

GRAND TRUNK RAILWAY SYSTEM
One way, second class colonist tickets will be on sale daily, Sept. 24th to Oct. 8th, inclusive, at following fares:

Vancouver, \$54.40
Victoria, \$54.40
Prince Rupert, New Westminster, and Nelson, B.C., \$57.30

Portland, Oregon, \$54.40
Seattle, Wash., \$54.40
Tacoma, Wash., \$54.40
Spokane, Wash., \$54.40
Los Angeles, \$57.30
San Diego, and San Francisco, Calif., \$57.30

Proportionately low rates to other points. For full particulars apply to J. P. Hasley, C.P. & T.A., Corner Johnson and Ontario streets.

CUNARD LINE
CANADIAN SERVICE
MONTREAL TO LONDON
(Via Falmouth)
From Montreal From Montreal
Sept. 5 ... ASCANIA ... Sept. 23
Sept. 23 ... Ausonia ... Oct. 7
Cabin and Third Class

MONTREAL TO BRISTOL
(Aronmouth Dock)
From Bristol From Montreal
Sept. 26 ... FELTRIA ... Oct. 12
Oct. 3 ... Folla ... Oct. 24
Cabin Passengers Only.

School Boots

Boys' School Boots \$2, \$2.50 and \$3.
Girls' School Boots \$2, \$2.50, \$2.75.
Children's School Boots, Buttoned or Laced.
Gymnasium Shoes.

The Sawyer Shoe Store
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Of Course You Need BENSON'S CORN STARCH

Ice Cream comes out of the freezer with a velvety smoothness—and a new deliciousness—when it is made with BENSON'S.

And it is pretty hard to ask for anything more delicious than a Chocolate Sauce, Meringue or Cream Custard with Fruit, made of Benson's Corn Starch.

Our new Recipe Book "Desserts and Candies" tells how and how much to use. Write for a copy to our Montreal Office—and be sure to tell your grocer to send BENSON'S to the store in Canada for more than half a century.

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We sell nothing but the best in Sugars, Spices and Vinegars.

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WOMEN'S STOMACH TROUBLES

The Great Woman's Medicine Often Just What Is Needed.

We are so used to thinking of Lydia E. Pinkham's Vegetable Compound as a remedy exclusively for female ailments that we are apt to overlook the fact that it is one of the best remedies for disorders of the stomach.

For stomach trouble of women it is especially adapted, as it works in complete harmony with the female organism, since it contains the extracts of the best tonic roots and herbs. It tones up the digestive system, and increases the appetite and strength. Here is what one woman writes showing what this medicine does:—

Newfield, N. Y.—"I am so pleased to say I can recommend Lydia E. Pinkham's Vegetable Compound as an economical and beneficial remedy in most ailments pertaining to women. At least I found it so by only taking two bottles. I had indigestion in a bad form and I am now feeling in the best of health and owe it all to Lydia E. Pinkham's Vegetable Compound."

Mrs. BURE WILLIAMS, R.D. No. 29, Newfield, N. Y.

Many women suffer from that "all gone feeling," and "feel so faint," while doing their work. Ten chances to one their digestive system is all out of order. A tablespoonful of Lydia E. Pinkham's Vegetable Compound after each meal should completely remedy this condition in a few days.

THE CONFESSIONS OF ROXANE
(By Frances Walter)

TWO DAYS OF PERFECT BLISS

(Copyright, 1916, by the McClure Newspaper Syndicate.)

Those who have read the immediately preceding chapters of my confessions know that I forgave Arthur before he told me anything of his life after he left me at the St. Charles Hotel. Such is a woman's logic. I forgave him because I loved him, not because I thought he deserved forgiveness. What woman is logical where love is concerned? And who would love her so? Love knows no logic. It obeys other laws and expresses itself in impulses. A woman who would allow her heart to be governed by reason would be as cold as organized charity.

But Arthur volunteered to tell me everything. As he wrote me in his letter, he had been seized with a frightful doubt of his love for me, and gone off to fight it out alone. He had learned that he loved me, and that was sufficient for me.

In making this confession he proved that he was as temperamental as a poet of the romantic school, and a person with such a disposition is rare. I found these days in our little-minute civilization. But he was such a person and that was all there was to it. The only thing which remained for me to satisfy myself on, was that he would continue to love me, and that no such experience as that through which I had passed would again be my portion in life.

Of course, I was curious to know all about what had happened since I saw him last. But I doubt if I ever would have asked him to tell me. Perhaps I might have resented his failure to confide in me, but I had no opportunity.

Sitting there in the hammock, after our reconciliation, he assured me that there was no woman he had ever met who could so fill his life and heart as I had. After we had walked through the garden and found another seat, he told me more in detail of the events of the few months during which we were separated.

His quixotic determination to leave me until he was sure he loved me in all sincerity was followed immediately, he told me, by remorse, but he made up his mind to carry out his plan, and remained in New York week after week without writing me. His firm had given him a month's leave of absence, but when that had expired he was not ready to return to his office, and sent in his resignation. It was abrupt and left his employers no alternative save to accept it, which the company did with expressions of regret.

"And now I come to you, Roxane."

without even a position," he told me, in concluding his narrative. "As you know, my income was confined almost entirely to my salary, and now that I haven't a position there is no income. I shall have to seek a place immediately."

"I asked him what his plan was, but the question was a perfunctory one. I was so completely satisfied to have him with me once more that a small thing like a salary did not bother me."

"I do not know that I have a plan," he replied. "I shall have to find another position. I suppose, and the sooner I find it the better."

"You will have no trouble," I assured him with the blind admiration and devotion of a wife. "There are many firms which will be glad to offer you a desk."

Arthur laughed.

"I hope so. I certainly wish they valued my services as highly as you do. Then there might be a dozen or so waiting for me to accept positions."

"You dear boy, you know you are a natural born business man," I told him. "Did you not work your way up from the bottom with the A.B.C. company?"

"That is just it. I worked up from the bottom. I started in at the bottom, where there is always room. Now, if I try to get a berth, I naturally shall seek a place near the top. Those places are not always to be had. They usually are occupied by those who have worked up from the bottom."

"You will have no trouble."

"Let us hope not, but, at any rate, the sooner it is all settled the better it will be for us both." I shall depart in a day or two and see if I cannot get located in New York. I have some connections there which will be of value to me. I will return for you or send for you the moment things are settled satisfactorily."

"You will do no such thing," I declared with emphasis. "I will go with you to help you to 'settle everything satisfactorily.'"

"Spoken like a true wife!" he exclaimed. "But I shall not permit you to do any such thing. It may be a long, hard pull, and I would prefer to know that you were comfortably situated here with your mother."

"Arthur," said I, "it will be useless for you to try to change my mind. I am going with you."

"Well, fortunately, we do not have to think about the matter for a couple of days. In the meantime, we shall enjoy each other as we never have before."

(To be continued.)

"Low Cost of Living" Menu

Menu for Saturday

BREAKFAST
Stewed Peas or Fruit of Choice
Bottled Whole Wheat Cereal
Tomato Omelet
Toast or Hot Rolls
Jams or Jelly
Coffee or Cocoa

LUNCHEON OR SUPPER
Fried Tripe With Salted Onions
Boiled Potatoes in Skins
Soft Gingerbread Without Eggs
Milk or Tea

DINNER
Beef Broth
Boiled Beef, Horseradish Sauce
German Potatoes
Hot Slaw
Angel Cake
Coffee

Soft Gingerbread Without Eggs
Materials—One cup brown sugar, 1 cup New Orleans molasses, ½ cup shortening, 3 cups flour, ½ teaspoon cinnamon, ½ teaspoon ginger, 1 cup boiling water, 1 teaspoon baking soda.
Utensils—Mixing bowl, two measuring cups, teaspoon, tablespoon, flour sifter, shallow bake pan.
Directions—Cream the sugar, shortening and molasses together; add the baking soda and dissolve in the boiling water; mix well and add the sifted flour, cinnamon and ginger; mix until smooth. Line shallow pan with paper, put in the mixture and bake thirty minutes in moderate oven.

Boiled Beef, Horseradish Sauce
Materials—Two and a half pounds

Hot Slaw
Materials—One half head or 6 cups finely cut cabbage, ½ cup vinegar, 1 tablespoon salt, 1 tablespoon bacon drippings or butter, ¼ teaspoon white pepper.
Utensils—Cabbage cutter, saucepan, measuring cup, teaspoon, tablespoon.
Directions—Have the finely cut cabbage in cold water for one hour. Drain, put into saucepan with the bacon drippings or butter, vinegar, salt and pepper; cover and simmer slowly twenty minutes. Remove the cover and stir well; it may need ½ cup more water, but as a rule it has water enough, because we take it out of the cold water without shaking it dry. Many like the flavor of onions; if so add one teaspoon onion juice and boil fifteen minutes longer over slow fire, without a cover. You can add one tablespoon of sugar if desired.

ESSAY WON WHIG PRIZE

WRITTEN BY MISS BERNEICE TATE FOR CENTREVILLE FAIR.

An Interesting Article on "Objects of the Fair," With a Description of the Scenes on the Grounds.

The following article was contributed by Miss Berneice Tate, R.M.D. No. 3, Moscow, in competition for a prize offered at the Centreville fair by the Daily British Whig:


Centreville Fair, 1916.

An opening paragraph of this essay, the "Objects of the Fair" have been chosen. An exhibition of this type is to try and interest, as much as possible, the farmer and his family in his every day work, and, as a general rule, will try to make the fair better each year by persuading his friends to become members and exhibit the best they have; thus bringing the surrounding community into a closer contact with each other.

What a glorious sunlight spreading its golden rays around and about us everywhere! Take a moment's glance at the fair grounds! Indeed, a very pleasing scene is at once observed. The tents, canopies, and entrance are prettily decorated with British flags.

"Nothing is so great a source of annoyance to telephone users as the inconvenience of being called to the telephone and then, having an office boy tell you to 'hold the wire', until the calling party is ready to talk. If there's anything to be done it's the CALLING party's obligation to do it."

—Prominent Business Man



It's Your Place to Wait.

WOULD you call on a busy man at his office, send in your card, and then, when he had indicated that he could see you, keep him waiting while you finished reading an article in a magazine in his outer office?

It is just as important when you telephone that you be ready to talk when your party answers!

It shows consideration for the other person's time. It makes for a more cordial welcome, and it gives you the advantage of having gained good will by your correct telephone practice.

A prompt and courteous greeting at the telephone helps to smooth the way for a successful conversation.

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The chap with some Wrigley's to pass around is 'cock of the walk.'

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The boys like **WRIGLEY'S SPEARMINT** after smoking and **WRIGLEY'S DOUBLEMINT** after eating."

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Efficient making, tuning and very large sales enable you to buy these "Made-in-Canada" Corsets at about half what imported corsets, which are no better, sell for. Every D & A and La Diva Corset is a real bargain.

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