of headache, backache and bodily pains and aches.

By awakening the action of these filtering and excretory organs, Dr. Chase's Kidney-Liver Pills thoroughly cleanse the system, purify the blood and cure such ailments as indigestion, biliousness, kidney derangements and constipation. 25 cts.

Dr. Chase's Kidney-Liver Pills

Whenever you sprain your ankle or

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The oil that soothes, strengthens and lubricates the joints.

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ADVERTISER PATTERNS



A PRETTY STYLE.

1627—Ladies' Dress, With Body Lining or Yoke Portions With Long or Short Sleeves, and With or Without Ruffles.

Dimity, batiste, embroidered crepe and voile, wash silk, lawn and all lingerie materials are nice for this style. The waist is gathered at round the neck, opening, or finished with a standing collar. The sleeve in wrist or elbow length is finished with a ruffle. The skirt is a three-gore model, with ruffle trimming that may be omitted.

The pattern is cut in six sizes—34, 36, 38, 40, 42 and 44 inches bust measure. It requires 6½ yards of 44-inch material for the dress, without ruffles. With ruffles it requires 7½ yards or a 35-inch size. The skirt measures about 3½ yards at the lower edge.

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

ADVERTISER PATTERN DEPT.

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

Name

Town

Province

Age (if child's or misses' pattern)

Measurements: Bust..... Waist.....

Caution: Be careful to include the above illustration, and send size of pattern wanted. If the pattern is a bust measure you need only mark 32, 34 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 for the age, it is not necessary to write "inches" or "years." Patterns cannot be sent you in less than one week from date of application.

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Gray's Limited.

Millinery Opening

Tomorrow, Thursday,
September Fourteenth

To our friends and patrons we extend a most cordial invitation to attend our formal opening display of Fall Fashions in Millinery, Ladies' Ready-to-Wear Garments, Dress Materials and Dress Accessories.

Phones 115-116. 140 Dundas St.

GRAY'S LIMITED

Daily Bible Question Club

By Rev. T. S. Linscott, D.D.
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The six daily studies for this week constitute the International S. S. Lesson for next Sunday. Read the Bible Story on which this study is based, as you ponder the following questions:

1. "A Prisoner in the Castle." Acts, xxii. Golden Text—"He is my refuge and my fortress; my God, in whom I trust."

2. Verses 6-8—Saul and Jesus questioned and answered each other: to what extent is it our privilege today, to hold similar conversation with Jesus?

3. Verses 10, 11—When a man asks God in life's emergencies, "What shall I do, Lord?" to what extent may he be sure of a clear answer?

4. Why would you say, or not, that Saul's blindness was a natural result of the exceeding bright light?

5. Verse 12—Would such a devout man as Ananias be a saved man before he came in contact with Jesus? Why?