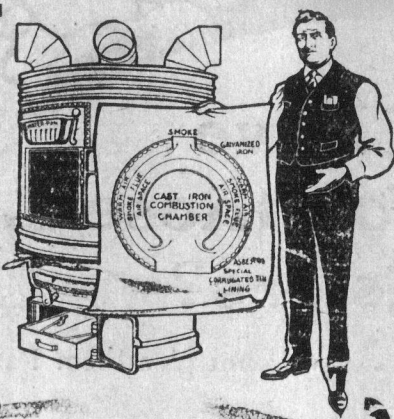


"Hecla" Furnaces

certainly do cut down coal bills.



Take the Cast Iron Combustion Chamber, for instance.

I make it heavily corrugated (or fluted). This almost doubles the heating surface—enables practically twice as much air to be heated with the same amount of coal or wood.

As the combustion chamber is really a continuation of the fire-box, I make it of extra heavy iron, corrugated to allow for the contraction and expansion and to ensure greater durability.

Then, my FUSED JOINTS make the "Hecla" dust-tight, smoke-tight, gas-tight.

Write for catalogue of "Hecla" Furnaces and Peninsular Stoves and Ranges. Send me a rough sketch of the house, and I will send you an estimate of the cost of installing a "Hecla" in your home. All free. Address the "Hecla Furnace Builder," care of

CLARE BROS. & CO., Limited, - - PRESTON, Ont.



THE WOMAN WHO SPENDS.

Duties Which She Owe to the Woman Who Works.

Mrs. Frederick Nathan of New York, a woman of wealth, who works along philanthropic lines, speaking of the duties the woman who spends owes to the woman who works, says:

The women who spend are in large measure responsible for much of the existing distress and evil surrounding the women who work. For centuries women have worked, but not as wage earners. They used to work in cottages, surrounded by plenty of sunshine and air. Today, through the invention of cumbersome machinery, work has been taken out of the home and put into factories and workshops. Work for women in this new environment has become more monotonous, and the nervous strain is terrible.

Now, in what way can the women who spend alleviate the conditions surrounding the women who work? There seems to be little necessity to expound



MRS. FREDERICK NATHAN.

upon the economic truths relating to the laws of supply and demand. All modern economists agree that there is never a supply of anything until the demand of the purchasers be felt. Therefore let the women who spend (and women are largely the purchasers of the household) insist that whatever they buy be made under conditions wholesome to both the purchaser and the producer.

If the women who spend patronize stores where women who work receive notoriously low wages, are given no vacations with pay and no half holiday in summer and are not even permitted to sit down when not occupied, then they are helping to keep down the standard of competition to a low level and are discouraging those merchants who are trying to raise the standard.

Many philanthropic women who have larger incomes than they care to spend on themselves will give away large sums of money in order to provide funds for working girls who have broken down physically, mentally and morally, yet had these women in providing for their own wants taken the precaution to spend their money in such a way as to create favorable conditions for working girls the workers in all probability would not have broken down and would not have required any aid.

Instead of organizing working girls' vacation societies let us give working girls vacations with pay. If there were no cruelty enacted toward animals and children there would be no necessity for the formation of societies to prevent cruelty. If there were no injustice dealt to the poor and helpless there would be no work for the Legal Aid society. We should hang our heads in very shame because of our need for so many charitable institutions; we should not feel that they are a commendable source of pride.—New York Herald.

Don't Save Silk.

It is a mistake to try to "save" a taffeta silk petticoat. Many women of moderate means will buy such a silk skirt and then keep it to be worn on special or rare occasions, but they might just as well wear it often, for the silk will wear out just the same hanging in the closet or lying in the bureau drawer as it will when worn. One girl had a very beautiful pink skirt presented to her and, not wishing to wear it just at the time, put it away until spring. At the end of three months she took out her skirt for wear with a new frock and found it full of tiny holes and cracks. As it is impossible to prevent this, even in the best silk, the most sensible plan is to wait until you need a taffeta skirt and, once bought, get the wear out of it at once. Carefully used, it will last through a season.—New York Press.

The "Fit" of Clothes.

More and more it is becoming absolutely essential in order to be well groomed, says Harper's Bazar, to have every detail of dress attended to, no matter how simple or inexpensive the materials. First of all, the gown must fit well, and here is one reason why the Frenchwoman is better dressed than the American. Every article of her lingerie fits well. Of course lingerie is less expensive in France than in America, but even here it can be made at home at much less cost than if bought at the shops. With a good pattern and the expenditure of some time the best results can be obtained at very small cost.

To Develop the Neck.

You will notice that when your shoulders are stooped and brought forward

the bones in your neck are much more prominent than when the chest is held high, the head is kept erect and the shoulders fall back naturally. Place the finger ends on the shoulders, bringing the elbows out straight in front, then send the elbows round in wide circles. When you have the elbows back as far as possible drop the hands slowly, and the bones in your neck will have disappeared. A fat neck is not beautiful. The beautiful neck is the slender one—well shaped and with a regal, lovely poise. That may be acquired.

A Valuable Poultice.

Croup, pneumonia and diphtheria poultice: Take a piece of old flannel to fit chest and baste one layer of cotton batting on it, then spread this quite thickly with a layer of best lard, then sprinkle lightly with grated nutmeg; place in oven for a moment and then apply to patient's chest, pinning securely with small safety pins to undervest. This must not be removed for two weeks. It is said this poultice has been used with success by many prominent doctors.

Teething Children.

An excellent gruel for children that are cutting teeth is made as follows: Tie a quarter of a pound of wheat flour in a thick cloth. Place it in one quart of water and boil for three hours. Remove the cloth and expose the flour to the air until it has become hard and dry. When wanted grate from it one tablespoonful, put it into a pint of new milk. Place over the fire and stir until it comes to a boil. Then add a pinch of salt and a tablespoonful of cold water.

Bath Bags.

The invaluable bath bags are made by filling a thick muslin or thin calico bag with two-thirds of bran or oatmeal, bits of soap andorris root, just to give a sweet savor. Let this soak in the water before entering the bath, and make a splendid lather all over the skin. If you use this only two or three times a week it will make the body smooth. But each bag is good only twice using. Once sour it does more harm than good.

A Darning Help.

Try filling up a big hole with a bit of coarse net when you are darning the stockings of the young hopeful of the family, who goes through stockings with a superb disregard of the wearisome stitches somebody else has to take in consequence of his carelessness. Then darn back and forth, taking your stitches in and out of the net, yet darning as closely as you do ordinarily. He'll have trouble to wear that darn out.

Lauder With Clean Apron.

Never allow your laundress to iron unless she is wearing a clean apron or a clean cotton dress. An old cloth dress is bound to be dirty if not germful, and no particular woman wants her clean underwear or table linen to be rubbed against such a dress as the woman stands at the board at work. However, this is exactly what happens if you are not careful to observe and insist on such cleanliness.

The Pincushion.

No pin tray, however expensive or beautiful it may be, can take the place of the pincushion either as an ornament or an article of use. The tray is easily upset, and when it is upset so are the pins and so are we. The pins go in the pins and so are we. The cushion is more stable. It may accidentally be turned upside down, but the pins stick and our tempers remain unruffled.

Asking For an Invitation.

If you have been asked to a wedding and an unexpected guest arrives a day or two before it is perfectly good taste to call on the family of the bride and ask for permission to bring her along. But it would be the worst taste in the world to allow your friend to send a gift. The sending of a gift is the token of friendship and should be confined to friends.

Tincture of Benzoin.

You can make your own tincture of benzoin if you wish, but it is much easier to purchase it of your druggist. Take one part of pulverized benzoin and cover it with five parts of 80 degrees alcohol. Allow the mixture to stand for eight days, stirring occasionally, then filtering carefully.

The Skirt Band.

When a skirt band keeps wearing out and much strain is put on the band a piece of leather cut from an old glove should be stitched down the back of the placket and to the inside of the waistband. This will keep it firm and make a good foundation for sewing on hooks and eyes.

Bed For the Baby.

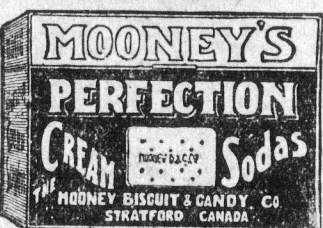
A lady remarks that, old fashioned though it may sound, there is no better bed for a baby than a bag of clean old chaff laid in the basket, which should be emptied, aired and refilled once a month. This, she says, is cheap and clean and sweet.

Never hang one garment over another on the same hook. To do this would take all the freshness out of the undergarment, and it would not improve the upper one.

To remove stains made by iodine soak the stains in cold water for half an hour and then cover thickly with common soda.

If horsehair is to be grated the simplest way is to put it through the meat chopper.

Turpentine will remove tar from any kind of fabric.



Soda Biscuits—That are Different

—crisp and fresh—with the taste that satisfies—fairly melt in one's mouth—they are

Mooney's Perfection Cream Sodas

Full of wheat strength—baked perfectly, by a new and thoroughly hygienic process.

Your grocer has them.

Ask him for Mooney's to-day.

DISTRICT

RALEIGH.

Mr. Malcolm McGregor and Matthew Boye visited Mr. R. Kreiger, of Raleigh, last Sunday.

Mr. Sidney Chapple held a party last week at his home in honor of his brother, who leaves for the Northwest on Tuesday.

The boys are all ready for the West now and intend to be in Winnipeg on Friday. We all wish them success.

We were all glad to see our teacher with us on Sunday.

Miss Eva Dege and sister Esther, of Chatham, were visiting this vicinity last week.

Our merchant, Mr. James Watson, has made a great improvement to his store.

GUILDS.

Miss Daisy McAlpine, of Detroit, is visiting her many friends here.

Mr. and Mrs. Wesley Hastings, of Palmyra, spent Sunday at the latter's parents, Mr. and Mrs. B. H. Bentley.

Mrs. Wood and Miss Edie Wood, of Walkerville, are visiting at Mrs. J. F. Guild's.

Mr. and Mrs. Frank Keown, of Chicago, visited relatives here last week.

Miss Ada Storey and Miss Ella Hermon, of Chatham, visited for a few days last week with the former's parents, Mr. and Mrs. P. J. Storey.

Mrs. Ernest Grant and children, of Harrow, are visiting relatives in the neighborhood.

The young ladies here have organized a basket ball club.

Mr. Oscar Bentley and Mr. Geo. Attridge spent Sunday at Charing Cross.

McKAY'S CORNERS.

Rev. Mr. Her, of Ridgetown, took the services in St. James on Sunday, and delivered an earnest and impressive sermon.

The Mayor of Mull paid our village a flying visit on Sunday.

Mr. Thompson returned to his home in London Saturday evening.

Mrs. James Leatherdale, Mrs. Geo. Leatherdale and Mrs. Geo. Lawton visited with Mrs. Wm. Parsons the past week.

Miss Maggie Hutchinson, of Chatham, is visiting with her sister, Mrs. A. Parsons.

Miss Rheta McMillan, of Blenheim, is spending the week with her friend, Miss Rhoda McKay.

A goodly number of our young people took part in the weekly Friday evening dance at Government Park, Rond Eau.

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IS GOOD TEA

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If so, do you not think that you might as well eat THE BEST? The best bread is that which contains the MOST nutriment and the LEAST waste matter and is absolutely pure. TRY US.

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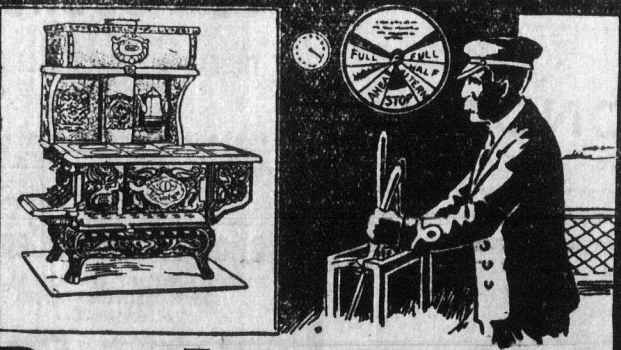
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