

SOCIAL PERSONAL

Mr. and Mrs. E. N. Hart are at their

PAGE OF INTEREST TO WOMEN WINIFRED BLACK

Writes About "Cleverness and Marriage."

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Prof. Holmes of the University and be merely natural and good and honest and self-sacrificing?

You can't plan a scheme for the betterment of the race when Sister Mary has run away, and you think maybe he's gone across the tracks to those horrid children again.

Dimples Nature's System?

You can't scintillate very much when

noticed a pretty dimple or we and a girl observed a shoulders and an aquiline of they wouldn't be geniuses.

Do let them alone, professor; we love them as ending invitations bught in the world of what happen after they had the new apartment and ug for the new furniture, the bridal veil and begun going-away hat for second fromen of this age should world are self-centred—they have to be, or let we geniuses.

Do let them alone, professor; we love them is enough, thank you. Don't try to people the world with them.

Besides, maybe there's something in that dimple, or in that roguish eye, that there is, maybe with all our science and all our skill, we can't do much to improve on it.

Mrs. Stanley Skelly has returned to her home in Windsor after a week's visit with her mother, Mrs. D. Ferguson, Ridout street south.

Mrs. Kemp, Miss Edith Kemp and Miss Betty Palmer of Port Arthur are guests with Mrs. Harold R. Kemp, Richmond street north.

Captain and Mrs. McEvoy of Detroit motored to the city to spend a few days of the professor, that the world is peopled by the children of the stupid, and this he

LIKE NIAGARA YOU CAN'T STOP IT RUNNING



Western Ontario Women's Activities Address News For This Column to the Editor of Woman's Page.

NORWICH.

The last meeting of the Women's Patriotic League was held on Monday. Miss Edna Ramsay: secretary treasurer, Mrs. H. F. Johnston: assistant treasurer, Miss Pearl Williams; directors, Misses McVean, Lundy and Davis: auditors, Misses M. Barnard and Davis: auditors, Misses M. Barnard

GUSSIE, THIS IS MRS. PERKINS!

MAW, THIS HERE IS MR.

AUGUSTAS ALLEN! T

THARMED!

BIGGER HEALTH, BIGGER BUSINESS.

also bigger enjoyment of life. Health comes from the right food with rational exercise. Shredded Wheat is the whole wheat grain in a digestible form. Its crisp and tasty goodness is a delightful change from greasy meats and starchy vegetables. Ready-cooked and ready-to-eat_delicious with milk and fresh fruits.



SAM COULDN'T MAKE MRS

WELL STENOG "GUSSIE"

PERKINS BELIEVE HIS

WAS A MAN SO HE'S

BRANG HER DOWN TO THE

OFFICE TO TROVE IT!

IN SAM'S T

JOHICE T

TOLE?

Advertiser Patterns



disappointed and think that, as I heard in a lecture: "It is better to know their on home nursing. The following delegates were appointed to attend the district convention in Springford in June: Mrs. H. F. Johnston. Mrs. W. E. Moore. Mrs. R. A. Danon, Miss Pearl Williams. Miss M. Strong, Miss M. Strong, Miss M. Hewer.

The following officers were elected for the distriction of the following officers were elected for the district convention in Springford in June: Mrs. R. A. Danon, Miss Pearl Williams. The following officers were elected for the distriction of the following officers were elected for the distriction of the following officers were elected for the distriction of the following officers were elected for the distriction of the following officers were elected for the distriction of the following of the

TILLSONBURG W. I.

The annual meeting of the Tillsonburg Junior Women's Institute was held in the council chamber on Monday, with the president. Miss L. Allen, in the chair. The annual report of work combair. The class Kent Women's Institute Society was held this week in the Wabash Foresters' Hail. The speaker for the afternoon was Mrs. M. L. Woelard of Toronto and her subjects were as follows: "Canning and Drying Vegetables and Fruits': "Why I Make My Own Clothes and How To Make Them": "Samples and Drafting": "Poultry Raising for Profit": "How To Mus an Ingulator Successfully": "Procedular the East Kent Women's Institute Society was held this week in the Wabash Foresters' Hail. The speaker for the afternoon was Mrs. M. L. Woelard of Toronto and her subjects. I shall endeavor to give subjects and Foresters' Hail. The speaker for the afternoon was Mrs. M. L. Woelard of Toronto and her subjects were as follows: "Canning and Drying Vegetables and Fruits': "Why I shall endeavor to give subjects. I shall endeavor to give subjects. I shall endeavor to give

Daily Bible Question

SUGGESTIVE QUESTIONS ON THE
UNIFORM LESSON FOR SUNDAY,
JUNE \$, 1919.

ONE GOLDEN TEXT SUGGESTION.
By Rev. T. S. Linscott, D. D.
Obedience.—Genesis, xii., 1-4; Mat
thew, vii., 16-29; John, xiv., 21-24.
QUESTIONS FOR TODAY.

8. Verse 18. From the words of
Jesus how would you demonstrate that
a person who does not delight to do
Jesus?

9. Verse 19. What is the law which
operates to eternally destroy the hope Jesus?

9. Verse 19. What is the law which operates to eternally destroy the hope and happiness of all who persist in do-

9. Verse 19. What is the law which operates to eternally destroy the hope and happiness of all who persist in doing evil?

10. Verse 20. What is the natural of a follower of evil?

Golden Text: Ye are my friends, if ye do the things which I command you. —John, xv., 14.

WE MUST SEEK TO KNOW WHAT I JESUS COMMANDS.

I. John, ii., I. states, "My little children, these things write I unto you, that ye sin not. And if any man sin, we have an advocate with the Father." The idea is that while Christians may commit mortal sin they need not do so, but if they do, even then Jesus pleads their cause, and on repentance they may be instantly restored to the favor of God. Many Christians through a false theology think they sin when they do not, and, alas! the converse is true that some sin when they persuade themselves they are doing right. So that we may not fall into either of these mortal blunders we should seek to know the mind of Jesus. Our constant prayer should be to do the will of God. If our minds are thus poised upon God there is no danger of sinning.

Cynthia Grey's Mail-Box

A Useful Ornament.

Dear Miss Grey,—Quite as you remarked, I am one of the "Unbruckable" ornaments that perhaps are more useful than pretty. But I wonder how in the world that Calamity Ann could have guessed that it was, because I adorned the piano so much and so often that the lot of being called an ornament fell to me?

Now, quite to the contrary, I simply threw away all kinds of tonics, iron, blood purifiers, and nerve medicines, after having taken them all and only to yellow looking and absolutely unattractive. I bought me a book, on diet, and I studied the chemical action of the different kinds of foods, and what this was especially good for. I found that as meat like pork, beef, veal, mutton, etc., contained too much uric acid, and thence were not so good for the blood. I started first on making a complete diet on vegetables, and fruit, with plenty of greens. As a blood-purifier I at lets pof cabbage. I do indulge in chicken, fowl of any kind and fish. It had brought a lot of color to my face, and the awfully plain freckles are now very faint, although not really gone away. But the skin has some healthy look adout it, and then people say that they don't mind seeing a few beauty spots. My nerves are in fine condition and my hair is certainly makes the hair grow. Do not make the mistake and put on too much, as that irritates the scalp. Engree of the plain kerosene oil is put on the head perhaps twice a week, it certainly makes the hair at least once every two weeks, and make such conce every two weeks, and make such once every two weeks, and make such and make seen that if plain kerosene oil is put on the head perhaps twice a week, it certainly makes the hair grow. Do not make the mistake and put on too much, as that irritates the scalp. Be a Canadian, or if I can be print it. I think we should all thank on the proper say that they were certainly makes the chair gro

Capt. Lewis D. Orr. No. 6 Canadian General Hospital, spent a lew hours in London Monday morning. Capt. Orr. No. 6 Canadian General Hospital, spent a lew hours in London Monday morning. Capt. Crystal Landon Monday morning. Capt. Orr. No. 6 Canadian General Hospital, spent a lew hours in London Monday morning. Capt. Orr. No. 6 Canadian General Hospital, spent a lew hours in London Monday morning. Capt. Orr. No. 6 Canadian General Hospital, spent a lew hours in London Monday morning. Capt. Orr. No. 6 Canadian General Hospital, spent a lew hours in London Monday morning. Capt. Capt. Lewis D. Orr. No. 6 Canadian General Hospital, spent a lew hours in London Monday morning. Capt. Capt. Lewis D. Orr. No. 6 Canadian General Hospital, spent a lew hours in London Monday morning. Capt. Capt. Lewis D. Orr. No. 6 Canadian General Hospital, spent a lew hours in London Monday morning. Capt. Capt. Lewis D. Orr. No. 6 Canadian General Hospital, spent a lew hours in London Monday morning. Capt. Capt. Lewis D. Orr. No. 6 Canadian General Hospital, spent a lew hours in London Monday morning. Capt. Capt. Lewis D. Orr. No. 6 Canadian General Hospital, spent a lew hours in London Monday morning. Capt. Capt. Lewis D. Orr. No. 6 Canadian General Hospital, spent a lew hours in London Monday morning. Capt. C ship. Yes, I read the answer you wrote, and, of course, I shall not criticize her point of view. I have spent some time on a farm, and although I am not a farmer's wife may I be given space to have failed. When newly-hatched chicks are kept very warm and do not feed them before they are 48 hours old. Then we give them only a hardboiled egg. chopped up very finely for the first day mixed with a few very fine bread crumbs that are quite dry.

Clever persons are nice for company more in a while—sometimes, when they are the while—sometimes, when they are carful bores. But for me and solve or the first day mixed with a few very fine bread crumbs that are quite dry. Aze (if child's or misses' pattern).

When you are all out of matches and you go to the nearest store for a fresh supply, 10 to 1

The match box on the shelf above he kitchen stove, from which you nelp yourself so freely-10 to 1 You strike a light—in the rest-10 to 1 you'll find that Eddy's

name is on the box. EDDY'S MATCHES

The E. B. EDDY CO. Limited HULL, Canada Also makers of Indurated Fibrewave and Paper Specialties.

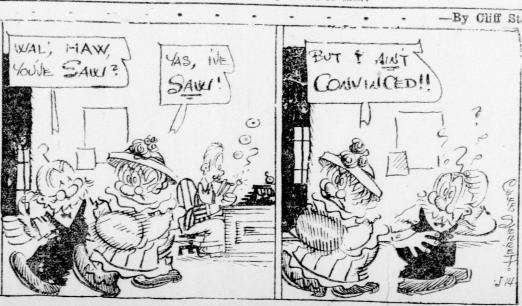
are the dainty French tricot

Priced \$3.50 Up



CORSET SHOP (Over Dowler's Store.)

-By Cliff Sterret



Run-Down People Vinol is What You Need

Weak, run-down nervous men and women need Vinol because it contains the most famous reconstructive tonics in an agreeable and easily digested form: - Beef and Cod Liver Peptones, Iron and Manganese Peptonates and Glycerophosphates.

We guarantee there is no tonic equal to Vinol.

HERE IS PROOF

"I got into a weak, run-down condition, no appetite, tired all the time and headaches — but had to keep around and do my housework. I read "I keep house and I was weak, rundown and nervous, back ached a good deal of the time, so it was hard to take care of my chickens and do my around and do my housework. I read about Vinol and tried it—within two weeks I commenced to improve, and now have a splendid appetite and feel stronger and better in every way."—

Mrs. John F. Watson.

take care of my chickens and do my work—Vinol has restored my strength, and my nervousness has gone, so I can do my work as well as ever. Every run-down woman should take Vinol."—Mrs. Emma Britt.

town and city in the country.

Texarkana, Texas.

stronger and better in every way. — Every run-down woman should take Wro. John F. Watson.

Mrs. John F. Watson.

For all run-down, nervous, anaemic conditions, weak women, overworked men, feeble old people and delicate children, there is no remedy like Vinol.

CICCLES 1016(11216) Taylor Drug Company and at the best drug store in every

Silverwood's Guarantee Dealers

High Quality Ice Cream With Quick Service

The out-of-town ice cream dealer must have quick service We guarantee a twenty-four hour out-of-town service. Our day and night staffs are ready to fill your orders on the first train after the order reaches our office.

London is the best located centre in Western Ontario for

We have the finest quality cream in Canada at our diswith an hourly radial service. They carry our ice cream to every locality in Central and Western Ontario. Therefore, your orders are delivered in a shorter space of time than is

possible from any other shipping point. An order telephoned or wired us in the evening would be put on a train during the night and delivered to you in the morning—or, an order received on the first morning mail would be on its way to you long before noon. Such a service cannot

the delights of eating this delicious sum-It is packed in abun-dance of ice, which we make ourselves, and is delivered to you in exactly the

Silverwood's Limited



statement that Canadians cannot get a good cup of coffee. The standard Canadian blend is better than the average American blend, but is usually spoiled in the making. Just pour furiously boiling water on it and let

it stand for ten minutes. Don't boil it. Our coffees are the choicest of the world's plantation Our conees are the choicest of the world's plantations. They are blended by experts, roasted to perfection, and then cut by the most modern coffee-cutting appliances. The result is that matchless quality for which Rideau Hall Coffee remains unexcelled,

Rideau Hall

LONDON AND WINNIPEG.



See Them Smiling

Watch the expression of delight in Jimmy's eyes, Observe the broad grin on Dad's face. They knew what was coming for dessert and were careful not to eat too much beforehand. That's the only fault with Pure Gold Quick Puddings-they're so good the family is never satisfied. But mother doesn't mind because it only takes her a few minutes to prepare them. Order a supply from your grocer. Tapioca, custard and chocolate, 15 cents a package.

Pure Gold Desserts

