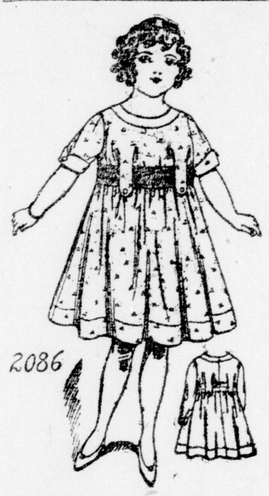
You will enjoy "SALADA" TEA

as You Never Enjoyed Tea Before.

Sold only in metal packets

NEVER IN BULK B207

Advertiser Patterns



A Dainty Dress for Mother's Girl.

2086—This design is simple and charming. The waist is in Empire fashion, and finished with tab extensions which may serve to hold a smart sash or girdle. The round neck edge is outlined by trimming bands. The sleeve may be finished in wrist or elbow length. Challie, lawn, organdie, gingham, voile, repp or silk may be used for this model.

The pattern is cut in four sizes, 2, 4, 6 and 8 years. It requires 2⅝ yards of 44-inch material for a 4-year size.

A patter no fthis 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.

"The Poor Man's Potato" has become the rich man's luxury. Whether at three dollars a bushel, or twenty-five cents a bushel, potatoes are not a complete food. Two or three **Shredded Wheat Biscuits** with milk furnish more real, body-building nutriment than a meal of potatoes or meat, are much more easily digested and cost much less. Shredded Wheat is 100 per cent. whole wheat, nothing added and nothing taken away—gives mental vim and physical vigor for the hot days. Delicious for breakfast, or any meal, with sliced bananas, berries or other fruits, and milk.

Made in Canada.

Cynthia Grey's Mail-Box

Some "Boxites" Recipes.

Dear Miss Grey,—May I ask you to print in your Mail Box, a recipe for tomato mustard? If you should be able to find one, I'll be very much obliged. Also any other meat relishes or sauces would be appreciated. Thanking you, I remain, A KITCHENETTE.

P.S.—Also please tell me if you know of any way, or have ever heard of a method of keeping apples for pies later on. We have some early fall apples and as winter ones are likely to be scarce I would like to hear of some way of keeping them other than drying. Owing to their early maturing they spoil soon. A. K.

Ans.—Answering the postscript first, here is a method given us by a reader whose penname I do not have. Perhaps it might answer your purpose: To keep apples for pies, pare and slice ready for pies, then put in sealers and pour on cold water and seal, but don't fill too full; then set in a boiler, having something to keep gems from sitting on bottom of boiler and boil until little bubbles come on top of gems; put away and when wanted add sugar and make pies in usual way.

No better recipe for tomato mustard than this of "Nearly Seventy-five" have I ever come across. Am sure you will like it. The other two I have not tried personally:

Tomato Mustard—Nearly Seventy-five"—(Very good)—Four quarts of tomatoes after being boiled and strained, 1 quart cider vinegar, 2 pounds brown sugar, ½ pound mustard, ¼ pound of salt, half of five-cent box of mixed spices put in muslin and boiled with tomatoes. Boil until pretty thick, and do not add sugar and mustard until near the last, as it burns easily after they are in. Put in sealers or seal with wax. Fine with cold meats.

Pepper Relish — "Five Years a Grandma"—Eighteen green peppers, 12 red peppers, 1 cabbage, six onions, 1 tablespoon of mustard seed, 1 tablespoon celery seed, 1 quart brown sugar. Cut fine and let stand over with a little salt on. In morning drain well, then put on cider vinegar, enough to cover, and pack in bottles and seal. Do not cork it.

Chili Sauce—"Help On a Bit"—One peck of ripe tomatoes, 8 large green peppers, 10 large onions, 2 tablespoons salt, 4 tablespons sugar, 2 teaspoons ginger ½ teaspoon cloves, ½ teaspoon allspice, 2 teaspoons cinnamon 2 teaspoons nutmeg, 4 cups white wine vinegar. Chop fine and boil slowly six hours. I have always had the greatest success with this recipe. A little more vinegar and sugar may be required in the cooking, as six hours is a long time, but I think that is the reason it is always good.

Origin of "Helen."

Dear Miss Grey,—I was much interested in your answer to an inquirer as to the meaning of Eileen. Helen, Ellen, Elaine, Eileen, are but a few of the forms of this Aryan name. I do not wish to say much in relation to the Aryans, but if you will allow me to comment briefly on the name Helen, it will serve the purpose. Hellen was the son of Deucalion, whence we have Hellenes, at first dwellers in the Thessalian Hellas, later the Greeks in general. The feminine form is Helen. The meaning you give is "light." But we must be careful in determining the meaning of "light." Not heliacal, belonging to the sun, but rather the color of the complexion. The ancient Hellenes were, it is almost certain, a fair-haired people, very unlike the Greeks of today. All through the works of Homer we have evidence which seems to prove this. Who can imagine the "Golden Helen" of Troy with the midnight tress of the Greeks of today? Or who would think that the ambrosial locks of Zeus (Jove) were any other than golden? But it is more than probable that this referred particularly to the leading race of Hellenes, the Achaians. There are many others, among them the Doric, Æolic, Attic, Ionic, and from these four are descended the modern dark-haired Greeks. The tongues they now speak is Romaic. The Achaians have disapeared from history, and must be looked for elsewhere.

The Irish name Eileen is Keltic, another Aryan race. Curiously Elaine is from the Greek Elaia, the olive tree—i. e., Elainos, "of the olive tree." The Latin form is Helena; French, Helene; Italian and Spanish, Elena (a-la-na); German, Helene (ha-la-na). I cannot give the correct pronunciation without accented leters, and those interested must look them up for themselves. Other words probably from the same Aryan root are Italia, Illyria, Helvetia. The first two are Hellenic; the Helvetians (Swiss), are Keltic. EXTORRIS.

Ans.—Thank you, "Extorris," for devoting time and thought for our column. And now, may I ask another favor? Sometime will you, out of the kindness of your heart, and your love for this subject, write us something about the name "Mary"? It is a name so frequently given that any information should interest many readers.

Squeeze Them In.

Dear Miss Grey,—Back again, well, so Pte Fatty is our original country lad! I am a little too busy just now to write but Miss Grey can send me his address some time I'll try to squeeze in a letter or two. Just one question: How to renovate a little plush hat?

Best wishes as ever

THE GIRL OF THE LIMBERLOST.

Ans. — Shall see that the address is sent you for sure. Steaming and brushing might renovate the plush hat; hold over steam from a kettle for a few minutes, then brush briskly the "wrong way" of the pile.

We Recognize Her.

Dear Miss Grey,—Although it is nearly a year since I wrote to the Page, I thought I might still receive the same kindly welcome as before. Have been busy keeping house for two months and as I have learned to use several economical recipes, thought I would send them along.

The Page is very quiet these times. I do wish some one would start a row. Guess we all have too much to think about these troublesome times. Still (there I almost wrote on two sides of the paper) I think those arguments we used to have were very interesting, and I wish we had some more.

Would someone kindly give me ideas about organizing a Red Cross Club among school children, both girls and boys to take part in it? I should appreciate these suggestions very much.

There now, I've written a whole lot and haven't said one interesting thing, so I'm going, yours as ever,

A BIG CALAMITY.

P.S.—Do you recognize me? A.B.C.

Ans.—Do I? Yes ma'am, in spite of the dignity of your two months of matronship, I fancy I do! The letters used to be typed, did they not, so I am not as familiar with the writing as I might otherwise have been. And you wish someone would "start a row!" Oh dear, oh dear. Just when the dove of peace has her nest nicely built in the Mail-Box roof and driven out the naughty little stinging bees of "back talk." Now do you, when everything is running smoothly in your "dovecote," suddenly say "I wish somebody would start a row?"—There, I caught you that time! But we are glad to welcome you again, and I hope some Cynthian writes giving ideas along the line you wish re the Red Cross work. For the recipes, please accept thanks.

"Better Than Gold."

Dear Miss Grey,—I am sending you the few verses asked for by one of the Mail-Box readers entitled "Better Than Gold." My copy, I have had for years, having brought it with me from England. I think the words are so good. If they are too late for "Rob Roy," perhaps you may find a use for them, as you have not got them among your big collection of verses. With all good wishes, from THE ROYAL STANDARD.

Ans.—Such fine verses! It is quite too bad "Rob Roy's" request was not received just a wee bit earlier, but possibly they may help him (or other readers) on a future occasion. It does one good just to read the worthy sentiments expressed therein, and "Royal Standard" is deserving of our warm thanks. The verses appear under heading of "Verse New and Old."

An "Impudent Creature."

Dear Miss Grey,—Just a line or two. I have a letter from one of my lonelies, and oh, Miss Grey, of all the slush! The impudent creature called me his "dear," "darling," "own little girl," and such nonsense. Really I was positively disgusted and didn't lose time letting him know. But, in spite of this unfortunate incident, I am asking you to send me the address of a couple more. Maybe I'll have better luck next time. Surely all the soldiers are not such fools! I had a lovely letter from "Scottie From Dundee." He says he had quite a few letters from Pageites, and certainly enjoyed them.

Now, I'll give you a couple of "war economy" hints. After sewing, gather up the small scraps that are too small for patches and put in a bag. It is wonderful how fast they accumulate, and they can be sold to the ragman, thus helping the newspapers.

Boil the large white radishes until tender and serve with a white sauce; they make a nice vegetable dish.

Do you know, Miss Grey, "Ima Kidd" has been up visiting me? Oh, but we had loads of fun!

Nearly time to get supper, so I'll wish all lots of "eats" tonight. URA KIDD.

P.S.—Will "Jeanice" please tell us if the borax she recommended for dandruff will bleach the hair or not?

Ans.—I am sorry that you have been annoyed in such a manner, "Ura." Next to hearing of our girls writing foolish letters to "lonelies," it hurts to know that the ones overseas so misunderstand the object of our little effort. But I am pleased that you have courage to "try again." How nice for you and "Ima" to be together for a visit. There's no doubt the two of you had a right merry time.

T. A.'s an Old Friend.

Dear Miss Grey,—Will you please send me a lonely soldier's address? One that would like to get letters. I don't suppose I will be able to send many boxes, for my lessons keep me busy, but will try once in a while. You all have been up and around for several months, as well as ever. This has been a pretty hot day, but "I should worry." We were grumbling at cold weather a little while ago, so I'm not saying anything. Have missed what was going on in the Mail-Box for the last month, but have gotten busy again watching for old friends.

TOMMY ATKINS.

P.S.—I've been away to Port Carling on Lake Rosseau for over a month. Isn't that wonderful? Please don't give my lonely soldier to too many people or I'll be jealous. You'll hunt me up a nice one, won't you, Miss Grey? As ever, TOMMY.

Ans.—Right pleased was I to hear again from you, "Tommy," and it is lovely to know that you completely arrived at "Wellville" so long ago. Do you still hear from "Winn?" She has not written the Mail-Box in some time. What a delightful summer you must have had. Muskoka's beauties are so very, very charming. The "lonely's" name that goes to you is that of a most appreciative lad, I am told, and I hope you may find him so.

Little Red Ants.

Dear Miss Grey,—Can you or anyone of the readers give me a remedy for little red ants in the cellar? They are thick all over the floor and on the shelves. Would like a remedy as soon as possible as I have had to take all my butter and milk upstairs. Hoping to see this in print soon, I will sign my old name, BROWN EYES.

Ans.—If you can remove all food from the premises, place dishes of carbolic and water around the floor, and this should soon drive them away. Another method is to slow cayenne pepper into cracks and crevices where they enter; an odd remedy but not difficult to try, is to put slices of raw cucumber around places infested. It is said the ants will soon disappear. If you can find the anthill from whence the pests come, pour hot carbolic water through the hill, and thus get rid of the source of the trouble.

A PAGE OF INTEREST TO WOMEN

Our readers are invited to phone all news of this kind to the society editor. Phone 3670.

C. Paul and Joseph Beechie are visiting Mrs. C. Heald in New Dundee for a few days.

* * *

Miss Hunt has returned to town from Iona, where she has been visiting her cousin, Mrs. Wesley Lumley.

* * *

Mrs. Gloin and Clair Johnson of Yarmouth Centre have returned home after visiting with Mr. and Mrs. W. Proctor for a few days.

* * *

Lieut.-Col. Walter Brown of this city has been elected to a fellowship in the Royal Colonial Institute.

* * *

Miss Alice Rosser is visiting friends and relatives in West Lorne.

* * *

Miss Pritchard of Kitchener has returned home, after a week's holiday with Mr. and Mrs. Arnold Jennings, King street.

* * *

Mr. and Mrs. Elbert Swanwick of Galt have returned home after spending a few days with relatives here.

* * *

Capt. John L. Johnson of New York is visiting at the home of W. J. Crooks, King street. Capt. Johnson, who was born in Meaford, has been engaged in ship mission work for many years.

* * *

Mr. and Mrs. Alex. McLachlan announce the marriage of their daughter, Nellie Catherine, to W. G. Nelson of Kansas City.

* * *

Mrs. Cecil Cooper and little son Bruce are visiting Mrs. Cooper's sister, Mrs. F. Evans, of Walkerville.

* * *

Mrs. George Grant of Princess avenue and Mrs. James Hurst are visiting in Toronto for the exhibition.

* * *

Mr. and Mrs. H. A. Carter and son of Washington, D. C., are visiting Mrs. H. Carter at 175 Albert street.

* * *

Mrs. Alex. Munroe of Omaha, Neb., is visiting with her sister, Mrs. C. R. Eden, of Maitland street.

* * *

Lady Beck, who has been spending the past few days in Toronto, has returned to town.

* * *

Miss Emily Dunn is visiting friends and relatives in Hensall for a few days.

* * *

Mrs. J. W. McIntosh and Miss McIntosh have returned home, after spending several weeks at the Hotel Sunset, Goderich.

* * *

Mr. and Mrs. E. C. Mitchell are back from Halifax, where they saw their son, Lieut. Arthur Mitchell, embark with a battery detachment.

* * *

Dr. and Mrs. Chester Abbott and daughter have returned from their summer home in Goderich.

* * *

Mr. and Mrs. N. McIntyre have returned to Yarmouth Centre. They were here visiting friends for a few days.

* * *

Mr. and Mrs. R. H. Yeo and Mrs. Dobbin of Toronto are spending a few days with their sister, Mrs. P. W. Earle of Lambeth.

* * *

Pte. Harold Evans of the military camp is holidaying with his parents in Yarmouth Centre.

* * *

On Tuesday last Mr. and Mrs. Newton Rowell and Mrs. Gordon Wright, with Miss Mary Rowell, motored to the home of Mrs. Isaac Langford, Mrs. Rowell's uncle.

* * *

Mrs. R. M. Graham, who is a member of the executive of the women's auxiliary to the organization of food resources committee, goes down to Toronto today to attend the executive meeting. Mrs. David Williams, chairman of the local food conservation committee, has been invited also to give a report of the organization that has already been accomplished here.

INSTITUTE SOCIAL

Kerwood Organization Will Use Proceeds to Pay for Knitting Machine.

KERWOOD, Aug. 29.—The Woman's Institute will hold an ice cream social on the lawn of Mr. Meredith Morgan on Monday evening, September 3. A good program of readings and solos by outside talent and selections by the Kerwood Band will be provided. Refreshments of all kinds will be served at the booth. The proceeds will go towards paying the balance on a knitting machine, and buying comforts for soldiers.

Mr. Waddell entertained his Sunday school class by taking the members to Springbank. The girls report an excellent time.

Quite a number of young men from this district left on the harvesters' excursion for the West.

A HOLIDAY WELL SPENT

Brings a year of content. Spend the September vacation in beautiful Goderich at Hotel Sunset. Write or phone for booklet today. Season closes September 15. b

WEDDING BELLS

RUPPEL—DEVITT.

WATERLO, Aug. 29.—The home of Mr. and Mrs. Sarah E. Devitt, West Erb street, was the scene of a happy event Tuesday afternoon, when their daughter, Gladys Emma, was married to Frederick Charles Ruppel, son of Mr. and Mrs. George Ruppel, Elmira. The ceremony took place at 3:30 o'clock in the presence of the immediate relatives and friends.

The winsome bride entered the spacious drawing room on the arm of her father, while Lohengrin's Wedding March was played by Miss Beatrice Behrens of Elmira, cousin of the bride.

The bride was gowned in a traveling suit of navy blue gabardine with hat to match of navy blue and Kelly green. The bride and groom were unattended. Rev. F. M. Mathers, pastor of the Waterloo Methodist Church, officiating.

The happy couple left on the 5:51 Grand Trunk train east on a honeymoon trip through the Thousand Islands. On their return they will reside in Elmira.

PONSFORD—GLOVER.

Lieut. George E. Ponsford, of St. Thomas, and Miss Grace A. Glover, of Port Stanley, were quietly married at the parsonage of the Askin Street Methodist Church on Tuesday afternoon by the Rev. Dr. Dougall. Lieut. Ponsford is a member of the Royal Flying Corps at Camp Borden.

DAILY BIBLE QUESTION CLUB

SUGGESTIVE QUESTIONS ON THE SUNDAY SCHOOL LESSON.
By Rev. T. S. Linscott, D.D.
(All Rights Reserved.)
August 19, 1917.

"The Captivity of Judah." II. Kings, xxv. 1-21.

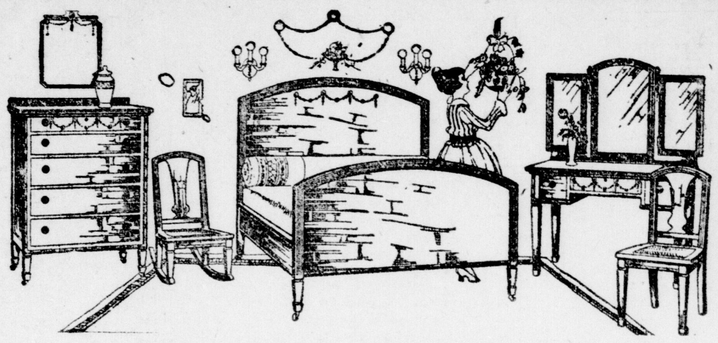
Golden Text—As I live, saith the Lord Jehovah, I have no pleasure in the death of the wicked. Ezekiel, xxxiii., 11.

and all the equipment for fighting, to a king, when he and his army are captured by the enemy?

7. Verses 7-10—If Jesus the Chief Shepherd of the sheep, were to come to the earth and visit the churches, to what extent would he condemn or praise them and their pastors?

8. The churches are being torn with the wolves of tobacco, sports, evil speaking, novel reading, theatre going, and general sensuousness; what are the pastors doing to exterminate these wild beasts?

9. When pastors knowingly wink at wrongdoing in their churches, so as not to create a disturbance; why would you say, or not, that God's words here, "I am against the shepherds," applies to them? (This is one of the questions which may be answered in writing by members of the club).



STUPENDOUS AUGUST SALE

The values offered are becoming this year's furniture sensation, and little wonder. Even reductions on the usual-priced furniture draw crowds. But to get reductions on furniture that is ordinarily the lowest-priced good furniture in town is an opportunity that far-sighted folks will not miss.

Regular Merchandise From Our Regular Stock

This is not special sale goods. It is the same standard furniture we have offered all season—furniture of certain quality and of extraordinary money's worth. There is but one reason for our holding this sale—the only logical reason for a general sale—CLEARANCE. So we do not need to pad our stocks with furniture of doubtful quality. When we sell the furniture we now have, our clearance purpose is accomplished.

Time Grows Short---Come TOMORROW

A few days and this sale is history. The furniture market, like all other wholesale markets, is extremely unstable as regards price. And we can never hope to equal the wonderful offers of this sale again. Come tomorrow.

Ontario Furniture Co.

LONDON'S LARGEST HOMEFURNISHERS
230 DUNDAS STREET.

TRADE MARK

CHESTERFIELD SAID

"Whatever is worth doing at all is worth doing well."

This principle has been applied to the manufacture of *"Winged Wheel"* Watch Cases for more than 30 years.

This trade mark is never placed upon any case that we cannot fully warrant as to quality and workmanship.

THE AMERICAN WATCH CASE CO. OF TORONTO, LIMITED

The largest makers of Watch Cases in the British Empire.

NUXATED IRON

$100.00 FORFEIT

increases strength of men and women, nervous, rundown people 100 per cent in ten days in many instances; $100 forfeit if it fails as per full explanation in large article soon to appear in this paper. Ask your doctor or druggist about it.

Standard Drug Company, Limited, always carry it in stock.

SAVE YOUR HAIR! 25-CENT BOTTLE STOPS DANDRUFF

Every bit of dandruff disappears and hair stops coming out.

Try this! Your hair appears glossy, abundant, wavy and beautiful.

Thin, brittle, colorless and scraggy hair is mute evidence of a neglected scalp; of dandruff—that awful scurf.

There is nothing so destructive to the hair as dandruff. It robs the hair of its lustre, its strength and its very life; eventually producing a feverishness and itching of the scalp, which if not remedied causes the hair roots to shrink, loosen and die—then the hair falls out fast. A little Danderine tonight—now—any time—will surely save your hair.

Get a 25-cent bottle of Knowlton's Danderine from any drug store or toilet counter, and after the first application your hair will take on that life, lustre and luxuriance which is so beautiful. It will become wavy and fluffy and have the appearance of abundance, an incomparable gloss and softness; but what will please you most will be after just a few weeks' use, when you will actually see a lot of fine, downy hair—new hair—growing all over the scalp.

Danderine is to the hair what fresh showers of rain and sunshine are to vegetation. It goes right to the roots, invigorates and strengthens them. Its exhilarating and life-producing properties cause the hair to grow long, strong and beautiful.

CEETEE UNDERCLOTHING

Guaranteed Not To Shrink.

Buy HALLAM Guaranteed FURS BY MAIL Direct from TRAPPER to YOU

FREE

A beautifully illustrated Fur Style Book—giving advance information on furs and fur fashions and containing 40 pages and 125 illustrations of up-to-date Furs and Fur Garments—All these illustrations are photographs of living people—thus showing how the Furs REALLY appear, it shows Furs for every member of the family.

Don't fail to send for this book TODAY—it is now going to press and will be mailed as requests are received.

HALLAM,S 1917-18 FUR STYLE BOOK

No matter where you live, you can obtain the latest styles and the highest quality in Fur sets or garments from Hallam's by mail. All Hallam garments are high quality Furs—you can be obtained by you direct by mail at lower prices than elsewhere for the same quality—every Hallam garment is guaranteed.

Why We Can Sell at Such Low Prices

Because, in the first place, we buy our skins direct from the Trapper, and sell direct to you for cash, saving you a great share of the middlemen's profits—high store rent—bad accounts—salesman's salaries. Then you see sure of satisfaction when you buy by mail from Hallam. You see the articles in your own home and can examine them without interference—if the goods do not please YOU in any way—you can simply send them back AT OUR EXPENSE, and we will cheerfully refund your money—you are not out one cent—we are thus compelled to give extra good value as we cannot afford to have goods returned. The articles illustrated in this advertisement are fair samples of Hallam's great values and will be sent promptly on receipt of price.

1506

1506. Driving Coat of Fine Muskrat. 45-inch length, beautifully designed. Skins are of fine quality; even, dark colors, carefully matched, and workmanship is faultless. Lined with heavy guaranteed brown satin—new style collar, which can be worn as a high Cabin-chin or flat as in small illustration. Finished at waist line with half belt. In sizes 32 to 42, bust. $75.00, delivered to you.

1503. Muff to match in new melon shape (as illustrated), or in pillow style. $11.50, delivered to you.

1507. Hat to match, silk lined. $7.50, delivered to you.

1686. Handsome Manchurian Wolf Set. Newest design, made from fine, jet black silky skins. The large stole is in two skin style, wide across the back and shoulders—trimmed with heads, tails and paws. Muff is large and comfortable, made over soft down bed—has wrist cord and is trimmed with head and tail—lined with corded silk poplin. Exceptional value.

$13.50 per set, delivered to you.

Don't forget to send for Hallam's Fur Style Book to-day—it's FREE. Address as below, in full, please.

John Hallam Limited

257 Hallam Building TORONTO

1686

EXCLUSIVE STYLES ...IN... COATS and SUITS

The new ideas in style, material and color are well represented in the very comprehensive showing of Fall Suits and Coats. Cheviots, Serges, Gabardines, Poplins, Burellas and Velours are the favorite materials, while tailored and semi-tailored styles predominate in Suits.

Coats Are Again Full

and show a more decided sweep at the bottom than last year. Belts are very much in evidence and materials are the same as Suits in heavier weights.

BRICK & DUNDAS, Limited

LONDON 188 Dundas Street. ST. THOMAS

HOW TO PREVENT ACID STOMACHS AND FOOD FERMENTATION

By a Stomach Specialist.

As a specialist who has spent many years in the study and treatment of stomach troubles, I have been forced to the conclusion that most people who complain of stomach trouble possess stomachs that are absolutely healthy and normal. The real trouble, that which causes all the pain and difficulty is acid in the stomach, usualy due to or aggravated by, food fermentation. Acid irritates the delicate lining of the stomach and food fermentation causes wind which distends the stomach abnormally, causing that full, bloated feeling. Thus both acid and fermentation interfere with and retard the process of digestion. The stomach is usually healthy and normal, but irritated almost past endurance by these foreign elements—acid and wind. In all such cases—and they comprise over 90 per cent of all stomach difficulties—the first and only step necessary is to neutralize the acid and stop the fermentation by taking in a little warm or cold water immediately after eating, from one to two teaspoonfuls of bisurated magnesia, which is doubtless the best and only really effective antacid and food corrective known. The acid will be neutralized and the fermentation stopped almost instantly, and your stomach will at once proceed to digest the food in a healthy, normal manner. Be sure to ask your druggist for the bisurated magnesia, as I have found other forms utterly lacking in its peculiarly valuable properties.—F. J. G.

LUX

Won't harm anything that pure water may touch. Won't shrink woolens.

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.

WELCOME RELIEF

TO THE DISTRESSING PAROXYSMS OF ASTHMA IS ASSURED BY THE REGULAR USE OF

Dr. J. D. Kellogg's ASTHMA REMEDY

IN EVEN THE MOST STUBBORN CASES IT WILL AFFORD WELCOME RELIEF BY SIMPLY INHALING THE FUMES OF THE POWDER WHEN IGNITED, EQUALLY EFFECTIVE IN THE TREATMENT OF HAY FEVER

TWO SIZES 25c & $1.00

Horlick's Malted Milk

Safe Milk For Infants & Invalids

A Nutritious Diet for All Ages. Keep Horlick's Always on Hand Quick Lunch; Home or Office.